

STROKEWATCH

BAY AREA ROWING CLUB

JUNE 1994

EXTRA! EXTRA!

NEW QUAD ARRIVES BARCERS THRILLED OUT OF THEIR SCULLS

On Sunday, June 12, 1994 at approximately 6:00 P.M.. BARC received the long-awaited, much-anticipated, brand new Kaschper Quad! And is she a beauty!

After Bruce Meltzer located the homeless boat and BARC adopted it, the quad began a long and circuitous journey that brought it home to BARC's boathouse. First it travelled from the factory in Canada to Philadelphia. Then it went to Tulsa, and then it went to Dallas. At which point BARC's own Rich Laurance and Don Erwin jumped in Hannes Hofer's van to make the final leg of the journey that brought the quad to the pristine shores of Mud Lake.

Currently the club does not have enough oars to outfit the quad, but at least one kind and generous soul has offered to donate a pair. BARC has also applied to Concept II's "Factory Seconds" program, which allows "developing clubs" to purchase decent equipment at a reduced cost. We should know the status of our application sometime soon.

Many thanks are owed to all the BARCers that made the dream of a quad a reality. An extra large THANKS is owed to:

Rich Laurance for making the purchase financially possible and for giving up his weekend to drive it to Houston

Bruce Meltzer for doing all the leg work to locate it

Don Erwin for giving up his weekend to drive it home

"Mange Tak" to Hannes Hofer for allowing Rich and Don to take his van to Dallas

Wally Madden for his willingness to provide at least one new pair of oars

Besides oars, the only thing the quad needs now is a name.



SCS V Co-chairs

LET THE PLANNING BEGIN! PSYCHING UP FOR SPACE CITY SPRINTS V

By Paul Lanoux (with editorial comment by Steph Scherger)

This year's suckers, uh... I mean, *volunteers*, to co-chair Space City Sprints V are Phil Lamczyk, Paul Lanoux and Steph Scherger. The three stooges, *umm..* co-chairpeople, will be meeting

over the next few weeks to pick a date for the big event, lay out a timetable and set milestones.

One of the big changes that has been planned so far is to have the cost of the regatta underwritten (that means we want to get sponsors). It's a pretty big goal, and it's important for us to show potential sponsors that we are capable of putting on a well-run event so they feel comfortable associating their names with our regatta.

As a club we have several years of regatta experience on which to draw. Couple that with the enthusiasm of all our members (both new and old), and we can do a mahhhhhvelous job.

Once we have our plan together, we will review it with the Board and begin looking for volunteers to help orga-

nize specific tasks. If you are interested in helping, talk to one of the co-chairpeople and let us know! Remember, it's never too early to start and the sooner we get commitments for help, the more confident we can be in our proposals to potential sponsors.

SCULLERS - WE NEED YOUR HELP!

By Mike Brint

In order to teach and retain new rowers, and institute a sculling development program we need your help.

A successful rowing development program is the means by which we can accelerate the purchasing of quality sculling equipment. In fact, it was money received from the sculling classes which

financed 50% of our new quad!

Here is a list of potential activities that I need help with:

- Sculling Classes
- A supervised Saturday morning row for beginners
- Once a month videotaping and critiquing
- "Try it you'll like it" days
- Experienced scullers who are willing to row and/or supervise rows in the new quad.
- Organized recreational sculling races (potentially)
- Organized rows for experienced rowers (potentially)

Scullers of all skill levels are needed as volunteers. If I can get 6 to 8 volunteers, I really feel that it would only require 2 to 3 hours of each volunteer's time once or twice a month.

Please let me know if you're willing to assist in any of these activities.



BARC GARAGE SALE

By Mike Brint

We need your old junk! BARC's garage sale success or failure is in your hands. The last two garage sales we raised around \$800.00. The date of the garage sale is tentatively set for August 27, 1994 at the Clear Lake Park building. If we don't receive sufficient merchandise from our members to warrant us having a garage sale at that time then the date will be rescheduled.

It may be possible to arrange temporary storage of your "stuff". Please let me know if you need it.

P.S. - Wouldn't it be nice to have a new launch motor for coaching?

BARC MULCH

If you've been by the boathouse in the last week, you've probably noticed that the landscaping on the south side has been filled in with BARC mulch. If you didn't see it, you may have smelled it. Not only did we need the mulch to pre-

vent having to mow around all the millions of teeny, tiny plants, but the mulch was given to us free by the county! Now that's a bargain.

Thanks to the efforts of some of BARC's "Points of Light" (that means "volunteers" for those of you who were living under a rock during the Bush administration) the mulch was distributed over much of the landscaping. But the task is not yet complete! The county has delivered us another load of mulch (closer to the boathouse this time), and the remaining landscaping needs to be filled. We need a couple or three or four volunteers to finish the task. So if you've got the time, we've got the bark.

A BARCER'S WORK IS NEVER DONE

Although many BARCers have been continually working around the boathouse to keep the equipment in shape, etc., it's been a long time since BARC had an officially scheduled work day. Some tasks are piling up so a work day has been scheduled for Saturday, July 23, 1994. If you have a job that needs to be done (at the boathouse that is), contact one of the board members and they'll try to prioritize the tasks at the next board meeting.

Knowing that it's often difficult to stick around on a Saturday if it wasn't planned, we hope that the advance timing will allow more members to volunteer and get the work done quickly!

A TAXING ISSUE

By Jeff Tave

As you may or may not be aware, the club has a purchasing policy.

1. Purchases made on behalf of the club need to be approved by the board of directors.

2. BARC is tax exempt so when purchases are made you need to provide the store with a tax exemption form. Jeff Tave has the forms. Since we are tax exempt, BARC does not reimburse members when they pay tax on a purchase.

3. We have accounts set up at several local stores. Check with Jeff to find out where the accounts are before making a purchase.

READY ALL... ROW!

By Anil Raj

The Vespoli four is ready for club use now that we've completed a number of repairs and general maintenance work. With a little care the four will last until next spring without needing any major work.

A short list of the maintenance done includes: work to the rigging, cleaning the seats and tracks, cleaning and adjusting the stretchers, installing a prototype stretcher for removable shoes at the #2 seat, sanding and painting the interior and hull, filling cracks and fractures, and the list goes on and on.

There are a number of things that you can do to keep the boat in service:

1. Always look for new scratches and gouges when washing the boat down.

2. Report any weaknesses or cracks in the interior decking (delamination).

3. If adjusting the height, loosen the pin jam nuts, spray some oil on the threads and be careful not to damage them.

4. The backstay adjustment is aluminum, so be sure the threads are clean before adjusting the pitch, also one of the nuts is reverse (left hand) threaded.

5. Check the hardware for loose bolts, etc. The tracks are secured with wingnuts, the riggers have top bolts and mounting hardware that needs to be checked.

6. Be sure that your footstretcher adjustments are in the grooves; slipping under pressure will cause a lot of damage quickly.

7. Make sure the deck hatch covers are open whenever the boat is not in the water. Unlike the Schoenbrod, the decks are not vented, so a closed hatch in hot weather will probably cause some delamination inside the closed deck space.

8. When transporting the boat make absolutely sure that the tie down straps are placed directly over ribs. Four of the dents in the hull were probably from improperly placed straps (should follow same procedure for Karankawa).

9. There is a drawer on the bench marked Vespoli 4+ spare parts; Wendy is trying to scrounge us some more from the Naval Academy (and possibly

another boat).

Presently the rigging is set for a crew averaging about 160-165 pounds, and the pitch and spread are set for a club-type crew to allow a little more in-board and a little more pitch. The height of the riggers can be adjusted upwards quite a bit (about an inch) if necessary to accommodate a heavier crew if one should form. Swapping it over to a starboard stroke could be done relatively easily, as we already have all the hardware. It could also be converted to a coxed quad, if there was any interest in ordering sculling riggers for it.

I'd like to thank Paul for all the hours he spent working on this project, as well as the help from Mike, Karl, Don and Marc. Please contact Chris to schedule it for your practices. One added benefit of all the work put in to the boat is that we have three new rowers that were recruited while we were working, and we also passed out about ten more info sheets to prospective members.

We still need a name for the boat, the old name "John Joseph" doesn't have a lot of relevance to our club. Any suggestions?

SURVIVING IN HELL

By Steph Scherger

For those of you who have never experienced a humid, smothering, sultry, indescribably, unbearably hot Houston summer, the following article has some of the most important information you need to survive in Texas. For those of you who've been here awhile, you should know this by now so this will be a refresher course. There'll be a quiz at the next BARC meeting.

The topic? Why, **Heat Related Illness**, of course! Anyone who is active outdoors during the summer (including people who are in great physical shape) needs to know the signs and symptoms of heat related illnesses. "Why?", you ask. Well, I'll tell you why. Not only is heat related illness incredibly uncomfortable, but *it can be life-threatening*. And let me give you the benefit of my ignorance: if you *ever* experience heat exhaustion when you're out on a boat or out on your bike a long way from the nearest watering hole, you'll wish you were dead. So put that in your water

bottle and drink it!

OK, OK. Now I've scared you. Good. Maybe you'll pay attention. (Did someone invite my 4th grade teacher to write this?) Let's get started.

There are several types of heat related illness; ranging in degree of severity. Listed in order from annoying to deadly, the names and symptoms of heat related illnesses are as follows:

Heat Edema - Swelling of hands and feet. Goes away after getting to a cooler place (good ole A/C) for awhile.

Heat Tetany - Muscle spasms in the hands and feet that is secondary to rapid breathing, which is a natural response to increased temperature.

Heat Syncope - This is when you start to feel a "head rush" when you stand up too fast (like when you bend over and then go "up and over head" with a boat), fainting can also occur. It happens because blood goes to the arms and legs to cool, and less goes to the brain. Mild dehydration also contributes.

Prickly Heat - a flat red rash that appears on the skin, normally in clothed areas. Generally occurs in people who are not acclimated to exercise in the heat and usually goes away spontaneously if kept cool and dry. Occasionally requires an antibiotic.

Heat Cramps - Painful contractions of commonly used muscles (particularly leg muscles) after exertion. *Important note:* They are more common in fit, acclimatized people, and are related to decreased fluid volume and electrolyte imbalance. Easily treated by gentle stretching, and replacing lost fluids and electrolytes.

Heat Exhaustion - Kind of a vague description for condition that involves several of the conditions above, but isn't quite heatstroke. Symptoms include: general discomfort, fatigue, headache, nausea, vomiting, anorexia, weakness, light headedness (don't mistake airheads as having heat exhaustion though), muscle aches, sweating and moderate temperature elevation (103 degrees F or less).

Heatstroke - Accounts for around 5000 deaths per year in the United States; a significant number of which occur in young, healthy persons after over exertion. The condition can be recognized quickly and treated, the trick is knowing what to look for. **The key ele-**

ments of heatstroke are elevated body temperature (usually 104 degrees F or higher) and an altered mental state. It first becomes apparent as confusion, lethargy or agitation and can progress to seizures and coma. (So if you think the person rowing behind you is mental, maybe you should check them for heatstroke.) Any of the signs of the less severe heat illnesses can be exhibited in a person suffering from heatstroke as well.

Contrary to what you may have heard in the past, people suffering from heatstroke may have normal or even extreme sweating. I had always heard that you quit sweating when you get heatstroke, and that can happen, but it's not always the case. However, the skin is always hot and usually flushed.

Heatstroke is a medical emergency, and treatment must be rapid and often in a hospital intensive care unit. Although if you're with a person who is suffering from heatstroke, spray them with a mist of water and try to get air circulating around their body (use a fan, blow real hard, anything), as you wait for emergency crews. Don't put ice packs on the victim as that may induce shivering.

So, what do you do to lessen your chances of suffering these conditions? Try to avoid overexertion during the peak heat hours of the day (are there any non-peak hours in Houston?), avoid caffeine and alcohol (both are diuretics and contribute to dehydration), stay in reasonably good physical condition (poorly conditioned and overweight people are at a higher risk for developing heat related illnesses) and drink gallons of water. Drink so much water you could float an eight.

Some medications can increase your risk for developing these conditions including medication for blood pressure, water pills and cold remedies. So use extra caution while taking them.

Have I lectured enough? Good. I need to go get a glass of water anyway. This article made me thirsty.

Information for this article was taken from an article by Dr. Tony Roisum, a sports medical practitioner, published in the Houston Chronicle.

BARC CALENDAR

June - December 1994

Please encourage people interested in Try It You'll Like It Sculling to call 326-3718 to reserve a place in the session.
Newsletter articles can be given to Steph Scherger or faxed to her at 713-348-1286.

JUNE

June 15 Newsletter Articles Due
June 18 Try It You'll Like It Sculling (Brint)
9:30 a.m.
June 27 General Meeting at the park

JULY

July 10 Board Meeting (Wally Madden's
house, 7:30 p.m.)
July 13 Newsletter Articles Due
July 16 Try It You'll Like It Sculling
July 23 Work Day
July 29 General Meeting at Flamingo Club
downstairs (6:30 p.m.)
July TBA Sculling Class

AUGUST

August Karankawa Maintenance - approx.
4 weeks
August 14 Board Meeting (Dixon's house - 7:30)
August 17 Newsletter Articles Due
August 20 Try It You'll Like It Sculling
August 26 Drop-off Date - Garage Sales Stuff
August 27 BARC Garage Sale
August 29 General Meeting at Park (7:30 p.m.)

SEPTEMBER

September 11 Board Meeting (7:30 p.m.)
September 14 Newsletter Articles Due
September 15 Sweep Class Begins
September 17 Try It You'll Like It Sculling
September 23 General Meeting at a Restaurant 6:30

OCTOBER

October 9 Board Meeting (7:30 p.m.)
October 12 Newsletter Articles Due
October 15 Try It You'll Like It Sculling
October 24 General Meeting at Park (7:30 p.m.)
October 30 Pumpkin Head Regatta - Austin

NOVEMBER

November 13 Board Meeting (7:30 p.m.)
November 16 Newsletter Articles Due
November 18 General meeting at restaurant
November 19 Try It You'll Like It Sculling

DECEMBER

December 11 Board Meeting (7:30 p.m.)
December 14 Newsletter Articles Due
December 18 Christmas Party