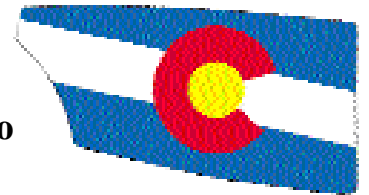


STROKE!



Rocky Mountain Rowing Club, Denver, Colorado
September 2007

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

Summer's Last Hurrah!

Annual Meeting:

NOVEMBER 6, 2007

The annual meeting will be Tuesday, Nov. 6, 7-9 p.m. at the The Breckenridge Brewery, 2220 Blake Street (in the lee of Coors Field) (May we suggest light rail for easy access and no parking fee).

Thanks to Allen Edwards for making the arrangements.

The main business of the meeting will be to elect the RMRC Board of Directors for 2008. All members are welcome to volunteer for any board position. If in the rare case that multiple members have volunteered for the same position, the membership will elect one of the candidates via secret ballot.

If you are interested in running for a Board position, there are descriptions of each position on pages 2 and 3 of this newsletter or feel free to contact the current officer about the responsibilities required for that position. In addition to "voting" positions there are a number of supporting posts. As always, any member is welcome to attend any board meeting. Meetings are currently the first Wednesday of the month at Margaret Griffes' house. Contact Margaret for directions: dagriffes@aol.com

Club Financial Statement:

Please see the bottom of page 3 for a chart and explanation of the club's financial situation. Please direct any questions or comments to Ginny Brokaw, club treasurer at:



A very successful Head of the Des Moines group: Everyone got at least one medal. See complete details of the day's racing on pages 5 and 6. *photo: Genesa Garcia*

Letter from the President:

At the annual meeting on November 6, the RMRC membership gets to elect the Board of Directors for 2008. I'd like to thank the current and past Board members and assistants who have given generously of their time, energy, and talents to help build the Rocky Mountain Rowing Club into what it is today. We can all be proud of RMRC: we have high quality equipment and the only boathouse in Colorado; lessons and coaching for novice, intermediate, and advanced rowers; club rows for everyone; the Mile High Sprints and Row the Rockies; and one of the top master's rowing clubs in national competition.

What does it take to be a good Board member? In general, you need to be willing to work hard, be responsible to fulfill the duties of your position, set a good example in following safety and other Club policies, and put aside personal agendas in decision making - to consider the overall goals and purposes of the Rocky Mountain Rowing Club and fairly balance the needs of all members.

As the Club grows, tough decisions face us next year and into the future. Chief among these are maximizing use of our limited boathouse space and researching the pros and cons of a juniors program.

If you are interested in being on the Board or have any questions about Board positions, please send an email to board@rockymountainrowing.com. And please attend the annual meeting on November 8 to vote on the new Board and toast the accomplishments of the past year (yes, beer and snacks provided by the Club).

Linda Browning, RMRC President



Board of Directors

	2007	Volunteered 2008
President	Linda Browning	Karen Gress
Vice President	Bob Malacrida	
Treasurer	Ginny Brokaw	Linda Browning
Secretary	Rachel Pazmino	
Boathouse Coordinator	John Tyler	
Equipment Coordinator	Scott Noble	
Membership Coordinator	Andrea Rawson	
Program Coordinator	Teri Evans	
Volunteer Coordinator	Margaret Griffes	Margaret Griffes
At-large Member	Mike Gasper	Mike Gasper

VOTING BOARD MEMBERS**President**

Preside at Board meetings. Sign official documents. Oversee all Club operations.

Vice President

Attend Board meetings. Preside at Board meetings in the President's absence. Coordinate special projects as needed.

Proposed for 2008: Oversee long-range planning.

Treasurer

Attend Board meetings. Arrange mail pick up from the PO box, pay bills timely, submit monthly reports to Cherry Creek, pay quarterly state and local tax, maintain accounts in Quicken, report to Board meetings, coordinate tax return with accountant, coordinate insurance, collect boat storage, sailboard storage, and private insurance reimbursement, coordinate payments with membership coordinator, program coordinator, regatta coordinator, Mile High Sprints coordinator, etc., maintain records.

Secretary

Attend Board meetings. Keep minutes at Board meetings, noting attendance, all items voted on, significant discussion points, and items requiring action or further discussion.

Proposed for 2008: Answer emails to info@rockymountainrowing.com, send all-club emails.

Membership Coordinator

Attend Board meetings. Keep membership database, send renewal reminders to previous year's members, send informational email to new/renewing members (with boathouse combination and website password), provide membership lists to program coordinator and others for official Club business, as needed. Coordinate with treasurer to monitor collection of membership fees, and be proactive in collecting past due fees or paperwork.

Proposed for 2008: Prepare and distribute membership directory periodically, at least three times per year (e.g., May, July, September).

Program Coordinator

Attend Board meetings. Propose coaches to be hired, coached program structure, and budget for Board approval. Act as liaison between coaches and Board, arrange for needed coaching support such as launch, gas, megaphone, safety equipment. Coordinate with coaches, treasurer, and membership coordinator to monitor collection of coaching fees from participants in coached programs.

Boathouse Coordinator

Attend Board meetings. Arrange for needed maintenance of boathouse and docks, such as painting, gravel, and gutters, within budget. Propose needed improvements, for Board approval. Keep boathouse supplies organized and labeled. Manage club and private boat storage and private storage waiting list.

Proposed for 2008: Coordinate docks in/docks out.

Equipment Coordinator

Attend Board meetings. Arrange for needed maintenance/repair/adjustment of rowing shells and oars. Maintain supply of hardware for routine boat repairs. Chair equipment committee, which makes recommendations for equipment purchases for Board approval.

Volunteer Coordinator

Attend Board meetings. Coordinate with other Board members and assistants to recruit volunteer help and supply donations for Mile High Sprints, Row the Rockies, docks in/out, lessons, parties, and other Club events.

At Large Member

Attend Board meetings. Represent the interests of the members at large in decision making.



BOARD ASSISTANTS (NON-VOTING)

Webmaster

Maintain the RMRC web site and update it in a timely fashion, both annually and throughout the year, in cooperation with Board members and assistants.

Newsletter Editor

Prepare and distribute periodic newsletters to inform members of past and future events, educate members on safety, training, and other aspects of rowing, and celebrate and promote racing.

Race Coordinator

Inform members of upcoming race opportunities and encourage participation. Enter RMRC boats in races. Communicate as needed with those racing on details of boating, loading/unloading,

Mile High Sprints Coordinator

With approval of the Board, set the date, place, and budget for the annual Mile High Sprints indoor rowing competition and order ergometers. Communicate and coordinate with Concept2 and oversee registration, volunteer recruitment, audio visual, t-shirts, marketing, ergometer sales, awards, etc. Report income and expenses to the Board.

Row the Rockies Coordinator

With approval of the Board, set the date, place, and budget for the annual Row the Rockies regatta. Communicate and coordinate with regatta site personnel and oversee registration, volunteer recruitment, t-shirts, marketing, awards, etc. Report income and expenses to the Board.

Lessons Coordinator

With approval of the Board, design the annual lessons program and propose dates and a budget. Oversee communications, registration, and recruitment of lead instructors and helpers. Encourage lessons graduates to become members and join the novice coached program.

Gear Coordinator

Purchase racing uniforms and other RMRC apparel for resale to Club members and others at events such as the Mile High Sprints and Row the Rockies. Get Board approval before changing uniform design, and report income and expenses to the Board at least annually.

Safety Coordinator

Arrange for certification of all new RMRC members, including boathouse and course orientation, flip test, and PFD use. Coordinate certification records with membership coordinator. Monitor and maintain safety supplies and make recommendations to the Board for purchases (e.g., PFDs, blankets, first aid supplies, etc.)

Assistant Treasurer

Assist the Treasurer as needed. Duties may include, for example, picking up the mail from the RMRC Post Office box on a regular basis and sending out notices and collecting private boat storage and sailboard storage fees.

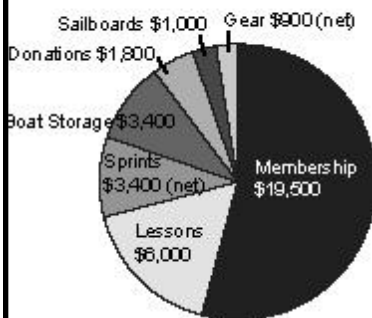
Board Assistants

	2007	Volunteered 2008
Newsletter Editor	Karen Gress	
Race Coordinator	Mark Groshek	
Webmaster	Mark Groshek	Mark Groshek
Mile High Sprints Coordinator	Dawn Mendel	Dawn Mendel
Row the Rockies Coordinator	Karen Gress	
Lessons Coordinator	Linda Browning	
Gear Coordinator	Gail Horstman	
Safety Coordinator	Peter Francis	
Assistant Treasurer	Jackie Garfield	

Financial Statement:

The overall RMRC budget is approximately \$70,000. For simplicity, the graphs show only net income (not income and expenses) from the Mile High Sprints and gear sales and do not include the RMRC programs that are break-even by design: the coached programs (\$8,000), spring and fall clinics (\$800), Row the Rockies (\$3,000), and private insurance reimbursement (\$1,300). To date, income exceeds expenses for 2007 by approximately \$8,500, but anticipated expenses will reduce that amount before the year is over.

Income 2007



Expenses 2007



*Phone, web, PO box, tax preparation.



**FALL CLINICS:
SEPTEMBER 9TH AND 16TH**

SINGLE SCULL CLINIC:

Pat McKeon, coach

Anne Strobridge
Genesa Garcia
Michele Marks
Margaret Griffes
Alisha Jurgens
Kate Newman
Rachel Pazmino
Peter Francis
Mark Lodmill
Karen Gress
Jackie Snyder
JT Miller
Dave Wedmore
Andi Forster
Rick Abbott

Editor's Note:

This message is for those of you participating in the clinics (either one): There are individual DVD's of each clinic for all the participants, (courtesy of Karl Gress), located in marked envelopes at the boathouse.

**THERE IS SOMETHING MAGICAL ABOUT ROWING
A MIXED BOAT IN THE FALL...**

ANONYMOUS



ONCE AGAIN THE ROWING CLINICS WERE A HUGE SUCCESS. YOUR PARTICIPATION IS GREATLY APPRECIATED.

BIG THANK YOU'S GO OUT TO:

**-MARGARET FOR LETTING US PILE INTO HER HOME.
-KAREN AND KARL FOR ALL THE VIDEO AND DVD'S AND PICTURES.
-CONNOR FOR BEING AN EXTRA HAND.
-AND WHAT WOULD WE HAVE DONE WITH OUT OUR SPECTACULAR HEAVY WEIGHT COXSWAIN: JIM ERWIN!
-EVERETT OF COURSE FOR BEING THE PROFESSIONAL COXSWAIN THAT HE IS.**

I HAD TONS OF FUN AND LOOK FORWARD TO DOING THIS AGAIN.

**ALISHA JURGENS
CLINIC COORDINATOR**

SWEEP CLINIC:

Pat McKeon, coach

Jim Erwin: cox
Everett Schneider: cox
Linda Browning: cox

Karl Gress: video

Michele Marks
Christa Rabenold
Anne Strobridge
Andi Forster
Margaret Griffes
Gail Horstman
Peter Francis
Mark Gattiker
Piper Stevens
Dean Smith
Ron Pohl
Connor Barry
Angela Crooks
Shari Gordon
Karen Gress
Alisha Jurgens



Head of the Charles Update:

RMRC will have 3 boats going to the Head of the Charles:

Mens 50+ 4+: Mike Gasper, Mark Stormberg, Harry Graves, John Christianson

Women's 40+ masters 8+: Margaret Oliver, Andi Tomany, Grace Malacrida, Kati O'Hara, Karen Gress, Linde Finsrud, Teri Evans, Kate Newman.

Men's Club 8+: Cox Kristin Lodmill, Stroke Mark Groshek, 7 Scott Noble, 6 Jeff Longly, 5 Mark Lodmill, 4 Matt Filby, 3 David Dodrill, 2 Allen Edwards, 1 Bob Malacrida

Congratulations and good luck!



The weather was cold, but the racing was hot! The World Masters Regatta in Zagreb proved to be a lucrative meet for Colorado medals. For full results, including medals ceremony photos, go to:

<http://www.veslanje.hr/wrmr2007>

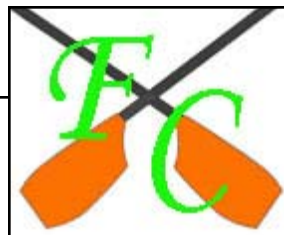


Dean Smith in the 2 seat of the Gold Medal Winning Mens I quad at the FISA World Master's games in Zagreb, Croatia.

photo: courtesy of FISA World Masters Website



Connor Barry, Michele Marks, Jean Upshaw, JT Miller at the Horsetooth Half Marathon. *photo courtesy of Grace Malacrida.*



Horsetoothache Half Marathon

October 6, 2007

Many thanks to our friends at Fort Collins Rowing Association for once again hosting a very fun regatta at the Horsetooth Reservoir in Fort Collins. RMRC took two quads and a double up to race the 21,000 meter race.

Despite the fierce winds in Denver, the weather and water was absolutely beautiful at Horsetooth. Medals and lunch were provided after the race by the hosting club; ask the participants how you can get a special medal, too!

Women's 4x: Karen Gress, Margaret Oliver, Kate Newman, Teri Evans.

Women's 2x: Grace Malacrida, Andi Tomany

Mixed 4x: Conner Barry, Jean Upshaw, JT Miller, Michele Marks.

Additional boats were: a mixed 4x from CSU, a women's 4x from Fort Collins, Pat McKeon in his single, Mark Birkner and a friend in a really fast men's 2x, a mixed 2x and another men's single.

Special thanks to Jerry Thurstin for driving the trailer: Jerry we love you!





Moments That Make a Coach Proud

By: Grace Malacrida

There are few things in my opinion as satisfying as seeing an athlete succeed. What defines success? Winning a race? Not necessarily. Watching an athlete conquer a fear, or trying something new and challenging, these things are true measures of success.

The August 18th Row the Peaks regatta was one of those days when I was really impressed with the rowers from the Beginner/Intermediate program. We had a mixed quad entered in one of the races that turned out to be one of the more interesting of the day. Our RMRC rowers were up against two Ft Collins boats. For some unknown reason, both Ft Collins quads were racing directly towards the swim beach. Our RMRC rowers stayed on course and were the first and only boat to cross the finish line. The two boats headed towards the swimmers were stopped by cries from the shore while our "new" rowers knew enough to keep racing and cross that finish line. Well done, Kristine Reinhardt, Alisha Jurgens, Aaron Day and Jesse Day!

The Head of Des Moines was held on September 29th and RMRC rowers all came home with metal slung around their necks. While this was pretty exciting, it was not half as exciting as watching the women's quad comprised of two new rowers in the bow pass the Topeka women on the last turn of the race. Seeing Genesa Garcia hug the buoy line and pass that boat before the finish warmed my heart. Genesa had been uncomfortable bowing a boat early in the rowing season but she tackled her fear and is now an incredibly successful bow person. Dave Wedmore, Patrick Twist and Kristine Reinhardt, (all novice rowers who took our Learn to Row Lessons this year) hopped in singles and took on the three mile winding course. All of our new rowers rowed at least 2 head races a piece... some even did 3. What energy! What enthusiasm!

The Horse Tooth Regatta; a mere half marathon row, was held on the 6th of October. Rocky Mountain had two quads and one double compete there. J.T. Miller who just learned to row in July was the 2-seat of the quad of Connor Barry, Jean Upshaw, and Michele Marks. The water was fabulous and the weather was sunny, but the best part of completing the race was discovering that J.T. came prepared to have a tail-gate party complete with cloth tablecloths and homemade pastries. Welcome to the club J.T., you have made a wonderful addition to our group with goodies and a smile after rowing a half marathon.

There have been so many exciting and wonderful moments this summer that I can't possibly list them all, but Kati O'Hara and I have had a most rewarding, and enjoyable time coaching the Beginner/Intermediate Program. We look forward to seeing how well they do in Wichita in November!

Head of the Des Moines Race Results

RMRC finished 4th out of 32 "clubs" with Total Points of 76
Every Rocky Mountain Rowing Club participant went home with a medal! Full race results at:

<http://www.regattacentral.com/regatta/results/494.pdf>

First Place Finishes

Mens Mstr 1x Mark Lodmill, 21:39
Mens Jr 1x Anthony Malacrida, 23:08
Mens Novice 1x Dave Wedmore, 30:08
Mens Rec 1x Patrick Twist, 31:48
Mens Jr 2x Anthony Malacrida/ Chance Gath, 14:21
Mx Mstr 4+ Kati O'Hara/ Mark Lodmill/ Jeff Longly/
Kate Newman (cox: Rachel Outman),
20:11

Second Place Finishes

Women's Mstr 8+ Grace Malacrida/ Andi Tomany/ Kati
O'Hara/ Kate Newman/ Anne Strobridge/
Genesa Garcia/ Karen Hutson/ Ginny
Brokaw, (cox Rachel Outman) 12:52
Mx Mstr 2x Mark Lodmill/ Andi Tomany, 13:01
Mens Mstr 2x Mark Lodmill/ Jeff Longley, 12:47
Women's Rec 1x Kristine Reinhardt, 38:03

Third Place Finishes

Wmns Grand Mstr 2x Ginny Brokaw/ Anne Strobridge ,
26:35

Fourth Place Finishes

Mens Jr 1x Chance Gath 28:21
Wmns Mstr 4x Ginny Brokaw/ Kate Newman/ Kristine
Reinhardt/ Genesa Garcia, 14:32 (see
photo at left)

Fifth Place Finishes

Wmns Mstr 2x Andi Tomany/ Grace Malacrida,
22:48
Mens Grand Mstr 2x Patrick Twist /Dave Wedmore,
15:17

8th Place Finishes

Mxd Mstr 2x Jeff Longley /Kati O'Hara, 14:20

9th Place Finishes

Wmns Mstr 2x Kristine Reinhardt/ Karen Hutson, 32:40



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 Wednesday of every month. All members are encouraged to attend. Contact any Board member for the meeting location.

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

November 6, 2007 Annual Meeting; election of officers.

November 10, 2007 Docks Out! (alternate date November 17)

November 10, 2007 Marathon Rowing Championships (26-mile Head) Cane River Lake; Natchitoches, Louisiana

Rocky Mountain Rowing Club
PO Box 6242
Denver, CO 80206

