



STROKE!



Rocky Mountain Rowing Club, Denver, Colorado
March 2005

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2005 World Masters Games are within reach

The World Masters Games, to be held in Edmonton, Alberta, Canada, July 22-31, 2005, are a great opportunity for international rowing competition at the masters level — and the Games are not only in a gorgeous location, but also a reasonable distance from Denver (at least not any farther away than many of our races).

The World Masters Games have been held every three to five years since 1985. The 1994 Games, held in Brisbane, Australia, were reportedly the largest international multisport competition ever held at the time, with 24,000 athletes from 71 nations. Comparable to the Olympic Games for masters athletes, competition is held in 30 sports including track and field, baseball, basketball, ice hockey, shooting, swimming and diving, cycling — and rowing.

RMRC's Mark Groshek and Dennis Hastings competed at the 2002 World

Masters Games held in Sydney, Australia. Mark reports, "The competition is pretty stiff, but it is fun to be racing against people from all over the world (with the possible exception of Dinamo Rowing Club from Moscow)... I recommend it highly!"

The rowing events will be held over the first five days, July 22-26, on a new rowing course at Telford Lake about 60 miles from Edmonton. The events (all 1,000 meters) include singles, doubles, pairs, quads, fours with and without coxswain, and eights; for men, women, and mixed crews (sculling); by age categories. All heats, repechages if necessary, and finals for an event are held on the same day. The minimum age for rowing events is 27, and lightweights do not have separate races.

For more information see www.2005worldmasters.com. The next World Masters Games will be held in Sydney, Australia, in 2009.

March 19: Docks in!

It's finally time! We need *everybody* to come to the boathouse at 9:00 a.m. on Saturday, March 19, to help carry the smaller dock section from the boathouse to the water.

Bring waterproof boots, if you have them, and work gloves. Additional work may be done around the boathouse if weather and time permit. March 26 is the alternate date in case of terrible, horrible, really bad weather (if postponed, a message will be posted on the RMRC voice mail, 303-331-2860).

Linde Howell will provide breakfast at her house afterwards.

Note: Don't forget your annual Colorado State Parks pass!



CRASH-B Congratulations

Congratulations to the people who qualified at the Mile High Sprints and competed at the C.R.A.S.H.-B. Sprints World Indoor Rowing Championships in Boston on February 13, 2005.

RMRC's Dennis Hastings took third among lightweight men age 50-54 with a time of 6:43.80 for the 2000-meter race; new member Karen Gress was second among lightweight women age 40-49 with 7:28.30. (Welcome, Karen!) Rudy Ryback from CU competed in the lightweight men's open division and placed 22nd of 144 competitors, many of them international, with 6:28.90.

RMRC member Grace Malacrida, competing for Long Beach Rowing Association, was fifth among heavyweight women age 40-49 with 7:28.10.

Above left: Members of the Yarra Yarra Rowing Club in Melbourne, who rowed with Dennis and Mark at the 2002 World Masters Games. *Far left:* The Melbourne stadium. *Left:* Dennis and a 'roo.



Plan your races

Renee Olin, RMRC race coordinator for 2005, has researched regattas and put together the following list of likely races for our club. And several are actually within driving distance!

April 2-3, 2005
San Diego Crew Classic
San Diego, CA (1080 mi.)

April 9, 2005
Boulder Sprints
Boulder, CO (close!)

April 10, 2005
Open Ocean Regatta
Sausalito, CA (1270 mi.)

April 30-May 1, 2005
Great Plains Rowing Championships
Topeka, KS (540 mi.)

June 4, 2005
Tulsa Sprints
Tulsa, OK (690 mi.)

June 18, 2005
Waterloo Sprints
Waterloo, IA (800 mi.)

June 25-26, 2005
Northwest Regional Masters Nationals
Klamath Falls, OR (1200 mi.)

July 15, 2005
Sunflower State Games Regatta
Topeka, KS (540 mi.)

July 22-26, 2005
World Masters Games
Edmonton, Alberta, Canada (1280 mi.)

September 18, 2005
Row for the Cure
Portland, OR (1260 mi.)

October 22-23, 2005
Head of the Charles
Boston, MA (1980 mi.)

Other annual regattas where RMRC members have raced recently include Austin, TX (1060 mi.), Wichita, KS (520 mi.), Rockford, IL (960 mi.), Des Moines, IA (670 mi.), Natchitoches, LA (1130 mi.), Atlanta, GA (1400 mi.), Chicago, IL (1000 mi.), and Long Beach, CA (1030 mi.)

If you are interested in racing this year, please contact race coordinator Renee at olinrene@hotmail.com and tell her your plans, so she can do her job!

An informal meeting of the RMRC women who wish to compete this year will be held at Rock Bottom Restaurant and Brewery on the north side of Park Meadows (9627 E. County Line Road) on Thursday, March 10, at 6:30 p.m.

From the Board

> It's time to pay your 2005 RMRC membership dues! Forms are available on the web site. The combination to the boathouse lock will be changed April 1. The April workouts and boathouse combination will be given only to paid members.

> All the ergs from the Mile High Sprints have been sold. Thanks to everyone who sold and everyone who bought. All in all, the club will realize a profit from the Sprints of more than \$2,000.

> The Pocock double and the Vespoli lightweight double, damaged in a trailer accident in Des Moines last fall, have been repaired. Club insurance covered most of the cost.

> A strategy committee is being formed to consider options for the club's future as we continue to grow. The committee will consist of President Linde Howell, Vice President Joe Colosimo, and other interested club members (not just Board members). Please contact Linde if you would like to serve on the committee.

> The waterski area at Cherry Creek Reservoir, which was enlarged as an experiment last year, will now return to its original limits (close to the dam). Any violators of this rule, as well as those who trespass on the RMRC dock, should be reported to Park authorities.

> A redesign of the RMRC racing uniforms will be considered by the Board this year. Please give your comments and ideas to Linde Howell.



> Thanks to the work of Darin Hayden, member of both RMRC and Denver Sailing Association (DSA), we will have the use of the DSA launch weekday mornings from March through September. (The RMRC launch leaks badly.)

Designated drivers are coaches Nat Jackson and Michelle Fryc and lessons coordinators Larry Price and John Tyler (only). The launch, pictured above, is housed at Cherry Creek marina. We will be responsible for keeping it filled with gas and oil. Check it out at docks in!

> As noted in the March USRowing newsletter, oars are no longer considered an emergency flotation device, as those with adjustable handles can fill with water (making them more of an anchor...) Most of the club oars have adjustable handles.

> Cherry Creek Reservoir is open to boats and rowing, but the water temperature is dangerously cold at 38 degrees. The shock of falling into such cold water can cause an involuntary inhalation response that is deadly. For now, rowers should not row alone. Take out only the larger, more stable, multiseat boats; wear PFDs; and carry a cell phone.

Runnin' of the Green 2005

by Darin Hayden

Please join your fellow rowers on Sunday, March 13, at 10:15 a.m. sharp for the "17th Annual Running of the Green" Lucky 7k jog at 17th Street and Wazee in LoDo. Online registration is available at www.bkbltd.com.

Please respond to Darin Hayden (dhayden140@sprintpcs.com) if you plan to participate, so she can organize a meeting place prior to the race.

There will be plenty of beer, live Irish bands, and dancing available afterwards!



The Colgate (NY) women wait for spring.

Websites to fight the wintertime rowing blues

Check out www.row2k.com, especially their "best and worst of 2004" column, under Features. Love that regatta wear!

And visit the new training forum at www.concept2.com, where fellow rowers worldwide swap stories and give each other encouragement.



Open Water Races

by Jackie Snyder

There are a couple of really fun, terrific races in California that are in open water — an April race in Sausalito racing in Richardson Bay, and another in Lake Tahoe in June. These are favorites of the Bay Area rowers. The boats are usually Maas 24s, Aeros, and doubles — all good boats in rougher conditions. The rowing club that puts these on is the Open Water Rowing Club, www.owrc.com.

Sunday, April 10

**Open Ocean Regatta, Sausalito, CA
2.50, 5.76, or 7.62 nm (nautical miles)
Open Water Rowing Center**

The weather is usually interesting, so the shorter course is preferable. The long course goes around the Golden Gate Bridge, which takes experience. Let me know of your interest (doubles are more stable), and I can try and reserve some

boats. The recommended place to stay is a Holiday Inn Express right near the rowing club, with good accommodations and a terrific restaurant next door.

Saturday, June 11

**North Tahoe Rowing Classic
8.75 nm (2) or 3.75 nm (1)
Tahoe Yacht Club**

This one is a lot of fun! We take over a hotel on the beach for a long weekend. The race is on Saturday with a lot of after parties and evening cookout. Sunday is for hiking, swimming, kayaking, drinking, eating, playing music, hanging out ... It's a great group and very competitive. The long course requires an open water boat, although usually the lake is flat. The OWRC may be able to get us some boats, so let me know if you are interested. The closest airport is Reno.

Contact Jackie at 719-277-8901 (home) or 719-273-7943 (office) or jacqueline.snyder@intel.com.

Hello Intermediate Rowers

by Gail Horstman

We are starting to organize the recreational rowing program for this season, and beginners from last year, intermediates, and any new members are welcome to join us. I am gathering names of interested people for the Intermediate group which meets on Tuesday and Thursday mornings from 5:30 to 7:00. We are fortunate once again to have Michelle Fryc as our coach and she is geared up for a challenging, well-organized, and skill-improving season. Chris Kamper has also graciously agreed to spend time with us in singles again.

Please contact me (glhorstman@comcast.net, 303-850-9353) with your name, phone, and email if you are interested in being a part of the Intermediate rowers this season so we can stay in touch with you regarding details.

How to Tell If You Are a Masters Rower

by Chuck Alexander

The technical definition of a Masters rower is often misunderstood and misinterpreted due to the different systems for handicapping racing used by different regattas. Knowing the true definition of a Master is helpful as we all begin to look toward spring and summer racing.

FISA, the world's rowing governing body, defines a Master as the following (see www.worldrowing.com):

“A rower may compete as a Master from the beginning of the year during which he attains the age of 27. A competitor or crew shall be placed in the age category corresponding to the age attained during the current year.

“Age categories:

- A, minimum age 27 years or more;
- B, average age 36 years or more;
- C, average age 43 years or more;
- D, average age 50 years or more;
- E, average age 55 years or more;
- F, average age 60 years or more;
- G, average age 65 years or more;
- H, average age 70 years or more.

“Age categories do not apply to coxswains. Female coxswains will be permitted in men's crews and vice versa. In mixed crew events half the crew, excluding the coxswain, shall be women and half men. The coxswain may be of either gender. Masters crew categories shall be deter-

mined by the average age of the crew.”

FISA's definition is used by many regattas and is strictly used at the FISA Masters World Championships. [Ed. note: Also used at the World Masters Games.]

For those competing in the United States, most masters sprint races use the following definition of Master from USRowing. This definition is available in USRowing's Rules of Rowing, page 47, downloadable from www.usrowing.org/contentfilestore/04rules.pdf.

“(b) Master: A Master is a competitor who has attained or will attain the age of 21 during the current calendar year. A competitor's age is determined as of December 31 of the current calendar year, rounded down to the highest contained integer. A competitor thus becomes a Master on January 1 of the year of his or her 21st birthday. A Masters crew shall be comprised exclusively of Masters rowers, but the coxswain need not be a Master.

“(1) Masters crews shall be classified by age according to the following categories: (AA) 21 to 26 years; (A) 27 to 35 years; (B) 36 to 42 years; (C) 43 to 49 years; (D) 50 to 54 years; (E) 55 to 59 years; (F) 60 to 64 years; (G) 65 to 69 years; (H) 70 to 74 years; (I) 75 to 79 years; (J) 80 and over. The age category of a Masters crew shall be determined by the average age of the rowers in the crew, rounded to the nearest integer. The age of a coxswain shall not be counted. The ages of

individual rowers need not fall within the age category, so long as each rower is a Master and so long as the average age of the crew falls within the applicable category.

“(2) A Masters crew may compete in a lower (younger) age category, but not in a higher category.” ...

The attempt to classify Masters is really an attempt to level the field and enable participants regardless of age to race competitively. When competitors race outside their age bracket (for example, an 'A' single sculler races in a sprint race with five 'B' single scullers), a handicapping system is used. In this example the 'A' sculler will “give time” to the 'B' scullers, with the expectation that by virtue of his/her younger age the 'A' sculler should be faster than the 'B' scullers. A handicapping chart has been devised to help in this type of calculation, and can be downloaded as a part of USRowing's Rules of Rowing, page 69.

The definition of different types of Masters used by head races and erg races are individual to particular events. For examples, see the Head of the Charles Regatta and the CRASH-B's.

Masters entries at regattas across the county have steadily risen throughout the last five years. We encourage everyone to get out there and race. Regardless of your age, you should join the MRA and support an organization that supports Masters regattas, rowing clubs, and the rowing community as a whole.

Reprinted from www.mastersrowing.org.



RMRC Membership, Dues, and Classes

Active Membership (2005 annual fee \$190) gives individuals all rights of membership in the Club. The individual may participate in all Club activities and events, receive the newsletter, compete using the Club's name, and use the Club's basic facilities and equipment without extra charge.

Family Membership (2005 annual fee \$240) entitles parents and children under 21 in the family to active membership.

Student Membership (2005 annual fee \$95) extends all rights of active membership to individuals who are enrolled full time in school. Students must be full time and show proof of full course load.

Supporting Membership (2005 annual fee \$20) entitles the individual to receive the newsletter.

Limited Competing Membership (2005 annual fee \$30) entitles the individual to receive the newsletter and row in a regatta under RMRC club affiliation. It does not include club rowing privileges.

Coaching for novice, intermediate, and advanced rowers is available in the summer for an additional fee.

Learn-to-Row classes are offered in May and June for an additional fee. Club membership is not required for Learn-to-Row classes.

If you are interested in joining RMRC, membership forms can be obtained (1) at the boathouse, (2) by e-mailing membership@rockymountainrowing.com (3) by calling 303-331-2860 with a request to receive a paper copy at the address you provide, or (4) on our website, www.rockymountainrowing.com.

Please mail your membership application, waiver, and check for the appropriate dues, made out to "Rocky Mountain Rowing Club," to: Rocky Mountain Rowing Club, Post Office Box 6242, Denver, CO 80206. The membership year is March 1, 2005, through February 28, 2006.

RMRC Calendar

Board Meetings - First Monday of every month. Meetings are held at Linde Howell's house at 7:00 p.m. All members are encouraged to attend! Contact Linde with questions or to confirm the meeting location/time.

Monday Night Madness - Erging every Monday night, 7:30 p.m. (through March 14). Colorado Athletic Club at Yale and Monaco, Studio 2 (upstairs). The drop-in fee for non-members of the athletic club is \$5.00. Contact Peter Francis for details.

Sunday Runs - Every Sunday morning, 8:00 a.m. (through March 13). Meet in the parking lot for the Highline Canal, on the north side of Orchard Road (west of intersection of Orchard & Holly). Bring walkers, joggers, baby strollers, dogs, and runners! Contact Darin Hayden for more information.

Docks In - March 19, 9:00 a.m.

Boulder Sprints - April 9.

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