

# Strokewatch



Special Edition

Now.....  
and Then.....

Newsletter for the Bay Area Rowing Club of Houston - November 2002



## *Water Runners*

Rowers prefer life straight and neat;  
cupped seats on thin rails,  
with a view, water side.  
Their oars like wings flip dip in beat;  
matched sets, splay to catch,  
down on pull, up on glide.

Above the fish,  
below the day;  
beyond the shore,  
all thoughts give way.

Courage and strong studied effort  
can achieve an artful  
attitude all around.  
As "seat" is to riding, flatness  
in a shell is pelvic  
gravitas in the round.

Why not a keel,  
asks a sailor?  
A smooth, slicky  
bottom runs more.

Reach out forward to light-kiss catch  
into a drive by legs  
in a thrust of pushing.  
palm slip feathered lift, releasing stretch  
into a pause so slight,  
as if lost in wishing.

In synch, there's bond;  
alone, its Zen.  
Ripping good fun;  
its all within.

The sporting of this styled finesse  
is looking at what's past  
while the boat moves away.  
Facing backward is no distress:  
in seeing what comes next,  
its a guess anyway.

The stroke is all  
there is, no more.  
As life's every  
moment, a door.

*G. Wiley*  
2sep02



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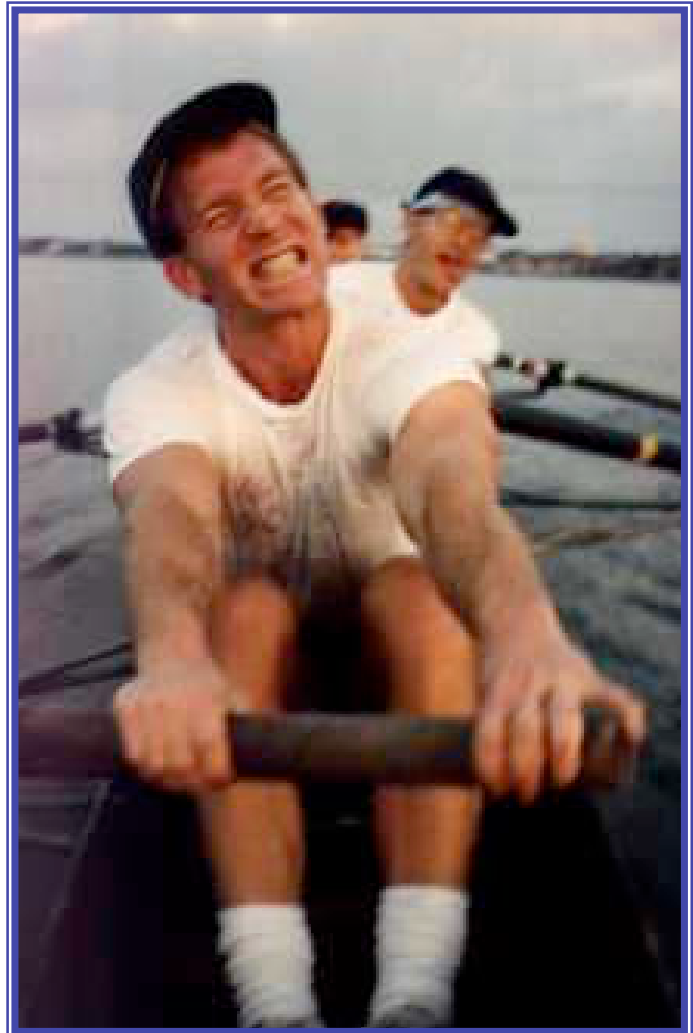
Club Officers:

President	Alex Parkman
Vice President	Hannes Hofer
Treasurer-help!!	Tom Heig
Secretary	Martha Hood
Board member	Marilyn Bullard
Rowing Dev.	Claire Sweatt
Membership Dir.	Theresa Tompkins
Boathouse Mgr	Theresa Tompkins
Newsletter	Tina Bryan
BARCwear	Theresa Tompkins
Webmaster	Hannes Hofer

Very Important Member    YOU!!!



**Brilliant!! Absolutely Brilliant!!!**





Holy heck!! Recognize any of these gorgeous folks from the 1995 holiday party?!!

**HOLIDAY PARTY!!  
PARRRRRTY!!!**

**Sun December 8th**

**5:00pm**

**at the home of Pam Falk**

**2108 Kemper**

**League City**



Maps will be available in the boat house  
turkey will be provided  
please bring your own drinks  
and a dish to pass

**RSVP to Pam Falk 281 538-1742 or  
pfalk@utmb.edu**

**THANKS SO MUCH TO SPONSORS OF THE  
MS 150 RIDE**

Tom Heig (my very first!! And BIG!!!!!!!)

Hannes Hofer

Karl Zimmer

Blanca Garza (a true inspiration)

Tom Messig for the inspirational video

Kathy Joe Dixon for her support, her sag wagon  
brilliance, and the sweetest of surprises at the  
finish.

Thank you all.

Now for a brief overview of the event....

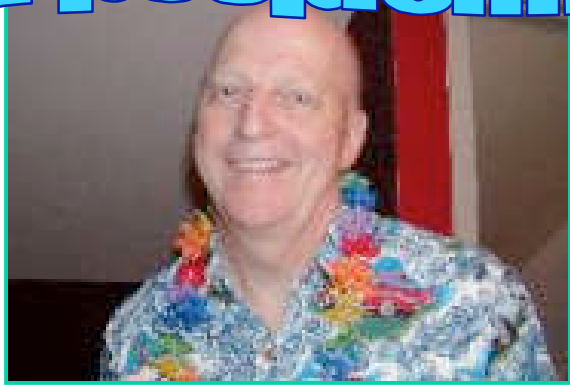
Ya know....I have always heard the ride from San Antonio to Corpus Christi MUST be flat. After all, Corpus is a whopping 1000' lower in sea level! WRONG! WRONG! WRONNNNG! There is a reason Billy Bob Dixon fails to divulge certain trivial little facts when recruiting playmates for rides...(ie) hills...hills...and more hills!!! But I am most appreciative he somehow convinced me to do this one!!

The ride was great...if not a wee bit difficult at times...especially after only 5 hours of sleep Friday night! (and I can ASSURE you it is moments like that when I unequivocally lack ANY level of charm!) But! I must admit! There is a bit of sublimeness when doing something you love...riding your bike ... and having folks on the side of the road shouting "Thank You" for helping to raise funds for those inflicted with the disease of MS. I have to tell you it brought tears to my eyes a few times!!!

Sooooooooooooooooo....the first day began, right out of the start, with 65 solid miles of rolling hills, followed by about 5 miles in a downpour (with little chunks of hail) followed by a last 12 or so miles of flatter terrain, dryer skies, and a couple of really kick butt little hills to climb at the very last. (at that point I was reallllllly hoping it would thunderstorm the next day!!) Now I explained to Bill that the only reason I would agree to complete the last piddly little 12 miles with threatening deluges and potentially thunderous lightning was SOLELY a matter of pride. And he calmly explained to me that much of what men do is exclusively based on pride. At this point all I can say is what the hell!!!

*continued on page 5 ... MS 150*

# The beautiful people!!!!



As requested, **scrumptious Frannie Smith drink recipe**. (Don't forget the umbrellas!)

### Blue Clouds aka Blue Hawaii's

2 large scoops vanilla or pina colada-flavored frozen yogurt  
1 and 1/2 ounces blue Curaçao (pronounced carasow)  
2 & 1/2 ounces light rum  
1 tablespoon freshly squeezed lime juice  
2 tablespoons superfine sugar

Process all the ingredients and 2 cups of crushed ice in blender until thick and smooth, 20 seconds.  
Divide  
between two tall glasses and serve immediately.

OH MY GOSH!!!! DÉJÀ VU ANYONE?!!!!



### MS 150 continued from page 3

So we did indeed finish and the lovely Kathy Dixon graciously picked us up at the finish and whisked us away to the amazing Antlers Inn in the booming metropolis of Goliad. Woooohooooo!!!! After the most fabulous hot shower I have had since my "Survivor" experience in Costa Rica last year, we devoured Mexican food, two coronas, and I was passed out WELL!! before 9. And let me just tell you!!!!....there is a feeling akin to rebirth after nine hours of sleep!!! I was riding (and keeping up I might add!!) with young men half my age! Yes...the HEIGHT! of studteliness....And while I definitely had issues Sunday morning...like missing screws....literally....it brought us a relatively flat (and hot!!) 65 miles or so with a steady crosswind (and a few hills thrown in for torture) as well as a WHOLE LOT of cross and head winds the last 25 miles!!! Yikes!! But Billy Bob and I rolled across the finish line together and I do indeed have an all new respect for the riders and ride organizers of this great event.

Thanks everybody for your support! It was great! Will likely do it again next year. Giant hugs all around!

Now for my very favorite moment: As all 1200 riders were rolling out Sunday morning, a man on the side of the road yelled out to us: "You're going to church!" What a beautiful sentiment capturing the heart of it all!

### Favorite Rowing Moment

Chick talk with Jennifer on the north end of the lake. Hey!! Did you know that the gorgeous and brilliant Jennifer Knowles has a cousin who is the sure enough woman's world champion in kayaking!! Brilliance and coolness *clearly* runs in her genes!!!!!!



### Other Favorite Rowing Moment

The second lap...after all the nervous energy has been worked out and I find myself in a certain tenuous rhythm with the water, the boat, the oars, and the moment. Ya know?!

#### Oh Yea! Other Favorite Rowing Moments

- Buzzards kissing in the trees. I swear it!!! I took backing strokes just so I could get all close and watch 'em!! (and then a red bird zoomed by...totally cool!!)
- The naughty little seagull who had a tasty fish morsel in his claws and REPEATEDLY buzzed the buzzards just to make their beaks water!! Naughty! Naughty!

**MARILYN HUBBARD**

**She's Not Just A Supreme Hostess...  
She's The Sure 'Nuf BIONIC WOMAN!!!**

Our own Marilyn of the Great 8 is up to something else these days. She just completed her 33rd marathon in Chicago and this weekend will hopefully be in the D.C. Marathon and the next weekend will be in the New York Marathon. That will be 3 marathons in a matter of 3 weeks. (Of course she will be dressed up in disguise. Uncle Sam and Dolly Parton.) Hats off to Marilyn!

Submitted by: Candy Ludwick  
10/21/2002



**THANKS AGAIN TOM!! and**

**HELP!! HELYUP!! HELLLYYYUP!!**

As mentioned by Pres Alex in the last edition: "Due to the expiration of term limits, our dauntless Treasurer – Tom Heig – must relinquish his post at the end of the year." (of course that's NOT why Tom's smile is so big!)

So wouldn't you love that grand title for the next two years? Yeah? Well let one of our board members know and I am pretty sure they'd kiss ya' right smack on the lips!! Trust me...I am sure it'd be good for ya!!!



DANG!! Tom! Were you just so good you can't be replaced??? Helyup! Hellyyyup!!!

**ABOUT THAT LOOOOOOOOOOOOOOOOOOOVE!!!**

Now I KNOOOOW certain of our members have been holding their breath waiting to be pestered by me for articles! Well don't breathe too easily...these are anomalous times!! Bruce Meltzer suggested that I put all the piccies from his party in the newsletter (ya gotta admit there are some good ones!!). So that got me thinking...scary I know! And I decided to do a color pictorial with many of the great pictures from the website. Who needs articles when you've got pictures!!!! (Thanks to both Hannes and Gareth in that regard.) But for the next edition...please do keep me in mind: tibryan@ shell.com Send me the love ya'!!!! **AND THANKS to the HANDSOME DEBONAIR BRUCE MELTZER!!** for use of his high speed color printer which made this special edition possible. I am always amazed at what we can achieve with a little plotting..ohh I really mean collaboration!! Woooohoooo!



What a GREAT shot! Friendship-Camaraderie-Common Goals-Common Passions. Thanks for the picture Gareth! (oh yeah...and Vanna White clearly has nothing over these two guys)



Bueno!!! Its Senior Philip at the Pumpkin Head.  
Bueno!! Verde!! Burrito!! Tamale!! Enchilada!

## Fort Worth Rowing Club SteerHead Regatta September 2, 2002

by Theresa Tompkins

The weather in Fort Worth was made to order: crystal clear skies, cool in the shade, warm in the sun, no wind. The atmosphere was the most relaxed of any regatta I've ever been to and the hamburgers were the best. FWRC did an excellent job. The successes of Bay Area Rowing Club were surpassed by our meager numbers. David and Vanessa Beyers received a gold for their efforts in the mixed double masters, Theresa Tompkins received a silver in the same event rowing with Bob Houston of Dallas Rowing Club (He says Hi to Claire and Jeff!). David also participated in the Mens masters single. Aimee Beyers and Philip Tompkins placed first in the Junior mixed double! The unstoppable Aimee again received gold in the junior single womens event - yeah juniors!!!! Vanessa got her second gold rowing with Theresa in the womens masters double. David and Philip participated in the men's masters double and had a fabulous race, even zipping by a quad that was released before them! Seven golds and one silver between us five rowers - yeah! Just think what BARC could do if more people came - **WOW!!!!**

## HANGOVER BLUES just keeps going

(Billy bob has made the challenge to put in a new verse each newsletter...hmmm we'll see)

Verse One from last time by BBD - Rowing

"Oooooooh I've got the pudgy butt blues!!!  
And I need more time to snoooooooooze!!  
If I was to race I would loooooooooose!!  
I've got the pudgy butt bluuuuuues!!!!"

Verse Two by TIB - Biking

"Oooooooh is that really Z'ster's keester?  
Thanks for blocking that wind for me meeester!

Some things are soooooo hard to reseester!!!  
What the heck!!!!!!...lets pinch him seeester!!!

(well I had to do *something* with the extra space!!!!)

**Gorgeous! Absolutely Gorgeous!**



**ROW2K**

courtesy of Tom Lotz

<http://www.row2k.com/>

Row2k provides daily updates on rowing news, to include regatta schedules and results. Most of the items I have forwarded to BARC or individual club members have come from row2k. It is run by Ed Hewitt, a former national team lightweight rower. I have met Ed at several national events - he is absolutely dedicated to rowing and deserves our support. I highly recommend the club and/or individual members look over the website and contribute as you see fit.



**BOATHOUSE BITS**

By Theresa Tompkins  
Boathouse Director

The July, August, and September boat house cleanup days have been successful in keeping the yard clean and boathouse looking nice. The best part is all the new members who have joined this summer and who have just jumped right in to help! (and lemonade could only do so much to combat that heat) Many thanks to all of you!!!

Reminders and (hopefully) helpful hints:

- \* Days are shorter - bring those flashing lights with you so that we can see you!
- \* It is spring, docks are busy on weekend mornings, I am the worst offender, so this is for me more than anyone, but we do need to watch our dock times.
- \* Mass 24 and Elite rowers - Please be careful getting your boat in and out. The boats do overlap with the next rack - thanks!
- \* Everybody - the weather has been gorgeous, the water beautiful, it would be so lovely to see you out there!



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Men's Master's Quad. Nachitoches, LA 1997. Not sure what excited them more... the gold medals or being called Master!!!  
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# More beautiful people!!!



## Rowing Development Updates:

*From Claire Sweatt  
Invaluable Board Member*

### *\*2002 Rowing Class Season*

Another rowing class season has come to a close....and it was a busy, successful season. 38 individuals completed BARC's 8-hour Sculling Class, 40 individuals completed a 2-hour Try It You'll Like It class and 10 employees of NASA completed the Sweep Classes. Several of the class participants have already signed up for BARC membership and have been participating in several BARC activities. A hearty "Welcome!" to all of our new members and a special "Thanks!" to all of the BARC members who helped teach the classes this past Summer.

### *\*Coaching Clinic*

BARC is making plans to sponsor the USRA Level II Coaching Clinic next February. BARC hosted the Level I Clinic last year with 22 participants attending the Clinic. More information about the Level II Clinic will be posted at the Boathouse and on the BARC website in the near future.

## What a Hunk!!



**WOW!!** This is soooooo cool!! Look at all the folks who have joined since our last newsletter!!  
**welcome! Welcome!! WELCOME!!!!**

Adam Gilmore  
Blanca Garza  
Brian Stephenson  
Bruce Alstrom  
David Kovach  
Edward McCants  
Frank Chimento  
Greg Branan  
Jane and Larry Saladin  
Janine Bolton  
Jennifer Adams  
Jose Hernandez  
Karen Callicott  
Karen Moorer  
Kat Webb  
Lesley and Stuart Lee  
Leslie Jones  
Lynn and Dennis Leenhouts  
Mark Dub  
Nancy Hawkins  
Nick Martinez  
Quincy Harp  
Rodrigo Devivar  
Sarah and Joe DeLucia  
Sharon and Don Hill  
Tom Missig

WOOOOOHOOOOOOO!!



