

GO ROWING!



The Newsletter of Grateful Oars Rowing Club, Norwood, New York Spring 2016



Greetings from Gwen Cunningham, President

Welcome to a new Grateful Oars rowing season - it was a crazy winter and an even more perplexing spring in the North Country, but I am excited for us all to be rowing again soon!

The Board has had our first 2016 meeting and we are eagerly planning the upcoming season. There are a lot of fun events in store (keep reading this newsletter for details!) and we are working on making this season as rewarding and safe as possible. As always, we're open to suggestions so please don't hesitate to share ideas with me or any other board members.

Here's to a fun, safe 2016 season and I look forward to seeing you on the water!



2016 Members Renewal Process; Dues and Fees Unchanged

Members will find their 2016 Membership Form and 2016 Waiver forms attached to the email message that sends this newsletter. Membership materials for others can be obtained on request to [GORC Secretary Ellie Menz](#).

Dues are the same as last year, with Regular Memberships at \$120 and Alternate Memberships at \$70. The rack fee is \$70 for one shell and related equipment. Please be sure to sign the Athlete Protection Policy agreement on the Membership Form as well as the separate liability waiver form. The Athlete Protection Policy can be read on the club's [website](#). Mail your completed forms and payment to GORC Treasurer Ray Toland, 501 Old Market Road, Potsdam, NY 13676.

You'll need to have paid your 2016 dues and to have sent in your signed 2016 membership form and waiver before your first row, as always. This is an established club policy that goes for all rowers, whether rowing a club boat or a private boat, at any time of the year. Only by adhering to this policy will you be covered by the club's liability insurance.



Who does what? GORC officers and responsibilities

Gwen Cunningham, President
Joe Vitale, Vice President, Co-Coordinator, Boat Maintenance
Ellie Menz, Secretary
[Ray Toland](#), Treasurer, dues, fees, roster info.
Sean Cunningham, At Large Director
Pat Luppens, Co-Coordinator, Boat Maintenance
Peter McCoy, At Large Director, Learn to Row/Clearance to row independently
[Dick Mooers](#), At Large Director, Boathouse/Yard Maintenance Coordinator
[Carol Rossi-Fries](#), At Large Director
Brooks Washburn, At Large Director



Clarkson to Hold Regatta May 8

Clarkson's Crew Club anticipates several college crews will participate in a regatta on May 8. Grateful Oars crews will be invited to participate in masters events, should they be included in the schedule. Further details will be available soon. If you've not seen a regatta, this will be a pretty good opportunity to see what one looks like.



Learn to Row Starts June 11

One of the most effective methods of attracting and retaining new rowers is an invitation from someone who already loves rowing. As your thoughts turn from winter to summer, consider inviting someone you know to the club's Learn To Row Day, scheduled for June 11 from 9-11 AM at the boathouse. LTR rain date is June 18. The LTR program offers prospective rowers an opportunity to explore their interest in rowing in a supportive environment and at a great price! If every club member invited just one person, we could have a record recruiting year. Sign up is on the [website](#); contact Peter McCoy with questions. Bring a friend to Learn To Row Day!



NEW! Rowing Fun Day and Picnic with Upper Canada and St. Lawrence Rowing Clubs following Learn to Row on June 11th

Immediately following LTR on June 11th, the Grateful Oars will host our new rowers and members of Upper Canada Rowing Club and St. Lawrence Rowing Club for a picnic and informal rowing at

our boathouse. Come and join the fun of meeting new rowers and celebrating our sport with members of similar clubs in Cornwall and Iroquois, Ontario. Some UCRC and SLRC members have not rowed sweep before but are experienced scullers. We hope to form mixed crews so that our members can socialize as well as pass on the somewhat different skills of sweep rowing. Help is needed with the picnic, of course. As always, many hands make light work. If you are willing to coordinate, cox, coach, work the grill, make a dish to share or help in some other way, please contact Dick. Help will also be needed on LTR. Thanks!



Crews Next Season

The club has an informal process for forming new crews. Those who have completed the Learn to Row program need only to make sure that a boat is reserved at the preferred time. Ellie Menz will help with that. Five are needed to crew a four. A commonly over-rated stumbling block is the cox position. Traditionally, Grateful Oars “fours” have not used paid or assigned coxes but have rotated the coxing job among the five crew members. The more difficult boat to cox is the 8, and so a regular cox is recommended for the big boat. Inexperienced 8’s should be accompanied by a launch if possible, with arrangements made to be met at the dock for help with the landing.

[Carol Rossi-Fries](#) asks that anyone who rowed with last year’s Development Crew and wants to continue with the members of that crew this season to contact her soon.

Dick is interested in working with a four made up of five rowers who have never raced, aiming at participating in the 3 km recreational event at the Head of the Rideau (HOR) in late September. (3 km is roughly half-way around Norwood Lake.) You’ll need to be rowing at least twice a week leading up to the race, though not necessarily always in the same crew. Expect longer and stronger “pieces” as the season moves into August. You can do this, and it’s fun! Dick is eager to help, but you’ll have to organize the crew and boat.



Safety on the Lake

Cold water rowing requires special vigilance if there is risk of immersion. Many rowing clubs recommend following a “Rule of 100”, which calls for special clothing or precautions such as having a launch or not sculling alone if the air temperature number added to the water temperature = 100.

Grateful Oars policy is to use a clockwise circulation pattern on the lake in order to reduce the likelihood of collisions between rowing boats. If you must return to the dock quickly for some reason, by all means take the shortest route home, but please remember to check carefully for traffic that is going the other way. Please note that the former policy of clockwise circulation applied when Clarkson crews were out. This policy has been tightened up to apply to all GORC crews and scullers.

The normal wind pattern on the lake is for southwest winds to bring storms toward the boathouse from near the culvert at the south end. For safety when thunder storms are a possibility, you’ll want to keep an eye out for storm clouds on the southwest horizon and to allow plenty of time to return to the dock and get under cover. If you do get caught in a thunder storm, get to the nearest shore as

soon as you can and wait out the storm; most don't last very long. Please don't try to race the storm, as boats out on the lake are vulnerable to lightening strikes. Carbon fiber oars can conduct electricity!



Fleet Maintenance

First Row. Crews and scullers are requested to set their boat up in slings at first use to clean it and check every fitting, track and seat to be sure the boat is ready to row. Tools are in the workbench. See the log sheets if in doubt whether the boat has been checked and used before you. Please tighten each nut only "two fingers tight" (no tighter than when two fingers cannot move the wrench) so that the ribs are not damaged. No gorilla grips, please. Each sweep rigger has four nuts to check, and most sweep boats have nuts at the intermediate positions, too. Check the oarlock nuts as well.

Every Row. Routinely check the large top nut on your oarlock each time you row, and check the bottom nut wherever provided (the pair and For Pete's Sake do not have bottom nuts). If you see something that needs fixing, report it to Joe or Pat, who share boat maintenance responsibilities. If you know what needs doing and can do the work, please do! There is a small clipboard on the bulletin board for reporting problems. However, if the repair need is serious, please call either Joe or Pat right away and leave a note on the boat that it is out of service. Broken seats, loose tracks, missing oarlock nuts, missing skegs (fins) and serious leaks will prevent further use until repairs are made.



Boathouse Business is Up

Sweep Up. Tracked-in dirt is a fact of life for Grateful Oars, but we control it with a weekly sweep. As before, members will see a sign-up sheet on the boathouse bulletin board. If nearly every member of the club signs on, each person needs to sweep only one time each season. Please act soon to pick a week that suits your schedule. Try to sweep close to or on the weekend so that no lengthy periods go by without a sweep. If you will not be going to the boathouse early in the season, drop an email to [Dick](#) with a couple of preferred dates and he will sign you up for one of them.

Hang Up. Rowers, please hang the sweeps and sculls spooned together, starboard with starboard/port with port, to reduce blade contact and the need to repaint. Please rack the big boats with the bow pointed toward the main door.

Lock Up. If you are the last person to leave, please be sure all three boathouse doors are locked.

Speak Up. See an issue with the boathouse? Let Dick know ASAP, please.



"Flip Experience" for Scullers July 9th

Experienced scullers know that flips happen, eventually. Scullers and potential independent scullers should be reassured that getting back into the boat and rowing away isn't all that

hard. ([Watch this video](#) from Calm Waters Rowing.) Scullers should save Saturday, July 9 from 9-11 AM for the club's yearly "flip experience" with the Alden Star singles or personal sculls. If the water is still cold at that date, we will do it a week later on Saturday, July 16. Re-entry of a single isn't a required skill for permission to use the Aldens independently, but scullers should know how to do it for their own safety and confidence in the boat. Others will be there to help and advise. For planning purposes, please let Dick know if you plan to participate so that he can let you know if it is postponed. If you are unable to make it on the 9th or the 16th, most any competent sculler will help you, but it's more fun in a group.



**Introduce a friend to rowing and sculling this season with GORC.
Word of mouth is the best publicity!**

<http://gratefuloars.weebly.com>