STROKE!

Rocky Mountain Rowing Club, Denver, Colorado
March 2007

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

Somewhere Over the Rainbow It's...

Docks In and Boathouse Work Day -
Saturday, March 17, 9:00 a.m.

Come one, come all, it's the official start of the rowing season. Woo-hoo!

Wear waterproof boots and work gloves if you have them. After helping to carry the launch and ramp to the water, stick around to help with equipment maintenance and repair and final dock attachment. Alternate date in case of stubborn ice or bad weather is March 24.

(Think melt, melt, melt...!)

Docks in Almost Here!!!!

Renew Your Membership Today

The 2007 membership year began March 1, so it's time to pay those dues! Membership forms and waivers are available on the web site (including online payment) and at the boathouse.

Dues did increase this year, to $200 for an individual membership and $290 for a family. This is because of a large increase in insurance costs. All RMRC members are covered for liability through the club's USRowing membership, and those dues increased $1000 this year. More information is available at **www.usrowing.org**. (Dues for individual membership in USRowing, required for participation in many regattas, did not increase.)

Besides insurance coverage, your RMRC individual or family membership dues entitle you to the new boathouse combination and access to row all club shells for which you are certified, workouts over the winter from Nat, the right to compete as part of the club, and our fabulous social events! All members are expected to volunteer at least 10 hours per year to club activities such as lessons instruction, boathouse and equipment maintenance, docks in/out, the Mile High Sprints, and our summer regatta.

If you have any questions contact Andrea Rawson, membership coordinator, at **membership@rockymountainrowing.com.**

Calling all RMRC members: Come Race!

You are invited to a meeting (with pretzels and homebrew) at Mark Groshek's house
on Wed, 4/4/07, from 7-8:30 p.m.

Why?
-To get people together who are interested in racing during the year,
-To review the regatta calendar, and to start planning!

Got friends who aren't sure?
Bring them along!

The first nearby races of the season are the Boulder Sprints (Sat April 14), and the Great Plains Regatta in Topeka KS (Sat 4/21).

Want to go?
Contact Mark Groshek **(mark.groshek@uchsc.edu)**!
RMRC will be taking boats to both races, so if you'd like to go, Mark will try to help organize boat lineups!

Rocky Mountain Rowing Regatta Is July 14, 2007!

View across Bowles Lake from the Grant Ranch marina (photo courtesy of www.grantranch.org).

After an extensive search for a lake, we are set to host our very own on-water regatta on July 14, 2007, at Bowles Reservoir in southwest Denver. Holding our own regatta will provide an excellent local racing opportunity, serve as a warm-up for Masters Nationals, and further the ongoing cooperation among Colorado rowing clubs.

The lake is sheltered and wakeless and controlled by the Grant Ranch homeowners association. Although not large, it is long and narrow and should easily accommodate a 1000-meter, four-lane, straight course. The Grant Ranch Village Center at the lake is a beautiful facility with good parking, a boat ramp and marina, and a spacious veranda with views of the entire racecourse. Because the lake is private, the regatta will be promoted just among rowers and the Grant Ranch community, not to the general public.

For this first year we are inviting just the Colorado rowing clubs (Boulder, Fort Collins, and Frisco) to join us. We are planning a first-class effort with stakeboats (Grant Ranch paddleboats), buoys, at least one USRowing certified referee, timers, vendors, t-shirts, and medals. Events will include both sculling and sweep, and races just for novices. We are currently collecting cost information and estimating participation to figure out how much we can do while keeping entry fees reasonable, so we can break even financially.

The first planning meeting was held March 1, but there is plenty to do and it's not too late to join in! Additional meetings are currently scheduled for Thursday, April 5, and Wednesday, May 2, at Castlewood Library in Englewood, 7-9 p.m.

Launch Update

Cherry Creek has given us a great deal on a slip at the marina, and the Still Water wakeless launch will be housed there for the season. No more hauling the big launch down to the lake and back every morning (sorry Scott, we won't need the cart anymore)! Our little old jon boat has been deemed unrepairable, so we are purchasing a new one for the second coaching launch. The motors have been serviced and are ready for a great year!

Anticipation: Let's get rowing!

Poor jon is dead; no more bailing with the orange juice container!

Thinking of buying or selling real estate? Contact RMRC club member Jennifer Ulasewich with Keller Williams Realty downtown. For every transaction or closed referral she will donate $500 to the club. Contact Jennifer at 303 881-6205 or julasewich@gmail.com

Everybody Learn to Row!

The 2007 edition of RMRC sculling lessons will kick off on Saturday, April 21, and continue every Saturday and Sunday morning April 28 through June 24, with the exception of Memorial Day weekend.

There will be four learn-to-row sessions, each consisting of one two-hour land workshop and four two-hour water lessons. Highlights of the land workshop include a beginning sculling book, the USRowing safety and sculling fundamentals videos, 10 minutes on the erg for every student, practicing bladework in the trainer box, how to handle and carry boats, and a ride in a quad with experienced rowers in bow and stroke. Three water lessons will be in fat singles and one in quads/doubles with an instructor in bow.

There will be a lead instructor and three helpers for each water lesson (one in the safety launch), and eight students. Lead instructors are Chris Kamper for session 2; Mark Groshek, session 3; and Grace Malacrida, session 4. (Session 1 not yet finalized.)

The lessons program is an important source of new members and revenue for the club. Please contact Linda Browning, lessons coordinator, to volunteer to help with lessons (and/or to bring an erg for the workshops), and send all your sports-minded relatives, friends, and neighbors to the web site now to sign up for lessons:
www.rockymountainrowing.com/learn-to-row.htm.

Let's fill up all the available slots! The cost is $250 per student.

A 2006 lessons group on the dock.

Coached Programs Update

Nat Jackson will return to coach the competitive program on Monday and Wednesday mornings at 5:30, May 7 through the end of August. The focus will be on preparation for Masters Nationals, Aug. 9-11 in Oak Ridge, Tennessee, and as many other regattas as possible. There will be an equal emphasis on sweep and sculling, and practices will alternate between small boats (1x, 2-, 2x) and big boats. The cost will be $150 for the season.

Grace Malacrida will coach the novice and intermediate programs, assisted by Kati O'Hara. Those groups will meet on Tuesday and Thursday mornings at 5:30, June 4 through the end of August. Coaching will continue on weekends in September, leading up to a head race. The cost will be $150 for the season.

The "Friday Friendlies" will begin May 11 at 5:30 a.m. These are race-type practice pieces open to the entire club, in all types of shells, with lengths varying from 500 to 5000 meters.

To kick off the season we will have a weekend coached clinic at Cherry Creek on Saturday and Sunday, May 5-6, similar to the fall clinics of the past several years and open to the entire club. Details to follow!

Spring and Summer On-Going Events At-A-Glance

APRIL 14 - SEPTEMBER 30, 2007

All-Club Rows on Saturday and Sunday mornings
All members are invited to come row with us!

APRIL - JUNE, 2007

New sessions start every three weeks for the Learn-to-Row (Beginner Sculling Lessons).
See the class schedule and more information on the Learn-to-Row webpage. Spaces are limited. Contact Margaret Griffes with questions.

MAY - AUGUST, 2007
Coached Programs
Coaching is provided for a seasonal fee on weekday mornings 5:30-7:00 a.m. Programs are offered for novices, intermediates, and advanced rowers. Read more information on the novice, intermediate, and advanced/competitive web pages.

RMRC Membership, Dues, and Classes

Active Membership (2007 annual fee $200) 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 (2007 annual fee $290) entitles parents and children under 21 in the family to active membership.

Student Membership (2007 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 (2007 annual fee $20) entitles the individual to receive the newsletter.

Limited Competing Membership (2007 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 Teri Evans at **row4kicks@yahoo.com.**

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, 2007, through February 29, 2008.

RMRC Calendar

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

March 1, 2007 - New membership year begins.

March 17, 2007 - Docks in and boathouse work day. Alternate date March 24.

April 4, 2007 -7:00-8:30 p.m. Racers meeting at Mark Groshek's house.

April 5, 2007 - 7:00-9:00 p.m. Second regatta planning meeting at Castlewood Library.

April 14, 2007 - Boulder Sprints (see regatta calendar on website for more details).

April 20, 2007 - Start of lessons program.

April 21, 2007 Great Plains Regatta (see regatta calendar for more details).

May 5 - 6, 2007 -Spring Weekend Clinic

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