



STROKE!

Rocky Mountain Rowing Club - Denver, Colorado

October-November 2010



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

October in Boston: Head of the Charles

The Head Of The Charles Regatta®, the world's largest two-day rowing event, was first held on October 16, 1965. The race was established by the Cambridge Boat Club members D'Arcy MacMahon, Howard McIntyre, and Jack Vincent, with the advice of Harvard University sculling instructor Ernest Arlett. Arlett proposed that a "head of the river" race similar in tradition to races held in his native England, be held on the Charles River.

"Head" races, a class of regattas, are generally three miles long-boats race against each other and the clock, starting sequentially approximately fifteen seconds apart. Winners of each race receive the honorary title of "Head of the River" or, in this case, "Head Of The Charles."

<http://www.hocr.org/about/history.asp>



One on one in Boston

Three boats from RMRC competed on the Charles.
Congratulations to:

Mens Senior Masters 4+ third place- Mike Gasper, stroke-18:08.103

Women's senior masters 2x third place Jackie Snyder and Grace Malacrida 20:38.75

Men's Masters 2x Scott Noble and John Dundon 19.37.19

October in Denver: Cherry Creek Chase

In 2009, Denver's premier junior rowing club invited neighboring junior crews to come down for a collective practice run around the reservoir so their coaches could get some times for their crews preparing for the head race season. This year, on Halloween, 96 rowers from Mile High Rowing Club, Colorado Junior Crew, CSU and Rocky Mountain Rowing Club came out on a beautiful day to see what they were made of.

To make it more interesting for the Masters, in 2009, Jim Erwin christened the session on the last weekend of October as "Spank the Children," formalizing the test between the tender juniors and the tough veterans.



One on one in Denver

Top Times

2x Jackie/Andi Time: 13:46.8 Raw Time: 17:33

RMRC 4x Men's Mike Gasper, John Dundon, Scott Noble and Mike Stormberg

Time: 14:05 Raw Time: 14:37 (Fastest)

MHRC 8+ Morgan:

Kendall/Camille/Amelia/Jordan/Sarah K/Kathleen/
MacKenzie/Alana Time: 14:22 Raw Time 15:52

Complete Results below



Boston Crowds



<http://www.allvoices.com/contributed-news/7111710--head-charles--or--one-best-rowing-events-times--or--cambridge-charles-river-dates-competition--or--racers-part-head-charles-spectators--or--p-apart-rowing-competition-itself-/content/65602756-44th-head-of-the-charles-regatta-2008-cambridge-massachusetts-sunday-october-19-2008---008>

Their Medals



<http://picasaweb.google.com/CharlesAttager/NicoleDiehlAwards?authkey=Gv1sRgCOiDidCD2LOzNg&feat=flashslideshow#5319750498628926338>



Our Crowds



Andi, Jackie and Marie, foreground, celebrate at the lavish brunch provided by the Mile High Parents.

Our Trophy



Richard sent Mile High Rowers the following note:
Grace,
Thank you to you and the Mile High Rowing Club for putting together the Cherry Creek Chase we all a great a time.
Last night at our Board meeting we voted to make a \$100 donation to MHRC to help cover the food and beverages your club provided.
Thank you again for organizing a fun event for all.
Best,

Richard Strong
President, Rocky Mountain Rowing Club

Boat Qualifications

The board spent several meetings talking about the how to ensure rowers are properly oriented regarding club equipment use, boathouse practices, safety rules, etc. The policies in use at Frisco were circulated as a model.

Frisco Rowing Center (FRC) Captain's Test
You must qualify for the Captains test in the boat classification (beginner: Cambridge, Echo; Intermediate: Maas 24, Ace; Advanced: Peinert) you intend to row. When you want to move to an upper level boat you must take #13 only-the rowing part of the test.

Know the following items:

1. How to use the boat reservation sheet.
2. How to use the Log Book when you take the boat out, and when you return.
3. Where to locate the PFDs, attach one to your person, and demonstrate how to don and inflate with CO2 and orally.
4. What you would do in an emergency situation, such as, if you flip, if the weather turns, if you get into a collision, etc.
5. How to Identify FRC vs. private oars/boats, and how to care for FRC boats.



CJC on the way to the 3 buoy

6. How to remove and replace boats safely from rack without bumping anything and not stepping over/straddling hulls below you, nor walking over hulls on your way to the dock
7. How to launch and remove a boat from the water safely, without damaging the boat.

8. If you need to use a cart to transport a boat you must demonstrate proper use.

9. Demonstrate proper oar placement and foot stretcher adjustment.

10. Show how the seat should be replaced in its' tracks if it falls out.

11. Demonstrate adequate technique for entering and exiting the boat from the dock.



Anthony Malacrida on Halloween

12. If you have to leave your boat unattended for a short period of time, demonstrate how you make sure it does not drift away.

13. Verbally review the FRC traffic pattern (located on the back of the Log Book) and how to identify hazard markers and shallow spots on the lake.

14. Row to the end of the marina "inlet", turn, row back to dock and land proficiently.

15. Answer one bonus question such as not walking in the wetlands, where we can/cannot park, etc.



This is just one of the examples the board has been studying. They'd welcome input from you.

And speaking of the board, it's Annual Meeting Time.

The annual meeting will be Wednesday, November 10th 7PM at 2811 S. Xanadu Way, Aurora 80014 (Heather Ridge South Clubhouse). Pizza and beer/wine will be provided.
All active members are eligible to run for office.

Here are directions to the Club House:
<http://www.bing.com/maps/?v=2&cp=39.66503799999996~-104.83316999999988&lvl=16&sty=r&where1=2811%20S%20Xanadu%20Way%20Aurora%20CO%2080014-3480>

Look for ballots to be sent out shortly. Check Piper's email for rules concerning proxy votes.

The Hudson Under Repair: It's back in the boat house ready to row.



Mike Gasper's 4 rowed the restored boat at the Head of the Charles and got it home in time for Greg Fletcher and crew to row it on the 31st.



Mile High Rowers wait in the launch area.

Cherry Creek Chase 2010, Oct 31, All Times

Bow # , Crew, Adjusted Time, Raw Time, Finish

(15) 2x Jackie/Andi (46)
Boat: 3:15+Age :31.2= 3:46.2
Time: 13:46.8 Raw Time: 17:33

(7) RMRC 4x (Men's) (Martha) (47 age)
Boat 0 Age_:32___
Time: 14:05
Raw Time: 14:37 (Fastest)

(1) MHRC 8+ Morgan:
Kendall/Camille/Amelia/Jordan/Sarah K/Kathleen/
MacKenzie/Alana (**Lips**)
Boat_1:30_ Age_N/A___
Time: 14:22
Raw Time 15:52

(16) 2- Kati/Ann (46)
Boat: 3:15 + Age :31.2 = 3:46.2
Time: 14:25.8 Raw Time: 18:11

(12) Cari: Kerri/Kayla/Paige/Kate **Wmn's 4+**
Boat: 3:30 Age_N/A___
Time: 14:50 Raw Time: 18:20

(20) 1x Anthony (**Own Boat**)
Boat: 3:00 Age__N/A___
Time: 15:04
Raw Time: 18:04



(21) CJC 2x (Wmn's)

Boat: 3:15 Age_____

Time: 15:14 Raw Time: 18:29

(14) RMRC 4- (Potomac Yard)

Richard/Jonathan/Steve/Dawn (60 age)

Boat: 2:30 Age 1:27.2

Time: 15:33.8 Raw Time: 19:31

(2) CJC 8+ (Men's 8)

Boat __0__ Age_N/A_____

Time: 15:45 Raw Time 15:45 (Second Fastest)

(19) 1x: Tom (*Own Boat*)

Boat: 3:00 Age_N/A_____

Time: 15:52

Raw Time: 18:52



Rocky Mountain's mixed 8+- Jennifer Ward, Cox. She reports saying, "Do it for Peter!" as a way to encourage the efforts of the crew. Peter had been ready to launch his single but jumped into the 8 to take the place of a no-show. See their time on the right

(6) CJC 8+ (Wmn's)

Boat 1:30 Age_N/A_____

Time: 16:05

Raw Time: 17:27

(3) CSU 8+ (Mixed 8)

(23) RMRC 1x (Men's) (38 age)

Boat 3:00 Age: :12

Time: 16:01

Raw Time 19:13

(8) RMRC 4x (Filippi) Cavemen (59 age)

Boat 0 Age 1:22

Time: 16:03

Raw Time: 17:25

Boat 1:00 Age_N/A_____

Time: 16:08 Raw Time 17:08

(9) CSU 4x (Mixed)

Boat 1:00 Age_N/A_____

Time: 16:13

Raw Time 17:13

(4) RMRC 8+ (W 8) (44 age)

Boat 1:30 Age 21.16

Time: 16:26.84 Place 16th

Raw Time 18:18

(5) MHRC 8+ Jeremy: (A.J.) (Mix 8)

Boat: 1:00 Age N/A

Time: 16:26 Raw Time: 17:27

(11) RMRC 4x (Vespoli) (50 age) (Susie)

Boat: 1:30 Age :42.2 = 2:12.2

Time: 16:29.8

Raw Time 20:02

(13) CJC 2x (Wmn's)

Boat 3:15 Age_N/A_____

Time: 17:04 Raw Time: 20:19

(10) RMRC 4x (Mx) (Hudson) Greg (43 age)

Boat: 1:00 Age :20.4

Time: 17:12.6

Raw Time 18:33

(17) 2x: MHRC Mx (5280)

Boat: 2:15 Age_N/A _____

Time: 17:51 Raw Time: 20:06

96 Rowers on the course...4 Teams Represented.

(Bows 18 & 22) Not used

*US Rowing Age Handicaps times 4 for Age if over 27

