
STROKEWATCH



NEWSLETTER FOR THE BAY AREA ROWING CLUB OF HOUSTON

May 2000

Space City Sprints X

Another fun and successful SCS was held on Saturday, April 15th at BARC.

Approximately 65 participants from many of the Texas rowing clubs came out for a day of rowing and eating (very much in keeping with the spirit of BARC!). The weather cooperated with us this year allowing for continuous racing from 8:30am - 3:00pm. Please see the race results in this newsletter. An event like SCS would not be possible without lots and lots of help from many BARC members...a huge THANKS goes to:

Referees - Jack Quigley, Carl Smith, Hannes Hofer, Norine Jaloway

Registration - Jeff Tave, Tom Heig

Dock Master - Ed Hippe, Mike Appel

Finish Line - Marilyn and Preston Bullard, Heather

Mathis, Martha Hood, Robert Wood

Course - Karl Zimmer

Food - Pam Falk, Theresa Tompkins

BARCwear - Theresa Tompkins

Launch Drivers - Bruce Meltzer, Kyle Mathis, Pam Falk, Richard Hagen

(please forgive me if I have forgotten someone)

Claire Sweatt, SCS 2000 Coordinator

New Boats

As mentioned in the last StrokeWatch, BARC has recently purchased two Mass Aeroes and one new Mass elite. The boats should arrive at the boathouse around May the twentieth. Also, the club has acquired Dave and Carl's used Owen Double, so we now have three doubles/pairs available for members to use.



Also in this issue:

Space City Sprints Results

Annual Meeting

Rowing on the Internet

BARCalendar

Sculling Classes

USRA Judge-Referee

...and much more



Bay Area Rowing Club of Houston

P.O. Box 580374

Houston, TX 77258-0374

Telephone: 281-326-5098

<http://www.ghg.net/derwin/barc/>

For membership information call Jeff **281-326-5098** or email jefftave@ghg.net

Club Officers:

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

BARC Goes Downtown

As many of you know, BARC this year had a booth at Houston's International Festival, showing off Tom Lotz's single and answering questions.

What you probably didn't know is that yours truly starred in Channel 26's prime time show (5:30 am) on May 4th, rowing a racing single on Buffalo Bayou.

The BARCalendar

| Date | What? | Contact |
|---------------------|--|-----------------------------|
| May 13 | Dallas Sprints, Bachman Lake Dallas | |
| May 25 | Claire's Birthday (guess how many years young) | |
| May 27-28-30-31 | Sculling Classes | Claire Sweatt, 713-729-2470 |
| June 3 | Try it you'll like it | Palm Falk, 281-538-1742 |
| June 23 | BARC Night Out, location t.b.a. | Hannes Hofer 713-664-7784 |
| June 24-25-27-28 | Sculling Classes | Claire Sweatt, 713-729-2470 |
| July 29-30, Aug 1-2 | Sculling Classes | Claire Sweatt, 713-729-2470 |

The new prez sez...

Greetings BARCers! As you know, at this past annual meeting of the club membership, elections were held for a number of BARC board positions. As your president elect, I feel fortunate for being chosen to help continue the BARC tradition of rowing, camaraderie and volunteerism. I'd first like to thank our outgoing president, Jeff Tave, for his tireless efforts over the last two terms. Over this time, our club has seen steady membership growth, a healthy pace of new equipment acquisitions and a continuation of the community feeling throughout the membership.

Because of the growing popularity of rowing in our area, I am particularly excited about taking on my new role. Over the past two years we have had a growing stream of new members, both experienced and those new to rowing. With summer classes filling up and new crews starting, interest in the club, and rowing, shows no sign of waning. However, our growth must be tempered with the understanding that all aspects of operating the club need to grow in a balanced fashion. Whether one seeks to row for recreation or for national competition, our end objective must be to enable a positive and safe rowing experience for all. All things that support our ability to get out on the water must grow together.

To that end, the board of directors will be focusing on developing near and short term plans to answer the question, "where, and how, do we go from here?". And we'll endeavor to activate the entire membership to keep the club running smoothly. I don't expect to see any significant changes in our club in the near future, but instead, hope to follow a path of incremental development that keeps our community strong and our splits low.

Thanks for inviting me to be your president!

KZ out

Just in case you missed the Annual Meeting, here is a recap of what went on:

BARC Annual Meeting

7:15 PM, Monday February 28, 2000

1. Elections

- Nominating Committee Slate (elected positions)
 - President: Karl Zimmer (agreed to 1st term)
 - Secretary: Pam Falk (agreed to 2nd term)
 - BOD Position #1: Jeff Tave (1st term)
 - BOD Position #2: Nadia Hijazi (1st term)

2. Appointed Positions

- BARChouse Director (Ed Hippe possible replacement for Karl Zimmer)
- Membership Director (Jeff Tave possible replacement for Ed Hippe)

3. 1999 Year in Review

- Where we were
 - 1999 Annual Meeting: 101 members, \$24, 700 in funds (\$9100 towards BARChouse expansion, \$9000 towards 2X/2- and oars)
 - Harris County Lease Agreement renewed for 1st 5 year extension
 - BARC name registration renewed
- Rowing Development
- Equipment
 - New: 1 Hudson 2X/2- received in April
 - 5 pr sculls, 1 pr sweep oars
 - Continue to stress maintenance awareness as new members come in
 - Karankawa sold w/ 4 sweep oars to Texas A&M
 - 4 sweep oars held to be sold to RCTW
 - Paint sculls
 - Club Trailer
- Successful Events
 - Space City Sprints (SCS) IX
 - 14 races, 42 participants (4 clubs)
 - Assisted Rice Collegiate Scratch Regatta
 - Participation in regional/national regattas: Austin (Heart & Head), Dallas (Spring & Fall), Centenary College (Head of the Red), Head of the Charles, Natchitoches (Marathon), Master's Nationals (Atlanta)
 - Sculling/Sweep Clinic (Maureen Fitzgerald): 2 - 4+'s, 1 - 4X, 12 - 1X's
 - 2 BARC USRA-certified referees participated in several local & national events (more refs needed, contact Tom Lotz)
 - BARC Night Out (4th Friday of odd months)
- Facilities
 - Harris County Lease Agreement renewed for 1st 5 year extension
 - South dock teardown & planned rebuild
 - BARChouse well maintained
 - Boat slings construction complete
 - Hazardous Chemical cabinet procured & installed
 - Half dozen work days
- Community
 - Rice Crew
 - Texas A&M Galveston
 - Armand Bayou Clean-up
 - "Experience Clear Lake" participant
- Changes
 - Theresa Tompkins new BARCware Coordinator
- Safety

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- Known collisions: 1 shell-bridge (RRC)
- 0 BARChouse accidents
- Incident in Austin --> Club awareness on equipment level; challenge members if unsure of their expertise; consistent check-out

4. 2000 Look ahead

- Where are we now & where are we going?
 - 2000 Annual Meeting: 110 members, \$36.9K in funds (\$10.2K towards BARChouse expansion)
- Rowing Development
 - Re-instate TIYLI (4/1)
 - Anticipate 6 sculling classes (4/29, 5/27 6/24, 7/22, 8/26, 9/23)
 - More in-house training!
- Equipment
 - 2 more Maas Aeros
 - 1 Mass Elite
 - Vespoli 4+ ?
- Events
 - February 26th: Rice Crew Collegiate Scratch Regatta
 - March 18-19th: Austin Rowing Club's Heart of Texas Regatta
 - March 24th - BARC Night Out @ Bayview Duck (Bacliff)?
 - April 1st - TIYLI @ 9AM
 - April 15th: BARC's own SCS X Regatta
 - May 13th: Dallas Rowing Club's Spring Regatta
 - Rowing Club of the Woodlands Regatta - ?
 - "Experience Clear Lake"
 - Bay Day?
 - August USRowing Masters' Nationals (Oakland, CA)
- Facilities
 - BARChouse
 - New South dock
 - Expansion?
- Community
 - Rice Crew
 - Texas A&M
 - Armand Bayou Clean-up (March)
 - Clear Lake Chamber of Commerce "Experience Clear Lake"
 - Bay Day (6/00)

5. Open Discussion

USRA Judge-Referee

By Tom Lotz

The increase in the number of rowing clubs and competitors nationwide has created a need for additional licensed Judge-Referees. Please see Tom Lotz or Norine Jaloway Gill for information on qualifying as a rowing official.

The rewards are many: you can stay in the cold rain all day on a platform in \the middle of the lake, fall out of a launch, miss lunch, be abused by coaches and rowers, drop your bullhorn in the water, get leg cramps from standing up all day and watch novice quads try all six lanes. Fun, fun, fun. You also may have the opportunity to serve as an of-

ficial at the Intercollegiate Rowing Association championships [the final four of rowing] or be a Judge-Referee at the US Olympic team trials. BARC member Tom Lotz will be doing both in June. And it doesn't get much better than that.

Words Found on Rowers' T-shirts As seen by Don Erwin

Pain is temporary, glory is forever.
Pain is weakness leaving the body.
It's not how good we are, it's how bad we want it.
The older we get, the better we were.
Our wake is your funeral.
Nine men, nine feet. (worn a by a Men's 8+ crew)
Don't make me do it. Don't make me beat you again.

Results from Space City Sprints X. April 15, 2000

All Races were 1000 meters

WN1X

| | |
|--------------------------|---------|
| 1. A. Beyers (BARC) | 5:17.00 |
| 2. T. Tompkins (BARC) | 5:22.50 |
| 3. J. Beyers (BARC) | 6:58.12 |
| 4. Bangert (Independent) | 8:29.37 |

WO2x

| | |
|-------------------------|---------|
| 1. Windham/Wynne (RCTW) | 3:55.00 |
| 2. Donahoe/Musch (RCTW) | 3:59.44 |
| 3. Shu/Shaul (RCTW) | 4:14.90 |

WM(A-J)1X

| | |
|---------------------|---------|
| 1. Mathis (BARC) | 4:38.60 |
| 2. V. Beyers (BARC) | 5:43.62 |

MO2X

| | |
|-------------------------------|---------|
| 1. Hornbaker/O'Brien (ARC) | 3:29.00 |
| 2. Sperry/Anderson (RCTW/DRC) | 3:39:43 |
| 3. Hofer/Beyers (BARC) | 3:55.63 |
| 4. Emme/Cossey (RCTW) | 4:10.53 |
| 5. Kinoshian/McIntosh (RCTW) | 4:15.77 |

WO1X

| | |
|---------------------|---------|
| 1. Mathis (BARC) | 4:50.00 |
| 2. V. Beyers (BARC) | 5:29.63 |

MM(A-J)1X Heat 1

| | |
|-----------------------|---------|
| 1. Keller (RCTW) | 3:49.00 |
| 2. Logan (BARC) | 3:49.39 |
| 3. Topalu (BARC) | 4:08.01 |
| 4. Muschenheim (RCTW) | 4:59.06 |

MM(A-J)1X, Heat 2

| | |
|--------------------|---------|
| 1. Anderson (RCTW) | 3:38.37 |
| 2. Cushing (RCTW) | 3:48.90 |
| 3. Beyers (BARC) | 3:58.53 |
| 4. Lie (RCTW) | 4:12.96 |

MM(A-J)1X, Heat 3

| | |
|--------------------|---------|
| 1. Sperry (DRC) | 3:43.99 |
| 2. Hornbaker (ARC) | 3:51.00 |
| 3. Knight (GHRC) | 4:13.54 |
| 4. Hofer (BARC) | 4:36.51 |

MM(A-J)1X Final

| | |
|--------------------|---------|
| 1. Hornbaker (ARC) | No Time |
| 2. Keller (RCTW) | No Time |

| | |
|--------------------|---------|
| 3. Anderson (RCTW) | No Time |
| 4. Cushing (RCTW) | No Time |
| 5. Logan (BARC) | DQ |

MN1X

| | |
|--------------------|---------|
| 1. Heig (BARC) | 4:35.00 |
| 2. Floyd (BARC) | 6:39.17 |
| 3. Tompkins (BARC) | 6:45.67 |

MO1X, Heat 1

| | |
|------------------|---------|
| 1. O'Brien (ARC) | 3:49.00 |
| 2. Logan (BARC) | 3:55.37 |
| 3. Beyers (BARC) | 4:12.82 |

MO1X, Heat 2

| | |
|---------------------|---------|
| 1. Keller (RCTW) | 3:52.00 |
| 2. Topalu (BARC) | 3:58.68 |
| 3. Springett (BARC) | 4:00.83 |

MO1X, Final

| | |
|---------------------|---------|
| 1. O'Brien (ARC) | 3:47.00 |
| 2. Logan (BARC) | 3:55.84 |
| 3. Springett (BARC) | 4:10.86 |
| 4. Keller (RCTW) | 4:10.95 |
| 5. Topalu (BARC) | 4:24.15 |

WM(A-J) 2x

| | |
|-----------------------------------|---------|
| 1. Jalloway/Fitzgerald (BARC/ARC) | 4:28.45 |
| 2. Becker/Muschenheim (RCTW) | 4:42.48 |

MO4+

| | |
|------------------------------------|---------|
| 1. Sperry/And/Kell/Zim (RCTW Comb) | 4:01.00 |
| 2. DeAt/Mor/Turn/Verr (Texas A&M) | 4:01.40 |

MXO2X

| | |
|-----------------------------|---------|
| 1. Becker/Windham (RCTW) | 4:21.56 |
| 2. Mixer/Emme (RCTW) | 4:32.40 |
| 3. Kinoshian/Cormier (RCTW) | 4:46.92 |

WO4+

| | |
|-----------------------------------|---------|
| 1. Age & Treachery (BARC Comb) | 4:49.88 |
| 2. Barr/Mar/Falk/Morr (Texas A&M) | 5:20.93 |
| 3. Bullard/Hood/Lov/Lud (BARC) | 6:36.28 |

MxM(A-J)2X

| | |
|---------------------------------|---------|
| 1. Topalu/Fitzgerald (BARC/ARC) | 4:23.36 |
| 2. Muschenheim^2 (RCTW) | 4:30.70 |
| 3. Hofer/Sweatt (BARC) | 4:35.07 |
| 4. Becker^2 (RCTW) | 4:35.54 |

MO4X

| | |
|-----------------------------------|---------|
| 1. Lie/Coss/Cush/Heig (RCTW/BARC) | 4:18.89 |
| 2. Kin/Cam/Em/McIn (RCTW) | 4:35.60 |

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MxO4+

1. Barr/Morr/Ed/DeAt (Texas A&M) 4:44.65

WO4X

1. Wind/Shu/Don/Hillman (RCTW) 4:06.92
2. Mix/Corm/Wyn/Shaul (RCTW) 4:11.92
3. Age & Treachery (BARC Comb) 4:38.35

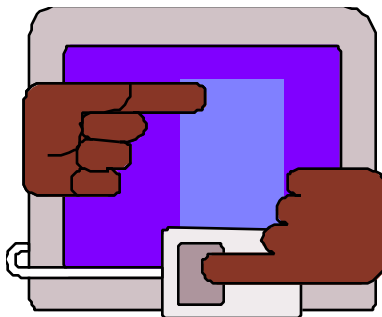
MiXO4X

1. Corm/Cam/Don/Falk (RCTW) 4:06.92
2. Musch^2/Beck^2 (RCTW) 4:24.66
3. Mix/Cos/McIn/Hillman (RCTW) 4:44.60

MxO8+

1. Splish (Hat Crew A) 4:09.54
 2. Splash (Hat Crew B) 4:19.04
-
-

Rowing the Internet



Just as the Internet and the World Wide Web has changed the way we get information in general, it has opened a whole new avenue for information about the sport of rowing.

Whether you want basic information about the sport, the latest regatta results, or scientific papers about training and technique, you can find them on the web. This article will list some of the sites that I have found most useful. It will be far from all-encompassing as there is just too much out there.

The first place I am going to mention is not a web site. Usenet is a part of the Internet where people can exchange opinions, post news, or ask questions within “news groups” specifically created for certain topics. One such group is rec.sport.rowing. Here you can find rowers from all over the world, ready to state their opinion or answer your questions. It is also often the best place to get the freshest news and the latest results.

Probably the most up-to-date web site, containing all the latest news and results from this side of the Atlantic is Row2K. In addition to all the latest information it has tons of pictures, columns, articles and results from years past. URL:

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

The European equivalent of row2k is Raquel Quarrel’s “The Rowing Service”. Raquel is a former oxford coxswain who has taken it upon herself to keep up with all the latest in British and European rowing. Her site is not quite as well organized as Row2K but it contains lots of good information. URL:

<http://users.ox.ac.uk/~quarrell/>

If you are more interested in the technical aspects of the sport you may want check out Stephen Seiler’s “Rowing Physiology and Performance” page. Stephen is a former resident of Austin who now lives in Norway. Unfortunately, the pages have not been updated recently, but the information is still good. URL:

<http://www.krs.hia.no/~stephens/rowing.htm>.

If you want to go beyond technical and be downright scientific about it, you might want to check out “Physics of Rowing” by Anu Dhudia, a professor at Oxford University . URL:

<http://www.atm.ox.ac.uk/rowing/physics.html>.

If you are interested in finding books, articles, and papers about rowing, you should check out the very extensive bibliography found on rowing-x.pert, a site sponsored by the German Rowing Federation. It is a searchable database in both German and English. URL:

<http://www.ruderverband.org/rowing-x.pert/>

All the major rowing organizations in the world have their websites. FISA, the international rowing federation just did a major upgrade to theirs. It can be found on <http://www.worldrowing.com> and US-rowing, the US governing body for our sport can be found on <http://www.usrowing.org>

The site I will mention last is the one that is closest to my heart because it is one that I am web master for. The Rowing FAQ (Frequently asked questions) was started by a guy named J.W. Younger as a companion to the “rec.sport.rowing” newsgroup back when only a few people knew that Internet even ex-

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This page contains general information about how to become member of BARC. Thanks to Claire Sweatt for putting it together.

Bringing in New Members:

| | Sculling or Sweep Classes | Private Lessons | Check Out |
|--|---|---|---|
| When | April through September | Anytime | Anytime |
| How | Coordinated by Sculling Class Coordinator | Designated members can provide Private Lessons | Designated members can provide check out |
| Paperwork and \$\$ | \$70; Membership Data Form and Liability Waiver completed at first class | \$70; Membership Data Form and Liability Waiver completed at first class | No fee for check-out; Membership Data Form and Liability Waiver completed at time of check out; collect Membership Dues |
| What do I do with the paperwork and \$\$? | Paperwork to Membership Chair's folder in File Cabinet; \$\$ to Treasurer via hand delivery or mail to BARC address | Paperwork to Membership Chair's folder in File Cabinet; \$\$ to Treasurer via hand delivery or mail to BARC address | Paperwork to Membership Chair's folder in File Cabinet; \$\$ to Treasurer via hand delivery or mail to BARC address |

Designated Members:

Jeff Tave 281-326-5098
 Karl Zimmer 281-332-6590
 Claire Sweatt 713-729-2470
 Ed Hippe 281-470-7982
 Tom Topalu 281-486-7964
 Hannes Hofer 713-664-7784
 Bill/Kathy Dixon 281-480-7513
 Bruce Melzer 281-280-0231
 Tom Lotz 281-486-1852
 Carl Smith/ 281-482-6245
 Fran Lantz
 Pam Falk 281-538-1742

Membership Dues:

Single \$54/quarter
 Family \$81/quarter
 Student \$30/quarter

Mailing Address:

Bay Area Rowing Club of Houston
 P.O. Box 580374
 Houston, TX 77258-0374

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Houston, TX 77258-0374

Internet, Continued from page 6

isted. Somewhere along the line, Mr. Younger disappeared from the scene, so yours truly decided to take up the slack and started to update the version that resided on the Rice Server where I had posted it as part of Rice Crew's home page. Since the Rowing FAQ received a major face lift last December it has grown to be one of the most popular rowing sites on the web, averaging more than 100 "hits" per day. The site has a lot of general information, an extensive terminology, and links to lots of other sites and to rowing organizations throughout the world. The URL for "Rowing FAQ" is

<http://www.ruf.rice.edu/~crew/rowingfaq.html>

(A little side note: try to click on the crew members on the top of the page and see what happens).

As mentioned in the beginning, this article lists only a few of the hundreds of sites out there. Many of the sites have links to other pages, so just start surfing.

The Erwins are Leaving

Don and Robin Erwin, long time members of BARC, are moving to New Orleans, Don's place of birth where he has accepted a job at Tulane University.

Don is one of the founding members of BARC, and though he has kept a low profile lately, he has logged thousands of hours on Mud Lake and in Clear Lake Park both before and after the BARChouse was built. In addition to his activities at BARC, Don has been a coach for both the Aggies and Rice Crew and he is also credited as a founding member of Greater Houston Rowing Club in Sugarland. In other words: Houston is losing a huge rowing resource, and I for one, hate to see them leave. On the other hand, it sure is nice to have friends in New Orleans when Mardi Gras rolls around ;-)