

STROKEWATCH

BAY AREA ROWING CLUB OF HOUSTON • MAY 2003



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**BARC
SPACE CITY
SPRINTS!**

See P.8 for
results

RIDING THE TANDEM UNICYCLE

by Dave Beyers

PAIR ROWING

Pair rowing is easy. I have tried it several times and it is more stable than one would expect, however pair rowing fast and straight is probably the greatest challenge in rowing and draws respect from the entire community.



Recently, I did some research on this subject. I interviewed world champions, national champions, **Olympians**, and **Head of the Charles** winners.

It is a universally accepted fact that the bow oarsman can easily pull the boat around. Obviously select the strongest person or the one with the longest stroke for stroke, But this is a small part of the formula for going straighter.

On rudders, opinions differed. The **Head of the Charles** specialist liked having a rudder for a winding head race and was so used to it that he kept it in the sprint races too, but thought that he could manage without.

The **Olympian** said that if a pair cannot go straight without a rudder then perhaps they should use one. All other experts were vociferously opposed to rudders. Being able to row a pair straight is a much more fundamental skill than a simplistic debate about rudders, they said, not to mention the slowing drag caused by the use and misuse of the rudder.

Apparently, everything boils down to the absolute fundamentals of rowing and sculling, specifically

1. **To catch well,**
2. **To finish well.**

"Dump your rudder, your spare rudder, your old rudder and all of your rudder gear in the garage and get out there and learn." A boat running at speed will tend to travel straight. If you check the run at the catch or the finish then the boat can be easily turned from its course. (everyone has unsuccessfully tried to turn a fast moving shell).

"The release or finish should be clean, with a quick down and away of the hands, whilst holding the body erect so as to not disturb the run."

The catch is perhaps more difficult, the slide should be under control. (But not rigor mortis slow.)

Your hands are away and body angle is prepared in advance. The blades are square, **THE BLADES ARE SQUARE**. As you approach the last

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Club Officers:

President Alex Parkman
Vice President Hannes Hofer
Treasurer Lynn Leenhouts
Secretary Martha Hood
Board Members: Suzie Williams
Theresa Tompkins
Claire Sweatt
Marilyn Bullard
Membership Dir. Theresa Tompkins
Newsletter Tina Bryan
Tamara Banda
BARCwear Theresa Tompkins
Webmaster Hannes Hofer

Very Important Member YOU!

2003 SPACE CITY SPRINTS

A WILD SUCCESS!! WOOOHOOOOOOO!!!!!!

Thanks so much to **Claire Sweatt** for leading these efforts. Do you know we had an unprecedented throng of over 90 individuals registered to race? WOW!!! (They must have heard **Claire** would be there!) Oh yea! And a very special thanks to the many volunteers who ensured a fun, exciting, and all around grand time was had by everyone.

Regatta Task Coordinators

Big Kahuna Leader: Claire Sweatt

Registration: Karl Zimmer, Tom Heig

Referees: Hannes Hofer,
Andy Johnstone,
Alex Parkman, Bill Dixon

Dock Master: Marilyn Bullard, Martha Hood,
Jeff Tave

Course: David Beyer, Phillip Tompkins

Finish Line: Suzi Williams, Joe Delucia,
Gareth Wiley, Candy Ludwick,
Zoe Smith, Theresa Tompkins

Launch Drivers: Tina Bryan, Bruce Asher

Food and Tables/Chairs: Pam Falk

Safety: Claire Sweatt

BARCwear: Theresa Tompkins

**See Hankie's regatta piccies on
the pages following. Thanks Hankie!**





SPRINTS!

TOM MISSIG'S ROWING QUIZ

**What does catching a crab mean?
Answer below.**

FYI, Tom will be long remembered for the GU vs. sunscreen switcharoo. Yep! Bill still chuckles about it. Several of us were biking one morning and decided to carb load with a little GU. Oooops! Only Tom's GU turned out to be sunscreen!!! YUK!!! I suggested he ride the rest of the way with his tongue stickin' out to see whether or not it'd get sunburned. But I don't think he found it as clever as I did!!! Yik! A slathery sun-screened tongue. Just ask Tom M!!

Answer: Rowing out of sync and embarrassing yourself...keep practicing on your count.

A SPECIAL THANKS FROM THE EDITOR

The Board has agreed to name the 'great 8' **COLUMBIA** in loving memory of our **BARC** heroes who lost their lives in the Columbia tragedy.

DAVE BROWN and **KALPANA CHAWLA**

I applaud you. I thank you. And I would threaten to KISS YOU ON THE LIPS but I'm afraid you'd change your mind!!!

WHO ARE THESE GORGEOUS WOMEN?

Well....these rowing divas are the very latest of our BARC members. YAAAY!!!!

WELCOME!! WELCOME!! WELCOME!!



See page 5 for upcoming dates for both Try It You Like It and Sculling Classes!

From left to right, these lovely ladies are: **Holly Boyd, Leelanee Godfrey, Helen Konduris, Mary Krelinske, Lori Francis, Anne Steinbach, Sara Campbell** (not pictured). Be sure and say howdy when next you meet on the water! **WELCOME!!**



DO NOT FEAR THE MULLET MINES!!

Well I am thinking it may be that time again!! Yep the mullet mines have been revived. Just a couple of weeks ago a big **BIG!!** slithery silver creature plopped right onto the stern of my boat. JUST as I got the little sucker freed, a munchkin flung himself flop down on my thighs! No worries. Once again, I set the little munchkie free. But let me just say that my hands smelled **realllllllllllly YIKKK** that day! Hey! Got any good tips for the removal of slithery slime? If so, please share, I'll publish it in our next edition!! In the meantime, take a minute to catch your breath and count how many mullets you see explode from the depths!! Its really kinda' cool!!!

Favorite Rowing Moments

Banter around the dock with Dave Beyers....especially when I have the grand opportunity to express in copious detail the sheer rushing joy of cycling. Dave has been soooooo inspired that I believe he may be a convert yet. Don't you just seeeeee the possibilities?!!!!

Hey Dave! Whats that about Dodge or Ram?

When the row just feels so good you can't help but shout
WOOOOHOOOOOOOOOO!

Sitting quietly in a shell while observing the world surrounding us.

For example:

A seagull's primal guttural shout of predatory delight upon the taloned capture of a doomed yet yummy silver finned morsel. While life seems to be at its simplest, ever present at the very heart ... survival. (this scene was especially mesmerizing in that the seagull's bosom buddies were perched on a boldly peaking branch while' loudly squawking...'go girl!!...go girl!!')



Yep..these shining little faces are indeed survivors of yet another MS150.



CONGRATS!!

BARC BIKERS UPDATE

Well we are shaking it up just a bit. *Hannes* and the *Dixons* are training for the Wisconsin ride and prefer to do longer weekend rides right now. I did a casual 20+ just the other weekend with *Tom* and *Dorie Heig* and their very charming friends *Tom* and *Anne*. It was reallllly fun! AND! *Tom* cooked breakfast after the ride! Yummy! How cool is that? AND! we gawked at a 6 foot gator skulking in the bayou behind their house. Cool huh? OH!! WAIT!!! That looks like *Tom* playing gator bait by the dock! Gosh I love fun! Anyways.....give one of us a call on any given weekend if you'd like to go for a ride. Plan to hook up with *Kathy Joe* and do a Saturday *Bike Barn* ride real soon.

COX

CORNER

We have the most *exquisite* coxswains at BARC!!



Highlights From The March Dragon's Breath Regatta

From Theresa Tompkins

Gold Medals :

Men's Master A-C 1X : David Beyers
Men's Master A-C 2X : David Beyers & Member of Dallas Rowing Club
Women's Master A-H 4x : Martha Hood, Birgit Bennett, Marilyn Mielke, & Susie Jones (Member of Woodlands Rowing Club)
Parent/ Child 2x : David Beyers & Philip Tompkins
Mixed Junior 2x : Helen Tompkins & Matt (Member of Woodland Rowing Club)

Silver Medals :

Women's Master A-H 2x : Vanessa Beyers & Theresa Tompkins
Mixed Junior 2x : Aimee Beyers & Philip Tompkins
Mixed Master A-H 2x (heat a) : Martha Hood & Graeme Knight (Greater Houston Rowing Club)
Mixed Master A-H 2x (heat b) : Vanessa and David Beyers

Bronze Medals :

Junior Boy's 1x : Philip Tompkins
Womens's Master 1x : Theresa Tompkins (Vanessa was 3rd on the water, Theresa says she just got the medal because she is so old!)
Mixed Master A-H 2x (heat a) : Henry Epstein & Theresa Tompkins

Events participated in, not medaled :

Vanessa Beyers in Women's Master 1x, **Bruce Asher & Henry Epstein** in Men's Master D-G 2x, **Jessica Beyers** in Women's Recreational 1x

Members who attended to cheer us on :

Lynn and Dennis Leenhorn stayed until it got too cool (and were smart enough to leave before it started raining). And **Bob Albright** who arrived in time to cheer us on for the awards ceremony!



Yet More Reasons To Say...

CONGRATULATIONS!!

I am especially thrilled for my dear friend, the gorgeous **Jennifer Knowles** for her recent engagement to that dreamy **Jonathan! YAY!!!**

AND!! A giant hug to the ever effervescent **Denise Cooper** and her precious new bundle of joy, the little **Rose**. I believe **Rose** did a GREAT job in picking **Denise** and **Grant** for a Mommy and Daddy! Don't you agree?!!!!

OH! And remember the darlin **Dr. Dan?** Welllll....**Tom Topalu** had this bit of news about the very best pediatrician WA state has ever seen!! "Former **BARCer Dan Friedman** and his wife **Candace** announced the birth of their daughter **Caroline Rose**. She was born December 18, 2002. The family lives in Seattle, WA."

SPRINTS!



ROW



SPRINTS!

Try It You'll Like It

These classes are for individuals who would like to experience rowing for the first time. The class is scheduled for **9:00am – 11:00am** and the fee is **\$10**.

Sat, June 7th

Sat, July 5th

Sculling Classes

These classes are offered for individuals who plan to continue rowing at BARC following the classes. These classes are a total of **8 hours** (4 two-hour sessions) and the fee is **\$70**. The classes are typically scheduled for the last weekend of the month:

Saturday 9-11am, Sunday 9-11am, Tuesday 6-8pm,

Wednesday 6-8pm.

May 24, 25, 27, 28

June 28, 29, July 1, 2

July 26, 27, 29, 30

August 23, 24, 26, 27

September 27, 28, 30, Oct 1

PAIR ROWING continued from page 1

centimeter of your slide, you "catch" i.e. drop or drive the blades into the water in preparation for the leg drive. (You will get a little backsplash). By the time that you are fully compressed, your drive is already starting. Your legs do not stop moving, your knees have come up and are then forced down. You never stop at the end of the slide because this checks the boat. If you can be rowing before you can hit the front stops, you will have a more continuous, smooth forward motion. Your handwork always slightly precedes your body.

Lastly, when you start to apply pressure in the pair you will find that an unchecked run is the most important factor in going straight, they say. The stroke oarsman's job is to apply maximum unfettered power, whilst the bow person has to learn to apply maximum pressure without "pulling the boat around." When I asked bow rowers if they had to slack off, they all said that they could all row full pressure once they had the feel for it.

All the pair rowers with rudders that I spoke to before their race had one main objective; to go straight down the course. Those without rudders had no such steering concerns, they had already mastered the required skill.



SPRINTS!

BOAT BOY

*When I don't have to do
the stuff I do now.*

*When I begin to notice
the sunsets more.*

*Then I may find I spend
my time stipend
much more than before
rowing.*

*"When" will no longer be much
more than as I wanna.*

*"When" can be when I get there
and dawdle on until I leave.*

*Then I might make an offer
One dollar a month, cash,
and I'll clean and be a
Boat Boy.*

*When I'm the boat boy for the house,
I'll lend a shoulder to anyone*

*When they ask and I'm there.
And keep the cooler filled.*

*Then I'll read those books
I've said I'll read
in the shade by the
boathouse.*

*When the crews are short one
I'll be there to sit in.*

*When the rigging needs this
or that, I'll learn to do it.*

*Then I'll learn how to mend
a crack or break
in the hulls of
shells.*

*When I no longer have to be
the person that I am.*

*When I can choose where
my days will wander.*

*Then I'll be at the bayou's head,
enjoying while
catching rows between
rowers.*

G. Wiley
JAN 2003

Poet's Corner

Isn't there a song that goes something like "Express yourself...
OOOOOO!...expresssss yourself!!!" Always a corner for ya!

Hey! Ya think somebody may win a Pulitzer some day upon
discovery in our very own Strokewatch? That would rock!!!!

Send it on in to tibryan@shell.com. Thanks!

THE ROW

The wonder of reaching near perfect symmetry

The ragged discipline of oh so weary early
mornings

The glory of the ever changing horizon and

The intimate friendships ignorant of worldly
trappings.

In those tiny fleeting moments of empty clarity

I awe at the beckoning of those seductive lapping
waves

Those rhythmic strokes of the oar mindlessly
thrusting me beyond

The camaraderie of loving something so
intrinsically well yet so personally silent

And I realize once more, it is time to give thanks
for so rich a simple blessing as this....

The row.





Results From the Space City Sprints

May 3rd 2003 • Mud Lake, Houston TX

1a - Mens Masters (A-C) 1x (FINAL)

	Time	Penalty	Handicap	Final
C. Logan:BARC	04:03.47	00:00.00	00:03.87	03:59.60
D. Beyers:BARC	04:18.75	00:00.00	00:02.99	04:15.76
P. Eisner:RCTW	04:32.22	00:00.00	00:00.00	04:32.22
D. Buck:RCTW	06:01.14	00:00.00	00:02.17	05:58.97

1b - Mens Masters (D-J) 1x (FINAL)

	Time	Penalty	Handicap	Final
L. Anderson:RCTW	04:24.15	00:00.00	00:06.37	04:17.78
P. Cushing:RCTW	04:58.55	00:00.00	00:24.79	04:33.76
J. Trimble:FWRC	04:40.55	00:00.00	00:05.00	04:35.55
A. Parkman:BARC	04:45.01	00:00.00	00:00.00	04:45.01
P. Prados:GHRC	06:34.55	00:00.00	00:13.99	06:20.56
J. Buchanan:BARC	07:39.61	00:00.00	00:39.67	06:59.94

2 - Womens Open 2- (FINAL)

	Time	Penalty	Handicap	Final
H. Tompkins:BARC	04:27.69	00:00.00	00:00.00	04:27.69
R. Cook:ARC	05:08.78	00:00.00	00:00.00	05:08.78
M. Dunn:ARC	05:14.94	00:00.00	00:00.00	05:14.94

3 - Womens Masters (A-J) 1x (FINAL)

	Time	Penalty	Handicap	Final
M. Bray:ARC	04:35.60	00:00.00	00:00.00	04:35.60
V. Beyers:BARC	05:13.50	00:00.00	00:02.00	05:11.50

	Time	Penalty	Handicap	Final
M. Fitzgerald:ARC	05:40.45	00:00.00	00:08.40	05:32.05

4 - Mens Open 2- (FINAL)

	Time	Penalty	Handicap	Final
UK Pair:BARC	04:32.09	00:00.00	00:00.00	04:32.09
P. Tompkins:BARC	04:37.76	00:00.00	00:00.00	04:37.76
A. Bell:ARC	04:45.40	00:00.00	00:00.00	04:45.40

5 - Womens Recreational 1x (FINAL)

	Time	Penalty	Handicap	Final
J. Beyers:BARC	05:43.56	00:00.00	00:00.00	05:43.56

Beyers - Exhibition only. Time does not count.

J. Whelan:RCTW	05:47.73	00:00.00	00:00.00	05:47.73
L. Ater:ARC	06:12.15	00:00.00	00:00.00	06:12.15
G. Kendall:RCTW	06:44.12	00:00.00	00:00.00	06:44.12

6 - Mens Open 1x (FINAL)

	Time	Penalty	Handicap	Final
Mozzie:ARC	04:03.02	00:00.00	00:00.00	04:03.02
C. Logan:BARC	04:03.73	00:00.00	00:00.00	04:03.73
D. Beyers:BARC	04:21.73	00:00.00	00:00.00	04:21.73
L. Anderson:RCTW	04:28.14	00:00.00	00:00.00	04:28.14
Doughnut:BARC	04:29.23	00:00.00	00:00.00	04:29.23
J. Trimble:FWRC	04:46.70	00:00.00	00:00.00	04:46.70

7 - Womens Masters (A-J) 2x (FINAL)

	Time	Penalty	Handicap	Final
M. Bray:ARC	04:14.26	00:00.00	00:01.10	04:13.16
V. Beyers:BARC	04:45.40	00:00.00	00:06.35	04:39.05
A. Houtz:ARC	05:06.79	00:00.00	00:03.00	05:03.79
Row No-Mo:Composite	05:14.08	00:00.00	00:07.99	05:06.09
M. Hood:BARC	05:15.22	00:00.00	00:01.96	05:13.26
R. Cook:ARC	05:20.20	00:00.00	00:00.00	05:20.20

8 - Mens Recreational 1x (FINAL)

	Time	Penalty	Handicap	Final
S. Studerns:BARC	05:34.34	00:00.00	00:00.00	05:34.34
P. Prados:GHRC	05:46.64	00:00.00	00:00.00	05:46.64

9 - Mens Open 2x (FINAL)

	Time	Penalty	Handicap	Final
C. Logan:BARC	03:52.06	00:00.00	00:00.00	03:52.06
R. Schiller:ARC	04:07.26	00:00.00	00:00.00	04:07.26
Breaking Free:BARC	04:25.53	00:00.00	00:00.00	04:25.53
R. McIntosh:RCTW	04:33.59	00:00.00	00:00.00	04:33.59

	Time	Penalty	Handicap	Final
D. Kerth:ARC	04:43.90	00:00.00	00:00.00	04:43.90
R. Middaugh:HRC	06:38.81	00:00.00	00:00.00	06:38.81

10 - Womens Open 1x (FINAL)

	Time	Penalty	Handicap	Final
M. Bray:ARC	04:25.39	00:00.00	00:00.00	04:25.39
H. Tompkins:BARC	04:41.66	00:00.00	00:00.00	04:41.66
A. Beyers:BARC	04:47.17	00:00.00	00:00.00	04:47.17

11 - Mixed Open 2x (FINAL)

	Time	Penalty	Handicap	Final
Sweet Love:ARC	04:17.59	00:00.00	00:00.00	04:17.59
A. Bell:ARC	04:25.09	00:00.00	00:00.00	04:25.09
T. Heig:BARC	04:30.99	00:00.00	00:00.00	04:30.99
Rowdy Dawgs:Comp.	04:36.36	00:00.00	00:00.00	04:36.36
K. Villamin:ARC	04:52.28	00:00.00	00:00.00	04:52.28

12 - Womens Open 4+ (FINAL)

	Time	Penalty	Handicap	Final
The M. Chicken:ARC	04:31.82	00:00.00	00:00.00	04:31.82
R. Cook:ARC	05:03.41	00:00.00	00:00.00	05:03.41

13a - Mens Masters (A-C) 2x (FINAL)

	Time	Penalty	Handicap	Final
C. Logan:BARC	03:55.33	00:00.00	00:02.08	03:53.25
N. Meldrum:GHRC	04:08.40	00:00.00	00:03.67	04:04.83
H. Hofer:BARC	04:15.90	00:00.00	00:05.91	04:09.99
D. Buck:RCTW	04:18.98	00:00.00	00:00.00	04:18.98

13b - Mens Masters (D-J) 2x (FINAL)

	Time	Penalty	Handicap	Final
L. Anderson:RCTW	04:23.25	00:00.00	00:11.27	04:11.98
R. Middaugh:HRC	07:19.12	00:00.00	00:00.00	07:19.12

14 - Mens Open 4+ (FINAL)

	Time	Penalty	Handicap	Final
C. Logan:BARC	03:52.51	00:00.00	00:00.00	03:52.51
Rice U Crew:RICE	04:02.56	00:00.00	00:00.00	04:02.56
A&M Crew:A&M	04:37.47	00:00.00	00:00.00	04:37.47

15 - Womens Open 2x (FINAL)

	Time	Penalty	Handicap	Final
H. Tompkins:BARC	04:10.66	00:00.00	00:00.00	04:10.66
M. Barksdale:ARC	04:12.44	00:00.00	00:00.00	04:12.44
M. Dunn:ARC	05:08.87	00:00.00	00:00.00	05:08.87
G. Kendall:RCTW	06:56.78	00:00.00	00:00.00	06:56.78

16 - Mens Open 4x (FINAL)

	Time	Penalty	Handicap	Final
C. Logan:BARC	03:40.81	00:00.00	00:00.00	03:40.81
A. Bell:ARC	03:45.85	00:00.00	00:00.00	03:45.85
C. Lindgren:ARC	04:06.26	00:00.00	00:00.00	04:06.26
D. Buck:RCTW	04:07.56	00:00.00	00:00.00	04:07.56
J. Cameron:RCTW	04:53.92	00:00.00	00:00.00	04:53.92

17 - Mixed Masters (A-J) 2x (FINAL)

	Time	Penalty	Handicap	Final
D. Beyers:BARC	04:08.66	00:00.00	00:04.00	04:04.66
M. Bray:Composite	04:16.08	00:00.00	00:00.84	04:15.24
P. Galloway:GHRC	04:32.47	00:00.00	00:08.99	04:23.48
Sweatt & Tears:BARC	04:46.91	00:00.00	00:06.85	04:40.06
A. Dodge:RCTW	04:44.59	00:00.00	00:00.00	04:44.59
S. Jones:RCTW	05:08.21	00:00.00	00:18.26	04:49.95

18 - Womens Open 4x (FINAL)

	Time	Penalty	Handicap	Final
Spam:ARC	04:15.97	00:00.00	00:00.00	04:15.97
Sistas:ARC	04:19.12	00:00.00	00:00.00	04:19.12
M. Hood:BARC	04:34.90	00:00.00	00:00.00	04:34.90
C. Gillen:RCTW	05:03.03	00:00.00	00:00.00	05:03.03
A. Bearnse:GHRC	05:04.97	00:00.00	00:00.00	05:04.97

19 - Mixed Open 4+ (SCRATCHED)

	Time	Penalty	Handicap	Final
A. Bell:ARC	N/A	N/A	N/A	N/A

20 - Mixed Open 4x (FINAL)

	Time	Penalty	Handicap	Final
M. Barksdale:ARC	03:42.29	00:00.00	00:00.00	03:42.29
Smackdown:Composite	03:56.71	00:00.00	00:00.00	03:56.71
T. Bryan:BARC	04:20.79	00:00.00	00:00.00	04:20.79
N. Meldrum:GHRC	04:21.35	00:00.00	00:00.00	04:21.35
Honk & Snort:ARC	04:24.53	00:00.00	00:00.00	04:24.53
D. Kerth:ARC	04:26.31	00:00.00	00:00.00	04:26.31
D. Ramirez:RCTW	05:15.98	00:00.00	00:00.00	05:15.98

21 - Mixed Open 8+ (FINAL)

	Time	Penalty	Handicap	Final
C. Lindgren:ARC	03:45.28	00:00.00	00:00.00	03:45.28
Hat Crew:Composite	03:55.95	00:00.00	00:00.00	03:55.95
Great Eight:BARC	05:04.20	00:00.00	00:00.00	05:04.20

