

Olympia Area
Rowing Association
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OAR NEWSLETTER

Fall 2010

Board of Directors

- President—Steve Wade
- Vice-President -Gretchen Van Dusen
- Treasurer—Bob Maki
- Secretary—Cathy Bogan
- Captain—Kiirsten Flynn
- Youth Rowing Representative—Mike Ruth
- At-Large Directors — Joan Cillen and Stewart Johnston

Not familiar with OAR?
Visit our website:
www.olympiaarearowing.org

Please contact me if you have contributions you wish to have included in a subsequent newsletter. Photos are especially needed. Anything as large as a full article or as small as a rowing joke is more than welcome!

Leslie Brodie
OARnewsletter@gmail.com

Local Fall Head Races

Budd Inlet Leslie Brodie

Swantown Marina was surrounded by thick fog the morning of September 18, 2010 and there were some skeptical faces among those that had gathered to row the 13th annual Budd Inlet Regatta—the 8 mile (7 nautical mile) race sponsored by the Sound Rowers. The race experienced difficulties in 2009 when sudden high winds caused many boats to take refuge on the beaches surrounding Budd Inlet. Such is rowing on the Puget Sound in fall weather. This year, however, the fog started to thin before the 9:15 meeting, revealing glimpses of blue sky and the promise of relatively flat water. At 10:00 the rowers, paddlers, and pedal-



Photos: Courtesy of Sound Rowers (Michael Lampi)

Occasionally the terms 'unisuit' and 'birthday suit' get confused.

ers were off and the fun began. There were a total of 43 entries of all shapes and sizes on the triangular-shaped course. OAR had 8 entries—

8+ (cox - Nelson Ruth, 8 - Walker Smith, 7 - Daniel Phillips, 6 - Jackson Parma, 5 - Anthony Konschuh, 4 - Sam Lowe, 3 - Derek Finch, 2 - Devin Finch, 1 - Heather Walker), **two 4x's** (Mike Ruth, Mark Williams, Jack Harden, Tom Kalenius) and (Ashley Lane, Elizabeth Booth, Joan Cullen, Ann



Thanks to Rick Peterson and Peter Plimpton for doing the organizing!



Wade), **two 2x's** (Emily Garlich, Leslie Brodie) and (Bill Cullen, Helen Kramer), plus **three 1x's** (Bob Maki, Alex Smith, Stephen Wade). The **8+** set a new course record for their class.

Thanks to the cooks, other volunteers and to the Port for providing safety boats and setting buoys. More pictures of the event by Michael Lampi can be found at <http://soundrowers.org/Photography.aspx>

Salmon and Seal Mike Ruth

On October 16th, OAR's annual intramural regatta, the Salmon and Seal, took place under blue skies and light breezes. Upwards of 150 people spent the Saturday afternoon rowing, watching, cooking, eating, and volunteering for the many small tasks that make the regatta fun and successful.

Perhaps we should call it the "Seal and Salmon" this year, since we rowed the course in the clockwise direction for the first time. For once the port rowers had an opportunity to even the score around the sharp turn at the second mark.

There were twenty entries arranged in two flights of ten boats each. Within each flight, a junior boat was paired against a masters' boat. When the boats got back to the breakwater 5000 meters later, the Junior boats were more ahead than they started in each pairing. Which goes to show that VO2 uptake and coxswains once again overtake 24 strokes per minute and one practice per week. We were also very happy that Evergreen could join us for the occasion. Their contribution included the only Pair rowed in that competition in years.



Photo: E. Garlich

After the races, rowers and observers enjoyed a delicious potluck lunch, including 30 pounds of barbecued fresh Coho salmon.

Thanks to all the donations at the event, we now can purchase a new stove for our regatta food tent—to be used to cook hot breakfasts for rowers and supporters alike for many years to come.



Thanks to Gretchen Van Dusen and Mike Ruth for organizing!

Junior Rowing Kiirsten Flynn

The OAR junior fall season has started off with a bang with full boats, lots of rowers and great coaches! The group consists of 17 boys, 14 girls, 3 coxswains, 11 novice boys, and 3 novice coxswains. Brittney Lundberg is back coaching the boys, Heather Walker has taken on the novice group, and Sam Lowe is back and helping out primarily with the novice group but helps coaching all groups (and, of course, Kiirsten coaches the girls and is head coach for the Jr.'s program — LB).

Tail of Lake was our first major regatta and we had a terrific showing:

M Novice 4+	2nd place
Mens Jr 4x+	1st place
W Jr JV 8+	2nd place
W Novice 4+	2nd place

Special recognition:

Womens JR 2x	4th place
Mens Novice 8+	5th place
Mens Jr 2x	4th place



Photo: E. Garlich

Many thanks to our trailer driver extraordinaire-David Phillips, and all those that have helped with food at the regattas.

We are excited and preparing for the Portland Classic on Oct 31 and then the Head of the Lake for our experienced junior rowers. Stay tuned.



Photo: E. Ramsey

Recent OAR Junior Alumni

Taylor Brunstad PLU Freshman team

Leiya Kenny McGill Varsity

Alyson Morris Western Washington University Varsity

Jackson Parma University of Washington Freshmen Team

Derek Finch University of Washington Freshmen Team

Devin Finch University of Washington Freshmen Team

Eamon Smith Hobart College

Masters Sweeps Heather Walker

Many sweep rowers are putting their new skills to the test this fall season. We have almost an 8+ of novice rowers, as well as a novice coxswain from our summer Learn-to-Row classes who have continued with the club and are developing their rowing skills alongside our more experienced rowers.

A big thank you to all that volunteered their time to help facilitate and coach those summer Learn-to-Row classes! Registration for the classes was through SPSCC for the first time this year and worked well for us.

Our novice rowers, new rowers to the club, and long-time club members are challenging local clubs at regattas this fall. The first regatta of the fall for the sweeps team, Tail of the Lake, has given us a taste for fall racing and



Photo: E. Garlich

a focus for our practices the rest of the season.

Womens Masters 8+ overall time: 20:48 (15th)

Womens Masters 4+ overall time: 18:26 (8th)

With daylight quickly running from us at our evening practices, we are working efficiently to maximize all of our water time. We've become quick to dock and warm-up, trying to squeeze in all the drills

and pieces we can on the water. The ergs are beginning to make their appearance at the end of practice, perhaps making us all look forward to our long Saturday morning rows.

The sweeps team is now at hard at work preparing for the two remaining regattas of the fall, and are looking forward to strong races at the Portland Fall classic on October 31st and Head of the Lake November 7th.

Masters Sculling *Emily Garlich*

This year there were 5 beginning sculling classes given, thanks to lots of volunteers helping out. Richard Ramsey was the person in charge of Friday intro and flip test. Joan Cullen was the registrar for the classes. Steve W., Rick P., Greg R., Elizabeth B., Joy M., Ann W., Gretchen S., Janet W., Bill C., plus others all helped out on the water. This year, there were 2 times a week beginners could expect help to get out on the water—Saturday mornings (organized by Emily and Leslie) and Sundays (organized by Sue and Sig). In addition, Helen K and Gretchen VD organized times for interme-

diately scullers to get practice time in quads. Many rowers took advantage of these sessions to hone their skills.

Recently, at the Tail of the Lake, OAR scullers placed in 3 events:

W 1x—3rd place *Alex Smith*

Mix Mstr 4x —1st place *Rick Peterson, Alex Smith, Richard Ramsey, Gretchen Van Dusen.*

M 4x—2nd place, *Rick Peterson, Steve Wade, Bob Maki, Richard Ramsey*

One of our veteran rowers, Alex Smith, was 9th out of 22 at the Head of the Charles (Oct. 23). With an



Photo: E. Garlich

incredibly tight field, she was a just a little over 1 minute behind first place in the notoriously difficult 5-kilometer race. Well done Alex!

A reminder as the water/weather gets colder— be prepared with synthetic or wool layers and be sure to attach the life jacket to those aeros.

Use Our Talent *Steve Wade*

OAR depends on several committees to do the things that keep this club healthy. Right now we have some very interesting opportunities for people to chair these committees! Committee chairs are not meant to do all the work themselves. They are not expected to be experts. They are expected to work with the OAR Board to understand our current needs, and to find people among our varied and energetic membership who can take on manageable chunks of work as part of a team. This is a volunteer organization: people want to work with you!

Among the areas currently needing someone to bring things together:

Fund Raising. Present OAR in a way that draws on people's generosity - improvement of our fleet and expansion of our programs depends on gifts.

Regattas. The "home town" regattas are great fun and bring everyone together for a day of rowing without travel.

Facilities, Equipment, and Safety. Learn who to call on for boat repairs and organizing the boathouse. Safety is everyone's job; this committee especially supports safety by maintaining our equipment and providing for emergency response.

In all these areas there are members with skill and experience - they just need someone to call on them. Please consider if this person might be you!

New Members Welcome Aboard!

KJ Albright	Jeremy Lauritzen	Scott Rowley
Kelly Arndt	Lariassa Lauritzen	Bug Ruder
Megan Bartley	Allison Messer	Heather Saunders
Patricia Bolding	Bill Mills	Stu Smith
Maggie Dutch	Michelle Geschke	David Terry
Kathryn Emory	Tami Neilson	Marcelle Thurston
Stacy Genzlinger	Miah Olmstead	Kim Van Zwalenburg
Joslyn Henry	Elizabeth Phillips	Karen Warwick
Margaret Hupp	Soja Purtteman	Mark Williams
Heather Knight	Dawn Rippelmeyer	Gail Wootan

OAR Board Elections

The OAR Board of Directors is elected at the annual membership meeting, held in January. Nominations are being sought for two-year terms for these positions:

President

Vice President

Captain

Secretary (1-year term with potential re-election in 2012).
Member At-Large

Please see the OAR Web site for the duties of these positions. WE NEED MEMBERS to serve on the Nominating Committee, to form a slate of candidates for the January election. Please contact the current President, Steve Wade, if you would like to be part of this process.

Volunteer Work— Get those 12 volunteer hours in!

We need some help with the following :

Equipment and gear:

- Megaphones
- JIT steering
- EX needs a new bow speaker
- Life jackets checked
- Rigging check on the 8s and 4s
- Erg maintenance
- Sculls checked and standardized
- Trailer—paint/rust/lights
- Boathouse rack maintenance
- Oars need painting

Contact **Kiirsten Flynn** if you'd like to help with equipment (email on member's website). If you have the will, but not the know-how, that can usually be fixed!

If you'd like to help with the **Annual Banquet** in January (organization, set-up, clean-up) contact **Lisa Iverson**, volunteer coordinator (email on member's website).

Thank-you to Tom Kalenius for taking on the toe bar work and Sam Lowe for numerous other boat repairs.



Got ERG? Is your erg not getting enough attention at your house? Please consider loaning your erg to the OAR boathouse for both junior and master winter training. Contact Gretchen Van Dusen . Thanks!



Photo: E. Garlich

Some of the coaches show their true colors during the Salmon and Seal

Many thanks to our 2010 coaches:

Kiirsten Flynn, Malorie Harden, Helen Kramer, Christina Lock, Sam Lowe, Brittney Lundberg, Heather Walker, Cullen Stafford, Eamon Smith, Jason Katrina (6 of these 10 are alums of the junior program). We appreciate all your efforts to make us better!

Upcoming Events

October 30 — Portland Loop, 7-kilometer head race on the Willamette River.

October 31— Portland Classic, 5-kilometer head race on the Willamette river,

November 7 — Head of the Lake, Lake Washington, Seattle. A 3-mile head race that marks the end of the season for the coached rowing sessions at OAR.

November 21 — 11:00 am. End-of-the Season Master's Breakfast at Budd Bay Cafe. \$22.95 plus 17% gratuity. RSVP and more info available from Helen Goodlett-Miller via email (address available at members website).

Watch for our **Annual Membership Meeting** as well as our **Annual Banquet**—both in January. The 2nd annual 'Imagine a Place on the Water' **membership raffle** to be drawn at the banquet.

Equipment Wish List

- Used launch hull
- Mass "24"
- Ergs,
- Racing 2x/2-
- Stroke watch(s)
- Cox Box(s) & Head set(s)
- Speaker wiring harness
- Club truck
- 2nd dock

Flotsam and Jetsam

Smacks.

You've been plowing through big clouds of these this fall...what is it? Is it a herd? A flock? A school?



No, it is a 'smack' of moon jellies (*Aurelia aurita*). In the Puget Sound, they tend to gather into groups (or smacks) every August and September. Biologists aren't sure why. The smacks can be made up of hundreds or even thousands of individuals.

Justifying Chocolate.

New research suggests that drinking low-fat chocolate milk after strenuous exercise can help the body recover by helping to rebuild muscle. It could even help prep muscles to perform better in a subsequent bout of exercise. Read more at:

www.medicalnewstoday.com/articles/190813.php

Rowing Trivia. The longest non-stop rowing event in the world is the Tour du Lemman (Tour of Lake Geneva) in Switzerland. It is 160 kilometers long and takes 12-17 hours to complete. As one rower in a coxed quad described it "There were five rowers in our boat; four rowing, one coxing. Every 30 minutes, the coxswain would rotate back into a rowing seat. Thus, for every two hours of rowing, there was one 30 minute period of rest. Rest being an extreme understatement here. In those 30 minutes, you had to steer, eat, re-hydrate, stretch, etc. And before you knew it, you were back to rowing."

Email Flotsam and Jetsam materials and ideas to oarnewsletter@gmail.com