

# GO Rowing!

*2018 End of Season Newsletter, Grateful Oars Rowing Club  
Norwood, New York*

*Click on the photo to watch this crew racing in  
the Head of the Rideau Regatta!*



*Cindy, Carol, Ron, Chris and Rich*

**Celebrate the season: Annual Members Meeting and Election on  
October 10<sup>th</sup>, 6 PM at the Lobster House in Norwood  
Informal and fun! No reservation needed.**

## **From Gwen Cunningham, GORC President**

Congratulations to all who raced this season, to all who completed the Learn to Row program, and to all who simply got out on the water and enjoyed themselves! That's really what this club is about; finding something you enjoy and being out on the water.

I'm looking forward to seeing many of you at the Annual Dinner at 6 PM next Wednesday, the 10th. We have a little bit of business to conduct and then a little bit of fun planned as well so please come prepared to celebrate the season with your fellow club members, family and friends!

To those of you who have just finished your first season and the LTR program as well as anyone who is "between" crews, I strongly encourage you to start thinking about next season as soon as possible. It's easy to think, hey, I'll figure all that out in the spring. I can almost guarantee that by then rowing will be a distant memory and summer will seem practically implausible. So take a moment now to think about your goal for next season. Is it to improve your sweep rowing skills or prepare for a race or learn to scull? Once you've determined that, feel free to let me or anyone you feel comfortable with in the club know and we will do our best to guide you toward others with the same goals.

Finally, I want to thank you ALL for making 2018 our best season yet! I'm looking forward to 2019 already and can't wait to see you all ON THE WATER! - *Gwen*



## Membership

The 2019 rowing season was successful in more ways than one. Everyone appears to have survived the new 3-part online membership process despite some glitches here and there. The process should go much more smoothly next year. For this year's members, the GORC membership form should only have to be edited rather than started all over again to input information, thereby greatly streamlining the process. The hat and shirt sale was popular, twenty members purchasing GORC apparel. Hopefully, items will be ready in time for the annual meeting. Finally, the club Mixer was a great success despite the late date and low water levels. About 28 members enjoyed a morning of rowing, socializing and eating delicious treats at the potluck. Thanks go out to everyone who made that possible. It was great to see our veteran members and LTRs interact and appreciate the best of GORC – camaraderie and a great time on the water. That's what it's all about.

*Carol Rossi-Fries, Membership Coordinator*



## The Season's Rowing: an Excellent Year

Thanks to good activity by the usual crews and a very active Learn to Row program, Grateful Oars RC had its most active season since its founding in 1997. The club is now over 1,000 member-outings this season with a whole month remaining to row. Some of our members have been especially active. Carol Rossi-Fries had the season's personal high number of sweep outings, **74**, a **club record**, as of the end of September! 24 members rowed at least 10 times this season, with several reaching outings into the 40's and 50's. The bulk of our rowing outings is done in the club's crews (boat captain underlined):

**Monday 4:30 PM 4+.** *North Star.* Crew members are *Chelle Lindahl, Joe Vitale, Julia Lambert, Peter McCoy and Rob Jewett.*

**Monday and Wednesday 7:45 AM 4+.** *For Pete's Sake.* *Carol Rossi-Fries, Chris Smith, Cindy Edwards, Janice Westerling, Maureen Taylor.* This season was unique for Carol's crew. "Like any boat, we had challenges, but the most basic one was met in a creative way, thanks to a brilliant idea by Maureen. Although we had planned on helping the development crew by subbing, coxing and just being there to lend support, we knew we had a problem carrying *For Pete's Sake* and knew they would, too. To solve this, we hot-seated the boat with them. We carried *FPS* down at 7:45 for our row; they hopped in at 9:45 and carried the boat back when done. Even though they got the short end of the stick carrying *FPS* up the hill and putting it back on the rack (we're not totally altruistic!), the relationship we developed with that crew was beneficial as we made friends, worked on skills together and solidified a sense of community within the club. Maureen, Janice, Chris, Cindy and I thank the "Rock and Row" crew for coordinating schedules and subbing for us. We also thank Pat Luppens who subbed often and Liz Hafer who filled in as stroke." *Carol*

**Monday and Wednesday 9:30 AM "Rock and Row" 4+.** *For Pete's Sake.* *Chris Daggett, Danielle Jerry, Donna McGinnis, Robin Woodin and Susan Parisian.* The 2nd year development crew is ending the season feeling "developed" with a lot of help from more experienced club members. We started in May feeling a bit apprehensive about many things: ability to row a 4+, how to schedule, proper carrying & putting away of the boat, signing in and out, how to open & lock the boathouse and just getting the feel for taking

proper responsibility of our own experience. Our confidence was a bit rocky. Hence the name: Rock 'n' Rowers. We found a warm welcome and willingness to help from many of the more experienced members. Dick Mooers guided & trained us two mornings each week as our cox and coach. Not only did he teach us rowing skills, he also guided us in many other aspects of responsible club membership. He helped us think of and realize other needs and goals such as how to find a fifth member, learning to cox, learning to use a single scull, and possibly racing in a future season. Carol Rossi-Fries reached out to us initially to suggest a row time that tagged with her crew. As such, we shared the same boat, only had to launch once, subbed for each other and, as it turned out, developed into a lot of additional guidance in all areas and comradery. They modeled how a crew could function and Carol modeled good leadership. By the end of the season our skills had improved, we found a fifth member from LTR in Donna McGinnis, we each tried our hand as cox & in the Aldens, had the opportunity to sub with Carol & crew, and had Carol & Cindy Edwards sub in our boat. In addition, I had the unexpected opportunity to cox for a mixed 4+ crew of Carol, Cindy, Rich Rubsamen & Ron Johnson at the Head of the Rideau regatta, thus soaking in more rowing wisdom from the more experienced. A heartfelt thank you to Dick, Carol, Cindy, Chris Smith, Maureen Taylor, Janice Westerling, Pat, Rich, and Ron. Our "devo" crew started wide-eyed and willing to soak up any knowledge shared from others in this complicated, wonderful sport and ended the season truly a crew on its own. Thanks to you we ended with much more confidence. Next season, ROCK N ROW! - *Chris*

**Wednesday Evening 4+.** *North Star. Brooks Washburn, Joe Vitale, Mary Marcinko (cox), Mike Walter, and Peter McCoy*, with Julia Lambert subbing often, practiced for the fall race season. The work paid off with a strong second place at the 3.2 km Tail of the Fish Regatta in Saratoga Springs at the end of September.



*Brooks, Peter, Mary, Mike and Joe, 2<sup>nd</sup> in MM4+, Tail of the Fish, Saratoga Springs*

**Wednesday Evening Women's Crew.** *State of Mind and Alden Star 22s. Alison Del Rossi, Ashley Preston, Carol, Christa Kelson, Liz Hafer, and Maggie McGuire* rowed as a

4+ and sculled the Aldens. Members took turns coxing *SOM*, with Gwen and Ellie also coxing.

**Friday AM Mixed 4+.** *For Pete's Sake.* Carol, Cindy, Ron Johnson and Rich Rubsamen, put together a race crew for the Head of the Rideau about 3/4 of the way through the season and had fun completing the 3km recreational short course at the Ottawa regatta as a mixed 4+ crew. See Cindy's column, below.

**Monday, Wednesday and Friday 9:30 AM Double Scull/Pair.** *Clarkson 2x/2-*. Rich and Ron rowed and sculled in all kinds of weather, earning a **bronze medal at the Royal Canadian Henley Regatta age groups D-I pair event (first in their H age group)**, and also completing the Henley's group H double scull event in under four minutes. Masters sprints are 1,000m.

**Sculling.** Use of the club's two *Alden Star 22* singles was less than the normal amount this season, although the small boats did come in handy when crews could not fill a sweep boat or when someone just felt like rowing (which is why we have them). About 1/3 of the club is approved for independent use of the club single sculls. Nobody sought this season to become qualified, but a few members did try them out and are likely do some sculling next summer. Rich and Ron sculled often in a Clarkson double scull (see above) and Dick and Pat sculled often in their own boats. Dick raced his *Pura Vida* in the 5.3 km Head of the Rideau Regatta in the 60+ 5.3 km event, finishing 8<sup>th</sup> of 10. Rich and Ron have entered the double scull event at the Head of the Genesee regatta in Rochester on October 7.

*Compiled by Dick*



### ***Cindy Edwards On Rowing and Racing—an Appreciation***

First I want to Thank the Grateful Oars Rowing Club being there to enable me indulge in this great sport. I also want to say THANK YOU to Carol Rossi-Fries for all her patience and coordinating all our times out on the water. Thanks also to Joe with the newbies showing them the beach markers, to Peter coordinating Learn to Row students, to Carol getting the picnic mixer organized...this all helps to make the club have a future...thanks to Pat Luppens for stepping in as a sub/mentor to make it possible to row, but, most of all, I'm grateful for our compadre system that bonds us as a crew. We have experienced blisters, falling off our seats, breaking a rigger, sinking a boat and emptying it while soaked. What goes on in a boat, stays in the boat, cross my heart and lips sealed!!

I want to give a huge THANKS to Ron and Rich from the bottom of my heart for their inspiration which has kept my spirit and soul eager to learn more so that I can race. I have it in my blood and I want to practice so that I can run with the race team. It is the most exciting thing that has ever happened and after our first time racing even though we didn't get a medal, we had the experience of a boat race with 100 or more boats, what happens at a regatta, how to remove and replace the riggers, each and every time becomes easier in familiar grounds or rowing. Helping the other rowers and *vice versa* shows the love of the sport and encouraging new people to try it is nothing short of being filled with pride! Also

want to throw in a big Thank You to Little Ben, Ron's grandson that came out and coxed us with his funny jokes that kept us in stitches. Thank You to Christine Daggett for jumping into the cox seat that was facing forward for a change and guiding us down the river so excellently like she was born to it. We clashed a few blades with another boat but we just kept going like the energizer bunny. Thank you to the Clarkson Crew for all their help, letting us borrow their boat and all the little extras for us. The biggest THANK YOU is to MY CHRIS for staying home with the dogs, Friday and Saturday while I was in Montreal for a run, coming home to go to bed and back up Sunday morning to travel to Ottawa for the GORC race. Sometimes I forget to give this guy a lot of credit for he hears my woes, my ups and downs, but has kept a level head steering me forward with positive attitudes for me to keep reaching for my race goals.

I am hoping next year we will have an all-women race team so that we can really compete and excel each and every time we go out. I would love to come back with medals from our hard work and have some competition with the men's race boat!!!! Thanks to Dick for videotaping us at the Head of the Rideau, we can look at that and learn from it. I heard someone say on the tape, "Someone is yelling!" It might be me telling my team we could do it... push with your legs, dig harder, we got this...good thing I didn't have a mic! Congrats to our team for we sure cut our time down by 5 minutes and 39 seconds!!

*Cindy learned to row with GORC in 2016.*



## **Boathouse Report**

The significant change at the boathouse this season was the photo-voltaic power system upgrade with a larger solar panel, second battery, system monitor, and upgraded controller. A new charging station for cox boxes was built to free up the workbench. Sweeping the boathouse went on fairly well, though there were some missed weeks. Pat Luppens contributed a lawn mower and trimmed the grass along the edges and waterfront several times. Morning rowers and scullers cleaned the dock, for which evening rowers should be forever grateful. Oh, what those geese can do! All the larger crew boats were weighed, and the results are interesting: *By George*, 196#; *Jimmy Row*, 151#; *For Pete's Sake*, 144#; *North Star*, 137#; and, *State of Mind*, 131#. The lightest boat in pounds per rower is the 8! I'll be stepping out of the Boathouse/Yard Coordinator role at the end of the 2019 season, so I'd love to hear from anyone who might be interested in taking over then. - *Dick*

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<http://gratefuloars.weebly.com>  
<https://www.facebook.com/grateful.oars/>