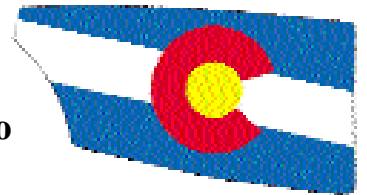


STROKE!



Rocky Mountain Rowing Club, Denver, Colorado
April 2007

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

So



Boathouse work day accompanied docks in.



Go, Jim, go!

It
Begins...

Ready for a new season

Summer Kick-Off Party!

Celebrate the official beginning of the summer season at Margaret Griffes' house:

June 9th beginning at 5:00 pm.

Semi-potluck (contact Margaret for directions and what she might need).



Men's quads at the Boulder Sprints, Boulder Reservoir



RMRC Full Course - Clockwise:

From the dock, turn toward the marina and row west, following the shoreline but staying on the lake side of the #5 buoy. Turn at the #6 buoy (by the marina) and row across the face of the dam, staying on the lake side of the "ski north" buoys. (The ski area is between the dam and the buoys.) Turn east at the tower and follow the north shoreline until you pass the jet ski ramp, staying on the shore side of the #2 and #3 buoys. Past the jet ski ramp, turn again and follow the buoy line south, rowing on either side of the buoys. Turn west before the last buoy, to stay out of the beginners cove.

If you choose to row back to the dock from the marina, row close to shore (on the shore side of the #5 buoy) to avoid shells on the full course.

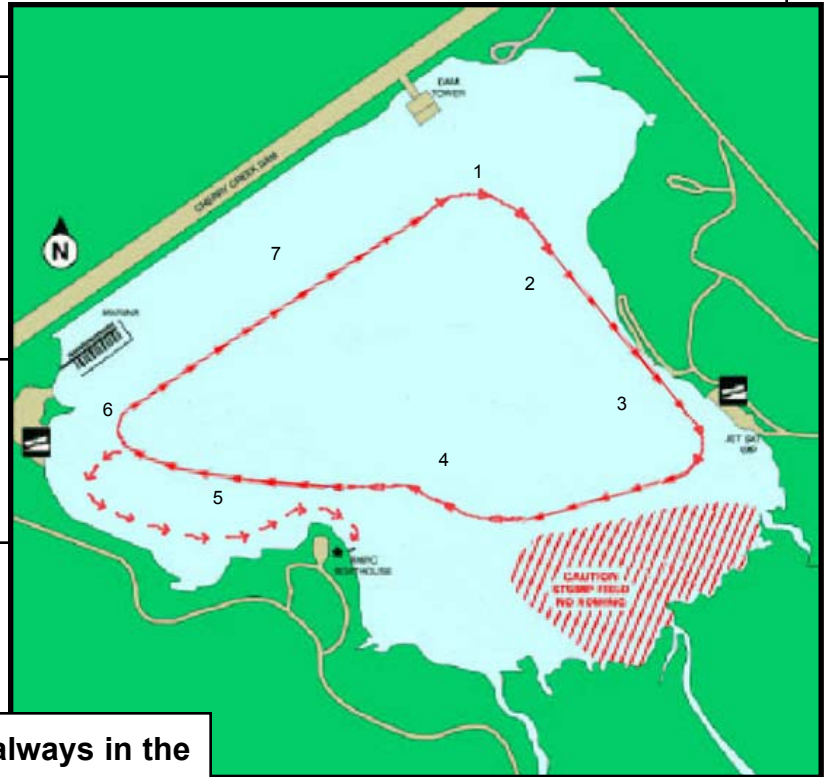
Lake traffic has been very heavy on the weekends; make sure that you are aware of boats behind you!

Beginners Course - Counter-Clockwise:

Stay in the cove to the east of the RMRC dock. From the dock, turn away from the marina/dam and row east on the shore side of the small buoys. Turn around at the point before the stump field and row back on the lake side of the small buoys, staying close to the buoys. Do not wander into the middle of the lake where you may cross the full course. When you reach the dock, turn around.

Buoys are not always in the same place every year; row cautiously the first time out to learn the new placement!

Know the Course!



Lessons:

Off to a great start for the land workshop; the water wasn't so co-operative; better luck next week.



John Tyler coaches Rod Luluzerne on the finer points of rowing across cement.



Karen Kurtak, Dave Wedmore and Perry Lewis participating in their first erg lesson; way to go, guys!

Race Results:

RMRC participated in three early season regattas:

San Diego Crew Classic, March 31- April 1,
Boulder Sprints, April 14,
Great Plains Rowing Championship (Topeka), April 22.

Great Plains Rowing Championship

Topeka:

4 rowers made the trek out across the plains to Topeka, Kansas to race. High winds shortened or canceled some races but our intrepid travelers got to race most of their events. Only 2.3 seconds separated the double finishes.

Scott Noble, 3rd place, men's open lightweight single (2K).

Bob Malacrida, 5th place, men's open single (2K).

Mark Groshek, 4th place, men's open master's single (1K).

RMRC B (Mark Groshek and Pat McKeon), 3rd place men's masters double (1K).

RMRC A (Bob Malacrida and Scott Noble), 4th place men's masters double (1K).

SAN DIEGO CREW CLASSIC:

The RMRC club 8+ posted a time of 6:47.26 on the 2000-meter course, good for 4th place!

RMRC composite boats placed:

1st in the masters C,
4th in the masters F+, and
6th in the masters D races.

Congratulations to RMRC members Mike Gasper, Mark Stormberg, Chris Kamper, Hans Wurster, Mike Shonstrom, Tom Murphy, Greg Fletcher, and Rand Case in the club 8+, as well as Dennis Hastings, Bob Malacrida, and Dean Smith.

Competitive Program starts May 7th!

Kick off your summer training with the Spring Clinic May 5th and 6th at Cherry Creek reservoir (more info on website: www.rockymountain-rowing.com members only section).

Boulder Sprints:

With ever-changing weather forecasts, venues and competition, the Boulder Sprints were an unknown quantity. The weather cooperated; the competition didn't. The Utah Juniors came to compete with the Colorado Juniors, but BCR and CU were absent. Fort Collins participated in the men's double race, but other than that, it was just us.

With no-one to race against but ourselves, this regatta turned out to be an early season experience in loading the trailer (and remembering the gate combination), de-rigging and re-rigging boats (with some riggers coming nearly loose during races), practicing racing starts and steering during some blazing 24 spm races.

The weather was gorgeous and the hosting Colorado Juniors were gracious with food, trophies and equipment loans (thank you to Grace Malacrida and the junior crew). The rush to get off the lake due to the cement canoe races was disappointing as it cut short the end of the regatta (and then we never even saw a canoe on the water), but it certainly raised everyone's excitement about the coming season!



Teri Evans, Gail Horstman and an unidentified person work on the Filippi double

Editor's note: Photos greatly enhance the newsletter. If you participate in a regatta or other rowing related event and have photos to share, please forward them to kajgress@msn.com with "rowing photos" in the subject line. I am not always current on who is doing what and I don't always know who to track down. Otherwise, all we have is some dry text copy!

RMRC Membership, Dues, and Classes

Active Membership (2007 annual fee \$200) 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 (2007 annual fee \$290) entitles parents and children under 21 in the family to active membership.

Student Membership (2007 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 (2007 annual fee \$20) entitles the individual to receive the newsletter.

Limited Competing Membership (2007 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, 2007, through February 28, 2008.

RMRC Calendar

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

Full regatta information on website.

May 5 - 6, 2007 -Spring Weekend Clinic at Cherry Creek.

May 7- Start of Competitive Program.

May 11- Start of Friday Friendlies.

May 26, 2007- Pelican Scull Sprint (1000-2000m) Lake Water Valley; Windsor, CO

June 2, 2007- Tulsa Sprints Regatta.

June 3, 2007- Rose Rock Regatta
Oklahoma River; Oklahoma City, OK

June 4, 2007 -Start of Intermediate Program.

June 9, 2007,- Summer Kickoff Party.

June 23, 2007 Gateway Regatta, Creve Couer Lake, St Louis, MO

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