

STROKEWATCH

BAY AREA ROWING CLUB OF HOUSTON • AUGUST 2003



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**BARC
SUMMER
PARTY!**

**See P.13
For Pics**

Excerpt From The Diary Of A Beginner Rower

OH, the joys of being a Novice Rower! During the month of July 2003, I took the sculling classes and what an experience! I heard several words and thought "piece of cake.....**sleeve** (arm of a shirt), **grip** (how tight I hold the oars), **blade** (end of knife), **button** (on a shirt) or so I thought!!! Then, the other words were thrown out.....**skeg**, **bow ball**, **oarlock**, **foot stretchers** etc. and I realized I was in for a completely new and different experience! I learned all of these new terms and so much more (although, to me "**grip**" still means "**death grip**" on the ends of the oars). The four days of lessons on **Mud Lake** were the beginning of a new journey for me.

- At times the lessons were tensetrying to think about moving your arms, body and legs in a fluid motion (while chewing gum at the same time) took a lot of concentration.

- At times the lessons were funny.....trying to keep my balance,

listen to my instructor and not look like a complete fool all at the same time!

- At times the lessons were entertaining....."falling" out of the scull and trying to get back in as gracefully as possible. (I just KNOW this has to be the highlight for the instructors!)

- At times the lessons were humbling..... (while in a Quad) learning to work as a team, listening to someone else's instructions and accepting not being in control. (I am a teacher...what do you expect???)

And last, but not least, there were "**The Instructors**"!!!! They were tough, **LOUD**, determined, but at the same timeknowledgeable, sweet, encouraging, fun, gentle and

patient!! Many thanks go to **Tina, Claire, Theresa, Tom** and **Hannes** for the diligence it took teaching me how to row. They have opened a new door for me and for that I will always be grateful.

- *Diary of Cecilia Nicholas*

WELCOME!

WELCOME!! TO OUR NEWEST ROWERS!!!

Front (L to R) **Karla Pennywell, Nicky McDonald**

Standing (L to R) **Brannyn Adams, Debbie Paul, Cecilia Nicholas, David Grover, Shawn Larkin**



**See More
"Awesome Newbies"
on P.2**



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**For membership information call
 281-326-5995 or email
 Membership@barchouston.org**

Club Officers:

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

Very Important Member YOU!

2003 ROWING CLASS UPDATE

by Claire Sweatt,
 Rowing Development Coordinator

Our classes this summer continue to be quite popular. We have filled all of our **Try It You'll Like It** classes and **Sculling Classes** for the 2003 season. So far, we have had good retention with the students who have taken our classes. If you see a new face at the boathouse, please introduce yourself and make our new members feel welcome :)

A special "Thanks!" to the **BARC** members who are assisting with Check Outs and Private Lessons this summer...**Alex Parkman, Hannes Hofer, Theresa Tompkins, Mike Appel**...to name a few.

We are planning to have a novice rowers clinic in the October. All of the students who completed our Sculling Classes this summer will be invited to attend. We hope it will be an opportunity to improve rowing skills and further integrate our new members into **BARC**.

WELCOME!



WELCOME!! TO OUR LOVELY MAY CLASS!!!

(L to R) **Daniel Newswander, Irene Martin, Tammy Grover, Cheryl Parker, Andrea Mason, Gary Mason**

NOT PHOTOGRAPHED OUR BRILLIANT JUNE CLASS!!

**But we are reallllllllllly glad to
 have you in the club!**

Congrats to **Greg Pearson, Mehdi Naseri, and Amy Klein** for graduation from sculling class!! Yay!! And **WELCOME!!!!**

WORKDAY!

BARC WORKDAY A SUCCESS!!

More From Theresa Tompkins

BARC Workday on Saturday 5/24/2003 was another success! **Tom Lotz, Tom Topalu, Rummy, Breff, Scott, Philip,** and **Helen** cleaned out and organized the North yard. **Breff** inventoried both the side lot and the North yard in detail. It is amazing what junk we collect over time that we just couldn't bear to part with at the time (kind of sounds like some of my closets ;-)!

So that it doesn't get out of hand too quickly again, only items authorized by the BOD may be stored in the yard - that way we can keep track of it better. If any members personally own equipment out there not authorized by the BOD, please come and collect it.

Thank you!

MARATHON

Sara and Joe with their medals..oh yea...and Joe's sister



Read More About Sara & Joe's "Run" On P.8

...And Just To Refresh Everyone's Memory!

By Theresa Tompkins

We have several different avenues to bring new members into the club.

If a potential candidate is already a rower, then one of the designated members (listed on the bulletin board above the check out tablet) can provide a check out and welcome them into the club.

If someone is not a rower, that candidate must have lessons in order to join the club. Lessons are provided six times a year in classes or privately. The private lessons are provided only by the designated members and are conducted in the similar fashion as the class lessons, including costs.

If you are not a designated member and want to be able to check out new members and teach private lessons, contact **Theresa Tompkins (281)482-1519, tftompkins@juno.com** or one of the other board members.

THE CRACK OF



MIDNIGHT CREW

Well 7:00 pm on a Tuesday is pretty darn late in my book!!! But it was really funnnnnn subbing in their boat!!! Hey! I found out that **Bill Donnelly** has a three year old daughter named **Tabitha!!** And OF COURSE! she loves motorcycles!! Lordy!!!! I guess its really been awhile since I've seen him!!! And **Colleen** has been in her groovy Heights home for three years now!! Wow!!! And! while I see the handsome debonair **Bill Geissler** more regularly, I had nooooo idea!! what a taskmaster and **MOST FASTIDIOUS SPRAYER OF ALL TIMES** that he is!!



Alex Parkman
BARC President

THE PREZ!

NOW!! With that regal visual in your mind... here are some words from our officious looking Prez:

4 REASONS TO ROW AT BARC:

1. make a splash
2. no traffic jams
3. look healthy
4. meet nice people

4 REASONS NOT TO ROW AT BARC:

1. dense fog
2. high winds
3. low water
4. THUNDER & LIGHTNING

Do not put yourself or club equipment in danger - especially with lightning in the area - it can ruin your day.

READ MORE FROM
THE PREZ ON P.5

BARC LIBRARY

by Martha Hood

Hey, did you know that **BARC** actually has a small library of rowing books to be checked out? Although the collection is only about 20 books, right now one can only find 5 in the book container usually found in the cubbyholes. If you happen to have one of the books from the library lying around the house, please return it. Most of the books have been gone for a while, and with the summer classes half way through, some of these newcomers might like to check these books out.

If you want to check out a book, just fill out the card found in the front cover and put the card in the envelope found in the container. When you return it, just cross out

your name and put the card back in the pocket.

Below is a list of some of the books missing:

High Performance Rowing,
by John McArthur

The Complete Sculler,
by Richard Burnell

The Sculler at Ease:
What Makes Boats Go,
by Frank Cunningham

Technical Drills for Sculling
Performance,
by Marlene M. Royle

Preparation for Success: A
Rower's Guide to Mental Training,
by Sandra Stroope Dupcak

Rowing Fundamentals:
A Manual for Coaches,
by John A. Ferriss

Rowing Rudern: The GDR Text
of Oarsmanship,
by Dr. Ernst Herberger, et al



BRUCETER WANTS TO KNOW

Does anyone know the whereabouts of his canoe trailer that was stored inside the park fenced-in area? If so, please give him a shout!

713-385-3231 or **Meltzer@swbell.net**.

Ask Hannes! He is the photographer!!!

BOARD MEETING? REALLY? !!!!!!!!!!!!!!!



EAT GROW EAT

MORE FROM THE PREZ - well just trrrrry to put those little pictures from your mind!!

DO YOU EAT TO ROW, OR ROW TO EAT?

Are you hungry for more rowing opportunities?
Fall head race season is approaching.

Probable schedule:

Sat., Sept. 27 - Head of the Dragon
The Woodlands 5,000 meters

Sat., Oct. 4 - Red Head
Shreveport, LA 5,000 meters

Sat., Oct. 18 - Head of the Charles
Boston, MA 5,000 meters

Sat., Oct. 25 - Pumpkinhead
Austin, TX 5,000 meters

Sat., Nov. 1 - Head of the Hooch
Gainesville, GA 5,000 meters

Sat., Nov 8 - Marathon
Nacitoces, LA 26 miles

If you are interested in any of the above races, please contact
Alex Parkman email: alex.parkman@ssamarine.com
or tel: **281-333-0366** for boat combinations, reservations,
and transportation ideas.†



***WOW! JEFFREY
TURNS 40!***

(AT LAST!)

AND NABS ELLEN!!!

Congratulations to **Jeffrey** who
finnnnnnally turned 40 on July 18th!

Happy Birthday Jeffrey!!

And better yet, he has the pleasure
of taking **Ellen** as his wife on

**Saturday, the 6th of September
in Doyleston, Pennsylvania.**

So be surrrrrrrrrrrre and toast this
gorgeous couple on their special day!

We wish you much happiness!!!

HAAK Winery Tour?

**I knooooow its not the wine!!!
It's the sheer joy and delight of
camaraderie with fellow rowers!
Woohoooo!**



**See More Pics of HAAK Tour
On Pgs.11 & 12**

BIKE!

BARCers RIDE THE WISCONSIN HILLS

Now there are bike riders and then **THERE ARE BIKE RIDERS!!!** Do you recognize several of these smiling faces? Well the **Gills**, the **Dixons**, and **Hankie** did an amazing five day ride in the Wisconsin hills. See **Hankie's** recap on page 9.



And **David** wants to ride his penny farthing next time! Cooooool!



Helen Rose Tompkins **AT NATIONALS**

by Helen Rose Tompkins (and submitted by mom)

Helen went to 2003 US Rowing National Championships. She competed in three racing events 1.) **Lightweight women's 1x**, 2.) **Junior women's 1x**, and 3.) **Junior B women's 1x**. She made it to the semi finals of all three races! Then she made it to finals in the **Jr B (16 and under) 1x** and placed 5th! She had a great time.

Heather Mathis should get an award of her own for driving **Helen** and the boat all the way up there and back. Can you imagine willingly chaperoning a 15-year-old girl for 10 days!!!!

Helen's journal -

Friday
Pizza at **Heather's**

Saturday
Left - took detour to go through **North** and **South Carolina**. We slept at a Courtyard by margdeth in **North Carolina**. **North Carolina** and **Tennessee** are the most beautiful states.

Sunday
Pennsylvania has bad traffic but absolutely gorgeous bridges. We passed by **Boathouse Row**. (Don't worry our boat house is better, you don't have to worry about getting in a wreck on your way out to our dock.) Oh yea, and **Harry Potter** is a REALLY good book.

Monday
We took the boat to the course, but no buoys were set up yet. There are lots of trees like **The Woodlands**. **Heather** slept the rest of the day. In the afternoon, we went to the racecourse again and buoys were set up. We went to Carrabas and got Scampi Damian. Then we met **Tom Lotz** at the coach/cox meeting at 6:30. The boat weighs 14.4 - it's OK. At the hotel, boys across the hall were making a lot of noise while I was painting my fingernails. **Heather** said, "Don't you just hate teenagers!" **OOPS!**

Tuesday
I woke up at 6:30 for my race at 9:19am. The race was great! I got off the start quick and stayed in the lead rowing at a casual Sunday row of 2:10 splits, finishing 1st in my Junior heat. **Heather** is trying to become a referee, so she followed **Tom** around all day in the launch. Walking around, I got lots of compliments about my shoes and met

Helen Rose Tompkins cont'd on page 11



BARC'rs *Belieze* IT

by Tina Bryan

Don't we look tanned? Nope. It's not from all that rowing either. It has to do with an absolutely lovely week in island paradise! It all began about 10 years ago when **KZ** and I decided to become certified divers. Thereafter, we have done various diving trips in sundry locations. Well this year was special!!! My very favorite ho, **Claire Sweatt**, and the most irreverent **Rev. G. Wiley** decided to join us in **San Pedro, Belieze!** I can be verrrry convincing you know!!! We had the pleasure of celebrating **Claire's** birthday. **Claire, KZ** and I snorkeled with stingrays and sharks while the **Reverend** remained beachfront to write poetry on our seaside verandah. The dive masters even served rum punch in celebration of **Claire's** birthday (after we were done diving and snorkeling of course!). We all rented fabulously old bikes, rode onto the rope pull ferry to get to the other side of the island so we could sip the best pina colodas **EVER!** at Temptation Island -

yep where they filmed the very first series of that particular show. (never saw it though.) **KZ** and I got reacquainted with the deep blue sea and we even got to caress some gorgeous 5ish foot sharks which were a light mocha in color with raised opal spots all over their little bodies. Very cool! **Gareth** took a yoga class and spent time in the internet cafe emailing poetry to his pals and sipping on espresso. And I believe there was one particular evening where he polished off the JW Black (for medicinal purposes he says) and chatted up the night watchman on the pier, **Casar Augusto**, at 2:30 in the morning!!! But what I really loved was in the evenings we could walk down the sandy beach with naked feet 'cause most of the beachfront restaurants had sand floors and no shoes were required!! We had soooo much fun in the deep blue sea, **KZ** and I are shooting for yet another dive trip later this year. YAY!!! Rowers Rock! (and dive)

BOSTON MARATHON

SARA AND JOE DOMINATE THE BOSTON MARATHON

Sara and **Joe** were among 20,000 runners for this years **Boston Marathon**. This studly duo finished the casual little jaunt of **26 MILES!!!** In just over four hours!!! Ohhhhhh my gosh!!!

Joe - 4:09 Sara - 4:05

Now I recall **Joe** mentioning something to me about the wisdom (or lack thereof) of sitting down for a potty break around the 16 mile mark. **Now Joe**, if they want to know more I'll let them ask YOU!!!

Man! I feel proud if I just bike ride 26 miles!! Talk about studliness!! **Congrats to Sara and Joe!!**



Oh come ON!! Sara!!!
I don't think it was reallly the FLAG they were lookin' at!!!



OHHH!! No wonder Joe has such cute legs!!!



HANKIE (aka Hannes) DOES WISCONSIN!

as stolen by editor from Hankie's website
(yep ... verrrry proud of myself!!!)

I, five fellow Texans, and about 350 other cyclists met in **Wautoma, WI** (about 80 miles north of **Madison**) on June 21, 2003 to participate in the "**Northwoods to Capitol Tour**", (somewhat misnamed as it actually takes you from **Capitol** to the **Northwoods!**). The mission was to ride about 360 miles to **Washburn** (on **Lake Superior**) in the course of a week, and having a good time doing it. And what a good time we had! The riding was great, though somewhat tougher than I am used to from the flatlands of the **Houston** area. Almost the entire route consisted of "rollers" (rolling hills) and when combined with headwinds it made for some pretty challenging riding.

The ride took us to some very interesting places, such as **Timm's Peak**, the highest elevation in **Wisconsin**, **Wisconsin Concrete Park** with its interesting concrete sculptures, and a Geological Marker, which marks a spot half way between the **Equator** and the **North Pole** and a quarter way around the world from **Greenwich**. It also took us to some beautiful state parks like **Copper Falls** near **Mellen**.

The evenings were fun also. In addition to the fun events that the tour organizers put on every night (the **Northwoods Olympics** and the nightly roadfind show), I regained an appreciation for **Wisconsin** bars and beer joints, something you don't see in small towns in **Texas** (there are lots of baptists here). It was at a bar in **Rib Lake** that we saw the **Rice Owls** beat **Stanford** to win the **College World Series**. It was a bit lonely, though. Few people there even knew that the **College World Series** existed! Highlights also included a visit to a 50'es vintage movie theater in **Park Falls** where we saw "**Holes**". The evenings also allowed for socializing with fellow bikers, and many new friendships were formed. I am particularly proud of having been part of the "**Murphettes**", led by the always cheerful and fun **Murphy sisters**. Without them and the rest of the gang, the tour just wouldn't have been the same. When the ride was over, I had logged about 440 miles, this was due to both intentional and unintentional detours, which were all just part of the experience!

To see **Hankie's** pictures, check out his website:
<http://homepage.mac.com/hofer/northwoods03>

MONSTER?

MUD LAKE MONSTER UPDATE

Well...there I was on a hot **HOT** Sunday morning just gazing out on the north end of the lake when 3 friendly fishermen came trolling by. They very proudly showed me this big **BIG!** as in **GIANT!** catfish they had caught.

Huuuuuuuuuuuuuge!
Well catfish don't jump. Sooooo....that might have been what I mistook as a **Nessie** siting.

AND! The fisher dudes also **ASSURED** me that there are alligator gar and alligators in the muddy morass. Yikes! I better not flail over while performing water ballet!

Delft Boathouse



Want to Read More About
Traveling BARCers?
See "Guest Rower" on p.10

GUEST ROWER

photo and
article by
Reverend G. Wiley

The **Bay Area Rowing Club** is next to some of the best rowing experiences anywhere - the **Armand Bayou** outlet to the bay, **Clear Lake** and **Galveston Bay**, the **Intercoastal Canal**, even the **Buffalo Bayou - Houston Ship Channel**. On the other hand, there is the excitement of rowing somewhere completely different that travelers can sometimes enjoy. With some planning ahead and flexibility, it is possible to combine a trip with a row.

If you are going to be traveling, rowing clubs can be found using a web search or links on our club site. Direct an inquiry to the president of the club about whether there are club boats that can be borrowed or a row that can be joined in on. Some places have commercial rowing docks and boats can be rented - for example, **Austin**. Rowing on **Town Lake** in **Austin** is one of the best ways to see what makes **Austin** so attractive. The lake is right downtown and rowing starts up in the narrow, cliff-sided end by the low water crossing and extends several miles through downtown and parks out to a dam east of town on the **Colorado River**.

I had a row with a club in **Madison, Wisconsin**, arranged but was not able to be there on a weekend; otherwise, it would have been a **Lake Woebegone** (a.k.a. **Lake Mendota**) rowing experience! Similarly, in **Holland**, in the city of **Delft**, I found a rowing club in the phone book (with help as I speak no Dutch) and rode my bike there on Saturday morning. I walked up to the folks preparing to row on the canal and introduced myself and asked. I ended up with an offer to join a group on Monday afternoon and did. The club is very old and some of the boats are classics. I went out in a **Delft-blue**, wooden double and we rowed for miles along canals. Afterward, there was hot tea in the club room in the tower of the club house. Rowers are friendly and enjoyable people. This club has a rowing odyssey each year that sounds like it would be fun to join in on - up along the canals into the northern part of the country - camping out along the way.

That is the stuff of dreams.



Delft Rowing Club

Poet's Corner

HOZRO

The state of hozro
comes from the Navajo
meaning moving in harmony
with everything around me.

Such is an early slow row
in the fading last glow
of a moon setting west
and a mind getting rest.

The motions are thorough
as oars sign a flat bow
fixing the body's attention
on smoothly released tension.

The stroke is the tao
of a rower sitting low;
the world is propelled past
while the boat is fast.

G. Wiley
June 2003

lots of people from **Mexico, Canada, Argentina,** and **Peru** where they speak a lot of espanol. We had our stuff next to **Peru** and **Dallas**. I am not feeling so well (achy, sore throat, headache, stopped up nose). We didn't get back to the hotel until 9:00 and I went to get a fax the office said we received. But after waiting in a long line, the lady at the desk said she didn't have one. When I got back in the elevator, a boy my age followed me (almost like he was waiting). He talked about my shoes. Then I noticed that he was hitting on me and he asked me if I wanted to talk later. I was so tired and mad at the lady at the front desk that I got really mad at him when I could have just said I needed to rest, although I don't feel sorry for him. **Heather** says that **Tom** is hilarious.

Wednesday

The race for **Junior B (16 and under)** at 10:59 was a joke. I rowed at 2:20 splits and won the heat barely breathing hard. I went to weigh in before lunch (so I could know how much I could eat) before my **Lt W Int.** race at 3:09. **Tom** said I could eat a double pizza at 125.5lbs (you only have to be under 130). Right before I got on the water a judge told me the 2 people scratched my heat leaving only 3 people to race. 3 people advance to semis, so I automatically got in the semis, but we had to row at a racing pace. I was quick off the start and winning, but the other ladies were just too fast and I lost with a time of 8:49, but it didn't matter. The winner of the heat got 8:24. Then **Heather** and I went shopping (there is no clothing sales tax in **New Jersey**). The only stores that we mutually liked were sunglasses and shoe shops. In Enzo Anglione, I saw the loveliest jacket I totally fell in love with, then I saw the price, I called Mom and she said it was OK to get it. It makes me feel like a professional model in it. I have to show all of you! I showed **Tom** as soon as I got back and he brought all of his friends too. I'm going to wear it to **PRINCETON** tomorrow!

Thursday

My day off of rowing. We went to **Princeton** and met **Melissa Merritt** at the rowing club, which is also the **National Team Training Center**. **WOW** is all you can say - I took lots of pictures. We got to go in their locker room (it smells bad). They mostly have **Vespoli's**. Then we went to a bakery for brunch and walked around campus. I got blisters in my 3 inch high shoes. We came back to the hotel and **Heather** slept until 5:30 when we went to **Boathouse Row**. They have no parking or dock space. But they have beautiful brick boathouses. **Bachelors**, built in 1853, is the oldest. All are several stories tall. We went to dinner with **Tom** and a couple of other people at Chilies. **Tom** said to try to convince **Cory** to compete in Nationals again.

HAAK WINERY OUTING!



Friday

We got a flat and **Heather** changed it to the spare. Then, I had to get to **Junior Semi-finals** by 10:09. It was very sunny. The races were behind and we didn't start until 10:15. I was 1st until half way through the race, then we were all even until the 500m mark and I was 4th. The other two in the race were way behind. 1st was 8:24, I finished in 8:32 but I didn't make the finals. **Ali** from **Dallas** placed 3rd so she made it to the finals. **Heather** and I saw "**Legally Blonde 2**". **Heather** brought me to a really nice restaurant that **Tom** recommended Aldo Lamderti's. I got an order of crab and angel hair pasta.

Saturday

10:21 I had my first semi, **Junior B** and I made it to the final coming in second. I couldn't get off the water because my **W It Int.** race was at 11:17 and I had to row back to the start. **Heather** told me not to try too hard, to save my energy for my **Junior B** final at 2:34. I could have gotten 2nd or 3rd to last, but I came out last although I was still in the pack. **Amy Molenaar** from **Dallas** was in my race, she came out 3rd. In the **Junior B** finals later in the day, I got 5th and **Ali** came out 1st. **Amy** got 3rd in **W It Int. Finals**. **Heather** and I left immediately afterwards. We slept in **Washington, Pennsylvania** and I got a quart of Ben and Jerry's ice cream hand packed - I ate it all.

Sunday

In **Camdenton, Missouri** we swam in the pool. I got very tired very fast.

Monday

We met with **Heather's** realtor because she is thinking about buying on the lake in the **Ozarks**. Home a bit after 10pm!

- Thanks for your sharing your experiences **Helen Rose!**
And Thanks to the cute ole' windbag **Tom Lotz** for the journal idea. And Thanks to **Mom** for typing it all up!!

THE TALE OF MUD LAKE RACES

Sunday, September 21

7:00 A.M. First Flight 8+ 4+ 4x 2x Some 1x

7:45 A.M. Second Flight 1x Some 2x 4x

8:30 A.M. Third Flight as needed

Verrrrrrrrry Groovy Awards!!

- 1) Awe from others
- 2) Bragging rights (but don't be toooo obnoxious!!!)
- 3) Small token from the very exotic Dollar Store (ooooooooooooooooooooo!)

SOUNDS FUNNNNN!!! Take pictures!!! I'll be gondola'ing it up in Venice that weekend!! TeeHee!

HAAK WINERY OUTING!



SUMMER PARTY at the BULLARDS



FROM THE EDITOR: I'm sooooooooooooo excited! We had so many contributions to our newsletter this time. Its almost like a series of novellas!! **THANK YOU!!!!!!!!!!!!** Keep it up! Its great to chat about rowing and its **GREAT** to bring the rest of our lives in view. Gosh, theres no telling what other commonalities we share! Sooooooo....keep it coming! **TIBRYAN@SHELL.COM**

AND THANKS TO **TAMARA BANDA** FOR HER BRILLIANT COPY WORK. SHE BRINGS THIS NEWSLETTER ALIVE!! AND THANKS TO **HANNES**, OUR UNOFFICIAL (OFFICIAL) PHOTOGRAPHER!! **THANK YOU!!!!**