



STROKE!



Rocky Mountain Rowing Club, Denver, Colorado
August 2005

A periodic publication of the Rocky Mountain Rowing Club, PO Box 6242, Denver, CO 80206

Boathouse Bash!

End-of-summer party at the boathouse

5:00 p.m. Saturday, Sept. 10
(after the Boulder regatta)

Bring chairs and a salad or dessert to share.

The club provides tableware, the main dish, and beverages.

Contact Margaret Griffes to volunteer for setup and/or cleanup.

Late Members Get a Break

New members who join RMRC on or after September 1 may pay a reduced membership fee of \$100 for the remainder of the membership year (through February 28, 2006). This new policy, approved at the RMRC board meeting on August 8, is intended to accommodate rowers who have just moved to the area or who just want to train for fall head races.

Coached Programs Come to an End

The last day of coaching for the Monday/Wednesday competitive and advanced program is August 31. The Tuesday/Thursday novice and intermediate program will go one week longer, through September 8.

Reservations Reminder

With the coached programs ending, please use the reservations board to reserve boats if you want to be sure of availability on a particular day (indicate crew names, time, and specific boat). You may have two reservations per week, with only one of those on the weekend.

Also be sure to check the board for reservations before you take any club boat out. If the crew has not shown up by 10 minutes after the designated time, the reservation is void and the boat is available.

Oar Adjustments

Several modifications have been made to the club oars this summer, to adjust them for the majority of RMRC rowers and club boats.

The collars on the wooden oars were moved to fit the spread of the recreational singles.

Length and inboard of the adjustable oars were modified early in the season. All the club hatchets are approximately the same overall length, except for G, I, and N, which are longer overall and have long inboards. A-F and H have inboards of 85.5 cm, and J-M have inboards of 86.5 cm.

The A and B oars have been fitted recently with small handles and thin grips that make them appropriate for people with small hands. (They are specially marked with yellow tape to indicate they are different from the others.) The C-G and K-M oars have handle/grip combinations resulting in an overall medium diameter, which is preferred by most rowers. The other oars have a larger diameter, for people with large hands.

If you find that the oars you use don't give you enough crossover in certain boats, you can add one or two CLAMs to lengthen the inboard. The orange, C-shaped CLAMs are currently hung on the back wall by the oars. They fit the newer Concept2 oars with black sleeves, H-M.

For Your Calendar

Aug. 28, Dillon Biathlon, 7:00 a.m.
Informal row-bike-row at Dillon Reservoir in Frisco. Details were emailed to members.

Sept. 10, Row Around the Res at Boulder Reservoir, sponsored by Boulder Community Rowing. BCR plans this first annual event to be 4000-5000m, with masters, collegiate, and juniors races, both sweep and sculling. Details to follow.

Sept. 10, Boathouse Bash, 5:00 p.m. at the RMRC boathouse. Bring a salad or dessert and chairs for your party.

Sept. 17-18, MRA Clinic. Two experienced coaches from the Masters Rowing Association in Philadelphia will coach five sessions over two days, including videotaping and review. Details to follow.

Nov. 12, Horsetooth Ache half marathon row at Horsetooth Reservoir in Fort Collins. Details to follow.

Dec. 10, RMRC Holiday Party hosted by Mark Groshek. Details to follow.



Please remember that the oars at the back of the private boat bay are privately owned and not for club use unless you have permission from the owner.

Masters Championships

Scott Noble and Mark Groshek teamed up with West Coast transplants Jeff Longley and Bob Malacrida at the **Southwest Regional Masters Championships** in Oakland, California, July 10, racing in various combinations in doubles, pairs, and a coxed four. Scott and Mark won their heat in the open pair and took second in the final. "We were moving on the first-place Kent Mitchell (read big and fast) crew," Mark says. "There was only a three-second margin – we were very pleased." Jeff and Bob placed fifth in the same race. In the open double, Jeff and Mark took third and Scott and Bob were fourth. In the open 4+, the guys took a well-fought fourth place. "The first three crews were in a different league," Mark explains, "and we worked hard to wrest 4th place out. A good race!"

Michelle Fryc, Linda Browning, and Diana Browning traveled to Indianapolis for the **Midwest Regional Masters Championships** on July 30-31. Eagle Creek in Indianapolis is a beautiful venue in a forested park, the weather was good, and the regatta atmosphere was friendly and relaxed. Michelle and Pam Besteman from Ann Arbor won gold medals in both the women's A-B 2x and the lightweight 2x, and Linda and Diana took bronze in the lightweight 2x. All four competed in the lightweight 1x event, with Michelle and Pam finishing 2nd and 3rd and Diana and Linda 5th and 6th, respectively. Michelle and Pam repeated their 2nd and 3rd place finishes in the masters 1x.

MaryAnn Erickson was the sole representative of RMRC at this year's **Masters National Championships** in Worcester, Massachusetts, August 10-13, competing for RMRC in the women's 1x C and placing 4th in her heat. In composite boats, she won gold medals in both the women's 8+ D and women's 4x D and silver in the mixed 8+ D, just 0.27 seconds behind the first-place crew.

Happy Brownings with their medals.



Michelle Fryc leaves her doubles partner behind in the final sprint of the lightweight 1x.

World Masters Games

Several RMRC members made the trip to Edmonton, Alberta, Canada, to row in the World Masters Games July 22-26, 2005. The Games are held every five years for masters athletes worldwide in a wide variety of sports in addition to rowing, much like the Olympic Games, and more than 21,000 athletes competed this year.

The RMRC contingent included the "grumpy old men," Mike Shonstrom, Tom Murphy, Greg Fletcher, and Rand Case, as well as Mike Gasper, Mark Stormberg, Amy Shonstrom, Mary Jane and Hans Wurster, Dennis Hastings, and Darin Hayden. With heats, semifinals, and finals in multiple events (all 1000m sprints), many competitors rowed 15 or more races over the course of the games — Mike Gasper raced seven times in one day.

The rowing venue was south of Edmonton, at a long narrow lake with extensive bottom growth (trimmed somewhat for the races). Weather became a factor — due to cold and wind, all of the Saturday races were canceled. To catch up, the Sunday schedule was compressed and the mixed events went straight to finals.

Rubbing shoulders with rowers from all over the world and legends from the past is part of what makes an event like this special. The entire 1975 University of Wisconsin women's 8+, which won the national championship 30 years ago, reconvened in Edmonton and took gold again (this time in the D category). The crew included former Olympians Carrie Graves, Jackie Zoch, and Peggy McCarthy. On the other hand, the Russian men earned a less-inspiring reputation by several cheeky

attempts to bluff their way through "borrowing" boats they wanted to row.

The next World Masters Games will be held in Sydney, Australia, in 2010.

RMRC Members in Final Heats

1st	M 2x G	Shonstrom, Wurster
5th	M 4x D	Gasper, Stormberg
1st	M 4+ A	Gasper, Stormberg
2nd	M 4+ E	Gasper
7th	M 4+ E	Shonstrom, Murphy, Fletcher, Case
6th	M 4+ F	Shonstrom, Case
5th	M 4- E	Shonstrom, Murphy, Fletcher, Case
5th	M 4- F	Shonstrom, Wurster, Case
8th	M 4- G	Wurster
3rd	M 8+ A	Gasper, Stormberg
5th	M 8+ B	Gasper, Stormberg
3rd	M 8+ C	Gasper
1st	M 8+ D	Stormberg
6th	M 8+ D	Hastings
4th	M 8+ E	Hastings
5th	M 8+ G	Wurster
2nd	M 8+ H	Wurster
2nd	M 1x G	Wurster
6th	W 2x C	Hayden
4th	W 2x D	Shonstrom
2nd	W 4x C	Shonstrom
3rd	W 4x C	Hayden
1st	W 4x E	Wurster
3rd	W 4+ C	M.Shonstrom (cox), A.Shonstrom
2nd	Mx 2x F	M.Wurster, H.Wurster
1st	Mx 4x D	A.Shonstrom
2nd	Mx 4x F	M.Wurster, H.Wurster
3rd	Mx 8+ E	A.Shonstrom, Murphy, Fletcher, M.Shonstrom

Full results at www.2005worldmasters.com (360 pages just for the rowing results!)

Congratulations

Dieter and Sylvia Stark are the proud parents of Tillman Bode Stark, born June 25.

Geoff, Sarah, and two-year-old Seamus Klingsporn welcomed twins Dashiell Gregory and Alannah Victoria Klingsporn on August 9.

Jeff Longley married Amy O'Neil in Portland on August 12.

My Week at Rowing Camp

By Dawn Mendel

It has now been a month since I went to Craftsbury rowing camp in northern Vermont. I had tried to go the past two summers, but due to injuries each year was unable to make it. So when former club member Grace Malacrida and her son Anthony asked if my son Matt and I would like to go this year, I took her up on it. A nice surprise was seeing RMRC member Marc Gattiker, who also attended that week.

Grace had warned me that the camp was rustic. Guests sleep two to a room and there are no private baths. The biggest challenge was living without air conditioning! Coming from the dry air of Colorado to 90+ degrees and plenty of humidity reminded me of growing up in Ohio. I'm sure I wasn't the only one eager to do the flip test, just to cool off a bit. The water temperature in the middle of July was a nice 80+ degrees, which Grace assured me was much better than the May water temperatures. The lake is ideal for rowing, as it is narrow and surrounded by trees, so when the wind blew only little ripples formed.

At our week of camp we had both teens and adults. Many of the participants had never been in a boat before, while others had years of experience. The camp provided opportunities to row up to three times a day. For some sessions everyone rowed along the lake, and as you passed the coaches (there were seven on the lake at a time) you would hopefully receive coaching. Other times the campers were divided into small groups to work on skills.

Many people at the club have asked me what I learned. I have my own rowing quirks, and our club's recreational rowing coaches, Michelle and Chris, had already pointed out most of them. The benefit of going to a rowing camp is that you get reinforcement two or three times a day and can really work on improvement.

Some of the basic items covered on the water and in the video review sessions for the adults included:

Hands – Should be relaxed and loose during the recovery, with a continuous motion. Avoid pausing at the release or rushing the hands away. The hands should look smooth and go in and out at the same speed.

Keeping the wrist straight – This was really easy to see on the video. It was a common problem with beginners but also a



Top: The July 17-22 Craftsbury campers. Above: Marc Gattiker rows by a coaches' launch.

concern for some who have rowed for a while. It was pointed out that a bent wrist at the finish could add seconds of wasted time and effort.

Posture and flexibility – A stretching session and yoga session helped reinforce the importance of stretching and flexibility.

The Craftsbury philosophy is to row efficiently using the least amount of energy required to produce the goal. This fits perfectly into my thinking. The biggest difference I noticed between Craftsbury and RMRC is the role of back splash. Our club seems to encourage a bit of back splash to avoid "missing water." The Craftsbury handout says, "Any splash is inefficient energy expenditure. Especially, a back splash actually slows the boat down." This also fits my preference for a dry row in a multi-seat boat.

Do I recommend attending rowing camp? Yes, but be sure to row quite a bit beforehand to build up your hands and avoid a week of painful blisters.

Wants to Buy a Boat

Looking for a fiberglass single rowing shell with oars/rigging. Price negotiable. Contact Bill Davis, 303-513-2453.

Rack Report

This summer John Tyler, Larry Price, Don Baker, and Swen Hoffman have been installing new boat and oar racks in the first two boathouse bays. The purposes of the project are to make space for more shells, provide sturdier supports, and protect the oar blades from the gravel. Thanks in large part to leftover construction materials procured by Don Baker, the racks now have slim metal unistrut supports that are adjustable and require less vertical clearance than the wooden supports. There is now room for six boats per rack instead of five, with the uppermost position as passive storage for boats not in current use.

The club oars will all be moved to racks in the front of the boathouse and stored handles down during rowing season. Over the winter they will be stored handles up to protect the grips from hungry critters.

Please give your comments, compliments, and suggestions to members of the rack team, who can often be found at the boathouse on weekend mornings. They welcome your feedback on the project.



RMRC Membership, Dues, and Classes

Active Membership (2005 annual fee \$190) 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 (2005 annual fee \$240) entitles parents and children under 21 in the family to active membership.

Student Membership (2005 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 (2005 annual fee \$20) entitles the individual to receive the newsletter.

Limited Competing Membership (2005 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.

Coaching for novice, intermediate, and advanced rowers is available in the summer for an additional fee. Contact Dawn Mendel at d.mendel@comcast.net.

Learn-to-Row classes are offered in May and June for an additional fee. Club membership is not required for Learn-to-Row classes. 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 (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.

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. The membership year is March 1, 2005, through February 28, 2006.

Regatta Calendar

September 10, 2005
Row Around the Res
Boulder, CO

September 18, 2005
Row for the Cure
Portland, OR

September 24, 2005
Head of the Des Moines
Des Moines, IA

October 22-23, 2005
Head of the Charles
Boston, MA

November 6, 2005
Frostbite Regatta
Wichita, KS

November 12, 2005
Horsetooth Ache Half Marathon
Fort Collins, CO

November 13, 2005
Marathon Rowing Championships
Natchitoches, LA

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