



Issue 1
March 31,
2005

WAY 'NUFF – PWRC'S MONTHLY NEWSLETTER

From the President.....



..... Mike David

Welcome to our first addition of Way' Nuff. This newsletter is intended to complement our website in ensuring important information reaches the entire membership. Our first edition contains information on upcoming events sponsored by our Club, and an initial calendar of events which includes this year's proposed national regatta schedule as published by US Rowing.

Since this is the first issue and there may be some who are new to PWRC, let me start with a little history. Our Club got its start in 1990 as an extension of the local student-rowing program. Interested parents initially rowed as mixed adults in some of the Occoquan regattas and eventually separated into masters men or masters women. In late fall of 1997 the Prince William Rowing Club was organized as an associate member of the Prince William Crew Association, and in January 1998 PWRC was incorporated as a non-profit organization, providing an adult masters rowing program and a summer rowing camp for Novices. More background can be found in the Club Ops Policy document on the website (www.pwrc.org).

Speaking of the website, Vicki Herman did incredible work reengineering the website last year. In the coming months we'll post updated information about the upcoming season, so we invite you to check the website often.

As we start thinking about getting back on the water, remember to get a head start on regaining "racing form" -- June is just around the corner. For those who enjoy group training, don't forget the Gold's indoor rowing center. Michael Heisey and Angie Hart offer several classes a week to help give you a winning edge in technique and stamina. Club members may wish to take advantage of the PWRC membership discounts - see details on our website.

We continue to remain a club committed to having safe fun on the water, and providing our members with opportunities to be as competitive or as recreational as they prefer.

Finally, we welcome your feedback on ways to improve the Club. Please feel free to contact any of the board members ... or use the website discussion forum to express your views and share ideas.

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Learn to Row Day 4/29

Adult Summer '05
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Useful Rowing Links:

www.concept2.com

www.usrowing.org

www.SewSporty.com

HEAD COACH'S CORNER.....

Dear PWRC members:

As many of you already know from Mike David's announcement, I have accepted the position of head coach. I am extremely pleased to take up this challenge and look forward to a very successful season with all of you. I appreciate all the words of encouragement that I have already received in e-mails!

My focus this season will be, "What can I do for you?" I say this because I want 100% (or close to 100%) satisfaction out of every club member. Your time and money go into this club and I want to make sure that you consider your experience with the club to be a good investment.

Currently, I am working on assembling a coaching staff that will produce positive results on a team, boat and individual level within the club. Together, our mission will be to provide you with a fun and challenging rowing season.

Talking up the season is definitely an easy thing for me to do right now. The mayhem of the season is not upon me yet. It is easy for a coach to promise great things when the stress of running a team is not on their shoulders. I want to do a great job for this club and for every individual involved. Starting April 1, I will hold "office hours" where anyone in the club will be able to contact me Monday through Friday from the hours of 9-10 pm. Contact me with any questions, comments or concerns you have about the upcoming season. Feel free to call me at (703) 505-5182 or e-mail me anytime at jpick3kq@umw.edu. I look forward to any suggestions for the upcoming season.

Thank you for your time. I hope everyone in the club is looking forward to warm weather and good times this summer!

Sincerely,

Jim Pickens

UPDATE ON EXPANSION OF OXFORD BOATHOUSE

The first phase of the boathouse expansion is essentially complete - thanks to all the PWRC members who helped with the effort. The new addition holds 12 four/quads to more comfortably accommodate the five high schools in the boathouse.

Work will likely resume this summer on relocating the equipment lockers and fuel/motor storage to bring the building up to code and comply with the requirements of the resource protection area.

Work will also be done on the docks. Please consider donating time to support these rowing community projects. Stay tuned to future editions of our newsletter for a time-line on these projects.



ATTENTION ALL CLUB MEMBERS!

Time to remember how our fingers walk through endless goops of goose poop during rowing season. Anyone with innovative suggestions on how to deal with this issue -- send them in to Nalini Rhea at info@pwrc.org or Jody Johnson at johnsonja@pwcs.edu.

Anyone who has a workable solution to this will get treated by Nalini to pizza and a drink, and will get a certificate on successfully passing (pardon the dreadful pun) Goose Poopology 101 signed by our very own resident expert, Rich Adams. Photo op also available, as long as Rich ain't smilin'.

2005 ERG SPRINTS RESULTS.....

For years now, numerous participants from the Prince William rowing community have made the Mid-Atlantic Erg Sprints a centerpiece of their winter training. The event is extremely large, attracting participants from far away and from a wide demographic background. There are events and categories for all ages - from pre-teens to the 80's. The Sprints are held in a middle school gymnasium, with 30+ Concept Model D ergs. Half of the ergs are hooked to eRow & visible on large TV screens, similar to our club's use of eRow for the High School Erg Sprints at Gold's.

The largest participation event for Masters Rowers is the individual 2000 meter sprint, and each year PWRC has numerous entries for the 2K. And in recent years, PWRC has fielded several mixed relay teams. The relay teams are comprised of 2 men, 2 women, each rowing 500 meters. The clock keeps running while you're transferring, so the smoother that goes, the better the time. The relay sprints are a lot of fun as each individual's time erging is short, and each of your other 3 teammates are actively involved in encouraging you, being your "foot stretchers" and pulling a good time.

Both this year and last, we fielded three mixed relay teams. Last year we took 2nd & 3rd. This year PWRC took 1st and 3rd in the competition for mixed relays. The team of **Tom Richbourg, Peter Boyd, Angie Hart & Jill Clifton** took 1st. The team of **Jim Howe, Mike Lee, Nalini Rhea & Pat Williams** took 3rd. In the individual 2000 meter sprint, **Jill Clifton** took 2nd place.

Check out the pictures on our website. You can also go to the official website to see the full results of the erg sprints. While erging can never be as much fun as being on the water, the Mid-Atlantic event is still a good time in the dead of winter. Whether you participate in a couple of events or just one, it helps get the competitive juices flowing. Be sure and check it out next year! <http://www.tcwcrew.org/ESPics2005.htm>



PWRC/GOLD'S INDOOR ROWING CENTER CLASSES:

Sunday - Michael Heisey 11:00 am to 12 noon
Monday - Angie Hart 7:00 pm to 8:00 pm
Wednesday - Michael Heisey 6:30 pm to 7:30 pm

These classes are usually well attended. If there is enough interest expressed by club members, additional classes may be possible. There's been some talk of restarting a Saturday morning erg class.

*Watch for information regarding new classes
in future editions of the newsletter.*

NUTRITION FOR MASTER ROWERS

This article was written by Adair Ferguson, BSc, BA (Human Movement), MSc, who is a former Australian World Lightweight Single Sculling Champion, Commonwealth Games gold medalist, and many time national champion. She is currently Sports Development Officer for ACT Rowing. Because she's Australian, the spelling in this article will often seem wrong to us - but it's right for them! It's an interesting article and, as is the case with such articles, expresses her own views based on her own experiences. But there is something to be learned from it, so do read on.....

<http://www.rowingact.org.au/SDO/Masters/Masters%20Nutrition.html>

Point of Greatest Hazard III -- In Praise of Trailer Drivers

Borrowed from a row2k article which appeared in their newsletter in 2003, this is a tribute to people like our very own Wally (Mister Grumpy) Sorenson, who make our away regattas so easy and simple for the rest of us - read on and understand exactly what he has to go through, and what pitfalls he has to avoid!

Driving a trailer full of boats is a special skill. This column is in deep appreciation to all those people – coaches, assistant coaches, boatwrights, club managers, et al -- who take on that daunting responsibility, thus making it possible for us competitors to travel to regattas. Thank them repeatedly, and thank them best of all by loading the trailer balanced and well-strapped, as well as always sending at least one other person riding in the truck with them.

An extra set of eyes to keep watch behind, help direct tight turns, or spot that container lid beginning to open up in the wind's buffeting can nip trouble in the bud. An extra pair of hands in case a boat shifts, or to help deal with the unexpected crises is vital. Bows of boats on a trailer swing surprisingly wide on turns. The driver can watch the left side, but the roof of the cab obscures the hazards on the right. An extra pair of eyes in the right seat to prevent the bows from hooking telephone poles, signs, or tree branches, could save your fleet. Sterns develop minds of their own at awkward times. Like cats, they need watching; they like to rub up against things when you're not looking.

They also can be hard to see, especially at night when they and the safety flags dangling from them ride too high to reflect the glow from a following car's headlights. This can mislead drivers to key their following distance from the back of your trailer, unaware that the shells actually protrude twenty feet further back (sometimes practically above the hood of their car). An inexpensive clip-on battery-powered light (like the ones used for early morning practices) on one of the sterns will draw attention. Outlining the back of your trailer in highly reflective tape (3M makes some) will help following drivers pick out the shape of the trailer – visual cues which a few small red taillights do not always convey to the unfamiliar. Newer trailers usually come with this feature, thank goodness. (Four harrowing hours driving the 'chase' car behind the team trailer through the mountains of Pennsylvania amidst the tail end of a tropical storm will give you a new appreciation for how a sixty-foot object can blend itself into the murk.)

Nor does the journey have to be long to turn into an adventure. One memorable (though fortunately short) return journey from a regatta illustrates in microcosm. During the 5-day regatta, our shells had been derigged and loaded as their events finished, often shifted from rack to rack, -- even between trailers -- to make room for whichever boats needed to race next. (This is a long way of explaining why our usual loading sequence had not been followed.) One eight was too far forward, another too far back, and most of them had ended up on one side with the fours on the other. The trailer tended to bob and nod philosophically behind us like a partially anaesthetized patient.

There is a particular quiet hum that a well-maintained and balanced trailer makes on the road, punctuated every so often by the happy chirp of axle springs.

That was not the sound our trailer was making.

We pulled over to check some straps, (standard procedure to check everything aboard the trailer after a few miles of shakedown). As proof of the community of rowing: two members of the Mexican national team, also returning from the regatta, saw the boats and pulled over behind us to check that we were okay. We thanked them and assured them we were. That is until we had to merge to the right lane of an expressway after a left lane entrance. [There are special circles in hell for designers of left lane entrance ramps.] A succession of pulsing, shuddering screeches and two metallic bangs erupted from the trailer behind us. Warren fought, white-faced, to keep the

trailer from whipping the truck around like a rat being shaken by a terrier. "The right-turn signal is activating the trailer brakes!"

The audible interference of the pulses through the CD player confirmed it. Incorrect grounding? Worn insulation? We hadn't noticed the 'blinker effect' when we had pulled over earlier because the brakes had already been three-quarters applied.

The hitch -- heaven knows how -- held under the strain. The tires had every right to blow -- but fortunately didn't. The boats stayed on; the trailer stayed upright; the oars did not come hurtling through the rear window of the cab, and nothing important, valuable, or immediately lethal broke loose. We didn't dare use the right blinker again; frantic hand signals worked us across three lanes of traffic, and the rest of the trip home. (Another strong argument for having at least a second person riding with the trailer.) Nearly catatonic, and much delayed, we eventually reached the boathouse and our teammates waiting to unload the boats.

"Was that you guys? We heard it from across the river."

"Next regatta, maybe we should just row the boats there, okay?"

"Er, next regatta is Canadian Henley." (Seven hundred miles.)

"I repeat my initial suggestion."

So, the next time you see him or her, give a big thanks to your program's trailer driver, for The Road leads ever on and on.

Your 2005 PWRC Board Members

President	Mike David
Operations Director	Wally Sorenson
Men's VP	Mike Lee
Women's VP	Karen de Vito
Head Coach	Jim Pickens
Treasurer	Frank Fisher
Secretary	Susan Grohoski
Regatta Director	Steve Bull
Social Director	Linda Langlois
Communications Director (website/publicity)	Nalini Rhea

Editor's Note:

We welcome your suggestions for articles and ideas for future editions. Email your ideas to Nalini Rhea at info@pwrc.org.

- See Nalini for information on spring/summer adult rowing camps.
- Don't forget to register for the 2005 Summer Season at www.pwrc.org

For those of you who "need to know" check out the website count down and see how long we have to wait to get back out on the water !