

# GO Rowing!

*Grateful Oars Rowing Club, Norwood, NY*



**20 Years and Rowing Strong: 1997-2017**

**Spring Issue**



## **From Gwen:**

Spring is finally starting to emerge in the North Country and it won't be long before we're all back on the water. I hope you're as excited as I am to get back outside, and to see my fellow rowers on a more regular basis. It's time to start preparing for the upcoming this season, which, incidentally, is **GORC's 20th!**

I encourage anyone who is not already part of a crew to contact me. Once I have a sense of interest, we can consider putting together a new development boat for those who don't feel ready to form independent crews just yet. Members are not limited to just one crew. To those putting together new crews, consider your goals for the season. It would be great to see some GORC crews who haven't done so before enter a regatta or two in the Fall. There are plenty of low pressure opportunities to experience the fun of a regatta, including for novices. It really is worth doing!

As an aside, in February Sean and I spent most of our free time studying in preparation to attend a USRowing Level 2 Coaching Clinic in Syracuse. I'm happy to report we both passed the exam although we have a few more hoops to jump through before we are officially "certified." But we're excited to have learned some new skills we hope will be of benefit to the club.

Please don't hesitate to contact me if you have any questions about or ideas for the upcoming season. And, as always, if you have any leads on people who might be interested in being a coxswain, let me or anyone on the board know. This is one of the biggest issues facing our crews each season so it can't hurt to start thinking about it now.

See you on the water, and see you at the picnic on June 10<sup>th</sup>! ***Let's celebrate our 20<sup>th</sup> season together.***



## IT'S RENEWAL TIME! 2017 Dues and Membership Information

The club has created an on-line membership renewal system this year to make the process more efficient. Members will still send their dues/storage fee payments by check to GORC Treasurer Sean Cunningham, 962 Cold Brook Rd, Colton, NY 13625. Dues remain at \$120 and the boat storage fee remains \$70 for private singles. A separate \$7.25 administrative fee is charged by USRA.

The on-line system is as follows:

- Everyone will use the online [GORC Membership Form](#), which can be accessed from here or via the [club's web site](#). Please note that the new GORC online application includes the required acceptance of the Athlete Protection Policy, a US Rowing requirement.
- USRA waivers will be signed on-line this season. Click [here](#) to sign your waiver at USRowing. There is a small administrative fee (\$7.25) for a Basic Membership, which is paid when renewing your membership and signing the waiver. Instructions will be emailed to all members along with their USRowing member number, which is needed to complete the process. Both processes are actually quite simple and quick. It is easy to create a new account on the USRA site if you are not yet a member and have no USRA number.

Please remember: **dues** must be PAID, the **waiver** SIGNED, and the membership **form** SUBMITTED before a member is clear to use club equipment and the boathouse.



## Meet the 2017 Club Officers, Directors and Appointed Coordinators

Besides Gwen, the club's officers and directors are Sean Cunningham-Treasurer, Ellie Menz-Secretary, and Dick Mooers-VP. Directors at Large are Peter McCoy, Carol Rossi-Fries, Joe Vitale and Brooks Washburn. Annually appointed positions: Peter-Learn to Row, Dick-Boathouse/Yard Maintenance, Joe and Pat Luppens-Boat Maintenance, and Ray Toland-Launch and motor. Serving on the board, holding office, coaching, coxing a crew, helping with Learn to Row, sweeping the boathouse—all are good ways to contribute to the enjoyment of rowing by all our members. Hats off to all those who help with club tasks.



## 2017 Calendar

**Second Tuesdays, Meetings of the Board** during February through November, except October. Meetings are usually held in Brooks' conference room beginning at 7 PM. Seating is tight, so advise Gwen if attending. Meetings are open to all club members. The **Annual Meeting** of the membership likely will be on Tuesday, October 10<sup>th</sup>, details to be issued later in the season.

**Saturday, April 22<sup>nd</sup>, 9-11 AM. All-Club Workday.** Moving and rigging the launch and motor; moving the trailer, cleaning the boathouse, yard and waterfront, basic readying of crew boats and cleaning oar handles. *If you can help, contact Dick (315-854-4186) ([rmooers@twcny.rr.com](mailto:rmooers@twcny.rr.com)) to put your name on a list to be notified of any changes in plans. We'll need a good half dozen members to work that morning, more if we decide to place the 8 in slings.*

## **Saturday, June 10, Learn to Row Day and Club Picnic:**

**9-11 AM, Learn to Row:** We need a good turnout of club members to meet our prospective new members and assist with boats and rowing with the guests. *Please let Peter know you are willing to help* ([petermichaelmccoy@gmail.com](mailto:petermichaelmccoy@gmail.com)). Volunteers are needed to put out signs, deal with waivers and help with teaching on the erg. We'll need one or two members to row with each beginner boat, plus an experienced coxswain. Later on, enjoy rowing with guests from other clubs.

**11:30 to 3 PM Picnic and Rowing with Guest Clubs:** Back by popular demand! Bring a covered dish and be ready to row with members of other clubs in the St. Lawrence Valley. We hope, like last season, to host some members of clubs in Cornwall, Iroquois and Brockville. GORC will provide burgers, hot dogs and non-alcoholic beverages. We'll be rowing GORC boats in mixed crews. We'll need volunteers to cox and will need help with waivers for the guests. We did this in 2016 in occasional rain, but it was still great fun.

**Saturday, June 24, 10 AM, the Flip Experience.** Annual demonstration and practice of the flip/re-enter/row technique with safety, supervision and assistance. Flips happen, even with the Alden Stars, so *any sculler or prospective sculler needs to know how to re-enter and row*. It's not that hard, and it will relieve anxiety about what to do *when, not if*, you flip. Event schedule is weather dependent, so please tell [Dick](#) if you plan to participate. If you can laugh at yourself, you'll do fine.

**Tuesday, October 10, Annual Meeting:** 6 PM Dinner and Membership Meeting, Lobster House in Norwood (subject to change). Election, photos, recap of the season, fun, good food from the menu.

**Regattas, various dates.** See the "Looking for a Challenge?" article for Fall events where we race.



## **2017 Learn to Row – Peter McCoy, Coordinator**

The 2017 Learn to Row program will kick off at 9 AM on Saturday, June 10 (followed by our club picnic). One of the best means we have of recruiting new rowers to the club is word of mouth. If you know of anyone who you believe would be interested in learning to row, please encourage them to sign up on the club web page, and then come to the event with them.

All members are encouraged to drop in to greet our guests and chat them up about rowing, especially personal experiences.

Learn to Row participants will become full members of the club this year as soon as they commit financially to the program, a change from past practice. Formerly, LTR participants paid a small fee for the June instruction and made up the difference if they continued. Please be aware of the change to full payment as you talk about LTR with potential new rowers.



## Boat Reservations Are Important

Just a reminder: all crews and Learn to Row are expected to use the on-line scheduling system. Crew captains and qualified Alden scullers have access to the system and all members have reading access, so there is reason to hope that no two crews will expect to use the same boat at the same time.

Before scheduling an impromptu outing, check to see what boats are available. Scheduled outings have preference. In scheduling boats, remember that *North Star* and *Jimmy Row* are best for heavier crew weights, *For Pete's Sake* is best for mid-weight crews, and *State of Mind* is best for light crews. The pair, *For Pete's Sake* and the Alden singles can accommodate a wide range of crew weights.



## Fleet Maintenance and Utilization

The upgrade of the Dirigo 4+, *North Star*, will continue this season. Joe and Pat made a great deal of progress last season to restore the boat to a usable condition. Additional pre-season work is planned for the foot stretchers, but work may continue into the busier part of the summer. All of our fleet of club boats are “of a certain age”, which is why we can afford them. Unexpected breakdowns and wear and tear repairs can take any boat out of service, which makes checking the reservation system very important to avoid disappointment.



## Looking for a Challenge for Your Crew? Here are Five!

Competing in rowing is well within the capabilities of most GORC crews and scullers and is a great tonic to technique, yet few give it a go. The typical reaction to a suggestion to enter a race is “Not me!” One obvious obstacle to competing is personal schedules, but there may be a bit of performance anxiety involved, too. Truth is, even first year rowers can and do enter the same races that experienced GORC crews enter. Our crews have entered fall “head” races (3 – 5 km, or the perimeter of the island half of our lake) for years, and they often do well. Their regattas include inexperienced crews as well, and our crews see them working hard and having fun and wonder why the novice and recreational classes don't include boats from GORC. Want to spice up your rowing experience? Talk to Brooks, Chelle, Dick, Joe, Julia, Mike, Pat, Peter, Rich, or Ron about racing, and consider entering a fall race. You've got a whole summer to work up to it. Here are the usual races and their probable dates:

Sunday, September 24	Head of the Rideau, Ottawa (5 km)
Saturday, September 30	Tail of the Fish, Saratoga Springs (4 km)
Saturday, October 14	Head of the Genesee, Rochester (5 km)
Saturday, October 14(?)	RowStrong, Syracuse (5 km)
Saturday, October 28	Head of the Fish, Saratoga Springs (4 km)

All costs (travel, accommodations and entrance fees) are borne by the entrants, not the club, but the club equipment and trailer are available to any crew. Ready, row!



## Boathouse Sweeping Assignments for 2017 Season

*(To be revised as membership firms up)*

30-Apr	Carr	Connor
7-May	Cowser	Candace
14-May	Cunningham	Gwen
21-May	Cunningham	Sean
28-May	DelRossi	Alison
4-Jun	Edwards	Cynthia
11-Jun	Estevez	Ana
18-Jun	Fisher	Sandy
25-Jun	Gable	Carol
2-Jul	Hodge	David
9-Jul	Jewett	Rob
16-Jul	Johnson	Ron
23-Jul	Kelson	Christa
30-Jul	Lambert	Julia
6-Aug	Lindahl	Chelle
13-Aug	Luppens	Pat
20-Aug	McCoy	Peter
27-Aug	Menz	Ellie
3-Sep	Mooers	Dick
10-Sep	Petroccione	Ann
17-Sep	Preston	Ashley
24-Sep	Rogers	Stephanie
1-Oct	Rossi-Fries	Carol
8-Oct	Rubsamen	Rich
15-Oct	Sheehan	Michele
22-Oct	Slack	Greg
29-Oct	Slack	Scarlett
	Smith	Chris
	Taylor	Maureen
	Tent	Tara
	Toland	Ray
	Vitale	Joe
	Walter	Michael
	Washburn	Brooks
	Westerling	Janice

**Sweeping assignments will roll over into next season. Nobody escapes!**



**Grateful Oars RC is on the web: <http://gratefuloars.weebly.com>  
On Facebook: check often at <https://www.facebook.com/grateful.oars/>**

*Introduce a friend to rowing and sculling this season with GORC.*