

# STROKEWATCH

BAY AREA ROWING CLUB OF HOUSTON • FEBRUARY 2005



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2005  
Spring  
Regattas

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Many of our newcomers to the club may not realize there is a boat reservation schedule. This schedule can be found on the colorful bulletin board next to the log sheets. If you have a crew that meets on a regular basis, please e-mail me about which boat you would like to row, and I will add you to the schedule. I typically check the reservation schedule every quarter, just to make sure the scheduled boats are being used on a regular basis. The general rule is that a crew should take a boat out at least once every three weeks. Of course, there are those circumstances where the weather just does not cooperate for several weeks in a row. If a crew does not show, another crew can take the boat out 15 minutes past the scheduled time. **If you would like to row a double, pair, quad, four, or eight on a regular basis or would like to be taken off the schedule, please contact me by e-mail at [mhood85@hotmail.com](mailto:mhood85@hotmail.com).**

With the Spring season soon here, many BARC members will compete in away regattas. If you plan on participating in any of the away regattas this coming fall, please let the regatta coordinator and myself know. **Alex Parkman** has graciously accepted the position of regatta coordinator. Since regattas are on the weekends, many of those on the boat reservation schedule are affected. In order for things to run smoothly, please do the following:

- 1) Sign up for boats. A sheet for each regatta will be posted on the bulletin board.
- 2) If transporting a club boat yourself, please make a note on the chalkboard as to when the boat will leave and return.
- 3) Derig boat (not too early please) and carefully label parts. Help load boat onto trailer.
- 4) Rig all club boats within a day or two after their return. If a boat is scheduled to be rowed by a crew the day after its return, please rig ASAP or let me know.

Thanks for your help and if you have any questions please feel free to contact Alex or me.

*Good luck at competition in 2005 everybody!*



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 www.barchouston.org

**For membership information call  
 281-326-5995 or email  
 Membership@barchouston.org**

**Club Officers:**

- President Hannes Hofer
- Vice President John Troupe
- Treasurer Lynn Leenhouts
- Secretary Joe DeLucia
- Board Members: Suzie Williams  
 Theresa Tompkins  
 Marilyn Bullard  
 Henry Epstein
- Membership Dir. Theresa Tompkins
- Rowing Dev. Theresa Tompkins
- Equipment Mgr. Bruce Asher
- Newsletter Tina Bryan  
 Tamara Banda
- BARCwear Theresa Tompkins
- Webmaster Hannes Hofer

**Very Important Member YOU!**

# DRAGON BOAT REGATTA? REALLY?



Yepperoli! And **IT WAS FUN!!!** Let's see, **Connie Ann, Bill G., Hannes, Alex, Karl** and I shared one boat of about 20-22 paddlers. While Sexy **Mikie** and the brilliant **Elaine** aka Horatio Hornblower participated in another boat...which **ONLY** beat us by a second or two. No gloating please!!!! I newwwwwwwver would have guessed how much energy it could take to paddle a 500 meter race. Well let me tell you...I couldn't breathe! (Okay..being out late the night before had **NOTHING** to do with that I'm sure!!) Anyways... we met all kinds of really neat people. Had a perfect day of lazing in the grass between races beneath a brilliantly forgiving overcast sky, surrounded by vendors (Connie Ann does like to shop!), as we opened our lives to yet one more way cool water sport. Now **THAT!** I would do again! And Connie Ann...I especially enjoyed the girl talk!

## USRowing

by Tom Lotz

I believe that individual membership in **USRowing** is appropriate for anyone who is seriously interested in the sport of rowing. **BARC** is an organizational member of **USRowing**, and certain perks are gained by that membership. However, there are a myriad of reasons for individual membership in **USRowing**. Several are listed at **www.usrowing.org**. Please review and decide if you want to become an individual member of **USRowing**. To join, go to **www.usrowing.org** or use the form & envelope on the bulletin board at the boathouse.



**Dragon Boat Regatta**

# 2005 SPRING REGATTA SCHEDULE

## AS OF JANUARY 18, 2005 from Tom Lotz

**Saturday, March 5, 2005**

**Stanton Invitational, Ortega River, Jacksonville, FL**, jr, i-1,500m, Invitational with limited lanes (5), ST Hitchcock, 1133 River Bank Court, Jacksonville, FL 32207, (d) 904-553-9374, (e) 904-553-9374, (f) 904-630-6758, (email) sthitchcock@hotmail.com, Host(s): Stanton Rowing. Entry Deadline: 2/25/2005.

**Saturday, March 12, 2005, through Sunday, March 13, 2005**

**Heart of Texas, Town Lake, Austin, TX**, nov, jr, m, o, coxswain race, rec-1000m, Coaches, Jessica Hymowitz, 803 Pressler St., Austin, TX 78703, (d) 512-423-6567, (e) 512-423-6567, (f) 512-857-0888, (email) Registrar@austinrowing.org, (website) http://www.austinrowing.org/regattas/heart/, Host(s): Austin Rowing Club. Entry Deadline: 2/25/2005. (HOTOP)

**Saturday, March 19, 2005**

**Augusta Invitational Spring Regatta, Langley Pond, Aiken, South Carolina**, nov, jr, c, o-2000 meters, Edward Gunter, 101 Riverfront Drive, Augusta, Georgia 30901, (d) (706) 821-2875, (email) gunteredward@yahoo.com, (website) www.augustarowingclub.org, Host(s): Augusta Rowing Club. Entry Deadline: 3/12/2005. (ALCOCK)

**Saturday, March 26, 2005**

**Lanier Sprints, Lake Lanier (1996 Olympic Course), Gainesville, GA**, jr, c, m, o-2000, (1000 for Masters), John Ferriss, 3105 Clarks Bridge Rd, Gainesville, GA 30506, (d) 770-287-0077, (e) 770-287-0077, (f) 770-287-0171, (email) LLRC@mindspring.com, (website) www.LLRC.ws, Host(s): Lake Lanier Rowing Club. Entry Deadline: 3/19/2005.

**Saturday, April 2, 2005**

**John Hunter Regatta, Melton Lake, Oak Ridge, Tennessee**, jr, c-2000m, Nils Thompson, 9370 Huntcliff Trace, Atlanta, Georgia 30350, (d) 770-992-9431, (e) 770-992-9431, (f) 770-992-9431, (email) 2nils@bellsouth.net, (website) www.JohnHunterRegatta.com, Host(s): Georgia Tech Rowing Club, Saint Andrew Rowing Club. Entry Deadline: 3/18/2005. (P. WILSON)

**Jacksonville Invitational Ortega River, Jacksonville, FL**. Open - HS. c: Ted Riedeberg, 7400 San Jose Blvd. Jacksonville, FL 32217, ph: 904-424-2869, f: 904-739-9363, email: riedebergt@bolles.org. Host: Bolles. Entry Deadline: March 18, 2005.

**Sunday, April 24, 2005**

**The Dogwood Festival Regatta Oak Ridge, TN**. Master - Open. c: John Iacovino, P.O. Box 4384 Oak Ridge, TN 37830, ph: 865.482.6538, email: jaiacovino@aol.com. c: Allen Eubanks. Host: Oak Ridge Rowing. Entry Deadline: April 15, 2005. Web: www.orra.org

**Saturday, April 30, 2005**

**Big XII Championships, Austin, TX** Caroline.king@athletics.utexas.edu  
**Texas Junior Championships, Austin, TX** kourtney@mail.utexas.edu

**Saturday, May 7, 2005**

**Aiken/Augusta MRA Masters Regatta, Langley Pond, Aiken, South Carolina**, m-1000 meters, Edward Gunter, 101 Riverfront Drive, Augusta, Georgia 30901, (d) (706) 821 2875, (email) gunteredward@yahoo.com, (website) www.augustarowingclub.org, Host(s): Augusta Rowing Club. Entry Deadline: 5/2/2005.

**Saturday, June 11, 2005, through Sunday, June 12, 2005**

**USRowing National Youth Championships, Harsha Lake, Cincinnati, Ohio**, jr, i-2,000 meters, Jody Pope, 201 S. Capitol Ave., Suite 400, Indianapolis, Ind. 46225, (d) 317-237-5651, (e) 317-237-5651, (f) 317-237-5646, (email) jody@usrowing.org, (website) www.usrowing.org, Host(s): USRowing and Cincinnati Junior R.C.

**Saturday, June 25, 2005 through Sunday, June 26, 2005**

**USRowing SE Regional Championships Aiken, S.C., Langley Pond**. Master - Open - Junior - Novice. c: Jim Buckalew, 2111 Kanawha Ave. SE Charleston, WV 25304, ph: 304-346-3420, email: jbuckalew1@charter.net. Host: USRowing, Aiken County and the Augusta R.C.. Web: www.usrowing.org

**Friday, July 22, 2005, through Sunday, July 31, 2005**

**2005 World Masters Games, Telford Lake, Edmonton, Alberta, Canada**, m-1000 meters, Minimum age of 27 1x Single Scull Men/Women 2x Double Scull Men/Women/Mixed 2-Coxless Pairs Men/Women 4x Quadruple Scull Men/Women/Mixed 4+ Coxed Four Men/Women 4- Coxless Four Men/Women 8+ Eight Men/Women/Mixed, Karla Karch, P.O. BOX 2005, Edmonton, Alberta, Canada T5J 5E5, (d) 780-822-2005, (f) 780-822-2100, (email) 2005worldmasters@edmonton.ca, Host(s): 2005 World Masters Games.

**Wednesday, August 10, 2005, through Saturday, August 13, 2005**

**USRowing Masters National Championship Regatta, Lake Quinsigamond, Worcester, MA**, m-1,000 meters, Jody Pope, 201 S. Capitol Ave., Suite 400, Indianapolis, Ind. 46225, (d) 317-237-5651, (f) 317-237-5651, (email) jody@usrowing.org, (website) www.usrowing.org, Host(s): USRowing and Quinsigamond RA. Entry Deadline: 8/1/2005. (J. QUINN)

See [www.row2k.com](http://www.row2k.com) or [www.usrowing.org](http://www.usrowing.org) for more listings.

# 10 Ten Reasons Why The "Great Eight" Is Slow Leaving The Dock

by Marilyn Bullard

10. Arthritis medication needs time to kick in.
9. It takes longer to empty bladder when prostate is enlarged.
8. Getting pacemakers synchronized.
7. Having trouble turning up volume on hearing aids to hear cox.
6. Drooling on oar handles makes them slippery and hard to hold.
5. Problems getting "Depends" properly situated.
4. Confusion about which seat to get in.
3. Putting on and taking off clothing during "hot flash" moments.
2. Trying to remember where the ginko biloba is stashed.

And the number one reason the "Great Eight" is slow leaving the dock.....

1. Fighting their way through all the single scullers who are lolly gagging on the dock.



## GATOR SIGHTING! GATOR SIGHTING!

**UNBELIEVABLE!** There I was quietly inhaling the loveliness of the moment when a gator emerged! I mean snout, body and all! I could not NOT believe it! I have to tell you it was just a wee bit scary being that close and just about half the length of my skinny little boat! Shew! And then I woke up. What a relief!!! Yep! Now I am dreaming about gators at the lake. (Hey! I was just in Alabama for my mom's birthday. What can I say?!!!!)

# PAUL ERB'S PERSONAL PLAN FOR SAFETY ON THE WATER

*with a few comments by the editor...Paul said it was okay!!)*



We typically have no motor launch support and little or no casual motor boat traffic at BARC. Also, it is not uncommon for scullers to be out alone, especially during the week, and in the evenings. This situation presents special safety considerations for those of us who row under these circumstances. These concerns are doubled (at least) if rowing is done after dark or in cold water. The following notes, ideas, and questions are presented to encourage a store of ideas to cope with these situations:

- The area past the straight main section of the lake is very isolated and without nearby help, but it is inviting due to wind shelter. Nevertheless, it is best avoided, if you are the only one on the water. If others are rowing, and you decide to go into that area, try to make sure they know where you are headed. Perhaps they'll join you for the adventure... (Editor: Now Tina goes out there by herself all the time!!! She realllly likes it by the buzzard trees. Rev G understands!)
- Mud Lake is a risky (and obnoxious!) place to touch bottom. Snags and sharp objects can certainly be present in the mud, and there is never any visibility. Be very careful touching bottom if you fall from your boat. Put your flip-flops on (you did bring your flip-flops didn't you?). Resist the temptation to walk the boat toward shore, and beware that the shoreline is no "bargain" either in terms of a dangerous, slippery bank, especially for bare feet. (Editor: But if you simply cannot get back in your boat..walking or swimming the boat to shore may be the only option. And the bottom is indeed disgusting!!!)
- A sculler in a single is notably limited in his or her capacity to offer assistance to another sculler with a breakdown or boat reentry problem, but you may be surprised that there are ALWAYS ways to help. For example:
  - You can bring your boat close alongside and hold your oars firmly so that the capsized sculler can use the center of your cockpit for extra lift to climb into his or her shell... note, best try this only if absolutely necessary and only with the more robust club boats.
  - If a scull has been broken or lost, it is very easy to retrieve the oar (or fetch one from the boat house) and tow it back to the sculler in distress. Take 6 ft. of line (which you should already be carrying, or else you will find in the boat house). Tie a tight hitch just beneath the collar toward the blade end of the shaft. Put the oar in the water next to your boat, and tie the other end of the line to the center of your rigger or your footrest. The oar will trail neatly behind your boat as you row back to the person in distress. You will also get some extra exercise for your generosity! (Ask Helen how well this can work... she's a believer!!)
  - A broken oarlock may be fixed by lashing the oar tightly to the rigger by use of clove hitches. It will not be smooth to row, but a good sculler should still get gently home.
  - A broken rigger is an unlikely one, but could be very tough to fix on the water. The only choice I can see is to carry a short stick (like a 12" to 18" piece of broomstick taped or tied to the rigger. This could be used as a splint and lashed in place to repair the rigger. As a bonus, the splint may work to repair a broken oar, if you are out alone, but the lashing will have to be strong, and the oar used very gently.
  - Towing one scull with another is very unlikely to succeed. The drag will be large, and the weight on the oars immense. However, if you feel you must do so (for example in a medical emergency where the victim can only lay down in the scull and is not able to row) it may work if you have very good balance. I would approach this situation by towing the disabled scull/person stern first. You will need a long line (maybe 40 ft). Tie the line to the victim's rigger in the center. Next tie the line tightly around the stern of the scull with a clove hitch about a foot or two from the stern. Then dead end the line on the center of your rigger. Then see if you can make it work.
  - Lastly, a sunken scull is very difficult to row. Please be sure the boat is dry, all plugs are in, and hatches closed before you leave the dock!

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- Based on the above scenarios, you may want to give some thought to carrying 6 or 8 ft of small diameter line and a short broomstick with you in the boat when you are rowing alone or just as a matter of habit. It's probably impractical and unnecessary to routinely carry 40ft of towline in your boat, but we may want to keep such a towline sized and handy for emergencies hanging in the boat house.

- When you row alone, always ask yourself how you would handle a breakdown? (Editor: Hey Paul! My life is one big dramatic breakdown!!!) Also, before you row, consider the risk vs. likelihood of a medical situation that would incapacitate you (could be a vicious cramp, fainting, or something worse). You may conclude that an easy workout is the way to go, because you are less likely to overstress the boat, the oars, or yourself.

- Lastly, please be very wary of any cuts or (especially) deep puncture wounds that you might receive from objects on the bottom or shoreline of the lake. During warm months salt water bacteria are active and a severe infection can result. Scratches and scrapes should be carefully medicated, and any type of deep cut or puncture wound should be taken to ER. Explain to the ER staff that the wound has been in salt water. I will spare you the details, but I once spent 9 days in Clear Lake Hospital getting heavy IV antibiotics due to a puncture wound in salt water. The good news is that my right foot is still mine! (Editor: Yikes! Glad you are okay!!)

♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥  
***LET'S BE SWEET!!!***  
♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥

Ya'll, I was asked to put the following bit in the newsletter. Just a reminder we should remember (1) that we all come to rowing for our own reasons and (2) that words do have impact. In fact, I have been contacted a few times in the past several months over instances of unkind and/or untrue words leading to hurt feelings. I think we should adopt a new club mantra "Peace Love Groovy and Just Row!"

From a member who's fun to row with:

"What's wrong with this picture: BARC member returns to clubhouse from overseas. It's his first chance to row in 2 months. It's a bit breezy, but he is going to get out there! He sees a sculler carrying her boat up after her workout. As she sets her boat back in the slings she turns to him and the first thing she says is:

"... Jeez, you have your own oars and you're rowing a beginner boat!?"

Rowing is a fantastic sport known only to relatively few. Why not resolve to be more supportive of each other in our common endeavor!"

**2004 BARC**



From Rev G in the golden land of dikes and cobbles:

### Under Houston

Some days, Houston is an itch.  
Irritating - too slow; too fast -  
too small and too big and way damp.

Some days, my friend, hotter than hormones  
and I'm lost in urban passions.  
And some days everyone you see is nasty  
and so are their kids. Mean.

The coast is where Houston  
pisses into Europe's hot tub.  
Gulf breezes forgive our transgressions  
indulged in the shade of big, lazy trees.

I'm trucking on patched roads,  
finger-in-cheek rhythm:  
pop pause pop pop pause pop  
looping in heavy metal traffic.

Fry egg sun outside my tinted window  
strobe lights passing lives seen  
through my reflecting people shadys.

South Freeway north past Alameda Genoa;  
past Sabo, Beamer, and Wayside;  
then Red Bud to Kirby and right to water side.

Welcome me sister water;  
sky embrace me and dazzle.  
Smile upon this rash bipped  
with oars and boat.  
An aquatic monkey, I row away

From my discarded look;  
my piddling fears and dreams;  
and from my confident, calm self.

Cool me brother wind;  
body play for me,  
mind never mind, nap.  
Row away and count to five.

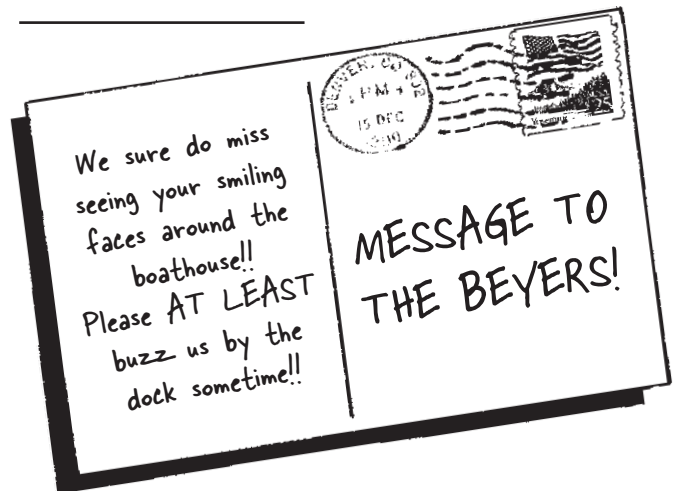
At four, throw everything  
up into the air; all your trouble.  
Enjoy that moment of suspension  
in nothing at all before  
it starts to fall back down.

G. Wiley  
2004



# ...Pondering

Well, when last my friend **Gareth** was in town, we agreed to a quiet afternoon row at the lake. There was a nip in the air. The water was perfect for rowing. And all was very good with our worlds. It was wonderful! So good in fact, we saw a handful of roseate spoonbills. Can you believe it? Pink birds by the buzzard trees? It was soooooo cool. In the twelve or so years I've been coming to this lake I have **NEVER** seen pink birds before. In fact, the last time I saw pink birds was on a camping safari in Kenya where we spotted flamingos at their favorite watering spot. Now! Do you knooooooooooooow why these lovely feathered creatures are cast this delicate hue? Well...its cause of what they eat. Shrimp to be specific. Way cool! (And thanks to **Tom Heig** for confirming that little bit of trivia.) Glad to know that aren't ya?!! Yep...yet one MORE reason for the row! Pink bird spotting!! Oh yeah...and you know my baby brother captains his very own shrimp boat. And I looooooooooove to eat those little critters (shrimp not pink birds!!). Hmmmm...surprised the entire Bryan family aren't known as the pinkies!! (Yep! I think like this all the time!!! Scarrrrrrrrrrrry!!)



Pumpkin Head BARC Mix Quad - Aren't They Cute?



# BARC

## AT THE MARATHON ROWING CHAMPIONSHIPS

On November 13, thirteen (fool?) hardy **BARC rowers** found themselves in Natchitoches, Louisiana for the 15th annual Marathon Rowing Championships. 26 miles of water separated the start and the finish line – roughly equivalent to 9 laps around Mud Lake.

Boat / Time	Previous Marathons Rowed	Reason/Motivation for rowing the Marathon
<b>1X / 3hrs 33mins</b> Breff Cooling	2	Nothing better to do on Saturday.
<b>2- / 3 hrs 90 mins</b> Cynthia Reiser Elaine Peltier	2 0	To prove that I am still alive. Bloody stupid ?
<b>2X / 3hrs 34mins</b> Hannes Hofer Alex Parkman	8 3	Just felt like it. To see if it gets any easier.
<b>4X / 3hrs 47mins</b> Ev McClendon Lisa Takagi Karl Zimmer Bill Donnelly	1 0 3 2	For fun / improve PR Ev caught her while too busy to think Loves the pain To catch up on his sleep (car ride to/from)
<b>4X / 3hrs 65 mins</b> Bruce Melzer Ann Shoemaker Mary Gormanson Catherine Bidard	14 3 2 0	Pleasure To set a good example for her children Suckered into it. I like rowing.
TOTAL	40	(This is one less than Marilyn has run!)

## POST MARATHON ROWING COMMENTS

**Breff** had many positive comments on his boat, but rather few about his technique, despite posting the fastest time from BARC.

**Hannes** rows like the Energizer bunny – he just keeps going. You almost have to beg to get him to stop to drink water.

Since **Lisa** and **Bill** were sleeping on the ride home, I figure they must have rowed harder than **Ev** and **Karl**.

**Bruce Melzer** rowed in the bow seat. Was it to steer, or so he could keep an eye on the women? **Mary Gormanson** did a superb job as stroke, and had more fun than when she rowed as an Aggie.

The Cane River is quite scenic, and well protected. The race draws participants from many states, including Florida, Tennessee, Missouri, Arizona, and Wisconsin. If you haven't rowed it yet, and are looking to challenge yourself a little, this is just the ticket.



**Cynthia** and **Elaine** set a new course record in the Women's pair – they were also the first ones brave enough to ever try it. They appeared giddy when they got off the water, but assured us that it was completely normal.



2004 BARC

# CONGRATS!

Now I already knew *Hankje* was a stud from all the bike rides we've done together (and watching her in the kitchen...right guys?!!!!!). But she proved it once again! as she made awesome time in the recent half marathon. Don't worry, *Saul* and I did indeed toast you over our amazing workout breakfast as you stealthily ran the course! **Go Hankje! Go Hankje!**

## ***HAVE I MENTIONED IT IS HELL BEING ME?***

Okay, so I just feel a need to share. Of course! you're not surprised at that one!! Well...it was glorious sleeping in this morning. I truly love burrowing!! And then...well...its time to floss!! Ooops! There goes that temporary crown. No worries. Will go for a spin on the lake and call the dentist whilst waiting for the tree trimmer. The spin was refreshing if a wee bit nippy. Stopped by the grocery store on the way home. Felt like treating myself to a lovely spring bouquet of flowers. Was pondering over the turkey breasts when I noticed several people...repeatedly... running to the back of the store...as in where the employees work....strange... (By the way...turkey breasts are in the back of this particular store...thank goodness!!!!) Well, then a man dashes back with his arms all akimbo saying "Get to the back! The store is being robbed!" Holy crap! I real!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!y hate guns!! And I have seen waaaaaaaaaaaaaaaaay too many 'stick em up shows.' So a bit like a deer in headlights, I follow a confident man to the emergency door, he breaks the little chain and opens the door, and we all pile out while the alarm begins to ring ...yep... set that little basket down outside the door and skulked around the side praying the masked gunmen wouldn't come our way. Fortunately, a very kind man at the paint store around the side of the strip center allowed us ninny women to hover in there until the unwanted excitement died down. At LAST! we were able to skulk back to the front of the center where we learned the gunmen were being chased through the neighborhood by police. Yikes and egad! I hope they don't stop at my house and hide behind my seven foot fence!!! Shew! All safe now! But of course, THEN I found out the tree trimmer wasn't coming until tomorrow...for which I have already made plans AND the crowning indignity! My dentist suggested Fixodent for the temporary crown as they were understaffed today. I know I am older than dirt, but I really didn't expect to have to use Fixodent this early in life!!!! And finally, we won't EVEN mention the cycling accident! rgh!!!

Moral of the story? Thank goodness for the row!! Else HOW???? would I deal with all these crises!!!!

## **ABOUT THOSE BRILLIANT ARTICLES.....**

as always, thanks so much to those of you contributed to this newsletter. YOU are what makes it fun and interesting to read! And of course, thanks to the gifted genius of Tamara Banda for making it look really cool!!!! Future articles and ideas? Just shoot me an email to [tinairene@sbcglobal.net](mailto:tinairene@sbcglobal.net) Thanks again!!!