



# STROKE!

Rocky Mountain Rowing Club - Denver, Colorado  
January 2008



A periodic publication of the Rocky Mountain Rowing Club, P.O. Box 6242, Denver, Co 80206

## Mile High Indoor Sprints

The Mile High Sprints are being offered by RMRC on **Saturday, February 2** at the Colorado Athletic Club at Monaco, located at 2695 South Monaco Parkway in Denver.

### New to Indoor Rowing?

At the Mile High Sprints, the ergs are linked together and to a computer which allows you to see on monitors how you are doing against competitors, as well as keeping track of your race time. You can compete in timed rows like the half-hour or hour rows, where the winners row the furthest distance, or sprint rows, which are the fastest times for the given distance.

### Win Airfare to Boston!

The 2,000 meter races are your chance to win free airfare and entry fees from our sponsor, Concept2, to compete in the World Indoor Rowing Championships in Boston on February 24. (see [www.crash-b.org](http://www.crash-b.org))

### Other Events

In addition to the 2,000 meter qualifying rows, we offer a "club row" especially designed for those new to indoor rowing, half hour and one hour rows, 500 meter sprints and team rowing events.

*NEW* - This year the half hour rows will be hooked up to the race computers, *but* entries are limited to 10 competitors each for men and women. Pre-registration is highly encouraged!

## Registration

One low registration fee allows you to compete in as many events as you'd like. All entrants receive a race t-shirt. The top three winners in each category receive medals.

**Entry Fees** - \$25 before January 26 and \$35 for entries after the 27<sup>th</sup>, including the day of race.

### *NEW!* Register Online

Register online at  
[www.rockymountainrowing.com/sprints](http://www.rockymountainrowing.com/sprints)

## Kids Rows – Free! 10 and under

Row for 3 minutes to see how far you can go. This is an informal, fun row. All kids will receive a ribbon, certificate, and a special reward. There is no entry fee, however all participants must fill out a registration form and provide a waiver signed by a parent or guardian.

T-shirts are not free for kids entered in this event.



## Kids 11 to 13

A race geared towards our next generation of Sprints competitors. Row for the best time in a 1,000 meter piece. Medals will be awarded. There is no entry fee, however all participants must fill out a registration form and provide a waiver signed by a parent or guardian. T-shirts are not free for kids entered in this event.

## Purchase an Erg

The ergs used in the Sprints have been assembled and gently broken in by the Jr. team of CACM. This helps guarantee that the ergs aren't stiff and that they are in good working condition on race day. We purchase the ergs at a discounted price and pass some of this on to those who purchase the ergs. All manufacturers' warranties are in effect.

For more information about purchasing an erg e-mail: [ergs@rockymountainrowing.com](mailto:ergs@rockymountainrowing.com)

## Donations Needed

In the past food and drinks have been provided to participants and volunteers thanks to donations by local businesses. Several of our long time donors have stopped their donations. If you can donate a case of water or have a contact with a business that may wish to donate please contact Margaret G. at [dagriffes@aol.com](mailto:dagriffes@aol.com)



## Race Day Schedule

The race day schedule shown is tentative. Actual race start times may shift depending on number of entrants in each category. You must check in one hour prior to your race. Remember to allow time to warm up!

Please check this schedule online as it will be updated to reflect entries in the categories:

[www.rockymountainrowing.com/sprints](http://www.rockymountainrowing.com/sprints)

7:45	Registration starts
8:15 a.m. – 8:45 a.m.	30 Minute Row, Men (Max.10 competitors) Note: <b>Will</b> be connected to race computers
8:20 a.m. -9:20 a.m.	1 Hour Row (all categories) (Max.10 competitors) Note: This race <b>will not</b> be connected to race computers.
8:50 a.m. -9:20 a.m.	30 Minute Row, Women (Max. 10 competitors) Note: <b>Will</b> be connected to race computers
9:30 a.m.	2000 Meter Veteran Men (70+) 2000 Meter Veteran Men (60-69) 2000 Meter Veteran Men (50-59)
10:00 a.m.	2000 Meter Youth Men (14-18)
10:30 a.m.	2000 Meter Youth Women (14-18)
11:00 a.m.	2000 Meter Veteran Women (70+) 2000 Meter Veteran Women (60-69) 2000 Meter Veteran Women (50-59) 2000 Meter Senior Women (40-49) 2000 Meter Masters Women (30-39)
11:15 a.m.	2000 Meter Senior Men (40-49) 2000 Meter Masters Men (30-39)
11:30 a.m.	2000 Meter Open Women - HWT (19-29)
12:00 a.m.	2000 Meter Open Women - LWT (19-29)
12:15 p.m.	2000 Meter Open Men (19-29) – HWT
1:00 p.m.	2000 Meter Open Men (19-29) – LWT
1:15 p.m.	500 Meter Heavyweight Women
1:35 p.m.	500 Meter Lightweight) Women
1:45 p.m.	500 Meter Heavyweight Men
2:15 p.m.	500 Meter Lightweight Men
2:35 p.m.	Coaches 500 Meter Row
2:45 p.m.	Club Row (Men and Women)
3:00 p.m.	Kids 3 Minute Row (ages 10 and under)
3:10 p.m.	Kids 1000 Meter Row (ages 11-13)
3:25 p.m.	Team Boats

Weigh-Ins: Lightweights (men < 165 lbs, women < 135 lbs) must weigh in prior to their race.

## Needed for the Sprints:

- 6 foot tables (need at least 6-7)
- Volunteers to set up Friday night
- Volunteer to pick up and drop off coffee/tea items from Peet's coffee - 2nd Ave. in Cherry Creek at 7:30am and after the sprints.

## Online Race Tips and Workouts

Tips and suggested workouts for anyone interested in indoor rowing racing can be found at: <http://www.concept2.com/rowing/training/traincomp.asp>

## RMRC Thanks to...



- Mark Groshek and Carl Clark for hosting the annual holiday party at their beautiful home replicated above in gingerbread by Grace Malacrida.
- Karen Hutson who has agreed to become the club insurance guru. (assistant to the treasurer, Kate Newman)
- Angela Murtha for setting up the online registration site for the Mile High Sprints.
- To all the 2007 board members and other volunteers who contributed way over the required 10 hours of volunteer time.

## Docks Out Thanks Volunteers!

These docks out photos visually demonstrate that many hands make light work – there are many other volunteer jobs which could use extra “hands”.

- Publicity Coordinator (new position)
- Fund Raising (new position)
- Tax guru (assistant to the treasurer, Kate Newman)
- Safety Coordinator (club orientations and flip tests)
- Lessons Program Coordinator

Please indicate your interest by emailing [board@rockymountainrowing.com](mailto:board@rockymountainrowing.com).



Would you like an easy way to help Rocky Mountain Rowing Club? Indulge in chocolate, satisfy your craving for that new CD, and spoil yourself with the latest software or sporting gear. In short, buy all those things you want and need while

helping RMRC. When you shop at the online mall at [www.iGive.com](http://www.iGive.com), a portion of each item you buy will be donated to RMRC at no extra cost to you!

Just sign up and select Rocky Mountain Rowing Club as your "cause", and start shopping right away.

## New World Record!

Dean Smith set a new world record for men 80+ heavyweight as part of the U.S. Indoor Rowing Team when he traveled to Dresden, Germany to compete in the European Indoor Rowing Championships on December 15 with a time of 7:45.5. Dean set this record in the heavy weight category, just to see if he could. (he is a light weight rower!) Way to go Dean!

## RMRC Social Gatherings!

(Because seeing each other showered and dressed is different from 5:30am bed head.)

To initiate the first series of RMRC happy hours, we'll have a moving selection of some of Denver's taverns/ pubs/ breweries/ restaurants each month. Locations will vary unless there is a desire to have one “regular” place where everyone will get to know our name. Since we all live scattered about the Denver metro or Front Range area, if anyone has a local favorite watering hole let me know and we'll set it up! Unless otherwise noted or requested, we'll start at **6 pm**.

**Thursday, January 24: Wynkoop Brewery,** <http://www.wynkoop.com/> Across the street from Union Station for easy RTD Light Rail access.

**Thursday, February 21: The Hornet,** <http://www.hornetrestaurant.com/events.php> Located next to the Mayan Theater on Broadway.

**Thursday, March 20: Irish Snug,** <http://www.irishsnug.com/> It's the week of St. Patrick's Day! Erin Go Braugh!

Being this is winter, please let me know who is interested in a potential ski outing. Downhill or cross country doesn't matter; just being outside enjoying the mountains is what it's all about. Also, what other types of events would you all like to have? Brunch, concerts, museums, theater, summer hikes, buying sprees at REI? Drop me a line!

Allen Edwards



## The Dean of Rowing

*By Joe Colosimo*

I have rowed for 20 years throughout North America and met some special people, many of whom I admired. But then there is "The Dean": Dean Smith. He walked from the parking lot to our Boathouse at Rocky Mountain Rowing Club in Denver, Colorado in May of 2006 and said, "I want to race." He was a matured aged man, 5'10" and 160 pounds, not particularly strong looking in stature. When asked where he had rowed, he replied, "Nowhere, never tried."

Dean began training seven days a week, almost always in a Single scull, often flipping over, as other rowers watched from a distance. By August, 2006 he entered the US Nationals in several events. He won two Gold medals in Singles, missing another in a younger category in a Quad. Upon his return, he explained to me he would enter the World Championships in Princeton in September, and wanted to improve his starts as he was giving up boat lengths at the start of his races due to ineffective technique. I helped him for a couple of weeks and he departed for the race. He called me from Princeton when his events were over and reported that he entered four events, and done "OK." "OK" meant he entered two Singles events, and a Quad event, winning three Gold medals.

Thereafter, he continued to train seven days weekly on the water. He trained until the dock was pulled from the water for the winter, and then trained on an Erg in the off season. He resumed rowing in the spring of 2007; again seven days a week and went to the US Nationals in August, 2007. He entered seven events and won more Gold medals; three Gold in Singles. Last September, he went to the World Championships in Croatia. This time he rowed in every boat but a Pair. He earned three Gold medals, and was inducted as a member of The Order of the Oar. More astounding, he entered events in younger brackets than his age required.

The dock is again pulled from the water. Dean is training on his Erg at home. He is special for many reasons. He took virtually no lessons to row. He persevered in his training despite routinely flipping out of the boat. He is a man of few words, and when he does speak, he is soft spoken and pleasant. More of us row with him now. He is a fixture at the

Boathouse. After the World Championships this year, he decided to rest after two years of rigorous training rarely ever missing a day on the water. Still, he occasionally would arrive at the Boathouse in the dark to simply be there, watch others go out, and wait until we return, to join us in our routine cup of coffee.

Dean is a friend. He is special in so many ways but perhaps he is most special in that he began rowing at 80 years of age and is still going strong. Most of us cannot imagine rowing at 80, let alone winning Gold at World events. Even more remarkable is he has less than sixteen months on the water. He now routinely receives calls from around the United States to be in younger boats with guys that hardly know him. He has now raced in every boat but a Pair over just two seasons, earning eleven Gold medals at National and World events, missed earning two other Gold medals by a stroke or two, often in younger age categories, and in both Lightweight and Heavyweight brackets. He looks forward to next season with higher expectations.

He is special not only for what he has accomplished in our highly technical and difficult sport. He is special because of what is inside him. He is a gentle man with the heart of a fierce competitor. There is no low gear in him; no take your time to learn in him; no second best in him. He is a warrior on the water who only knows one way to finish. Most importantly he is an inspiration to me and to all who know him. He is the gold standard in life. To win is to try. Never hear the nay sayers. Never hear the challenges. Only sees the goal, and it is only Gold. Dean is truly one of the Deans of Masters Rowing in the United States.



## Training Opportunities

The docks have been pulled and ice is forming on Cherry Creek Lake, but that doesn't mean it's time to hibernate!

### Monday Night Madness

The Monday Madness erg sessions will continue to be at 7:30pm at Colorado Athletic Club Monaco (CACM) at 2695 S. Monaco (NWC of Monaco & Yale). This is a great opportunity for people training for the Mile High Sprints or just wanting to erg in a group. The cost to non-members of CACM is a \$5 show up fee each time and free to CACM members.

### Downhill Skiing

Save gas and parking expenses – carpool to the slopes. Contact Margaret Griffes or Dawn Mendel.

### Sunday Walk/Runs

There is a tradition of meeting at the highline canal at 8:00 am on Sunday mornings to walk, jog, run, or snowshoe followed with socializing over coffee and bagels. Contact Dawn or Ginny for more information.

### Run the Republic – Mark Groshek

After the Mile High Indoor Sprints, give yourself something else to shoot for! I challenge all RMRC members to join me on the Rocky Mountain Rowing Club team to Run the Republic on February 24. What is it? A 53 story stair climb in the Republic Building downtown, and a fund raiser for the American Lung Association, to help in their work to prevent lung disease and find better treatments for illnesses like asthma.

Want to run? Sign up at [www.runtherepublic.com](http://www.runtherepublic.com) When you sign up, be sure to register with the Rocky Mountain Rowing Club Team--we will all get to start together. Whether you run the whole thing, or walk it all, you will be helping a great cause! And you will be getting ready for the racing season!

## Upcoming RMRC Events

<b>Jan. 24</b>	Happy Hour - Wynkoop Brewery
<b>Feb. 1</b>	Sprints Set Up
<b>Feb. 2</b>	Mile High Indoor Sprints
<b>Feb. 6</b>	Board Meeting - 6:45 pm
<b>Feb. 24</b>	CRASH-B Sprints - Boston
<b>April 10</b>	Boulder Sprints
<b>July 12</b>	Row the Rockies

### Board Meetings - PLEASE ATTEND!

Monthly RMRC board meetings are open to all members. The meeting will be held on the first Wednesday of the month with a few exceptions from 6:45-8:45pm at the Castlewood Library, 6739 South Uinta Street, The library is located just west of I-25 and Arapahoe interchange (Exit 197), at the southwest corner of Arapahoe and Uinta Streets - There's a light at the intersection. The meeting is in the Paul Manion Meeting Room, just past the entrance and down a short hallway on the left.

CAN'T attend the board meetings? Have something to share with the club? JT Miller, secretary, will be your "Voice" at the meeting. Email JT at [scr1031@msn.com](mailto:scr1031@msn.com).

#### Board Meeting Dates\*

**Wed., February 6th**

**Wed., March 5th**

**Tues., April 8th**

**Wed., May 7th,**

**Wed. June 4th**

\*Subject to change

### Newsletter Submissions

Please e-mail your submissions to Dawn for the next issue by the 5th of each month.

Email:

[RMRCnewsletter@gmail.com](mailto:RMRCnewsletter@gmail.com)

Interested in helping with the newsletter? Writing articles? Proof reading? Photographer?

Please contact Dawn!





### Repair Clinic

RMRC hosted a boat repair clinic given by Klinger Engineering, a boat repair company from MA. In attendance were several members from RMRC and rowers from Ft. Collins, Boulder Community Rowing, CU and CSU.



### New Trailer

Rocky Mountain Rowing Club now owns a second trailer, the one pictured above. It is now being painted Royal Blue for us.

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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.

The membership year is March 1, 2008, through February 29, 2009.

**Coaching** for novice, intermediate, and advanced rowers is available in the summer for an additional fee. Contact Teri Evans at [row4kicks@yahoo.com](mailto: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](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

