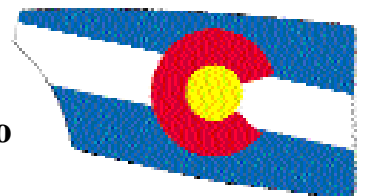


STROKE!



Rocky Mountain Rowing Club, Denver, Colorado
June 2007

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

1st Annual Row the Rockies: July 14, 2007

The Rocky Mountain Rowing Club invites you to join us for the First Annual Row the Rockies Regatta! This year's event will be a 1000 meter Sprint race on Bowles Reservoir at Grant Ranch in Littleton, Colorado. A barbecue style lunch will be offered after racing and a door prize will be drawn from amongst all competitors.

The entry fee is \$31 per competitor. Fee includes \$1 use fee for Grant Ranch facility plus a regatta t-shirt and other goodies. Competitors may register to participate in up to three events. Regatta packet located on the Rocky Mountain Rowing Club website:
www.rockymountainrowing.com

Registration at:
<http://www.ks1stop.com/rms/IntroPage.asp?Check=True>



Regatta logo and medal design created by Matt Filby



Our 1000m course (just imagine the buoys; the stakeboats are real) on beautiful Bowles Reservoir.

Safety on the Water:

Cherry Creek requires anyone on the lake to wear a PFD. They haven't enforced this with rowers out in multi-seat boats, however anyone rowing a single MUST wear a PFD at all times. The waist pack PFD's are located to the right of the entry door in the boathouse. For anyone who would like a vest type PFD here is a website for a great vest perfect for rowing:

http://www.sailgb.com/p/baltic_henley_buoyancy_vest/



Baltics Henley Rowing Buoyancy Vest

Lessons Wrap Up:

Thanks to all who participated in the Learn to Row program this spring and welcome to all who joined as new members!

2007 Lessons Roster:

Karen Kurtak
Perry Lewis
Patrick Twist
Shari Gordon
Dave Wedmore
Rod Laluzerne
Jesse Day
Tony Bonger
Kristine Reinhardt
Susan Meacham
Chandra Rosenthal
Joseph Dunn
Aaron Day
Meredith Dunn
Kelly Webb
Jerry Thurstin
Amita Chugh
Brandy Danison
TroyAnn Krebs
Lisa Bryan
Lauren DeAlleaume
Leslie Matthews
Liz Kaatz
Teddy Kaatz
Josh Kaatz
Bob Lewis
Autumn Gorman

Thanks so much to all the hard-working volunteers who make this happen every year.

Volunteering Opportunities:

Past

and

Future:

The regatta is coming up quickly! There are many great reasons for participating:

If you haven't raced before and want to see what racing is all about this will be a perfect opportunity to try it.

We have a large membership base; come and put faces to names on the roster you may not know.

Every member has a volunteer commitment. The regatta has plenty of room for volunteering; both time and supplies.

For more information on racing or volunteering, contact Karen Gress, regatta coordinator, at kajgress@msn.com



Thanks, as always, to Margaret Griffes for hosting the summer kick-off party.

Come Row With Us on Tuesday and Thursday:

Tuesday and Thursday Coached Program:
By Grace Malacrida

On June 5, 2007, with a sense of humor the Tuesday and Thursday Coached Program began. Why, with a sense of humor? With Kati O'Hara and me as their coaches anything can happen... and has... and will. ;-) This group of 26 rowers whose rowing backgrounds range from beginners to current college competitors is working on everything from rowing technique to rowing terminology. Our group continued to grow and with the end of the Learn to Row Lessons this past weekend, we will have a total of 30 rowers. The goals of this group are somewhat varied, but the main one is to get comfortable with racing.... again for some and for the first time for others. The Head of the Des Moines at the end of September is our main focus for this season. It is fabulous to see so many working so hard to improve their rowing skills. I can't wait to see how they do in Des Moines!

Come Row with Us on Friday:

You Don't Know What You're Missing:

Dubbed the "Friday Friendly," Friday mornings are open to everyone; come on down and row with us and watch the sun come up over Cherry Creek.



Recent Friday Friendly pieces at Cherry Creek. Photograph by Steven Friedman of Digital Art Masterworks. See his original artwork created from the photography at his website: <http://www.digitalartmasterworks.com/>

Come Row With Us on Saturday and Sunday:

All-Club Rows:

Saturday and Sunday (previously at 7:00 am but now changed to 6:00) are the all club rows. Get a row in before the sun and the boaters hit the water.

Now you know: Come down any day! *

Come Row With Us on Monday and Wednesday:

The competitive program:

The "comp" program meets on Monday and Wednesday mornings at 5:30 am and is coached by Nat Jackson. Primarily they are a group that wants to compete, but there are members who are just looking to increase their level of fitness and technical skill. Right now they are in the process of putting together a group to go to US Rowing's Master's Nationals in Oak Ridge, TN August 9-12th. Anyone interested should contact Teri Evans, program coordinator, row4kicks@yahoo.com, Nat Jackson, coach, jacksonnat@hotmail.com, Linda Browning, women's race coordinator for this regatta, lindab.rmrc@gmail.com or Mark Groshek, men's coordinator for this regatta, mark.groshek@uchsc.edu (or just put your name on the list at the boathouse).

* Follow the safety guidelines: make sure that you don't row alone).



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 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.

August 25, 2007 Boathouse Bash.

Rocky Mountain Rowing Club
PO Box 6242
Denver, CO 80206

