

Opening New Doors

contributed by KJGress, ed.

Miss Taylor Ritzel, who has been rowing with the competitive program under the tutelage of Nat Jackson is off to the Junior National Selection Camp to try out for the Junior National Team. She has been recruited by the Yale women's crew and will be attending Yale in the fall. I was interested in learning how she became involved with rowing and Taylor was gracious enough to take time out from her last weekend at home to send me this information.

Taylor's journey to rowing began with a disappointment. She had been a competitive swimmer all her life and was looking forward to swimming at the collegiate level, targeting Ivy League schools. An illness at a crucial point in her junior year of high school caused her to sit out several important meets, miss weeks of training and struggle throughout the summer. As she began to research and contact college swimming programs, the coaches' reactions were not what she had hoped. Her mother learned through a family friend that rowing programs were "desperate for strong, athletic, tall and coachable athletes."

Here is the rest of the story in Taylor's own words, beginning with her first thoughts on rowing: "When my mom first told me about this idea I thought it was crazy. Just a spur of the moment plan. Well, my mom ended up contacting the crew coaches at Princeton, Yale and Harvard and she set up meetings with them as well as the swim coaches. I first met with Laurie Dauphiny, the Princeton head women's crew coach, and was able to go out in a launch. It was so surreal to me. I had no idea what I was looking for, or why the coaches were yelling at the girls. Now, in my mind you, I had met with the swim coach earlier, and was told very nicely that I was welcome as a walk-on. After meeting with Laurie, we met with the Yale coaches, Will Porter and Kate Maloney. I asked lots of questions and started to become interested. The Yale swim coach failed to show up for our meeting! My mom and I weren't too happy with swimming at that point. Next it was Harvard, and same story. The coach was very nice and told me to "keep her updated." I couldn't believe that I had spent my entire life in the pool, training two to

sometimes three practices a day, to hear **that** from a program which is not competitive at the national level. I was devastated. Upon arriving home, the novice women's crew coach at Yale, Kate, called almost immediately the following day. They wanted us to keep her updated and she then said that I would be considered a recruit. This was in late September of my senior year. I then met with a personal trainer at Village Fitness, who had rowed at Oxford. We put together a training plan that would accompany my swimming. At this point, I wanted to try it out and see what I thought. The first time I ever got on an erg, pulled a 7:49. I had been told that anything under 8:00 was an impressive starting point. I kept in touch with the coaches via email and phone calls, eventually contacting the Wisconsin and Virginia crew coaches. I was immediately offered recruiting trips at the last minute. After much debate, I decided to be recruited for crew, and maybe swim later. As I learned more about the sport, I eventually decided to row and finish my swimming career with the high school state meet. The continued interest from Yale persuaded me to switch my focus from Princeton to Yale. I applied early action to Yale and was accepted. After much searching for an appropriate rowing program in Colorado, I found Nat Jackson and was able to persuade RMRC to let a Junior be a part of the program. I have enjoyed every practice and the people have been very supportive. I was chosen to attend the Junior National Selection Camp to try out for the Junior National team that will compete in Amsterdam in August based on my erg score at CRASH b's, which earned me a 7th place amongst all juniors.

I am now fully committed to rowing, and I love it already. I realize I have a lot of work ahead of me, but I'm ready!
Taylor

Member's News

Crew Classifieds:

Joe Colosimo is looking for people who want to row on Tuesdays and Thursdays at 6:30 a.m. (joe@colosimo.net).

Margaret Griffes is trying to put together an 8+ to row one or two days a week at 7:00 a.m. (dagriffes@aol.com).

????Surfing for Rowing????

Hello All:

I'm in library school and teaching myself about blogging (a topic which came up during a job interview) and I have created a blog site called The Rowing Librarian at <http://rowinglibrarian.blogspot.com/>

I have been focusing on sharing information about fiction books that have a rowing theme or a rowing character. These books are a challenge to find because of the way librarians catalog their books; they don't usually pop up in the catalog unless the word rowing is in the title or the summary of the story.

I would love to have club members recommend books (fiction, non-fiction, biography etc.) or add comments to the site.

Thanks so much!
Dawn Mendel

Congratulations!

Name: Grant Thomas Evans
Weight: 6 lbs. 13 oz.
Length: 19 inches
Born: April 14th at 6:37 p.m.
Hair color: brown
Eye color: blue

Everyone's healthy and happy. Hope the same goes for you! Take care;

Luke, Teri, and Mara



Programs:

Lessons:

The new email contact for lessons is Margaret Griffes lessons@rockymountainrowing.com Anyone with input should direct questions to John Tyler: Lessons are wrapping up for the 2006 season. Final session is underway.

Lessons Schedule:

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

Coached Programs:

Coached programs are in full swing with great turnout. Anyone interested is encouraged to try a program. (plan to arrive early so we are on the water by the designated start time).

Mon./Wed. 5:30-7:00 competitive

Mon./Wed. 6:00-7:30 novice

Tues./Thurs. 5:30-7:00 intermediate

"Friday Friendlies" 5:30-7:00 All welcome!
The 8 has already raced!!

Club Rows:

All-club rows have been very successful with the 8 going out most days. There has been a great mix of sculling and sweeping and often we have a cox!! Saturday and Sunday, 7:00 a.m.

Racing News:

A Welcome from Race Coordinator Mark Groshek:

Hi Everyone,
I am the race coordinator for RMRC this year. That means I will highlight races we might go to and help coordinate arrangements to get there. I will help arrange getting the right boats to regattas the club takes boats to, and will arrange schedules. In general, I will not be setting boatings--that is up to you. I will be happy to answer any questions as we go. Remember, all entry fees, transportation costs, and costs associated with trailer use need to be paid by you. If you need to rent boats at a regatta, that is up to you. The club does not pay or subsidize any costs associated with racing.

Thanks!
Mark Groshek

Regatta Results

Tulsa Sprints (continued from pg. 1):

Prior to the mixed quad race, Mark, Scott, and Linda all took silver medals in their singles races. Mark and Scott won the men's pair and crossed the line first in the men's double but officially placed second due to the age handicap of a slower boat. (photo below). In the mixed doubles race, Scott and Courtney from Tulsa (a last-minute replacement for Diana) crossed the line ahead of Mark and Linda, but once again the age handicap gave Mark and Linda gold and Scott and Courtney silver.



While in Tulsa, RMRC's heavyweight Kaschper 4+ was sold to Tulsa Rowing Club, and we purchased a midweight bow-coxed Vespoli 4+ from the University of Tulsa. The convenient and inexpensive swap gives us a 4+ suitable for both racing and training that will be rowable by most club members.

Great Plains Regatta (Topeka):

400 m Mixed Open 2x Wilson, Finsrud silver

400 m Women's Master's 2x Finsrud, McCabe (from BCR) gold

400 m Women's Open 4x Finsrud, McCabe and 2 Topeka folks silver

1000 m Men's masters 1x Wilson 4th (see photo below)

2000 m Women's Open 4x Finsrud, McCabe and 2 Topeka folks gold

1000 m Women's Master's 2x Finsrud McCabe gold

1000 m Mixed Masters 2x Finsrud, Wilson 4th

1000 m Mixed Masters 4x Wilson, McCabe, Finsrud, Topeka, silver



Boulder Sprints

Thirteen RMRC members competed at the Boulder Sprints on Saturday, April 22, hosted by Colorado Crew. In addition to the CU rowers and RMRC, participants included Boulder Community Rowing, Fort Collins Rowing Association, the new CSU club, Colorado Juniors, and Utah Juniors.

All races were 1000m on Boulder Reservoir on a straight, buoyed course. A dual format was used: two boats racing head-to-head with a stake boat start. A few races with odd numbers of entrants had three boats.

The RMRC women's 4+, made up of Linda Browning (coxswain), Katie Thurstin, Rachel Pazmino, Rene Olin, and Taylor Ritzel, won its heat against BCR. Those five then hopped into the mixed 8+, joined by Tom Murphy, Greg Fletcher (pictured



center and right in photo), Nat Jackson, and Liz Daeninck (yes, five women and three men rowing), and won that final against two BCR crews. Mark Groshek and Scott Noble raced the pair against two CU boats. Using the Filippi, our guys were the only crew that actually stayed in their lane, but finished second. The men's 4+, with Linda, Mark, Scott, Greg, and Tom, finished a close second to the CU varsity A boat.

Also competing were RMRC members Linde Howell and Kent Wilson, who signed up to row with BCR before we received the race information.

The weather was beautiful, a warm, sunny day with flat water, but the dual format and the frequent need to hotseat boats stretched the racing into the middle of the afternoon and several RMRC rowers had to leave before the finals.

Thanks to Colorado Crew and BCR for letting us borrow the 4+ and 8+, and to Mark Groshek for coordinating the race entries.

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.

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

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, 2006, through February 28, 2007.

RMRC Calendar

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

Summer Kick-Off Party - June 10. At Margaret Griffes.' 5:30 pm - ???.

Upcoming regattas:

6/3/2006 (Sat)--Tulsa Sprints.

6/17/2006 (Sat)--Rock Rose Regatta, Oklahoma City.

7/9/2006 (Sun)--USRA SW Regional Masters, Lake Natoma, Long Beach, CA. The entry deadline is June 27.

7/14/2006 Sunflower State Games Regatta Lake Shawnee; Topeka, KS. Entry deadline - TBA

8/10-13/ 2006 USRowing Masters National Championships (1000m) Green Lake; Seattle, WA. Entry deadline - August 1, 2006.

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