



# STROKE!

Rocky Mountain Rowing Club - Denver, Colorado  
February 2008



A periodic publication of the Rocky Mountain Rowing Club, P.O. Box 6242, Denver, Co 80206

## Mile High Indoor Sprints

*By Dawn Mendel*

The Mile High Indoor Sprints had a total of 187 seats raced, slightly down from last year. Results are posted at

<http://www.rockymountainrowing.com/sprints/results2008.html>

RMRC club member, Dean Smith, qualified for a free trip to Boston for the C.R.A.S.H. B's. Dean also set a new world record for the 500 meter race. The Smith family attended the races in force this year... in addition to Dean, his son, daughter-in-law and two grandsons all raced this year! Family fun!

### *The Smith Family*

*3 Generations of Sprint Racers*



We had 26 RMRC members' and RMRC kids row in the Sprints this year. A few highlights include Angela Murtha placing first in the half hour women's race in her first ever indoor rowing competition. Kate Newman posted the fastest women's 2000 meter time, with 07:31.6. Grace Malacrida had the fastest women's 500 meter time with 01:41.9, and Mark Lodmill had the fastest men's 500 meter time with 01:26.7.

I would like to send special thanks to DawnMarie's CACM Jr. Team for helping set up the Sprints area Friday afternoon and to the volunteers who came Friday night to help set up the technology linking the ergs. John Tyler, Jean and Matt Upshaw, Peter Francis, Linda Browning, and Bill Beiner ended up staying until 11:00 p.m. on Friday night to make sure the races went off well the next day. Another special thank you to the spouses of club members who helped including Matt Upshaw, Greg Horstman, and Rick Abbot.

The Sprints take so many volunteers to make it run smoothly. I can't thank everyone but special thanks to Angela Murtha who took care of pre-registration, John Tyler who got to walk away from the computers this year as he trained Bill and Matt on the system, Connor Barry and Margaret Oliver for handling race administration, Andi Forster who was the "voice" of the sprints as Master of Ceremony, Margaret Griffes for all the wonderful food she got donated. A big thank you to everyone else that spent the day with us racing and volunteering.

### **Purchase an Erg**

We have three ergs left to sell. The ergs used in the Sprints were assembled and gently broken in by the Jr. Team of CACM and then used at the Sprints. All manufacturers' warranties are in effect. Thank you to Kristine Reinhardt who handled the erg emails for the past 3 months. For more information about purchasing an erg e-mail Kristine at:

[ergs@rockymountainrowing.com](mailto:ergs@rockymountainrowing.com)



## *Sprints Technology Volunteers*

*John Tyler and Matt Upshaw*



## *The "Voice" of the Sprints*

*Andi Forster*



## *RMRC Women Support the Sprints!*



## **Board Meeting Notes**

### **Docks In**

The docks will be going in on Saturday, March 15, weather and ice conditions permitting. The alternate bad weather date is March 22. Volunteers are needed to come ready to work as we will also have a work day afterward for sprucing up the boats.

### **Membership Fees**

The board voted for a small increase in membership fees. Individual fees for 2008 will be \$225, Family fees will be \$325, and Student fees will be \$100. Storage fees remain the same but a new fee for oar storage has been set at \$10 per set. The new membership year starts March 1. The combination to the boathouse is tentatively scheduled to be changed the Monday after the docks go in.

Please pay your membership dues and storage fees promptly and make life easier for Kate and Genesa, our overworked volunteers who have to deal with all this for months.

### **Junior Program**

The board approved the idea of developing a junior program this year. Please contact Grace Malacrida if you would like more information or to volunteer.

### **Equipment Update**

The Pocock quad, Pocock double and the Filippi double are off being repaired, they are scheduled to be returned mid March. Approval was granted for the purchase of a new set of sweep oars.

### **Learn to Row**

Angela Murtha is coordinating the Learn to Row sessions this year. She will need volunteers to be lead instructors, assistants, and other helpers. The sessions will have some changes this year with each session being offered over one weekend vs. two and the first two sessions offered early in the season being sweep rowing. This means a need for coxes and experienced rowers in a few of the seats. This change in lessons addresses the safety issues that spring rowing brings. Lesson participants who continue with the beginners coaching sessions will be taught to scull later in the season when it is warmer and flip tests can be conducted.

## Row the Rockies Volunteer Meeting

The first organizational meeting for 2008 Row the Rockies will be **Monday, March 3rd** at 7:00 pm at the Castlewood Library. All those interested in volunteering are invited to attend. For more information, please email me, Karen Gress, at [kajgress@msn.com](mailto:kajgress@msn.com). The second meeting is tentatively scheduled for Monday, April 28 at the same time and place. Future meetings may be relocated, as the Castlewood Library meeting room is very hard to reserve during the week evenings. Saturday, July 12 is the date set for the race.

## RMRC Social Gatherings!

Because seeing each other showered and dressed is different from 5:30am bed head.

**Thursday, February 21, The Hornet, 6 pm**

<http://www.hornetrestaurant.com/events.php>

Located next to the Mayan Theater on Broadway.

**Thursday, March 20, Irish Snug, 6 pm**

<http://www.irishsnug.com/>

**Thursday, April 17, Cafe Cero, 6 pm**

1146 South Broadway

Contact Allen Edwards for additional information or suggestions for other social events.



Remember to go to [www.iGive.com](http://www.iGive.com) when you shop online and a portion of each item you buy will be donated to RMRC at no extra cost to you!

Just sign up and select Rocky Mountain Rowing Club as your "cause" and start shopping right away.

## New RMRC Website

A new RMRC website is set to go live in a few weeks. The site is being developed by Angela Murtha and will include more members' only features including forums, chat rooms, member directory, image galleries and online registration for dues and storage fees. The new website will be at: <http://rockymountainrowing.org>

## Row Hard, No Excuses

### Showing at the

### Boulder International Film Festival

*Row Hard, No Excuses*, is great personal epic of endurance and wit, John Zeigler and Tom Mailhot, two slightly-past-prime adventurers enter a rowboat race across the Atlantic, an event that is as psychologically challenging as it is physically brutal.

Lacking a sponsor, they dig deep into their personal savings and build their own boat even though the event has no prize money. Unfortunately, like the heroes of "Moby Dick" and "The Old Man and the Sea," the duo allows their simple pursuit of a dream to morph into near-fanatic obsession. Careers, marriages and credit scores are all threatened in this test of the outer limits of human endurance during a mid-life crisis. But it's impossible not to be swept away by the terrible grandeur of the sea and the indomitable courage of our heroes as they bicker and squabble their way across the Atlantic into an uncertain future.

Showing on **Saturday, Feb. 16th at 12 p.m.** in the Boulder Public Library. Rower Tom Mailhot will appear in person.

Tickets are on sale by calling (303) 786-7030 or at <http://www.boulderinternationalfilmfestival.net/Syn.html> Prices are \$10 for adults, \$8 for students and seniors. Carpool anyone?

## Colorado State Park Passes

**NEW!** The Colorado State Parks Annual Pass can now be purchased *at any time of year* and is valid for a full 12 months of use. The pass is good through the last day of the month, one year from purchase.

The Aspen Leaf pass for Colorado Residents 64 years or older remains as a calendar year pass and is valid from January through December 2008.

State Park Passes can be purchased at the state parks, online at: <http://parks.state.co.us/ParksPasses>, or at local REI, Safeway, or King Soopers stores.

Please remember to also purchase the Cherry Creek Basin Water Quality Authority sticker online or at the park entrance for only \$3.00.



## Training Opportunities

The docks have been pulled and ice is forming on Cherry Creek Lake, but that doesn't mean it's time to hibernate!

### Monday Night Madness

The Monday Madness erg sessions will continue to be at 7:30 p.m. at Colorado Athletic Club Monaco (CACM) at 2695 S. Monaco (NWC of Monaco & Yale). This is a great opportunity get into shape for the approaching season on the water. The cost to non-members of CACM is a \$5 show up fee each time and is free to CACM members.

### Sunday Walk/Runs

There is a tradition of meeting at the highline canal at 8:00 a.m. on Sunday mornings to walk, jog, run, or snowshoe followed with socializing over coffee and bagels. Contact Dawn or Ginny for more information.

### Run the Republic – Mark Groshek

I challenge all RMRC members to join me on the Rocky Mountain Rowing Club team to Run the Republic on February 24. What is it? A 53 story stair climb in the Republic Building downtown, and a fund raiser for the American Lung Association, to help in their work to prevent lung disease and find better treatments for illnesses like asthma.

Want to run? Sign up at [www.runtherepublic.com](http://www.runtherepublic.com) When you sign up, be sure to register with the Rocky Mountain Rowing Club Team--we will all get to start together. Whether you run the whole thing, or walk it all, you will be helping a great cause! And you will be getting ready for the racing season!



## Upcoming RMRC Events

<b>Feb. 21</b>	The Hornet, Happy Hour
<b>Feb. 24</b>	CRASH-B Sprints – <i>Boston</i>
<b>March 3</b>	Row the Rockies Meeting
<b>March 5</b>	Board Meeting
<b>March 15</b>	Docks In, 9 a.m.
<b>March 20</b>	Irish Snug, Happy Hour
<b>April 8</b>	Board Meeting
<b>April 17</b>	Cafe Cero, Happy Hour
<b>April 28</b>	Row the Rockies Meeting
<b>July 12</b>	Row the Rockies

### Board Meetings - PLEASE ATTEND!

Monthly RMRC board meetings are open to all members. The meeting will be held on the first Wednesday of the month with a few exceptions from 6:45-8:45pm at the Castlewood Library, 6739 South Uinta Street, The library is located just west of I-25 and Arapahoe interchange (Exit 197), at the southwest corner of Arapahoe and Uinta Streets - There's a light at the intersection. The meeting is in the Paul Manion Meeting Room, just past the entrance and down a short hallway on the left.

CAN'T attend the board meetings? Have something to share with the club? JT Miller, secretary, will be your "Voice" at the meeting. Email JT at [scr1031@msn.com](mailto:scr1031@msn.com).

#### Board Meeting Dates\*

**Wed., March 5th**

**Tues., April 8th**

**Wed., May 7th,**

**Wed. June 4th**

\*Subject to change

### Newsletter Submissions

Please e-mail your submissions to Dawn for the next issue by the 5th of each month.

Email:

[RMRCnewsletter@gmail.com](mailto:RMRCnewsletter@gmail.com)

Interested in helping with the newsletter? Writing articles? Proof reading? Photographer? Please contact Dawn!



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## 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. Contact Teri Evans at [row4kicks@yahoo.com](mailto:row4kicks@yahoo.com).

**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](mailto:lessons@rockymountainrowing.com)

**If you are interested in joining RMRC -**

Please fill out our online membership form at:  
[www.rockymountainrowing.com](http://www.rockymountainrowing.com)

Questions: Please email:  
[membership@rockymountainrowing.com](mailto:membership@rockymountainrowing.com)

Don't have access to a computer?

You can receive a paper copy:

- (1) at the boathouse
- (2) by calling 303-331-2860 with a request to receive a paper copy at the address you provide.

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,  
Post Office Box 6242, Denver, CO 80206

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## Kids Races at the Sprints

