
STROKEWATCH



NEWSLETTER FOR THE BAY AREA ROWING CLUB OF HOUSTON

November, 1998

HOLIDAY PARTY

The 1998 Holiday Party has been slated to be held Sunday, December 13, 1998 at 5:00. It will again be held at the home of Pam Falk. As always we will eat, drink and be merry while exchanging best wishes for the season and presents for the boathouse.

Please sign up in the boathouse to bring your favorite food or drink. The club will provide the main dish. Also remember to bring something for the boathouse. KZ will post a boathouse wishlist if you need a few suggestions.

Directions to Pam's house:

From I-45 take the 518 League City exit and travel east.

Cross highway 3, Egret blvd. and 270.

518 curves to the right (do not take it). Travel straight onto 2094.

Clear Creek High is in the right.

Take a right on South Shore Harbor Blvd. (Randalls on right)

Turn right on Admiral at the South Shore Harbor Country Club.

Stop at the gate and tell the guard you are visiting me.

Take Admiral to the dead end at Pebble Beach.

Take a right on Pebble Beach, travel 5 Streets and take a left on Kemper

Pam lives at 2108 Kemper, (281) 538-1742.

BARC Ware

Folks, if you want to avoid the mall rush and get the world's coolest Christmas presents for all your friends and loved ones, you better not miss this incredible BARC WARE CHRISTMAS SALE. All shirt, t-tops and hats are one entire whole cent off. If you buy ten items you get another cent off the eleventh one. So hurry in before the sale ends (or rather call me at 713-339-3180, or send an e-mail at Benjnette@aol.com).

Tank Tops	\$7.99
Tees	\$7.99
Long Tees	\$10.99
Hats (supposedly hand stitched)	\$14.99

PS: All items will be hand-delivered to your favorite boat house.



Also in this issue:

Row Safely - boat lights an Hypothermia
Report from the USRA Club Champs
New Members
Regatta Results
BARCalendar
Regatta Results
...and much more

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<http://www.ghgcorp.com/derwin/barc.htm>

For membership information call Ed Hippe
 281-478-7982 or email
ehippe@ems.jsc.nasa.gov

Club Officers:
 President Jeff Tave
 Vice President Claire Sweatt
 Treasurer Richard Hagen
 Secretary Pam Falk
 Board members: Jack Quigley
 Doug Bradt
 Nancy Saunders
 Karl Zimmer
 Membership Dir. Ed Hippe
 Boathouse Man. Karl Zimmer
 Newsletter Hannes Hofer
 BARCware Ben Jütte
 Webmaster Don Erwin

The Prez Sez....

By Jeff Tave

Ben Juette, New BARCware Coordinator

Ben Juette (pronounced "yew-teh") has stepped forward to be the new BARCware Coordinator. To check to see what's in stock, please give Ben a call at 713-339-3180. Remember, BARCware makes an excellent holiday gift for those hard-to-please loved ones!

Advancing to the Next Shell Class

This is just a reminder that for all new class members or Club members that row recreational shells, 20 hours of on the water experience and a check-out by a designate of the Board is required before advancing to the next shell class. Since we basically have two classes of 1X's (rec and race trainer), the check-out will allow you to row the race trainers (Maas Elite Lightweight, red stripe for those that weigh less than 150 lbs, Mass Elite Standard, blue stripe, and Julien, designed for mid to heavyweight). However, I strongly encourage those wishing to advance, row the Maas 24 or Felker 1X several times prior to moving up to the race trainers. The purpose of the check-out is to ensure safety of Club equipment (proper boat handling) and the rower (ability to row advanced equipment). Board designates include Bill & Kathy Dixon, Don Erwin, Tom Lotz, Bruce Meltzer, Carl Smith, Jeff Tave, and Karl Zimmer.

BARChouse Combination to Change

BARCers! Heads up as the boathouse combination will be changed January 1, 1999. The

Continued page 4

The BARCalendar

Date	What?	Contact
12/06/98, 6:30PM	BARC BOD	Jeff Tave, 281-326-5098
12/12/98	RCTW Slay the Dragon Regatta, The Woodlands	Jeff Tave, 281-326-5098
12/13/98, 5:00PM	BARC Holiday Party	Pam Falk
12/19/98, 9:00AM	TIYLI	Bill Geissler, 281-488-1046
01/10/99, 6:30PM	BARC BOD	Jeff Tave, 281-326-5098
01/30/99,	S.W.E.A.T., Erg Championships, Dallas	
02/07/99, 6:30PM	BARC BOD	Jeff Tave, 281-326-5098
02/22/99, 7:30 PM	BARC Annual Meeting, CL Park Meeting Room	Jeff Tave, 281-326-5098
02/27/99, 9:00AM	Rice, UT, Tulane Regatta, Mud Lake	Hannes Hofer, 713-664-7784
03/20/99	Heart Of Texas Regatta, Austin, TX	

Row Safely (part one): Lights

By Jeff Tave

Well, we've lost our evening daylight so I just wanted to remind everyone that if you row at dusk or dawn, you should be using some type of safety light. Also, before you go out, it's a good idea to check the log book to note other boats out on the water. The best system is to mount light on the bow and stern, however that's not always possible, so here are two alternatives: lights mounted on the shell gun-wales or lights mounted on your bod that can be seen from the bow. I've seen lights that you can attach to the back of a cap, clip to a shirt, or strap around your upper arm or neck.

Bicycle shops carry a variety of lights. You can also order them from sports catalogs. Be sure to get one that's water resistant (look for one with rubber o-rings between sections where the unit comes apart to change the batteries. Get ones with as many LED's as possible and depending how you'll be mounting it, LED's visible from the side are probably an important consideration. Many lights have multiple modes: steady on, flashing, etc. The steady on mode burns up the batteries quickly (20 to 50 hours of use); those with a flashing mode last between 100 to 200+ hours. For those that will mount them to their bod, think about weight as well as some lights take AA, AAA, or watch batteries. The ones that take watch batteries should be the smallest/lightest, but may not have enough LED's or be very bright. Ones that take the AA batteries usually have 5 or more LED's, but these tend to be larger/heavier. Look for ones with stiff belt clips (so they won't slip off your shirt) or those that come with a strap. I'll bet a nylon

dog/cat collar would work if you can't find one with a strap (you might get annoyed by the bell, though!)

I am currently using a VistaLight VL700 Eclipse which has 7 forward-facing LED's and 2 blink modes; I bought a woven nylon dog collar so I can attach the light to the back of my neck. Webster Bicycle and Bike Barn used to carry it. Karl Zimmer uses Trek lights, which are smaller since they have fewer LEDs, but they can be clipped to your sleeves or to a bow marker. Hannes recently found some flashlight sized lights that have a suction cup mount. As a final thought, when your batteries are used up, PLEASE DON'T just toss them in the trash. Save them and dispose properly; the University of Houston Clear Lake has a hazardous materials day at least twice a year. Some recycling centers may take them as well.

USRA NATIONAL CLUB CHAMPIONSHIPS by Tom Lotz

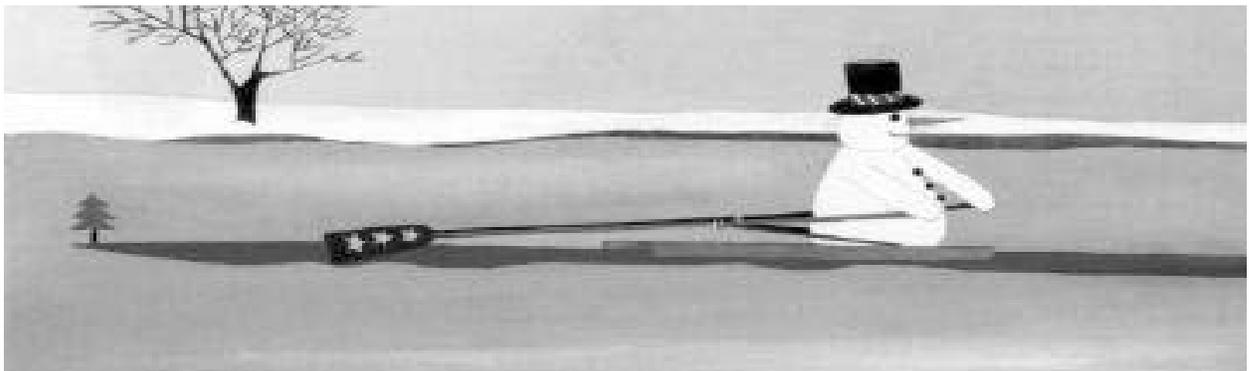
The United States Rowing Association National Club Championships were held on Lake Onondaga in Syracuse again this year. I participated as a Judge-Referee. For change the weather was wonderful. Temperatures in the high 70's with some, but manageable wind.

One of the innovations this year was to reverse the course, so the regatta started at the old finish line and ended where the start line used to be. This change was due to high winds at last year's championships and the previous years Masters on that lake.

The course change seemed to work well though it was not really tested in strong winds.

The idea of finishing in heavy wind is cause

Continued, Page 8



Frosty the Rowman

The Prez Sez, continued from page 2

new combination will be distributed to all dues paid members whose fees are paid through 1st quarter 1999 (1st quarter fees are due by January 1st).

BARC Purchases Speed Coach Sensors

The BARC BOD has approved the purchase of Nielsen-Kellerman "Speed Coach" sensors for the BARC racing/training boats (Vespoli 4+, Vespoli 4X/4-, Kaschper 4X, Filippi 2X/2-, and both Maas Elite 1X's). The sensors (consisting of a hull speed sensor, seat sensor, and wiring harness), when used in conjunction with the NK "Speed Coach" computer, allow parameters including stroke rate, 500 meter splits, time, distance, and average speed to be measured so as to gauge performance. Improvement, or lack thereof, is can be easily monitored by recording these measurements each time you row. As the cost of the computer is relatively high (approximately \$200) and would be hard for the Club to maintain (it's small size could lead to misplacement), crews and/or individual members are encouraged to purchase their own. At least a half dozen Club members currently own computers.

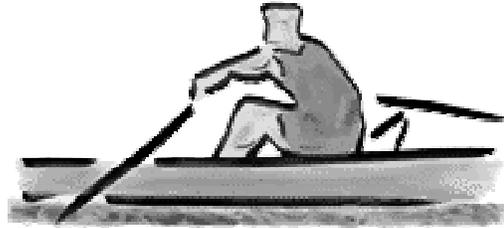
BARC To Sell Excess Sweep Equipment

The BARC BOD has agreed to sell the "Karankawa" Schoenbrod 4+ shell along with 4 composite sweep oars (spoons) to the Texas A&M Galveston Rowing Club. The Aggies will relocate the "Karankawa" to Galveston where a supporter of the Club, who has waterfront property, will allow the Club water access. BARC's own Jack Quigley has been helping the Aggies get going in Galveston. In addition, the Club will also part with another set of 4 sweep oars which we'll sell to the Rowing Club of The Woodlands for use with their new Hudson 4X/4-. Proceeds from the sale of the little-used equipment will allow upgrade of current equipment. Look for at least another pair of sweep hatchets to be purchased in the short term.

BARC Positions Open in 1999

Folks, we're coming up to the Club's Annual Meeting on February 22nd when we will hold elections. Several positions may be open, one of which will be that of Treasurer. Richard Hagen, who has admirably served in that position over the last 2 years, will be stepping

down at the end of his term due to other commitments. The Treasurer's position is, in my opinion, the most important in the Club. We'll be looking for someone that could spend 1-2 hrs a week tops (on average) and has access to a computer. If you have interest in this position or of serving in any other position on the BOD or with the Club, please notify any BOD member. Remember, it takes volunteers to make a volunteer organization succeed!



Row Safely (part two): Hypothermia

By Hannes Hofer (with a little help from www)

Even though we pride ourselves with being able to row year-round in Houston, we are still in danger of getting hypothermia if capsizing on a cold day.

Hypothermia is defined as subnormal body temperature - a lowering of the body core temperature. Unconsciousness can occur when the body core temperature drops from normal (98.6 F - 37 C) to approximately 86 F (30 C)

Cold water does not have to be icy... it just has to be colder than you are to set water hypothermia in motion. A person who is wet, improperly dressed and intoxicated can become hypothermic in 70 degree F weather. The rate of body heat loss depends on water temperature, the protective clothing worn, percent body fat and other physical factors, and most importantly the way you conduct yourself in the water.

Different activities in the water consume varying amounts of body heat. The more energy (heat) you expend, the quicker your body temperature drops, reducing your survival time.

How To Survive In Cold Water

If you suddenly find yourself in the water don't panic! Calmly follow the procedure below to increase your survival time.

Minimize body heat loss. This is the single most important thing you should do. Take the following steps:

Continued, Page 6

Rice Crew's Fall season

By Hannes Hofer

The big news off the race course was that we (with the help of BARC's own Jeff Tave) received a brand new Vespoli four. Thanks to a successful fund-raising campaign, we were able to purchase this new boat in September. Our fleet now counts three eights and two fours, a far cry from our meager beginnings 10 years ago. We are hoping to buy a new trailer real soon now.

On the water, we had a good season, we won several races, and overall we did very respectable.

The highlights:

At Head of the Charles, both the men's and the women's 4+ finished 27th out of 59 and 49, respectively. The women's boat would have placed much better had they not tangled oars with another team at the Anderson Bridge.

At the Pumpkin Head in Austin, the Women's 4+ got their revenge. They won their race in front of Austin Rowing Club, Oklahoma State and SMU. The Novice Mixed Eight was not to be outdone as they won their race also. The women's eight took 6th while both the men's 4+ and 8+ took third. The big surprise was the Women's Novice 8+, which took 3rd place out of 8 and beat 3 boats from UT's fancy new varsity program. The novice men's 8+ took 3rd, and the Experienced Mixed Eight took the silver.

Next was the trip to the Head of the Chattahoochee in Georgia. The race was this year moved to the former Olympic site at Lake Lanier, 50 miles north of Atlanta, a much better site for the race. It was a cold, but otherwise pleasant weekend. The results: ML4+: 7th of 18, WN8: 13th of 23 (Stacy, one of our coxswains, rowed in 4 seat), Mchamp4+: 6th of 11 WClub4+: 9th of 24, MN8:21st of 24 (Ouch!) MClub8:5th of 14, Wclub8: 6th of 9. In addition, two of our coaches, Chad and John, jumped in a boat with two of Chad's old pals from Duke and took 3rd in the Mclub4. The best news was that the men's exp. boats beat UT in all their races. Our time in the Club 8 was even better than UT's in the Champ race.

And now for the crowning achievement: At the Marathon in Louisiana, the Rice Men's 8+, lead by a certain "Danish Dynamo" in bow seat, was the fastest boat on the water, beating

2 UT boats to win the 26 mile race in 3 hrs 28 seconds. Our Nmix8, with 5 women and 3 men, was victorious as well as they beat 3 other boats to take the title of "World Rowing Marathon Champion".

You can read all the results at our web site, <<http://www.rice.edu/~hofer/ricecrew.html>>.

You can also see pictures from Boston and Austin on <<http://www.rice.edu/~hofer/fallseason.html>>.

Looking ahead to the spring season, we will see lots of changes as several of our rowers will be leaving us. Some for good, and others (hopefully) to return after a semester abroad. Still, enough talent will be left give us another exciting semester of rowing.



SCULLING CLASSES

By Claire Sweatt

The 1998 Sculling Class season has come to a close. The October class marked the end to another successful season of introducing folks to the joy of sculling. Over the past seven months, 31 individuals have participated in our sculling classes and approximately 13 of those have continued to row out of BARC. Our 1998 Sculling Class graduates are: Christina Spritzer Tania Serna

Kathy Meyer	David Jarvis
Misha Hague	Polly McKinley
Christi Steele	Colleen Fultz
Rachel Nystrom	Becky Vushkuhl
Julie Brock	John Benson
Steven Lewis	Nick de Vries
Kyle Braden	Tom Stables
Arlette Gilmore	David Thomazy
Elizabeth Baumler	Bill Curra
Beth Pilcher	Janet Middleton
Mert Paben	Gary Loh
Robert Wood	Albert Leigh
Cynthia Loe	Orjan Kvist
Annette Kvist	James Bojunk
Mike Rennie	

A special "Thanks!" goes out to all of the BARC members who helped teach the classes this past summer! The classes offer our club many benefits...we share the fun of rowing with others, we increase our club size by adding new members, we earn money by collecting a class fee to help fund projects and new equipment...all in all, a great activity for our club!

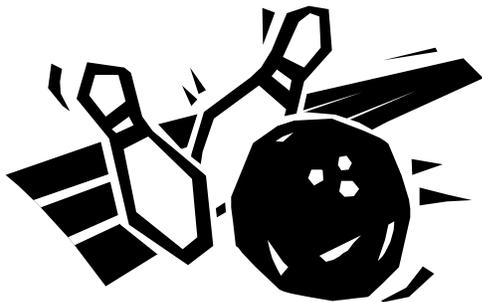
Do not remove clothing, despite what you may have been told. Instead, button, buckle, zip and tighten collars, cuffs, shoes and hoods. Cover your head if possible. A layer of water trapped inside your clothing will be slightly warmed by your body and help insulate you from the colder water, slowing your rate of body heat loss. Put on a PFD if available.

Devote all your efforts to getting out of the water. Act quickly before you lose full use of your hands and limbs. Climb onto a boat, raft, or anything floating. Right a capsized boat and climb in. Most boats will support you even if full of water. If you can not right a capsized boat climb on top of the hull. The object is to get as much of yourself out of the water as possible.

Do not attempt to swim unless it is to reach a nearby boat, another person, or a floating object on which you can climb or lean. Unnecessary swimming "pumps" out warmed water between your body and your clothing circulating new cold water to take its place. Unnecessary movement of your arms and legs pumps warm blood to your extremities, where it cools quickly, reducing your survival time by as much as 50%.

BARC Goes Bowling

By Jeff Tave



We had 11 BARCers & fans show up for the November BARC Night Out at Alpha Bowl in Clear Lake. While the form varied from Mr. Style (AKA Tom Topalu) to Mr. Fastball (AKA KZ) and bets were placed on who could hit all the pins except for the colored one (Colleen Fultz), most people were at least able to break 70, though some more than others. Everyone had a great time heaving the ball and hoisting some brew and no one was too concerned about the scores (well except for one, you know who you are!). Mucho Gracias to Pam Falk for coordinating event. Look for another exciting BARC Night Out to occur in January.

Regatta Results

Masters Nationals

BARC had a single participant in this year's Masters. Jeff Tave got together with friends from Dallas and rowed in the Lightweight 4+ race where he took 2nd place. He also jumped in an eight with Community Rowing of Boston with whom he won a bronze medal. Jeff has written a nice article about the event. It will be in the next edition of "Strokewatch".

Pumpkin Head Regatta (10-31-98)

BARC rowers did well at this year's Pumpkin Head Regatta. Fewer people showed up for the races this year than in years past (perhaps it has something to do with the 180° "Kill Your Starboards" turn), but those who did show had a great day of racing.

The BARC Mixed Double with Tom Topalu and Kathryn Duffy tried an unprecedented tactic when they mid way through the race got out of the boat and started pushing it instead of rowing it (they said they hit a sand bar, but we all know better!).

The Aggies from Galveston made their debut after their rebirth. They also did well with 1st, 2nd, and 3rd place finishes.

The BARC results:

Event	Crew	Place
MM4+	Zimmer, Tave, Bradt, Hofer, Sweatt	1st
MixO4x	Zimmer, Sweatt, Lieserowitz, Hofer	1 st
WO2x	Hattink, Harrison	2 nd
MixO2x	Topalu, Duffy	4 th

Marathon Rowing Championships (11-14-98)

BARC had 5 members participating in the Marathon Rowing Championships at Natchitoches, LA (pronounced "Nakadish") on November 14th. The race, sponsored by the Natchitoches Rowing Club and Northwestern State University Rowing, is 26 miles of twists and turns on the scenic Cane River. For BARC, Dr. Dan Friedman teamed up with Kathryn Duffy to row in the mixed master's 2X event, Hannes Hofer jumped in a Rice Crew varsity boat to compete in the men's open 8+, while Karl Zimmer and Jeff Tave were part of a Dallas Rowing Club mixed club 8+ (a composite crew which consisted of 2 from BARC, 3 from DRC, 2 from RCTW, and a man from the Wilmington

Continued next page

REGATTAS

By Claire Sweatt

The Fall regatta season is almost over, but the Spring season will be here before you know it! And BARC will be out there once again competing for medals! Information for each regatta will be posted at the boathouse (i.e. registration forms, boat request sign up, etc.) It's always great to have a strong showing of BARC rowers at these events. It gets our club name out in the rowing world and...it's great exercise! Sun on your face...wind in your hair...sweat on your body...ultimately, medals around your neck...what else could you ask for?! P.S. To all of our novice rowers, come on out to the regattas! They are fun to watch and they always have "novice rower" events, so you, too, can enter a race!

SCULLING CAMPS

By Claire Sweatt

Wanted: BARC members interested in attending a sculling camp. Several BARC members have talked about attending a sculling camp in the Spring of 1999. There are several camps out there with a variety of packages available. Some of the packages are 2 days, 4 days, and 7 days. Three very good camps are located in wonderful settings. We are looking into sculling camps in south Florida, Vermont and Colorado. If you are interested in a trip filled with BARC friends, rowing, and travelling outside of Texas...call Claire Sweatt.

Regatta results, continued

Rowing Center in Delaware). All 3 crews came home with medals making the race especially satisfying. RRC also had a mixed novice 8+ which medaled as well! Although the weather was not as nice as the past two years due to a light rain/drizzle through most of the race, we had a fun time rowing our little hineys off! One of the race incentives, especially towards the end of the race, besides completing, was the big pot of steaming gumbo waiting for us! Next year, we'll compete again (striving to achieve our under 3 hour goal, eh KZ?), and we hope to see more BARCers participate.

Event	Crew (Club)	Time
W1X	Muga (DRC)	4:22:58
MMA1X	Cushing (RCTW)	4:02:09
	Werle (DRC)	4:02:40
MO1X	Caughron (RCTW)	4:32:56
MxMa2X	(RCTW/DRC)	3:19:11
	Duffy/Friedman (BARC)	3:33:27
MMA2X	Knight/? (GHRC)	3:46:05
	Houston/Houston (DRC)	4:33:44
Mx4X	Reed et al. (DRC)	3:25:48
MxClub8+	Zimmer/Tave(Comb. Crew)	3:26:04
MO8+	RRC varsity + Hofer (BARC)	3:00:28
MxN8+	RRC novices (RRC)	3:46:51



BARCers at Pumpkin Head

USRA Club Championships, continued

for concern, however, changing the course was major, since I know from personal experience that the course has been the same since 1954, when I rowed in and saw my first race -- which were one in the same.

The clubs were mainly from the northeast -- Vesper, Westside, Penn AC, Undine, Riverside, NYAC -- along with a few from the west coast. There was an increase in junior crew participation this year, which is a good sign. All sizes of boats competed, as did lightweights, and rowers classified at intermediate and senior skill levels, the 2000 meter course was fairly fast with the best eight's time at 5:45. Results are on the Row2.com Internet site.

One seed of discontent was the number of Canadian crews and rowers from the US development camps. Some finals, for a US club championship, had two St. Catharine's boats and two from the development camps. Although the highest finishing US crew was "national champion", they may have finished third or lower in the final. On the other hand, the presence of the Canadian and camp crews in-

creases the level of competition. The location in Syracuse lends itself to the participation of the Canadian clubs in particular.

This is an excellent regatta, staged at Syracuse for the last several years, and previously at Topeka. Perhaps the National Club Championships will move around the country similar to the Masters Nationals, and it may be easier for middle America [BARC] crews to compete. And we may soon have another licensed Judge-Referee in Texas. Trisha Bailey from Austin was an observer at the regatta and did very well. She will also observe at the Masters in Topeka and probably take her Judge-referee



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