

From: "WRRRA Communications" <info@westernreserverowing.com>
Subject: WRRRA February 2012 Newsletter
Date: January 31, 2012 11:53:25 PM EST
To:

Western Reserve Rowing Association February 2012 Newsletter

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Happy 2012! -- A Season Preview

Welcome to the WRRRA monthly newsletter. There were several requests for a newsletter and our WRRRA recording secretary Sally Fahrenholz has graciously agreed to compile and edit the newsletter for us. We will be concentrating on content and timeliness for the news items. For now we will email the newsletter to members as well as post it on the website. Future editions of the newsletter will be in a more compact web-based format that will allow you to click on a concise story header for additional detail.

While it is just the beginning of February, warm weather and WRRRA's return to rowing are really just around the corner. WRRRA committee members, board, president and coach are busy planning for a great 2012 season and beyond. We will build upon the momentum started in 2010 and 2011; continuing with our diverse and strong rowing programs and varied communication strategies. From the 2011 surveys we know that coaching, program development, and equipment are near and dear to your hearts and we are paying serious attention to these areas and anticipate significant action.

The various committees are developing recommendations to the WRRRA Board of Directors related to programs/initiatives and budgeting. These recommendations will be considered in light of the financial data from 2011, projected costs/income for 2012 and input from the member surveys.

The SRL program will continue to hold the bulk of our membership and we are working on the programming structure for the other sweep rowers as well as scullers. There have been increases in the Cleveland Rowing Foundation rack fees and there are significant equipment needs in addition to WRRRA normal operating costs. This means we will need to examine all the costs closely to be sure they are necessary.

Once the programming and budget projections are more formal, the information will be presented at an open board meeting, posted on the website.

Please continue to check the web site and the WRRRA social media accounts for more detailed information as we move forward. If you have questions, or would like to volunteer on one of the WRRRA committees please contact us. There are multiple WRRRA email accounts listed on the website. If the topic you are addressing is not listed please use the general info email.

Thank you!
We look forward to seeing you at one of the upcoming social gatherings.
The WRRRA Board of Directors

Membership and Program Registration

Registration for WRRRA 2012 programs will open in early March. You will receive an email announcement at that time which will include instructions for registering, links for registering and program details. Questions may be directed to membership@westernreserverowing.com

WRRRA Maintenance Day at Rivergate

The first WRRRA Volunteer opportunity this year will be on Saturday Feb 4 from 9am to 12 pm and involve maintenance chores at the boathouse. The next maintenance day will be in June. Contact: volunteer@westernreserverowing.com

Summer Rowing League News

Share the date: WRRRA's 2012 Meet and Greet will be held on April 4th (5:45pm, location TBD). If you know anyone looking to explore joining our rowing community, please pass along this date as an opportunity to learn about our club, understand our offered programs, and meet current club members. Promotional materials and additional information will be provided in a future newsletter and on the WRRRA website.

Volunteers Needed for Learn To Row in April

Six **Learn to Row** sessions are scheduled for April 14, 15, 21, 22, 28, and 29 at the Boathouse. Volunteers will be needed on each of these days to assist with coxing, rowing, erging and assisting Erik Murdell, the Learn To Row instructor. The time commitment for the rowing and coxing volunteers is from 10:15 AM ? 2:15 PM. Volunteers helping in the erg room should arrive by 9:15 AM.

Coaches will also be needed on these days. This program is vital to our organization, and its success depends entirely on WRRRA member volunteers. It is not too early to commit to one (or several) of these LTR sessions. For more information or to volunteer, please contact volunteer@westernreserverowing.com. Thanks in advance for the important contribution of your valuable time to our club.

Coaches Needed

WRRRA is currently in the process of hiring coaches for the 2012 Rowing Season. If you are interested in coaching any of WRRRA's programs (Summer Rowing League, Recreational Rowing, Competitive Rowing or Fall Rowing League), you can fill out an [application](#) located at our website and send to coaching@westernreserverowing.com.

Coaching and Coxing Clinics

WRRRA is planning to offer coaching and coxing clinics in the near future. Please stay tuned and follow us on our website for more information.

WRRR Merchandise Available

Just because you're not on the water quite yet doesn't mean you can't impress your friends, family and fashionistas by picking up some official WRRR merchandise. Water bottles, caps, visors, cinch bags, T-shirts, logo stickers, logo static window decals and more are available. Check out the current stock of gear at <http://www.westernreserverowing.com/about-us/merchandise/>

"I already own the full line of WRRR merchandise" you say? Well, keep in mind that WRRR merchandise always makes a great gift. Also, worry not; new items will be available in 2012 to expand your options of flaunting your WRRR pride.

If you have any questions, care to order anything that's currently available or have suggestions for future items please e-mail merchandise@westernreserverowing.com for a quick response.

WRRR Happy Hours Coming in February

Need to come in out of the cold and see your fellow rowers (not wearing polyester and complaining on the erg)? The intracub and social committee will be coordinating monthly WRRR Happy Hours at our SRL sponsor locations starting in February. We plan to alternate Tuesday and Wednesday to help accommodate different schedules and give our sponsors mid-week business.

If you or your sponsor would like to schedule a happy hour date, please contact Kat Pathroff at katherinedewitt@aol.com

First date ? **Wednesday, Feb 22 from 5:30-9:00 pm at HOOPLES.** \$2 Labatts draft and mussels \$6/lb
Hope to see you there

Boathouse 101

Each month we will answer a frequently asked question on a topic relevant to rowing or WRRR.

Members may submit questions to info@westernreserverowing.org.

What is the difference between The Cleveland Rowing Foundation and Western Reserve Rowing Association?

Western Reserve Rowing Association provides and promotes adult competitive and recreational rowing for the Northeast Ohio community through quality programming. If you are an adult rowing out of the boathouse, you are a member of WRRR.

The Cleveland Rowing Foundation is the umbrella organization managing the boathouse, grounds, docks and other functions common to its nine member organizations. It was created a number of years ago by WRRR and the high school and collegiate rowing organizations- these nine organizations are the CRF members.

Each member organization provides significant financial support to CRF based on the size of the organization to help cover the shared infrastructure costs of operating and maintaining the boathouse and grounds. The funds for that support are part of your WRRR membership dues. Each organization also provides some volunteer support to CRF.

Meet a WRRR Member -- The Power 10 Q and A

Each month our Power 10 Q and A features a WRRR rower, coxswain, or coach.

This month's spotlight is on one of this year's Cleveland Rowing Foundation Burning Blade Award winners, Patrick Whitaker.

Each year the Cleveland Rowing Foundation recognizes the outstanding contribution of service by a volunteer to the Cleveland Rowing Foundation with the Burning Blade Award. Patrick shares the 2011 Burning Blade award with Bob Gannon.

POWER 10 Q&A WITH Patrick Whitaker

1) Where are you from?

Hometown: Originally from the east side along with South Florida and Key West.

Current: Living in Lakewood with a great view of the lake and downtown!

2) Where do you work/What do you do?

I work for Donald Doskey Design in Shaker Heights and Chapel Hill, NC. The firm offers complete interior design services and specification for luxury residential, corporate and hospitality clients.

3) How did you get into rowing?

Ancient history! It's been over 25 years! UGH!

I transferred from the Art Academy of Cincinnati to The Ohio State University. One afternoon I went for a swimming practice at Larkins Hall. When leaving the gym, I was approached by six "glamazon" from the women's varsity 8+ crew. They had been sent out by their coach on a "shorty patrol" (i.e. coxswain hunt). I had just walked out of the locker room and before I knew it, they had me on a scale in the hall and were measuring me with a cloth tape!

They briefly mentioned something about rowing and dragged me right then and there over to the Drake Union Boat House. Keep in mind that I was about 125 lbs. and 5-5" tall! I distinctly remember them taking me to the coach and saying, "Look what we brought you!" He looked right at me and said, "Oh, a Coxswain - goody!" Like I was lunch or something!

He pretty much picked me up off the ground, set me into the shell and said "Do EVERYTHING that I am going to yell at you from the launch from here on!" and that was it. I had been sailing my entire life so it seemed like a natural transition.

4) Any non-rowing hobbies?

I try to keep fairly busy. I am a big reader and enjoy books. I also draw, enjoy the study of architecture and history, and like anything to do with the water. Living in a condo has now changed the ways in which I spend my free time and now that I live in an urban place, I'm still trying to figure it out. Taking up the cello isn't far out of the picture either.

This past year I have been very busy with both the boat house moving and organization. I have also kept busy working with Sarah Ott-Hansen and Grosvie Cooley planning different events to raise funds for both CRF and Rivergate Park. The 2011 BASH last summer proved to be very successful with about 400 attendees, so we have been working to organize future fundraising events which will have a major impact on the entire organization in a positive way.

5) What's your favorite rowing moment?

That's a tough one... I actually have a few:

1. Women's Masters 8+ - 2007 HOTC regatta. We walked on the two lead boats TWICE in the same regatta and took the gold. The first was through the course, the second was after we crabbed and they passed us, forcing us to walk on them again through the Center Street Swing Bridge.
2. After finishing the 2007 Charles in the WRRRA men's 8+, we had a very leisurely row back to Community Boat House which is another full 2 miles past the finish line. It was a perfect autumn day with the colored leaves in full glory, bright sun and the river was like a mill pond. It was great just casually rowing, laughing and joking with a great bunch of guys! I don't ever recall having a more pleasurable and casual row. We had worked VERY hard for this brief moment of solitude and it was all worth it. Of course, certain bragging rights during that particular regatta made it all the more sweet!
3. Anytime I'm coxing a boat of novice or first season folks who do well is a really big thrill! Even if it's a Learn To Row session and they have a great row, it makes me happy. I'm a firm believer in positive water time! After all, INFLICTING any knowledge you may have and TEACHING it are two entirely different things aren't they? Hopefully, I've distinguished between the two by this point

I once read a great quote: "The most significant moments of our lives occur when we are least aware of them." So now I try to observe things a little bit more and become a little bit more aware.

6) Toughest part of rowing?

As a coxswain, competitive Head races can be hard. That's a long time to keep people motivated while trying to navigate a shell through a difficult course. A coxswain has to multi-task in a shell for the entire race and if the course is crowded and difficult to navigate, that can make it very stressful.

Believe me when I tell you, sometimes I'm as exhausted as the rowers at the end of a hard race! Developing a good working rapport with the stroke seat rower is important too. You have to grow to trust each other and communication is a key in that process. After all, you sit facing each other, two feet apart for months at a time! Also, I'm always leery of inexperienced or reckless coxswains on hard courses (I can spot them a mile away). It can be dangerous at times and my number one priority is to keep the crew safe and avoiding bad drivers can be tricky sometimes.

7) What's the best advice about rowing you've ever received?

Best advice was from Aaron Marcovy. Years ago he looked at me and said, "After all of your years on the river, I need for you to TRUST YOUR INSTINCTS!?"

The reason it was good advice is that a coach had finally given me permission to do my job for the crew, and from that moment on it was one of my best seasons ever.

8) What one thing do you want to do before you die?

Hold an enormous international stake boat regatta through the canals of Venice! Although.... a nice cottage with some dogs doesn't seem too bad, either. - I actually have one (a cottage) in mind.

9) What piece of advice do you have to give for anyone considering joining up with WRRRA?

First and foremost is for them to have fun! We all work, have family and other issues so rowing is a great way to escape. Your boathouse time should be as stress free as possible. Don't ever let anyone tell you that you can't do this. Set goals and be organized in your process. Not every practice or race is going to be terrific, but learn from those bad days. In my opinion the best practices are out on the inner break wall with open water and as close to the open lake as possible.

My personal feeling is that water has a tremendous healing quality. If it didn't then why would tropical vacations be so popular? Remember: Rowing is a conspicuously gracious sport and that volunteerism builds a stronger community.

10) What advice would you give to the younger you?

To the younger me I would say, "Stay away from people with a lot of negative energy! It is important to be creative in your thought process. Right or wrong, it's important to be your own person."

Western Reserve Rowing Association
Rivergate Park
1785 Merwin Avenue
Cleveland, OH, US
44113

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From: "WRRRA Communications" <info@westernreserverowing.com>
Subject: WRRRA March 2012 Newsletter
Date: March 5, 2012 12:16:17 AM EST
To:

WRRRA March 2012 Newsletter

Coming Soon -- Upcoming Events and Reminders

- Learn To Row Volunteer Opportunities
- Program Registration -- Coming in March
- WRRRA Open Meeting -- Saturday, March 10
- SQL Review and Testing
- St. Joseph's Academy Rock and Row Fundraiser -- March 18
- WRRRA Happy Hour -- March 20

Summer Rowing League News

- 2012 Meet and Greet -- Volunteers Needed
- SRL Chair Announcement

Thanks and Kudos

- Thanks to Volunteers -- Boathouse and Equipment Maintenance Days
- Hammer Ergatta at Case
- WRRRA Erg Marathon with Zack Lewis

Boathouse 101 -- Explanation of WRRRA Fee Structure

Power 10 Q and A with Bob Gannon

Coming Soon -- Upcoming Events and Reminders

Learn To Row Volunteer Opportunities

The next significant need for volunteers will be for the Learn to Row sessions on April 14, 15, 21, 22, 28 and 29. Please contact the WRRRA volunteer director at volunteer@westernreserverowing.com if you can volunteer as an experienced rower, cox, or coach.

Program Registration -- Coming in March

Information on 2012 WRRRA programming and the opening of registration is targeted for early to mid-March. Information will be posted on the WRRRA website and members will receive an email notification. Please plan on attending the WRRRA Open Meeting on March 10 to find out more details on individual programs.

WRRRA Open Meeting on Saturday, March 10

The WRRRA Board of Directors invites all members to an open meeting Saturday March 10th from 10:30-12 noon at Sainato's Rivergate Tavern. The purpose of this meeting is to present and discuss the 2012 budget and program outlines. The agenda for the meeting will include:

10:30

Board presentation of the finalized 2012 budget, including program fees
Joanne Hull, WRRRA Treasurer

10:50

Presentation of the 2012 WRRRA Volunteer Recognition program
Frank Campbell, WRRRA Secretary and Director of Volunteerism

11:15

Presentation of programming details (beginning and ending dates, program fees, practice details for WRRRA programs). There will be breakout stations in the restaurant for each program -- each presenting for approx. 15 minutes so members can attend up to 2 breakout sessions.

- SRL and FRL programs
- Recreational rowing program
- Masters rowing program
- Sculling program

11:45

Wrap up and review of registration details

At 12:30 after the general WRRRA meeting, the first meeting of the Volunteer Committee will be held at Sainato's.

SQL Review and Testing

SQL Review: All SQL certified members should attend one of the following review sessions to be held at the boathouse. ALL SQL (1 or 2) certified members must attend an annual review to maintain safety status.

- Saturday, March 10th at 8am; or
- Monday, March 12th at 5:30pm

Additional reviews will be scheduled if needed.

SQL Testing Opportunities: Get safety certified! WRRRA urges all members to acquire a safety certification through study and testing on the Cleveland Rowing Foundation Safety Operations Manual for rowing and sculling on the Cuyahoga River.

If you intend to take a test, please email Doug Carlson at dccarlson@hahnlaw.com, so he can bring the correct number of tests to the session.

SQL testing will be held on the following dates.

- Sat, March 10th at 7:50am
- Mon, March 12th at 5:30pm
- Thurs, March 15th 7:00am
- Wed, March 28th 6:00pm

If you cannot attend the dates above, please contact one of the test administrators to arrange a date. <http://www.clevelandrows.org/content/get-safety-certified>

The CRF Safety Operations Manual can be found [here](#).

St. Joseph Academy Rock and Row fundraiser @ the Beachland on March 18

WRRRA's next opportunity to support our fellow rowing programs is coming up. WRRRA rowers and friends are invited to St. Joseph Academy Crew's first annual fundraiser on Sunday, March 18, from 5 - 8pm at the Beachland Ballroom. It's a low key jeans type of event with Evil Ways, THE Santana Tribute Band performing. Tickets are \$10 and may be purchased from SJA rowers or at the door. All proceeds will benefit SJA Crew!

WRRRA Happy Hour

Our first Happy Hour at Hoopples was much fun and the garlic tomato mussels from the kitchen were just fabulous!

The next WRRRA Happy Hour/Crew Mob will be from 5:30 -- 8 pm on Tuesday, March 20 at The Harp. Featured: \$5 Martinis; Draft and Bottled Beer Specials (\$1 - \$1.50 off); \$5 burgers, chicken sandwiches, mussels, and other appetizers. Hope to see you there!

Summer Rowing League News

WRRRA's 2012 Meet and Greet will be held on Wednesday, April 4th. Info sessions and socializing at Hoopples start at 5:45 (presentations at Hoopples begin at 6:30 and 7:30pm). A slide show and video will be shown at Hoopples, and our merchandise committee will have WRRRA-branded merchandise for sale. Boathouse tours will be offered from 5:45 to 7:15 pm.

WRRRA members are encouraged to share information on this event with their friends, family, and acquaintances. If you know anyone interested in joining our rowing community, please pass along this date as it is a great opportunity to learn about our club, understand our offered programs, and meet current club members.

Additional information will be posted to WRRRA's website and social networking sites.

Volunteers needed for 2012 Meet and Greet: 10 to 15 volunteers will be needed for the Meet and Greet to help give boathouse tours, and also at Hoopples to talk to potential new rowers and answer any questions they may pose.

For more information or to volunteer, please contact volunteer@westernreserverowing.com. Thanks in advance for the important contribution of your valuable time to our club.

SRL Chair Announcement

WRRRA is pleased to announce that Lexi Pappadakes will be filling the role of 2012 SRL Chair. Lexi has been actively involved in the SRL program for the past few years as a coxswain, volunteer for numerous events and activities and has assisted in the organization of the SRL regattas.

She, and a phenomenal committee of volunteers, will be responsible for your Summer Rowing League experience. Please join us in congratulating and thanking Lexi and her committee for all they will do this summer!

SRL Regatta Captured from the Sky:

Perhaps you've noticed the recently updated Google 45 degree map image that, as luck (or karma) would have it, had the Google plane flying overhead during the first Summer Rowing league regatta at Rivergate Park. Here is what it looked like!

<http://q.co/maps/9djkg> (zoom in and the plane photo will load).

It's a nice reminder that SRL season isn't too far away!

News -- Thanks and Kudos

Thanks to Volunteers -- Boathouse and Equipment Maintenance Days!

Thanks to all the WRRRA Volunteers who joined in for the Boathouse Maintenance Day -- it was a great success. We had a great volunteer turnout and everyone worked hard on a wide variety of projects that had an immediate and noticeable impact on the boathouse. WRRRA appreciates the efforts of everyone who participated. Thank you!

Our first Equipment Maintenance day on Sunday, February 26 was a great success. We had a great volunteer turnout to prepare the sweeps fleet. Led by Coach Kirk Lang, work crews inspected, cleaned, and repaired seven 8s and six 4s. All the WRRRA oars were also sanded and sanitized. Collectively, volunteers contributed about 160 person-hours of work. Thank you!

Hammer Ergatta at Case

WRRRA's indoor rowing posse brought home plenty of hardware from the Hammer Ergatta hosted by Case Western University's Crew Club on February 11. The cozy confines of Adelbert Gym provided a great opportunity for scholastic, collegiate, and adult rowers to gauge their current training programs and earn bragging rights until on-the-water competition begins.

WRRRA results: Gold (Kate Beckenbach, Theresa Gang, Jane Sworan, Bill Rickman, Sharon Romilly, Russ Sebbio), Silver (Rebecca Luken, Cara Sieberth, Charlie Braun, Gavin Farrell, Pat Poole, Jim Ridge), Bronze (Georgie Grimes). Also competing were Andrew Franko and James Field.

A short video from the Hammer can be viewed at <http://www.youtube.com/watch?v=f9wHZbERK6A&feature=youtu.be>

Erg Marathon with Zach Lewis

Some of you may recall the PD's Zach Lewis writing about his first time competing in an indoor rowing race two years ago and calling it 'wildly exhilarating'. http://www.cleveland.com/healthfit/index.ssf/2010/03/indoor_rowing_machines_virtual.html

If you've followed Zach's 'Stretching Out' fitness column you know he's always looking for new frontiers, and on Friday March 2, Zach and some of your fellow WRRRA members -- a merry band of fitness enthusiasts -- (aka, awesomely fit lunatics!) completed a marathon on indoor rowers (aka ERGs) - that's right, forty two thousand one hundred and ninety five (42,195) meters. Yikes!

Special kudos to:

- Team 31X for their unflagging enthusiasm.
- Roger Abady for providing the AV system.

Here are the folks who completed the entire marathon:

Zach Lewis
Karin Trimble
Rachel Stanley
Jennifer Goodman
Jim Ridge
Paul Kopp
Roger Abady

And these folks teamed up to complete the distance in relays:

Gavin Farrell
Brian Driscoll
Victoria Anders
Crystal Patton
Jamye Jamison
Kathy Cebula
Kathy Whitford
Pat McNamara

Congratulations to all for such a stunning accomplishment!

Photos and video are on WRRRA's Facebook page. For the video, go to <http://www.youtube.com/watch?v=n65E9xSXVY>

Zach's article on this event will publish either this or next Tuesday.

Boathouse 101

What are the various fees that are charged to me during WRRRA program registration?

All WRRRA rowers pay fees to cover their use of resources required for the rowing programs to operate. The only source of money to pay our coaches, purchase and maintain equipment, maintain property, pay utilities, insurance costs, etc. are the fees paid by WRRRA members.

A modular system of budgeting and fee assessment is used to fairly apportion the costs so that individual programs are financially self-sufficient. Consequently, during registration, there are a number of categories of fees charged to rowers to cover the use of boathouse facilities, coaching, and equipment. These fees are all included in the advertised price for any given program.

The **WRRRA Rivergate Assessment** is a fee WRRRA pays to CRF to cover costs associated with the physical Rivergate property including the boathouse, docks, utilities, coaches launches, gas, parking, etc. This is a seasonal fee. Summer or fall programs each require payment of a "half" assessment.

Programs that extend throughout the summer and fall seasons require payment of a "full" assessment which is equivalent to the annual maximum.

Those who pay WRRRA a "full" fee have access to the CRF ergs during the winter. Others must pay a winter erging fee.

The **WRRRA General Membership fee** includes costs associated with equipment acquisition and management (boats, oars, etc.), liability insurance, and administration.

The **General Sweeps** or **General Sculling fee** covers costs associated with the Sweep (or Sculling) boat fleet: rack fees, maintenance and repair, and insurance.

Rowers who row in **Rec, Masters**, or with crews who are safety certified at a level permitting rowing without a coach (often referred to as "**buddy boats**") pay the general sweeps fee.

All who use any WRRRA sculling equipment pay the **General Sculling Fee**.

Finally, there are **program fees**, which can be more accurately thought of as "coaching" fees, though in some cases these may include fees to cover paid coxswains and minor administrative costs.

For **SRL and FRL**, **program fees** also include rack fees, maintenance, repair and insurance for the SRL equipment; consequently, rowers in these programs do not pay a separate General Sweeps fee.

The combination of fees that any individual rower will pay will vary depending on the programs for which he/she registers.

Please note: neither the Rivergate assessment nor the WRRRA General membership fee completely cover maintenance costs of the equipment and facilities. CRF depends on WRRRA (and all the other CRF member organizations) to provide volunteers to assist with minor maintenance to offset costs. WRRRA similarly depends on Volunteer efforts to offset costs.

POWER 10 Q&A WITH Bob Gannon

Each month our Power 10 Q and A features a WRRRA rower, coxswain, or coach.

This month's spotlight is on one of this year's Cleveland Rowing Foundation Burning Blade Award winners, Bob Gannon.

Each year the Cleveland Rowing Foundation recognizes the outstanding contribution of service by a volunteer to the Cleveland Rowing Foundation with the Burning Blade Award. Bob shares the 2011 Burning Blade award with Patrick Whitaker.

1) Where Are You From?

Hometown: Buffalo, NY. There are a number of rowers from the Buffalo area.

Current: I am a west sider, currently living in North Olmsted. Don't hold that against me.

2) Where do you work/What do you do?

If you ask my kids I do everything. I am an engineer by profession and education, a handyman by necessity and a skier and rower by choice. I currently work for a company that builds hardware for the marine seismic industry, that is, companies that survey the oceans floor for geographical anomalies. The data is typically purchased by the oil and gas industry for speculation purposes.

3) How did you get into rowing?

I wanted to row in high school and actually did some winter workouts but because of the odd hours required, I wasn't able to continue. Then when I moved to Cleveland I saw a front page Plain Dealer article back in the early 90's. I called and joined SRL. By the end of the first season I was sculling and doubling. The rest is history.

4) Any non-rowing hobbies?

My other hobby is skiing. I wouldn't say either are hobbies, they're more obsessions than hobbies. Most people at the boathouse who know me can attest to this fact. I can be seen at all hours of the day and night.

5) What's your favorite rowing moment?

My favorite moment is more my favorite time. One of my favorite times of the day is first thing in the morning, normally in the summer, when the sun is rising, the water is calm and peaceful, and I can only hear my oars and the water rushing under the shell. There have been a number of mornings I just stop and take in the great calm. It is an amazing way to start your day.

6) Toughest part of rowing?

I don't feel like there is a "toughest part" of rowing, just challenges. There is almost always someone faster and with a better technique. The biggest challenge is to be self critical enough to improve. It is very easy to become complacent when you row, especially in singles. If you think you're doing well then something is wrong. There is always room for improvement. The better you become the more subtle the changes and improvements are.

7) What's the best advice about rowing you've ever received?

There isn't one thing that stands out in my past as the best advice. I would say that listening to friends and fellow rowers is the best for improving. Sometimes you need an objective view to tell you how bad you look and to "cut it out". Sometimes it's just that simple.

8) What one thing do you want to do before you die?

Still trying to figure that one out. So many things to do and plenty of time to do all of them.

9) What piece of advice do you have for anyone considering joining up with WRRRA?

Everyone who has an opportunity to row, should. There is no person that I have ever met that couldn't row and almost all have enjoyed themselves. Personally, joining the SRL was a great social interaction initially. Then, once I became "hooked" on rowing it became much more. Rowing can be whatever you want it to be, a weekly gathering with friends or an obsession and everything in between.

10) What advice would you give the younger you?

Get started earlier. Although I feel great about rowing, I wish I had participated when I was younger.

11.) Funniest rowing story:

I had two funny stories this year. The first was on a Sunday morning when the LTR was grouping up. It was a little windy but didn't seem too bad. I brought my single to the dock and had my oars already on the dock. There was one person standing on the bulkhead checking things out. As I found out later he was with the LTR and waiting for the meeting to start.

So here comes me with my single. I set it in the water and turn to get my oars. When I turned around my shell was gone. The wind grabbed it in the couple of seconds it took to get my oars. Well, the only thing to do is go get it. Off comes my shirt, shoes, and hat. I dive in and swim my boat back to the dock, load the oars and row off. All the while the LTR member is standing there not knowing what to think. I was asked to share the story with the entire LTR class when I returned.

The second story is with an un-named masters rower (Sharon Romily). It was early on a weekday and we were taking our singles out. The Sam Laud was already through Center Street and on its way toward the docks. Not wanting to wait we literally "jogged" with our shells to the dock. There was a coach and two rowers waiting for the Sam Laud and watching us. We dropped our shells in and off we go. The problem with rushing is sometimes you miss some details, like an oar lock. I took one stroke and out pops my oar and in goes Bob. Again, I swim back to the dock with my shell, lock my oars this time and still beat the Sam Laud. The coach on the dock commented "You master rowers sure have a lot of energy in the morning". I need to add that I haven't gone in the river in probably 10 years and then twice this year.

Western Reserve Rowing Association
Rivergate Park
1785 Merwin Avenue
Cleveland, OH, US
44113

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From: "WRRRA Communications" <info@westernreserverowing.com>
Subject: WRRRA April 2012 Newsletter
Date: April 4, 2012 12:09:51 AM EDT
To:

Western Reserve Rowing Association April 2012 Newsletter

- **WRRRA Program Registration is Open for 2012 Rowing Season**
- **Volunteering for WRRRA**
- **April 4 - Summer Rowing League Meet and Greet at Hoopples**
- **April 23-25 - Nautica Charity Poker Festival**
- **May 12 - RiverSweep and WRRRA Opening Day Party**
- **May 20 -- WRRRA Pep Club/Dance Party for the Cleveland Marathon**
- **WRRRA on Munch in the Morning**
- **SRL Promo eCard Available for Download**
- **WRRRA Merchandise Available**
- **Power 10 Q and A with Team 31X**

WRRRA Program Registration is open for 2012 Rowing Season

Registration for 2012 WRRRA rowing activities has opened. Registration links for activities are located on each [program description page](#) on the WRRRA website. You may also find links in an email that was sent recently and which included Login/ Password information for those who have forgotten. For general questions about registration please contact membership@westernreserverowing.com.

A new [Volunteer Program](#) has been implemented. For 2012 Rowers who were WRRRA members in 2011, a Volunteer Deposit in the amount of \$60 will be collected during registration, which is fully refundable upon completion of 8 hours of approved and documented volunteer service. Those who elect not to provide volunteer service will forfeit the \$60 fee and in doing so establish parity with those who provide service. Questions can be sent to volunteer@westernreserverowing.com.

Upcoming Volunteer Opportunities:

RiverSweep 2012 - RiverSweep 2012 is scheduled for May 12 from 9AM until noon. If you would like to join this effort to clean areas bordering the river in our neighborhood, contact volunteer@westernreserverowing.com.

Charity Poker 2012 - CRF's nine member organizations have been asked to volunteer at the Nautica Charity Poker Festival from April 23-25. As the largest CRF member organization, WRRRA has been asked to fill 125 shifts. 100% of the rake and all other income generated by the festival will go to the Cleveland Rowing Foundation, which has pledged the entirety of the funds towards the purchase of new ergs.

There is no more efficient or effective way to raise funds for items directly related to your membership so please check your inbox for a 4/2 e-mail on this initiative and volunteer at volunteer@westernreserverowing.com.

Volunteering for WRRRA

A Volunteer Committee has been formed to develop the new Volunteer program. Co-chaired by Sandy Apanasewicz and Jim Sholtis, this group of approximately 10 rowers from multiple programs is working together to establish the details of the program.

Volunteerism is vital to the affordable operation and success of our organization. It also contributes to a stronger sense of community among our rowers which in turn strengthens the organization. Taking pride in your efforts, getting to work with other members of the organization, and feeling that you're an integral part of what it takes to make the organization continue is all part of the rewarding process of volunteering.

Since volunteering should not be "thankless", we will be exploring ways to recognize the time and effort people give to make WRRRA successful. If you have not volunteered yet or are interested in the upcoming volunteer opportunities, check out the [WRRRA 2012 Volunteer Calendar](#) online. There you will see upcoming opportunities to lend a hand and become an integral part of the rowing community.

Look for more information in the upcoming weeks online and at the boathouse regarding the program. You may contact us at: volunteer@westernreserverowing.com

Upcoming Events

Summer Rowing League Meet & Greet on April 4

Do you know someone ready to find out how to get rowing on the Cuyahoga River this summer? WRRRA's Summer Rowing League Meet and Greet is at Hoopples on Wednesday, April 4. Rivergate Park boathouse tours will be offered at 5:45, 6:15, 6:45, and 7:15. Potential new rowers are invited to socialize with current rowers at Hoopples starting at 5:45 pm where two short presentations (pictures and video) will be given at 6:30 and 7:30 pm.

Questions? Check out the Meet & Greet page at <http://www.westernreserverowing.com/newcomers/meetandgreet/>

RiverSweep on May 12

Hart Crane Memorial Park & Rivergate Park are serving as the staging, parking, and entertainment areas for Ohio Canal Corridor's annual RiverSweep on May 12. Details on the clean-up are at <http://ohiocanal.org/riversweep.htm>

If you would like to join this effort to clean areas bordering the Cuyahoga River in our neighborhood, please contact volunteer@westernreserverowing.com. So what does RiverSweep look like? Check out the vid!
http://www.youtube.com/watch?v=Rlm_UKOILq0

Stay tuned for more information on the WRRRA 'Opening Day' party that is scheduled after RiverSweep concludes.

WRRRA Pep Club/Dance Party for the Cleveland Marathon

Rite Aid Cleveland Marathon organizers have formally recognized WRRRA's Pep Club Dance Party @ The Harp as an official 'Neighborhood Party'!
http://www.clevelandmarathon.com/Neighborhood_Parties/

We're pulling out the stops for our third annual celebration of this signature Cleveland event so save the date - May 20 -- and come on down to The Harp with your favorite noisemaker! It's going to be a blast, and we hear The Coachabago has some surprises in store! Here's a look at last year's gig:

<http://www.youtube.com/watch?v=S6LITsIMpGE>

WRRRA in the News

WRRRA on Munch in the Morning

Cleveland ambassador, ESPN 850 WKNR host, and great friend to our sport, Mark 'Munch' Bishop, host of Munch in the Morning; on ESPN 850 WKNR talked rowing with WRRRA's Rachel Stanley and Bill Rickman. Since many of you sleepy-heads were probably still in the sack at 5:50, here's the podcast!
http://www.stationcaster.com/player_skinned.php?s=70&c=634&f=462561.

SRL Promo eCard Available for download

The SRL Promo eCard (with embedded hypertext links) is now available for download at <http://www.westernreserverowing.com/live/wp-content/uploads/2012/03/Summer-Rowing-League-Promo-Card.pdf>.

WRRRA Merchandise Available

As the 2012 rowing season begins, it's time to pick up some official WRRRA merchandise. Water bottles, caps, visors, cinch bags, T-shirts, logo stickers, logo static window decals and more are available. Check out the current stock of gear at <http://www.westernreserverowing.com/about-us/merchandise/>

New items will be available in 2012 to expand your options of flaunting your WRRRA pride.

If you have any questions, care to order anything that's currently available or have suggestions for future items please e-mail merchandise@westernreserowing.com for a quick response.

Power 10 Q and A - Team 31X

In the summer of 2011, 31X was a novice WRRRA SRL team. By February 2012, all that had changed? they had logged countless hours on ergs during winter workouts in the off season. So when the Erg Marathon was proposed, they jumped in without hesitation -- their relay teams completed the marathon in grand style.

They say they're not crazy enough to make rowing their lives, but that also may change ---

1. How long have you been rowing together? How did your team get together?

We all started in July 2011 during the ½ SRL session. Many people on the team had done LTR together and got along great. Those of us who were lucky enough to end up on the team for SRL fit right in. Why mess with a good thing!

2. Where are you all from?

Victoria: Hometown is Strongsville. I live in Parma Hts.
Brian: Hometown is Willowick. I live in Middleburg Hts.
Jamyne: Hometown is Santa Fe, NM (no water=no rowing). I live in Detroit Shoreway.
Kathy: Hometown is Cleveland, OH. I live in Strongsville.
Pat: Hometown is Cleveland. I live in Brunswick.
Crystal: Hometown is North Ridgeville. I live in Cleveland.

3. Please offer three words to describe your team.

Victoria: Fun, good-hearted, genuine, tenacious, supportive
Brian: That's more than 3!
Jamyne: Apparently we just can't contain ourselves.
Kathy: We love and support our city!
Pat: Strong, Willing and Crazy. Hey, who's the hottie in the back row?
Crystal: I can't add anything to that!

4. What sorts of interesting hobbies or outside interests do your team members have?

Victoria: Photography, art, kayaking, hiking, camping,
Jamyne: Letterpress printing, photography, cycling
Brian: Golf, wine, destination marathons (as a supporter of his lovely wife, Ann)
Kathy: Gardening, kayaking, karate mom
Pat: Cycling/mountain biking, kayaking, jazz
Crystal: Cycling, drinking on the patio

5. What has been your favorite rowing session/moment so far?

We ended up being able to go out to the Rock Hall in one of our fall sessions. It was a beautiful evening with lovely weather. We did some eyes closed drills, feet unstrapped drills and just enjoyed being out on the open water. What an amazing sunset.

6. What have been challenges for you as a team or individuals?

Our first SRL regatta was pretty rough - many crabs, major equipment failure - not good. While we didn't do as well as we'd hoped (we lost both heats), we still had a great time and came out of it ready to get right back in for the fall season.

7. What was your greatest team accomplishment this year?

We kept up the team spirit by erging with the master's group all winter and participated as a team in the erg marathon by doing a relay. Not only did we all learn a lot about our form and greatly improve our fitness levels, we also made a whole new group of rowing friends! We really appreciated all the encouragement and pointers we got from the more experienced group. It will definitely make us all better rowers when it comes time to get back in the boat. We were pretty proud of ourselves that we kept it up all winter long. (Editor's note - The experienced rowers were very impressed by 31X's complete willingness to do all sorts of indoor rowing workouts that made even grizzled veterans groan).

8. Do you have any advice for a new novice rowing team?

Don't over-think it. Sure, rowing is a technical sport, but sometimes it's best just to relax and get into the flow. You'll be rowing all 8's in no time! Find fun people to make up your boat. Remember - this is a hobby. Unless you make it your life. And then you're just crazy.

9. What are your goals as a team for the coming season?

Keep rowing. Keep improving. Keep having fun. Keep kicking ass.

10. What does your team excel at in particular, either on or off the water?

First, we excel at "being there"! 31x has been active in WRRRA and when we are there other people take notice of our enthusiasm. Secondly, we EXCEL at being a team! We may not be the best rowers or athletes, but we may be the best team in WRRRA. We seem to share a common goal of making rowing the best on-water and off-water experience we can!



Western Reserve Rowing Association

Rivergate Park
1785 Merwin Avenue
Cleveland, OH, US
44113

If you believe you have received this message in error and/or wish to be removed from all our all subscription lists, you can unsubscribe by clicking. Please send an email to clevelandrowing@gmail.com if you still receive any emails. [here](#).

From: "WRRRA Communications" <info@westernreserverowing.com>
Subject: WRRRA May 2012 Newsletter
Date: May 8, 2012 12:23:19 AM EDT
To:

WRRRA May 2012 Newsletter

Coming Soon -- Upcoming Events and Reminders

- May 12 - RiverSweep at Rivergate Park
- May 12 -- WRRRA Opening Day Party
- May 20 -- WRRRA Pep Club/Dance Party for the Cleveland Marathon
- June 2 - Cleveland Rowing Foundation -- National Learn to Row Day

Volunteer Opportunities

- May 12 -- RiverSweep
- May 12 -- WRRRA Opening Day Party
- May 19 and 20 - WRRRA Oar Painting
- Early SRL Season -- SRL Mentors
- June 9 -- WRRRA Boathouse Maintenance Day
- Volunteer Contact and Information

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- Rec and Masters Updates
- WRRRA Merchandise Available on Website

Thanks and Kudos

- Thanks to Volunteers!
- Learn to Row a Stunning Success

WRRRA in the News

- April 27 Plain Dealer -- Zach Lewis Continues to Share his Love for Rowing and the Cuyahoga River

Power 10 Q and A with Cara Sieberth, Regatta Director for the 2012 Head of the Cuyahoga

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If you would like to join this effort to clean areas bordering the Cuyahoga River in our neighborhood, please contact volunteer@westernreserverowing.com. So what does RiverSweep look like? Check out the vid!

<http://youtu.be/Q-GfcweDr08>

May 12 - WRRRA Opening Day Party

After RiverSweep, WRRRA will hold its first annual Opening Day Party at Rivergate from 1:30 to 4:30 pm.

Celebrate the beginning of rowing season and join old and new friends and team mates! Novices will have the opportunity to meet new teammates and learn more about rowing from seasoned veterans.

We will have program representatives from masters and sculling for those interested in learning more about these programs.

Individuals and teams may bring chairs and set up tents for this event.

Also featured - Brats, beverages, music and games...a great way to kick off the new 2012 rowing season.

May 20 - WRRRA Pep Club/Dance Party for the Cleveland Marathon

Rite Aid Cleveland Marathon organizers have formally recognized WRRRA's Pep Club Dance Party @ The Harp as an official "Neighborhood Party"! http://www.clevelandmarathon.com/Neighborhood_Parties/

We're pulling out the stops for our third annual celebration of this signature Cleveland event so come on down to The Harp (6.5 mile mark) and bring your friends and favorite noisemaker! It's going to be a blast, and you get to participate in the marathon without having to actually RUN it! First runners pass by around 7 am, back markers come through around 10 am.

June 2 - Cleveland Rowing Foundation Participating in National Learn to Row Day

Cleveland Rowing Foundation is participating in the US Rowing and Concept2 National Learn to Row Day. Participants will receive a tour of the boathouse, meet coaches, learn about programs, receive instruction on the indoor rowing machines and then have the opportunity to get a brief introduction to rowing on the Cuyahoga River. National Learn to Row Day is for youth entering high school in the fall and adults of all ages. Pre-registration is required but the program is FREE! Spread the word!

<http://clevelandrows.org/NationalLearnToRowDay>

Volunteer Opportunities

May 12 -- RiverSweep

Saturday May 12, 9-12 A.M. Join us as we go out in groups to help clean up the land that borders the river in our neighborhood. This is a [fun and gratifying way](#) to spend a Saturday morning! This event will be staged at Hart Crane Park, with parking at Rivergate. Stick around afterwards for the WRRRA Opening Day festivities.

May 12 -- WRRRA Opening Day Party

Saturday May 12. The Intraclub and Social committee is seeking a total of 8 volunteers to assist with this event. Four are needed from 12:30 - 3:00 PM to help setup, help with games, and help with grilling. Four are also needed from 2:00 PM - 4:30 PM to help with games, grilling and cleanup. More info is [here](#).

SRL Mentors

Volunteers are needed to serve as "[mentors](#)" for the newest members of the WRRRA rowing family - the SRL Novice teams. You may do this individually or in pairs if you prefer. The purpose of the mentoring is to assist in acclimating new rowers to SRL, the boathouse, the culture, etc and answer the many questions they inevitably will have.

Saturday June 19 (10 am to 1 pm) and Sunday June 20 (9 am to noon) - WRRRA Oar Painting

In a follow up to the work began a couple weeks ago, volunteers are needed to finish the [painting of the oars](#). To do: paint the purple stripe on every oar on Saturday and clear coat spray all the oars on Sunday.

Saturday, June 9, 9AM - Noon WRRRA Boathouse Maintenance

This is our second (of 7) [boathouse maintenance days](#), in which volunteers assist in maintenance and other small tasks related to the boathouse, docks and other rowing infrastructure.

Volunteer Contact and Information

To volunteer for any of these events, please respond to volunteer@westernreserverowing.com and indicate the event / time for which you are volunteering.

There is a new Volunteer page <http://www.westernreserverowing.com/members/volunteering/> on the WRRRA website which will be your primary source of information about all things related to this program, including a calendar, event details, and soon a summary of everyone's accumulated volunteer hours. The Volunteer Committee is hard at work fleshing out all the details of this new program. Stay tuned for updates.

Membership and Program News

SQL Testing Is Ongoing

Get safety certified! WRRRA urges all members to acquire a safety certification through study and testing on the Cleveland Rowing Foundation Safety Operations Manual for rowing and sculling on the Cuyahoga River.

The CRF Safety Operations Manual can be found here: <http://tinyurl.com/6p7m57q>

To take a safety test, please contact one of the test administrators to arrange a date. <http://www.clevelandrows.org/content/get-safety-certified>

Membership

Registration for all programs has been brisk setting the stage for a vibrant season of rowing at WRRRA.

Rec Rowing

All available openings are filled. Bob Gannon will be assisting Patty Travis with coaching once the season begins (May 22).

Masters Rowing

On-the-water season kicked off April 9. There was a meeting April 28 to go over expectations for the year as well as planned regatta attendance for the year. Currently there are 28 paid members. There is still time to join the Masters Program -- See <http://bit.ly/GAYAPX> (Masters Competitive) for program descriptions and pricing information.

WRRRA Merchandise Available on Website

As the 2012 rowing season begins, it's time to pick up some official WRRRA merchandise. Water bottles, caps, visors, cinch bags, T-shirts, logo stickers, logo static window decals and more are available. Check out the current stock of gear at <http://www.westernreserverowing.com/about-us/merchandise/>

New items will be soon be available in 2012 to expand your options of flaunting your WRRRA pride.

If you have any questions, care to order anything that's currently available or have suggestions for future items please e-mail merchandise@westernreserverowing.com for a quick response.

Thanks and Kudos

Thanks to Volunteers!

Many thanks to all who have helped staff a very successful season of Learn to Row sessions in April and to those who helped staff the Charity Poker event. All were a great success thanks to the gift of your time.

Learn to Row a Stunning Success

Registration for the six April Learn to Row sessions was brisk this year, filling all six to capacity well before the first LTR session. Weather has been much improved over 2011, but still the sun has made only brief appearances and it has been generally chilly.

Popularity of the Learn to Row sessions resulted in a wait list exceeding 30. An additional day of LTR was added on May 5 to accommodate some of this demand. Altogether 168 people have participated in Learn to Row this Spring. Here's a short vid of LTR7 <http://youtu.be/tK85Cvac5gc>

Thanks to our amazing members, over 100 volunteer shifts were eagerly and expertly filled to successfully execute this logistically demanding instructional class.

Many thanks to Erik Murdell who created this class and who has for several years masterfully taught it.

WRRRA in the News

April 27 Plain Dealer -- Zach Lewis Continues to Share his Love for Rowing and the Cuyahoga River

WRRRA members may remember Plain Dealer fitness reporter Zach Lewis' enthusiastic participation and account of WRRRA's February Erg marathon, where he joined up with some of our club's stalwart winter erging group to row 26.2 miles in a single sitting:

http://www.cleveland.com/healthfit/index.ssf/2012/03/rowing_a_marathon_no_easier_th.html

Zach has continued his rowing adventures to include more on-the-water time. His April 27, 2012 Plain Dealer article described his captivation with sharing a double scull with Brad Whitehead, as accompanied by Coach Russ Eckles.

Zach's piece captured the unique experience of viewing Cleveland and the Cuyahoga River environs from a different vantage point. His exhilaration and fascination with an ever-changing, ever-interesting landscape of bridges, wildlife, and industrial infrastructure will certainly resonate with WRRRA members new and old who have also been so captivated by the river environment.

It seems as though Zach has caught the rowing bug - let's hope we may be seeing him more around the boathouse!

See the article and gallery of photos here:

http://www.cleveland.com/travel/index.ssf/2012/04/row_with_a_view_best_way_to_se.html

Power 10 Q and A with Cara Sieberth, 2012 Regatta Director of the Head of the Cuyahoga -- to be held September 15, 2012 at Rivergate Park

Cara Sieberth is an at large representative and Regatta Chair for the Cleveland Rowing Foundation and has held a number of positions with WRRRA, including Masters/Competitive Team Captain (2009), WRRRA Board of Directors (2008), WRRRA Membership Chairperson (2007), WRRRA FRL Committee (2005). She has also been involved with the HOTC since 2009 and last year took over as the regatta director for the event.

Cara is a CQL-1 and has taken the US Rowing Level I Coaching Certification. She coached her first FRL crew in 2011.

1. Where are you from?

Worthington, Ohio (suburb of Columbus).

2. Where do you work/what do you do?

I'm a physical therapist for the Cleveland Clinic. I work in the outpatient area and treat patients with orthopedic and spine problems. I also work with the Chronic Pain Program at the Clinic.

3. How did you get into rowing?

One of the girls I worked with was a rower and she told me about it. When I went to the meeting I saw a few other people I knew and we all signed up on the same team. We ended up rowing together for several years and everyone just called us "the Carries" because they couldn't remember our names. (Carrie, Karen, & Cara).

4. What are your non rowing hobbies?

Right now it seems like I don't have any non-rowing hobbies? Planning for the Head of the Cuyahoga and US Rowing Masters National Head Race as well as being on the CRF board and the WRRRA Equipment Committee seems to be taking up most of my free time. I like almost any outdoor activities and try to run or bike when I have time. If I had more spare time I'd probably cook more, travel, and work in my yard.

5. Favorite rowing moment?

Winning gold in the FISA World Masters Regatta in a women's 4+. I was still kind of new to racing competitively and that was the first time I really felt what it was like to row fast. The boat just set up and it felt easy. I think we were all shocked when we crossed the finish line and realized we had won. Rowing peacefully in a single at Craftsbury is a close second.

6. Toughest part of rowing?

There are so many components to the rowing stroke that as soon as you fix one thing you do something else wrong.

7. Best advice received about rowing?

RELAX - it really does make you row better!

8. What do you want to do before you die?

Hmm that is a tough one. I try to take advantage of opportunities when they are presented to me but right now I'm just planning for the short term rather than looking too far ahead.

9. Piece of advice for folks joining WRRRA?

Don't be afraid to talk to people you don't know or to ask questions.

10. What advice do you have for the younger you?

I really wish I'd started rowing earlier. I thought about joining the crew team my freshman year at Miami but decided to concentrate on studying instead. My brother who is two years younger than me rowed at Miami and had a wonderful experience. I just think about how much better I would be now if I had rowed when I was younger.

Western Reserve Rowing Association
Rivergate Park
1785 Merwin Avenue
Cleveland, OH, US
44113

If you believe you have received this message in error and/or wish to be removed from all our all subscription lists, you can unsubscribe by clicking. Please send an email to clevelandrowing@gmail.com if you still receive any emails. [here](#).

From: "WRRRA Communications" <info@westernreserverowing.com>
Subject: WRRRA June 2012 Newsletter
Date: June 6, 2012 11:27:31 PM EDT
To:

Western Reserve Rowing Association June 2012 Newsletter

- **WRRRA Weatherline Now Available Via Phone or Web**
 - **WRRRA Equipment Needs All Your Help**
 - **SRL News - Sub List Sign Up**
 - **SRL T Shirts and Sponsorships**
 - **Volunteer Opportunities**
 - June 9 - WRRRA Maintenance Day at the Boathouse
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 - **New WRRRA Merchandise Available**
 - **Upcoming Club and Community Events**
 - **Boathouse 101 - SRL team size, extra rowers and substitutes**
 - **Power 10 Q and A with Michelle Fox**
-

WRRRA Weatherline Now Available Via Phone or Web

WRRRA is excited to announce that we now have a 'weatherline' for rowers to call to check on practice status or dock closure for inclement weather. If you are concerned that your practice may be canceled due to weather, choose one or more of the options below to stay up-to-date on practice cancellations.

Ways to receive information

1. **Call the line** - Save the WRRRA weather line number **1(216)342-1769 (1row)** in your phone to call for up to the minute updates on your program.
2. **Check the WRRRA website or Facebook page** - a RainoutLine box shows on both media outlets that will link you to the RainoutLine website.
3. **Go directly to the RainoutLine website** - follow the link:
 1. <http://StatusLiFYHT> to check WRRRA's RainoutLine page. Check for weather updates online or choose to have email or text updates sent to you when practice statuses change.
 2. Directions on how to subscribe (and unsubscribe) for alerts can be found on RainoutLines website: <http://rainoutline.com/help/videos>.
4. **Download the iPhone or Android app** - Go to your App Store and search for 'RainoutLine.com.' Once the free application downloads, search 'Western Reserve' to pull up the latest updates

Questions or having trouble signing up for the method of information you'd prefer?
Email SRL@westernreserverowing.com or info@westernreserverowing.com.

Your Equipment Needs All Your Help!

The Equipment Committee is working hard to bring all the shells back on line and to care for all of them properly. To do that well and on time, we need your help!

We cannot row without this equipment. It is slick, designed with speed in mind. It's made of the thinnest fiberglass, designed to be cared for well, with proper tools, products, paint and such. Rowing on the Cuyahoga, where our watershed get big hard stuff in our path frequently can do a lot of damage. Besides that, frequent rowing can also be hard on seats, foot stretchers, riggers, oars and more. **So the key is prompt reporting of problems!**

To do that, we have implemented a process of mandatory reporting of equipment by row, which must be signed off on by each coach and the cox for that equipment's use. A completed form must be submitted within 24 hours of the row.

The purpose is timely and complete reporting, accountability and proper equipment repair. We're going lightly on that during May, but come June 1 - we are on and requiring the forms, on time, for each row.

So, please help your coach and your cox - tell them any issues you've noticed with the equipment, before you wrap up your row and the feedback portion of your row. How was everything? Your seat, your foot stretcher, your rigger, your oar, or the shell - near you or anywhere else. Take a moment to look at her, when you are taking her out, or putting her back. Does she look good? How about that skeg and rudder? Make sure that form is filled out and put in the WRRRA mailbox each night.

Tomorrow night's row may depend on it.

Summer Rowing League News

Substitute List Sign up

All SRL rowers who would like to receive sub list emails (including those who rowed and were on the sub list last year) must follow the below instructions to sign up for the sub list.

The sub list is an email distribution that is used to push messages out to the interested SRL membership when subbing opportunities are available.

NOTE: You must have a Google Account to sign up for the sub list.

STEPS to sign up:

1. Sign into Google. If you do not have an account you will need to create one (it's free)
2. Search for Google Groups
3. Once in Google Groups, search for: "Western Reserve Rowing Association - Main List" and apply for membership
4. Complete application (Answer validation questions completely or you will be batch denied!)

Once you have completed these steps and have been approved for the WRRRA Main List, continue to the next step.

1. Go to the WRRRA Main Group Home page. Find the post that reads SRL Sub List (you may receive an automatically email to point you to the SRL Sub list as well)
2. Follow the post/email link and apply for membership
3. If you want every post for a sub, select the default - Email

4. (NOTE: If you do not select the default you will not receive the requests for a sub timely.)
5. Provide your full name and team # - If you do not, you will not be approved. (This is our validation it's not a spam account)

Posting Messages

- Any member of the SRL Sub Group can post a comment to request a sub (but we recommend having only Captains post)
- To post to the group, email your message to wrra-srl-sub@googlegroups.com indicating your team number, session (day and time), and your sub request. Include a way for subs to contact you (phone or email)

Please direct questions to the SRL inbox: SRL@westernreserowing.com.

SRL T-Shirts and Sponsorship

SRL teams, it's that time of year to decide how you're going to stand out at your regattas! Please choose your team t-shirt color by following the link http://www.ppsapparel.com/qildan_color_chart.htm

Captains, remember to note your t-shirt color on the Teams Info sheet posted by the equipment assignments on the back wall of the boathouse by June 10. Please include the color and number (for example 'Prepared for Dye - 001c).

Sponsorship information and payment is due June 10 - Captains, please add your team sponsor to the Teams info sheet posted by the equipment assignments. Gaining a sponsor is as simple as asking - many local bars and restaurants are more than willing to support your team and WRRRA! Or think outside the box and ask your salon, jeweler or accountant as teams have in the past.

Feel free to contact the SRL inbox (SRL@westernreserowing.com) with specific questions, and remember to give back to your sponsor - support the businesses that support Cleveland Rowing!

Volunteer Committee News

Upcoming Volunteer Events

Next Event -- this Saturday -- WRRRA Maintenance Day at the Boathouse

June 9, Saturday, 9AM - Noon

Additional volunteers are needed for this event. WRRRA takes turns with other CRF member organizations throughout the year assisting with small maintenance tasks for our boathouse and associated facilities. This volunteer work is done in groups, requires no special skills, is fun, satisfying, and helps keep the costs of rowing from rising. The manager for the event will provide guidance and any required tools / equipment to complete the tasks. Lawn care will NOT be part of these tasks this year. Please join us in this effort to take care of our boathouse. Contact volunteer@westernreserowing.com to indicate you plan to attend.

Learn to Row

June 23 (Saturday) AND June 24 (Sunday)

10:15 AM - 2:15 PM (9:15 AM if assisting with erging)

Volunteers are needed to assist with our final 2012 WRRRA Learn to Row sessions. We need a total of 10 rowers and 4 coxswains (and 4 of these people who are willing to assist with erg training) for each day. All rower volunteers should have completed a full year (summer and fall) of rowing. Coxswains should be experienced and confident on the water.

Thanks to RiverSweep Participants!

Thanks to all who participated in Riversweep 2012! Everyone who assisted is now sporting the incredible ?Cuyahoga Avengers? t-shirt.

WRRRA had 42 WRRRA members along with some family and friends assisting in this annual effort to clean up the areas adjacent to the Cuyahoga River. We are finding that each year there is less garbage to collect. Riversweep is working!!

Many thanks to the efforts of Frank Campbell, Sandy Apanasewicz and Jim Ridge for working closely with the Ohio Canal Corridor folks to facilitate WRRRA participation in this event and to CRF for helping host the event.

Photos available here:

<http://www.flickr.com/photos/ohioanderiecanalway/7193406828/in/set-72157629717861812/>

<http://www.flickr.com/photos/ohioanderiecanalway/7193406182/in/set-72157629717861812/>

<http://www.flickr.com/photos/ohioanderiecanalway/7193422724/in/set-72157629717861812/>

WRRRA Oars Are Looking Good!

Take a good look at the WRRRA oars the next time you're at the boathouse and notice the outstanding paint job our volunteers applied to the blades.

A total of 4 different sessions were required to complete the job, but the results were well worth it. Thanks to Janet Clark for organizing this event for the equipment committee.

WRRRA appreciates the efforts of everyone who has participated in these events. Volunteer for any of the upcoming events by contacting volunteer@westernreserowing.com.

[The volunteer calendar, upcoming events and additional information](#) can be found on the WRRRA website. A summary of hours volunteered to date will be soon be available on line. Stay tuned!

WRRRA Pep Club/Dance Party Volunteers Cheer on Marathoners

The WRRRA Pep Club/Dance Party at The Harp was highlighted as an official Rite Aid Cleveland Marathon Entertainment zone. This year's 35th annual Rite Aid Cleveland Marathon was a smokin' affair with temperatures in the mid 80s but the race weekend saw participation reach an all-time high of over 20,000 runners! WRRRA's new promotional banner was unveiled as Erik Muddell/The Coachabago spun tunes! Thanks to everyone who turned out to cheer on the runners and show the WRRRA pride!

Club Policy Reminders

Registration for Coaches and Coxes

A reminder - it's necessary for all [coaches](#) and [coxswains](#) to register as such on the WRRRA site.

WRRRA Regatta Protocols

With all WRRRA programs up and running for 2012, many are beginning to think about participating in regattas to test their skills and to enjoy the sport of rowing at a competitive level.

The Summer Rowing League Program will hold two local regattas for SRL teams on the Cuyahoga, Sunday July 1 and Saturday August 25.

Cleveland Rowing Foundation will be hosting both the Head of the Cuyahoga and the US Rowing Masters National Head Race on September 15 and 16.

There are often questions about participation and use of WRRRA equipment in regattas, both on the Cuyahoga and away from Rivergate. WRRRA encourages all members to experience racing in regattas, and to develop the skills needed to travel to ?away? regattas.

The WRRRA Board of Directors has adopted protocols outlining the use of WRRRA equipment for regattas, and the conditions that must be met to transport WRRRA equipment to ?away? regattas. These protocols can be found on the WRRRA Web Site, www.westernreserowing.com, on the Members page under the tab [REGATTAS](#).

Please direct any questions to your favorite WRRRA Director, or to Jeffrey Zabor, President, 2012, WRRRA

Program News

Midwest Masters Sprints in June

For Masters and Rec rowers the first official WRRRA away regatta will be the Midwest Masters Sprints on June 16 at Griggs Reservoir in Columbus, Ohio

https://www.regattacentral.com/regatta/index.jsp?job_id=2085&org_id=0.

There are both Masters and Rec events. All qualified are welcome to attend.

Sculling Program

Currently there are 24 registered participants in General Sculling and 23 private scullers. Details are being worked out for some Learn ToScull/Coached sessions. Stay tuned ? details should be finalized in June.

Kudos - Recent Regatta Results

Men's Masters Crew Takes Gold at Pittsford NY Regatta

A WRRRA Men's Masters crew comprised of members William Rickman, Paul Kopp, Brian Mihalcin, Gavin Farrell and cox, Rachel Stanley, took gold on a 1700 meter course in a field of 7 entrants at the Pittsford Regatta on Saturday, May 26.

Results

1. Western Reserve Rowing Association -- Elapsed time: 00:06:44.01 / Handicapped result: 00:06:36.63
2. Syracuse Chargers -- Elapsed time: 00:07:18.33 / Handicapped result: 00:06:46.63
3. Three Rivers -- Elapsed time: 00:06:55.62 / Handicapped result: 00:06:50.29
4. Three Rivers -- Elapsed time: 00:07:07.33 / Handicapped result: 00:07:07.33
5. Genesee Waterways -- Elapsed time: 00:07:24.62 / Handicapped result: 00:07:09.04
6. Chautauqua Lake -- Elapsed time: 00:07:25.09 / Handicapped result: 00:07:25.09
7. Three Rivers -- Elapsed time: 00:08:04.77 / Handicapped result: 00:07:37.93

Full results here:

https://www.regattacentral.com/regatta/results.jsp?job_id=2257&org_id=0

New WRRRA Merchandise Available

Show your Rowing Pride with a Roval Magnet

The new excitement in the world of Merchandise is now up on the WRRRA site: <http://www.westernreserverowing.com/merchandise/>

New magnets. Two designs. \$3 each. Great for vehicles, filing, cabinets, refrigerators, etc.

We'll have more merch to come as the season progresses.

Upcoming Club and Community Events

Intraclub Fun Rows to Continue During 2012 Rowing Season

The Intraclub Social Committee is working on a series of fun rows to be scheduled during the summer rowing season. Stay tuned for more information on additional opportunities to row with fellow club members.

Concert in Hart Crane Park and ?Twilight Rocket Excursion to Cleveland's Tourist Attractions of the Future?

Cleveland Urban Design Collaborative is hosting an event on Thursday, June 28, 2012, between the hours of 6:00PM - 9:00PM "Twilight Rocket Excursion to Cleveland's Tourist Attractions of the Future" demonstrating the CUDC's vision of the flats in a better, cleaner and more active future.

The excursion will feature Euclid Beach rocket cars and will conclude with a concert in Hart-Crane Park.

For more information: <http://www.spacesgallery.org/events/twilight-rocket-excursion-to-clevelands-tourist-attractions-of-the-future-06-28-2012>

Boathouse 101

SRL team size, extra rowers and substitutes

Why do SRL teams have extra (more than 8) people on a crew?

We assign more than 8 rowers to a crew to compensate for those times when one or more rowers are unable to attend practice due to vacation, sickness, or other obligations. For the 2012 season, SRL targeted 11 rowers per team. (After years of non-scientific studies, SRL Admin has determined that 11 rowers seems to be the right number to allow most teams to fill their boats most of the time with their own crew members.)

What happens when my crew has extra rowers?

Teams (and specifically captains) handle extra rowers differently - some create a schedule where everyone has a week assigned that they will sit out of practice and can stay home. Other teams have all rowers come to practice every week and switch rowers midway through the practice. Extra rowers begin practice riding in the coaching launch or practicing on the ergs. Half way through practice, launch riders or ergers will be switched with rowers in the shell and row the rest of the practice. If there are extras at the next practice, other rowers on the team will take turns rowing a half practice.

In all cases, captains should be organizing their teams' method of ensuring all rowers are getting an equitable share of water time.

What does my team do when less than 8 rowers can make a practice?

Team captains are responsible for finding substitutes to fill seats in their boat if less than 8 team members can make a practice. Captains can use the SRL sub list (directions noted within this newsletter) or reach out to captains of teams who row during the same session to recruit substitutes.

Power 10 Q and A with Michelle Fox, Sculling Committee Chair

A sweep rower for a number of years, Michelle Fox became an ardent sculler several years ago with her first sculling session. Her immediate passion for travelling the river in a single translated into a fast track to become a certified sculler and then become the chair of WRRRA's Sculling Committee in 2012.

1. Where are you from?

I was born in Minnesota. Have lived in Cleveland since 1985.

2. Where do you work? What do you do?

I'm a registered Dietitian. I work as a representative for Abbott Nutrition.

3. How did you get into rowing?

I always wanted to learn to row and after seeing WRRRA in a St Patrick's Day parade decided to give it a try. The rest is history!

4. Do you have any non-rowing hobbies?

Biking, golf, sewing, love to travel and explore.

5. What has been your favorite rowing moment?

When Aaron Marcovy had me standing in the Wintech. There WAS hope. I did return to the dock dry!

6. In your opinion, what is the toughest part of rowing?

Maintaining perfect form...which I have yet to accomplish.

7. What is the best advice you've received about rowing?

Relax!

8. What do you want to do before you die?

Continue to enjoy life and serve others. Walk the pilgrimage of St James.

9. Do you have any advice for folks joining WRRRA?

Respect the river and enjoy your time on the water.

Western Reserve Rowing Association
Rivergate Park
1785 Merwin Avenue
Cleveland, OH, US
44113

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From: "WRRRA Communications" <info@westernreserverowing.com>
Subject: WRRRA July 2012 Newsletter
Date: July 8, 2012 3:22:29 PM EDT
To:

July 2012 WRRRA Member Newsletter

- **SRL Regatta A Smashing Success**
- **Upcoming Volunteer Events**
- **WRRRA Equipment Update**
- **Masters Results from Midwest Masters Sprints**
- **WRRRA Merchandise Update**
- **Coach's Corner**
- **Boathouse 101**
- **Power 10 Q and A with Jimmy Sholtis**

First SRL Regatta on July 1 -- A Smashing Success!

Rowers, thank you for your participation in a fabulous race day! Teams were well-represented not only on the water, but also with their awesome display of team spirit. Please go to the SRL regatta page on our website for full results and links to pictures from race day:

<http://www.westernreserverowing.com/members/programs/summer-rowing-league/srl-regatta-results/>

Photos can also be found on WRRRA's Facebook page:

<http://www.facebook.com/WesternReserveRowing>

Videos of the races can be found on YouTube here:

<http://www.youtube.com/user/wrrawebmaster/feed>

As usual, Erik Murdell provided constant entertainment and music on a beautiful, if not hot, race day. Numerous vendors provided shopping, snacking and hair cutting opportunities (SRL sponsor The Studio raised over \$500 to support USRowing's Row to London fundraising campaign). You can also contribute to WRRRA's donor page at <http://natrowing.donorpages.com/RowtoLondon/WesternReserve/>

Special thanks to our SRL coaches, coxswains and volunteers who provided service with a smile and kept the regatta fair, safe and on time. Coaches and coxswains were also given an opportunity to show what they teach in the last event of the day; the coaches vs. rower race. <http://youtu.be/g5cSgRJKPjM>

We hope everyone enjoyed the day as much as we did - we're already looking forward to our second SRL Regatta on August 25th! Let the competition continue!

Upcoming Volunteer Events

Save these dates below for Boathouse maintenance:

- July 21, Saturday, 9AM-Noon: WRRRA Boathouse Maintenance
- August 4, Saturday, 9AM-Noon: WRRRA Boathouse Maintenance

Please volunteer to help on these days, the first of which is in 2 weeks, to help with small maintenance tasks around the boathouse!

And for much needed assistance for regattas in September:

- September 15, Saturday, All Day: Head of the Cuyahoga regatta
- September 16, Sunday, All Day: US Rowing Masters National Head Race

To Volunteer to help for the boathouse maintenance days, please contact: volunteer@westernreserverowing.com

The weekend of September 15/16 will be a HUGE weekend for all who row out of the Cleveland Rowing Foundation Boathouse. Adult, high school and collegiate rowers will be needed by the hundreds to help make these two important hometown regattas scheduled back to back on Saturday and Sunday a success. This will be the inaugural US Rowing Masters National Head Race, with rowers coming from around the country to race on the Cuyahoga. With your help, it will be a spectacular event. Please reserve this weekend if possible to help. Thanks!

Check your Volunteer Hours: The WRRRA website now has a page with links to two pdf files that provide a brief summary of hours and a more detailed summary by event. Information at the top of each report indicates the date through which the information has been compiled. These reports will be updated periodically. Follow this link to access the page directly: <http://bit.ly/OLzLZd>

WRRRA Equipment Update

We are doing our best to keep up with the **status of equipment needs**. Did you know that we were "caught up" with all deferred maintenance by the beginning of June only to be swamped with more "injuries" to our shells? We know accidents will happen, but equipment injury causes downtime for the next rower(s) and racks up costs. So, before you row, remember: "Be careful out there!"

New **Equipment Reporting** -- is now in full swing. Every row, whether it is for Masters, Rec, SRL or buddy boats, requires the completion of an **Equipment Report by Row**. Copies of the forms are available on the table in the front lobby and are also up on website. And remember: Reporting is very good. Not reporting is very sad.

Every rower helps with Equipment Report by Row: yes, we designed the reports to ensure that, if there are no equipment issues, we know that, and if there is just the beginning of an issue (e.g., your seat is sticking, one of your foot stretcher bolts is not tightening up) we must know. We will also be **talking with each rowing team about the Equipment Reporting**. The quicker we know, the faster we can fix it. We are rowers, just like you! We need your help!

Locker procedures have changed. No one has access to four SRL lockers except SRL management. Only SQL2s or higher have access to the six Sweeps lockers. If you are not one of those folks, then you are not to be in the lockers. If you ARE one of those folks, you have been provided with the combination: get in, get what you need, close AND LOCK the locker, setting the combination back to 0000. Do not give the combination to anyone else!

The **Equipment Committee has its own email:** equipment@westernreserverowing.com. Send us your comments, your complaints, your ideas, your questions.

Masters Rowers Bring Home Hardware from Midwest Masters in Columbus

WRRRA Masters rowers made an excellent showing at the Midwest Masters Sprints at Griggs Reservoir in Columbus on June 16, 2012. Our rowers raced such teams as Indianapolis Rowing Center, Three Rivers Rowing Association, St. Louis Rowing Club, Ann Arbor Rowing Club, LPJ Chicago, the home squad of Greater Columbus Rowing Association and others in 950-meter sprint races on the Scioto River.

Total WRRRA medal haul at Midwest Masters Sprints in Columbus was 13 total -- 9 gold, 3 silver, 1 bronze. Full results are here: https://www.regattacentral.com/regatta/results/2085_4597.pdf

See photos from this event here: <http://thecatch.smuqmuq.com/2012MidwestMasters>

Merchandise Update Women's Shirts are in -- All Sizes!

We've had another shipment of WRRRA women's shirts -- They are the same style and color of the shirts from last year and are available for sale. We'll be working on finalizing a new shirt design -- stay tuned for a merchandise update!

Coach's Corner with Kirk Lang

Managing Team Dynamics

In light of the last weekend's Summer Rowing League (SRL) regatta I felt it was appropriate to start off the first "**Coach's Corner**" discussing team dynamics and the best way to work with differing personalities amongst your crew.

Coaching team dynamics and dealing with varying personalities form a crucial role in coaching any team sport, and rowing is surely no exception. In this aspect, teammates who have differing viewpoints and motivations must find a way to work together in order to have a sense of cohesiveness if they want to succeed. There are many variables in a team---individual mentality and overall team chemistry are two factors that play a key role in any crew's success at the end of the day.

As for creating the optimum learning environment, it is the coach's job to foster an atmosphere in which trust is created and the entire crew can understand that they are all fundamentally on the same page. Therefore, not only can the work of the team affect teammate's abilities to succeed, but it can also affect attitude and motivation. For example, if an athlete believes the entire crew is on board, then that individual can feel comfortable training hard because he/she knows hard work will pay-off when needed the most on race day.

An often quoted phrase, "Rowing doesn't build character, it reveals it", I believe is a testament to a team managed the appropriate way, and if the correct environment is created, then rowing can truly help build character. With that stated, it is the coach's job to manage team dynamics and sense problems before they arise, quickly dealing with any problem(s) and reuniting the team behind a common goal. Rather than force an uncooperative team member to adapt to a certain rowing/team philosophy, it is better to encourage as a coach/captain an environment based on positivity and encouragement.

Boathouse 101

I would like to learn to scull. How do I go about doing that?

WRRRA has a very small fleet of sculling shells, so it does not have a regularly scheduled sculling program. This year we are offering a three week, six-session "on-demand" class, Learn to Scull, for full WRRRA members with at least one year of rowing experience. In Learn to Scull, you and up to one other rower will be coached in all aspects of sculling including launching and retrieving a small boat from the water, rowing with an oar in each hand, making turns, and general boat maneuvering. If you are interested in participating, please contact the Sculling Committee for more information. Some WRRRA coaches also offer private sculling lessons.

Power 10 Q and A with Jimmy Sholtis

Jimmy Sholtis, co-chair of WRRRA's volunteer committee, has been rowing for 7 years and is currently with Summer Rowing League Team 11X. Avidly engaged as this team's stroke seat, Jimmy also is a Sweeps member and has medaled in non-SRL regattas, such as the Head of the Cuyahoga and the Midwest Masters Sprints.

1. Where are you from?

I'm from Cleveland's west side.

2. What do you do?

I'm Associate Financial Representative at a wealth management advisor.

3. How long have you been rowing?

2005 was my first year in the Summer Rowing League. Our Twist team won a silver medal in our first SRL regatta.

4. Do you have any non-rowing hobbies?

Yes, absolutely: playing the piano, photography, cooking, sewing, gardening, home renovation, and foreign languages ? I was keen on speaking only Spanish at work in a former job.

5. What has been your favorite rowing moment?

My first race -- on the command, Ready, All Row, the sky opened up and it rained buckets. But it was a huge competitive thrill.

I have also really enjoyed being coached by Paul Westbury.

6. What is the toughest part of rowing?

Slide control and timing. I'm still challenged to get it right, especially at stroke, my favorite seat in the boat. Timing is critical for everyone.

7. What is the best rowing advice you've received?

The best rowing advice I've gotten was from Paul Westbury -- who emphasized controlling the rate, lengthening the reach, and getting maximum power from the legs.

8. What is on your bucket list?

1. Go to Craftsbury Sculling Center; 2. More European travel; 3. Go back to college and minor in Spanish; 4. Continue to learn my entire life.

9. Do you have any advice for folks just joining WRRRA?

Enjoy yourself, first and sub as much as you can. Realize that it takes a while to develop the finesse that rowing demands. It's a finesse sport, not a brute strength one.

10. What advice do you have for the younger you?

Invest wisely and save as much as you can while sticking to your values. Remember that life is not always to be taken absolutely seriously.

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From: "WRRRA Communications" <info@westernreserverowing.com>
Subject: August 2012 WRRRA Member Newsletter
Date: August 16, 2012 10:15:16 AM EDT
To:

August 2012 WRRRA Member Newsletter

Upcoming Events

- Upcoming Volunteer Opportunities
- Head of the Cuyahoga and Masters? Head Race National Championship

News

- New Access Route to CRF Boathouse
 - Coaches Needed for Summer and Fall Rowing Leagues
 - Head of the Charles Tryouts
 - Summer Rowing League Update
 - Fall Rowing League Update
 - Keeping Current with WRRRA News
 - Kudos ? Regatta Results
 - Boathouse 101 ? WRRRA Program Options
 - Power 10 Q and A with Lexi Pappadakes
-

Upcoming Volunteer Opportunities

WRRRA Learn to Row Sessions

Date: Saturday, August 18th and Sunday, August 19th, 2012
Time: Rowers: 10:15 AM - 2:15 PM (4 hours)
Coxswains: 10:15 AM - 2:15 PM (4 hours)
Erg Training: 9:15 AM - 10:30 AM (1.25 hours)

*****We still need 3 rowers for Saturday and 1 coxswain for Sunday. From those who have volunteered to Cox / Row, we need 3 people each day to come at 9:15 and help with the erg instruction. ******

To volunteer, please respond as soon as possible to: volunteer@westernreserverowing.com and indicate the activity and day for which you are volunteering.

The rowers must have a minimum of one year (summer and fall, or equivalent) of experience and coxswains must be experienced at coxing.

SRL Regatta, August 25th

Volunteers are needed to staff the final SRL Regatta. Please see an email sent earlier this week for jobs and times. If you need a copy, please contact volunteer@westernreserverowing.com. This regatta is coming up soon ? 10 days, so please respond soon. Thanks!

Maintenance Day at the Boathouse, September 8th

Please join us from 9 am until noon for the 5th of the 7 Maintenance Days WRRRA will have this year. This one is one week prior to the regatta weekend (see below). Work will likely include preparing the boathouse so we can make our best impression when we host thousands of guests September 15/16.

To volunteer for any of these events please respond to: volunteer@westernreserverowing.com
The volunteer calendar, upcoming events, and additional information can be found on the WRRRA website:
<http://www.westernreserverowing.com/members/volunteering/>

Volunteer refunds are in the works ? the first round of refunds has been sent to members who have met their minimum volunteer commitment.

A summary of Volunteer Hours Earned can be found at: <http://www.westernreserverowing.com/members/volunteering/hours-earned/>

Please note: There is a great need for volunteers during the next month. Following that, we currently only have 2 more volunteer "Events" on the calendar and they are both Maintenance days ? one in October and the other in December. If you still need volunteer hours to qualify for your volunteer deposit refund, now is the time to get them!

**Coming Soon -- Two great rowing events, same weekend, same location:
Cleveland Rowing Foundation (CRF) boathouse!**

Head of the Cuyahoga Regatta

September 15, 2012

CRF is hosting its 17th Annual Head of the Cuyahoga Regatta (HOTC) on September 15. All CRF member organizations are invited to compete. This 4800-meter course attracts rowers from out-of-state and Canada. Entries limited to 300. Register by September 8 to avoid late fees.

For more information or to register, visit RegattaCentral.com

US Rowing's Inaugural Masters Head Race National Championship

September 16, 2012

It is an honor to be hosting the very first US Rowing Masters Head Race National Championship, with rowers coming from around the country to race on the Cuyahoga River. The regatta will feature racing in both sweep and sculling events in all of the master's age categories. This regatta is due back to Cleveland every 4 years.

For more information or to register, visit USRowing.org

Volunteers are needed for both events!

The weekend of September 15th and 16th will be a HUGE weekend for all who row out of the CRF Boathouse.

All eyes of the U.S Adult rowing community will be on Cleveland that weekend for this inaugural race. We want to make the best impression for all who will be attending. Many adult, high school and collegiate rowers are needed to help make these two important hometown regattas a success. With your help, this weekend will be a spectacular event. Please reserve this weekend to volunteer.

Coming soon - volunteer positions will be posted on Active Net. This will allow volunteers to view times and jobs that need to be filled and to sign up online. Sign up early to get your top choices! We will contact you by email when the volunteer job positions are announced.

New Access Route to CRF Boathouse

CRF has closed the deal with the Cleveland Metroparks for the 2-acre public park (Rivergate Park) parcel and the small building. We welcome the Cleveland Metroparks as our new neighbor and partner in bringing recreation along the Cuyahoga River.

The most immediate change is that CRF has begun to use the "back gate" as our new main entrance as of Wednesday, August 1st. This entrance is off of British Street and we are now using the boathouse address of 1003 British Street. 1785 Merwin is the address for the small building which will be owned and operated by the Cleveland Metroparks.

The Cleveland Metroparks will be changing the electronic gate access code off of Merwin. The old access code will no longer work. Everyone who enters our site is also asked to exit onto British Street. As improvements begin on the site, we ask our membership to use CRF property only.

WRRRA Seeks Coaches for Fall Rowing League

Our SRL season has been a huge success, and we're expecting a big turnout for the Fall Rowing League. Help a team improve its skills and enjoy the more relaxed pace of the fall rowing season. Sessions are Monday through Thursday, 5:45 to 7:15 (one session per night), and run from September 3 through November 1 (no rowing the week of September 10). Requires minimum CQL1 status. If interested, please contact

coaching@westernreserverowing.com.

Want to become a coach?

Coaching can be a rewarding and fun experience...and help you earn some extra cash. It involves passing the SQL2 test, being certified to drive a launch, and having CPR training. Still not sure? We can help team you up with a coach mentor and walk you through the steps. If interested, please contact coaching@westernreserverowing.com.

Already a coach but want to improve your skills?

CRF is hosting the Level 1 and Level 2 USRowing Coach Training on August 18th (level 1) and August 19th (level 2). Additional information on these clinics as well as how to register can be found on the USRowing website:

<http://www.usrowing.org/DomesticRowing/Coaches/CoachingClinics/UpcomingClinics.aspx>. This is a great opportunity to take advantage of top-notch training!

WRRRA to Hold Head of the Charles Tryouts

Any member of WRRRA, in good standing as of July 1 is eligible for trying out for WRRRA's entry into Head of the Charles. This includes current SRL, REC and Masters members. Full requirements and details will be posted on the WRRRA web site soon. Once posted notification will be pushed out to all via Facebook, Twitter and e-mail.

Summer Rowing League Update

Regatta #2 News - Saturday, August 25th

Full race packets (including race schedules) will be distributed no later than August 20th, but we wanted to share a few updates in the mean time:

1) Race Divisions have been set! Please go to WRRRA's website: <http://bit.ly/MPHT5n> for information on the process of placement into race divisions, determination of boats racing for medals, and what division your team has been placed into.

2) Regatta Cook-out: SRL will host our annual cook-out during the August 25th regatta. Burgers, chips, and water will be provided for all SRL members. Captains, please look for an upcoming email detailing what we need from you in terms of organizing your teams food needs.

Fall Rowing League Update

Fall Rowing Registration

Fall Rowing League (FRL) registration opened the week of August 6th. Registration is open for all WRRRA members who have rowed at least one full season of SRL (either through full season registration or both 1/2 sessions).

Fall Rec Update

Fall Rec Rowing Registration

Registration will open soon for Fall Recreational rowing. It will be offered first to those who participated in Summer Rec as space is very limited. An email with registration information will be forthcoming.

Half Season Programs

Half Season Registration is available for Masters Competitive Rowing, General Sweeps, General Sculling and Private Sculling. Registration links can be found here: <http://www.westernreserverowing.com/members/programs/program-registration-links/>

Keeping Current on WRRRA News and Information

WRRRA communicates news, events, and information in a number of different ways. Members can stay tuned in to WRRRA doings by accessing the following:

- Facebook: <https://www.facebook.com/WesternReserveRowing>
 - Twitter @RowingInCLE aka <http://twitter.com/RowingInCLE>
 - Rainout Weather: Phone (216) 342-1769 or Website <http://rainoutline.com/search/dnis/2163421769>
 - Website: www.westernreserverowing.com
 - There are links for newcomers, members, "About Us" with general club information and newsletters, merchandise and news.
 - In addition, there is a link to contact us with email address/links for the following:
 - General Information
 - Officers: Club President, Treasurer or Secretary
 - Programs: Summer Rowing League, Sculling, Masters and Coaching
 - Committees: Membership, Volunteer
-

Kudos -- Regatta Results

WRRRA Rowers Dominate at Michigan Club Invitational

WRRRA Rec and Masters rowers made a great showing at the Michigan Club Invitational Regatta hosted by the Ann Arbor Rowing Club on July 21. Mixed and women's crews dominated the regatta, with WRRRA winning the Team Points Trophy in a field of 28 teams.

Full results can be found here:

https://www.regattacentral.com/regatta/results/2333_4648.pdf

Independent Crew Rows for a First Place Win at Chautauqua Regatta

The Chautauqua Lake Rowing Association hosted its 5th annual Chautauqua Lake Invitational Regatta on July 28, hosting crews from West Side Rowing Club (Buffalo), Don Rowing Club (Mississauga, CA) and WRRRA. The race was comprised of two head race pieces on the Chautauqua River. The independent WRRRA crew rowing in this informal event took first in the first race piece.

WRRRA Rowers Bring Home Medals from Royal Canadian Henley

Masters rowers travelled to St., Catharine's Canada for the Royal Canadian Henley for events on Sunday August 5. A highlight of the club showing at this regatta was the WRRRA Women's A 4+ bringing home two gold medals. Full results can be accessed here:

<http://reports.regattamaster.com/Pages/Races.aspx?regattaid=1038>

Boathouse 101

I've been rowing in SRL and have enjoyed it, but I'm interested in rowing more than once a week so that I can become a better rower. What are my options with WRRRA?

There are a couple of options. The first would be to join the Recreational (REC) rowing program which has two coached sessions per week. This would allow both more time on the water and more coaching, but it would also allow you to row with other people who are really working hard to become better rowers. It is also possible to do both SRL and REC at the same time (assuming you schedule your SRL night appropriately) and get a total of 3 practices a week. The second option would be to discuss your current rowing skills and fitness with the coach of the Masters Competitive team and determine if Masters Comp would be an appropriate next step for you.

Power 10 Q and A with Lexi Pappadakes

WRRRA's Summer Rowing League Chair, Lexi Pappadakes, can be found at the CRF boathouse most any weekday, providing support and information to SRL rowers, coaches, and coxswains ? always with minute attention to detail, good cheer, composure, and a lively sense of humor.

WRRRA thanks Lexi for her devotion to rowing and her commitment to providing an outstanding rowing experience to novice and experienced rowers alike. We wish her the best of luck as a student in the honors program at the University of Akron this fall.

1) Where Are You From? Hometown:

I have always lived in Cleveland. But, I will be attending the University of Akron this fall.

2) Where do you work/What do you do?:

I am the SRL Chair for WRRRA.

3) How did you get into rowing?:

My friend brought me down to a CSRA open house, and I fell in love with the sport. I have been involved from that point forward!

4) Any non-rowing hobbies?

My new obsession is photography. Whenever I'm in a bad mood, I pull out my brand new camera and start snapping away. My favorite place to take pictures is the boathouse; I love taking candid pictures of people doing what they love!

5) What's your favorite rowing moment?

The best part of my job is teaching novice rowers. My favorite moment is when the stroke finally clicks for a novice. There is one moment when a coach/cox can literally see the light bulb go off in the rower's head; all of the sudden, everything makes more sense to them and the experience becomes so much more enjoyable. Those are the moments when it doesn't matter that I had to get up at 4am, that I have no voice from yelling all day and that my hands are torn to shreds; those are the moments that remind me how much I love my sport.

6) Toughest part of rowing?

I don't think there is one part of rowing that is the 'toughest'. Once you fix one thing, you have a completely new problem to focus on. I think it's a coaching conspiracy; they're just trying to keep us interested.

7) What's the best advice about rowing you've ever received?

There hasn't been a single piece of advice that stands out among the rest. But, the person that gives me constant advice and is there for me around every turn definitely deserves a little credit: Bella Hildebrandt.

Bella and I have been through a lot together. We started coxing for WRRRA four years ago. At the time, neither of us knew a whole lot about anything. We had to learn a lot more about rowing, the rules of the Cuyahoga, and how to work so closely with adults. It was never easy, but, we have grown together and become better people because of it.

Bella and I have been through a lot together. She is my best friend, confidant and sister. I will miss her more than anything when we both move away, but I'm looking forward to being life-long friends. I am extremely lucky to have such an amazing person in my life.

8) What one thing do you want to do before you die?

I am still young, so I haven't thought too far ahead yet. I know that I want to find a cool job, have kids and travel the world. The problem is: while I'm traveling, I am usually still thinking about rowing...

9) What piece of advice do you have for anyone considering joining up with WRRRA?

Rowing is the most amazing sport; you can turn your experience into anything you want it to be! Get involved. Take full advantage. Meet awesome people. And, have fun!

10) What advice would you give the younger/older you?

I wish that the younger me knew that she was going to get so lucky in a few years. I have met the most amazing people (ones that I now get to call my family!), I have the coolest best friend/partner-in-crime, and I get to go to work every day doing what I love. I never thought that I would be lucky enough to get involved with something as amazing as this!

Western Reserve Rowing Association
1003 British Street
Cleveland, OH, US
44113

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From: "WRRRA Communications" <info@westernreserverowing.com>
Subject: September 2012 WRRRA Newsletter
Date: September 9, 2012 12:27:38 PM EDT
To:

WRRRA September 2012 Newsletter

- HOTC and US Rowing Masters National Head Race - be a part of it!
- Summer Rowing League Update
- From the Equipment Committee
- Volunteer Opportunities
- Power 10 Q and A with Paul Kopp

Be a Part of the Biggest Two-Day Event Ever for Rowing in Cleveland? Excitement is building as it gets closer?

Our huge rowing weekend is almost here; The Head of the Cuyahoga Saturday, September 15th and the inaugural USRowing Masters National Head Race Sunday, September 16th. All eyes will be on Cleveland; the 2 day events are expected to attract over 2,000 rowers and 500 boat entries.

In addition to the race there will be vendors both days, as well as the brunch Sunday with 2 Olympic rowers, a silent auction and other events.

Please take advantage of the opportunity to be an integral part of this ground breaking event weekend, and to see these national and regional rowing events from the inside. **Earn a treasured Volunteer Shirt...**

Please register to volunteer if you have not already done so; these races are a marathon undertaking and volunteers are crucial. For more information on volunteer job descriptions you can check out the CRF website: <http://clevelandrows.org/content/sign-volunteer-regatta>

A description of jobs that are most critical for WRRRA members to fill can be viewed here: <http://bit.ly/PY4Vtg>. If none of these jobs are appealing, there are many more listed on activenet: <http://bit.ly/TNXeK7>.

Additional information about volunteering for the regattas can be found here: <http://bit.ly/NRq8Xb>

To sign-up? to volunteer do one of 3 things.

1. **Follow this link** (<http://bit.ly/TNXeK7>) (to the [activenet registration site](#) where you can sign up for the job and time of your choice.
2. **Email your name**, phone number, email address, affiliation (WRRRA) and desired job to Michelle Gallagher at: mmg21@case.edu.
3. If you would prefer to be assigned a job, email Michelle with your contact information and your date / time availability and one will be assigned.

If you cannot volunteer over the weekend there may be other areas you can help with; please refer to the email from the WRRRA Volunteer Committee or send an email to the committee: Volunteer@westernreserverowing.com.

Please invite your family members and friends to come and visit -- it's a wonderful opportunity to showcase our sport and our city. The more participants and spectators there are, the more excitement we generate for our sport, ourselves as the hosts, and our city.

We look forward to seeing you over the weekend, WRRRA President and Board of Directors

Summer Rowing League Update: THANK YOU for a great season!

The 2012 SRL season came to a rip-roaring end Saturday, August 25th with our SRL Championship Regatta. Complete with 350+ SRL rowers, two visiting crews, 49 races, 1 freighter, lots and lots of tents, a dunk tank, over 400 burgers, hair-cuts for charity, and more celebration than could fit into a clown car, we wrapped up our season among friends and friendly competition.

Special congratulations to our Gold Medal Winners:

Novice 2 - 22n
Novice 1 - 27n
Experienced 3 - PLRAw
Experienced 2 - 19x
Experienced 1- 9x

Full results, pictures and video can be found on WRRRA's website: <http://www.westernreserverowing.com/members/programs/summer-rowing-league/srl-regatta-results/>

A special thanks to the volunteer masses that helped pull off not only the regatta, but the entire SRL season. Many hands made for lighter work - we appreciate everyone who stepped up to make this YOUR club throughout the summer through the giving of your time and talents. And to our SRL Chair Lexi as well, who deserves a great thank you for the countless hours and true devotion to a smooth running program.

And thank you SRL, for sharing your summer with us. We couldn't think of a better way to spend our summer enjoying our city and river with you, our amazing rowing community. We hope you had as much fun as we did, and sincerely hope to see you back next spring!

From the Equipment Committee

Did you know? WRRRA has spent over \$10,000 repairing equipment this year! That's:

- Half of a shell for SRL, or
- One used 4+ for General Sweeps, or
- Two used singles for Sculling

Some reminders on basics to keep our shells from being damaged:

- Slow down and be careful when taking off and putting shells on racks
- Remind your coxswain to slow down when docking
- Carefully reach out and grab the dock to prevent the shell from hitting the dock

Be nice to our shells so we can spend money on buying new ones, not fixing current ones. Equipment damage affects everyone!

Volunteer Opportunities

After the regatta weekend, there are two remaining volunteer dates on our calendar. Both are Maintenance Days at the boathouse. Email volunteer@westernreserverowing.com to let us know you are coming!

October 6, Saturday, 9AM - Noon

December 1, Saturday, 9AM - Noon

Thanks to everyone who has volunteered for WRRRA throughout the year and for the upcoming Regattas!

Volunteer ?hours earned? summaries have been updated within the past week and may be viewed here: <http://bit.ly/OLzLZd>

Power 10 Q and A with Paul Kopp

Yes, he's the guy with the camera and the hound's-tooth spandex who seems to be everywhere all at once!... he's also the Cross Fit guy, the erg-happy guy, the guy who guards his rigging tools with the tenacity and fierceness of a mother bear protecting her cubs ? the incomparable Paul Kopp!

1. Where are you from?

I was born in Cleveland Town

I live and play in Cleveland Town

I'll probably die in Cleveland Town

And that's good enough for me

Thanks to John Mellencamp for the lyrics to butcher.

More directly, I grew up in Seven Hills, found my future spouse in Shaker Heights, we moved to the West side and raised a family, and I play in the North side.

2. Where do you work/what do you do?

I work at CEC Combustion with a fellow rower. I have a Mechanical Engineering degree and many years' experience in AutoCAD and Mechanical design. I've recently been asked to make a change and am now involved with purchasing.

3. How did you get into rowing?

A couple reasons. I was looking for something for upper body conditioning. Wrong!

The primary reason was to be an example for my older daughter. She was involved in gymnastics since age 3 and was going through her senior high school years. She was good enough that she could easily be recruited for a collegiate team. I expected she could be distracted by typical social interactions in school and lose focus.

Not being one to push, I decided to take my own athletic pursuits to a different level. She did end up being recruited by Kent State and was in the Beam and Vault line-up all 4 years. She may have ended up there anyway, but I felt it was still important for me to be an example of focus and determination.

The end result is, she received a full ride and I can more easily afford rowing. She is now pursuing her PhD. in Neuroscience at the University of Cincinnati on an assistantship program.

4. What are your non rowing hobbies?

Most of my hobbies are physical. I can play guitar, if I practice solid for a couple months to get back up to speed. I am an active cyclist and participated in the Pan Ohio Bike Ride this year which is a 328 mile, 4-day ride from Cleveland to Cincinnati. Not surprisingly, there was another rower I learned was riding in it. I run throughout the year and will be part of a 5-person relay team in the Akron Marathon.

5. Favorite rowing moment?

They are all to come. Every year is different. The best times rowing for me are actually in the off-season at the erg work-outs. Last year was terrific, with participation from a broad range of members. The highlight was an erg marathon row with Zak Lewis of the PD and other individual and team members. I'm putting an early plug in for these workouts in hopes we get even more devoted fitness enthusiasts to fill the extra erg seats we've recently acquired.

6. Toughest part of rowing?

Sure, it's physically demanding, but the hardest part is keeping it all in perspective in terms of your own experience and approaching it with an open mind. If I'm having a bad row, I try to not to assume it is a crew mates issue and instead try to focus on what I can do to improve my own technique. It's an ideal I admit I don't live up to at all times.

7. Best advice received about rowing?

Starting as a novice in my mid to late forties, there are many to choose from, from just as many great rowers who have helped me over the years. One helpful bit of advice is notable because the adviser, Aaron Marcovy, was able to physically prove a concept he was trying to convey that mentally I was refusing to accept.

He had me tug on his outstretched arm first with shoulders lunged forward and then with my shoulders held in place by my engaged lateral muscles. I physically felt the added power. It practically took a 2 x 4 to the head, but I now understand that lunging to get added reach is counterproductive.

8. What is on your bucket list?

I would like to one day ride a bike from the East coast to the West coast.

9. Piece of advice for folks joining WRRRA?

So you're not going to the Olympics... That doesn't mean you can't train like you are. I've been to many away regattas and seen so many individuals who are incredibly fit not only for their age but for any age. Train smart, play hard and don't give up being a kid.

10. What advice do you have for the younger you?

Get your head out of your butt, focus on something/anything, and use your time more wisely. Unlike my daughter, who I mentioned earlier, I was very distracted by the social aspects of high school and my youth. What else might I have done differently, possibly better, if I had not been so preoccupied with purely leisure time activities?

WRRRA
1003 British Street
Cleveland, OH, US
44113

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From: "WRRRA Communications" <info@westernreserverowing.com>
Subject: October 2012 WRRRA Newsletter
Date: October 4, 2012 7:42:19 AM EDT
To:

October 2012 WRRRA Member Newsletter

- Upcoming Volunteer Opportunities
- Kudos to Volunteers and Rowers in Head of the Cuyahoga and Masters National Head Race
- Regatta News

Upcoming Volunteer Opportunities

Join us this coming Saturday at the boathouse for our next-to-the-last volunteer event of 2012.

What: Boathouse Maintenance
When: Saturday, October 6, 2012 **Time:** 9AM - Noon
Reply: volunteer@westernreserverowing.com to let us know you can help.

The final volunteer event on the 2012 Calendar is on December 1st.

What: Boathouse Maintenance
When: Saturday, December 1, 2012
Time: 9AM - Noon
Reply: volunteer@westernreserverowing.com to let us know you can help.

Summaries of volunteer hours can be found on the WRRRA Website Volunteer page (<http://bit.ly/OLzLZd>). These do not yet include the September 8th Maintenance Day, the final SRL regatta or the September Regattas. Updates are expected soon!

Thanks to everyone who volunteered their time to making the Head of the Cuyahoga and the Masters National Head Race successful and enjoyable experiences for our guests.

Kudos to Volunteers and Rowers in HOTC AND MNHR

WRRRA would like to thank all of the volunteers and rowers who made the Head of the Cuyahoga (HOTC) and the US Rowing Masters National Head Race Championships (MNHR) such successful races. In this case, it really took more than a village! WRRRA members along with members of all the CRF organizations made the races possible.

Countless WRRRA rowers participated on both days, jetting back and forth between volunteer duties and time on the water. In addition, there was set up time Friday and clean up Saturday and Sunday. Entertainment and announcements by Erik Murdell from start to finish helped us all to smile as we worked.

The volunteer committee has impressive statistics about the number of shifts manned by WRRRA members. We want to recognize the WRRRA committees who organized within the club to make it all possible: Volunteer, Equipment, SRL/FRL, Programs, Coaching/Coxing, Finance, Merchandise and Communication.

We also want to thank Cara Sieberth the director of both regattas, Theresa Gang CRF executive director, the CRF board (especially WRRRA Head Coach Kirk Lang and Chairman Gary Clark) as well as all of the WRRRA members who served on the race committee for their efforts.

As a club we should be proud of the time spent helping and also of the number of members who raced. On both days many WRRRA members were proudly wearing medals - great to see.

For completed race results please visit <http://bit.ly/SZxRs9> for the HOTC and <http://bit.ly/NAiG9K> for the MNHR. Congratulations to you all on your accomplishments.

CRF brought the HOTC to a new level this year and they also partnered with USRowing to host the first ever Masters National Head Race. We owe thanks to USRowing and all their staff; those who were here as well as those working behind the scenes.

We are very grateful to Olympic rowers [Susan Francia](#) and [Margot Shumway](#) - their willingness to give so openly to all the rowers was amazing. Thanks also to Jeff Scheid for seeing the opportunity that USRowing's Row to London fundraising campaign presented; allowing WRRRA to become actively involved in USRowing's run-up to the London Olympic Games and helping to ensure the presence of Olympic rowers at the HOTC & MNHR.

Special thanks to WRRRA member Jim Ridge for his vision of a live web-cast of the Masters National Head Race. Jim worked with USRowing's Education & Video Broadcasting manager Willie Black to make the webcast a reality as USRowing had never webcast a Head Race before and the MNHR was not on their webcast schedule. With Jim's identification of optimal camera placements and clearing of permissions/logistics, the vision became reality.

The final product was impressive; Cleveland, Cleveland rowing, the Cuyahoga River, and the Masters National Head Race were webcast to the world from three cameras at strategic points along the Cuyahoga River. Racing shells were in almost continuous camera view from the Carter Road Bridge to the finish line demonstrating beautifully that head racing can be webcast in an engaging manner. Those who saw the webcast live or from the USRowing webcast replays know how beautifully the webcast portrayed our river, city and rowing. Thanks to USRowing, Jim and camera crew (Lori Scheid and Brent Johnson, son of WRRRA member Rob Johnson) for their great work! For those of you who have not checked out the webcast yet here is the link: <http://www.ustream.tv/recorded/25462489>

WRRRA Board of Directors

Regatta News - Kudos and Upcoming Schedule

For the Head of the Cuyahoga, WRRRA had 27 entries and earned 3 gold, 3 silver and 4 bronze medals.

In the inaugural USRowing Masters National Head Race, WRRRA had 21 entries and earned 9 gold, 5 silver, 4 bronze and then teamed up in composite boats for 3 additional golds and one silver.

Links to streaming video of the MNHR with WRRRA rowers participating are as follows:

<http://www.ustream.tv/recorded/25454844> -- 8:00am (Women's D-E 8+) - 9:38am (Men's F-J 4+)
<http://www.ustream.tv/recorded/25457518> -- 9:52am (Mixed AA-D 4+) - 10:27 (Men's C-D 1x / lunch break)
<http://www.ustream.tv/recorded/25462489> -- 12:00pm (Men's G-J 1x) - 1:34pm (Women's AA-B 1x)
<http://www.ustream.tv/recorded/25465952> - 1:48pm (Men's AA-C 4+) - 2:12pm (Mixed D-E 8+)

Photos by J.DELL Photography of both the Head of the Cuyahoga and the inaugural USRowing Masters National Head Race Championships are available for viewing and purchase:

2012 Head of the Cuyahoga (September 15): <http://clients.idellphoto.com/hotc2012>

2012 USRowing Masters National Head Race Championships (September 16): <http://clients.idellphoto.com/mnhr2012>

Upcoming regattas WRRRA will be racing in are:

October 6, 2012 - Head of the Ohio, Pittsburgh, PA
October 13, 2012 - **Speakmon Memorial Regatta**, Columbus, OH*
October 20-21, 2012 - Head of the Charles, Cambridge, MA
November 3-4, 2012 - Head of the Hooch, Chattanooga, TN

*Contains REC categories

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1003 British Street
Cleveland, OH, US
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From: "WRRRA Communications" <info@westernreserverowing.com>
Subject: WRRRA November 2012 Member Newsletter
Date: November 5, 2012 10:44:41 AM EST
To:

Western Reserve Rowing Association November 2012 Member Newsletter

- WRRRA Annual Meeting - Saturday, November 10 at the Flat Iron Cafe
- Upcoming Volunteer Events:
 - Saturday and Sunday, November 17 and 18 - Winter Boat Tuck-In
 - Saturday, December 1 - WRRRA Boathouse Maintenance Day
- Volunteer Refunds
- Thanks to Volunteers
- Winter Workouts
- Regatta Results
- Power 10 Q and A with Patty Wolford Travis

WRRRA Annual Meeting Saturday, Nov 10 at the Flat Iron Cafe

All WRRRA members are cordially invited, and strongly encouraged to attend the Annual Meeting of Western Reserve Rowing Association on Saturday, November 10, 10:00 am until noon, at the Flat Iron Cafe on Center Street in the Flats.

Please join us then for:

- Election of Directors to the WRRRA Board
- Reports and information on WRRRA and its programs, including plans for 2013
- Unveiling and discussion of the newly crafted WRRRA Strategic Plan
- Learn of the MANY ways to become further involved with your rowing club

Following the Annual Meeting, all are encouraged to remain at the Flat Iron for lunch with fellow rowers, for the fun of it and to support our friends at the Flat Iron, who are so good to WRRRA.

Hope to see you there!!

Upcoming Volunteer Events

Winter Naptime Prep - Saturday and Sunday, November 17 and 18

Have a favorite boat you row? Want to tuck it in for winter and make sure it is ready to be rowed by you next spring? Short on volunteer hours to get your refund? Everyone knows WRRRA is volunteer driven. Give your time now, so you aren't stuck on land next year!

Sign up for the WRRRA Winter Boat Tuck In!

- **November 17 and 18 from 9am until noon**
- Email volunteer@westernreserverowing.com so that we know about how many people to expect
- Include your program name in the RSVP email and you can work on your boats! (If only SRL members show up, we only work on SRL boats, etc.)
- WRRRA will provide soap, rags, and replacement parts
- Bring if you can: bucket, 7/16" wrench

- We will clean all boats, assess "must haves" and "would likes" for each boat so the equipment committee can start prioritizing, ordering parts, or hiring professionals to fix our boats
- Many hands make light work! Encourage your friends to sign up too!

Saturday December 1st is the final Volunteer Event of 2012!

Please join us for one final **Boathouse Maintenance** day from **9AM until Noon**. Respond to volunteer@westernreserverowing.com to let us know you plan to come.

Volunteer Deposit Refunds:

Many refunds have been made, but there are many more in the works. There have been some glitches in compiling the data used to make the refunds, but we anticipate that will be quickly resolved. The summary of hours earned document will be updated at that time. Our goal will be to have all refunds processed during the payment cycle in the first week of December.

Request for Credit for other Volunteer Service

For those who have done volunteer service for WRRRA outside of the official events on the Volunteer Calendar we have recently added a form and a policy information statement to facilitate that. Both are available on the website.

<http://www.westernreserverowing.com/members/volunteering/volunteer-credit-request/>

Thanks to all WRRRA Volunteers!

We have said "Thank you" many times throughout the year, but, frankly, it cannot be said enough. Once again Thanks so much to each of you for all of your help keeping WRRRA humming along! Everyone should be super proud of your efforts to maintain this club.

As you know, this has been the first year of this formal Volunteer Program. We have made significant progress, but things have not always progressed as smoothly or as timely as we would have liked. We now have in place the structure of this program which will greatly facilitate the program for 2013. We welcome feedback and ideas on the program. We also welcome and encourage people to consider volunteering to serve on the Volunteer Committee for 2013. We will aim to identify those policies and procedures which need adjustment based on experience in 2012.

Thank you so much for your patience and most importantly for your volunteer service to WRRRA!

Winter Workouts - Info to Come!

Now that it's cold outside we need to think about our winter plans to stay in shape. As in previous years WRRRA members will be working out together informally at the boat house on days/times that we have the Erg room reserved.

For members who have paid for a full year there is no additional cost. For members who paid for a single season (eg., SRL) there will be an additional one-time winter work out cost. Once the details are finalized, all WRRRA members will receive an invitation letter from the president outlining all the details.

Regatta Results

The 2012 Head of the Charles (October 20 and 21) has wrapped up and the now that the dust has settled, it's clear that the venture to Boston was a success for WRRRA. Against the best rowers the world has to offer, WRRRA showed that Cleveland belongs on the same stage.

Here are the events and results for WRRRA entries:

- Event 3/Men's Senior Master Singles [40+], (C. Braun) finished 12th of 39*.
- Event 6/Women's Senior Master Eights [50+], (J. Sutcliffe, J. Goodman, J. Clark, C. Brondel, R. Luken, D. Meakin, E. Gordon, E. Emery, B. Blake) finished 16th of 35*.
- Event 9/Men's Senior Master Doubles [50+], (B. Gannon & D. Carlson) finished 32nd of 41.

Here are results from events for WRRRA rowers rowing under other affiliations:

- Event 16/Women's Club Fours, (M. Carlsen, K. Trimble, M. Zacharias, R. Stanley, J. Sworan) finished 11th of 45*.\
- Event 20/Women's Master Doubles [40+], (S. Romilly rowing as a WRRR/Rockford composite) finished 7th of 17*.
- Event DCW4x/Directors' Challenge Women's Quads (D. Schubeck rowing with ?Hungarian Revolution? composite) finished 10th of 22.
- Event DCM4x/Directors' Challenge Men's Quads, (B. Whitehead rowing with ?Zip-Cover.com? composite) finished 10th of 31.

*qualified for a 2013 HOCR guaranteed entry

Complete results of these and all HOCR races can be found here:

<http://reports.regattamaster.com/Pages/Races.aspx?regattaid=1025>

Congratulations to all and thanks for representing Western Reserve Rowing Association and Cleveland, OH!

Power 10 Q and A with Patty Wolford Travis

WRRR and Case crew coach Patty Wolford Travis has been instrumental in the success and development of boatloads of collegiate and adult rowers - who have cultivated their fast hands, strong leg drive, and body swing under Patty's steadfast tutelage.

Let's hope that in the coming year Patty can find the time to devote to her own rowing!

1. Where are you from?

Hagerstown, MD

2. Where do you work/what do you do?

Cleveland Clinic, a nurse practitioner with the mobile physicians group doing primary care in the home

3. How did you get into rowing?

On a bet. No, no. Actually as a club sport at Case -- it is open to all students, staff, and faculty. So as a grad student I had the opportunity and figured it could be one of those situations whether you love it or hate it -- you know you tried and didn't let it slip away. The rest is history.

4. What are your non rowing hobbies?

Currently sleep is my hobby, it seems to evade me. Actually I enjoy camping/ hiking and photography, can't think of the last time I did any of the above. I did manage to keep a garden again this year and enjoy walks in my neighborhood.

5. Favorite rowing moment?

For my team, the moment when my girls found out they made Dad Vail finals. It made all the work, for everyone involved, worth it. For myself, too many but recent memory would be HOTO 2011, jumping in a boat at the last minute with teammates who were willing to take me (because I don't really find time for rowing anymore) and bringing home the gold.

6. Toughest part of rowing?

The mental aspect of it. Not only staying in the present to keep the focus doing practices, but the mental game of pushing it out every single stroke for my teammates in a race. It is so easy for our minds to get distracted thinking about the day-to-day in practice and to make us want to let up during a race.

7. Best advice received about rowing?

Keep working toward that perfect stroke. I've passed this along to my crews. You can't dwell on the stroke you just took, rather work toward making the next one perfect and the one after.

8. What is on your bucket list?

More travel; India one day; the Egyptian Pyramids; going on an African safari

9. Piece of advice for folks joining WRRR?

Just do it! Take it to the next level. Compete at an away regatta. Whatever it is for you, no excuses.

10. What advice do you have for the younger you?

Work less, play more.

Western Reserve Rowing
1003 British Street
Cleveland, OH, US
44113

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From: "WRRRA Communications" <info@westernreserverowing.com>
Subject: December WRRRA News Letter
Date: December 10, 2012 3:36:03 PM EST
To:

Western Reserve Rowing Association December 2012 Member Newsletter

- Annual Safety Review Meetings for SQL and CQL Certified Members
- Cleveland Rowing Foundation Annual Meeting January 12, 2013 at Flat Iron
- WRRRA Winter Erging
- Holiday Gifts from WRRRA
- Coach's Corner with Kirk Lang
- Power 10 Q and A with Tim Marcovy

Annual Safety Review Meetings for SQL and CQL-Certified Members

Mark your calendars! The annual Safety Review meetings will be held on January 5th, January 19th, Feb. 2nd and Feb. 16th. Those certified must attend **one** of the review dates offered. **This includes SQL 1, SQL 2, CQL 1, CQL 2 and CQL 3.**

The sessions will be held at the boathouse at 9am. You do not need to attend all the dates, just one.

Since the Safety Manual has been updated, all are required to attend to maintain their certifications. Anyone who cannot attend will have to retest to become re certified.

Any questions should be directed to Safety Chair, Tim Marcovy, at tam1952@[gmail.com](mailto:tam1952@gmail.com).

Cleveland Rowing Foundation Annual Meeting -- Saturday, January 12 at the Flat Iron Cafe

All are invited to the annual CRF (Cleveland Rowing Foundation) meeting! The meeting will be on Saturday, January 12, 2013 at 10:00am on the second floor of the Flat Iron Cafe.

WRRRA Winter Erging

WRRRA Winter Erging sessions are in full swing! Ergs are available to WRRRA full-year members on a first-come first-served basis.

If you have rowed only one season (e.g. SRL without continuing to FRL), you will need to register for the Winter Erging Fee which provides access to the boathouse and facilities during the winter months. The fee is \$85 and you can register for that HERE: <http://bit.ly/ZBllgU>

If you rowed SRL and FRL, or are a member of general sweeps or general sculling (or otherwise rowed in both summer and fall), you are already eligible to participate.

Practice times and days for Dec through Feb are:

Mon, Wed and Fri: 7-9pm; Tues and Thurs 6:30-8:30pm; Sat 7-8:30 am

- Traditionally, more experienced rowers help to organize workouts based on coach or trainer recommendations, or participants can choose to do their own workouts.

- Ergs are first-come, first-served during WRRRA practice times. If erg availability becomes an issue, a doodle will be used to manage demand.

- Winter erging is not an official program offered by WRRRA; it is simply a group of WRRRA rowers who like to erg who self-organize these sessions.

If you have questions about Winter Erging structure, schedule or contact list, please contact info@westernreserverowing.com.

If you have questions about registration, please contact membership@westernreserverowing.com.

The Perfect Holiday Gift - WRRRA Merchandise

Give the gift of WRRRA Merchandise to family and friends for the upcoming holidays!! Better yet, get yourself a gift of rowing merch - you deserve it after all those long hours on the water and ergs.

The ever-popular ?Row-val? magnets, water bottles, caps, visors, cinch bags, T-shirts, logo stickers, logo static window decals and more are available. Check out the current stock of gear at <http://www.westernreserverowing.com/about-us/merchandise/>

If you have any questions, care to order anything that's currently available or have suggestions for future items please e-mail merchandise@westernreserverowing.com for a quick response.

Coaches" Corner with Kirk Lang: Staying Fit During the Off Season

As we move closer to Spring, and ?Sprints? season, now is the time to begin thinking about rowing, and what each of you want to accomplish this upcoming season; a personal best erg score, making the top boat, or simply shedding that holiday weight. Whatever your aspirations may be, know now that hard work during the winter months is what it will take to accomplish your goals.

I have put together a few items that will help you confidently attain those goals:

- The first step, obviously, is to start now; do not wait any longer to begin your training. Building muscle strength during the off season is crucial for any successful rower. In order to physically improve, you must get stronger.

- Second, concentrate on ways to increase your cardiovascular conditioning?hit the ergs! Steady state rowing, with varying rates, will help best condition your body off the water (Check out the erg room schedule detailed in this newsletter.)

- Third, remember to always stretch before and after each work out. In rowing, the greater flexibility you have the easier it is on your body to go through the rowing motions. This will protect your muscles and prevent injury while helping you achieve greater reach with each stroke.

- Lastly, mentally prepare yourself before each hard work out. In the sport of rowing, success can be judged on the ability to push through sheer pain and exhaustion.

During the off season keep in mind that you cannot win the race by simply showing up?you must work hard to achieve greatness.

Exercise a few times a week and try something outside of your comfort zone; yoga, cycling, or cross-fit. Push yourself harder each time and you will definitely see your split fall come Spring. Every rower has the potential to be great; however one must have drive and determination to go for it!

Power 10 Q and A with Tim Marcovy

A few words of wisdom and some insight into Tim Marcovy's true rowing (and other) self:

1. Where are you from?

Cleveland, Ohio. Graduated from Shaw HS in East Cleveland.

2. Where do you work and what do you do?

Partner, Willacy, LoPresti & Marcovy, an employment law firm, representing employers.

3. How did you get into rowing?

I played football in high school, and was injured frequently. When I went to college, I was recruited for the crew. Upon being assured that they were not allowed to hit me, I signed up.

4. What are your non rowing hobbies?

Collecting books on trivia, history, and word meanings and derivations; cinema; home brewing; cooking.

5. Favorite rowing moment?

Too many to pick one out. One of the best was right after returning from our race in the Men's Senior Master 8+ at the 2007 Head of the Charles. The feeling of accomplishment and camaraderie among the crew at that moment is hard to equal.

6. Toughest part of rowing?

The required mental focus necessary to accomplish the physical activities correctly. The strongest rower in the world, with the best erg scores, won't necessarily be the fastest on the water if he or she can't focus on what is necessary to move the boat.

7. Best advice received about rowing?

Relax. This does not mean to lose focus; just don't be tense in the boat.

8. What is on your bucket list?

Visiting Australia; rowing on the Thames.

9. Piece of advice for folks joining WRRRA?

Keep at it, even after the bad days; and, keep moving up. Challenge yourself. I think it's more fun that way.

10. What advice do you have for the younger you?

Don't take 17 years off from rowing after college. Oh, yeah. And, October 12, 1973: don't go to that frat party. It won't end well.

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