

WAY 'NUFF - PWRC'S MONTHLY NEWSLETTER

Inside This Issue

High School Erg Sprints
Getting the Most out of Erg Time
Indoor Rowing at Gold's Gym
2007 Board Members
Masters Rowing Clinics

Upcoming Events

Mid-Atlantic Erg Sprints
George Washington MS
Alexandria, VA Sat, Feb 3
(snow date: Sat, Feb 10)

Prince William High Schools
Erg Sprints Sat, Feb 10
(snow date: Sat, Feb 17)

C.R.A.S.H. - B Erg Sprints
(Boston, MA) Sun, Feb 25



From the President ...

..... Mike David

Fellow Members -

I thoroughly enjoyed the last four years working with the board and other members of the local rowing community. As I wrap up, I'd like to thank you for the wide-ranging contributions made to the Club. Many of you have spent long hours working at the boathouse, organizing events, repairing equipment, writing newsletters, and much more. But the one thought I'd like to leave you with is -- PWRC could be even better if more people were willing to step forward and play an active role. So if you have a good idea or see something the Club could improve upon, then please be willing to jump in and help -- you'll be glad you did! See you on the Occoquan.

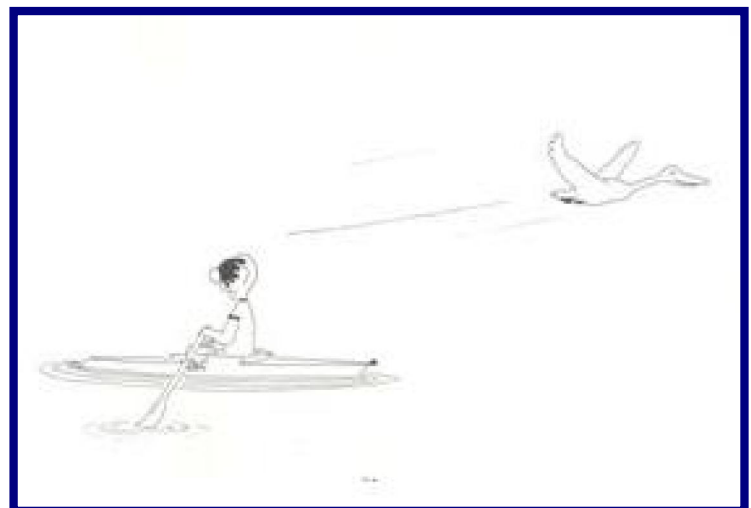
Mike

Overheard during various rowing practices in the year 2006

Liz McDowell - after rowing a pair for the first time: "See? This is what I love about rowing. There's always something new and exciting to learn."

Kate Bonner - while rowing bow in a quad one sunny Sunday: ".....hard on port.....
.....harder on port.....OH, WOW!
REALLY hard on port....."

Mary King - while rowing bow in a quad (on a not-so-sunny weekend): ".....hard on starboard.....
.....harder on starboard.....
.....WHOA!!!! REALLY hard on starboard...."



PWRC Invitational HS Erg Sprints 2007

The PWRC Invitational High School Erg Sprints will be Saturday, **10 February 2007** at Gold's Gym, Dillingham Square, Lake Ridge, VA. Snow date will be 17 February 2007, if required. Registration opens at 8:00 AM, with first races starting at 8:30 AM. Race venues will adhere closely to those used at the Mid-Atlantic Erg Sprints. There is no cost to the HS students to participate. PWRC and its members have generously donated awards and prizes. We also thank Gold's Gym for their co-sponsorship.



Events List:

Men 14 & under	(1000 m)
Women 14 & under	(1000 m)
Men 16 & under	(1500 m)
Women 16 & under	(1500 m)
Lwt men 18 & under	(1500 m)
Lwt women 18 & under	(1500 m)
Men 18 & under	(1500 m)
Women 18 & under	(1500 m)
Men Coxswains	(500 m)
Women Coxswains	(500 m)
Mixed relay (500 m each) 2M/2F	
Men 3-minute double slide	
Women 3-minute double slide	



PWRC Boat Power Award

It is not unusual for a larger, heavier athlete to be capable of producing more power, and scoring better on an erg, than a smaller teammate. In the on-water rowing world, greater body weight submerges the boat deeper into the water, creating additional drag that must be overcome by the power of the rowers. The erg does not penalize the heavier rower in this way, so a heavier rower may appear to have a higher potential than they really have when it is time to get into the boat.

The PWRC Boat Power Award seeks to take into account the weight of the rowers by using the weight adjustment formula found on the Concept2 web site. This formula tells how fast the individual would be able to go in an eight-oared shell if all eight rowers had the same adjusted score and same body weight, and assuming good rowing technique. The formula used multiplies the erg time by a weight adjustment factor computed as follows:

weight factor = (body weight divided by 270) raised to the power of 2/9.

Eight boat power awards (first, second, and third places for 1500 meters, and first place for 1000 meters) will be given to the top scoring men and women rowers.

Getting the Most Out of Erg Time

By Mayrene T. Earle, M.Ed.
(reprinted with permission from the author)

Now that winter is here, most rowers in northern states have moved indoors to train on the ergometer. Many see winter erg training as a chance to maintain or improve strength and fitness in hopes of making their boats go faster in the spring and summer. To achieve this, it's natural (and effective) to focus on your numbers while erging, since the monitor provides immediate feedback, making it easy to set goals, gauge your progress and push yourself to reach a new "personal best."

Unfortunately, in the drive to maintain or improve your erg results, it's all too easy to overlook technique. In doing so, you weaken the connection between your erg training and your rowing, which means you're not getting the full benefit of all your erg work. After all, the erg provides a perfect opportunity to improve technique in a stable environment. And surely each and every one of us can improve at least one aspect of his or her stroke.

I'm so convinced that careful erging can improve technique that I even recommend to rowers in warm climates that they come off the water for brief periods to work on the erg. I promise them that erg training with a focus on technique will lead them to use their time on the water more effectively – and appreciate it more too!

So here's my suggestion: When erging this winter, occasionally drop your focus on the numbers and work on technique. The not-so-big secret is that this will result in better numbers!

Here are some areas you can concentrate on while erging:

- * Keep your hand and chain heights steady.
- * Move your hands and body out of bow without pausing.
- * Keep your upper body steady once you establish your reach.
- * Feel the tension in the chain as it brings you into the catch.
- * Feel the "boat" moving out underneath you on the recovery.
- * Take the catch with your legs.
- * Relax your arms and shoulders and feel them being stretched by the chain.
- * Keep the shoulders ahead of the hips until the legs are at 165 degrees.
- * Delay the arm draw until the back has moved past vertical.
- * Keep the elbows at the same height as the wrists.
- * Repeat again. And again. And again.

Generally it's best to do drills during warm-ups, when you can focus on areas that need improvement and then carry that over into your work. Steady-state erg pieces also are ideal for working on technique and rhythm.

In addition to practicing technique on the erg, watch as much video as you can -- video of yourself and of others. There are a lot of great DVDs out there. Seeing and visualizing good rowing also helps improve your technique.

May you have a healthy and productive winter and a wonderful holiday season. See you in 2007!

Mayrene T. Earle, M.Ed., is founder of MastersCoaching. She conducts camps and clinics for masters rowers around the world. She also provides coaching for coaches and offers Erg Inspiration classes by phone. Contact Mayrene at mayrene@masterscoaching.com. Copyright © Mayrene T. Earle. All rights reserved.

2007 PWRC Board Members

Indoor Rowing Facility At Gold's Gym

PWRC has a new arrangement with Gold's Gym for an indoor rowing facility using ergometers. There are three options to access the ergs (if you're not a Gold's member already). In each case there is no initiation fee and the monthly deals only require a 1-year contract.

- Full gym access - \$40/month.
- Rowing only - \$20/month. Provides access to the ergs only during scheduled rowing classes.
- Per Use Fee - \$5 per visit. Allows a PWRC member to pay at the desk each visit (punch card no longer required).
- HS rowers – see your coaches

Gold's Gym "Fit Row" class schedule:

Monday 7:00 PM – Lake Ridge
 Wednesday 7:00 PM – Lake Ridge
 Thursday 7:00 PM – Lake Ridge
 Sunday 11:00 AM – Lake Ridge

in Lorton:

Tuesday 7:00 PM – Lorton
 Saturday 11:00 AM – Lorton

To take advantage of these options, identify yourself to the desk person as a PWRC member, or member of the rowing club. You may contact Joe Harrison at Gold's Gym to complete a contract.

President -	Mike Lee
Women's VP -	Mary Pat Mabeus
Men's VP -	Steve Bull
Operations Director -	Wally Sorensen
Communications Director -	Jill Clifton
Regatta Director -	Brenda Waltz
Social Director -	Darlene Russell
Treasurer -	Frank Fisher
Secretary -	Karen Hohman

US Rowing Coaching Clinics 2007

Level I January 27-28, 2007 Tempe, Ariz.	Level II January 27-28, 2007 Allendale, Mich.
Level I TBA, late Jan. or early Feb. Sacramento, Calif.	
Level I TBA, late Jan. or early Feb. Seattle, Wash.	Level I & II TBA, January or February Washington, D.C. area
Level I & II TBA, late Jan. or early Feb. Philadelphia, Pa.	Level II TBA, late Jan. or Feb. Oklahoma City, Okla.
Level II February 18-19, 2007 Boston, Mass.	Level I & II March 3-4, 2007 Cambridge, Mass.
Level I TBA, June Austin, Texas	