



STROKE!

Rocky Mountain Rowing Club - Denver, Colorado
October 2003



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

Masters National Championships

By Margaret Whelan

More than 90 clubs participated in the 2003 Masters National Championships sponsored by USRowing at the aquatic center of the California State University, Sacramento in Rancho Cordova, Ca.

Rocky Mountain Rowing Club came home with an outstanding **9th place** in team points, an impressive showing against well established clubs that brought six times (or more) as many oarsmen as RMRC. This year RMRC finished with a total of 170 points – over five times as many points as last year! Some background information: Points are awarded for each boat based on the results of the race, with highest points awarded to first place finishes, but with points awarded to all boats that competed in the finals. Each rower could row in no more than six events. All races were on a 1,000 meter, seven lane buoyed course.

In addition to the 9th place overall finish, RMRC came home with three **Masters National Champion** titles. Boats gaining these titles are awarded gold medals, but also get trophies which are kept for a year. **Margaret Whelan** and **Andi Tomany** (pictured above) won the National Championship in the Women's A 2x; **Andi Tomany** and **Renee Olin** won the National Championship in the Women's AA 2x (this being the first year of this event, so they're pioneers!), and **Margaret Whelan, Kati O'Hara, Andi Tomany,** and **Darin Hayden** won the title in the Women's B Club 4x.

The first two days of racing are reserved for heats, with the top 2 or 3 finishers (depending on number of entrants) advancing to Saturday and Sunday finals. An impressive number of RMRCers managed to hold off competitors to make it to the finals, so Saturday and Sunday were not days of rest for anyone. In the Women's B 2x heats, the six final qualifiers all finished within one second of each other! In the "barnburner" finals, Margaret Whelan and Kati O'Hara finished in the silver medal position, which had less than five seconds between first and sixth place.

The intrepid foursome of **Mark Groshek, Bob Malacrida, Dennis Hastings,** and **Steve Nelson** ate little more than lettuce and mustard for months in order to make weight for multiple lightweight events. Indeed, they even had an impressive 5th place overall showing in the Men's B 4x



open weight category! Starvation paid off for Mark Groshek and Bob Malacrida, who carried off silver medals in the Men's Lightweight C 2x, after which they were finally able to enjoy condiment-laden cheeseburgers.

Mike Shonstrom and **Rand Case** brought home bronze medals in the Men's F 2-. Or, to be more precise, they won the medals but had to have them delivered because they were racing to catch a plane back to Denver. Mike and Rand, along with **Tom Murphy**, also won a bronze in the Men's F-J 8+. **Greg Fletcher, Tom Murphy, Kati O'Hara,** and **Darin Hayden** finished fifth in the Mixed Masters 4+, which was coxed by RMRC's **Diana Browning**.

This was the first year for races in the AA category, which includes athletes ages 21-27. In addition to the Olin/Tomany gold medal performance in the AA 2x, the team of **Renee Olin, Kati O'Hara, Linde Howell,** and **Grace Malacrida** brought home the bronze medal in the AA 4x category.

Margaret Whelan helped the team with a personal best of **six medals!** In two days of racing this year, Margaret won twice as many medals as she had won in the last three years at Masters Nationals. Two gold (Women's A 2x, Women's B Club 4x), three silver (Women's B 2x, Women's A 4x, and Mixed C 4x) and one bronze (Women's B 4x).

Andi Tomany also had an awesome performance bringing home **4 medals** and **3 of them were first place!** She now can claim three National Championship titles - the Women's A 2x, Women's AA 2x, and Women's B Club 4x, and a silver medal in the Women's A 4x (along with Renee Olin, Kati O'Hara, and Margaret Whelan).

See Mark Groshek's article later in the newsletter for more details on the Masters Nationals.



RMRC Brings Home Medals/Trophies from Masters Nationals



Katie O'Hara, Linde Howell, Renee Olin, and Grace Malacrida.



Mark Groshek and Bob Malacrida



Katie O'Hara, Margaret Whelan, Daren Hayden and Andi Tomany

Master's Nationals RMRC Race Results

Master Men's 4x: Class B

5th - Mark Groshek, Bob Malacrida, Dennis Hastings, Steve Nelson
3:30:49

Master Men's 2-: Class C

4th - Mark Groshek, Robert Malacrida
03:49:86

Master Men's 8+: Class F-J

3rd - Natalie Vu (Coxswain), Mike Shonstrom, Drew Harrison, Mike Thibault, Rand Case, Tom Murphy, Tom Budinger, Richard Flanigan, Don Flanigan
03:02:29 (03:25:39)

Master Women's 2x: Class A

1st - Margaret Whelan, Andi Tomany
03:55:47

5th - Renee Olin, Darin Hayen,
04:07:48

Master Men's 4+: Class E

6th - Natalie Vu (Coxswain), Mike Shonstrom, Tom Murphy, Greg Fletcher, Rand Case, 03:44:66

Master Men's Lightweight 2x:

Class C 2nd - Mark Groshek, Robert Malacrida 03:48:17

Master Women's 2-: Class A

4th - Renee Olin, Andi Tomany,
04:14:49

Master Women's 4x: Class B

3rd - Margaret Whelan, Kati O'Hara Grace Malacrida, Darin Hayden,
03:47:39

Master Mixed 4x: Class C

2nd - Mark Stormberg, John Jablonic, Grace Malacrida, Margaret Whelan
03:31:51

Master Mixed 4+: Class B

5th - Diana Brown ing (Coxswain), Greg Fletcher, Tom Murphy, Kati OHara, Darin Hayen 03:56:58

Master Women's 4x: Class AA

3rd - Renee Olin, Kati O'Hara, Linde Howell, Grace Malacrida
03:45:16

Master Women's 2x: Class AA

1st - Renee Olin, Andi Tomany
03:49:24

5th - Grace Malacrida, Darin Hayen
04:03:70

Master Men's Lightweight 1x:

Class C 5th - Mark Groshek 03:55:39

Master Women's 2x: Class B

2nd - Kati O'Hara, Margaret Whelan
03:53:55

Master Men's Lightweight 4x:

Class A-B

3rd - Composite boat - Peter Cannia, Ted Paxton, Dennis Hastings, Donald Webber-Plank
03:11:80 (03:16:30)

Master Women's 4x: Class A

2nd - Rene Olin, Andi Tomany, Kati OHara, Margaret Whelan
03:39:44

Master Men's 2-: Class F

3rd - Mike Shonstrom, Rand Case
04:16:37

Master Women's Club 4x: Class B

1st - Margaret Whelan, Andi Tomany, Kati OHara, Darin Hayden 03:45:54

Parent/Child D 2x (dad/daug. or

mom/son or mom/daug.)

1st - Mary Ann Erickson, Ted Sprague 04:36:85

Complete results from Masters Nationals can be found at <http://www.racetrak.com>.

Photos provided by Mark Groshek and Margaret Whelan

National Championship Titles

Women's A 2x - Andi Tomany and Margaret Whelan

Women's AA 2x - Andi Tomany and Renee Olin

Women's B Club 4x - Margaret Whelan, Katie O'Hara, Daren Hayden and Andi Tomany



Volunteer Spot Light

By Jenn Brown

What type of RMRC volunteer are you? We all know being a RMRC member has its perks—and its responsibilities. There's room for all kinds of volunteer service in the club. In fact, it's a requirement! That's right—each member must contribute ten hours per year of service to the club. Ten hours. Ten easy hours.

RMRC is the club it is today because of the volunteers and their efforts. Those who give their knowledge, skills and experience are a valuable asset to the club; their efforts make everything not only better, but possible for the rest of us.

Of those who give their knowledge to the club, **Matt Filby** comes to mind. On any Saturday, you're likely to see Matt at the boathouse, repairing a boat (or three), adjusting foot stretchers or fixing a wayward rudder. Thanks to Matt, our fleet stays in good repair; ready to go for the next race or the next lesson.

The place we all take for granted—our boathouse—has to be cleaned, maintained and organized. By the time we show up in early spring to kick off our rowing season, **Tim Jenkins** has been hard at work, getting the house ready for the season. There are leaks to fix, locks to clean and boats to cram into our limited spaces. How is it that the boathouse is always ready for us? No, the bunnies in residence do not spend their winters cleaning things up for us. People like Tim come before the crowds and get it all ready.

RMRC offers so much to both its members and the community. Volunteers like **Larry Price** and **John Tyler** give many the opportunities to learn to row. The lessons program enables us to grow, and provides some needed income. These programs require so much effort, organization and a love of teaching. Thanks to Larry and John, there will continue to be a steady stream of those who are new and excited about this fabulous sport. They had the help of the experienced rowers, such as **Mark Groshek, Scott Noble, Margaret Whelan, Linde Howell**, and many others who showed up to help the beginners learn the difference between port and starboard, how to back and turn and how to keep their wrists reasonably straight. **Geoff Klingsporn** gave those wanting to work really hard and compete the opportunity to stay challenged.

The club relies heavily on those who give their time. Even though an injury kept her from rowing all summer, **Dawn Mendel** kept showing up. Not only did she help produce the newsletter this year, she photographed many events. She assisted with the beginner and intermediate programs, and organized the Boathouse Bash. Dawn always seemed to be there when I needed help hefting a rec single, or when someone found themselves with a few too many oars to carry back to the boathouse. Dawn and **Linda Browning** are a rare breed indeed by volunteering to cox this summer.

We also have volunteers like **Margaret Whelan**, who spends MONTHS preparing for the Mile High Sprints. Though it's done and over with in one day in late January, Margaret is already working to make sure RMRC has another successful event.

We are also fortunate to have so many dedicated Board Members, who spend a lot of time behind the scenes discussing issues important to the club. **Scott Noble** puts in countless hours as President, making sure things run smoothly. **Darin Hayden** patiently collects membership forms and checks, many of them way past the deadline! These members, and many others not mentioned here, have given so much of their experience, skills and time. Without them, the club would not be what it is today. With more help and effort, we can be even better and have more to offer our members. As you rest up over the winter (or get ready for the Mile High Sprints), consider what value you can add to this club. What kind of volunteer will you be?

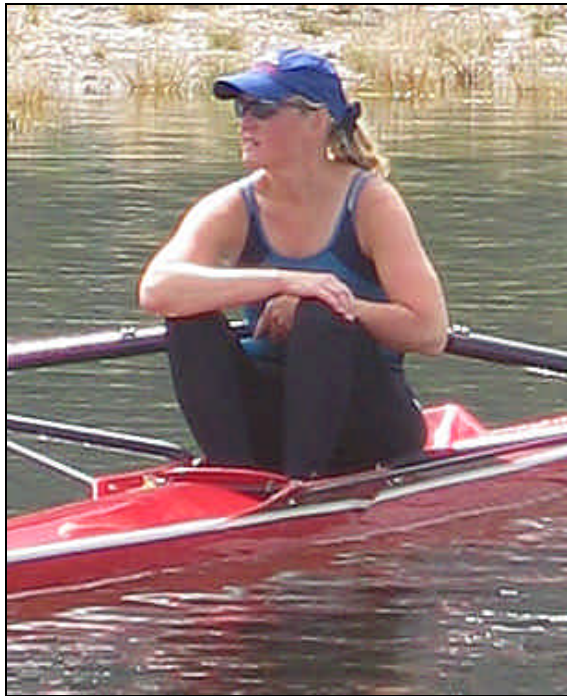
Editors Note: Two upcoming volunteer opportunities -
1. Taking the docks out (early Nov.) 2. The Mile High Indoor Sprints (late Jan.) Remember to say "yes" when asked to help. If you would like more information on volunteer opportunities, e-mail Jenn Brown at volunteer@rockymountainrowing.com

Mystery Money

Make the job of another of our wonderful volunteers a bit easier; if you write a check to RMRC, please attach all paper work required (membership forms, order forms, etc.) with the check and also write in the memo section what the check is for. We have had several mystery checks this year and this makes keeping the records straight a nightmare! Our treasurer, **Mark Gorshek**, would love to spend less volunteer hours on this task and the funds can be applied to the correct account.



Lake Dillon



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MRA Clinic Review

By Mark Gorshek

The MRA clinic on Sept 6 and 7 was a very pleasant surprise. The coaches from Philadelphia, Chuck and Luke, had excellent insight, good eyes, and ways of communicating that worked really well for me. We had a misty, cloudy morning, but a spectacular afternoon on Saturday. The race on Sunday was just plain wet, but still fun. Who expects rain in the morning in Frisco?

My sculling style has tended to see me slump a little at the catch. As a result, I sky my blades a little and miss water. I also tend to break my arms very early in the stroke, so I am pulling through with my elbows bent - no advantage to that! At the finish I tend to drop my body a little bit, so the oars don't come out cleanly and my set is affected. And on my starts, the first stroke is always something I just try to get through without too much trouble. I am always amazed to still be upright at the end of the first stroke, as my catch is not too clean.

So here is what I learned. I don't know that these will help everyone, but these tips did seem to improve my stroke quite a bit. (As long as I remembered them!)

1. From the finish, let the hands lead the body away. We all know we are supposed to get the hands away, but this phrasing seemed to help me remember that. Plus it helped me get my arms out straight to begin with.

2. At the finish, keep the back straighter and keep the shoulders up, and stick out the belly a bit. The belly comment really helped me keep my posture, probably because I was focused on something new, instead of my same old slumping problem.

3. At the finish, pull the hands in to the lower chest, not the abdomen - i.e. higher than I am used to. I think I pulled lower to try to help wrestle the oars out of the water. But I didn't need to, because...

4. at the finish, roll the shoulders back and down, while holding the back and belly straight. This action puts more force behind the release—the blades come up and out of the water more cleanly, where they can be feathered. This was pretty cool!

5. At the finish especially, but also the rest of the stroke, keep the chin up. Staring at a stroke coach, or just looking down, tends to make you slump more.

6. During the drive, the recommended hand position is not with the wrist completely flat, but with the hand cocked downward (fingers pointing down just a

bit). As this is the position God's hand takes in Michelangelo's "Sistine Chapel" mural, this is also called the "Hand of God" position. Its revelation was a religious experience for several people at the clinic.

7. For my starts, they had me come farther forward than I usually start; to a true 3/4 catch position. The pull through is strong and up to the chest, instead of down to the belly. I was amazed how much that stabilized my first stroke. And it worked every time. If I can remember it, I will no longer dread that first stroke!

Happy Rowing!

Masters Nationals

By Mark Groshek

I must say that Lake Natoma is a spectacular venue for rowing races. The photos show how close the spectators are to the race course. Let's face it, rowing is not the world's most compelling spectator sport, even for rowers, but Lake Natoma was pretty good! And we had all manner of weather, from thunder storms to rain to wind to sun. Rather like home. Overall, I have to say that the course stayed pretty flat in most weather. The only hazards were the swimmers, who for some reason could not be excluded from the course, even when it meant they were in danger of being smacked in the head by boats and oars. Go figure.

As a lightweight, it is never fun to be trying to make sure you make weight for your races, especially in a different place, where you are less in control of the food. I had to sit on the erg a couple times to get to weight, but at least I didn't have to bleed this year! In fact, no one from RMRC was injured - a positive step!

I think the competition was pretty stiff. Not all the east coast power houses came, but there are a lot of strong rowers on the west coast as well. All those people bringing in gold medals - and there were quite a few from RMRC - can be justifiably proud. The Sacramento crowd were no pushovers.

Quite a few RMRC rowers acquired new nicknames in Sacramento. Don't ask me - you'll have to ask them!

I had a lot of fun in Sacramento. Racing the top of the pack can be humbling, but it also gives you a chance to test yourself, and to set new goals.

Masters next year will be in Tennessee - I can't wait!!





Photo by Scott Noble

Members of the Recreational Rowing Program gathered at the boathouse at 6:30, during the last week of the coaching program to give thanks to **John Tyler** for his dedication and hard work this summer in making the program a huge success. John spent countless hours on the water and off - planning, organizing and coaching. With the season ending, we hope John will dedicate time to his other passion - golf - and hope next year he gets more time to enjoy rowing without all the headaches of starting a new, very successful program.

Thank you John, for all you have done!
- The Rec Rowers

The Boat House Bash - Cool, But Still a Smash

A one day cold spell made the Boat House Bash a bit cool, but the 32 people who came had a selection of great food, hot drinks and a good time. Fun awards were given out to the Recreational Rowing Program participants and thank you gifts were given to the volunteer coaches, Patty and Scott, for their dedication to our rowing this summer. Dawn Mendel was also recognized for all the help she provided this summer. A special thank you to Dawn Mendel, Gail Horstman, Joan Hammerly, Diane Moyer, Karen Moore, Linda Browning, Erin O'Donnell, Don and Sue Baker, and Karen Loucks for contributing to the success of this year's bash.



Hot Chocolate was the drink of choice thanks to Don and Sue's inspired idea to bring their camp stove.



Erin O'Donnell and boyfriend "Bones"



Patty Bulger was presented with gifts including a RMRC vest and jacket from the competitive and recreational rowers in thanks for her summer of volunteer coaching.

People ...

... Lauren Hayden sitting in Scott Noble's boat appeared on the front cover of the August issue of Rowing News.

... Thank you to James Wallace for a donation to the club to help defray the costs of publishing the newsletter.

Photos by Dawn Mendel



Senior Olympics

The Senior Olympics are being planned for the ten day period from **June 3, 2005 to June 18, 2005**, in Pittsburgh, PA.

Margot Zalkind, Director of Member Services for USRowing, would like to know if our club's "Over 50" athletes (will you be over 50 in 2005) would be willing to participate in this event. She is looking for an informal "show of hands" to see if rowing at this event has your support.

The Senior Olympics are for adults from age 50 to 101. Events are generally broken into age categories, such as, 50 to 54, 55- 60, etc. which match the USRowing age categories.

Rowing events could be held at Lake Arthur on a 1000m course at Big Run. The weekend of June 10th (Friday) through June 12th (Sunday) has been put forward as having the best timing. This would allow the athletes to participate in the ceremonies and march in the parade to be held that Sunday afternoon.

If you're interested in this event, please contact Margot Zalkind, Director of Member Services for USRowing at Margot@usrowing.org or call her at: 413-585-9445 ASAP.

RMRC Facts:

There are currently 36 active RMRC members who are 50 years old or older.

The oldest RMRC member is 81 years young!

Jr. Indoor Rowing Team

The Colorado Athletic Club Monaco will have a Junior Indoor Rowing team this winter. This will be for high school age athletes ages 14 to 18. The program is designed to provide winter conditioning and an introduction to indoor racing. It is open to both members and non-members of CAC. Fees are \$130 for members and \$250 for non-members. Training will be 3 days a week from 3:30-5:00PM on Tuesdays, Thursdays and Fridays beginning November 11th and ending with the Mile High Sprints on January 31 (no practices Nov. 27, Dec 25, 26, and Jan 1) Mile High race fees are included in registration. A parent meeting will be Thursday, November 6. To sign up, call the Colorado Athletic Club-Monaco at 303-758-7080 or contact DawnMarie Schwappach at 303-756-9036.

Editors' Notes

New! Advertise With RMRC

Classifieds are free of charge for RMRC members advertising rowing related items, but will run for only one issue on a space available basis. If two or more months are desired for the same item, the member will be charged for the second and subsequent months at the rate for non-members.

Classifieds for non-members offering rowing related items will be charged at the rate of 10 cents per word.

Classifieds for any non-rowing items for both members and non-members will be charged at the rate of 15 cents per word.

Classified Ad Size – Ads will be limited to a maximum size of 7 lines per column. This is a total of approx. 330 characters.

Display ads will be charged at the rate of \$10 per column inch/month. (Typical business card size would cost \$20) A discount rate of \$8.00 per column inch per month will be offered for ads that are paid for two or more months at a time. (Example: A business card size ad (two inches) for two months would cost \$32 instead of \$40)

We reserve the right to reject or edit all ads.

Contact the editor if you would like to submit an ad.

Get STROKE! By Email

As a member you will receive a newsletter by snail mail unless you choose to join the growing number of members who have their newsletters e-mailed to them (days earlier and with color photos!). To be placed on the list for the e-mailed newsletter, or to change mailing or e-mail information, please send a note to our membership director: Darin Hayden at: darin.hayden@sun.com.

Please e-mail or snail mail your submissions for the next issue by the 20th of each month.

Snail Mail:

Dawn Mendel
20433 E. Sagewood Lane
Parker, Co. 80138

Email:

Andi Tomany: rower_lady@yahoo.com
Dawn Mendel: d.mendel@comcast.net



Membership Meeting

This meeting is part social and part business. It is held on a Thursday evening at a local restaurant, The Lazy Dog, with drinks and snacks provided by the club. **All club members are encouraged to attend** as this is your opportunity to discuss the future of the club.

Date: Thursday, Nov. 6th

Time: 7 pm

Location: Lazy Dog Sports Bar and Grill - located at 4100 E. Mexico Ave., just east of Colorado (easy access - just off of I-25)

Upcoming RMRC Events

- Oct. 2** Board Meeting - 7pm
Nov. 2 Frostbite – *Wichita, KS*
Nov. 6 General Membership Meeting
Nov. (TBA) Docks Out – *Volunteers Needed*
Dec. (TBA) Holiday Party
Jan. 31 Mile High Indoor Sprints

Erg Pre-Orders

The newly released Concept 2 Model D ergs will be used at the Mile High Indoor Sprints on Jan. 31st. You can take one of these assembled and “tested” ergs home with you after the Sprints. Please send an email to ergs@rockymountainrowing.com if you are interested in learning more about purchasing an erg. (Remember this is a fund raiser for the club)

Rocky Mountain Rowing Club
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