



STROKE!

Rocky Mountain Rowing Club - Denver, Colorado

August 2010



A periodic publication of the Rocky Mountain Rowing Club
P.O. Box 370181, Denver, CO 80237

Course Review

Map by Tom Murphy



We review the course at the beginning of the year, but as the season wears on, and conditions sometimes require some moves to better water, or the absence of water skiers in their area seems to invite our taking advantage of the extra room, we might need another look at the places we're supposed to row. We've seen this map before, but here are some places it's worth paying more attention to.

The buoy practice loop, sometimes called the beginners' loop, requires attention only on the turn past the boat house. Three courses meet there: people launching off the dock, people coming from around Fisherman's Point back to the dock, and the people heading out for another cruise around the reservoir.

We improvise the most with the red loop, so we should note these finer points: we turn north around the 2 buoy but then, to avoid the jet ski area, which we should do, obviously, we have to swing south of the stick buoy line leading into the marina. We need to stay on the lake side of the 6 and 5 buoys if we're moving at any



speed, as the Lagoon, Marina, or Dogleg loop, is reserved for people cooling down, doing drills, or just practicing more slowly.

Getting to the Marina demands utmost attention, not only because we row against the flow of traffic, but also because Fisherman's Point gets really shallow at this time of year. We row on the land side of the stick buoys going north, between the stick buoys and the 6 and 5 buoys when we're going slowly back towards the dock.

In all cases, it's up to each of us to keep our eyes peeled to keep everybody safe. Let's help each other in and out of the boathouse, on and off the dock, as well as on the water. Safety of our bodies and our boats is everyone's responsibility.



Marcia Middleton successfully rights the Maas on her way to passing her flip test. Photo by Helena Gognat

More on Safety: Flip Tests

RMRC requires a flip test for all new members before they can take out a boat on their own. Sixteen novices spent an hour after practice last month going through this exercise. Nobody reported ear or eye infections afterwards, so they can recommend the end of June as a great time to do the test without worry of whatever microbes infest the lake later in the season.

The Dillon Challenge

August, 1, 2010

We sent a big contingent to this year's Dillon Challenge, organized by the Frisco Rowing Center. The fun had by all must have been of the Las Vegas caliber, for the only story I could get out of anybody was Joe Colosimo's. He reports, "We got swamped, and we still won." All kinds of RMRC members participated, from the limited competing kind to the novices. Results on the right. If I missed anybody, please let me know, and I'll add your score in next month's newsletter.



In the 2.5 mile race:

W4+: Klug, Bowling, Monigle, Hennigan: 19:53
W4x: Clark, Blackmun, Blair, Gognat: 25:46
W4x: Boroff, Middel, Aro, Meyer 27:05
M rec 2x: Griffen, Callison 19:05

In the 6 mile race:

M composite 8, including RMRC's Richard Strong, JT Miller, and Steve Thompson 42:05
M4x: Murphy, Colosimo, Stevens, Erwin 38:01
W4x: Dean, Kingsley, Ruz, Bush 58:39
M2x: Hans and MJ Wurster
W2x: Newman and Murtha 44:01
W2x: Marks and Horstman 50:12
M1x: Scott Noble 39:42
M1x: Peter Francis 41:35
W1x: Marika Page 41:00
W1x: Karen Gress 43:35
W1x: Kate Newman 46:04

Click here for a pretty good slide show on the Frisco Rowing Center site:

<http://www.flickr.com/photos/46779680@N00/sets/72157624543869971/show/>



Several boats devised uniforms from coordinated colors. Check out the blue and black of the novice 4x and the matching shirts *and* socks of Kate Newman and Angela Murtha. RMRC rows well and looks good.



Unloading the trailer

Rowing Art-Steve Friedman



http://www.digitalartmasterworks.com/Sports/sculling_12.htm

This link takes you to a site where digital artist Steve Friedman turns photographs into plein air style paintings. Jim Erwin found the work on line and learned that Steve came down to practice one day and took photos like the one of Dean Smith and

Peter Francis. He wrote to Jim saying, "I will be displaying my rowing artwork including a few brand new original paintings pieces that are not yet up on the WEB at Art in the Park on Aug 28th and 29th. At this time I am only doing original artwork. Prices range from \$200 - \$500 framed. If the club would like to sponsor a print edition, I might be interested. Please drop by my booth to see these and the newest ones."

See if you recognize yourself:



New Rules on Boat Eligibility

The Board has voted to renew our policy of restricting use of boats in our fleet by individual skill level. Please review the lists below to see what boats are available for your particular level.

We will soon be implementing a skills classification system that can be applied on an individual basis, along with rack labeling at each boat, in the near future. But for now, anyone in Novice or Intermediate programs is limited to using boats within the Novice/Intermediate classification, and is prohibited from using Advance level boats. Please ask someone for clarification if you are confused about the status of any boat in the boathouse before taking it out.

Failure to recognize the rule will result in suspension from water privileges for a period of time to be determined on an individual basis. **These rules are effective immediately.**





Novice and intermediate rowers at the Dillon Challenge. Note the coordinated colors of the women's 4xs. Turquoise for one, black for the other.

Novice/Intermediate boats:

- Maas - all 1X and 2X
- Peinert - all 1X
- All old Vespoli pairs, doubles, quads, and fours
- Newer Vespoli 4+ (rigged as a 4X right now)
- Pocock 4X
- Vespo 8+ (assuming coached supervision AND a launch in immediate vicinity)



Advanced Boats

- Sykes 2X
- Filippi 2X
- Filippi 4X (fin damaged and boat is out of commission)
- Hudson 4X (out of commission)
- Vespoli M2 4X
- Vespo 8+

PLEASE NOTE: The new Vespoli 2X is not on the list as **it is to be returned to the factory** for exchange. As such it is out of commission and strictly unavailable for use by anyone.

Also: Only experienced or coach-appointed rowers can **bow** any boat.

We appreciate your understanding and adherence. Everyone in the club is expected to support and help enforce compliance to this and all other club policies and procedures, including bringing to attention of a board member any violations of the rules.

Please direct any questions or comments to the club secretary.

Sincerely, your Board.

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 Piper Stevens
secretary@rockymountainrowing.org

The new rules have caused quite a lot of discussion among the members who've taken Piper's invitation to address their questions to him seriously.

Monthly board meetings take place on the first Monday of the month. Richard Strong has rescheduled the September meeting to avoid to Labor Day weekend. **The date: September 13 at the Aurora Fire Station, 7:00-9:00PM.** All members are welcome.



Novices and some of the men's composite 8 at Dillon





Boat News

by Mike Gasper

The Vespoli 2X/- is being traded in for a new 2X; it is being built as we speak. We are paying the difference between what we paid and what a new one costs. The total cost to us will be \$400 for the boat difference, \$50 for a supply kit and \$280 for shipping it back here. AC from Long Beach is picking the used boat up on Thursday and heading to FISA and will drop it off with Vespoli and load up the new one and bring it back. We should have the new one by Sept 8th or so, whenever AC comes back through.

The Hudson 4X/- is being shipped Thursday as well with AC to FISA in St Catherines where Hudson will pick it up and repair; thanks to JT for doing this. It should be ready by HOC and hopefully AC will bring it back on his annual round trip from CA to Boston and back. No estimate on cost or shipping charges, hopefully we will get some monetary help on the repair portion from Leonard.

More Summer Races: Boulder Sprints

J.T. Miller coordinated RMRC's participation in this year's Boulder Sprints. Starting at 7:00AM on Saturday, July 31, rowers from BCR, Frisco Rowing Center, Ft. Collins Rowing, Minnesota Boat Club, Mile High Rowing Club, Grey Rock Rowing (Ft. Collins Rowing), Longmont Sculling Club, Los Gatos Rowing Club and Blair Island Aquatic Center raced in fifteen different races.

RMRC results:

M4+, Steve Thompson, stroke, 3rd
W2x, RMRC and MHRC, Koenigs/Brunner, 2nd
M8+ 2nd
W2-RMRC, 2nd
M1x Piper Stevens, 2nd
Mixed 8+ J.T. Miller, stroke, 3rd

BCR's Julie Korak sent the results sheets with as much information as there is above- so some of the names are missing. She reports, however, "We had a great time hosting the regatta. We were very excited by the turnout and support from local clubs. We are planning to do it again next year but haven't set a date yet. We will be sure to keep RMRC posted."



Useful Links

Membership: <http://rockymountainrowing.org/membership>

Know before you go: current conditions at the reservoir: wind, temperature. <http://rockymountainrowing.org/weather>

Regatta calendar: see what races are coming up. If enough people want to go, the club may take a trailer.

<http://rockymountainrowing.org/regattacalendar>

Who's in charge: board members

<http://rockymountainrowing.org/board>

Want to help : volunteer coordinator

<http://rockymountainrowing.org/Volunteer+>

Join US Rowing: <http://www.usrowing.org/index.aspx>

