



# STROKE!



Rocky Mountain Rowing Club, Denver, Colorado  
March/April 2006

A periodic publication of the Rocky Mountain Rowing Club, PO Box 6242, Denver, CO 80206

## Docks In and New Boats!

Thanks to everyone who helped with docks in on March 18th. Everything went well; the sun was shining and the launch remained afloat. Speaking of new launches, the brand new "18 Solo" wakeless launch from Still Water Design, Inc. is being delivered on Monday April 17th or Tuesday April 18th (most likely Tuesday). We will need bodies with flexible schedules (as well as flexible backs!) to help unload the boat. If you are available, please contact Linda Browning at [info@rockymountainrowing.com](mailto:info@rockymountainrowing.com), with "launch" in the subject line. Here is the website for more info and photos of the launch: [www.stillwaterdesign.com](http://www.stillwaterdesign.com)



We have also purchased a new Maas recreational double, which was delivered the first week of April. The boat may be viewed at Maas' website: <http://www.maasboats.com/double.htm>, or come on down to the boathouse for a look! Thanks to Jim Erwin and Margaret Griffes for helping to unload.



**Club Kudos:** From the Maas delivery person and passed along by Margaret Griffes: He was very impressed at what great shape our Maas Aeros are in (they are considered "collector's items") and all the rest of the boats! Good job, boat maintenance people over the years!



## Coaches Bio: Graham Stubbs

We wish to welcome new novice and intermediate program coach, Graham Stubbs. Graham is currently a senior at American University, graduating this May. He is a certified US Rowing Level II coach with 5 years of coaching youth, collegiate and masters programs, both women's and men's, in Washington D.C., Maryland and Arizona. Many of these positions have been as head coach. Most recently Graham has been the head coach for the Masters Men and Women's rowing for the D.C. Strokes Rowing Club in Washington, D.C.

Thank you, Graham and we look forward to working with you!!

## Are You Ready to Row?

Don't forget to renew your membership and consider one of our exciting coached programs. More information about both programs can be found on page 3.





CAC Monaco Juniors, coached by DawnMarie Schwappach

## Mile-High Sprints Update

by Margaret Griffes, Volunteer Coordinator  
 Congratulations to all competitors; full race results at

[www.rockymountainrowing.com/sprints](http://www.rockymountainrowing.com/sprints).

I want to thank all of you who volunteered at the Mile High Sprints. First of all, the Junior Erg team from Colorado Athletic Club headed by DawnMarie Schwappach assembled the new ergs and set them up in the basketball court with some of the Club's ergs for warm ups. I remember when we didn't have your help. A huge THANK YOU to all! It sure was fun to see you all erg - now we'd love to see how you like rowing on the water - if you are 18, you can join us when lessons start! You will be amazed to see what 2000 meters looks like screaming past you on the water! That left a manageable set up for John Tyler, Linda Browning, Peter Francis, Linde Howell, Gail Horstman, Margaret Griffes and Kent Wilson on Friday night. On Race Day, Andi Forster came back for a second year to do registrations helped by Karen Hutson (who donated all the bottled waters) with a bit of help from Dave Nagel. Gail Horstman did a wonderful gear sales job with display this year helped by Rosemary Whidden. Teri Evans got the results posted and certificates and ribbons handed out and was succeeded by Christa Rabenold on second shift. Brad again (how many years is this? more than a dozen and counting) helped with the computers which were again! run by John Tyler (how many years for you, too??) with the able assistance of Sue Henley. Dennis Hastings again did a fab job being MC when he was not amazing us with his erging beating men MUCH younger than him. What an inspiration. He is joined by Karen Gress

who was also amazing - seemed like she kept on erging - did she try every one there? She brought some slides for all to try. What did you all think of them? Did they approximate being on the water? Swen Hoffman, Andrea Rawson and Rachel Pazmino roamed around and fit in at critical places when not racing and Jim Erwin stopped by in spite of recovering from the flu. Joe Colosimo also helped in the afternoon, although still in a business suit after teaching. Linda Browning took over as Sprints Mistress this year from Margaret Whelan and did a smashing job. I think she ran on fumes but like the Everready Bunny, she kept on going. I roamed around all day and eavesdropped and asked people for suggestions. Think it went pretty smoothly but we are looking for suggestions. We are also going to put together a manual with all the details on how this is run so that it will be very easy to pass the baton to keep it going. If you have any comments, please either jot me (or Linda Browning) a note while your thoughts are still fresh. If I have forgotten anyone, please forgive me and remind me. I would never want to offend anyone who comes in to help out the Club. There always seem to be these wonderful surprise volunteers who just show up! Wow, you know how to make my job easier! And I'd especially like to thank **Jay Mendoza and his staff at Peet's Coffees**

and Teas in Cherry Creek, who have graciously supplied the Sprints with 3 types of their delicious coffees and a selection of teas plus all the fixin's for the second year in a row!

Also, **Martin Winter** and his crew at **Einstein's Bagels** on Belleview and Yosemite donated the wonderful bagels for the second year in a row (actually, I think it is more but 2 - for me). These sure were popular both before and after the races! **King Soopers** at Orchard in Greenwood Village, gave a gift certificate which I used to buy tons of bananas (based on a suggestion from last year). What a pick-me-up! Thanks also to Matt Filby for t-shirt design. Last, but not least, we want to give a huge THANKS to **Colorado Athletic Club on Monaco** for providing the venue again. We really appreciate working with them and the support they give to indoor rowing. (Other clubs should follow their lead in forming junior teams - I could see some exciting competition!). Their Manager on Duty checked in from time to time and although we didn't need much, it was great working with her. We also appreciated being able to use the back door to bring in and remove supplies.

*Thanks,*  
**Margaret Griffes, Volunteer Coordinator**



John Tyler and Sue Henley as spectators and computer gurus.

Editor's note: The Mile High Sprints continues to grow, racing a record 187 seats this year. Competitors who earned a trip to compete at the C.R.A.S.H.-B. World Indoor Rowing Championships in Boston February 25-26 include RMRC's Dennis Hastings (lightweight men 55-59) and Karen Gress (lightweight women 40-49), CU's Heath Allen (heavyweight collegiate men) and Nate Birkhead (lightweight collegiate men). Congratulations!

## Programs:

### Lessons:

The new email contact for lessons is Margaret Griffes [lessons@rockymountainrowing.com](mailto:lessons@rockymountainrowing.com)

Anyone with input should direct questions to John Tyler:

- Lessons price will stay at \$250.
- Format will be one land workshop and four sculling lessons per session, three in singles and the last one in a quad.
- Eight students per session, total 24 students. We will use our four Aeros, three Maas 24s, and the Pacific; and the two Vespoli quads.
- Two lead instructors, one per four students, with assistant(s). Probably one group of four in the bay to the inlet side of the dock, and the second group of four in the bay to the marina side. Try to have the same lead instructors for all four lessons in the same session. Instructors will have a basic curriculum to follow (e.g., teach backing in lesson 3). Have extra helpers for lesson 1.
- A safety person cruising in the launch during lessons.

### - Lessons Schedule:

April 22 - Land workshop for Session 1 (9-11 a.m.)

April 29, 30 - Session 1, lessons 1 and 2 (6:30-8:30 a.m.)

May 6, 7 - Session 1, lessons 3 and 4 (6:30-8:30 a.m.)

May 13, 14 - Alternate lesson dates in case of bad weather

May 13 - Land workshop for Session 2 (9-11 a.m.)

May 20, 21 - Session 2, lessons 1 and 2 (6:30-8:30 a.m.)

May 27, 28 - Session 2, lessons 3 and 4 (Memorial Day weekend; 6-8 a.m.)

June 3, 4 - Alternate lesson dates in case of bad weather

June 3 - Land workshop for Session 3 (8:30-10:30 a.m.) (Tulsa Sprints)

June 10, 11 - Session 3, lessons 1 and 2 (6-8 a.m.)

June 17, 18 - Session 3, lessons 3 and 4 (6-8 a.m.)

June 24, 25 - Alternate lesson dates in case of bad weather

There are still spots left for the first session of lessons. Lots of volunteers will be needed to help with lessons. Contact John Tyler before he contacts you!

## Coached Programs:

Nat Jackson will be coaching the Advanced program, which will begin on May 15th and run Mondays and Wednesdays through September 1st.

We are excited to welcome Graham Stubbs to coach the Novice and Intermediate programs, along with assistant Chris Kamper. Chris will do intermediate singles. Both programs will run from May 30th - Sept. 1st, novices on Mon./Wed. and intermediates on Tues./Thurs. Graham will also be running the "Friday Friendlies."



## Membership:

Online registration is now available for new and renewing members, [www.rockymountainrowing.com/application.htm](http://www.rockymountainrowing.com/application.htm).

Paypal service will supplement the snail mail method. Membership fees will remain the same as last year. The new membership year started March 1, which means that membership fees are due.

The boathouse combination was changed on March 18th at docks in. Pay your dues to receive the combination.

## Equipment:

In addition to the new launch and the Maas double, the club is purchasing 4 new sets of sculling oars from Concept 2. The acquisition of new PFD's has brought our total to nineteen, enough to equip each club single in the boathouse, so don't forget to use them when you row in a single (and, preferably in a double in the early part of the season).

Thanks to Dawn Mendel for coordinating Mile High Sprint erg sales and for Jim Erwin for delivery of sold ergs. All the ergs have been sold. Great work, guys!

## Racing News:

RMRC's Mike Gasper and Mark Stormberg raced in the Dan Diego Crew Classic the first weekend of April, winning the Men's Master's "C" race. Past RMRC members Darin Hayden and Grace Malacrida also raced, Darin placing 2nd in the Master's "E" category racing for San Diego and Grace racing with the Long Beach Rowing Association, placing first in both the Club race and the Women's Masters "C" race. Congratulations to all!

Above is a picture of Rosemary Whidden and Amy Shonstrom racing at the Head of the Charles this past October. They placed 8th in the women's senior master doubles. Congratulations!

Results for C.R.A.S.H.-B. Sprint RMRC qualifiers: Heath Allen 7th place, Collegiate Hwt Men (16th Open Hwt Men); Nate Birkhead 9th place, Collegiate Lwt Men (18th Open Lwt Men); Dennis Hastings 1st place, Veteran-B Lwt Men; Karen Gress 1st place, Senior Lwt Women. Taylor Ritzel who placed 1st at the Mile High Sprints in the Junior Hwt Women event also competed in Boston, placing 7th in the Junior Hwt Women race.

## Crew Classifieds:

I am trying to see if anyone is interested in rowing mid-week at 7 a.m. for a second shift. I'd love to take out the 8 on a weekly basis and maybe even get some coaching. Let me know if you are interested. (We almost have enough for the 8 - so let me know quickly!), **Margaret Griffes.**

Editor's note: My apologies for the delay in the publication of the newsletter. To submit items for future newsletters, please send to [kajgress@msn.com](mailto:kajgress@msn.com) by 25th of the month prior to publication.

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## RMRC Membership, Dues, and Classes

**Active Membership** (2006 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** (2006 annual fee \$240) entitles parents and children under 21 in the family to active membership.

**Student Membership** (2006 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** (2006 annual fee \$20) entitles the individual to receive the newsletter.

**Limited Competing Membership** (2006 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. Contact Rachael Pazmino at [rj.pazmino@att.net](mailto:rj.pazmino@att.net).

**Learn-to-Row** classes are offered in May and June for an additional fee. Club membership is not required for Learn-to-Row. [lessons@rockymountainrowing.com](mailto:lessons@rockymountainrowing.com)

**If you are interested in joining RMRC**, membership forms can be obtained (1) at the boathouse, (2) by e-mailing [membership@rockymountainrowing.com](mailto: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](http://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, 2006, through February 28, 2007.

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## RMRC Calendar

**How to Row Fast Part II - Thurs., April 20**, Rowing Technique, will be at 7:00 p.m. at Mark Groshek's house, 755 Oneida Street (near 6th and Monaco). This program will include an erg demonstration. PLEASE call Rachel Pazmino, programs coordinator, if you're planning to attend. Home 303-400-6970, cell 303-519-8175.

**Boulder Sprints - Sat., April 22**, Boulder Reservoir, Boulder Colorado.

**The 22nd Annual Great Plains Rowing Championships, Sat. and Sun., April 29 and 30**. Lake Shawnee, Topeka Kansas.

**Start of Competitive Program - Mon., May 15th**, 5:30 a.m. at the boathouse.

**Summer Kick-Off Party - June 10**. At Margaret Griffes.' Time TBA.

**Board Meetings - First Tuesday of every month**. All members are encouraged to attend. Contact any Board member for the meeting location.

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