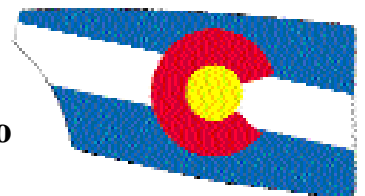


# STROKE!

Rocky Mountain Rowing Club, Denver, Colorado  
January 2007



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

## Fast Approaching: The Mile High Indoor Sprints

The 2007 Mile High Indoor Rowing Sprints are just around the corner on Saturday, January 27. Here are some highlights of the day's events:

**30 minute and Hour rows:**

Come early and row long. These races are held first thing in the morning.

**2000m Races:**

The mainstay event; challenge yourself or try to qualify for a trip to C.R.A.S.H.b's.

**The Club Row:**

The club row is a great race for novice racers! To be held in the afternoon.

**Kids Races:**

New this year! Informal kids' races for ages 6 to 13. The kids' races will be free (no t-shirts will be awarded) but we will have certificates and ribbons. We also hope to have some other prizes. Children must be supervised by

their parents at all times, a registration form and waiver for each child must be signed. The kids' races are scheduled to happen towards the end of the day, around the time of the club row.

Note: Pre-registration required to guarantee prizes; we would hate to have your child disappointed!

### Top Ten Reasons Why You Should Row at the Sprints

1. To get or stay in shape this winter
2. Friendly competition or fierce rivalry
3. To see your rowing friends you haven't seen since docks out
4. To show that RMRC rowers are the best!
5. Because the club gets \$5 per seat raced from Concept II
6. For Matt Filby's custom designed t-shirt
7. To win a medal (1st - 3rd place earn medals!)
8. To set an example for your kids
9. To eat the free food
10. Because its fun!



See page 2  
for additional information on  
registration,  
motivation,  
training,  
and shopping



## Coaching Clinic is a Golden Opportunity:

Paul Wilkins of US Rowing will be teaching a Level I Coaching Clinic in Fort Collins. Hosted by Fort Collins Rowing Association, the clinic will be held on January 20 and 21, 2007. These clinics are usually held far, far, away, so this is a great opportunity!

For \$125, each student will receive 12 hours of training. For certification each student must be a member of US Rowing.

Please RSVP to Tonya Dunn, 970.566.1988 or [GdnThyme@aol.com](mailto:GdnThyme@aol.com)

Advance payment for the clinic can be made out to  
US Rowing  
c/o Paul Wilkins  
9315 North Marina Pacifica Drive  
Long Beach, CA 90803

Otherwise, payment can be made at the time of the clinic.

Location to be determined.

## More Indoor Racing News: Live from Amsterdam at the 2006 Concept2 European Indoor Sprints:



Dennis Hastings, 2nd place, Men's 50-59 lightweight: 6:49.5

### Sprints Challenge (by Dawn Mendel, Sprints Coordinator):

I challenge this year's club members to give our competition a try. By rowing at the Mile High Sprints you show the rest of the rowing community that RMRC members love rowing in all its forms. Your participation also results in support from Concept2 which sponsors our race by giving \$5 per seat raced to help offset the costs associated with the races. If you have any questions about which races would be the best to enter, please feel free to contact me at [milehighsprints@gmail.com](mailto:milehighsprints@gmail.com).

### Sprints Registration:

To sign-up for the 2007 Mile High Indoor Rowing Sprints or get more information (registration forms, waiver and brochure, etc.), visit [www.rockymountainrowing.com/sprints/](http://www.rockymountainrowing.com/sprints/) or email [milehighsprints@rockymountainrowing.com](mailto:milehighsprints@rockymountainrowing.com).

Public relations contacts:

Patrice Kennedy, [Kennedy\\_patrice@hotmail.com](mailto:Kennedy_patrice@hotmail.com)  
Alisha Jurgens, [ajurgens@4dv.net](mailto:ajurgens@4dv.net)

Race coordinator:

Dawn Mendel  
[milehighsprints@rockymountainrowing.com](mailto:milehighsprints@rockymountainrowing.com)  
303-805-7869

### Sprints Shopping:

Rowing Gear Fund raiser at The Mile High Sprints: Along with the usual RMRC gear (hats, T-shirts and jackets) we will be offering a variety of Sew Sporty rowing gear at the Mile High Indoor Sprints. In addition to "CREW Butt" shorts and sweat pants with CREW down one leg, we will be selling rowing design T-shirts of various popular designs. Profits from the sale of these items will support the programs and equipment purchases of RMRC. Cash or check only - sorry no credit cards. Contact Gail at [glhorstman@comcast.net](mailto:glhorstman@comcast.net) for more information.

Ergs for Sale:

As always we are selling the ergs used for the races at a discounted price of \$825, manufacture warranties transfer. For more information on purchasing an erg contact Jackie Garfield at [ergs@rockymountainrowing.com](mailto:ergs@rockymountainrowing.com).

### Sprints Training:

If you need training tips and "how to" materials check out the training and competition section of the Concept2 website: <http://www.concept2.com/us> - they will even send you a free DVD, training materials and a log book!

Need to find a health club that has indoor rowers? Concept2 has a website for that also.

<http://www.concept2.com/us/support/find/rowerfinder.asp>

---

---

## 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](mailto: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](mailto: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](mailto: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](http://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 Run (or snow shoe or cross country skiing) - Every Sunday morning, 8:00 a.m.** Meet in the parking lot for the Highline Canal, on the north side of Orchard Road a half mile west of Holly.

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

**January 20-21, 2007** - Level I Coaching Clinic, Fort Collins, CO. Location TBA

**Saturday, Jan. 27, 2007** - RMRC Mile High Indoor Rowing Sprints at Colorado Athletic Club, Monaco. Preregistration deadline January 20, 2007.

**Sunday, February 25, 2007** - C.R.A.S.H.-b. Sprints. Agganis Arena, Boston, MA. Entry deadline Feb. 10, 2007.

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

---

---

Rocky Mountain Rowing Club  
PO Box 6242  
Denver, CO 80206

