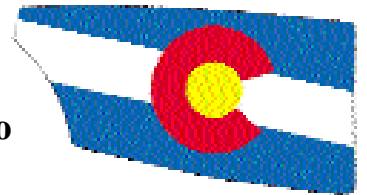


STROKE!



Rocky Mountain Rowing Club, Denver, Colorado
November/December 2006

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

Cowbells Ring, Are You Listening?

It's not too early.....

Yes, it's December and, yes, we just took the docks out, but..... It's not too early to be thinking about the regatta schedule for next year. There are several regattas that are planned for the same time every year. Here are some dates to be thinking of for 2007, so that you, too, can hear the cowbells ring:

June: Tulsa Sprints, Rose Rock Regatta (Okla.), Lake Tahoe Rowing Regatta (10 miles).

August 9-12: US Rowing Masters Nationals.

Last weekend in September: Head of the Des Moines.

3rd Weekend in October: Head of the Charles.

First weekend in November: Frostbite Regatta.



RMRC cowbell crew cheering on Linda Browning at the Frostbite Regatta in Wichita, November 5th. Full race results and photos, page 3.



Andrea Rawson and Scott Noble rowing a double in the Frostbite Regatta.

RMRC

Annual

Holiday Party:

Saturday, Dec. 9th, 7:00 p.m.

Hosted by Mark Groshek and Carl Clark. Beer, wine, appetizers, and sandwich fixings supplied.

Please bring a small dessert to share, if you can; if not, come anyway!



Used Erg Wanted!

Former member here! Hey, my brother-in-law is looking for a used erg in nice condition if anyone knows of one out there! Please contact me if you have one. Thanks!

Mark Weiler
Weiler Production Services
303-884-4118
303-470-5696
P.O. Box 260562
Highlands Ranch, CO 80163-0562

Sprints Update

The Sprints volunteer meeting was held at 7pm, Wednesday, Nov. 29th. The list of filled positions and volunteers is as follows:

John Tyler (head technician)
Peter Francis (set up)
Hilary Miller (marketing)
Alisha Jurgens (erg training coordinator)
Ginny Brokaw(event day volunteer)
Molly (medals)
Jim Erwin (delivery of ergs)
Gail Horstman (gear sales)
Margaret Griffes (food/beverages)
Andi Forster (updating print materials)
Patrice Kennedy (duties yet to be assigned)
Christa Rabenold (event day volunteer)

Jobs we still need volunteers for include:
Erg sales (E-mail liaison)
Master of Ceremonies
digital photographer,
second regatta administrator (help Dawn with registration/race results)
race assistant (make sure participants are on correct erg & participants are ready to row.)

Anyone with graphic design skills in Photoshop, Illustrator, Quark and InDesign please contact Hilary Miller at hilarym@genepoolteam.com or Dawn Mendel at d.mendel@comcast.net

Results of Annual Meeting, November 14, 2006; Election of Officers; 2007

Board of Directors for 2007:

President - Linda Browning
Vice President - Bob Malacrida (starting in February)
Treasurer - Ginny Brokaw
Secretary - Rachel Pazmino
Membership Coordinator - Andrea Rawson
Program Coordinator - Teri Evans
Equipment Coordinator - Scott Noble
Boathouse Coordinator - John Tyler
Volunteer Coordinator - Margaret Griffes
At Large Member - Mike Gasper

Board Assistants:

LESSONS PROGRAM COORDINATORS Margaret Griffes, Christa Rabenold, and ????
RACE COORDINATOR Mark Groshek
GEAR COORDINATOR Gail Horstman
MILE HIGH SPRINTS ORGANIZER Dawn Mendel
SAFETY COORDINATOR Peter Francis
ASSISTANT TREASURER Jackie Garfield
NEWSLETTER EDITOR Karen Gress
WEBMASTER Mark Groshek

Thanks to Dawn Mendel for making the arrangements for the meeting.



Members of the new board, already hard at work!

Concept 2 Indoor Rowing National Team

Congratulations to Dennis Hastings on his selection to the Concept 2 Indoor National Team. The European Indoor Sprints will be held December 7-9 in the Netherlands. Check Concept 2's website for a live webcast of the event

Concept 2 hopes to post race results on the forum while at the event, if not soon after. For complete results after the event go to <http://www.nereus.nl/euro-open2006>

Frostbite Regatta Results and photos

Eleven RMRC rowers and a full trailer made the trip to Wichita, Kansas, for the Frostbite Regatta on Sunday, November 5, 2006. This traditional end-of-the-season regatta once again belied its name, as the weather was a little cool

and cloudy but frostbite never threatened. The course is a short (1.7 mile) head race on the Little Arkansas River through Riverside Park, which snakes through three stone bridges past overhanging trees in full autumn colors.

First of the group to make their way down the winding course (with no buoy penalties!) were Scott Noble and Andrea Rawson (3rd) and Grace and Anthony Malacrida (8th) in the mixed 2x, a large event with 23 entries. Next on the water was novice Alisha Jurgens in the women's rec single, racing a brand-new Maas 24 we just purchased and picked up in Wichita. Alisha flew right past the traditional first-race advice of "first, finish upright; second, don't be last" and went straight to the medals, finishing second in a field of seven.

The RMRC women's four, Katie Thurstin, Andrea, Gail Horstman, and Diana Browning, with a CU coxswain, won gold medals in the masters four. Grace Malacrida and Linda Browning were on the water shortly afterward for the women's masters single 42-51, placing first and second, respectively. Anthony and Bob Malacrida finished 5th of 10 in the men's open double.

After the lunch break Scott raced in the men's open single, placing 5th of 12 in a strong field, and Anthony was 4th in the men's junior single. RMRC had three of the 14 entries in the women's open double: Andrea and Katie finished 4th, Linda and Diana 9th, and Dawn Mendel and Grace were 10th. Scott raced again in the men's masters single 27-41, this time trying out the club's lightweight Peinert; the result was one second faster, good for a gold medal.



Alisha Jurgens in her first singles race. Yeah, Alisha!!

Unfortunately Bob's back kept him from racing after the men's double and Diana was unable to race after the women's double, but our friends from Tulsa provided a willing replacement at the last minute for the women's quad. The Rocky Mountain A quad of Katie, Andrea, Dawn, and Grace finished first and the B quad, with Denise from Tulsa, Gail, Alisha, and Linda, finished third.



Women's A quad: Andrea Rawson, Katie Thurstin, Dawn Mendel, Grace Malacrida.

It was a fun and rewarding trip, highlighted by Alisha's first-race enthusiasm, buying a new boat, seeing friends from CU, Tulsa, Chesapeake, and other clubs, family racing for the Malacridas and Brownings, the annual spaghetti dinner for the athletes featuring video from previous years' races, Katie's cowbells, and the hospitality of Bruce and Diane Quantic, who put up half the group at their home. Thanks to them and to Karen Gress, who once again donated the use of the Suburban to pull the trailer.

Head of the Charles Results

Congratulations to the RMRC members who rowed in the legendary Head of the Charles Regatta in Boston October 21-22!

Senior-Masters Four Men (RMRC), Mark Stormberg, Mike Gasper, 1ST PLACE, starting from last position and passing 19 boats!

Director's Challenge Quad Men (RMRC), Mark Stormberg, Mike Gasper, 8th place

Masters Eight Women (Long Beach), Grace Malacrida, 2ND PLACE

Senior-Masters Double Women (Denver Boat Club), Amy Shonstrom, 8th place

Championship Eight Women (Yale), Taylor Ritzel, 5th place

Also Mike Shonstrom, Senior Masters 8 with Victoria City Rowing. 2nd in the 60+ special medal competition.

But wait, there was one more. Jeff Longley rowed with Sammamish RA in the Club Men's Four which finished 8th. (Welcome back to RMRC, Jeff!)

Complete results at www.hocr.org. See the Chinese 8+ sink at www.youtube.com.



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, Nov. 19, 2006, 8:00 a.m. - Sunday morning runs commence. Highline Canal lot; n. side of Orchard Rd. just w. of Orchard and Holly. Contact Dawn Mendel at d.mendel@comcast.net

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. Early entry deadline Jan. 20.

Sunday, February 25, 2007, C.R.A.S.H.-B. Sprints. Agganis Arena, Boston, MA. Entry deadline TBA.

March 1, 2007 - New membership year begins. Dues payable to membership coordinator.

March 18??, 2007 - Docks in.

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