

# GO ROWING!



*The Newsletter of Grateful Oars Rowing Club, Norwood, New York*

Summer 2015



## Rowing Safely

The Grateful Oars recently adopted a set of safety **guidelines**, which are available on the club [web site](#). The guidelines call for Grateful Oars crews and scullers to follow a clockwise circulation pattern while rowing on the lake unless weather conditions or contingencies require otherwise. Both GORC and Clarkson Crew rowers are to follow this pattern. A larger map of the lake that shows this pattern is posted in the boathouse and can be found on the club's [web site](#). The whole purpose of the pattern is to reduce the likelihood of collisions and injury. Both clubs have experienced collisions between boats when one of the boats was not following the pattern. There has been damage and injury. All coxswains should be familiar with the pattern. There are some crews that follow an older habit of leaving the dock and almost immediately crossing the lake and rowing against the pattern. Crews that row against the pattern on that side of the lake should be alert to crews or scullers who are rowing hard down the 2 km course toward the dam end of the lake, most likely concentrating on stroke rate and effort rather than safety. Stay safe: keep other boats in mind when on the lake.



GORC/Clarkson clockwise circulation pattern is for all crews and scullers.



## What's Up at the Boathouse?

**The Boathouse and Yard Coordinator** is now **Dick Mooers** (315-854-4186), who replaced **Pat Luppens** at the end of June. Pat worked many, many hours over several months to fabricate and install the rugged and functional boat rack system that you use today, as well as many of the features that make our boathouse work well for us. The Boathouse/Yard job is now essentially a maintenance oversight job, and there is much more to do than is possible for one person to sustain. Any issues with maintenance and organization of the GORC bay should be reported to Dick. If you like to putter on projects, talk to Dick about helping in the work. Boats and boat maintenance are overseen by Pat and Joe Vitale (see below). Some finished and planned boathouse/yard activities follow.

**We have usable lockers!** Thanks to **Ray Toland, Ellie Menz** and **Carol Rossi-Fries**, the old lockers have been cleaned, repaired, and painted. Ray coordinated this effort and repaired the locker doors so that they can now be locked with your padlock. Rich's morning 4+ crew moved the heavy locker unit to a permanent location in the far left corner of the bay, and Ray secured it to the wall. There are only 15 lockers, FYI, and only a few are in personal use now. Club gear will be removed from a few of them as soon as other shelf space has been freed up. Lockers will not be assigned, but are available on a first come, first used basis. If you do use a locker, please let Dick know which one is yours or put your name on a card or sticker attached to the door. Please clean out your locker and remove your padlock at the end of the season.

**We have an erg!** For several weeks since Learn to Row Day **Gwen** and **Sean Cunningham** generously loaned their Concept 2 rowing ergometers to the club, but a great donation by **Matt** and **Noelle Stock** has given the club an "erg" of its own. **Dave Hodge**, who rows with Rich's morning crew, **is the erg adopter** for the Concept 2 Model B erg. Dave will ensure the machine is in good operating condition. The machine comes with a monitor that shows the stroke rate, distance and time for each session. Erg slides were also donated by the Stocks. The slides make it seem more like rowing a real boat and reduce the likelihood of lower back strain for the frequent user. Concept 2 maintains an on-line log system on which anyone may log their miles and compare times and distances with many thousands, world-wide, by age group and sex. The erg and slides are mounted on a frame that allows for the machine and the two slides to be moved as one unit. Users are asked to return the machine to its home under the 8 after cleaning the rail and replacing the cover.

**Let there be lights!** Plans are underway for the installation of interior lighting. **Pat Luppens** will oversee this job. **Ray Toland, Peter McCoy**, and **Dick Mooers** have volunteered to assist Pat. Several LED ceiling lamps will run off battery power. Work will commence when plans are finalized and the wiring and appliances are on hand.

**Where are the weeds?** The weeds and grass are gone for the moment, thanks to **Eric Hammond** and **Peter McCoy**. We'll need to mow again, so anyone so inclined should contact Dick. Although the aggressively tall *fragmites* plants have been knocked down, pesky weeds and grass are always looking for a foothold in the stone strip around the building. We can keep ahead of them by pulling any that you see in the stone as you walk near the walls. Thanks for helping with that!

**Jeepers, Sweepers.** Thanks to several members, the boathouse floor has been swept weekly for several weeks now. **Gwen Cunningham, Cindie Edwards, Sandy Fisher, Kathleen Fitzgerald, Rob Jewett, Pat Luppens, Peter McCoy, Dick Mooers, Carol Rossi-Fries, Rich Rubsamen, Chris Smith, Ray Toland, and Janice Westerling** have swept or will be sweeping soon. The need is for anyone to sweep once—one time in the week you sign up for on the list posted on the boathouse bulletin board. There are still a few weeks left to cover. This is a good way to work on your two-hour annual work requirement. Contact Dick if you have any questions about the process or the equipment.

**Whose boats are those skinny ones?** Four members house personal sculling singles on GORC racks. The rack fee is set annually by the Board of Directors, and placement is set by the Boathouse Coordinator after the president has OK'd storage. Storage is available only to members who are on a crew or active as a sub.



## **Learn to Row**, by Peter McCoy, LTR Coordinator

This summer's Learn to Row program is in full swing! Twelve prospective rowers attended the Learn to Row Day. Six people continued to row into July and five have continued into August (**Cindie Edwards, Kathleen Fitzgerald, Eric Hammond, Chris Smith** and **Pam Whalen**). Two others who attended LTR Day joined the Development Crew early in the season, and **Dave Hodge** is coming along well with the morning Men's 4+. LTR boats are on the water on Wednesday afternoons and Saturday mornings; we row in "For Pete's Sake" as well as "By George" depending on our numbers. Currently, these new members are working to refine their basic technique and have recently begun to row "all four" and to "feather." New this season is the use of video as a learning tool. Special thanks to these club members for their extraordinary assistance with the LTR program: Joe (coach), Dick (mentor/rower/video), Pat (mentor/rower/launch/video), Ellie (rower), and Anna (rower). Please contact Peter (LTR Coordinator) for recommendations if you are looking for a sub, as some of our LTR members are ready to sub in experienced boats.



## **Crews this season.**

The Thursday 8 crew is organized by Ellie Menz, boat captain. The crew is coached by Casimir Misiewicz from the St. Lawrence University varsity men's crew. The cox is **Mary Simon**. Regular members of the crew include **Coreen Bohl, Gwen Cunningham, Sean Cunningham, Alison Delrossi, Ana Estevez, Christa Kelson, Ellie**, and **Tara Tent**, with **Julia Lambert** and **Sandy Fisher** the principal subs.

This year's Development Crew, an advanced instructional boat, is captained by **Carol Rossi-Fries** and coached by **Gwen Cunningham**. Others in this crew are **Wendy Bachuber, Sean Cunningham, Carol Gable, Larry Reece, Michele Sheehan, Maureen Taylor, Ray Toland**, and **Janice Westerling**. The crew rows 4 or 8 and goes out twice a week. Coxswains have included **Brittany Cuff, Dick**, and **Pat**. Pat has been indispensable in the launch, coaching and assisting with docking.

The morning men's four+ crew rows twice a week with captain **Rich Rubsamen** and regulars **Dave Hodge, Ron Johnson** and **Pat Luppens**. **Carol Rossi-Fries** is the cox. The crew is currently working on race distances and timed pieces.

A regular Monday evening 4+ rows as a straight four (no cox) with **Joe Vitale**, captain, and **Chelle Lindahl, Peter McCoy** and **Rob Jewett**.

**Joe** also captains a crew he calls the race crew, with **Peter McCoy, Mike Walter** and **Brooks Washburn**, with **Mary Simon** the regular coxswain.

The Learn to Row crew is covered in the preceding article.

**Ron Johnson** with **Rich Rubsamen** are regulars in the pair and have become interested in competing. **Christa Kelson** and **Julia Lambert** frequently rowed the pair but transitioned to the

Aldens later in the season. The pair is known as the most difficult of all sweep rowing boats, and so the club has adopted criteria for those who wish to qualify to take the pair out on their own. The criteria were sent to all members with the August minutes of the board of directors. For a replacement copy of the qualifications to row the pair, see the club's [web site](#).



## Active Scullers

The club's two recreational Alden Star 22 singles are rowed very often, and in fact are the most active hulls in the club fleet. The qualified Alden users are **Christa, Dick, Ellie, Gwen, Julia, Mike, Pat, Peter, Ray, Rich, Ron** and **Sean**, with sculling also being done under supervision by **Alison, Eric, Carol Rossi-Fries, Tara,** and **Pam Whalen**. Members wishing to qualify to take the Aldens out independently should refer to the qualifications sent previously with board minutes or the club's [web site](#). Scullers with private single sculls are **Dick, Ellie, Gwen** and **Pat**. There is additional room for singles in the boathouse for actively rowing members.



## Membership

The latest roster issued by **Ron Johnson**, Membership Coordinator, lists 36 members of Grateful Oars. This is the second highest membership since records have been kept, surpassed only by last season's 38. The average since 2004 is 33 members per season.



## Boat Maintenance

**Pat Luppens and Joe Vitale**, Boat Maintenance Co-Coordinators, keep us afloat and able to row. Joe has nearly completed his work to refurbish the club's original 4+, Jimmy Row, which spent years suspended from the rafters in retirement in the old boathouse. Only some minor work in the bow remains, according to Joe. The boat has seen limited use this season. The board of directors will decide whether to keep Jimmy in the fleet beyond this season based on usage and comments from those who have rowed in it. Joe also had intended to restore the old 8 that Clarkson Crew has offered to the club but has decided not to proceed with that project. Pat has restored foot stretchers in one of the Aldens and in the 8 and continues to improve the action of seats and other parts of our fleet as needed. He recently installed a workbench that should help with boat maintenance work. Pat keeps the club's two cox-box units charged and repaired, among other activities. Joe has been working on replacement of the sleeves and buttons on the Macon (spoon) sweep oars. Anyone noticing an issue with a boat or oar should fill out a slip on the small clipboard hanging on the bulletin board so that Joe or Pat can look into it.



## “Flip Experience” Set for August 30

Single sculls are tippy boats, and scullers have tipped over occasionally. Thankfully, we have had no problems with this except for some wet and puzzled beginning scullers. With a little coaching, scullers can experience flipping and learn how to re-enter the boat and row away. Come to the

boathouse on Sunday, August 30<sup>th</sup>, at 9 AM for a demonstration and then a live performance featuring (drum-roll) *YOU*. Bring warm, dry clothing for later. Don't forget your sense of humor! The flip experience is limited to those who have already tried sculling. Tip: **watch YouTube videos** on flipping and re-entry of a scull before you try it for real.



## Fall Racing Season and the Grateful Oars

Grateful Oars will be represented at four fall regattas this season. Joe's Wednesday evening 4+ will do the Tail of the Fish regatta in Saratoga Springs at the end of September. Dick will enter the veteran's MIX and Gwen the WIX event at the Head of the Rideau in Ottawa. The HOR is a serious regatta, but it's still very much a fun event for scullers and rowers at virtually any level of ability, and every crew should try it. Dick will also return to the Head of the Genesee in Rochester on October 3 and the Head of the Fish in Saratoga Springs on October 31. Rich's morning men's 4+ will enter the Head of the Genesee. Anyone interested in any of these races should refer to the various race web sites or to Regatta Central, or might ask Dick or Joe. The club subsidizes the cost of entry and travel up to a limited amount for any crew boat. Singles are not subsidized.



Just launched: Head of the Rideau, 2014



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Word of mouth is the best publicity!**

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