



**Olympia Area  
Rowing Association**  
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# OAR NEWSLETTER

## Board of Directors

- President—Emily Garlich
- Vice-President -Gretchen Van Dusen
- Treasurer—Bob Maki
- Secretary—Lisa Iverson
- Captain—Rick Peterson
- Youth Rowing Representative—Mike Ruth
- Youth Parent Representative-Becky Hellman
- At-Large Directors — Stewart Johnston and Steve Wade

**Not familiar with OAR?**  
Visit our website:  
[www.olympiaarearowing.org](http://www.olympiaarearowing.org)

Please contact me if you have contributions you wish to have included in a subsequent newsletter. Photos are especially needed. Anything as large as a full article or as small as a rowing joke is more than welcome!

**Leslie Brodie**  
OARnewsletter@gmail.com

Spring 2011

## Ergomania Northwest Indoor Rowing Championships Ann Wade

Four OAR rowers competed in the Northwest Indoor Rowing Championships at Seattle University on February 5, 2011. The event involves a 2000 meter race on ergometers, and rowers compete within their age class.

Results are as follows:  
Junior Dakota Dean came in 26th with a time of 7:09  
In the Masters Men 50-59 event, Steve Wade

placed 2nd, with a time of 6:47.8 (1.5 seconds behind the leader), and Richard Ramsey placed 8th, with a time of 7:13.6. In the Masters Men 60-69 event, Rick Peterson placed 3rd, with a time of 7:21.0

Congratulations to our competitors!

For more information on indoor rowing, check out the link:  
<http://www.row2K.com>.



Photo: L. Wade



Photo: K. Flynn

## OAR Annual Banquet Lisa Iverson

The OAR Annual Banquet was held on January 29th, and a good time was had by all. Approximately 100 attendees, a combination of juniors, parents and masters, enjoyed the community of fellow rowers, unlimited pasta, a great potluck, and a short program.

Following energetic ticket sales during the months of December and January, our raffle winner was drawn. The lucky recipient

of a year's membership was Karen Latch, parent of Junior rower Talia Latch. Thanks to everyone for their participation—our efforts grossed over \$2,500 and will go far towards our goal of buying an additional double/pair for the club!

Also at the banquet, we had the opportunity to watch the fantastic video that was created back when the boathouse was inaugurated, shown again as a testimonial to Will Hutchinson's involve-

ment in the club. Will's spirit, the testimonials in the video from junior rowers who are now finishing college, and the energy surrounding the era of the new boathouse reminded us all that time passes quickly. How lucky we each are to have the continued opportunity to enjoy our sport out on the water!

*Many thanks to Kathy Emory, Heather Knight and Joan Cullen for making this banquet a reality.*

## OAR Annual Meeting, January 20, 2011 Lisa Iverson

How many of us have ever attended the annual membership meeting held in January?

This year about 30+ club members attended. This meeting is designed as a re-cap of the year, a report from the Board and Committee chairs to the membership, and a way to in-

stall new Board members. For those of us who were not in attendance, there is a great way to read up on what transpired. From the comfort of your computer screen, you can find out what the business of the OAR Board and various Committees has been and will be in the coming months. Please take a

few minutes to read the reports from this meeting to get a better idea of what it takes to run the club.

*On the member's website, click on 'Minutes' w/in the left-hand side menu.*

## Boathouse Work Party Lisa Iverson

Our mid-winter work party was an opportunity for many rowers to get together in service to the club, spiffing the boathouse, the dock, and working on our fleet. While the list was long, many tasks were quickly and efficiently accomplished by so many helping and willing hands. Many thanks to everyone who attended.

*Special thanks to Patricia Bolding for her initiative in organizing this event, and also to Mary Groothius for reminding us all that this kind of work party is also an important social event for the club.*



Photo: K. Flynn



### It Never Hurts to Ask....

Here are some 'hot' items off of the current wish list from our out-going captain, Kiirsten Flynn;

ERGS

Cox box (2) and Wiring harnesses

Cox headset (2)

Stroke watches for coaches at least 3

Bilge pumps for launches

More floating dock space --

*does anyone have contacts at the port...wink, wink?*

Extra aero bow balls

7/16 nut drivers

7/16 wrenches

Screens over fluorescent lights

Stroke coach for boats

Spare speakers

A TRUCK 3/4 ton to 1 ton with tow capacity

## Jr.'s Keep Busy During The Winter Ashley Lane

The mention of Crossfit evokes a variety of reactions from the OAR junior team, from a subtle tensing of the shoulders to audible groaning. This year's winter training has certainly had a lasting effect on those who have participated.

"Because I was in the second session, I could see the kids come out who had just gone through the workouts... and they were exhausted. I could always tell who had pushed himself based on how well he could walk when he came out," says Tiffany Lloyd. With weekly 500's, periodic 2k testing, and workouts that regularly included kettlebell swings, burpees, pull-ups, medicine ball throws, and a variety of other memorable ex-



ercises, Crossfit was designed as a full body workout.

Not to be forgotten was Ergomania, the guys' ID camp, and the High Performance Camp. Participants of the guys' ID camp included Ian Thompson, Keenan Doane, Jameson Doane, Julian Bennet-Ponsford and Dakota Dean, who was also the sole participant of Ergomania. These events are designed to create an atmosphere where rowers can get coaching, seek out recruitment opportunities, and compete with other rowers for times. Beth Capra-Smith, who went to the two and a half day High Performance camp, says, "Getting water time in the winter and helpful tips from coaches was such a wonderful experience!"

Despite the fear that Crossfit workouts strike into the hearts of the Junior rowers, everyone can agree that they have come out of winter training stronger than ever. "I'm definitely in better shape after this winter. I can run farther and lift more. I look



forward to seeing that stamina and power transfer to out on the water this spring," says Reazen McAvoy. John Jeng, coxswain of the girls' team says, "Crossfit is definitely a place where you get out of it whatever you put in. If you want to improve, then you will. No question, no doubt."

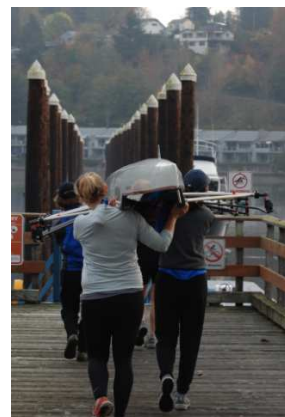
*Photo:s K. Flynn*

**Spring rowing for the Jr.'s is off to a great start (albeit a little snowy). This year we have 46 participants and they are already working hard towards that first scrimmage at Vancouver Lake on March 19.**

### OAR Website

Please bookmark the OAR website on your computers and peruse it often to stay apprised of what is happening in the club. We are working hard to keep the website news current and the calendar up to date. It is **THE** place to go for practice sign-ups, contact information, class and regatta information. Please contact Sue Hedrick if you see that something on the website that is out of date or you have something to post. Sue's email address is available...where else?...on the member's website—

[www.olympiarearowing.org](http://www.olympiarearowing.org)



**Bon Voyage, Heather!**  
Coach, rower, and friend Heather Walker left for Peace Cops Mali last month.

*Photo: J. Dollins*

## Volunteer Work— Get those 12 volunteer hours in!

We all need to keep in mind that running the club is a large task, with many functions. We are virtually an all volunteer club, running a non-profit business of many facets. When you think about everything the club has accomplished, and continues to accomplish, it is rather astounding: building and now maintenance of the boathouse, maintaining the fleet, purchasing new equipment, offering numerous Learn to Row classes every year, hosting a local regatta, providing the opportunity for Juniors to participate in rowing at several levels, and offering an ever growing array of Master's

opportunities in both Sweeps and Sculling.

In order to keep all of these systems functioning, we need everyone to take their volunteer commitment seriously, and for many of us to step up and take on new roles. In the last few months we have had numerous members with fresh energy stepping forward to take on important roles, and this is sincerely appreciated by those folks who have been working in service to the club for a long time.

My commitment is to discern where



the needs are, to communicate these needs to the membership, and to ultimately connect club members up with tasks to which they are best suited. Please contact me if you are not currently working your 12 hour a year service commitment or if you know it's your turn to step forward for additional service.

Lisa Iverson—OAR Volunteer Coordinator  
Lisa's email address is available on the website

## Upcoming Events

**March 13** DST begins; evening practice sessions begin

**March 19** Scrimmage w/ VLC at Vancouver [www.vancouverlakecrew.com](http://www.vancouverlakecrew.com)

**March 26** Lake Stevens Spring 2K /1K, Lake Stevens, WA - [www.lakestevensrowing.com](http://www.lakestevensrowing.com)

**April 9** Covered Bridge Regatta, Eugene, OR – [www.oarowers.org/CBR](http://www.oarowers.org/CBR)

**April 30** OAR Intra club race (date to be confirmed)

**May 7/8** Scrimmage w/ CBRC & Bainbridge @ CBRC (date to be confirmed) [www.combayrow.net](http://www.combayrow.net)

**May 20-22** Junior Regionals at Vancouver Lake, WA – [www.regattacentral.com](http://www.regattacentral.com)

## Flotsam and Jetsam

Email Flotsam and Jetsam materials and ideas to [oarnewsletter@gmail.com](mailto:oarnewsletter@gmail.com)

### Useful Websites:

**What's the weather like at Swantown?** Scroll to the bottom to see recent data

<http://www.wunderground.com/weatherstation/VXDDailyHistory.asp?ID=KWAOLYMP8>

**Is there too much fog?**

<http://www.swantown-wifi.portolympia.net/Marinacam.htm>

### Haiku from Greg Rohner

Rowers  
Kindred spirits, us.  
Seeking water harmony -  
with each stroke taken.

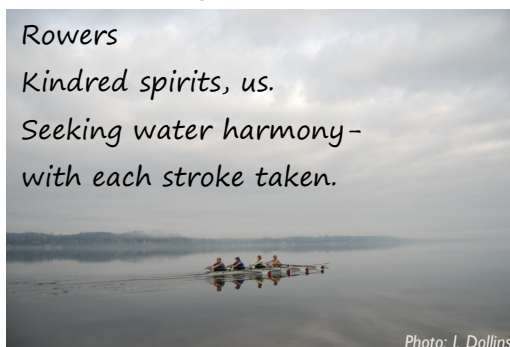


Photo: J. Dollins

### Rowing Trivia From Wikipedia

A **bumps race** is a form of rowing in which a number of boats chase each other in single file, each boat attempting to catch and "bump" the boat in front without being caught by the boat behind.

Since 1827, it is mainly used at the Universities of Cambridge and Oxford. It is particularly suited where the stretch of water is long but narrow, precluding side-by-side racing. Bumps racing gives a sharper feel of immediate competition than a head race, where boats are simply timed over a fixed course. Although few rowing events worldwide occur on rivers as narrow as the Cam or the Isis, bumps races are sometimes contested elsewhere.