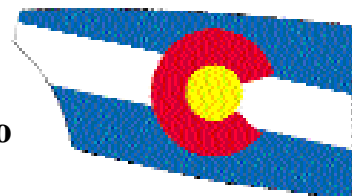


STROKE!



Rocky Mountain Rowing Club, Denver, Colorado
Special Summer Edition 2006

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

North Tahoe Rowing Regatta

Contributed by Jackie Snyder, photo:
Doubles Start, by E. Brodie



This regatta was held on June 17th in Kings Beach, California. The race has two courses, the long course, 8.5 nautical miles (10 statute miles) for open water boats only, and the short course, 3.75 nautical miles open to open and flat water boats. This year there were 39 long course entries comprised of Aeros, Maas 24s, and doubles. There were 17 short course entries. The categories include men's and women's in each boat type as well as mixed doubles. With a wide range of ages, an age handicap is applied to the final elapsed times.

The race draws competitors from many boat clubs in the Bay Area of California; clubs from Sausalito, San Francisco, Marin County, and Petaluma. This year there were also competitors from Arizona, Oregon, Southern California and Colorado. The skills of the rowers range from experienced college rowers to recreational/intermediate level rowers.

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This issue of Stroke!
is dedicated to the reasons
why we row

Racing:
Something for
Everyone

Rose Rock Regatta

Contributed by Linda Browning, photos by
iSchoolPhotos, tm

Seven RMRC members overcame all obstacles to compete in the Rose Rock Regatta in Oklahoma City on Saturday, June 17, 2006. Dean Smith, our 80-year-old erg champion and novice rower (photo below), and his wife drove in from Denver; Kent Wilson car topped a 1x, 2x, and oars across Kansas in heavy cross winds; Linde Finsrud flew from a job interview in Milwaukee; Grace and Anthony Malacrida couldn't get a flight directly to Oklahoma City from California and had to fly into Dallas and drive up; Linda Browning was



on a delayed flight that finally left Denver at 10:00 p.m.; and Diana Browning drove from Shreveport, Louisiana (Linda and Diana carrying their double;

left). We rented several boats from Chesapeake Boathouse, the new incarnation of Oklahoma Association for Rowing (OAR).

The regatta was part of a two-day Riverfest that was also slated to include dragon boat races, a brew pub competition, wine tasting, mini-submarine races, and a jazz festival. Weather interfered, however. A severe thunderstorm Friday night sank one of the Chesapeake launches and left the race-course full of debris.

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La Bomba:

Courtesy of Jim Erwin
UCI Crew aboard their battle barge "La Bomba", circa 1972....Newport Beach, CA. Erwin at port #4:

Intangibles:
friends, family, health

"Yeah, we look like the Village People Rowing Team in that photo. We were going out to a race of sorts, the first (and last) Rusty Pelican Regatta; had to bring a self propelled craft. Sort of turned into a war of sorts and the harbor patrol had to send us all home. A long story. Pretty fun day though.

That is just about 1/2 the crew team on the boat; a few that weren't there: Brad Lewis who got a gold medal in the double scull in 1984; Brad sort of tended to keep to himself. Writes some great stuff on rowing. Mary Baylor (the cox in our JV boat; I was stroke and it was fun having a good looking blond at the helm; UCI had the first female cox in the nation back in the 1960's: she was on "what's my line?" and not even Arlene Francis guessed what she did; when told, the panel still didn't get it); in the boat is Bruce Ibbetson at #2 who would someday be the stroke of the US National Team 8 that got a Silver medal in the 1984 Olympics at Lake Casitas; the coach was Bob Ernst that a few years later would coach the U.S. Women's team to a gold medal. There were a few other guys that were in the olympics after my time there. In the barge, our first national champs, Rick Peterson, Mike Sullivan and John Davis who with a guy from USC won national championships in the straight 4 and pair...Small team, no budget but good results. Bob Ernst was paid \$1,000 per year as coach of the team for the 6 years or so that he was there....

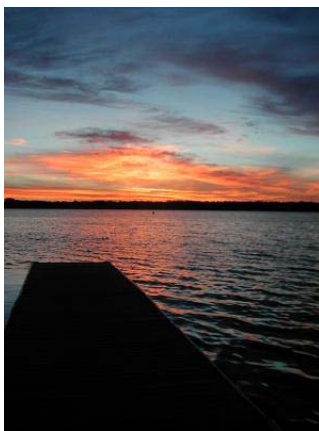
An interesting side story: the guy that started the team at UCI was Duvall Hecht, gold medalist in the 1958(?) Olympics in the pair, who was tired of driving to L.A. to his stock brokerage job and wanted some entertainment while he was driving. He started Books On Tape (B.O.T) and did pretty well for himself! He just sold it last year to Random House and is now, get this, driving 18 wheelers at the age of 70+...his company, a small one just like Books On Tape was at one time...transports rowing shells back and forth across the country for colleges and clubs. A great guy; a lot like J.Tyler...he has been a key guy at keeping the boats on the water over the years. A beautiful place to row, Newport Bay; you can row 3 miles without turning the boat. and a beautiful FLAT WATER back bay estuary with lots of rare birds flying a around to rowing in; no power boats making wakes!



The youngest Noble (for now!).



Jim Erwin, #4, portside.



Sunrise at the dock.

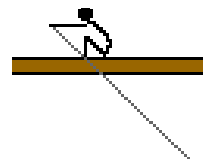
From the October 2005 issue of Prevention magazine:

"A boat oar can be just as effective as a barbell for preventing osteoporosis. In an Oregon State University study of 54 women in their 50s, those who rowed competitively for at least a year had up to 6% greater bone density in their spines and 23% greater back strength than active non-rowers. This study shows that weight lifting and running aren't the only ways to bolster bones.

Researchers say the force of muscles tugging on vertebrae when you row stimulates those bones to toughen up."



Linda and Diana Browning; docking in Oklahoma City



Comraderie and Commitment

Volunteering

Get to know fellow club members through volunteer activities. Here are some of the exciting opportunities offered recently, some coming up soon and others that will be here before you know it! (contact Margaret Griffes, volunteer coordinator, for other opportunities currently available):

Rigging Clinic

There were two rigging clinics held at the boathouse Saturday July 1st and 8th. Scott Noble generously donated his time and talents to introduce several groups of rowers into the mysteries of spread, pitch and height. Many boats now have new oarlocks and have been adjusted. Our goal is to check and adjust on a monthly basis.

Boathouse Bash

Saturday, August 19. Need a BBQ and chef. Tables, chairs, coolers etc.

Docks Out

We always need able bodies to remove the docks in November.

Mile Hi Indoor Sprints

Early in the fall is the time to begin planning this event. We are looking for an event coordinator.

Board Elections

Be thinking about running for a Board seat. Time commitment varies between positions.

July 21, 2007, 1000m Sprints at Aurora Reservoir???

Will take lots of hard work from everyone!

Regatta Results,

cont. from page 1

North Lake Tahoe Regatta
Lake Tahoe, CA
June 17, 2006

Many competitors make it a long weekend or vacation week to explore the beauty of the Sierras and to row on Lake Tahoe. This is a spectacular venue. The group has its regulars that are always inclusive of new arrivals. The Ferrari's Crown Resort has been a strong supporter of this race by offering great deals on the room rates and letting us have the run of the place to launch off the beach and use the barbeques for informal gatherings.

Jackie Snyder represented the Rocky Mountain Rowing Club this year and took 2nd place in the women's singles on the long course. Her elapsed time was 1:29:08. An error in finding the first mark cost her about 1/4 mile, and with a new GPS she expects to better her time next year. Navigation is a key skill in this race. The best woman's elapsed time, by Nancy Rose, was 1:26:20. If you have an interest in competing next year as a contingent from Rocky Mountain Rowing Club, please contact Jackie Snyder for information.



Rose Rock Regatta, cont.
Oklahoma City, OK
June 17, 2006

They worked furiously to clear everything away, and although it was windy the threatened thunderstorms on Saturday held off until late afternoon, so all the rowing races were held; But the musicians canceled, attendance was light, and the dragon boats were hauled off the water when the lightning started.

RMRC Results:

- 5th M Rec 1x Dean
4th W M 1x Linda
2nd M O 2x Anthony, Kent
5th M M 1x Kent
3rd M Jr 1x Anthony
2nd W M 4x Grace, Linde, Linda, Diana
3rd W M 2x Grace, Linde
5th W M 2x Linda, Diana
3rd Mx M 2x Kent, Linde
1st Parent/Child 2x Anthony, Grace
2nd Parent/Child 2x Linda, Diana

This was also an opportunity for the Oklahoma City rowers to show off the new Chesapeake Boathouse, which is both their building and the new name of the club. With plenty of corporate money behind them, the whole operation is quite slick: the boathouse is obviously designed to compete for architectural awards, the medals have custom ribbons with the Chesapeake logo, everyone wore matching orange and blue t-shirts, and they have a shiny new fleet of Wintech boats in custom orange with blue racing stripe. It was also just announced that the Head of the Oklahoma this fall will be the first USRowing regatta to hold races in the evening under lights.



Some views from the second (very damp) rigging clinic. Scott Noble, Swen Hoffman and Andrea Rawson intently measure rigging height (left) and a dedicated group work on rigging and re-taping (right). Harder rain forced the end at around 11:30 a.m.

RMRC Membership, Dues, and Classes

Active Membership (2006 annual fee \$190) 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 (2006 annual fee \$240) entitles parents and children under 21 in the family to active membership.

Student Membership (2006 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 (2006 annual fee \$20) entitles the individual to receive the newsletter.

Limited Competing Membership (2006 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, 2005, through February 28, 2006.

RMRC Calendar

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

7/30/2006 (Sun)--RMRC Dillon Biathlon Informal Row-Bike-Row marathon event at Dillon Reservoir. Details have been emailed

8/10-13/2006--USRowing Masters National Championships (1000m) Green Lake; Seattle, WA. Entry deadline - August 1, 2006. Meeting at boathouse Sat. July 15, 7:30 a.m. to discuss final entries.

9/7-10/2006--FISA World Masters Regatta (1000m) Mercer Lake, Princeton, NJ. Entry deadline July 31 www.fisamasters2006.com

9/16-17/2006--MRA Clinic at Dillon. Luke Agnini and Chris DeFelice will return as coaches. They are elite rowers with Penn AC. There will be three rowing sessions on Saturday and two on Sunday, weather permitting, with videotape and review. Cost per participant TBD.

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