

BAY AREA

ROWING CLUB

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2015, 2nd quarter
Editor: Wendy Chicoria

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June 2015



Lots of people spent lots of time pulling Space City Sprints together. In spite of the rain, Bob Jones, Greg Wood, and Carlos Westhelle constructed and anchored the stakeboats the afternoon before the event.



Space City Sprints Prepping

Inside:

- Recommended Reading
- Get to know...
- Regatta Wrap Up
- Learning to Row
- Space City Sprints: 25th Year
- The Great 8
- Treasurer's Corner
- Juniors Program Perspectives
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- Spotlight on Rowing Nutrition
- The Tom Lotz Memorial Campaign
- Former BARCers, Where Are They Now?
- About the Board
- BARC Events Past and Future
- and more!



***The Boys in the Boat - Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics* by Daniel James Brown**

Recommended Reading by Bri Garness

Brown takes you on a riveting whirlwind ride with the University of Washington's varsity 8 in their journey to row in the 1936 Berlin Olympics. The story is mostly told from the perspective of Joe Rantz, an impoverished, hard-working boy who joins the Washington crew in order to increase his chances of being able to find a job on campus and pay his way through school. Brown weaves Joe's story with those of the other oarsmen into the formation of this unlikely crew.

Joe and the rest of the Washington crew exhibit such determination and passion throughout their journey. They overcome numerous hurdles, and serve as an inspiration to all. Parallel to this, Brown sets the stage in Germany for the Olympic Games, discussing Hitler's use of propaganda and other means to hoodwink the world and hide his true plan.

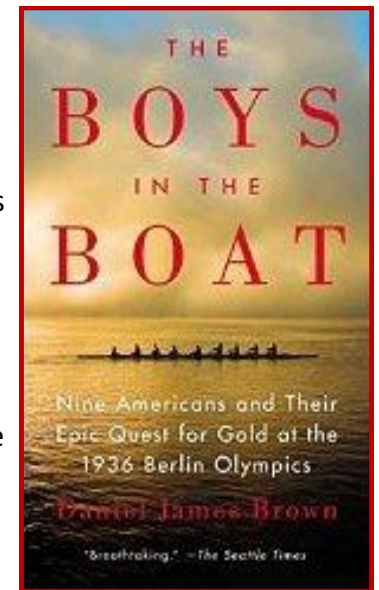
The people in this story are exceptional, and

true examples of the Greatest Generation and the American dream. For example, George Pocock, a boat builder by birth, immigrated first to Canada and then the US from England. Pocock eventually set up his shop on the second floor of Washington's boathouse. Here he offered insight and advice to the coaches and oarsmen and is quoted throughout the book.

Brown's descriptions of the races and rowing itself are phenomenal. You can almost feel the pain and agony of sprinting down a racecourse, as if you are in the Washington boat for each race. Brown also describes the phenomena of a boat finding its swing perfectly, "It only happens when all eight oarsmen are rowing in such perfect unison that no single action by any one is out of synch with those of all others... Only then will the boat continue to run, unchecked, fluidly and gracefully between pulls of the oars. Only then will it feel as if the boat is a part of

each of them, moving on its own."

All of this ultimately builds up to the final historic races in Berlin, leaving you white-knuckled as you fly through the pages to see what happens at the end. This page-turner gives you an immense appreciation for the history of rowing and is a must read for rowers and non-rowers alike!



Get to Know: Jack Quigley

BARC: When and where did you learn to row?

JQ: In 1949 in Hawaii*, in Pearl Harbor, as an Army kid. You had to be about 14 to start rowing. I'm bisweptual. I ended up being in the bow a lot being a smaller man but I was originally a stroke in Hawaii. I only rowed sweep until about 1979.

**Jack says Hawaii has a long heritage of rowing. One of the kings had gone to Cambridge where he rowed so he brought the sport of rowing to Hawaii.*

BARC: What is your favorite thing about rowing and/or BARC ?

JQ: The venue for BARC is very interesting because of the wildlife. You wouldn't expect Mud Lake to be so pretty.

BARC: What is your daytime job?

JQ: I am retired now (I'm 80 years old) but I was a 747 (and other planes) captain with United. I would always find a place that had rowing during my layovers. I was also a 767 development pilot for three years in Seattle so I would row there.

BARC: What do you like to do other than rowing? Hobby, entertainment, event



you work with, or anything that makes you "happy?"

JQ: I like so be with my wife of 56 years. She's very important to me.

BARC: Do you have any rowing goals?

JQ: I want to row the marathon as an 80 year old. I may still be the record-holder as the oldest man competing in the Natchitoches marathon!

BARC: Any rowing-related super awesome, scary, amusing, sad, moments to share?

JQ: Scary- I used to row out on the ocean in Hawaii. Rowing in the Pacific, the water was so clear you could see 19-foot tiger sharks swimming below us.

Amusing— I've rowed in the Natchitoches marathon 10 times, mostly with Bruce Meltzer. But I rowed one year with Anne and two French women. They were competing in the women's open quad and were

one person short so the French women asked me to row. We were told if I got a medal they may not award it if anyone protests. It was very windy and very rough and lots of the boats didn't finish. It took us six hours to finish but we persisted because they had come all the way from France to row in this marathon. We came in first as the only finishers! Apparently a 74 year old man has the same handicap as a 27 year old woman so no one complained and now the

highlight of my rowing career is winning the Women's Open Quad!

Awesome- I have an achievement of which I'm very proud, I taught a 40-year-old blind woman to row! I rowed with her in her first race in the southeast regionals and we gold medaled!

BARC: Favorite kind of rowing?

JQ: Sweep is simpler but I'm having trouble now. (Jack is in AZ at the Mayo Clinic for a B12 shortage for which symptoms mimic Parkinsons.)

BARC: Anything else you'd like to toss in?

JQ: I am concurrently a member of the Lake Lanier Rowing Club in Gainesville, Georgia, home of the 1996 Olympic Games. The venue is like a palace!

I taught my wife to row in the early 1980s, after a solid 25 years of marriage! I taught my whole family actually.

I came across BARC because I was assigned to the Space Center until the Challenger crashed. We lived in Bal Harbor at the time and rowed into Mud Lake because it was mostly free of power boats for our double and two singles. Tom Lotz was my partner a lot. He was such a character and so much fun! He had a big impact on rowing.

Jack and his family went back to Hawaii in the early 90s at the time BARC was forming. So while he was not a charter member, he joined soon thereafter upon his return to Houston. His family is not the only people Jack has taught. He also coached in Hawaii and at Texas A&M Galveston and at Brenau University. Jack rows with his son in AZ on Tempe Town Lake which has about 3,000m. He'd been rowing about 20,000m five times a week but is down to only 5,000m a week due to health.

SIDE NOTE: Jack has returned to Houston for two months so be sure to welcome him back to BARC!

Each Strokewatch will highlight a different club member through a Q&A with BARC. Please contact Wendy Chicoria at wendychic@gmail.com if you'd like to recommend someone for an upcoming feature.

Getting Social with BARC

2015 Trash Bash on March 28th



Top L to R: Georgia Clark, Shannon Gribbons, Bob Jones, David Alviar, James Macfarlane . Bottom L to R: Sandy Newcomb, Jacob Tucker, Emily Wood, Gayathri Krishna, Marietta Dahanyake, Susie Jones

Welcome New Members!

We already have several new students pass the class this quarter. Don't forget, you were once new to rowing, too! A simple "Hi!" and an invitation for a row can do wonders for someone's confidence and may give them that extra encouragement to join our club.

Please be sure to welcome all our new members, **Geetha and Murali, Erika, Johnathan, Marcelo, Redi, Brielle, Michaela, Marco, and Claudia**, to the boathouse!

Regatta Wrap Up

♥ Heart of Texas

Womens Masters 1X

1st, Shannon Gribbons

Mens Masters 2x

2nd, Cory Logan, James Macfarlane

3rd, Nigel Millard, Bob Jones

Mens Masters 1x

1st, Cory Logan

Mixed Masters 4x

3rd, Bryan Snook, Susie Jones, Sandy Newcomb, Hannes Hofer

Womens Open 1x

1st, Shannon Gribbons

Mixed Masters 2x

2nd, Shannon Gribbons, Kevin Moore

3rd, Grier Wilt, Greg Wood

3rd, Grier Wilt, Greg Wood

Mens Masters 4x

1st, Cory Logan, James Macfarlane, David Alviar, Greg Wood

Mens Open 4+

2nd, Kevin Moore, Stanley Lewis, Bryce Hollingsworth, David Alviar

Mens Junior Novice 2x

2nd, JoJo Kappil, Jacob Tucker

Texas Rowing

Mens Masters 1x

2nd, Cory Logan

Mens Masters 4x

2nd, Kevin Moore, James Macfarlane, Greg Wood, Cory Logan

Mens Masters 2x

2nd, Cory Logan, James Macfarlane

Womens Masters 2x

3rd, Shannon Gribbons, Kayla Cloud

Mixed Masters 2x

2nd, Kevin Moore, Shannon Gribbons



Another racing season passes and another truck load of medals are received by BARCers. Our medal count from the Spring season is nothing to scoff at: BARCers brought home medals in 30 events (13 gold, 9 silver, 8 bronze)!

This Spring season's racing involved over 30% of our membership! This is a tremendous increase from five years ago, when only 10 to 15 percent of BARCers were involved in racing. In addition to SWEAT, BARC participated in the Heart of Texas and Texas Rowing Championships in Austin, and we hosted our own Space City Sprints.

While our next scheduled race isn't until September, there are many other opportunities to race. Masters Nationals and Club Nationals are right around the corner if you're looking for a challenge!

If you would like to learn more about racing as a Masters rower, come to the boathouse Tuesday nights at 6:30pm. We hold a Masters race training class which is mostly going out in appropriate boats and teaching race skills with light coaching. It is akin to club row, but hosted for those who have a real interest in representing BARC at regattas. Just an FYI: We don't cancel for poor weather, we erg!

Learning to Row with BARC

Education is the lifeblood for BARC. Not only do classes bring in new members, they allow us to share our love of rowing with new people each year. Rowing class fees are also responsible for a significant portion of our yearly income.

This year, we've altered our class to include one day in the 8+. Encouraging and teaching sweep is a way to better utilize the equipment we currently own.

So far, we've already covered two classes and one TIYLI. We have at least six more class sessions this year and another TIYLI or two. Teaching is a great way to learn more about rowing and also a great way to meet and help integrate all the new people that want to become a part of BARC!

Did you know? Rowing Development doesn't stop at the scheduled classes. Our Klub Row and Tuesday Night Training provide extended opportunities for both new and existing members.

This year, we have space for 84 new rowers between the TIYLI and regular classes. That means a lot of volunteer hours are needed. Check out the class schedule and help out as often as you can. Not confident you can help? Volunteer and we'll teach you how to teach! Contact Emily Wood to get involved.

Upcoming Classes:

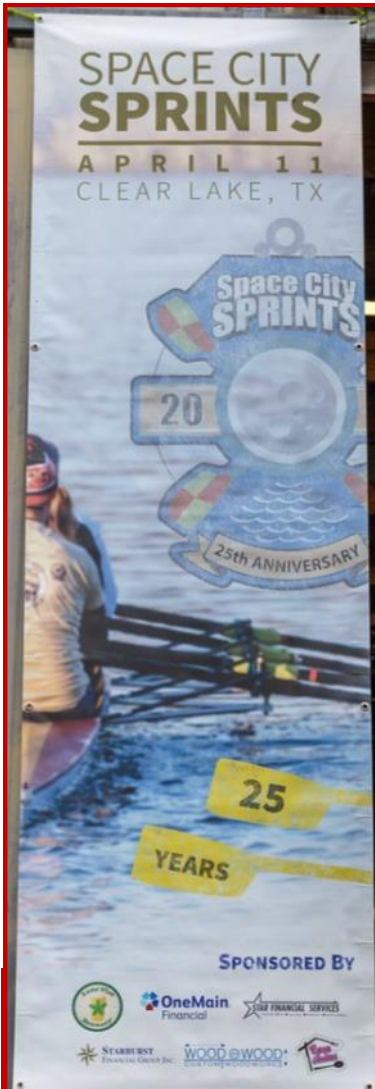
- Class #4 - June 27, 28, July 1, 2
- Class #5 - August 1, 2, 5, 6
- Class #6 - August 15, 16, 19, 20
- Class #7 - August 29, 30, Sept 2, 3
- Class #8 - Sept 19, 20, 23, 24

Upcoming TIYLI:

- July 18

Reminder: promoting the sport of rowing is a core value of BARC's. There are many opportunities to volunteers and share your passion for rowing. Thank you to all those who already volunteer—you are our BARC ambassadors!





Space City Sprints

Silver Anniversary: Celebrated with Bronze, Silver, and Gold!

This was an historic year for our Space City Sprints regatta as we celebrated 25 years on April 11, 2015. We were helped in celebration by 164 participants from eight different clubs, smashing last year's attendance record of 126.

The weather, despite the ominous forecasts during the week leading up to our race, was nothing short of miraculous. Calm winds and overcast skies kept our race celebration exciting and comfortable for all.

Organizing the event was no small feat. Over 200 volunteer hours went into prepping for the event, plus many, many more hours for the day-of and tear-down activities. Thanks to all who volunteered to make it happen. Your donated time is the only reason the day was a success.

2015 also gave us six generous sponsors: Lone Pint Brewery, One Main Financial, Star Financial, Starburst Financial, Wood by Wood, and Casa Anitas. If you're in need of financial help, beer, custom woodwork, or Mexican food, then please consider our charitable sponsors. You'll find their contact information on BARC's facebook page.



A Record Setting 164 Participants!



Photos by Bryan Snook and
Mike Parker



Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Heat 1 Cox: Tessa del Rio Stroke: Madeline McCreary 1. Stefan Hill 2. Becca Leonard 3. David Finkbeiner 4. Kai-Ha Berg 5. Jelle Smith 6. Ali Christie Bow: Jake Morrison	Heat 1 Cox: Tessa del Rio Stroke: Brynne 1. Nicole Grimes 2. Graham Gault 3. David Finkbeiner 4. Lauren Pichler 5. Charlotte Hall 6. Wendy Christie Bow: Ashleigh Black	Heat 1 Cox: Annie Handwerker Stroke: Emma Penridge 1. Emily Mann 2. Alexandra Vab 3. Angel Hume 4. Taylor Ruman 5. Gary Lundquist 6. Cameron Stetler Bow: Madeline Pichler	Heat 1 Cox: Sophia Nefzger Stroke: Wyatt Cushman 1. Dan Kennedy 2. Sam Shalish 3. Paula Gullerney 4. Charles Dyer 5. Kyla Soper 6. Amy Slaughter Bow: Megan Mancoske	Heat 1 Cox: Ryan Berry Stroke: Jack Golden 1. Travis Lawrence 2. Audrey Liberman 3. Salvador Madrigal 4. Jessica Holloway 5. Kyle Soper 6. Amy Slaughter Bow: Megan Mancoske	Heat 2 Cox: Stephanie Del Rio Stroke: Madeline Pichler 1. Tessa Agnew 2. Maria Vab 3. Jelle Smith 4. Sam Heger 5. Kyla Soper 6. Jack Hildebrandt Bow: Katelyn Boring
TAMU Galveston A	TAMU Galveston B	BARC	RICE	TAMU/Greg	



Great 8

Marilyn Bullard had just started rowing in July 1999 when she saw Rice University on the lake in an 8+ in October.

She then asked Michael Appel why we didn't have an 8+ at BARC and he said that no one would put a team together. Marilyn said, "In my stupidity I said, 'Well, I will!'"

Marilyn said she didn't know how to sweep but started asking people to be on her boat. The people she asked also had no clue what they were getting into but they said "Yes." The only problem was that no one knew how to sweep much less teach the rest of the group.

One Sunday a couple from England, Simon and Sophie, came to check out BARC. They were moving To Houston to work for Shell Oil so Marilyn asked if they wanted to be on her team. Not only did they say yes, they said they would teach the others as well.

"Picture no one on the boat having a clue what to do when they got in the boat with us and away we rowed. They worked with us for a long time and made us what we are today," says Marilyn.

"When we started competing we had to have a name and we thought the perfect name was "The Great 8" because in our minds we thought we were great. We have done numerous competitions and have come in last place almost every time but we didn't care. We just had fun and made everyone else feel special because with us in the race, they knew they wouldn't come in last!"

Candy Ludwick and Marilyn are the only remaining original rowers from 1999. Birgit Beyer had also been but has since had a work conflict and dropped out. Bob Albright soon joined, then Dennis and Lynn Leenhouts in 2003, and Larry Price. Wendy Haugan was our last official Great 8 teammate.

Since then we are still short a couple of rowers on the team but it

has worked out nicely because we have a nice group of subs that seem to enjoy rowing with us. "We used to beg people to row with us to get eight in the boat. Now we only have to beg a little. I think what The Great 8 is known for is not their rowing skills but their jokes. We do have the best jokes in town, just ask us!"

Marilyn always organized the group before last summer, and when she was on cruise trips or wherever, Lynn Leenhouts would organize the boat and now her husband Dennis is taking the lead.

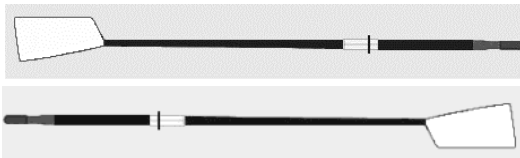
Be sure to check out the list, "Ten Reasons the Great Eight is Slow" from the November 2000 Strokewatch. <http://barchouston.org/pdfs/strokewatch/newsletter/2000-11-BARCStrokeWatch.pdf>



From left: Larry Price, Dennis Leenhouts, Cheryl Flottorp, Bob Albright, Marietta Dahanyake, Patti Starek, Georgia Clark, Bruce Wright

What's been up in the Boathouse?

As you may have noticed, the boathouse has seen a significant layout change on the south side of our boathouse. This renovation is not complete, but will be completed over the next few months. As our fleet and club grow, we need to find ways to lay out the equipment to fit more efficiently. Future improvements includes a wall to recognize donors and achievements of our Club, relocation of the south singles rack to interlace with the doubles and some rearrangement of other lesser used equipment within the boathouse. If you have great ideas for the boathouse or have been in a boathouse that has great ideas, let's chat!



Treasurer's Corner Georgia Clark

I started rowing the summer of 2014 because I needed a major stress relief. With 12-hour rotating shift work I never got to see the sun, much less get any exercise. I always wanted to row but the opportunity wasn't available at my college. When I searched for rowing clubs online, I was strongly attracted to BARC more than any other rowing club because of its friendly atmosphere and outstanding website.

When I found the rowing classes offered by BARC, one set of classes matched my work schedule perfectly. I signed up immediately. I told Emily, "I didn't get to try it, but I KNOW I'll like it!" Yes, I may be known for my "angry rows," or my acrobatic flips, but it's the people at BARC that keep bringing me back every weekend. The camaraderie with everyone at BARC is so welcoming, and one day I may even meet an astro-

naut! (Okay, maybe I shouldn't admit that on paper.) With awesome people, like my favorite rowing partner Wendy Chicoria, I even tried racing at Austin this year. And we didn't flip! Now I'm on the Board as treasurer, and I'm glad to be able to help the club grow so more people can find out how incredible BARC is.

Did you know, 11% of gross (NOT net) profits is paid to Harris County every month? This is our fee to rent our beautiful waterfront land. So far for first quarter 2015, we've paid \$3,112.63 to Harris County. This represents by far our largest expense.

This year, all the infrastructure at BARC is new from Quickbooks to paying online through the website.



**Junior
Perspective:
Gaya Krishna**

When I first showed up at the front steps of BARC, I barely knew how to hold an oar. Now, after three months of blistered hands, flipped singles, and thrown-up breakfasts, I was proclaimed race-ready for the Heart of Texas.

as.

Much to my surprise, race preparation did not end with training. Boats had to be derigged and loaded on the trailer, seats had to be bungee-corded down, oars had to be piled packed in a massive bundle, and slings had to be loaded on as well. Suddenly, my 7/16" wrench became my new best friend. After having the rare opportunity of skipping school to drive to Austin, everything had to be unloaded and reassembled with the utmost caution.

On race day itself, the atmosphere was that of a festival, something that I fancied to be reminiscent of the Poughkeepsie from *Boys in the Boat*. Tents were set up by the water and spectators stood along the banks cheering. Further back, merchandise and food stalls were doing good business. Some people even brought portable stoves, and the air smelled faintly of bacon and eggs. Because it was cold, team members could be seen huddling together in sleeping bags. I myself was too excited to sit in one place, and wandered around admiring the expensive equipment strewn about on the rolling green grass of the park.

When my race came, I focused on two goals: one was not to finish last, and the other was not to flip. Both were not, I admit, very lofty aspirations, and I succeeded in meeting each one quite easily. The rest of the time passed by in a blur: I remember cheering for my teammates, doing homework, and running up and down the trail next to the race course to see if I could keep up with the deceptively smooth shells.

All too soon, the weekend was over and I was heading home. The Heart of Texas was an excellent way to start my racing career as a rower as it offered everything I could ask for: great teammates with diverse personalities, fun, and, very importantly, a benchmark for where I stood amongst Texas rowing competition. Without a doubt, this race was a spectacular experience.

**Parent
Perspective:
Murali Krishna**

Our foray into crew and more importantly BARC was a confluence of interesting events.

We have always associated the sport of crew with New England, specifically the college rowers on the Charles River. So, it came as surprise that there was an active rowing community (with a junior's program) at a stone's throw from where we have lived since 1999.

Our experience with this community, BARC, has been quite remarkable. For a modest fee, the club offers a committed head coach, use of facilities & expensive equipment, assistance during the regattas, and mentorship. We were surprised to find the club full of rowers with varied personal, athletic, and professional background. Especially for the junior girls, it is even more impressive to have former college women rowers in their midst. Recently, this included getting invited to a Rice University crew event. We were fortunate to hear the experiences of remarkable women athletes including an astronaut, who rowed at the Naval Academy, as well as an Olympian, who was identified and encouraged by her Rice University coach, who also happens to be an active BARC member.

The junior program itself is a 'no-frills' program. It focuses on fundamentals and hard work, without any pretense about the end result. As a former college athlete, it resonates well with my beliefs. For parents who put a heavy emphasis on their kid's academics, being involved in this program has not been detrimental; rather, it is quite the opposite.

In essence, BARC and its junior program offer everything one would seek in a serious athletic program. The responsibility now lies with us -parents and kids -to reciprocate. With time and effort, we sincerely hope BARC can produce its version of a junior red rose crew.



The BARCalendar

Ballin' with BARC (paintballing!)

Who said competition had to stay on the water?

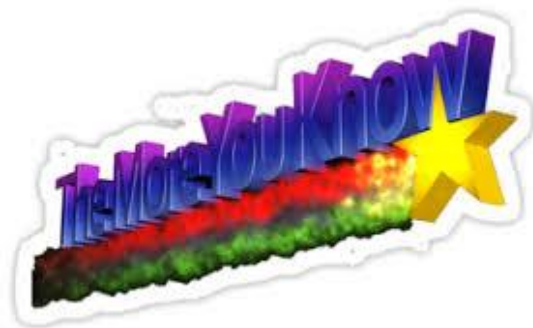
Row for Freedom

Masters Racing Program — Every Tuesday 630pm to 815pm

Train to Race

Klub Row — Every Thursday 6pm

Improve rowing skills and make new friends with a mix and match boating lineup



Did you know rowing is about ratio? Your recovery should be the same speed as or slower than the water beneath you. Take your time! Relax on the recovery.

Since head race training begins now, try rowing at a 1:3 ratio. Make your drive a count of one and your recovery a count of 3. Doing so will build your strength per stroke, and improve your balance.

The More You Know!



Dear BARCy

Dear BARCy,

What is the Pick drill and why don't we do it? Rather, why should we do it?

Signed,
Baffled in the Bow

Dear Baffled,

The pick drill. You've heard of it. It isn't glorious. It isn't exciting. It is an oft used drill to teach new rowers the proper rowing sequence and to isolate the three major components of the drive and recovery because it demonstrates the mantra of "legs body arms, arms body legs" that we, as instructors, so often chant during the stroke.

Why don't you do it? Rowers are a confident bunch, full of Type A personalities. We already know how to row, why would we do a rudimentary drill? We overstate our own abilities and figure it isn't meaningful since we already know how to row. Another possibility, you just forgot about the drill.

Why should you do the pick drill? Sure, we all know how to row, but do we all row with the same crew each excursion? Do we row the same shell each excursion? No! In addition to warming up, the pick drill allows each crew to sync up at each "gathering point" of the stroke. You're also rowing calmly, so you can focus on your balance and blade heights. For a comfortable and efficient journey, each rower should be at the same rowing point at the same time, i.e. everyone is at arms away together, everyone is body over together and everyone has the identical catch and finish timing. When you go straight into rowing, the crew is more of "every man for himself" which is antithetical to the sport.

Here is how to properly execute a pick drill: Everyone (or sometimes half the boat at a time in an 8+ or with an unsteady crew) sits at the finish. Any rowers not participating will set the boat for those doing the drill.

On the call of the bowman or coxswain, rowers will row "arms only" focusing on a quick hand motion and clean blade work on the blade exit, as well as on hand heights by ensuring the blade is just below the surface for the entire length of the drive. Work to avoid throwing water at the finish or washing out and try to keep from getting the shaft wet.

Once the crew is nicely together, the bowman/coxswain will call "add back in 2," count out the next 2 strokes, then start rowing arms and back only, no legs while continuing to focus on clean blade work and hand heights.

Once comfortable and together, the bowman/coxswain adds in the next step, rowing at half slide and thereafter up to the full slide. But before adding more to the stroke, the bowman/coxswain must ensure there is competence in the smaller sections.

Important note: Pick drills are not about power! They are about rhythm and timing. Typically, pick drills at full slide are only 20 spm, or less. The arms portion will be notably faster as rowers are only engaging their arms.

For a bonus, you can always try a reverse pick drill. You isolate the stroke, but starting at the catch, doing legs only, then legs and back, then legs, back and arms. The reverse pick drill should be done cautiously as overuse can overload the back muscles during the legs only portion. Reverse pick is good to improve a sloppy or slow catch and to help lengthen out the drive by ensuring legs are flat before the body opens or the arms draw in.

Remember: Legs, body, arms; arms, body, legs.

Spotlight on Rowing Nutrition

A smoothie is not just a blade design... smoothies can be made nutrient dense and can help keep you hydrated. Because they are quick and easy to make, you can use them as a meal or a snack depending on your scheduling and nutritional needs. Don't forget your body requires protein after a workout to increase the size and strength of your muscles. Here's a cheesecake twist on a protein shake to try. Dairy-based recipes like this one also provide calcium for bone strength.

Cheesecake Protein Smoothie

About 2 scoops vanilla protein powder
1 to 1.5 cups milk
1/4 to 1/2 cup plain Greek yogurt
1/4 teaspoon of Pumpkin Pie Spice (McCormick)

Spin in a blender until smooth. Taste and adjust to your liking. Greek yogurt has additional protein and gives a tang to the drink. Also adjust as needed for thickness and volume. Should get you close to a "cheesecake" flavor.



The Tom Lotz Memorial Campaign



Congratulations, BARC! You made the Tom Lotz quad possible! Our final straw was Emily Wood's idea to match donations 50 cents on the dollar for donations pledged over a two day period. Another member, Collin Leslie, pledged to match the same and the donations came roaring in!

The combined result of that excitement was \$3,040 in just those two days. This incredible effort raised an

extra \$2,450 that will be put towards a Tom Lotz Scholarship fund. Other large donations were from the Macfarlane family, the Wood family, Cliff Dacso, and Susan Lotz who all donated \$1,000 or more.

BARC was able to celebrate Tom's devotion to the rowing community on May 30th at the unveiling of the boat and the donor reception which followed. With many members of Tom's family in attendance, some of whom even sported his beloved Syracuse orange, the new Fluidesign quad, named "Tom Lotz," was unveiled.

President James Macfarlane gave a heartfelt speech acknowledging Tom's work in the rowing community, thanking the BARC community, and of course, giving well wishes to all who shall race in the Tom Lotz. Champagne was poured over the shell (as is required!) and many photos were taken of the new quad.

Vice President Emily Wood then presented Susan Lotz with a "Golden Oar" award. The Golden Oar award is an award that will be presented to passed-on members who have given a lifetime of service to BARC and have taken strides to improve the sport that we all love.

Finally, the inaugural row took place with James Macfarlane, Emily Wood, Stephen Milford, and Bob Jones who lifted the new shell carefully from the slings, brought to shoulders, and walked out of the boathouse. Once in the water, the rowers were requested to "buzz the tower" a few times for all of those on land to see the boat glide through the water. Upon returning, the rowers' comments were unanimous, "This is a *fast* boat!" James had a picture perfect docking job. Rowers exited the shell and the boat was lifted, rinsed, and returned to the boathouse.

Thank you all who made donations to the quad fund. This boat is much more than just improving our fleet. It was an amazing opportunity for BARC to show our appreciation for a founding member who loved rowing as much as his family. Great work BARCers! Seeing our club come together to achieve such a big goal is a testament to the greatness of our members.

May Tom Lotz's spirit live on for many years to come, at BARC.



You can take the BARCER out of Houston but you can't leave the BARC family!



Over the years, people have had to leave BARC due to changes that take them out of the Houston area. There have also been some college students who

have rowed with BARC while they are in Houston. Some of these folks really made BARC their home.

Although they are no longer official dues-paying members, they are still part of the BARC family. So we wanted to check in with these extended family members and let you know they're alive and well.

One such long lost relation is Alex Parkman, Hannes Hofer's doubles partner, BARC president from 2002-2003, and BARC member from 2000 until he relocated in 2012. Described by Emily Wood as a friend of all and someone who would "spend time with you to help make you a better rower, just because he had that kind of heart." She said he even sent Greg a book on coaching when Greg started the Juniors program.

Marilyn Bullard agreed, "Alex, in the years

BG ("before Greg"), was our 'everything man.' He could do it all... repair boats, paint oars (I know because he had me out there painting with him), teach rowing, and he always had a smile on his face. He is one of the nicest guys you will ever meet."

Alex learned to row in rowboats on the coast of Maine but first rowed in racing shells at Connecticut College.

During his rowing career, Alex has been affiliated with Connecticut College (New London), Union Boat Club (Boston), University of California (Berkeley), Lake Washington Rowing Club (Seattle), Long Beach Rowing Association, and Pocock Rowing Center (Seattle). So where is Alex now? We're glad you asked!

SHOUT OUT

Congrats to Carlos and Oh My God it's Greg Wood - the Mad Marathon Men - for making up a local big, long, ugly, nasty row.

rejoined Lake Washington Rowing Club (LWRC) and found "many old friends—literally. The average age of club members is

over 50, so there is a strong effort to recruit more younger members."

"The beauty of rowing in Seattle is the cool, clear water, the city skyline, seaplanes taking off and landing all around you, chasing the Duck Tour boats, watching the University of Washington crews cruise past, and the sheer number of rowers in the area and boats on the water."

He is currently getting coaching from Bill Tytus, an LWRC member and the current owner of Pocock Racing Shells. [ed. note: per Pocock's website, Bill placed second in the Diamond Sculls event at Henley and was a member of the US National Team from 1969-1971. Not a bad instructor!] But Alex said his favorite rowing is "a Hannes workout—whatever he would come up with."

"The benefits of rowing at BARC include the serenity of Clear Lake Park, pushing to do 10 km per row, and margaritas with the Woods on Club Row nights," said Alex.

Greg, and Emily traveled with Anke (another former BARCER) to Seattle to compete in the Head of the Lake regatta with Alex in 2012. Although they did not place, the row and adventure with Alex was well worth it.

Now that he is in the oil business (working for a tug boat company supporting Shell's

Alex returned to Seattle where his daughters reside and where he finds the climate is more hospitable. He

exploration drilling in the Arctic), Alex is hoping for a return trip to Houston and for one of Marilyn's great parties.



L to R: Anke Hielscher, Emily Wood, Greg Wood, Alex Parkman

If you would like to track down another former BARC'er, please contact Wendy Chicoria at wendychic@gmail.com with that BARC'er's name.

Free \$ for BARC!

BAY ARE ROWING CLUB OF HOUSTON is a 501(c)3 non-profit organization. Your tax deductible donations are always welcome and appreciated.

Here are ways you can painlessly donate to BARC:

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- Looking for experienced stroke and bow rowers to help with Sunday Newbie Quads. This is a great chance for newbies to get more team experience, practice their technique, and get to know other BARCers. Contact Emily at classes@barchouston.org.
- Communications Task Force Members needed to think about BARC's social media and internal/external communications. Contact membership@barchouston.org to volunteer.
- Party Planners in the house tonight! BARC is looking for people to help plan its social events. If you like to have fun and are organized, please contact wendychic@gmail.com.

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We look forward to serving BARC and bringing new fun and exciting advancements to our club's finances and operations in 2015.

We are a member-driven club. As such, we hope you will communicate with us regularly. One way to communicate is to send requests or thoughts to our email, suggestions@barchouston.org. All of our Board members will receive the email and will discuss your idea or concern at the next Board Meeting

Have a great year on the water!

-Your 2015 BARC Board

EAT OUR WAKE 8080 kilometers were logged by the Club the first three months of the year. Bob Jones is currently in the number one spot with 653km followed closely by Joe Kappil with 642km.