



STROKE!

Rocky Mountain Rowing Club - Denver, Colorado



September 2010

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

Dillon Clinic

The season for all programs closed on September 10 when the rowers from the Intermediate and Novice program loaded up the trailer for Dillon and a clinic Jim Erwin arranged for the participants at the Frisco Rowing Center.



Jim and Sharon Erwin with the loaded trailer in Frisco

Marika Page and Greg Ruckman took 15 rowers out on the glass flat water on Saturday and Sunday morning for one on one reviews. Participants reported how valuable it was to get a new set of eyes on their strokes. "It was helpful even when they said the same thing as Jim," reported Karen Hutson. "They said it in a new way so that it clicked."

In the afternoon, some rowers put on their biking gear to ride around the lake, up to Copper Mountain. Others toured Frisco's Beetlefest, a quasi-pagan festival meant to help eradicate the pine beetles whose ravages clearly scar the mountain side. For a dollar, one could heave a sledge hammer into a vintage VW Beetle and do one's part to drive the parasites away.



Jim and Caryn Ashbay on Lake Dillon

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. Send your name to Richard Strong rstrongco77@hotmail.com to put your name on the ballot. Here's a link to the different board positions: <http://rockymountainrowing.org/board>

Many Board positions will be open.

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%2C%20Aurora%2C%20CO%2080014-3480>



Club row at 7



It's dark until 6:30 these days, so Dawn Mendel announced the change to the fall club rowing time now starting at 7. There are plenty of great rowing days left, so come out and take advantage of a nearly motorboat-free lake.

Boat Classification Process

The board has set up a committee comprised of board members and general members and we are proceeding towards a solution. We hope to establish defined criteria for classification along with methods for disseminating the requirements, for applying those classifications to actual use, for enforcing the policy and for providing for advancement from one classification to the next.

Skills to be learned may include not just boat handling but moving boats in and out of the boat house, rigging and derigging, dock etiquette, "rules of the road" on the reservoir, following the course and trailering. This is an extremely complicated undertaking, but one we feel is important from safety and investment standpoints. We encourage participation from any club member interested in contributing to this effort.

In the meantime, we would stress right now that any standard of safe practices will be expected uniformly across the entire spectrum of users. The end system may likely be similar to those in clubs around the country, and adapted for our particular

use and venue. Please stay tuned while we do our best to set up a program that will protect personal safety as well as equipment. Meanwhile, you can respond directly to the club secretary to join in the effort, or to bring up any issues and comments.

Summer Racing



Eleven active and limited competing members went to Kremlin on September 18 to row the 4 mile course on Wolford Reservoir. RMRC had entries in every race except the novices, and some rowers had twice the fun as others by rowing the course twice in different races.

Quads:

Mens- Joe Colisimo, Tom Murphy, Greg Fletcher, Dave Nagel: 23:40

Womens: Kate Newman, Angela Murtha, Kati O'Hara, Ann Cuthbertson 25:06

Mixed: Michelle Marks, Jonathan Fletcher, Richard Strong, and Dave 26:58

Doubles

Mixed: Kati O'Hara and Piper Stevens, 27:05

Hans and MJ Wurster 27:08

Womens: Kate Newman and Angela Murtha 28:47

Singles

Mens: Scott Noble 26:29

Mark Groshek 27:22

Peter Francis 29:32

Womens: Marika Page 28:09

Karen Gress 29:39



Head of the Des Moines

Nine RMRC members drove out to Iowa for the September 25 race in Des Moines. Unloading the boats on Friday under a beautiful fall sun along a very fast running river raised everyone's expectations for a great day of rowing.



Jennifer Ward coxes the Novice Women's 4+ as they practice for their first race in Des Moines. Jen Poitras, Kim Ward, Helena Gognat and KB Blackman.

Expectations dampened just a bit Friday afternoon when launching for a practice run was delayed several hours while officials wrestled the docks into place. Des Moines Rowing had a terrible summer due to wildly varying river conditions: not enough water or, as was nearly the case this time, too much. They'd only gotten out on the water a dozen times.



The sun had just a thin crack in the clouds through which to rise on Saturday morning. It stayed dry until about 8:15 when those heavy clouds just

opened up and kept dumping sheets of water for the rest of the day.



Karen Gress and Teri Evans launch under dark skies.

After just 26 of the 60+ races had run, the head official made the announcement that the volunteers were damp and cold, the officials were wet and cold, the rowers were soaking wet and cold, so they would cancel the rest of the races.



The launching area.

Still, RMRC came home with the following:

Men's Masters 1x: Scott Noble, 3rd

Mens Grand Master 1x: Mark Groshek, 2nd

Womens Master 2x: Karen Gress and Teri Evans, 3rd



Women's Grand Master 2x: Marie Aro and Ann Cuthbertson, 2nd

Club Novice 4+: Jennifer Ward, Cox; Jenn Poitras, Helena Gognat, Kim Blair and Karen Blackman, 3rd.



Marie Aro and Ann Cuthberston row down to the start.

Thanks to Kim Blair for the photos.



The novice women's 4+ keep up their spirits.

Fundraiser: Sooper card

Dawn Mendel reports that we've made **3335K** from the purchases made with the King Soopers cards, with just 8 people participating. Contact Dawn at rowatdawn@yahoo.com for an easy way to help the club raise money.

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>