

Strokewatch



Newsletter for the Bay Area Rowing Club of Houston - May 2002

BARC REGATTA A HUGE SUCCESS

There are just so many ways to say perfect. But I must say that the 2002 Space City Sprints were indeed perfect. The weather was great! We had tons of enthusiastic rowers and much competitive spirit. The barbeque was yummy and the medals were waaaaaaaaay cool!! A huge resounding THANK YOU! THANK YOU! to Heather Mathis and Claire Sweatt for making this happen. You ladies ROCK!!!

Now while perfection abounded, there were some special moments with extra entertainment value! Hey Phillip! You are NOT supposed to go swimming in the middle of a race! And wow...was that Parkman who saved a windsurfer from what would certainly have been a BARC boat hit and run? Fortunately, Tom Topalu could not find his firearm ... as his remedy would have been just a little bit different from our presie's. And for the absolutely, positively goofiest moment of all...

goofy - page 7



NEW PRES CARRIES BIG STICK!!

Oh wait!! That's no stick... that's the latest in makeshift oars and oh yea!..... that's Alex Parkman... our new pres!! Welcome Alex!! We appreciate your bravery in accepting this daunting role... and well...gee...we like you too!! And many thanks to our retiring president, Karl Schmootzie Zimmer, for all of his contributions over the past two years and well beyond!!

....for more info on the big stick, see p. 5.



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Club Officers:

President	Alex Parkman
Vice President	Hannes Hofer
Treasurer	Tom Heig
Secretary	Martha Hood
Board members:	Dmitry Rachuk
	Theresa Thompkins
	Claire Sweatt
	Marilyn Bullard
Membership Dir.	Theresa Thompkins
Boathouse Man.	Dmitry Rachuk
Newsletter	Tina Bryan
BARCware	Theresa Tompkins
Webmaster	Hannes Hofer

ROWING SAFETY

†
 By Tom Lotz
 †

Several BARCers have heard me rant and rave about safety issues. Much of my concern is based on the USRA Rules of Rowing that state:

†
1-102 Purposes (*) The purposes of these Rules are to: (a) provide for the safety of competitors and officials; (b) provide for fair and equitable racing under rules that are adapted to the needs of the sport of Rowing; (c) promote consistent application of rules in situations where they apply.

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 There are two safety rules that should be checked at any regatta, and WILL be checked at a regional or national regatta that uses officials appointed by the USRA Referees Commission. Moreover, these rules should be complied with every day at BARC. These rules pertain to [1] TIE-DOWNS, and [2] BOWBALLS.

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 First, TIE-DOWNS: The purpose of the rule is to insure the rower can easily get out of the shell if it turns over or capsizes. Resistance is needed to get your feet out of the foot stretchers without using your hands. Thus the tie-downs and the rule. If there is no resistance, the foot remains in the boat, and someone drowns!

SAFETY - † continued on page 3

The rule states:

3-109 Footgear Release (*) Where the feet of the competitor are held in place by footgear affixed to the structure of the boat, the design of such footgear shall provide for the quick release of the competitor's feet in case of emergency, without the use of hands. Any pull strings shall not allow the heel to raise more than three inches (7.5 cm) above the foot board to which it is anchored.

And, BOWBALLS: Very simple. The bow of a boat can puncture people; other shells, launches and docks. It has happened. It is not pleasant! The rule states:

3-105 Bowballs (*) Every boat shall have a supple or plastic ball, of a white or fluorescent color, mounted on its bow unless equivalent provision for visibility and protection against puncture injury is included in the boat's basic construction. The bowball shall be at least 4 centimeters in diameter.

The Chief Referee depending on the situation may waive a number of USRA rules. The asterisk (*) means that this rule CANNOT be waived.

It is more than a preparation for regatta situation. It is day-to-day safety. BARC should not allow a boat on the water that does not have proper tie-downs, nor should a boat be rowed without a bowball. Please examine your equipment and insure that the boat meets the safety requirements.

Interested in cross training? For maximum entertainment value and a pretty good work out might I recommend a nice little bike ride with Billy Bob Dixon and Hannes Hankie Hofer? Of course, Hankie may insist you get up at the crack of midnight in order to make it to his place by 6:15 in the morning. But it'll be worth it!! Here is a recap of our little adventure.

Upon arrival in the booming metropolis of Hempstead, we stood in a line of 3 pinning numbers on the back of each others jerseys... what teamwork! Hankie was kind and gentle as he pinned me but I was soooooooooooooo tempted to stab Billy Bob with the deadly weapons... I still don't know why I held back! (keep reading...you'll understand!) Then off to the potty line for Billy Bob and I while Hankie carried the stash of giveaways to the car and took off for his little 62 mile trek. Billy Bob and I did a more modest 40 mile ride. My motto has long been, "I am NOT an animal! I AM a weenie!!!"

Now... Have you ever stood in a potty line with Billy Bob Dixon? Well he jumps up and down and tells EVERYBODY he has to go and warns us all it better not rain or he'll lose it right there!! No! We did NOT know these people! And after about half way through the ride Billy Bob pulls ahead and we eventually meet up at a choice little asphalt breaking point. I only fell once there.

TRAINING – continued on page 4

BARC WELL REPRESENTED IN MS 150



Per Hannes, this picture captures the epitome of “What pain really looks like!”

Congratulations to Hankie and the following for their participation in this year’s MS 150 ride!

Andy Johnstone
Ryan Owen
Bill Dixon
Chris Woelfel – remember baldy?
Debbie Vigare – our newest member

Rumor has it the weather was perfect and a great time was had by all!

CONGRATS!!!

TRAINING – continued from page 3

Even as I lay on the asphalt with the bike on top of me...my foot still attached to the clipless pedal, Billy Bob just stood there and laughed! And after I finally managed to get up and pick up the bike just in time to watch my water bottle roll away and the bike seat twisted in some discombobulated angle...he just kept on giggling.

But that’s okay! He got his! Let me just say I am NOT the one who got the flat tire! I am the one who had the guy at the next break stop walkie talkieing around to find the crazy man in the red jersey last seen 5 miles ago! Heh! Heh! Heh! And finally, the rest of the ride was fairly perfect with lots of happy and friendly bikers under a balmy overcast sky. And did I mention that while Hankie went 22 miles further he finished like 15 minutes earlier?!! Now does that make him a manly man or what?!!!

And last but not least, on the way home, Billy Bob insisted on barbeque for lunch. WHY?!!! You want to know WHY?!!! Because after we rode by all those cows, Billy Bob was CONVINCED! he subliminally heard them screaming EAT ME!! EAT ME!! EAT ME!! And we did. Sooooo.... interested in cross training? Biking rocks! And with Billy Bob and Hankie it takes on a truly TRULY!! surreal sort of happy day. *tib*

A very very special thank you to Hannes for four years of great Strokewatch editions. While my efforts will pale in comparison, we are quite fortunate to retain Hankie as an advisor. Right Hankie! Huh? Huh? Huh? AND THANK YOU! THANK YOU! 4

BIG STICK - continued from page 1



That big stick is Philip's stylin' new oar for the lastest in rowing frenzies...pre-fire pyre paddling. Okay... a little weak.....

But hey! Ya didn't know a work day could be so fun now did ya?! Thanks to Theresa Tompkins for the planning and execution of two very successful work events. Many hearty rowers generously dedicated their time and energy. THANK YOU!!



DRAGONBREATH REGATTA

We did well at The Dragonbreath Regatta in The Woodlands. Though BARC was only represented by two families (6 rowers), we placed 3rd overall out of 7 rowing clubs that were represented!

Men's master's 2x - Philip Tompkins and David Beyers - 2nd Junior M1x - Philip - 1st Junior M1x - Aimee Beyers - 2nd (there were no JW1x, so she competed in the JM event - poor boys!) Mx master's 2x - Amiee and David - 2nd Junior W2x - Aimee and Jessica Beyers - 3rd Men's master 1x - David - 1st Women's master 2x - Vanessa Beyers and Theresa Tompkins - 1st

Helen Tompkins had a twisted ankle so did not compete, but cheered everyone on. Heather and Kyle Mathis organized the rows and ensured everyone and their boats got to the right races at the right times.

Theresa

BARC WEBSITE

Check it out! <http://www.barchouston.org/>
In my search for various resources to put this newsletter together, I found myself a frequent visitor of the site. It has very useful information from class dates to board minutes to tons of great pictures! It is definitely worth your time to check it out!

FORMER BARCer SLATED FOR NEXT SPACE SHUTTLE LAUNCH



Remember Dave Brown? Kinda cute! Kinda fun! Would rather fly than breathe!! Well...Dave has been selected as a Mission Specialist for the upcoming space shuttle launch scheduled for July 19. I remember attending Dave's astronaut training graduation with Pam and KZ. The presenter mentioned how there were only about 200 astronauts in the entire world at the time. Now I must say that Dave is down right inspirational. He had a doozie of a dream and it really is coming true! CONGRADULATIONS DAVE!!!

If you'd like to read Dave's bio and get more information about the mission check out the following website:

http://spaceresearch.nasa.gov/research_projects/sts107.html

Excerpt from Dave's bio: "Enjoys flying and bicycle touring. Was a four year collegiate varsity gymnast. While in college he performed in the Circus Kingdom as an acrobat, 7 foot unicyclist and stilt walker." COOOOL!!!

DASCO WANTS TO ROW!! AND SELL HIS KASCPHER

It is with a heavy heart that I am selling my pair/double convertible. It is the wooden varnished one in the boathouse. It is a Kaschper, probably 1970 vintage (can't be sure, there is no serial number). I am the third owner. It has been rebuilt by Kaschper about ten years ago. All the wood is tight and I have pair pair riggers as well. Blades are not included. I am asking \$2500 and I will throw in the stroke coach. The only reason I am selling is that my partners are either in college, medical school, or like to sleep late and I want to start rowing again! Cliff Dasco

And we want to see Cliff rowing again!! Cliff can be reached via email at: Cdacso@bcm.tmc.edu. His home phone number is 713.432.1881.

OH PLEASE DO SHARE!!

If you have an interesting story or useful Information (useless information is okay too!) that you'd like to share with the club, please do send it to tibrya@shell.com and it will be included in the next edition of STROKEWATCH. Dmitry!! I'm waiting!!

GOOFY – continued from page 1

Now who else could possibly come to mind but Billy Bob Dixon when it comes to the word goofy!! After all!! Who in the heck else would use a megaphone for the goofiest of purposes? Yep! There I am laying across the bow of the ref boat as we waited for the crews to line up, when to my surprise I find a megaphone pressed to my belly with Billy Bob attached to the other end!! Sonogram he says. Yep....just plain goofy goofy GOOFY!!! Kathy Joe! Is there something we need to know about your husband??

Anyways.... race results are in the back...keep reading.

TRY IT YOU LIKE IT SESSIONS:

Saturdays at 9:00 am

May 11 / June 1 / July 6

These 2 to 3 hour sessions are a great opportunity for folks who want to experience rowing for the first time. The fee is only \$10 and will be applied to a future class if taken.

UPCOMING ROWING CLASSES:

May 25, 26, 28, 29

June 22, 23, 25, 26

July 27, 28, 30, 31

August 24, 25, 27, 28

September 21, 22, 24, 25

Classes consist of four 2 hour sessions and cost a modest \$70. Tell all your friends!!

For additional info send an email to:

classes@barchouston.org

Double Scull Ascension

Donated to BARC

As written by our Pres

BARC has another double scull for club members to row, courtesy of the new president, Alex Parkman. When asked about this act he was heard to reply something like, "ask not what the club can do for you, but what you can do for the club."

The Owen double was purchased from the University of Washington (hence the purple stripes), and had then been used from the Pocock Rowing Center in Seattle. In March it hitched a ride to the Maas factory in California where it was transferred to a trailer from Prairie Rowing which took it to Kansas on the way to the Heart of Texas regatta in Austin, where Alex Parkman and Henry Epstein inaugurated its racing in Texas. It finally made it to BARC on the Rice trailer.

While it is a heavy weight hull, and more suited to the larger rower than is the club's Hudson 2X, it should not be considered an excuse to gain weight.

* * * *

Yep....that's our new pres...he's definitely got entertainment value!

Proudest Rowing Moment

The dog barks and barks and dashes through the water as if he wants to catch our boat. Then simultaneously and spontaneously our crew captain (Billy Bob) and I bark at the top of our lungs...which is pretty dang loud I tell you. And the dog stopped in midair, startled, dazed, amazed AND! silenced. Yep... very proud of that moment!!!

**BARC'S VERY OWN TWEETIES WIN
STATE CHAMPIONSHIP!!!**

A giant CONGRADULATIONS! to Helen Tompkins and Aimee Byers for winning the GOLD! in the junior State Championship, Varsity W2x in Austin, Tx.

Proud mom, Theresa Tompkins had the following to add:

“They will be competing next in the junior mid-west Regionals on May 18 & 19th in Cincinnati. Heather Mathis has been an excellent coach for Aimee and Helen (not to mention their parents) during this past year. Besides organizing their competing events (including hotels, entry fees, waivers, etc, etc.) she has also taught them starting with the basics on through the finer points of working together as a team. We have been very fortunate to have her as part of our club. “

CONGRADULATIONS AND
GOOD LUCK!!!!

BARC PARTY! BARC PARTY!

Sat June 15
6:30pm

at the home of Marilyn Bullard
1018 Shorewood Dr.
Taylor Lake Village

(Maps will be available in the boat
house)

the club will provide barbecue
(surprise!!!)

please bring your own drinks and a
dish to pass

RSVP to Pam Falk 281 538-1742 or
pfalk@utmb.edu

**Space City Sprints 2002
Mud Lake, Houston Texas**

Distance 1000 Meters

Conditions: Light Headwind through most of the day, picking up to about 10 mph towards the late races

MM1x (A-C)

1. BARC (Logan)	03:39.5
2. BARC (Beyers)	03:42.1
3. RC of the Woodlands (Keller)	03:45.3
4. Worth RC (Perez)	03:50.7
5. RC of the Woodlands (Eisner)	04:33.3

Space City Sprints 2002 cont'd

MM1x (D-J)

1. RC of the Woodlands (Anderson)
2. 03:44.7
2. RC of the Woodlands (Cushing) 03:59.0
3. Fort Worth RC (Smith) 04:03.5
4. Austin RC (Parnell) 04:38.5
5. BARC (Page) 05:02.3
6. BARC (Appel) 06:42.8

WO2-

1. ARC A 04:18.8
2. ARC B 04:46.5

MO2-

1. Austin RC (Eldridge) 03:34.3
2. Austin RC (Vale) 03:44.3
3. BARC (Johnstone) 03:52.7

MO1x

1. RC of the Woodlands (Anderson) 03:41.4
2. BARC (Logan) 03:43.2
3. BARC (Beyers) 03:43.9
4. RC of the Woodlands (Keller) 03:45.1

WM1x (A-J)

1. Austin RC (Bray) 04:05.4
2. Fort Worth RC (Smith) 04:24.4
3. BARC (Thompkins) 04:34.7
4. BARC (Beyers) 04:46.5
5. Austin RC (Hoffman) 05:22.7

WRec1X

1. RC of the Woodlands (Hillman) 04:49.0
2. Fort Worth RC (Faber) 05:02.8
3. Fort Worth RC (Breuer) 05:41.0

MJ1x

1. RC of the Woodlands Winner
2. BARC (Thompkins) DNF

WM2x

1. Austin RC (Bray) 03:50.7
2. Fort Worth RC (Perez) 04:15.2
3. BARC (Thompkins) 04:17.4
4. Austin RC (Parker) 04:59.0
5. RC of the Woodlands (Tangen) 05:16.8

MRec1x

1. BARC (Parkman) 04:22.0
2. RC of the Woodlands (Eisner) 04:24.4
3. Austin RC (Hayes) 05:18.3
4. RC of the Woodlands (Bates) 05:27.3
5. RC of the Woodlands (Morgan) 07:29.2

MO2x

1. Austin RC (Smith) 03:38.2
2. ARC (Zeller) 03:49.8
3. Austin RC (Schiller) 03:54.2
4. Austin RC (Parnell) 04:08.4
5. RC of the Woodlands 04:18.1

WO1x

1. Austin RC (Bray) 03:57.2
2. BARC (Beyers) 04:06.9
3. BARC (Thompkins) 04:16.5
4. Fort Worth RC (Balduf) 04:44.4

MxO2x

1. Austin RC (Bolton) 03:22.2
2. Austin RC (Dunn) 03:36.4
3. BARC (Falk) 03:48.4
4. BARC (Sweatt) 03:55.1

JrMx2x

1. RC of the Woodlands (A) 03:49.7
2. RC of the Woodlands (B) 03:55.7

WO4+

1. Austin RC (B) 03:59.3
2. Austin RC (A) 04:21.4

Space City Sprints 2002 cont'd

MM2x (A-J)

1. Fort Worth RC (Perez) 03:10.8
2. RC of the Woodlands (Keller) 03:18.9
3. BARC (Logan) 03:20.3
4. Greater Houston RC (Knight) 03:48.5
5. RC of the Woodlands (Eisner) 04:02.8
6. RC of the Woodlands (Morgan) 05:12.1

MO4+

1. Austin RC (Bolton) 03:13.0
2. BARC (Smith) 03:31.1

JR2x/WO2x

1. BARC (Tweeties) 03:51.2
2. RC of the Woodlands (Shaul) 03:59.4
3. RC of the Woodlands (Day) 04:00.4
4. Fort Worth RC (Balduf) 04:14.3
5. RC of the Woodlands 05:12.5

MO4x

1. RC of the Woodlands (Cushing) 03:18.6
2. Austin RC (ARC) 03:25.8
3. Austin RC (Ignatowski) 03:26.7
4. RC of the Woodlands (Morgan) 04:12.5

04:12.5

MxM2X(A-J)

1. Fort Worth RC (Smith) 03:51.4
2. RC of the Woodlands (Jones) 03:51.8
3. BARC (Parkman) 03:56.3
4. Greater Houston RC (Knight) 03:59.8
5. Fort Worth RC (Perez) 04:44.3
6. RC of the Woodlands (Lie) 05:09.7

WO4x

1. Austin RC (A) 04:03.2
2. Austin RC (B) 04:05.7
3. RC of the Woodlands (Hillman) 04:24.7
4. Forth Worth RC (Faber) 04:38.7

MxO4x

1. Austin RC (Bray) 04:00.1
2. BARC (Falk) 04:07.3
3. RC of the Woodlands (Muscheheim) 04:08.5
4. RC of the Woodlands (Cushing) 04:26.8
5. Fort Worth RC (Smith) 04:30.3
6. Greater Houston RC (Knight) 05:08.3

JrMx4x

1. RC of the Woodlands 03:57.4
2. BARC Juniors 04:05.5

CONGRADULATIONS TO ALL!!