



GDRA News

Spring 2004

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Board of Trustees:

Douglas Barker
Charles Doyle
Stephen Herbert
Barbara O'Hara (trustee emeritus)
Jocelyn Piccone
Todd Sobol
James Wall

All forms and information online at
www.daytonrowing.org

President's Note...

As the legend goes, red sky in the morning means sailor's warning but to me after driving downtown during the winter months to Drake's Gym in the early morning in the dark, the redline of sky in the morning means a rower's delight and that it's almost water time. And as our new membership chairman, Peggy Nicodemus, suggests, spring will follow winter if for no other reason than Ivy, the Boonshoft groundhog says so.

As you will see in our membership acknowledgement package and our newsletter our group of Trustees, Officers and Directors have been working all winter to set in motion this years rowing season. Linda promises more boats, Laila and Brian are enhancing our clothing selection, Tracy is planning exciting social events, Chris and Pat are flooding the media with rowing tidbits, Jeanne is publishing our newsletter, Chris is refurbishing boats, and Nancy and Linda are handling the daunting task of putting the learn-to-row program together.

The Junior Program has been hard at work this winter working on conditioning and it shows with their outstanding performance at the indoor erg events. Charlie, Becky and the coaches, Martha, Jack and Alex are forming a formidable junior crew.

It looks like a good year for your GDRA.

Jim Wall



Greater Dayton Rowing Association,

ATTENTION!!

GDRA ANNUAL MEMBERSHIP MEETING FIRST PARTY OF 2004!

Tracy Lowry
Social Chairperson

Please mark your calendars for Saturday, March 27th at 7:00 p.m. The Greater Dayton Rowing Association is going to have their annual membership meeting. Jim Wall is hoping members will come and hear lots of GDRA news. We will also vote on the board of trustees and hear (very briefly) from the various program heads. Then it will be time to party!

Did you know that GDRA is acquiring a new boat? Come to the meeting/party and submit your idea for a name.

Find out if you are a "Rowing Geek"!!! What do you know about rowing? . . . Your fellow GDRA rowers . . . and your own personality traits that may predispose you to being a GEEK!!!

WHAT: GDRA Meeting/Party

WHEN: Saturday, March 27th @ 7:00 pm.

**WHERE: GDRA Winter Quarters
3975 Dayton Park Drive (off Wagoner Ford &
right next to Kitty Hawk Golf Course)**

**BRING: An appetizer, munchies or finger
food to share. Drinks & desserts will be
provided.**

**WHY: It's time to say goodbye to winter and
stop hibernating!**

**Think spring – the river will be warming up
and it will soon be time to row.**

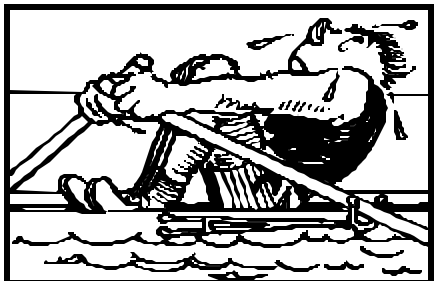
Dock Master Update

The docks are being put in March 6th. The door is open to start rowing. However, the water is still dangerously cold for singles to go out. There is a link to the current water temperature at the club website www.daytonrowing.org. Most water sports consider 50F or 10C to be the cutoff for safety. Our next work crew will be a spring cleanup on Sunday April 4. Don't forget those volunteer hours.

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Adult Winter Training: Ergo-rama At Its Best!

By Martha Alaire



Every Saturday I get bagels at Panera Bread for our adult erg class. I've gotten to know the Saturday morning Panera guy pretty well. I mentioned to him that I get the bagels for an exercise group and he said something like "You're going to work out and then eat a 300 calorie bagel?" YUP! That about sums up what our group has been like this winter. I've been happy to erg with a group of fellow GDRA'ers that just want to stay in shape & have fun doing it too!

This year we tried something a little bit different. We've been having classes 3 days a week for GDRA members and non-members who would like to come and work on their technique or train for an erg competition. This class format has seemed to work fairly well. There has been a loyal crowd of about 8-10 of us that have slugged out this slow winter rowing season with a lot of humor along the way.

And then there are the erg monsters that have committed themselves to the erg itself! A big round of applause should go to Brenda Boyd and Christine Lustik who completed the Concept 2 Holiday Challenge. And a bigger round of applause for Chris Gentile who not only completed the holiday challenge, but went on to erg half a million miles before Valentine's Day. And the crazy thing is that these cats keep coming! They are amazing!

A very special thank you goes out to Chris Luhn. Without his efforts, we wouldn't even have an erg room to conduct these classes. Not only does he maintain the facility, he steps in to do whatever is asked--coach, fix ergs, and make coffee. It's typical Chris, but typical Chris goes above and beyond what most people do for others and it is appreciated.

We'll have about a month left of classes so if you haven't come yet, please stop in for a trial. In March we won't have our Saturday morning class because (hopefully) it will be nice enough to be on the water!! But, we'll probably still have the bagels. Now only if we can move the coffee pot to the boathouse....

GDRA Learn-to-Row By Nancy Thornburgh

We had a great Learn-to-Row class last summer; we're going to build on that experience this summer and have an even stronger program. I would like to try to match each Learn-to-Row student with a club member as soon as they start classes. This means that I will need sixteen club members each session, early, mid and late summer, to match up with students. I'll be asking members to sign up for this at the March 27th meeting. If you do so, I think you should be prepared to telephone your person once a week during the four weeks they are in class. I would also like it if you asked them to go for a practice row at least once, or encouraged them to attend the networking sessions that we will be offering.

Networking is another concept we're going to try this year. We're hoping that we can get members who would be willing to show up Sunday mornings at 8:00 AM for a two hour practice row with LTR students and novice rowers who want more practice and some pointers from experienced members. If we have enough members volunteer, no one would have to do this twice. What we're trying to do is respond to feedback that students need more practice time and that they don't have anyone to row with.



Finally, I would like to try to put together a list of suggested reading materials that we could recommend for those students interested in reading up on the sport, its history, etc. If any of you have books you would recommend, please bring the title, author, and so forth to the March meeting, or e-mail me. Thanks in advance for all your help, everybody!

GDRA Publicity

By Chris Gentile

The GDRA Publicity crew would like to update you on our efforts to spread the exciting world of rowing to others in the community and to acknowledge both the effort and excellence of the Masters and Juniors in our organization.

In addition to working in conjunction with our website experts, we are submitting articles to many area publications, not only the Dayton Daily News but many of the smaller papers, north to Troy and south to Springboro. If you live in an area that receives one of these smaller publications, please look for our rowing notices and articles. We'd appreciate having copies of them for the archives. We also are distributing notices and materials to the area high schools. Our current "package" of informational materials includes:

- Posters that outline the entire rowing program (8½ x 11 or other sizes by request)
- Index cards with Juniors Summer Camps info and Rookie Rowers info
(Adult Learn-To-Row cards will also be printed)
- Trifold Junior Rowing brochures

We are in the process of having them placed in libraries, recreation centers, MetroParks visitor centers, grocery stores, etc. If you have access to businesses or venues, which would allow us to post these materials, please give us a call and we'll forward them to you or deliver them ourselves.

The more exposure, the better!

For information or suggestions, please contact Chris Gentile or Pat Peters.



Greater Dayton Rowing Association,

Junior Winter Season by Martha Alarie

Erging during the winter is never much fun. It's one of those necessary evils you have to undergo if you want to be a competent rower. It's one of those things like going to the dentist or eating your leafy greens. Not much fun, but you have to do it. It's stationary; it's repetitious, and individualized. Despite all of this, we have a loyal core of juniors that can make even erging fun. As with every group of winter rowers, this crowd is smaller than our fall/spring group, but that doesn't mean that their dedication has lessened. On the contrary, this year's crop has been more dedicated than most. Thus far we've gone to three competitions and had good showings at all three.

On January 10th, Bryan Little took 2^d in the high school men's and Allison Montavon took 3^d among high school women at the Indianapolis sprints. On February 1, we took six juniors to the Cincinnati Sprints. All of our juniors did great with 5 out of the 6 making their personal best times. The participants and their categories are as follows:

High School Novice Women: Allison Montavon: 8:34.3 (20/28)

High School Novice Men: Mike Little: 7:57.7 (27/35)

Varsity Men: Bryan Little: 6:52.4 (9/15)

Varsity LWT Men: Chris Washington 7:22.8 (35/42)

Varsity LST Women: Candida Crasto: 8:04.4 (6/18)

Coxswains: Stasi Gomez: 4:07.5 (2/9)

Our third race was the weekend of February 21st at Denison University for the Mid-West Championship Erg Sprints. We garnered three medals! Tom Attenweiler won for the novice men's category, Candida Crasto for Varsity LWT women, and Stasi Gomez for the Coxswains race. We even ran into a few old friends! Dan Curry, our former men's coach, stopped in to watch the races, and Celine Van Breukelen, former rower, was competing for OSU.

Now we are looking forward to getting back on the water! Our first race is April 10th and we hope to do well. On a separate note—we have decided to reorganize our coaching staff to better meet the needs of the program. Jack Barnett will take over as head coach for both the men and women's teams, and Alex Constantine and I will be assisting. The Doyles will continue coaching and handling the administrative portion of the program. As a coaching staff, we're hoping having the men and women under the same coach and program will foster a unique team atmosphere where kids from all over the greater Dayton area can participate in the ultimate team sport!



Rookie Rowers

by Todd Sobol

This summer, GDRA will again be providing Junior High School students the opportunity to row. Two options are available for these students. "New Crew" camps will teach those new to rowing. After completing the 2 week daily sessions, participants will be encouraged to join the ongoing Rookie Rowers. Rookie Rowers will meet throughout the summer June 18 - August 20, 3 days per week, Wednesday and Friday 5:30-7 pm and Saturday 3-5 pm.

Jocelyn Werst, a GDRA Juniors graduate now attending Anderson University will be in charge of coordinating practices for the Rookie Rowers. Last year, both the student and coaches had a lot of fun with this program. Please start recruiting students now for a great summer experience! For additional information, contact Todd Sobol (phone 299-IROW; email Tsobol@pol.net)

Let's Go Shopping!!

With warm weather and rowing season right around the corner, the club reminds competitors to wear GDRA gear when taking part in regattas. Competitive rowers have several options — a custom-fit 'unisuit,' short-sleeve or sleeveless henley shirts, lycra tank top, and lycra or nylon rowing shorts. All sport the GDRA logo. Contact us for details or stop by the merchandise table at the membership meeting on March 27.

While you're getting ready for competition, or returning to the river as spring still lingers, please keep in mind that the club has fleece and nylon jackets, fleece warm-ups, sweatpants and sweatshirts, duffels, T-shirts, polo shirts, regatta hat and ball caps available.

Stop by our display table at the upcoming membership meeting, or watch for the upcoming merchandise flyer...and remember that all sales benefit GDRA.



**For information or to order contact:
Laila & Brian Barr
298-6435**

GDRA Merchandise

New Arrivals

Spectator Jacket

Nylon outer shell with a sweatshirt fleece lining, hood and zippered pockets. Includes embroidered front logo. A practical jacket to keep in the car for when the weather gets cooler than expected.
\$54.00 each



Classic Bomber

This Classic Bomber style jacket has a durable nylon outer shell with a warm fleece lining. Two zippered side pockets. Embroidered front logo.
\$49.00 each



Polar Fleece Beanies

For the ultimate in keeping your head warm, polar fleece beanies
\$13.50 each

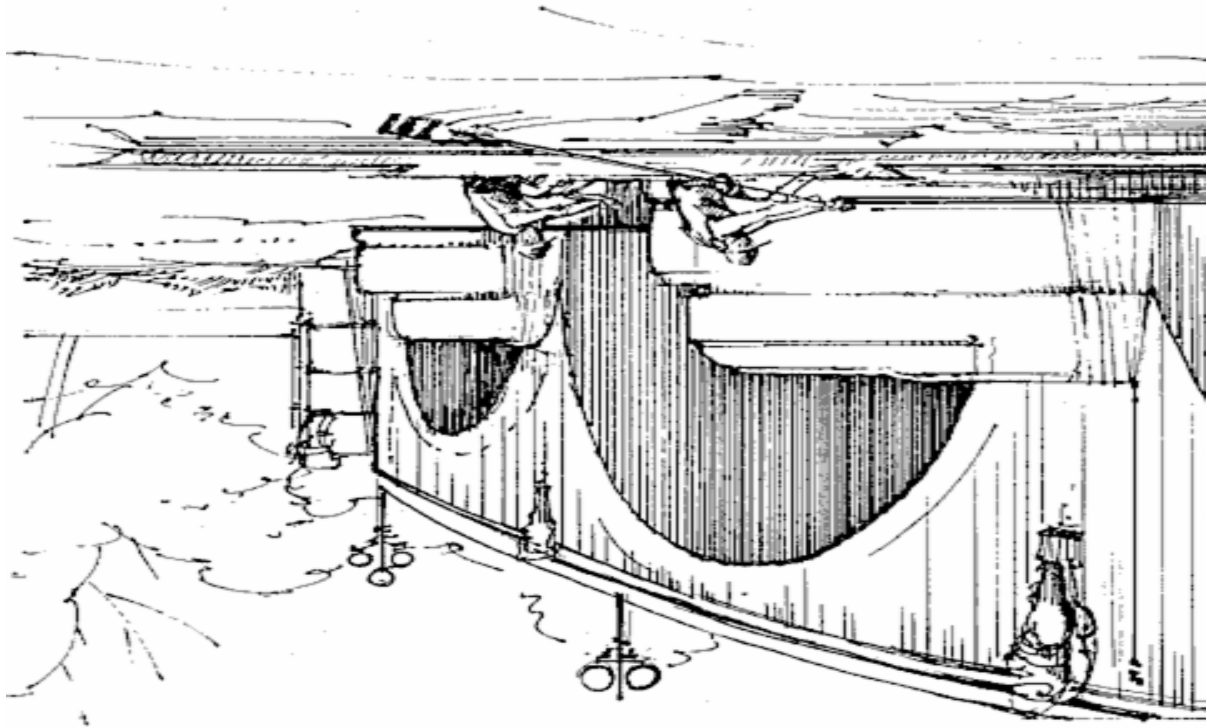


Short-sleeve Henley

Perfect weight shirt to work out in, or nice enough to show our colors off the river.



Editors Note: This is *your* club newsletter. We would be happy to print your ideas (within reason of course). Please feel free to let Jeanne Boozell know if you have any ideas or pictures for the newsletter. As we come into season it will be great to publish our regatta successes. Keep me posted!



Greater Dayton Rowing Association
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