



# STROKE!



Rocky Mountain Rowing Club, Denver, Colorado  
August, 2007

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

## Head Racing Season is Upon Us!

It is fall again and time to switch gears: the end of summer means cooler days, calmer water, fewer boaters and.....head racing! The season is shaping up with several good races to choose from for those who wish to compete in the head race season. The club is currently considering the following:

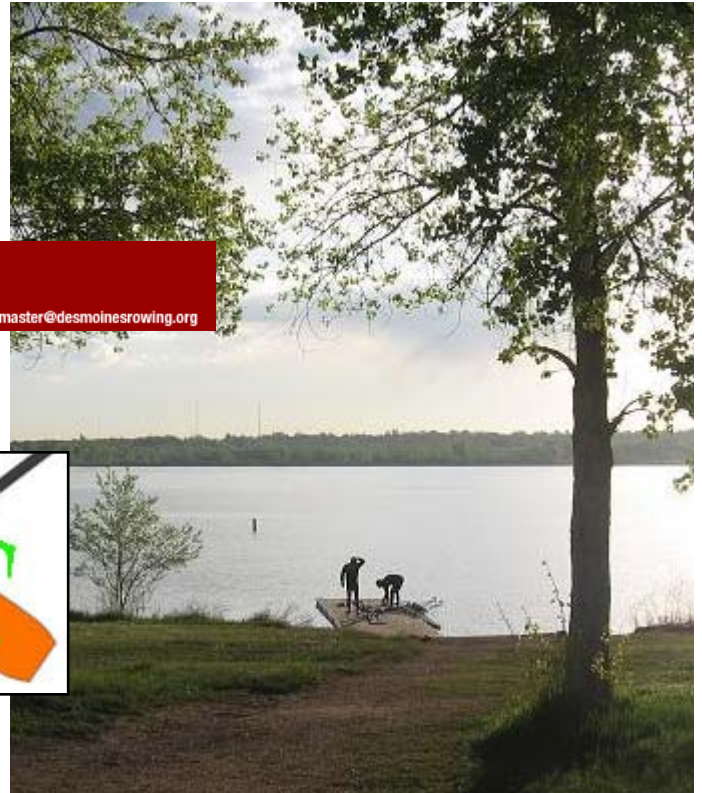
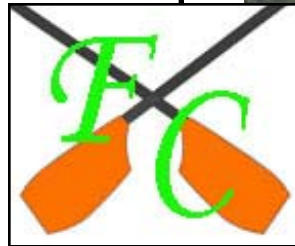
The first race of the season will be the Head of

### Des Moines Rowing Club

PO Box 872 • Des Moines, IA 50304 • (515) 261-7327 • [desmoinesrowing.org](http://desmoinesrowing.org) • [dockmaster@desmoinesrowing.org](mailto:dockmaster@desmoinesrowing.org)

the Des Moines on September 29, 2007. This will be the first major race for those in the novice/intermediate program, who have been training all summer for this event.

For those who like longer distances, the Horse Tooth-ache half marathon race will take place on October 6th, 2007 at Horse Tooth reservoir, hosted by the Fort Collins Rowing Association. It is approximately 13.2 miles. Conditions can be variable; last year the water and weather were perfect, the year before, unrowable.



Coming up on October 20th and 21st is the classic; the Head of the Charles. We have a

coxed 4+ entry in the Men's 50+ category and an application for two additional boats: a Men's Club 8+ and a Women's Masters (40+) 8+. We will know in early September if either or both boats made it into the line-up.

Winding up the season, just before Docks Out, will be the Frostbite Regatta in Wichita on November 4th, 2007. Sometimes it is frosty and sometimes not but there is a loyal group that never misses this one!



## Fall Coaching Clinic

RMRC is hosting its fifth annual fall rowing clinic at Cherry Creek Reservoir on Sunday, September 9th and Sunday, 16th. This year will be both sculling and sweep sessions! This is a great opportunity to be coached by a fresh voice, Pat McKeon of Fort Collins, while Nat and Grace take a well deserved rest. Pat was an almost-U.S. National Team member a few years ago (he's too modest to say more) and comes highly recommended.

Weather permitting; there will be three coaching sessions on both days, with videotaping and review each day. For insurance purposes, all participants must be full RMRC members.

Clinic will run from 7:00 am to 2:00 pm both days. Cost is \$10.00 per session. You can sign up for just the sculling day, just the sweep day, or both, but you must sign up and pay in advance. Space is limited. Please get your form and check to Alisha Jurgens no later than Thursday, September 6th. For more information or for a registration form contact Alisha at: [ajurgens@4dv.net](mailto:ajurgens@4dv.net).

# Summer Wrap-Up:

by: *Nat Jackson,*  
*Competitive Program Coach*

So many numbers to keep track of in our sport of rowing: the number of rowers in the boat; the length of the oars; the spread, the inboard, the angle of the foot stretchers; the number of repetitions, the stroke rate, the duration of the rest periods in the workouts.

But here are a few more numbers worth considering: four months of training; 27 members in the competitive group; 25 athletes competing at US Masters Nationals; 78 medals coming back to Colorado. And perhaps most impressively, a 6th place finish overall out of the 104 clubs represented.

What a season it's been so far! More great results and more medals were added to the US Nationals haul by RMRC rowers at Canadian Nationals, and we'll wait to hear how RMRC members do at the World

*continued on page 3:*

## Dillon Biathlon:

July 29, 2007

photos: *Eileen Brodie*

Several RMRC members loaded boats on cars and made our way up the hill to Dillon Reservoir for the I don't know what annual Dillon Biathlon (we got the rest of the T-Shirts that were dated 2000). We met at the Dillon Marina at 6:00 pm the day before and decided that the sailboat regatta was too much for us and we would start across the lake at the Frisco marina.



Rocky Mountain participants were Jackie Snyder, Kat Kaegy, Karen Gress, Mike Gasper, Tom Murphy and Mike Shonstrom. Hans Wurster, MJ Wurster and Tim Jenkins from Frisco Bay rowing club rounded out the competition. There were two doubles and the rest were singles. We rowed an out-and-back loop around a little island (7K), rode Swan Mountain on the bikes and then rowers choice; all the way out and back or just as far out as you felt you could go to get back. The weather was beautiful; an absolutely perfect day.

Row the Peaks Results (RMRC only). For full results go to [http://www.fcrowing.com/2007\\_Row\\_The\\_Peaks\\_Results.pdf](http://www.fcrowing.com/2007_Row_The_Peaks_Results.pdf)

**Women's Open 1x:** Karen Gress, 1st (tie), Linda Browning 2nd, Andi Tomany, 3rd. **Mens Novice 1x:** Anthony Malacrida, 1st, JT Miller, 3rd. **Women's Open 4x:** Genesa Garcia/Michele Marks/Jean Upshaw/Patrice Kennedy, 2nd. **Mixed Open 2x:** Mark Lodmill/Andi Tomany, 1st, Aaron Day/ Alisha Jurgens, 4th, Jesse Day/ Kristine Reinhardt, 5th. **Women's Open 2x:** Linda Browning/Karen Gress, 1st, Michele Marks/Patrice Kennedy, 2nd. **Men's Open 1x (Heat 1):** Mike Gasper, 1st, Piper Stevens, 2nd, Peter Francis, 4th. **Men's Open 1x (Heat 2):** Rand Case, 1st, Dean Smith, 2nd, Mark Lodmill, 3rd. **Women's Open 8+:** Grace Malacrida/ Margaret Oliver/ Kati O'Hara/ Andi Tomany/ Karen Gress/ Jean Upshaw/ Linda Browning/ Michele Marks, 1st. **Men's Open 2x:** Dean Smith/Peter Francis, 2nd, Piper Stevens/JT Miller, 3rd, Aaron Day/ Jesse Day, 4th. **Women's Open 4+:** Grace/Kati/Margaret/ Andi, 1st. **Mixed Open 4x:** Aaron Day/ Jesse Day/ Alisha Jurgens/ Kristine Reinhardt, 3rd.

## Row the Peaks:

August 18, 2007

What began as just a few club members car-topping boats became over a dozen rowers and the trailer with eleven boats. Alisha Jurgens was the race coordinator. Rowers participating: Dean Smith, Peter Francis, Piper Stevens, Anthony Malacrida, Mark Lodmill, Aaron Day, Jesse Day, JT Miller, Alisha Jurgens, Michele Marks, Patrice Kennedy, Genesa Garcia, Jean Upshaw, Grace Malacrida, Kati O'Hara, Margaret Oliver, Andi Tomany, Linda Browning, Karen Gress, Kristin Lodmill, and Kristine Reinhardt.



Synchronized launching demonstrated by Patrice and Michele. *photo: Genesa Garcia*

Championships in Zagreb. And hopefully the draw will work out in the club's favor and we'll receive entries for a men's and women's 8 at the Head of the Charles. All told, it's been a great year for RMRC at big regattas.

All of our success wouldn't have been possible without the hard work of a lot of RMRC members. Keeping the equipment functioning, maintaining the clubhouse, getting the docks in and out, organizing and hosting club events, keeping the coach boat gas tanks full, organizing and running the club's inaugural regatta this past July and ensuring that it was an incredible success... the list goes on and on with so many things being taken care of by club volunteers who selflessly pitched in to take care of the things that had to be done. To all of you who made a difference, a big thank you!

Coaching was a pleasure this year once again. In my first stint as the comp programs coach two years ago, the group was much smaller and no-one went to Nationals. With such a small group on the water, I was able to occasionally enjoy the incredible morning views of dawn spreading across the mountains of the Front Range. Last year saw things picking up and the larger number of rowers introduced me to the idea of "herding cats", chasing boats around the Reservoir. It was extremely rewarding to see Comp program rowers do so well at Nationals, capturing a 16th place finish out of 96 clubs. This year there was another big jump in the numbers of the group, and I was impressed with the enormous strides a number of them have made over the previous three seasons. Best of all, it was great to see some of them venture beyond their own perceived limits and win well deserved medals in Knoxville. Forget about having time to admire the sunrise across the mountains: I thoroughly enjoyed watching packs of singles stride across the water this summer, and seeing individuals matching up so well in the bigger boats while they worked those craft through interval after interval during the morning workouts.

To all of you who rowed in the comp program, and to everyone who joined us for the Friday Friendlies, thanks for making this a season to remember, and congratulations to all of you on your fantastic success.

#### Errata:

Due to a brain cramp on the part of the nameless editor there were several mis-representations in the "Regatta edition" of "Stroke." Jerry Thurstin's name was mis-spelled on page 7 and Dawn Mendel's name was incorrectly given as "Dawn Solich." Deepest apologies on these errors.

## Upcoming Events

### Fall Rowing Schedule:

Even though the coaching summer is officially over, we will continue to row as weather permits in the fall. Crews with head race commitments are putting together practice times for Head of the Charles and Des Moines (contact Mark Groshek or Karen Gress with your availability if you are in these boats). The Des Moines rowers are currently practicing on Thursdays at 6:00 am and on Saturdays at 8:00 am. This does not conflict with the current club rows which will continue at 6:00 am on Saturday and Sunday mornings. Stay tuned to your email to see if these am times change as the days turn darker.



### FISA World Rowing Masters Regatta:

RMRC rowers Dean Smith, Mike Gasper, Mark Stormberg, Piper Stevens, Rand Case, Tom Murphy and Rosemary Whidden are traveling to the 2007 FISA World Masters Regatta, which will be held September 6-9 on Lake Jarun in Zagreb, Croatia.

Our rowers are competing in events ranging from singles on up to eights. For more information go to the website:

<http://www.veslanje.hr/wmr2007>



## Docks Out: November 10, 2007

Maybe it's time.

photo: Jim Erwin (with a long zoom)



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## 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 Rachel 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, 2007, through February 29, 2008.

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## RMRC Calendar

**September 8, 2007** Boathouse Bash at Margaret Griffes 5:00 pm - ?

**September 6-9, 2007** FISA World Masters Regatta (1000m), Zagreb, Croatia

**September 9, 16 2007** Fall Weekend Clinic, Cherry Creek (full info pg 5)

**September 29, 2007** Head of the Des Moines Regatta (5000m Head), Des Moines River; Des Moines, IA

**October 6, 2007** Horsetooth Ache Half Marathon (13.2 mi Head), Fort Collins, CO

**October 20-21, 2007** Head of the Charles Regatta (5000m Head) Charles River; Cambridge, MA

**November 3-4, 2007** Head of the Hooch (5000m Head) Chattahoochee River & Lake Lanier; Gainesville, GA

**November 4, 2007** Wichita Frostbite Regatta (1.7-mile Head) Little Arkansas River; Wichita, KS

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