



STROKE!



Rocky Mountain Rowing Club, Denver, Colorado
May 2007

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

Marathon Regatta Weekend:

Route 66 Rowing Challenge Tulsa Sprints and Rose Rock Regatta

We had quite the weekend: 12 rowers from RMRC went to two joint Oklahoma regattas: The Tulsa Sprints, hosted by the Tulsa Rowing Club on Saturday, June 2nd, and the Rose Rock Regatta, hosted by Chesapeake Boathouse, in Oklahoma City on Sunday, June 3rd.

Boats were loaded in some hellacious winds on Thursday evening. A sailboat went over in Cherry Creek as we were loading. It turned out that he was reported missing on Friday morning so the Friday Friendly row had quite an audience. However, we were long gone to Kansas by then.

When we arrived in Tulsa on Friday there was some concern about the high and fast water at the venue, so there was no rowing over the course. Modifying the floating start into a rolling start allowed racing to commence on Saturday as scheduled. With some trepidation about the current, it turned out to be nothing compared to the obstacles we encounter at Cherry Creek on an almost daily basis (although rowing upstream did make the races considerably longer). Mark and Scott started off in the first race of the day; the men's master's pair. Most of the women's masters single scullers were scared off by the fast water, leaving room for an RMRC rower to place in the women's masters single. After these races went off well there were no more scratches and good racing was had throughout the day. Some of the highlights include a second place finish by Alisha Jurgens in the women's rec single and by Clem Kopf and Dean Smith in the Mens Masters double E-J. Always exciting, the mixed Masters Quad placed second behind a composite boat of two BCR guys and a couple of RMRC women (rumor has it that the BCR guys are soon to be RMRC guys).

We packed up and were off to Oklahoma City along Route 66. We dropped off the boats at the venue and wended our way to the motel (not hotel, mind you) for some well-deserved rest. First rigging (on a soggy plot of sod) and then racing began on Sunday morning. No buoys as promised; they were washed downstream several weeks before our arrival, but a nice straight course and a stake boat start. Water was calm at first, but a cross wind that began in the morning and increased as the day wore on caused some steering issues. Again there were some notable RMRC races: A great second place finish by Gail and Mark in the Masters double and a verrrry close fourth place finish by Linda Browning in the Womens Master single C/D (you're closing in on Terri from Tulsa!). The mixed quad had another exciting race with 1st through 4th place all coming in within five seconds of each other. Handicapping sorted out our crew into second place.



We missed the medals ceremony while de-rigging and got on the road again to come home. Rolled back into town right on schedule at 12:30 on Monday afternoon and everyone was out and gone by 2:30. After a week-end like this, you really learn to appreciate all the effort that goes into making a regatta happen: thanks to everyone for your hard work, especially Mark and Scott for their untiring efforts to put the racing together and keeping our equipment safe and race-ready.

From left to right: Mark Groshek, Dean Smith, Gail Horstman, Alisha Jurgens, Karen Gress, Scott Noble, Clem Kopf, Diana Browning, Linda Browning and Teri Evans (not pictured: Grace Malacrida and Kati O'Hara).

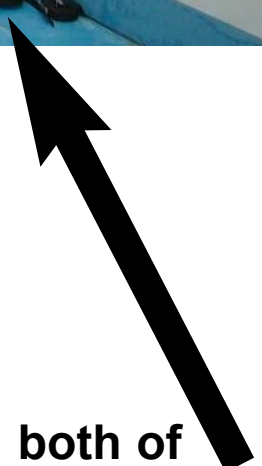
(full race results next page)

Tulsa Sprints Results



Race	Competitors	Place
Mens Open 2-	Groshek, Noble	first
Womens Master 1x A-C	Gress	second
Mixed Master 2x	Groshek, L Browning	third
Mixed Master 2x	Jurgens, Noble	fourth
Mixed Master 2x	Smith, Horstman	fifth
Mens Open 4x	Groshek, Kopf, Smith, Noble	second
Womens Master 2x A-C	Evans, Gress	third
Womens Master 2x A-C	O'Hara, Malacrida	fourth
Womens Master 2x A-C	L Browning, D Browning	fifth
Mens Master 2x A-B	Groshek, Noble	third
Mens Master 2x C-H	Smith, Kopf	second
Womens Master 4x	Gress, Evans, O'Hara, Malacrida	first
Womens Master 4x	D Browning, Horstman, Jurgens, L Browning	fifth
Womens Rec 1x	Jurgens	second
Mens Master 1x A-D	Noble	second
Mens Master 1x A-D	Groshek	fifth
Mens Master 1x E-J	Kopf	fourth
Mens Master 1x E-J	Smith	sixth
Womens Open 2x	Evans, Gress	second
Womens Open 2x	O'Hara, Malacrida	third
Mixed Master 4x	BCR/RMRC composite (Evans, Gress)	first
Mixed Master 4x	Groshek, D Browning, L Browning, Noble	second

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Rose Rock Results



Mens Master 4x	Groshek, Noble, Kopf, Smith	third
Womens Master 1x A/B	Gress	fourth
Womens Master 1x A/B	Evans	fifth
Womens Master 1x C/D	L Browning	fourth
Womens Open 1x	D Browning	fourth
Mixed Master 2x A/B	Jurgens, Noble	fifth
Mixed Master 2x C/D	Groshek, Horstman	second
Womens Master 2x A/B	Evans, Gress	third
Womens Master 2x A/B	D Browning, L Browning	fifth
Mens Master 2x A/B/C	Groshek, Noble	second
Mens Master 2x A/B/C	Smith, Kopf	fifth
Womens Master 4x	Gress, Horstman, Jurgens, D Browning	fourth
Womens Rec 1x	Jurgens	third
Mens Master 1x G/H/I/J	Smith	third
Mens Master 1x E/F	Kopf	fourth
Mens Master 1x C/D	Groshek	fifth
Mens Master 1x AA/A/B	Noble	second
Womens Open 2x Heat 2	Gress, Horstman	second
Mixed Master 4x	Groshek, L Browning, D Browning, Noble	second
Womens Open 2x final	Gress, Horstman	fifth

Erg Owners Take Note:

Attention owners of Model D and Model E Indoor Rowers purchased between August 1, 2006 and April 19, 2007. If you purchased your indoor rower between August 1, 2006 and April 19, 2007, please click here for important information about your indoor rower. <http://www.concept2.com/us/support/rowers/metalfatigue.asp?bhcp=1>

RMRC Members in the News:

from the US Rowing website:

2007 Women's National Team/U23 Summer Selection Camps

USRowing is pleased to announce the athletes that have been invited to the Women's National Team Summer Selection Camps (one name from the list):

Taylor Ritzel
Yale University

The Under 23 Selection Camps will select the athletes who will represent the U.S. at the 2007 FISA Under 23 World Championships this July in Strathclyde, Scotland.

Excerpts from the Essay : "Fundamental Mindset"

by Ted Swinford and taken from *USRowing.com*.

I rarely encounter competitive rowers [never really] who feel their technique and conditioning is as good as it should be. Even if well conditioned, most will acknowledge a real deep need for technical improvement. Whether you are a brand new novice or an elite national team member, experience suggests the place to start to build or rebuild your training program is by reinforcing the fundamentals.

Remember the "Tonight Show" with Johnny Carson? He was always punctuating a joke with his golf swing. How many times have you seen golfers practice their swing without the props of their sport? How about tennis players? Swimmers? Now, ask a rower to do that, a practice stroke. Mr. Carson may have had other reasons to mimic a golf swing, but the bottom line is he didn't need a club or ball to do it. Since John Riley pointed this out to me, I have asked many rowers to show me their rowing stroke without equipment. Almost to a one, their rowing stroke without the equipment is comical. These embarrassed, experienced athletes when asked why their air strokes are so awful invariably say, "I need my boat and oars to do it right." This begs the question: does the equipment control you or do you control the equipment? For some it is surely the former, but the rest of us need to strive for the later.

In the shooting sports, there is a saying that goes like this: you can't miss fast enough to win. In any sport where speed is important, proper technique and efficient motions will always win out. This is where relentless attention to detail and impeccable focus in training pay off. Moving quick and dirty may work in nuclear war, but when the times are compared, it is the elites effortless superiority that stands out and goes unnoticed.

What sports gurus say is really true: it takes thousands of correct repetitions of an activity before that action becomes permanently apart of your subconscious skills. Proper attention must be paid to form during each repetition for the programming of that action to be perfect. Many hold the mistaken belief that great rowers, like musical prodigies, are simply born with superior coordination, toughness, muscle fiber type or other innate talents from whence they draw their superior skills. The reality is they work harder with what they have, and importantly, have developed better training tools to train smarter. Fast, competitive, winning rowing requires mastery of many skills beyond simple conditioning such as body preparation, direct catch and proper drive coordination. It might seem that the task of correctly executing each skill many thousands of times while maintaining correct form and acute mental focus would seem almost impossible. It really is not; but, the ability to train effectively is actually the only attribute separating champions from those de-rigging early. It is not the amount of training time put in that counts, it is the quality of their preparation.

The key to such effective training, defined as getting the most correct reps of an action from the time available, is to focus on quality. Do a thing perfectly even one time and you've learned something; let yourself flail about in haste and distraction and each lousy repetition just does more damage. Your mind cannot differentiate between good body preparation and lousy, a proper direct catch and an ugly miss of the water; it grooves in what you actually do, see and feel as the model for future performances. If you do not want to drop your posture, miss water and check your boat, you must maintain your posture, direct your blades to the water and push your legs when covered. This is equally true for recreational rowers and elites.

Finally and most importantly, relying on your subconscious training to hold you together in rhythm when exhausted, on demand, frees up your conscious mind to react quickly to changing circumstances and make correct tactical decisions under the stresses of racing. The secret is this: limit what you have to think about to begin with and thinking on your feet [or butt] will be easier.

Ted Swinford was a multiple-time U.S. National Team member and a world champion in the men's four in 1986.



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 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, 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.

Full regatta information on website.

June 9, 2007, - Summer Kickoff Party.

June 23, 2007 Gateway Regatta, Creve Couer Lake, St Louis, MO.

July 8, 2007 USRowing Southwest Masters Regional Championships (1000m). Lake Natoma; Sacramento, CA.

July 14, 2007 - 1st annual Row the Rockies regatta, Grant Ranch, Colorado

July 29, 2007 - Lake Dillon Biathlon. A row across fabulous Lake Dillon, a bike race around it, a row back across. Lake Dillon; Dillon, CO.

August 9-12, 2007 USRowing Masters National Championships (1000m). Oak Ridge, TN.

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