

STROKE!



Rocky Mountain Rowing Club, Denver, Colorado
November 2007

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



Connor Barry, Mark Lodmill, Anthony Malacrida and Bob Malacrida in the Men's Open Quad at the Wichita Frostbite Regatta (see full race results on page 3)

photo: Genesa Garcia

Hello all,

I am proud to have the opportunity to introduce myself and give you a brief glimpse of my goals going forward. I rowed 2 years in college at a small school with a warm and family atmosphere. I then transferred to a big rowing school where I seemed to get lost in the shuffle. No longer was I a part of a cohesive tight-knit group. It soured me a bit on rowing. Fast forward 10 years, with 75 pounds going on and coming off, and I'm back in a boat and having a great time at RMRC.

My history has taught me that it isn't just the speed of the boat that matters. It is also about the people you row with and the experiences you can share. My primary goal going forward for the club is fostering a positive environment with better communication between the board and the members. I'll be doing my best to ensure that we are making your time on the water fun and fast.

Feel free to contact me via e-mail at president@rockymountainrowing.com or the board at board@rockymountainrowing.com any time in the future with any comments, concerns, or ideas. I look forward to working with you all on and off the water.

Thanks for reading.

Mark Lodmill,
President

2008 Rocky Mountain Rowing Club Board of Directors:

President: Mark Lodmill
Vice President: Bob Malacrida
Secretary: JT Miller
Treasurer: Kate Newman
Membership Coordinator: Genesa Garcia
Boathouse Coordinator: Peter Francis
Equipment Coordinator: Grace Malacrida
Program Coordinator: Teri Evans
Volunteer Coordinator: Margaret Griffes
At Large Member: Mike Gasper

Board Assistants:

Assistant Treasurer: Jackie Garfield
Gear Coordinator: Kati O'Hara
Mile High Sprints Coordinator: Dawn Mendel
Webmaster: Mark Groshek
Row the Rockies Coordinator: Karen Gress
Race Coordinator: Grace Malacrida
Newsletter Editor: Dawn Mendel
Travel Director: Kati O'Hara

Open Positions:

Lessons Program Coordinator: Open
Safety Coordinator: Open

First and foremost, the incoming Board would like to recognize and thank the previous board for all of their hard work and dedication. We know that it is not an easy task to run a club of our size. Your efforts were appreciated!!!

We have many ideas on how we can improve the club, but also would like to hear your input. The board can only be successful if it represents the wishes and interests of the membership. Please feel free to send us your thoughts and suggestions. to info@rockymountain.com/board.





A Rowing Fairy Tale

by Grace Malacrida

Once upon a time, okay in the summer 2002, a woman named Gail learned to row at Rocky Mountain. She mastered the art of holding an oar and balancing a boat. With her new found skills and her new rowing partners, she set off to the Wichita Frostbite to try the women's quad race. These enthusiastic rowers rowed to the start and raced down the course. Their first race was not that memorable as unfortunately they were disqualified for crossing the buoy line while racing. This mishap would have scared most rowers away. But it did not scare Gail away. She continued to work on her rowing skills. In the summer of 2007, she went to Masters Nationals. The woman who was disqualified in her first ever race, came home decorated with one gold, three silver and one bronze medal. I would call that a happy ending...

...congratulations Gail Horstman!

Letter from the editor:

Just a note saying; "thanks so much" for all your contributions to the newsletter over the past 2 years. Also; "good luck" to Dawn Mendel; I know she will do a wonderful job. Be sure to send her your submissions!

d.mendel@comcast.net

Winter Training:

Ergometer Training:

The C2 Holiday Challenge and, more personally, the BCR challenge;

Erg Classifieds (just in time for the holiday challenge):

Both Angela Murtha and Alisha Jurgens are looking for used ergs. Contact info below:

angela.murtha@Polycom.com

ajurgens@4dv.net



Mark Lodmill, club president, received an email from Jim O'Neill, a board member up at BCR....and he had this to say: "BCR is calling us out!!!... Are we going to put up with this???" Hit those ergs and pile up those meters and let's show them what RMRC is made of!!!

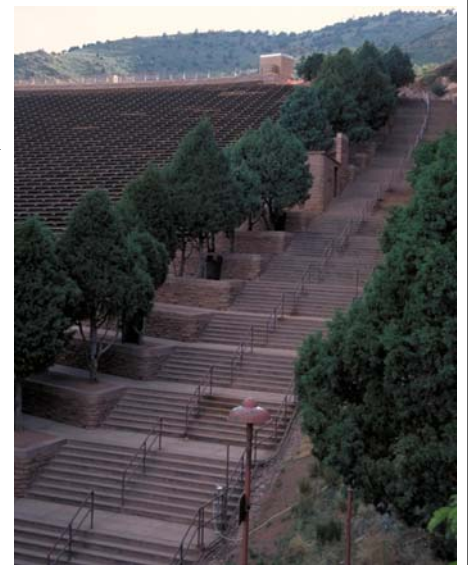
The Holiday Challenge begins on Thanksgiving Day (November 22) and runs through Christmas Eve. 17 RMRC members have signed up so far: Go to: http://www.concept2.com/sranking03/log_start.asp? to create a profile and being logging your meters!

RRRR; Red Rocks Running for Rowers.

Come join us at Red Rocks on Sunday mornings at 9:00 am; run the bleachers, run the stairs (lots and lots of stairs; check out the picture at the right), do yoga, sprints, circuit training. Bring the kids and the dogs (we are even thinking about bringing ergs).

The picture doesn't show all the crazy people; just imagine yourself right in the middle going RRRRRRR up the stairs.

photo: courtesy of Red Rocks official website:



Volunteering; 2007 Wrap Up

Thanks to everyone for helping out this year in all the events.

Volunteering is a lot of fun and gets us to know each other and it also builds the club more. Please keep it up and expand your horizons. More volunteering will be available this next year. More parties, too!

P.S. I am wanting to connect with other skiers who want to cross train this winter. Contact me if you are interested - days, resorts, level, etc.

DAGriffes@aol.com

Thanks,
Margaret

(Volunteer Coordinator and party planner)



Grand Finale; End of the Season Racing Results



Men's 50+ Coxed 4; 2nd (and a guaranteed entry next year)

Men's Club 8: 38th (out of 72 teams)

Women's 40+ Master's 8: 15th (and a guaranteed entry next year)

Directors Cup Men's Quad: 8th



Kati O'Hara and her niece, 13 year old Becky Story, heading down to the start of the women's open doubles race in Wichita. It was Becky's fifth time in a boat and they placed 11th out of 17 teams; way to go!

photo: Karen Gress (with Genesa Garcia's camera)

Wichita Frostbite 2007 Results

First Place Finishes

WMstr4+ Kati O'Hara/Kate Newman/Jean Upshaw/Ginny Brokaw (w/ Everett Schneider) (10:56)
 WMstr1x 42-51 Karen Gress (11:38)
 WMstr1x 52+ Jackie Snyder (12:09)
 MxO4x Kati O'Hara/Mark Lodmill/ AnthonyMalacrida/Grace Malacrida (9:44)

Second Place Finishes

WMstr1x 27-41 Angela Crooks (12:47)
 MO 1x Mark Lodmill (10:28)
 WO 2x Jackie Snyder/Grace Malacrida (10:53)
 MMstr 1x 42-51 Bob Malacrida (12:00)
 WMstr/Club8+ Jean Upshaw/Ginny Brokaw/Michele Marks/Kate Newman/ Patrice Kennedy/ Genesa Garcia/
 AnneStrobridge Gail Horstman (10:56) (with Everett Schneider)

Third Place Finishes

MO 4x Connor Barry/ Mark Lodmill/Anthony Malacrida/Bob Malacrida (9:20, 10 sec penalty)
 WMstr1x 42-51 Linda Browning (13:18)
 WMstr1x 52+ Anne Strobridge (13:40)
 WO4x Karen Gress/Linda Browning/Angela Crooks/Gail Horstman (11:12)

Fourth Place Finishes

WLt 4+ Karen Gress/Linda Browning/Angela Crooks/Gail Horstman (11:01with Everett Schneider)
 WO4x Jean Upshaw/Michele Marks/Patrice Kennedy/Genesa Garcia (12:12)

5th-14th Place Finishes

5th Mx 2x Grace Malacrida/Anthony Malacrida (10:36)
 6th MO 1x Bill Beiner (11:03)
 6th MX 8+ Connor Barry /Kati O'Hara / Grace Malacrida/ Mark Lodmill/ Anthony Malacrida/ Jackie Snyder /Bob Malacrida/ Kate Newman (9:29 with Everett)
 7th MO2x Anthony Malacrida/Cole Capsalis (10:20)
 8th WO 2- Patrice Kennedy/Michele Marks (13:44)
 8th WO 2x Kate Newman/Genesa Garcia (11:58)
 11th WO2x Rebecca Story/Kati O'Hara (12:43)
 12th WO2x Ginny Brokaw/Anne Strobridge (13:15)
 13th MO 2x Bob Malacrida/Connor Barry (10:48, 10 sec penalty)
 14th Mx 2x Patrice Kennedy/Connor Barry (11:45)



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

The first Board meeting for the new board will be Tuesday, December 4th at 7:00 pm at Teri Evan's house. A permanent day of week and meeting location will be determined at that time. All members are encouraged to attend.

November 22- December 24, 2007:
Concept 2 Holiday Erg Challenge:
www.concept2.com

December 15, 2007, 7:00 pm RMRC
Holiday Party. See Members Only page for more details.

February 2, 2008 Mile Hi Sprints. See website for more info: <http://www.rockymountainrowing.com/sprints/>

February 24, 2008, CRASH'b's; Boston, MA. <http://www.crash-b.org/>

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