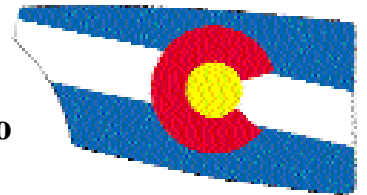


STROKE!

Rocky Mountain Rowing Club, Denver, Colorado
October 2006



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

RMRC Annual Meeting: November 14th

The annual meeting is Tuesday, Nov. 14, at Beau Jo's, Colorado and Yale, starting at 7:00. Beer, soda, appetizers, and pizza supplied by RMRC. We will elect the Board of Directors for 2007 and give members the opportunity to share their hopes and dreams for the club.

Proposed officers and positions are listed below:

Board of Directors:

VICE PRESIDENT- open
SECRETARY- Rachel Pazmino
TREASURER- open
BOATHOUSE COORDINATOR- John Tyler
EQUIPMENT COORDINATOR- Scott Noble
PROGRAM COORDINATOR- open

Board Assistants:

LESSONS PROGRAM COORDINATORS John Tyler, Margaret Griffes, Christa Rabenold
RACE COORDINATOR Mark Groshek
GEAR COORDINATOR Gail Horstman
MILE HIGH SPRINTS ORGANIZER Dawn Mendel
SAFETY COORDINATOR Peter Francis
'MONDAY NIGHT MADNESS' COORDINATOR Peter Francis
NEWSLETTER EDITOR Karen Gress
WEBMASTER Mark Groshek

Contact Linda Browning at lbrownin@du.edu if you are interested in filling a board position.

**Docks Out and
Boathouse Workday,
November 11, 9:00 a.m.:
Come one, come all!**



RMRC Sunday Runs

As the docks come out, it's time for our Sunday morning runs on the Highline Canal! Our first run will begin on November 19. We meet in the parking lot for the Highline Canal which is located on the north side of Orchard Rd. just west of the intersection of Orchard and Holly. Runs start at 8am sharp! The "run" is an out and back format so everyone can participate. We welcome walkers, joggers, baby strollers, spouses, dogs, - even runners! The idea is to venture north on the trail for 30 minutes and then turn around. After the run, we all meet at the Panera Bread Company located in the Orchard Shopping Center at Orchard & Holly. It has a wonderful fireplace and plenty of tables for socializing over a cup of hot coffee and bagels or muffins! Please join us!

Contact Dawn Mendel at d.mendel@comcast.net if you have any questions.

Mile High Sprints Are Not Far Away!



Contributed by: Dawn Mendel, Sprints Coordinator, photo courtesy of Concept II

The Mile High Indoor Rowing Sprints organized by the Rocky Mountain Rowing Club is one of 20 official satellite regattas to the prestigious C.R.A.S.H.-B Sprints, the world indoor rowing championships held in Boston each year. (<http://www.crash-b.org>)

Rowers of all ages come from all over the Rocky Mountain region to take part in the Mile High Sprints. Because the Mile High Sprints are a satellite regatta, Concept II provides round trip tickets to Boston for up to four winners of the 2000 meter qualifying event at the Mile High Sprints. These lucky rowers must qualify for the free trip by winning with a time at or below predetermined Crash-B time standards. Should more than four competitors qualify, the four whose times are most below the time standard in their age group will be selected to go to Boston for the February 25th world championships.

In addition to the 2000 meter qualifying race, the Mile High Indoor Sprints offers half hour and one hour races, a club row for first time participants, plus a lightning fast 500 meter sprint which often records winning times of less than 90 seconds.

Spectators are invited to watch and cheer the rowers going nowhere fast. The rowing machines are linked by computer to TV monitors where their progress is reflected as "boats" moving in lanes.

The 2007 Mile High Sprints will be held on Saturday, January 27 at the Colorado Athletic Club Monaco, 2695 S. Monaco Parkway.

See page 3 of this newsletter for many volunteer opportunities associated with the Sprints!

Successful Tips for Training for Indoor Races

article from Concept II website

Plan your workouts in advance but be willing to adjust depending on how you are feeling. Feeling great? Go for it in time or intensity. Feeling stressed out and tired? Make the workout relief. Cover the monitor, turn on the radio or TV and just row for the release of it.

Include a period of warm up and cool down in each workout. This time can also be spent working on proper rowing technique.

Experiment periodically with both your wind damper setting and your race stroke rate. You may find that a change in damper setting may make you slightly more efficient and complement your improving cardiovascular conditioning and strength. This may also be true with stroke rate.

Be sure to supplement your Indoor Rower workouts with body exercises that encourage additional flexibility and reciprocal joint and muscle strengthening. For example, try push ups, pull ups, stomach crunches and back arches, as well as simply bending over and touching the fingers to the toes, letting gravity help lengthen you out a little.

Be sure to schedule in rest days as well as test days.

Keep a log. This helps in terms of motivating yourself by noting your improvement and helps identify a successful series of workouts. (ed. note: Concept II has a great free on-line logbook).

Train with a friend either on two Indoor Rowers or by alternating pieces on one Indoor Rower while one of you is stretching or doing body exercises. Enjoy the rowing. It is a great way to spend some time with your body!

Guidelines for Groundwork and Preparation:

Rowing:

Try to row a minimum of 30 minutes per session, aiming for an average workout length of 45 minutes.

Aim for 4-6 long workouts per week. This can include cross-training sessions like trail-running or biking.

Intensity of long sessions should be moderate-sometimes a little easier, sometimes a little harder.

Keep one shorter, more intense interval session per week in your training mix. You can do this at the beginning of a longer row, finishing the row with steady state after the intervals are done.

Strength Training:

Use a low number of lifts (reps), and high resistance to build your maximum strength. A standard lifting protocol is 3 sets of 8 lifts (reps), using the heaviest weight that still allows you to complete the sets.

Safety: If you are using free weights, find a lifting partner or personal trainer to be sure you are lifting properly and safely.

Aim for three sessions per week for the whole body, or alternate upper and lower body every other day.



Calling All Volunteers!

Indoor Sprints Volunteers Needed:

This year Dawn Mendel has agreed to be the Mile High Sprints Coordinator, but she needs some people to coordinate, cause she isn't doing it all herself!

Help needed in preparation for the sprints includes:

- Updating brochures, writing press releases and other marketing items
- Updating mailing lists
- Ordering medals
- Liaison with college teams
- Obtaining liability insurance for the event
- Updating the Sprints webpage
- E-mail liaison with possible buyers of ergs
- Contacting local health clubs about purchasing one or more of our ergs (discount price and all warranties transfer)
- Posting flyers at your local health club (December)

We will also be needing volunteers to help set up for the sprints on Friday evening, January 26th and of course volunteers are needed Saturday before, during and after the races. These jobs include picking up donated food and beverage items, manning the awards certificate and medals table (good handwriting is a plus), gear sales, an MC to announce the races, digital photography, clean up after the event and other misc. jobs. You do not have to commit to the full day, shifts are available.

Regatta Administrators

One or two dedicated volunteers are needed for this critical role in the 2007 Mile High Indoor Sprints. The "Regatta Administrators" will use software made just for these types of events to manage all the data associated with the race. These are the folks who input registration information, assign the rowers to their races and print out the results. The volunteers for this job should be willing to learn how to use the ErGO software, which requires either Access '97 or 2000. You should know something about Access, but minimal knowledge is sufficient. An ability to learn, attention to detail and a strong commitment to attending the Sprints on January 27,

2007 are the most important qualifications.

In the past one volunteer has done this job but it may be more enjoyable if we had TWO volunteers willing to work together. One volunteer can input registrations and produce heat sheets while the other works on results. Of course with two volunteers comes the need for two computers that are networked. If you have a laptop that we could use the day of the sprints that would be an improvement over last year when Linda Browning had to bring her desktop computer and printer. Please consider taking on this job! Without volunteers for this position we can not offer the sprints to those in the indoor rowing community.

If you can take on any of these roles please contact Dawn at d.mendel@comcast.net.

H2O Needed

Contact Margaret Griffes (DAGriffes@aol.com) if you are willing to donate cases of water or sports drinks for the participants and volunteers during the Mile High Indoor Sprints. If you can find a corporate sponsor for these items that would be great also! Tax deduction letters are available for any donations.

Suggestions welcome!

Have you rowed or volunteered at the Mile High Sprints in the past? Please share what you think worked or didn't work. Have you been to other indoor rowing races and have suggestions on how to improve our event? Please let us know!

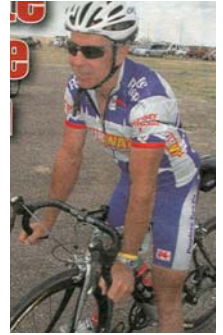
Update on the proposed RMRC regatta summer 2007: We have submitted an application to the Aurora Reservoir for July 21st, 2007 and are waiting on approval before moving forward with this project; keep your fingers crossed!

Dennis Hastings recognized as Athlete of the Month

Rocky Mountain Sports Magazine, September, 2006.

Dennis Hastings was recognized by *Rocky Mountain Sports Magazine* as their "Tokyo Joe's Athlete of the Month" for his cycling, indoor rowing and his commitment to highschool sports.

Congratulations, Dennis!



Recent Regatta Results:

Head of the Des Moines:

5 men went to the regatta: Matt Filby, Mark Groshek, Dean Smith, Ritchie Sax and Scott Noble.

Results:

Men's Master's Single: Mark Groshek, 3rd place, Matt Filby, 6th place.
Men's Senior Single: Dean Smith, 5th place.
Men's Open Rec Single: Ritchie Sax, 1st place
Men's lightweight single: Scott Noble, 2nd place, Dean Smith, 5th place
Men's Novice Single, Dean Smith, 2nd place.
Men's Open Pair: Noble/Groshek, 1st place.
Men's Master's Double: Noble/Sax, 1st place, Groshek, Filby, 4th place.

Horsetooth Ache Half Marathon:

The Horsetooth Reservoir half marathon was somewhat less than that this year due to the water levels (only 10.2 miles). The weather was perfect for racing; flat water and sunny skies at just around 60 degrees. RMRC raced a coxed four consisting of Tom Murphy, Greg Fletcher, Mark Gasper and Eric Stevens. Tom's daughter, Julia, was the coxswain. There were three singles entries: Karen Gress and Jackie Snyder in the half marathon and Teri Evans in the novice sprint race. The RMRC coxed 4 won the half marathon race in a time of 76 minutes even with stopping for 5 minutes half-way through to try and (unsuccessfully) fix a broken foot stretcher. Since there were no duplicate entries in either event every boat in the regatta was a first place winner.

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, 2006, through February 28, 2007.

RMRC Calendar

Sunday, November 5, 2006 - Wichita Frostbite Regatta (1.7-mi. Head). Little Arkansas River; Wichita, KS. Entry deadline 10/25. www.wichitarowing.org

Saturday, November 11, 2006 - Marathon Rowing Championships (26-mile Head). Cane River Lake; Natchitoches, Louisiana. Entry deadline 11/3. www.nsula.edu/NSUcrew/

Saturday, Nov. 11 - Docks out and boathouse work day, 9:00 a.m.

Tuesday, Nov. 14 - RMRC annual membership meeting at Beau Jo's, Colorado and Yale, 7:00 p.m.

Saturday, Dec. 9 - RMRC Holiday Party, Hosted by Mark Groshek and Carl Clark, 7:00 p.m.

Saturday, Jan. 27, 2007 - RMRC Mile High Indoor Rowing Sprints at Colorado Athletic Club, Monaco. Entry deadline, TBA.

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Denver, CO 80206

