

STROKEWATCH

BAY AREA ROWING CLUB OF HOUSTON • JUNE 2004



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WHOOOOOO IS THAT SEXY THING?



Well okay OKAY!! there are many sexy things down by the dock BUT! did you see that drop dead gorgeous **Carl Smith** back on the water? After three years that dear sweet man was back in a double with our very own **Bruce Meltzer**.

**CARL! WE LOVE YOU DEARIE!!
WELCOME BACK TO THE WATER
BABY!!**

Try It You'll Like It

Thanks so much to **Pam Falk** and all the instructors who make this such a great experience that many move on to sign up for the full classes. **Yay you!**

July 3 is the last scheduled session of the year!

Sessions are from 9 to 11 a.m. and run a whopping \$10.

Sculling Classes

Thanks once again to all you volunteers who so generously give of your time. **LOVE YA MAN!!**

The typical schedule is Saturday and Sunday from 9 to 11 a.m. and Tuesday and Wednesday from 6 to 8p.m.

Remaining class dates:

June 26, 27, 29, 30

July 24, 25, 27, 28

August 28, 29, 31, Sept 1

September 25, 26, 28, 29

Standing behind the
instructors are: Nora, Miguel,
Lisa, Veronica & Michelle.
You guys are great!!
Welcome to the club ya'll!

WELCOME!!
TO OUR MAY CLASS GRADUATES!





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**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. Tina Bryan
- Equipment Mgr. Bruce Asher
- Newsletter Tina Bryan
 Tamara Banda
- BARCwear Theresa Tompkins
- Webmaster Hannes Hofer

Very Important Member YOU!

TWO RACE REGATTA

Thanks soooo much to **Claire** and all her brilliant volunteers for our brilliant two race regatta! Remember the old adage...its not quantity but quality! And gee whiz! We had quality rowing AND a spirit of good old fashioned fun!! Now since I, along with brilliant other **BARCrs**, worked the finish line...we found our two race regatta wildly fun! We truly were magnificent. You should see **Elaine Peltier** (aka Horatio Hornblower) and I in perfect sync as I drop the flag and she blows the horn like its never been blown before!! Whoosh! The flag goes up! (honk!) and Swoosh! the flag goes down! (honk!) (I need to get a life 'cause it really was a rush!!) And once again, while we had only two races, they were indeed exciting!! Wooooooooooooo!!!!!!!!!!!! See the results below....

Mens Masters (A-C) 1x

	Time	Handicap	Final
Logan - BARC	04:26.87	00:08.92	04:17.95
Ford - DRC	04:32.46	00:01.50	04:30.96
Beyers - BARC	04:51.56	00:08.00	04:43.56
Smith - ARC	05:36.99	00:00.00	05:36.99

Womens Open 4+

	Time	Handicap	Final
Kowalski - BARC	04:34.50	00:00.00	04:34.50
ARC B:ARC	04:48.31	00:00.00	04:48.31
ARC A:ARC	04:54.18	00:00.00	04:54.18



See more pictures of BARC Space City Sprints on p. 5 & 7.



by Hannes Hofer

As most of you are probably aware, the **BOD** took a poll among the membership via e-mail to get a feel for whether the **BARC** members support the proposed expansion of the boathouse. 41 members responded. 31 said they support the Board's proposal while 10 said they did not. There were many comments from both yeas and nays and after reading them it has become clear that the biggest concern is the cost of the project. The estimate of \$150-200,000 that the cost is based on is for a steel building (the "steel" part refers to the internal structure, not necessarily to the façade), which would replace the old boathouse. It would have only the bare necessities such as boat racks and lights but no lockers or plumbing beyond a water hose for washing the boats, but it would be built in such a way that things can be added later.

It is quite possible that a less expensive approach would be to build a 2nd structure next to the old boathouse, but neither the contractors nor the architects that we have been talking to, recommend that approach. The three main reasons are:

- There are no good ways to tie the structures together because of the way the old boathouse was built.
- It would be quite a challenge to make it look

aesthetically pleasing. This is also an issue with our landlord, the Parks Department.

- We would still have the problems that we are having with the existing building, and fixing them would be an additional cost.

All that said, we will go through the exercise of obtaining an estimate for an add-on building. If there is a way to overcome the challenges stated above, we may indeed be able to build it cheaper. There may, however, be other costs, as we may be forced to hire a design consultant, something we will be able to avoid with the "all-new" scenario.

Speaking as a person who is professionally involved with construction, I do not think the cost estimates we have obtained are unreasonable. I think it is important that we build a building that will serve the club for a long time to come and that we do not just take the cheapest way out. I am convinced that we can find ways to come up with the necessary funding; our newly formed committee is already hard at work to make it happen. The **BOD** feels very strongly that with the support of over 75% of the respondents, we have strong mandate to move ahead. We do, however, pledge to keep you informed, and we

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are currently in the process of scheduling a meeting for sometimes this summer to let you know what is happening.

To put things a bit in perspective, I recently had a conversation with a person from **Oklahoma Association for Rowing** (in Oklahoma City). They are, with the help from the City and a major benefactor, making plans to build a \$2,000,000 (yes that is 2 million Dollars) rowing facility. What we are trying to do is certainly modest in comparison.



BACKGROUND: At one of our brilliant MS 150 training rides, I decided it was time to visit the Dixons guest facilities. Well!! To my dismay, I found the latest issue of the STROKEWATCH right there IN THE WASTEBASKET!!!! I couldn't believeeeeeeeeeeeeeeeeeeeeeeeeeeeeeeeeeve it! And I certainly couldn't let it go!!! Yeesh!!! So I marched out lamenting over my deep hurt at finding such a pulitzer quality piece of literature so carelessly discarded in the rubbish bin!! (we're talking deeeeeep emotional pain here!).

THE SAVE: My good friends, the Dixons, assurrrrrrrrrred me that only the most honored literature makes it into their facilities. Okay, okay. I'm easy. Or desperate to believe. But that did seem to pacify me. (what do ya think Tam???)

THE POLL:

Were they lying like pond scum????

Yes_____

(then hiss when next you see them)

Of course not!_____

(pet me and Tam when next you see us)

Deep sigh.

Thanks for helping me let that one go!

2004 BARC SPACE CITY SPRINTS





by Kathryn Hunter

Rice Crew has recently completed yet another successful Spring season. Thanks are due to many people who made this possible, especially to coaches **Chad Shaw, Allison Heath, and Hannes Hofer**. Also, we appreciate the members of **BARC** for their patience and friendly advice. Novice rowers made up more than half of our team this year, and many of our coxswains were also new. We realize that this can create various problems out on the water, so we would like to apologize for any inconvenience that our boats have caused. However, we feel that our shared experiences on Mud Lake have, overall, been very enjoyable. I can remember racing our experienced women's four against **Hannes** and **Alex** in the Fall, and the various suggestions that they would make on form and technique. This type of constructive feedback (and, more often than not, the stiff competition) have helped us immeasurably.



Our Spring season began on February 7th with the **S.W.E.A.T** indoor rowing competition in Dallas. Three rowers placed in this event, and **Claire Anderson** came in first in the novice heavyweight division with a time that beat second place by more than fifteen seconds. On February 21st, we raced against the **Baylor** and **Texas A&M College Station** crews at the **Rice Invitational** held on Mud Lake. Although we had expected rain, the weather was wonderful and the regatta ran very smoothly. We won

first place in the novice men's eight, the men's varsity four, the women's varsity eight, and the women's novice four. At the **Heart of Texas Regatta** in Austin on March 13th, the men's varsity four won their heat and advanced to the finals, where they finished fourth out of six. The novice women's eight also advanced and finished third at this event, and both the mixed open eight and mixed novice eight placed second in their races. In Oklahoma on March 27th, we competed against **St. Thomas, OSU, and OU** and won the varsity women's four race. Finally, our last and largest regatta was **John Hunter** in Atlanta on April 3rd. The men's novice four tied with **Clemson** for fourth place, and the novice women's eight came in second in their race. It was the perfect end to a great sprint season.

We also took part in many events this year to raise money for our club. First, there was **Rent-a-rower**, a **Rice Crew** tradition that has been a success for many years. Rowers "rent" themselves out to members of the Rice faculty and community for \$50 each. They are often given tasks like yardwork or cleaning. Then, on Owl weekend, when prospective students visited Rice's campus and attended classes, we held **Ergathon**, "twenty-four hours of rowing" in front of Fondren library. Each rower takes a one-hour shift on the erg, completing a "power ten" for

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every donation put into the bucket. This generates funds for our club as well as promoting interest in the incoming students.

The members of any crew vary widely, but there is something that brings them all to the boat, and that is a love for the sport that transcends everything, even the early morning practices. As a college crew, our goal is to foster this desire in those that already own it and to instill it in those that don't. We are creating rowers in the best way that we know how, and we are making ourselves better in the process. We encourage you to do the same, if you are interested in teaching the rowing skills that you have mastered. Our team always welcomes new coaches and instruction, and, if not that, then simply loyal supporters. **BARC** has been a valuable alliance for many years now, and we only hope that this relationship can continue with increased benefits to both of our organizations.

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being comfortable (out of necessity) with being so imperfect, I was not fearful when I recognized my dilemma! Noooooooooooooooooooo! I merely dug my port oar with authority and great force, and wahlah! stopped brilliantly just before the gaggle. (gloating again)

Oh! And have you pondered as to why that handsome **Lynn Poole** is looking so svelte? Well just ask him. It really isssssssssss all about the row!

Water art. Just this morning I was creating temporary art on the otherwise flat slick surface of mud lake! I decided I wanted a new vantage point of nature so I took several strokes to get to the turn near the buzzard trees. And I noticed all sorts of triangular symmetry on the water from my gyrations with the boat and oars. It was sure enough modern art! Temporary to some...but imagery forever burned in my little brain. Cause gee whiz. I always thought it would be cool to be an artist. I just never knew how to get there until I accidentally discovered it this morning! Yeesh! Check it out! Bet you're a water artist as well!!!

MISCELLANEOUS

Blather

Was very good to see **Breff** out and about again. So sorry about his broken wrist. But very glad he saved the new trousers from harm!

2004 BARC SPACE CITY SPRINTS



AND BIKING CLUB



The BARC gang.
Piccie is courtesy of Hannes

PRE-MS 150 TRAINING MOMENTS

BARC Bikers Rock!

Hey! I bought the most gorgeous new bike seat for inspiration! It has a butterfly! oooooh!!! So now my little rocket is officially a chick bike. (Well **Kathy Jo's** bike has a flower... so I HAD to get a butterfly!!!!)

Well...the throngs gathered at the home of **Billy Bob** and **Kathy Joe Dixon**. Lets see...there was **Saul** and **Hankje**, **Tom** and **Dorie**, **Hannes**, some folks from the **Dixon's** church, some other fun biker people and we had our very own bike club. The company was excellent and the **Space Race** ride was so fun... until the rain! The best part was the brilliant breakfast **Kathy Joe** had prepared for our return. Why the camaraderie? Well... we like to ride... and row... and EAT! Yeesh! Don't we know we're older than dirt? Okay...okay...its all about attitude!

Discoveries during the various training rides... **Dorie** is a true studette at riding AND at changing flat tires... mine! And doesn't **Tom Heig** know he turned the big "5""0" this year?!! The man is an animal!! (and I am so grateful for his studly pulling in high winds!!) **Saul** and **Hankje** are the best! They are soooooo fun to ride with to all the events. Even when I leave critical elements like shoes and helmet at their house!! Thanks to **Hankje's** very gracious lending of her car, **Melissa** and I were able to retrieve said critical elements and hook up at the 20 mile marker. Oh! And you should just hear **Saul** say Hempstead with his cute little Texas accent! Pretty impressive for a guy from Venezuela!

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This pain feels so good!
(Bill Dixon)



Yea Baby!!
(Tom & Dorie Heig)



We bike together, therefore we love each other!
(Kathy & Bill and Saul & Hankje)

THE MS 150 - HOUSTON TO AUSTIN

- YEEEEEEEEEEHAW!!!

Let me just tell you we had a brilliant time! I hear the conditions this year were some of the best ever. We DID have quite a tailwind for much of the way. Yay! **Kathy Joe, Billy Bob, Hankje, Saul**, me, and several other very cool members of the **E&Y** team rode together over the two days. I'm sure we were all gorgeous in our jerseys slamming away the miles in our own little pelaton than even **Lance** would have to be proud of! Now admittedly, we did chose the wee bit shorter routes each day - 82 on Saturday and 71 on Sunday - but hey! I still like to think we are all studs! It sure felt like it when we rode across the finish line as a big ole happy (and well bonded) team!!

Now **Tom** and **Dorie** were their own brilliant monster machine. All the practice rides with them were a blast! And **Hannes** and **Vic** were out kicking it as well. And we all hooked up in the evening to share tales. Gosh it was fun!!! Physical challenge, the camaraderie of very good (fun!) people, and of course! raising money for a very important cause. I must say it was quite a privilege all around.

Okay.. and for my personal proudest moment. Yes.. I haaaaaaaave to share!!! While waiting and waiiiiiiiiiiiiiiiiiiting in line to get going on Sunday, I took the opportunity to run to the port-a-potty. Well! Yikes and egad!!! I forgot to remove panties when I was awakened at the crack of dawn. Do you knooooooooooooooooow how uncomfie that can be on a 71 mile ride????? Soooo....yepers... I left 'em right there in the port-a-potty. After all, the sign said no diapers. It said absolutely nothin' about underwear! I then proudly explained to our brilliant little pelaton (and the many bystanders) how I had saved myself just in the nick of time! It was a proud (or something) moment for us all. Yep. ..gloating again!!!! Hey! At this point in life, what good is shame?!!!

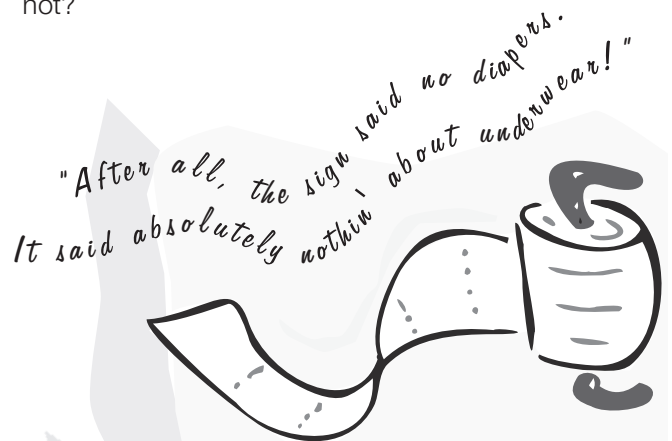


What an audacious team!!

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Perdiddle...a dearly loved word stolen from **Billy Bob**. Now it started out meaning something to do with a bike part...that morning anyway. But as we travelled far and endorphins kicked in, perdiddle became much more synonymous with a whole different kind of 'parts'...uhhh...if you know what I mean?!

Gosh! This biking crowd is as way cool as the rowing crowd! Oh!!! WAIT!!!! its muchly the same crowd!!! Go figure...endorphins are a wonderful 'bonderer' are they not?



Any interesting ideas or stories for Strokewatch? Please send newsletter articles to Tina via tina.bryan@shell.com and tinairene@sbcglobal.net.