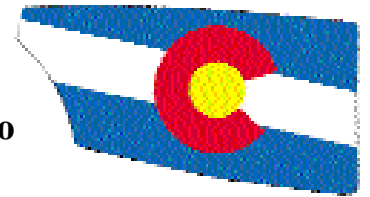


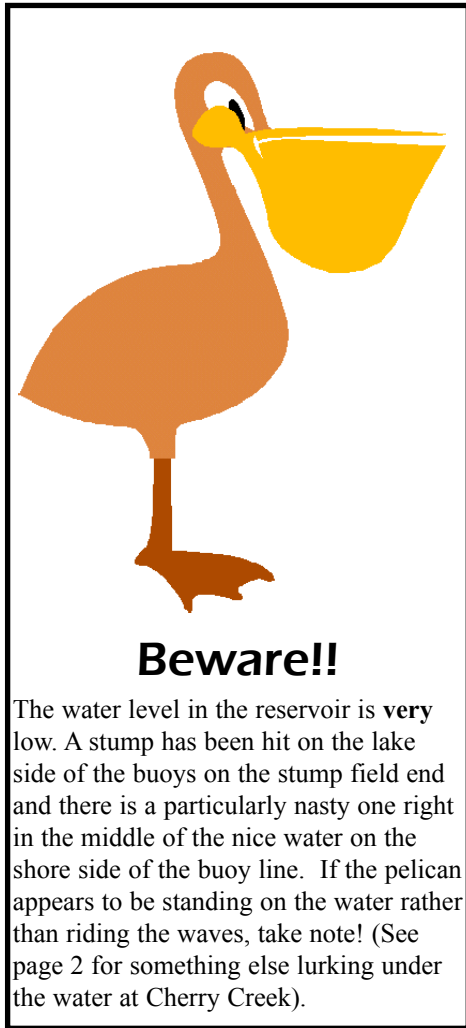


STROKE!



Rocky Mountain Rowing Club, Denver, Colorado
June 2006

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Beware!!

The water level in the reservoir is **very** low. A stump has been hit on the lake side of the buoys on the stump field end and there is a particularly nasty one right in the middle of the nice water on the shore side of the buoy line. If the pelican appears to be standing on the water rather than riding the waves, take note! (See page 2 for something else lurking under the water at Cherry Creek).

Many thanks to Margaret Griffes for hosting the kick off party. It was a beautiful evening and the spread was great. Many members came with family. Dan Ebert, who owns the Two Brothers Deli in Idaho Springs, donated a case of buffalo burgers and a case of beer brats.



Safety on the Water

Now that the summer season is fully underway, here are some timely reminders about being safe in and around the water.

Rowing Safety 101

adapted from the MRA website

Whether you have been rowing for 3 days or 30 years, you must still continue to learn rowing safety at all times. Hopefully you will read this article to reiterate safety information you already know and practice, and you may even learn something new that may benefit you or one of your peers if an emergency arises.

Equipment:

- Inspect boat equipment :Before each row, make sure to look over your boat carefully for any damage. Do not row damaged equipment. Report damages on the equipment board.
- Do not row equipment for which you have not been certified.

Weather Conditions:

- Check the weather report: Temperature, precipitation, and wind can be major hazards on the water if you are not properly prepared. Always dress appropriately on the water. .
- In rainy weather, water resistant clothing is recommended. You can even wear a raincoat or poncho to stay extra dry.
- In hot weather make sure to bring more water than normal, to help protect against dehydration. Sunglasses may also be worn in sunny weather to avoid the glare on the water.

Water conditions and regulations:

- It may be a beautiful rowing day, but our water conditions can change drastically in a very short time, especially due to wind, and they vary in different locations around the course.
- Rowers should also take extreme care to follow safety rules on the water. It is very important for rowers to stay alert at all times in the water for debris, as well as for others on the water, to avoid collisions with buoys and other boaters and crews.
- Know the water traffic patterns: Water traffic patterns are used in order to keep all water users safe. It is important to know where the stump field is, the jet ski ramp and the water skier zon -- also the rowing direction and the location of buoy markers.

Special situation rules:

- Make sure to follow special safety instructions in bad weather/ darkness situations. Never row when the water is closed to rowing, and always use a safety light when rowing in the dark.
- Make sure you have passed a flip test before using club equipment and do not let non-club members use equipment
- Always wear a PFD when rowing a single and don't row a single alone.
- Log your row in the RMRC logbook in the boathouse.

Following the basic rowing safety tips will not only keep you safer, but it will also help protect our rowing community from accidents. Rowing is only a dangerous sport when people are careless! For more rowing safety information you may visit:

<http://www.ara-rowing.org/safety/safetycode.php>

http://www.packer.dsl.pipex.com/rowing/rowing_index.html



Beginning of Summer Orientation

Summer's here and there are a lot of folks down at the lake. It is great to see so many people out for programs in the mornings! Because of the volume of boats, here are some guidelines to establish some semblance of order to the mornings:

- 1) Place oars to the left of the steps leading to the dock, leaving the other side open for the launches.
- 2) Singles and doubles are encouraged to wet launch to allow larger boats at the dock during congested periods.
- 3) Watch where you are in relation to other boats along the course and rowing in to or leaving the dock.
- 4) Novice rowers and those just graduating from the learn-to-row program: Please remember to follow only the beginner course (outlined in the article to the right) or along the south east end just on the shore side of the stump field buoys.
- 5) Please allow those in coached programs to select their equipment first to facilitate timely launching of program boats.

Programs:

Coached Programs:

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

(Plan to arrive early so we are on the water by the designated start time.)

Club Rows:

Beginning June 24-25, club rows will begin at 6:00 a.m. on Saturdays and Sundays. (We are trying to avoid weekend traffic).

Equipment:

New Oars! The club has several sets of new oars that have recently arrived in the boathouse. This should help ease some of the equipment shortage that has been experienced in the mornings.

Equipment Priority:

Please be aware that scheduled programs have priority on equipment use during the weekday mornings. If you are planning an early morning row, please make sure that those in coached programs have all their equipment before selecting your own, and allow those in the programs priority in launching and docking.

Reporting Equipment Problems:

Don't forget to write up equipment issues on the board in the boathouse. Also; don't forget to check the board to see if the equipment you may be taking out has a problem.



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 the lake 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.

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 the full course. When you reach the dock, turn around.

If It Isn't a Stump it Could Be.....

*Communication from Todd Brophy,
Marina Director, Cherry Creek
Reservoir, April 3, 2006.*

Here is the car I found last Thursday. They pulled it out of the water directly off the west boat ramp Saturday. The search and rescue guys say the rear window and roof were not damaged until I hit it with the pontoon prop. It was stolen in Aurora in December.



Lessons Roster 2006

Thank you to all who participated in the 2006 lesson program. We have seen some of you already out rowing on the water, having flip tests and many have joined the club. Flip tests are being conducted on the weekends. Contact John Tyler for additional information.

Have a great summer!

2006 Learn to Row Participants:

Bill Beiner
Judy Campbell
Emily Cardin
Angela Crooks
Kelly Davis-McPeak
Jackie Garfield
Jenifer Helms
Alisha Jurgens
Patrice Kennedy
Ann Kerr
Shari Kingston
Michelle Malfatti
Rex Mammel
Brandon Martin
Allison Mueller
Rich Muir
Leigh Peters
Ron Pohl
Paula Ricchi
Lindsey Ricchi
Carl Selles
Pamela Sewell
Michelle Shields
Dean Smith
John Smith
Kristina Smith-Becker
Ann Stahl
Mike Stahl
Terri Wanger
Carrie Wolf

Thanks also to all RMRC volunteers and instructors for making the 2006 lesson program a great success.



Carl Selles shoving off for his flip test.

Lessons!



John Tyler reviewing flip test procedure.



Sunday morning lessons: launching singles.



Launch crew

