



STROKE!

Rocky Mountain Rowing Club - Denver, Colorado
January 2009



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

December Board Meeting

Board meetings are the first Wednesday of each month. The next board meeting is **Wednesday, January 7th** at 7:00 pm at the home of Grace Malacrida.

If you wish to have an item placed on the agenda for this month's board meeting, you need to e-mail that request to the club's secretary at secretary@rockymountainrowing.org by 9 pm on Sunday, Jan 4th. This is a standing deadline each month. Board meetings will be changing locations each month, check the website calendar for locations.

Register Now! Mile High Sprints

This year's Mile High Indoor Rowing Sprints will be held on **January 31st** at the Colorado Athletic Club Monaco. The \$25 registration fee allows you to compete in as many events as you'd like - or dare - to enter. But register before **January 24th** to get this price. Late registration and at the door registration is available but will be \$35. Only pre-registered entries in the one hour and thirty minute rows can be guaranteed.

2000 meters

The 2k is the featured race of the Mile High Sprints. Those who enter the 2k are separated according to age, weight, and gender. A cross between a sprint and an endurance piece, the 2k is undertaken across the globe this time of year for a chance to win free airfare and entry fees to Boston to compete in the World Indoor Rowing Championships in February. (See www.crash-b.org.)

30 Minutes or the Hour of Power

Challenge your endurance to see how far you can row in thirty minutes or an hour. There are separate medals for men and women.

500-Meter Sprint

Pull as hard and as fast as you can to find out how long it takes to row 500 meters.

Kids Row

Kids between 6 and 13 can compete in 500 meter or 3-minute races. These events will be informal, fun rows with ribbons and certificates. There is no entry fee, and no T-shirts will be awarded. All participants must fill out a registration form and provide a waiver signed by a parent or guardian. Pre-registration is strongly recommended.

Novice Row

New to indoor racing? The Novice Row is a good first race for anyone interested in experiencing an indoor regatta. Participants in the 2000-meter club rows cannot qualify for the C.R.A.S.H.-B. Sprints, but medals and T-shirts are awarded.

Download the [Registration Form](http://rockymountainrowing.org/files/entry%20form.pdf)
<http://rockymountainrowing.org/files/entry%20form.pdf>
or complete the online [registration](http://rockymountainrowing.org/2009MHSRegistration)

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Additional details as well as the online registration can be accessed from:

<http://www.rockymountainrowing.org/mileHighSprints>

Volunteers are critical to the success of the Sprints. Please contact Genesa Garcia to volunteer at:
milehighsprints@rockymountainrowing.org



Erg's for Sale

Twelve ergs used at the Mile High Sprints can be yours after the event for \$900 each. All manufacturers' warranties are in effect. If you are interested in this great piece of equipment, or belong to a fitness club that needs an erg please contact Kate Newman for more information at treasurer@rockymountainrowing.org



Upcoming Events

Jan. 7	Board Meeting
Jan. 30	Sprints Set Up - volunteers needed
Jan. 31	Mile High Indoor Sprints
Feb. 4	Board Meeting
Feb. 22	C.R.A.S.H. B's – Boston
March 1	New Membership Year Begins
TBA	Docks In

Treasurer's Reports

Check out the RMRC website page

<http://rockymountainrowing.org/treasurerPage> for the monthly financial reports showing the club's income and expenses. It also contains special reports, such as budgets, reports on specific programs and year end analysis. Currently posted is the proposed 2009 expenses budget. There are four primary aspects to the 2009 budget.

- Balance the Club's expenses with the income from membership and the profit from lessons and boat storage.
- Stock spare parts needed for spot repairs on all boats (oarlocks, fins, steering, replacing all worn nuts/bolts).
- Provide a salary to hire a rigger to make repairs before, during and after the rowing season.
- Save for the replacement of the dock within the next 3 years.

Boulder Reservoir Rowing Threatened

Three Boulder area rowing clubs are worried that proposed fee increases could put them out of business! This would set back rowing in Colorado in many ways and affect RMRC's local rowing competition. Check out this article for more information.

<http://www.dailycamera.com/news/2008/dec/22/rowers-hope-for-a-fair-stroke/>



Maddie Lips stroking the RMJC Women's 8 in Wichita

Junior Crew Member Selected

Rocky Mountain Junior Crew Team member Maddie Lips was selected to attend the 2009 Junior Women's NT High Performance Sculling Camp. The U.S. Junior women's National Team High Performance Sculling Camp is slated for January 8-11, 2009 in Tempe Arizona. The purpose of this camp is to identify top scullers from around the country as possible candidates for the 2009 Junior Women's National Team Selection Camp. Good Luck Maddie!

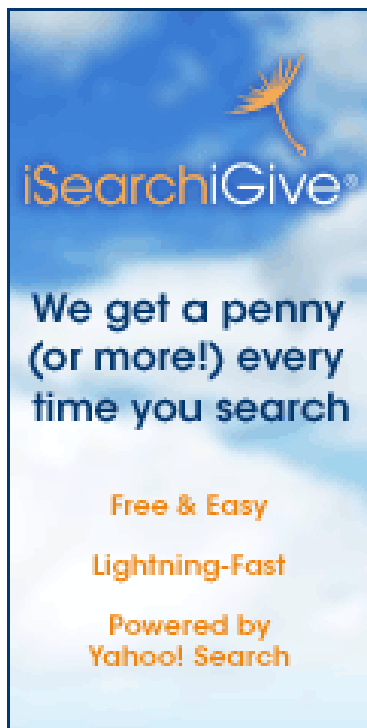
Run the Republic

Mark Groshek is putting together another RMRC Team for the Run the Republic stair climb, a climb to raise funds for the American Lung Association, to be held on **Sunday, February 22nd**. Mark encourages all RMRC members to sign up for this great event at:

<http://www.lungcolorado.org/RunTheRepublic>

Just click on the RMRC team name when registering online. So far team members include: Mark Groshek, Carl Clark, Genesa Garcia, Jackie Snyder, Karen Gress and Kate Newman... if you can't join our team you can help by sponsoring our team or an individual on the team.





Free Money!

We are now up to \$236 raised through iGive.com - an easy way to earn money for the club by searching and shopping.

iSearchiGive.com is a search engine powered by Yahoo! Search and iGive.com, the internet's first online shopping mall where a portion of each purchase is donated to your favorite cause.

See it for yourself at: <http://www.isearchigive.com/?s=28&c=43886>

Here's what makes iSearchiGive.com so useful:

- It's free, fast, and easy-to-use
- The donation is \$0.01 per qualified search (no hidden fees, no limits)
- Donation checks are sent every month to RMRC
- You can keep track of your individual contributions
- If you shop online, up to 26% of each purchase via iGive.com also benefits RMRC

Please give it a try! The numbers may seem small at first, but we all search the web hundreds of times every month, and our combined efforts can add up to real funds for RMRC.

RMRC Membership, Dues, and Classes:

Active Membership (2008 annual fee \$225)
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 (2008 annual fee \$325)
Entitles parents and children under 21 in the family to active membership.

Student Membership (2008 annual fee \$100)
Extends all rights of active membership to undergraduate students who are enrolled full time in school. Students must be full time and show proof of full course load. Student membership year is from May to September.

Supporting Membership (2008 annual fee \$20)
Entitles the individual to receive the newsletter.

Limited Competing Membership (2008 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. Email: programs@rockymountainrowing.org

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 -

Please fill out our online membership form at: <http://rockymountainrowing.org/membershipApplication>

Questions: Please email: membership@rockymountainrowing.com

Please register online or mail your membership application, waiver, and check for the appropriate dues, made out to "Rocky Mountain Rowing Club,"

to:

Rocky Mountain Rowing Club,
P.O. Box 370181, Denver, CO 80237

