



STROKE!

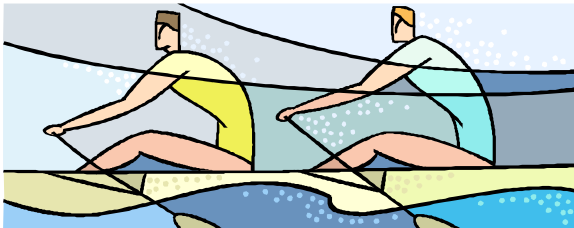
Rocky Mountain Rowing Club - Denver, Colorado
May 2008



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

Lessons Volunteers!

A few more volunteers are needed for lessons: Two bodies to go in sweep boats on May 17-18, 6:30-12; one person to go out in a scull with the beginners Jun. 15. If you've got an erg that you can bring to the marina on a Friday night at 7- May 2, 9, 16 and/or June 6, 13, you'd be showered with gratitude. And you'd be everybody's best friend if you were to bring coffee/snack either Saturday or Sunday morning. If you're coming for the club row, it'd be easy to stop by Einstein's on the way, and leave your receipt in the plastic envelope so Kate can reimburse you. Lessons are a great fund-raiser for the club and helping out with them is an easy way to get your volunteer hours in. Contact Ann Storbridge at lessons@rockymountainrowing.org



Newsletter Submissions

The newsletter will be posted online around the first of each month. Please e-mail your submissions to Dawn for the next issue **by the 25th of each month.**

Email:

rmmcnewsletter@gmail.com

Interested in helping with the newsletter? Writing articles? Proof reading? Photographer?
Have photos or stories from the past?
Please contact Dawn!

Equipment Update

By Grace Malacrida

The heavyweight is coming, the heavyweight is coming. A 2003 Hudson Heavyweight Straight Four is on its way from Canada to us.

The A.J. Malacrida 8 is also to be soon on its way to us. For those of you who do not know. A Pocock 8 was purchased from the Oak Ridge Rowing Association with money donated to the Malacrida 8 in loving memory of our 19 year old son, A.J. who died on August 27th 2007. Unfortunately the boat was damaged when initially loaded to be transported here. The boat is being repaired by Tim Searles of the Rowing Repair Center. It is slated to be here in May. All club members will be welcome to practice and race in this boat.



A.J. Malacrida on an erg in 1989, age 2

Thank you to Peter Francis and John Tyler for rearranging the boat house to make room for these new additions to our fleet!



BOULDER SPRINTS 2008 RESULTS

As submitted by Jennifer Quilling

EVENT	PLACE & TIME
2x women	1st- CJC, time: 3:23.75 2nd- RMJC/RMRC, time: 3:25.41
2x men	1st- RMJC, time: 3:12.63 2nd- RMRC (1x), time 3:23.69 3rd CJC, time: 3:24.07
4+ Juniors	1st- CJC, time 3:30.50 2nd- CJC, time 3:33.59
4+ Women	1st- RMRC, time 3:37.00 2nd- BCR, time 3:45.57 3rd- BCR, time 3:47.87 4th- RMRC, time 3:48.82
4+ Men	1st- RMRC, time 3:11.54 2nd- BCR, time 3:25.06 3rd- RMRC (2x), time 3:26.50
4+ Women novice	1st- CJC, time 4:40.15 2nd- CJC, time 5:35.84
1x juniors	1st- CJC, time 5:10.25 2nd- CJC, time 5:17.60 3rd- CJC, time 6:16.16
8+ Women	1st, CJC, time 3:21.2 2nd, CJC, time 3:55.21
8+ Mixed time 3:23.81	1 st RMRC/RMJC/BCR/CJC mix 2 nd RMRC, time 3:30.49

CJC: Colorado Junior Crew

BCR: Boulder Community Rowing

RMRC: Rocky Mountain Rowing Club

RMJC: Rocky Mountain Junior Crew

Many Thanks!

A HUGE Thank you to Karen Gress, who was the RMRC Race Committee point of contact for this regatta. This was our first race using our new system. Well done, Karen! And another HUGE Thank you to Angela Murtha for setting up this system on our website. Next race for RMRC is the Tulsa Sprints, Teri Evans is our point of contact for that regatta. Look on our website under News, and Regatta Calendar for more details.

Rocky Mountain Junior Rowers Participate in Boulder Sprints

Junior Rowers, Cole Capsalis, Anthony Malacrida and Maddie Lips raced at the Boulder Sprints. The men's double of Cole/Anthony won the gold. (photo below) Maddie raced in a women's double and won the silver. Maddie also coxed the RMRC women's winning 4+. Cole later hopped in a mixed eight comprised of rowers from BCR, RMC, and CJC to win another gold medal.

Next stop for our juniors is the Central Youth Championships in OKC on May 10th!



Winners of the San Diego Crew Classic Women's Club Event.

Racing This Year as RMRC

Here is the list of Regattas that we will be attending as RMRC. If you are attending one of these and plan to race as RMRC, you will need to enter your races through the assigned Race Committee Person. Letters of Intent to race must be submitted on line at the website listed below. If you are submitting your own line ups, be certain that you have coordinated this with those who you have listed in your boat. If you are requesting that the Race Committee Person



boat you, you will be boated with others who have also made this request. FYI, 15 people have already turned in their Letters of Intent to row for Masters Nationals. The race committee has already reserved a block of rooms for the team's use in Long Beach. The more who can attend this regatta, the better our chances of leaving with the Points Trophy! <http://rockymountainrowing.org/regattacalendar>

<u>Regatta</u>	<u>Letter of Intent Due</u>	<u>Date of Regatta</u>	<u>RMRC Point of Contact</u>
Tulsa Sprints	May 8	May 31 or June 7?	Teri Evans (check website for updates)
St Louis Regatta	May 31	June 28 ^t	Karen Gress
Row the Rockies	June 14	July 12	Rachel Pazmino
Dillon Biathlon		unknown	Karen Gress
Masters Nationals	June 30	Aug 14-17	Grace Malacrida
Row the Peaks		unknown	Rachel Pazmino
Head of the Des Moines	Sept 1	Sept 27	Kati O'Hara
Head of the Oklahoma	Sept 5	Oct 4/5	Grace Malacrida
Head of the Charles	Aug 15	Oct 18/19	Kati O'Hara
<i>*Singles and Doubles for the Head of the Charles are entered by each individual and due by 1 August. See Head of the Charles website for more details</i>			
Frostbite Regatta	Oct 4 th	Nov 2nd	Teri Evans

Pelican Scull Sprint

Saturday, May 24th (Memorial Day Weekend), Fort Collins Rowing Association will be hosting the Pelican Scull Sprint. The event will take place at Water Valley in Windsor as part of their Pelican Fest weekend. We will have 3 races: Men's Singles, Women's Singles and Mish-Mash (Any other boats that sign-up) If you will be in town and want to row, please contact: mariahope@comcast.net



PROGRAM INFORMATION

Advanced/Competitive Program

The Advanced/Competitive program meets on for on-the-water coaching Monday and Wednesday mornings, 5:30-7:00 a.m., from May 12 through August 27, 2008. (Please arrive at least 5 minutes early, so that we can be on the water by 5:30 a.m.) This program will provide coaching and workouts for advanced rowers and those training seriously for both sprint and head races.

Monthly training plans will be provided, with workouts for 6 days/week. Coach Pat McKeon of Ft. Collins will coach Monday mornings beginning May 12. Wednesday mornings will be "videotape days", with bigger boats being the focus. Coaching for Wednesdays will vary. The fee schedule and registration process for the 2008 coached programs will be finalized soon (we promise!). Please check the website in the next week!

<http://rockymountainrowing.org/advancedCompetitiveRowingProgram>

Interested Individuals: Please plan to come down for "organized rows" beginning Monday, May 5. We won't have a coach this week, but we WILL be rowing (weather permitting, of course) and utilizing training plans set by Nat Jackson.

Intermediate Program

The goal of the Intermediate program is to provide coaching for intermediate rowers (those with at least one season of rowing experience) and rowers with only sweep experience (we'll introduce you to sculling). Anyone who wants workouts to improve their skills and conditioning in a friendly and social

environment is welcome. All sizes of boats will be used, sweep and sculling, from singles to the 8+, with men, women, and mixed crews, with more emphasis on the multi-seat boats. The Intermediate Program is coached in conjunction with the Novice Program on Tuesday and Thursday morning, from 5:30-7:00 AM, June 3 - September 25, 2008. The cost of the program for 2008 is yet to be determined, so please check the website at <http://rockymountainrowing.org/intermediateRowingProgram%3A+> The coaches for the Novice - Intermediate programs are head coach, Grace Malacrida and assistant coach, Kati O'Hara.

Novice Program

The goal of the Novice Program is to provide coaching for beginning rowers in their first year out of lessons. The Novice Program will meet in conjunction with the Intermediate Program on Tuesday and Thursday mornings from 5:30-7:00 AM, June 3 - September 25, 2008. The cost of the 2008 program is soon to be determined, so please keep checking the website at <http://rockymountainrowing.org/noviceRowingProgram!>

Friday Friendlies

Intra-club competitions dubbed the "Friday Friendlies" will be held at 5:30 a.m. on Fridays, May 9 - August 29, with 1000m and longer pieces. Friday Friendlies are races which are open to the entire club whether you are in a coached program or not. So come out and join us!

Contact Teri Evans at row4kicks@gmail.com for all program information.

RMRC ladies win the women's club event by a mere .35 seconds.



Board Meetings PLEASE ATTEND!

Monthly RMRC board meetings are open to all members. The meetings will be held on the first Wednesday of the month with a few exceptions.

Time: 6:45-8:45pm

Location: 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.

Board Meeting Dates

(Subject to change)

Wed., May 7th,

Wed. June 4th

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@gmail.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

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

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

