



STROKE!

Rocky Mountain Rowing Club - Denver, Colorado

May-June 2010



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

Row the Rockies: June 5th

By Karen Gress; photos by Jessica Weimier

This is RMRC's fourth year to host our very own regatta and it gets better every year. This season, the regatta was held at Union Reservoir in Longmont, Colorado and was co-hosted by the Longmont Sculling Club.



Flags up on the finishers, Saturday, June 5



Fighting it out in 8s.





Patrice needs a traffic cone to keep the papers in place.

When we realized last fall the Bowles Reservoir would be unusable this summer, we went searching for a suitable alternative and Union Reservoir popped up as a great choice. Some of you may remember that “Row the Peaks” was held there in 2007. Since that time the Longmont Sculling Club, run by Deb McCabe has made Union their home to take advantage of all that the lake has to offer.



Photo Finish in Men’s singles.

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Mile High Rowing Club waiting to launch. The young woman in the black cap and yellow sunglasses, Maddie Lips, won the gold medal at the Junior Nationals in June.



Don Craig returned as Head Official, escorted by Jim Erwin.



Thanks to everyone who volunteered their time to make the regatta a success; we couldn't have done it without each and every one of you.



Karen Gress and Karen Hutson consult at the results table.

Special thanks to DebMcCabe of the Longmont Sculling Club for co-hosting the event. We have some great ideas on how to make next year's event even better.



Wet Launching



Peter Francis

RMRC Medals

Women's Masters Singles

Gold: Jackie Snyder

Women's Masters 2x

Gold: Grace Malacrida; Jackie Snyder

Men's Masters 4+

Gold M. Stornberg; M. Berkman; M. Lodmill;
M. Gasper

Women's Masters 4x

Gold: G. Malacrida; J. Snyder; K. O'Hara; M.
Oliver

Silver: P. Kennedy; M. Marks; G. Garcia; K. Boyle



Margaret Oliver and Kati O'Hara

More results below:



Mixed Open 2x

Silver: Dundon/Pazmino

Mixed Masters 2x

Silver: T. Evans; M. Lodmill

Mixed Masters 8+

Silver: P. Kennedy; M. Marks; P. Stevens; R. Case;
T. Murphy; G. Fletcher; K. O'Hara; A. Cuthbertson; Tom Da Cruz: cox



Teri Evans and Joe Tate

Over 100 rowers came to participate from the following clubs: Ft. Collins; Boulder Community Rowing; CU; Wichita; Frisco; Mile High Rowing Club.

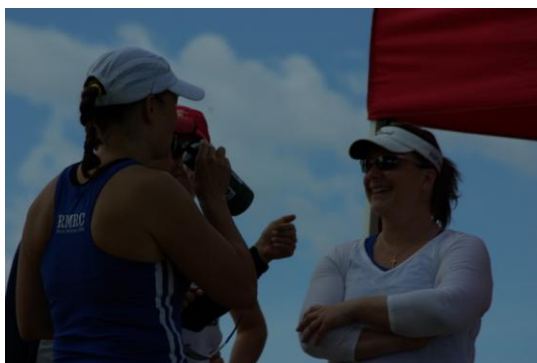
Grant Ranch vs Union Reservoir?

Starbucks consensus said that both venues had advantages: more room for boats at Union

Reservoir but Grant Ranch made it easier for spectators to watch the finish of the race. Both venues were more or less the same distance from Cherry Creek, Longmont adding perhaps 15 minutes more. Union Reservoir seemed more welcoming, according to Peter Francis.



Let Karen Gress know your thoughts. She and Deb are already planning improvements for next year.



Genesa Garcia

Men's Masters 1x

Gold: Piper Stevens

Men's Open 1x

Gold: Scott Nobel

Silver: Mark Lodmill

Men's Novice 1x

Gold: N. Livingston

Silver: J. Tate

Men's Masters 4x

Gold: M. Stormberg; M. Lodmill; M. Berkner; M. Gasper

Silver: S. Nobel; P. Stevens; J. Dundon; M. Page



RMRC Web Site Tips and Tricks

Did you know that the RMRC site has an Internet forum/message board? All club members can log on with their password to read and post items at the forums. Current active forums include: training.

To make the forums work we need you! Read, reply or start up a forum topic if you would like to get together with others to cross country ski, down hill ski, snowshoe, sign up for a local event, meet for a drink or if you just have a question, comment or an interesting link to post.

To View Forums

Step 1: Login to the RMRC website (<http://rockymountainrowing.org>)

Step 2: On the *Members Menu* on the left click on *Forums*

To Reply to Existing Comments

Step 1: Click on *Add new comment*

Step 2: Fill in subject and comment sections with your text

Step 3: You can now *Preview Comment* and *Post Comment*.

To Post a New Forum Topic

Step 1: Click on *Post New Forum Topic*

Step 2: From the Category drop down menu select the forum categories it should be placed under.

Step 3: Fill in the *Body* section with your text

Step 4: Click submit.

Questions about Forms? Email: webmaster@rockymountainrowing.org

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

