
STROKEWATCH



NEWSLETTER FOR THE BAY AREA ROWING CLUB OF HOUSTON

July 1999

SPACE CITY SPRINTS IX



Also in this issue:

Heat Stroke
Jeff's trip to Master's Nationals, part deux
Regatta Results
BARCalendar
Sculling Classes

...and much more



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For membership information call Ed Hippe 281-470-7982 or email ehippe@orbitworld.net

Club Officers:

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

The Prez Sez.....

BARC Work Day, Saturday June 26th

There will be a BARC Work Day on Saturday, June 26th, beginning at 9 AM.

The goals are to clear the side yard, dump large items in the back yard to a county truck, and do some small repairs around the BARChouse. Please stop by & lend a hand. If there are any buoys left, we'll pull those in as well.

Oar Painting

Thanks to Ed Hippe, we're on the road to having our sculls painted in BARColors. Ed will probably be looking for help in the future for a taping party, so be prepared to volunteer. So far, the newly painted oars are looking GREAT! Thanks, Ed!

Armand Bayou Nature Center Bayou Boil

Barbara Murray, who was in the May sculling class, was the winning bidder for the class BARC donated to Armand Bayou Nature Center (ABNC) for their 1999 Armand Bayou Boil Silent Auction held on May 8th. BARC shares the upper regions of Mud Lake with ABNC and both organizations have the common goal of protecting the local ecosystem. The ABNC is located off of Bay Area Boulevard between Space Center and Red Bluff Roads; membership information can be obtained by calling ABNC at 281-474-2551. Thanks Barb!

BARC Night Out, Friday June 18th

Well, we haven't had one in a while so we're due! Plan to meet your fellow BARCers between 7 and 7:30 PM at Mario's in Seabrook. Mario's is located on Highway 146, just North of the intersection of NASA Road 1. Be there or be square!

The BARCalendar

Date	What?	Contact
June 19	BARC Night out, Mario's on NASA Rd . 1	Jeff Tave, 281-326-5098
June 26,27,29,30	Sculling Classes	Claire Sweatt, 713-729-2470
June 26	Work Day	
July 24, 25, 27, 28	Sculling Classes	Claire Sweatt, 713-729-2470
Aug. 12-15	Masters' Nationals, Gainesville, GA	
Aug, 28, 29, 31, Sep. 1	Sculling Classes	Claire Sweatt, 713-729-2470
Sep. 25, 26, 28, 29	Sculling Classes	Claire Sweatt, 713-729-2470
Oct. 2.	B.L.A.S.T. regatta, Dallas, TX	
Oct. 23.	Head of the Charles, Boston, Mass.	
Oct. 30.	PumpkinHead Regatta, Austin, TX	
Nov. 13	Rowing Marathon, Narchitoches, LA	

Space City Sprints IX

Thanks to everyone at BARC who helped make this year's SCS a success!

The weather couldn't have been better and we had a good turnout of rowers from the other clubs in Texas. A special thanks goes out to all of the volunteers that helped make the day run smoothly:

Referees - Don Erwin, Jack Quigley, Doug Bradt, Tom Topalu

Dock Masters - Ed Hippe, Mike Appel, Carl Smith
Finish Line - Ben Juette, Bill Geissler, Andrea Leiserowitz, Brenda

Jamison-Claire, Richard Hagen

Couse - Karl Zimmer

Registration - Jeff Tave, Tom Heig

Safety - Tom Lotz

Food - Colleen Fultz

Launch Drivers - Hannes Hofer, Fred Schultz, Robin Erwin, Tom Stables

Claire Sweatt, Coordinator

Experience Clear Lake

Tom Lotz with help from Pam Falk coordinated BARC's Open House for the Clear Lake Chamber of Commerce "Experience Clear Lake Boating" on Saturday and Sunday, May 1st & 2nd. Although we didn't have a lot of people stop by, we did have several who signed up for classes. Thanks to all who manned the BARC house, especially Tom Lotz. At least we waxed quite a few BARC shells ... I hope there will be a bigger turn out by the public next year.

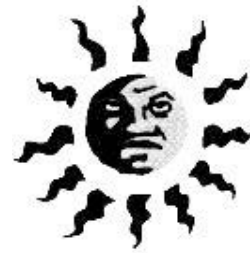
Jeff Tave



Tom Lotz named Olympic Sports Director

BARC's Tom Lotz has been appointed Sports Director for the Houston 2012 Foundation. This group is preparing the City's bid for the Olympic games. The bid is to be submitted to the United States Olympic Committee in December of 2000. Other US cities vying for the bid are Baltimore-Washington, Dallas, San Francisco, Tampa Bay-Orlando, Cincinnati, Los Angeles, and New Orleans.

Heat Exhaustion and Heat Stroke



Summer is here and the heat is on! Rowers are very much at risk for heat exhaustion since there is little shelter in the middle of the lake. Here is some advice.

Heat exhaustion occurs when your body cannot sweat enough to cool you off. It generally happens when you are working or exercising in hot weather. Symptoms include:

- Fatigue, weakness, dizziness, or nausea
- Cool, clammy, pale, red, or flushed skin

Heat exhaustion can sometimes lead to heat stroke, which requires emergency treatment. Heat stroke happens when your body stops sweating but the body temperature continues to rise, often to 105° or higher. Symptoms of heat stroke include:

- Confusion, delirium, or unconsciousness
- Hot, dry, red or flushed skin, even under the armpits

Prevention

- Avoid strenuous outdoor physical activity during the hottest part of the day.
- Wear light-colored, loose-fitting clothing to reflect the sun.
- If you take diuretics, ask your doctor about taking a lower dose during hot weather.
- Drink 8 to 10 glasses of water per day. Drink even more if you are working or exercising in hot weather.
- If you exercise strenuously in hot weather, drink more liquid than your thirst seems to require. For example, runners should drink about one cup of water 10 to 15 minutes before running and another cup of water every two miles or so.

What to do

- Get out of the sun to a cool spot and drink lots of cool water, a little at a time. If you are nauseated or dizzy, lie down.
- Sponge the body with cool water.
- If the body temperature reaches 105°, immediate cooling is essential. Use cold, wet cloths all over the body or a cool water bath.
- If the temperature is lowered to 102°, use care to avoid over-cooling.

Continued on Page 6

National Team Trials

To watch the national team trials is a great experience, to officiate at the trials is even better, and to serve as the starter for the finals if the team trials is terrific. I had the opportunity to do this recently at the 1999 US Team Trials held at Langley Pond South Carolina.

The trials involved the Men's and Women's Open single, the Women's lightweight single and the Men's lightweight double. Racing began on Thursday morning with the heats, with the winner only advancing to the semi-finals. The other finishers raced that afternoon in the repechage, with the top finishers going to the semis. The Friday semis produced the competitors for the six-boat "first final" on Saturday morning. Then the top three in the

finals rowed again in the "second final" on Sunday. Since, in each event, the same competitor won in both the first and second finals, there was no need for a row-off on Monday.

The rowing, naturally, was magnificent. The best in the country were there and ready to try to make the US team that will represent the country in the World Championships later this summer. We also had a superb group of officials from all over United States.

To be invited to officiate at this event was indeed an honor and a privilege. I hope to do even more in the future. BARC members interested in becoming a licensed USRA Judge-referee may contact me for information on the program.

Tom Lotz

Regatta Results

Heart of Texas Regatta

BARCers traveled to Austin to participate in The Heart of Texas on March 20. In The MM4+, A BARC boat with Tave/Hofer-/Zimmer/Knight/Sweatt took 2nd and Bradt/lamczyk/Pafitis/Johnstone/Jütte took third. The two teams combined and took 2nd in the MM8+. Tom Topalu took 3rd in the MM1x and 4th in the ML1x.. Hofer/Knight took 3rd in the MM2x, and Jack Quigley took 4th in the MM(E-H)1x

Dallas Sprints Regatta, May 8

It was a silver day for BARC rowers in Dallas: All teams came in 2nd in their races. Schultz/Jütte in MM2x and MO2x. Topalu in MM1x. Tave/Hofer-/Zimmer/Knight/Sweatt in MM4+. Tave/Hofer-/Zimmer/Knight in MM4x. Sweatt in WMrec1x.

Space City Sprints, April 17 1999

MO1X: 1. DRC(Anderson)03:55.40, 2.DRC(Sperry)03:59.49, 3. DRC(Vorhies) 04:10.30, 4. DRC(Morschauer)04:16.10, 5. BARC(Lotz) 05:24.85.
WO2X: 1. RCTW(Windham/Guion)04:27.57, 2. RCTW(Bates/Paddie) 04:38.24.
MxM(A-J) 2X:1. RCTW(Muschenheim/becker) 04:01.80, 2. BARC(Sweatt/Zimmer) 04:11.36, 3. GHRC(Knight/Barnes) 04:33.77
MM(A-J)1X 1. RCTW(Keller)03:50.32, 2. BARC(Topalu)03:58.88, 3. RCTW(Cushing)04:03.45, 4. DRC(Ford)04:10.09.
MxO2X: 1. RCTW(Addy/Windham) 04:02.78, 2. RCTW(Yerby/Bates)04:19.21
MM(A-J)2X: 1. DRC(Vorhies/Morschauer)03:23.88, 2. DRC (Sperry/Anderson)03:25.52, 3. RCTW(McFarlane/Keller)03:50.57, 4. BARC(Hofer/Knight) 03:57.92.
MO2X: 1. RCTW(Wechter/Yerby) 04:15.55, 2: RCTW(Addy/Kinosian)05:04.11
WO4X: 1. RCTW 04:03.59, 2. RCTW/BARC 04:56.46.
MO4+: 1. DRC 03:58.5.30, 2. BARC 4:02.40
MM(A-J) 2-: 1. DRC(Vorhies/Morschauer) 03:42.61 2. DRC(Sperry/Anderson) 03:59.31
MO4X: 1. RCTW 03:35.16 2. RCTW 03:59.77 3. BARC 4:15.33
MM(A-J) 4+: 1. DRC 03:30.97, 2. BARC 03:38.90
MxO4X: 1. RCTW 04:04.16, 2. RCTW 04:20.66
MxO8+: 1. Composite(Hofer)03:14.62, 2. Composite(Erwin) 03:15.82.

Masters Nationals or How I Learned to Love the Erg

Jeff's amazing Journey to Topeka - continued from last issue.

We were at the lake early on Saturday even though our race was at 11 AM. The weather had deteriorated, as compared to the two prior days, with 10-20 mile/hour winds out of the East (course cross winds) predicted. Yuk! Todd and I were well enough below 150 that all Sperry and Steve had to be was below 160; both made weigh-in with David a couple pounds below 160 and Steve in the mid 150's. By the time we got on the course for our race, the wind had picked up enough to create rolling waves making things "interesting" when crossing the course. I was thinking Hawaii-5-0 as we rowed...surf's definitely up! It wasn't going to be a fun row that's for sure. Our competition was from Detroit, and we could tell by their set that, unfortunately, they would have no problems with the water conditions. I'd bet they also rowed together as a crew more than the six times we had. Hey, we put up a good fight, but with the water as it was, it was tough to keep the rate high. The boys from Detroit had no such problems so they beat us (by 8 seconds) just by being able to maintain a higher stroke rate. It was a blast, though, a wet one! I also took advantage of open spots in a Community Rowing Association (Boston) MMa-B 8+ and rowed bow in that race as well. As it was later in the day, around 1 PM, the water was worse. We were rowing through major waves! We ended placing third in that race, only 3 seconds out of second, not bad considering three of the eight were substitutes, and 4 seat caught a crab half-way through the race.

The other Saturday finals were fun to watch. The killer DRC "D" 2- of Voorhies/Mohrhausen entered the "A" 2- race just for "practice" and they readily whipped the kids, placing a strong second. Sperry came in a good third in his 1X race and Leonard pulled in a third in his 1X as well. The DRC MMa-D 4+ was the second highlight of the day as they got the gold by 0.3 seconds; not surprisingly, Chris, the DRC MMa-D 4+ cox, went for an afternoon "swim"! In other races where the DRC/FW/RCTW crowd medaled, Phil Cushing (RCTW) placed second in MMa-1X, Amy Molenaar & Todd Keller placed 2nd in MxMa-2X, and Amy Molenaar & Amy Smith placed 3rd in the WMa-2X. DRC had a great showing! That evening, we all

went to Leann Muschenheim's parent's home for a BBQ dinner with all the trimmings. Cousins of Leann's were playing live rock; they were pretty forgettable!

Sunday morning brought thunderstorms at 5 AM. While we waited for things to clear, the BIG Sperry and Cohen weigh-in was to occur. Tension mounted as they got on the scale..."Doh!" 155.2 average. It's to the ergs! A few hundred meters goes by, and then Sperry (weight OK) and next Steve gets on the scale...198 lbs?! "Steve, what's wrong?" I ask, barely concealing a giggle. Oh, was that my foot on the scale? Sorry Steve! Steve makes weight. Now we wait...

Races were delayed until 10:15 AM, when a regatta "Go/No Go" decision would be made. By that time, things have cleared up, but there's a report of another storm cell heading our way, so the officials make the "controversial" decision to cancel the remainder of the races in the name of safety. Better to err on the conservative side. Unfortunately, the other cell doesn't show, and it turns out to be nice (better than Saturday) the balance of the day. Oh well! We all de-rig and load the boats on the trailer. Things go rather quickly and we're on the road by noon. It was an uneventful trip back to the "Big D" and we pull in, load the RRC Vespoli on the van, and I'm back on the road by 10:30 PM. With my Mountain Dew and tunes off the radio, I make it back to Houston around 4 AM or so. A long night! A great trip!

USRowing Masters National Championships: August 11th - 15th

The Lake Lanier Rowing Club will be hosting the 1999 USRowing Masters National Championships from August 11 - 15. Lake Lanier was the site of the 1996 Olympic rowing venue and thus boasts impressive facilities. It is approximately an hour's drive Northeast of Atlanta. Heats will be taking place both Wednesday & Thursday the 11th & 12th with finals to be held on Friday & Saturday the 13th & 14th. Sunday, August 15th, will be a rain date so if you're going, it would be best to plan to leave late Sunday afternoon. All participants are required to be URowing members (1-800-314-4ROW).

Continued page 6

Sculling Classes

Our sculling class season is in full swing. We have scheduled classes on a monthly basis from April through September. We have filled almost all of the classes! August and September classes still have a few available slots. If you know of someone interested in a class, please have them contact Claire. The classes are a total of eight hours: Sat 9-11am, Sun 9-11am, Tues 6-8pm, Wed 6-8pm. The classes are \$70 which includes one month of membership in the club. At the end of that month, all class members are invited to continue membership in the club.

Instructors are always needed for the classes so please plan to help out when you can. Here are the dates for the upcoming classes:

June 25, 26, 28, 29

July 24, 25, 27, 28

August 28, 29, 31, Sept 1

September 25, 26, 28, 29

Thanks!

Claire Sweatt, Sculling Class Coordinator

Heat stroke -continued from page 3

When to get professional help

- Call 911 or seek emergency care if signs of heat stroke develop. Work fast to lower the temperature and seek immediate help if:
- The skin is dry, even under the armpits, and bright red or flushed.
- The body temperature reaches 104° and keeps rising.
- The person is delirious, disoriented, or unconscious.

Masters Nationals -continued from page 5

Regatta entry deadline (forms & waivers) is Friday, July 23, and each participant must submit a passport sized photo (or be charged \$10 for one on-site). Entry forms will be posted at the BARhouse shortly.

If you're planning on going, please contact Jeff (281-326-5098).

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