



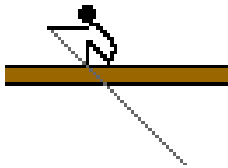
# STROKE!



Rocky Mountain Rowing Club, Denver, Colorado  
Indoor Season 2007

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

## Mile High Wrap-Up



This issue is dedicated to all the participants, volunteers and sponsors that made this years Mile High Sprints a great success.

Thanks to everyone!

*By: Dawn Mendel, Sprints Coordinator*

Rowing is a life long sport and one that doesn't even need water.... The diversity of the participants at the Mile High Indoor Rowing Sprints demonstrates this fact. This year we had participants as young as 4 1/2 and as old as 80 racing at the Mile High Sprints.

The last several years, DawnMarie Schwappach has coached a junior indoor rowing team at the Colorado Athletic Club Monaco. She has had students come from many different area high schools to practice 3 days a week since November. This year a group of U.S. Air Force Academy cadets has been driving up to Denver every Friday for coaching from DawnMarie. Rowers are very dedicated athletes who love what they do and are willing to travel great distances to participate. While the majority of our competitors live along the eastern slope of Colorado we usually we have participants from Wyoming, New Mexico and other states.

34 athletes rowed in the half hour and one hour rows! Most of them were from the Kinetic Fitness Studio. We had to add an additional 7:30 a.m. race time to accommodate them all.

This year a group of seventh and eight grade students from a Denver Public Charter School; KIPP Sunshine Peak Academy, attended the Sprints for the first time. Their coach who has rowed at the sprints in the past is passing on his love of indoor rowing to his students.



The Mile High Indoor Rowing Sprints have been held by Rocky Mountain Rowing Club since 1985, the first year of the club's existence. The club purchases the rowing machines used at the Sprints each year from Concept2, giving the competitors new machines to race on. These machines are re-sold to local buyers and this year we sold out of ergs by the end of the day!

This year 201 seats were raced. Two RMRC members, Dean Smith and Steve Nelson, had fast enough times in the 2000 meter qualifying races to earn free airfare and entry fees to Boston for the World Indoor Rowing Championships, the C.R.A.S.H.-B's, held on February 25th.

Thank you Sprints donor Jennifer Ulasewich from Keller Williams Realty downtown, who provided over \$250 in water, juice, food and cash to off-set the costs of staging the Sprints.

Thank you to all the volunteers who worked at the sprints, especially Connor Barry (race administrator), John Tyler (techie) and Jackie Snyder (MC) who took on the jobs no one else would!

**Proud grandpa Dean Smith with grandsons Caleb (on the erg) and Gabriel.**



The Full Spectrum of Racing; from those just beginning, to those branching out and on to those who have made it a part of their lives:

**Kids Races (some thoughts by Dawn Mendel):**

Reports by participants and volunteers seem to indicate that the kids' races were a hit. Steve Basch, the coach of four inner city middle school students expressed appreciation that there were no fees so his kids could attend. We had another school express interest but did not end up attending. Potential for larger kid's event next year... charge fee? Change race to timed race?



**Mara Evans showing her technique; better watch out Teri; who knows where this will lead!**

**More RMRC at CRASH-B's (and beyond):**

Dear Linda:

We went to Boston to watch Taylor compete in CRASH-B's and she placed 10th overall in Open Women (279 were seeded) improving from last yr's 7:08 to 6:59. She was the youngest (18) of these top 10. She placed fifth overall in collegiate women as a freshman. She is loving Yale crew and made the top varsity boat. Her season begins with their first spring regatta March 24th against Columbia and Penn.

She will stay back in New Haven over spring break with her team to train. They are hoping for a very strong showing at NCAA's. We wish to thank Rocky Mountain Rowing once again for supporting Taylor in giving her the opportunity to row with other members last summer.

Thanks!  
Lana Ritzel



**Rachel Pazmino, Grace Malacrida and Linda Browning prepare for the Women's 500m race.**



**Congratulations to the RMRC competitors at the CRASH-B World Indoor Rowing championships in Boston:**

Dean Smith, 1st place, 80-84 lightweight men  
Steve Nelson, 3rd place, 50-54 lightweight men  
Margaret Griffes (shown at left at the Mile High race), 6th place, 55-59 women.

All three were faster than their Mile High Sprints time, and Dean got faster as he progressed through the race. Way to go! Complete results: [www.crash-b.org](http://www.crash-b.org).



Connor Barry and Dawn Mendel coordinating races.



Grace Malacrida coxes Alisha Jurgens in her first 2K race; way to go Alisha!

VOLUNTEERS



Race Technician John Tyler doing his thing.

Sprints at a Glance:

Number of athletes who raced at least once 143 (includes kids)  
Number of athletes who scratched: 26  
Number of seats raced: 201  
Number of RMRC members who raced: 16  
Largest group attending:  
Kinetic Fitness Studio (23);  
CACM Jr. Program (21)  
Buffalo Associated Rowing (CU) (17 + 3 coaches who rowed free)  
Event with the most seats raced: The men's half hour row (15)  
CRASH-B qualifiers: 3 (Dean Smith, Steve Nelson, Dave Bauer)

Amazing Facts:

34 athletes rowed in the 1/2 hour and 1 hour rows! Most of them from the Kinetic Fitness Studio. Had to add an additional 7:30 am race time to accommodate them all!  
All the ergs were sold by the end of race day!

500 Meter Races - Age Categories

After I advertised the addition of age categories, 5 pre-registered rowers in the "older" age groups requested to be entered in the 500 meter race also. This seems to have boosted the men's 500 meter race -19 competed in the less than 29 age groups and 16 competed in the 30+ age groups. Women's participation was 16 in the under 29 age groups and 8 in the 30+ age groups.

Sale of Sew Sporty items added to the general atmosphere of the event and should be considered again.



Gail Horstman working hard at gear sales.