

# STROKEWATCH

BARC • P.O. Box 580374 • Houston, TX • 77258-0374



## 1995 BARC OFFICER ELECTIONS - NOMINATIONS ARE DUE!!

*Bill Dixon plagiarized last year's article by Paul Lanoux*

Elections for the officers and directors will be held during the February 27 membership meeting. Positions are filled in two-years terms on a staggered schedule so that only half of the positions are turned over in any given year. The Officers to be elected in 1995 are: Vice President, Treasurer, and two of the four directors

The out-going officers volunteered to serve because they cared enough about the future of BARC to invest time and energy in making sure we all would have a club to enjoy. Show them your appreciation by volunteering to share a little bit of the responsibility. The Nominating Committee is soliciting candidates over the next several weeks. If you are interested in serving, please contact Paul Lanoux as soon as possible.

The current officers are:

President: Bill Dixon  
Term Expires: 1996

Vice President: Marc Bonin  
TERM EXPIRES: 1995

Treasurer: Jeff Tave  
TERM EXPIRES: 1995

Secretary: Irene Barnett  
Term Expires: 1996

Director: Brenda Jamison  
Term Expires: 1996

Director: Walter Madden  
TERM EXPIRES: 1996

Director: Bill Giessler  
Term Expires: 1996

Director: Jim Potter  
TERM EXPIRES: 1995

## BARC IN SPACE!

What do bus drivers, Ultraviolet Astronomy Telescopes, BARC t-shirts, and fellow BARC member, Wendy Lawrence, have in common?

Wendy Lawrence will be among the crew of an upcoming shuttle mission designated STS-67. Wendy describes her role as "bus driver" but her official title is flight engineer. The mission's cargo includes a BARC "Best Little Oarhouse in Texas" t-shirt. Wendy was ice enough to squeeze in ASTRO 2, the Ultraviolet Astronomy Telescope, as the principal payload.

The orbiter, Columbia, is scheduled for a 16 day mission. Wendy is testing the theory - 14 days without rowing makes 1 two weak!

## YOUR HANDBOOK IS WAITING FOR YOU

*by Bill Dixon*

After a CAZILLION discussions about revisions to the Membership Handbook, one is now waiting for you in the boathouse. Please pick one up and peruse it at your leisure. I recommend strategically placing one in each of the "reading rooms" of your home.

## BARC NIGHT OUT

BARC's bi-monthly BARC Night Out will be held at Tortuga's Restaurant on Friday, January 20th, 6:30 PM. Tortuga's is located on the South side of NASA Road 1, just West of Egret Bay Blvd (next to Applebee's). Say "Howdy" to your rowin' buddies. Be There!

## COACHING CLINIC

Dave Gill and Don Erwin have joined forces to coordinate a coaching clinic to be held the weekend of February 11. Preliminary plans include the return of Norine Jaloway and Maureen Simpson, and video taping before and during the coaching sessions.

The format for these sessions will be "tweaked" slightly to accommodate one coaching on the water and your strengths and weaknesses on video tape. If you can assist in this effort or have suggestions on how you might better benefit from these sessions, please contact Don.

We are in need of several video cameras and launch drivers. Watch for further information on the bulletin boards in the boathouse.

# ROWING COMPETITIVE CATEGORIES

by Tom Lotz

As BARC continues to grow, more of our members are becoming interested in competition on a regional or national basis. A few of us have done so, and with some success. The purpose of this article is to provide information on the various categories by age and weight, plus coxswain requirements.

**MASTERS:** A Master is a competitor who has attained or will attain the age of 27 during the current calendar year. A competitor's age is determined as of December 31 of the current calendar year, rounded down to the highest contained integer. A competitor thus becomes a Master on January 1 of the year of his or her 27th birthday. A Masters crew shall be comprised exclusively of Masters rowers, but the coxswain need not be a Master.

Masters crews shall be classified by age according to the following categories:

<b>A</b> 27 to 35	<b>B</b> 36 to 42	<b>C</b> 43 to 49	<b>D</b> 50 to 54
<b>E</b> 55 to 59	<b>F</b> 60 to 64	<b>G</b> 65 to 69	<b>H</b> 70 to 74
<b>I</b> 75 to 79	<b>J</b> 80 and over		

The age category of a Masters crew shall be determined by the average age of the rowers in the crew, rounded to the nearest integer. The age of a coxswain shall not be counted. The ages of the individual rowers need not fall within the age category, so long as each rower is a Master and so long as the average age of the crew falls within the applicable category.

A Masters crew may compete in a lower (younger) category, but not in a higher category.

**JUNIORS:** A Junior is a competitor who in the current calendar year does not attain the age of 19, or who is and has been continuously enrolled in secondary school as a full-time student seeking a diploma. A competitor thus ceases to be a Junior after December 31 of the year of his or her 18th birthday, or of the year in which he or she completes the 12th grade of secondary school, having been a full time student, whichever is earlier.

**LIGHTWEIGHTS:** A lightweight crew is one that complies with the requirements below. An open event is one that is not a lightweight event.

**Men:** A men's lightweight crew shall average no more than 155 lbs per rower, and no individual rower shall weigh more than 160 lbs. The coxswain shall not be counted for purposes of this Rule. A male single sculler (1x) shall not weigh more than 160 lbs. A Junior men's lightweight crew is one in which no individual rower weighs more than 150 lbs.

**Women:** A women's lightweight crew, including a single sculler (1x), shall have no rower who weighs more than 130 lbs. The coxswain shall not be counted for purposes of this rule.

**COXSWAINS:** A coxswain is a member of the crew and subject to all rules governing competitors unless specifically excepted. A male coxswain may compete in events for women, and a female coxswain may compete in events for men.

**COXSWAIN'S WEIGHT:** (a) A coxswain in an event for men's crews shall weigh at least 110 lbs. A coxswain in an event for women's crews shall weigh at least 100 lbs. (b) Coxswains who do not comply with subsection (a) above shall carry deadweight, such as sand or other ballast, in order to achieve the minimum weight. Any such deadweight shall be placed in the boat as close to the torso of the coxswain as possible, and it is specifically forbidden to distribute deadweight throughout the boat. (c) Excess clothing, equipment, electronic systems, tools, or other utilitarian devices germane to competition, shall not be considered part of the coxswain's weight, and shall not be included as part of any deadweight required under subsection (b) above.

The information in this article is extracted from the 1994 Rules of Rowing published by the United States Rowing Association.

## FIRST ANNUAL INTERNET ERG RACE

*mike\_davenport@washcoll.edu*  
(George Washington) 22 Dec 1994  
20:35:44 GMT Washington College  
Posted to: *rec.sport.rowing*

JL Racing presents the first Internet Erg Race. February 4, 1995 will mark the first erg race ever to take place over the Internet (The JL Racing Internet Challenge).

Done over the Internet this race allows you to compete in the convenience of your own surroundings. Do your piece and e-mail us your results. We'll compile the information and e-mail it back. It's that simple. And what's best is that you can compete as boats against others from around the world.

A few notable items about the race: 1) Distance is 2500 meters, on any style Concept II erg. 2) Erg pieces may be done from January 28th, 1995 to February 4th, 1995 allowing you to compete in other erg races and use those results to compete again. 3) No transportation costs! 4) Compete against rowers from around the world. 5) You may compete as an individual, as a boat and as a team. You may compete as boats in any of the events. In addition competitors will be ranked on an individual basis. So you'll get two set of results: by events (where the boat's average times are compared), and by individual score (for both men and women). 6) This contest works on the honor system. Honesty is the best image and we know all competitors will be honest with their results. 7) And probably most important the race is free to all competitors. That's right—no charge to compete!!

We, at Washington College, are able to offer this event because of the support of two companies that have agreed to sponsor it. JL Racing, which is the competitive limb of JL Design Enterprises, Inc (makers of superior rowing clothing) and Powerfood (makers of Powerbars) are our proud sponsors. How to compete. Watch for more info on the Net after the New Years. Remember the date is 2/4/95, so get training for the first Internet Erg Race.

## **CAPTAINS' MEETING**

The captain's meeting this month for scheduling boats will be on Thurs, Jan 19. As usual, this is a virtual meeting; no one really has to show up unless there is some problem to resolve. However, the captain or a representative from EVERY boat needs to contact me BEFORE that date in order to reserve your time slot(s).

You can reach me at paxber@aol.com, or 332-5717 (home) or 332-4716 (work). Note the new work number.

## **EQUIPMENT WANTED**

The board has approved (in concept) the purchase of either an 8+ or club double during the current quarter. In addition, we are looking for the best deal we can get on a launch motor. If you have any contacts that might be helpful in these ventures, please contact Bruce Meltzer regarding the 8+ or 2x, or a board member regarding the launch motor.

## **SCULLING "TRY-IT-YOULL-LIKE-IT" & SCULLING CLASS**

Fran Lantz and Carl Smith have volunteered to coordinate the year's first sculling class! Please encourage anyone you know to attend the "Try-It-You'll-Like-It" on Saturday, January 21, at 9 a.m. Information and sign up sheets will be available at that session for the sculling class which will take place over the next four Saturdays following the "TIYLI".

# **BARC SCHEDULE OF EVENTS**

## **JANUARY 1995**

- January 8 Board Meeting at Jeff Tave's (7:30 p.m.)
- January 11 Newsletter Articles Due
- January 20 BARC Night Out at Tortuga's 6:30 p.m.
- January 21 Sculling TIYLI - 9 a.m.
- January 28 Sculling Class Begins (includes next three Saturdays)

## **FEBRUARY 1995**

- February 5 Board Meeting 7:30 p.m. at Brenda and Brad Claire's house
- February 8 Newsletter Articles Due
- February 18 Sculling TIYLI - 9 a.m.
- February 27 General Membership Meeting and Elections Clear Lake Park Building 7:30 p.m.

## **MARCH 1995**

- March 5 Board Meeting at Jeff Tave's 7:30 p.m.
- March 8 Newsletter Articles Due
- March 18 Sculling TIYLI - 9 a.m.
- March 24 BARC night out 6:30 p.m. at restaurant TBD

M

## **APRIL 1995**

- April 29 Space City Sprints V - Volunteers Needed!!