



STROKE!

Rocky Mountain Rowing Club - Denver, Colorado
June 2008



A periodic publication of the Rocky Mountain Rowing Club, P.O. Box 6242, Denver, Co 80206

Lessons Part One: Complete!

By Anne Strobridge

The first three sessions of this year's sweep lessons program, coached by Jim Erwin, finished up on May 18th. On a gorgeous morning, a third group of enthusiastic beginners rowed all eight in a pretty well set up boat. Starting on Friday night for a dry-land session at the Colorado Athletic Club, six participants read through the "Learn to Row Journey," text book that Jim put together, then watched the U.S. Rowing safety video before climbing on the ergs. Dawnmarie Schwappach helped Jim and his assistants start the new rowers out with the basics of the stroke, surprising those who'd been working out on rowing machines the way we've all seen non-rowers do. By the next morning at 6:30, they were ready to deal with oars and water, and by Sunday at noon, Jim could say they looked pretty good. The good weather held for almost the whole three weeks—we lost just two half sessions, and Jim offered to take the participants out for a make up session at a time of their choosing.



We sent follow-up evaluations to each class, and the only complaints that have come back concerned the disappearing Duffy Rolls. So far, 25% of the participants have joined the club. This success comes from the great RMRC spirit of the following volunteers, many of whom came out for more than one session: Ginny Brokaw, Holly Baker, Alisha Jurgens, Karen Gress, Gail Horstman, Scott Ostrowski, Allen Edwards (fabulous coxswain), Joe Colisimo, Greg Fletcher, and Genesa Garcia.

Sculling Lessons

Sculling lessons start on June 6 at Grant Ranch. Karen Gress is doing yeoman's service in getting all the logistics set up over there: getting the Aeros transported and stored, coordinating with the Grant Ranch staff for the permissions involved, and also assisting for the first sessions. Greg Fletcher and Rand Case are each teaching one of the two sessions, assisted by the following fabulous volunteers: Gail Horstman, Dave Wedmore, Dave Nayle and JT Miller.

Karen would certainly appreciate the offer of anyone's help in transporting boats and oars back and forth from the reservoir to Grant Ranch for the first two weekends in June.

Keep up the great work, everybody, in making our newest members feel welcome!



Rowing Clinic

A coached clinic is planned for July 5/6 for both beginners and advanced. Stay tuned - check the website - details are in the works.

Beware

Beware the "Buoy Monster" the buoy that was hacked off (no, not mad...damaged). It's the first buoy in the line that leads from the "corner" near the stumpfield. Also, there's a smaller submerged buoy that's been there awhile (algae covered), occurring shortly after the monster... be aware and avoid the "monster".



PROGRAM INFORMATION

Novice / Intermediate Program

The Tuesday and Thursday Adult Rowers start up on June 3rd! Please remember to be patient with us as we review boat handling and learn how to get on and off the docks... quickly. Practice will be every Tuesday and Thursday from 5:30 to 7:00 am until we compete at the Head of Des Moines on September 27th. Anyone who wants workouts to improve their skills and conditioning in a friendly and social environment is welcome. The cost of the program for 2008 is \$175, sign up online at the RMRC website.

Junior Crew Team begins June 23!

Middle School Rowers will be welcome in the Rookie Rower program which meets on Tuesdays and Thursdays from 8:30 to 10:30 am. High School Rowers will be welcome in the Junior Program that meets on Mondays, Wednesdays and Fridays from 8:30 to 10:30 am. More information about this can be found at www.rockymountainrowing.org/juniors

Juniors Compete

On May 10th, Cole Capsalis, Maddie Lipps and Anthony Malacrida competed at the CYC in Oklahoma City just hours ahead of inbound storm that turned into a tornado. Twenty one teams from Missouri, Texas, Oklahoma, Kansas and Colorado vied for a chance to qualify for the Junior Nationals which take place in June in Ohio. Maddie a sophomore from Chaparral High School raced the girls' 16 and under singles race. Even after an entertaining warm-up (that is her story to tell); she managed to finish 3rd in her heat to qualify for the final. Cole Capsalis and Anthony Malacrida raced the boys' double race and unfortunately did not make it out of the three heats to the finals. Anthony Malacrida raced in the boys' single; finishing second in his heat of which there were three heats, he qualified for the final. Sometime in early afternoon, Mother Nature decided not to cooperate and churned the river to a lovely milk chocolate frothy consistency. The race officials made the decision to cancel the finals; and awarded medals based on heat times. The top three fastest times were made the "qualifiers" for Junior Nationals. Maddie was awarded a bronze medal for her first singles race.



Upcoming Regattas

St. Louis Gateway Regatta

St. Louis Gateway Regatta at Creve Coeur Lake in MO on June 28th - a 1000 meter sprint race for scullers and sweep. The regatta will include Juniors, Novice, Open and Masters events. Go to <http://www.stlouisrowingclub.com/> for info on their club. Other hotel and travel info to come...The NEW deadline to submit letters of intent to the Regatta Committee is June 7th with money due to the club June 14th. If you're at all interested in attending this regatta with RMRC, PLEASE send Karen Gress a letter of intent (accessible by visiting the Regatta Calendar section of the RMRC website and clicking on "Let the race committee know"). **ALL INDIVIDUALS WHO PLAN TO RACE WITH RMRC IN ST. LOUIS MUST SUBMIT A LETTER OF INTENT!** This, in no way, obligates you to attend. It's just a way for the Regatta Committee to get an idea of numbers and help set lineups for racing. It's the club's first step in the regatta registration process. All Club entries will be submitted through the Regatta Committee (via Regatta Central).

Masters Nationals

Deadline for letters of intent to race at masters' nationals is June 30th! See the regatta calendar on line to submit your letter.

Row the Rockies, July 12th

Letter of Intent to Row due 21 June, Please indicate in the comments section whether you scull, sweep, both, and if so which side. Payment due: 5 July



Concept2 Online Logbook

Show your team spirit through the Concept2 Online Logbook—a free web-based application that allows you to record your rowing workouts, track your total meters and, if you choose to, compare your times with other rowers from around the world.

12 RMRC members (and one Denver resident) are currently logging their meters. We are currently 14th out of all the teams! Help us get to number one by logging your meters!

Create an online log book and select Rocky Mountain Rowing Club affiliation in the profile settings of your online logbook. Once an affiliation has been selected, any meters that you row will be counted toward that club or team in the University/Club Standings.

<http://www.concept2.com/us/motivation/challenges/default.asp>

Off Water Social Events

Thursday, June 26: Downtown Tavern, enjoy the early summer on the roof!

Monday, July 21: Rockies V. LA Dodgers, who is interested in attending the game? First pitch is at 7:05pm. Rockpile tickets are only \$4! Respond to me (aweds1@gmail.com) no later than July 7th if interested. I will arrange the tickets, then.

Summer Party – to be announced.

Gear Sales

New racing shorts and racing tanks (by JL) have been ordered. I will have some in stock for purchase and anyone interested can contact Gail at glhorstman@comcast.net for size requests and future orders.

New and currently in stock are new Headsweats hats (won't fade) for \$25.

A club member who moved away, Angela Crooks, purchased a new jacket (Med.) and never used it so she is offering to sell it to anyone interested. Gail can put you into contact with her.

Olympics 2008 China's Rowing Team

Thanks to Allen Edwards for sharing this link about China's rowing team and the upcoming Summer Olympics:

http://www.nytimes.com/2008/06/01/sports/olympics/01gold.html?_r=2&pagewanted=1&hp&oref=slogin

Club Rows

The weekend club rows are going strong with doubles, quads, fours, and the eight going out in the last few weeks. Thanks to Allen and Anne for coxing! As the lake is getting more power boats on it the start time may get earlier. Check the calendar on the website periodically.

Your article or photo
could have been here!

Newsletter Submissions

The newsletter will be posted online around the first of each month. Please e-mail your submissions to Dawn for the next issue **by the 25th of each month.**

Email:

rsrcnewsletter@gmail.com

Interested in helping with the newsletter?
Writing articles? Proof reading?
Photographer?

Have photos or stories from the past?
Please contact Dawn!

*"Rowing is the only sport that
originated as a form of capital
punishment." -- Old Rowing Truism*



RMRC Rowing Commandments

- 1. Thou shalt be Receptive, and row with Whosoever Shalt Row with Thou; Thou Shalt Enjoy it, and Thankest Them Afterwards.*
- 2. Thou Shalt Be on Time to the Boathouse to Row.*
- 3. Thou Shalt Honor thy Bow Seat Rower.*
- 4. Thou Shalt Not Kill at Thy Catch; Thou Shalt Simply Unweight Thy Hands and Drive with Thy Legs and Thy Back,*
- 5. Thou Shalt Row as Hard as Thou Shouldst Likest Thy Neighbor to be Rowing.*
- 6. Thou Shalt Volunteer Thy Time for Thy Club.*
- 7. Thou Shalt not Covet Thy Neighbors Single, nor Their Private Oars, Nor Their Erg, nor Anything of thy Neighbors.*
- 8. Thou Shalt pay Thy Club Dues on Time. Thou shalt sign thy U.S. Rowing Waiver.*
- 9. Thou Shalt Keepth the Combination to the Boathouse Wholly to Thyself, and Thou Shalt Keep thy Boathouse Doors Locked at All Times.*
- 10. Thou Shalt not Talk Illith of Thy Fellow Rowers.*



Board Meetings PLEASE ATTEND!

Monthly RMRC board meetings are open to all members. The meetings will be held on the first Wednesday of the month with a few exceptions.

Time: 6:45-8:45pm

Location: Castlewood Library, 6739 South Uinta Street, The library is located just west of I-25 and Arapahoe interchange (Exit 197), at the southwest corner of Arapahoe and Uinta Streets - There's a light at the intersection. The meeting is in the Paul Manion Meeting Room, just past the entrance and down a short hallway on the left.

CAN'T attend the board meetings? Have something to share with the club? JT Miller, secretary, will be your "Voice" at the meeting. Email JT at scr1031@msn.com.

Next Board Meeting Date

(Subject to change)

Wed. June 4th

RMRC Membership, Dues, and Classes:

Active Membership (2008 annual fee \$225)
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 (2008 annual fee \$325)
Entitles parents and children under 21 in the family to active membership.

Student Membership (2008 annual fee \$100)
Extends all rights of active membership to undergraduate students who are enrolled full time in school. Students must be full time and show proof of full course load. Student membership year is from May to September.

Supporting Membership (2008 annual fee \$20)
Entitles the individual to receive the newsletter.

Limited Competing Membership (2008 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.

The membership year is March 1, 2008, through February 29, 2009.

Coaching for novice, intermediate, and advanced rowers is available in the summer for an additional fee. Contact Teri Evans at row4kicks@gmail.com.

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 -

Please fill out our online membership form at:
<http://rockymountainrowing.org/membershipApplication>

Questions: Please email:
membership@rockymountainrowing.com

Don't have access to a computer?

You can receive a paper copy:

- (1) at the boathouse
- (2) by calling 303-331-2860 with a request to receive a paper copy at the address you provide.

Please register online or 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

