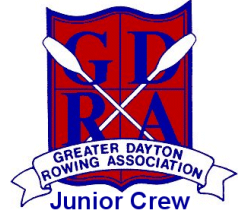




**Five Rivers
MetroParks**
Serving the Greater Dayton Area



GDR A Newsletter- Winter Edition 2005

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GDR A Trustees

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

"SWEEP"

This word has momentous and everlasting effects on rowers. Mention 'sweep' to Charlie Doyle and his eyes roll back in his head. This because of hours and hours and hours spent on the Muskingum River and the New England Long Island Sound in the dark in the morning. Mention 'sweep' to Mark Salzler or Martha Alarie and their eyes light up. Mark wants the feeling his son had rowing a monster eight for Brown; Martha to continue her Narragansett Boat Club experience. Sweep memories put me back in the early years of GDR A when we raced an eight and there is nothing like the feeling when that boat starts to move.

Martha and Mark have started a sweep program for our club. If you want to experience the thrill, talk to them about joining this journey into rowing rapture.

REFLECTIONS

There are always a few core people that are the glue that holds a club together and makes it grow. Linda Clemens: three years as Treasurer, five years as Director of Adult Rowing is one of our people. She turned the Treasurer's office into a professional operation from a check book and a shoe box full of paper. She grew our adult rowing program into a model for rowing clubs, learn-to-row, summer programs with visiting coaches, the intimidating captain's test which we all had to pass, winter training programs and of course filling in wherever and whenever needed.

Linda is taking a leave to focus on building a house. I hope we can carry on with her kind of vision.

Luckily we get to keep Doug.
Thanks Linda.

Please stay tuned for information on our get-together, Feb. 26th

Jim Wall

Rookie Opportunities Continue

GDR A will again offer junior high school students the opportunity to row this summer. The **Rookie Rowers** program provides a fun introduction for younger students to the sport of rowing. This enthusiastic group meets three days per week throughout the summer. As the program moves into its third-year of operation, we will have many exciting changes. Many of our students will participate in 2 week "New Crew" camps before continuing with Rookie Rowers for the remainder of the summer. The group will be split between introductory instruction and those with experience from previous programs. A new (used) lightweight 8+ will be added it to be fleet thanks to the efforts of Charlie Doyle and Chris Luhn. After the success of last year's students, we will again plan to demonstrate our skills at the end of the summer during the Five Rivers Fall Regatta.

We are currently recruiting high school students to share their talents as coaches. The efforts of our high school rowers in teaching these younger students last summer were greatly appreciated and we all had fun. Please help spread the word about this program in encourage students age 12 to 14 to start rowing with us this summer. For information please call Todd Sobol at 299-IROW (4769). Also read more from director Charlie Doyle in this newsletter.

GDRA-Adults and the GDRA Junior Program, in cooperation with Mystery a La Carte, Present...

The Disappearance of Sherlock Holmes at the 5 Rivers Regatta

Come join your fellow rowers in a fun evening to beat the pre-rowing season blahs! GDRA is going to be sponsoring a mystery dinner theater at the Spaghetti Warehouse on Friday March 11, 2005. The cost of \$26 per person includes your entrée, dessert, and non-alcoholic beverage along with entertainment provided by fellow rower Jackie Engle and her company, Mystery a La Carte. Young and old alike will enjoy this fabulous program to discover the disappearance of everyone's favorite sleuth at the annual 5 Rivers Regatta! This program is open to everyone; GDRA members, GDRA Junior members (and parents) and friends! For more information, contact Jackie Engle (937. 299.9511) or Martha Alarie (937.545.9188). Use the form below to reserve your spot by March 6, 2005 for this wonderful evening with friends! Mail it in or bring it to the general meeting on February 26, 2005.

GDRA Mystery Dinner Theater at the Spaghetti Warehouse

When: Friday March 11, 2005 (RSVP by Sunday March 6, 2005)

Number Attending: _____

Cost: \$26 per person X _____ = \$_____ Total

Please mail check and form to Tracy Lowry;
1004 Gainsborough Road
Dayton, OH 45419

Dress the Part:

It is erg season...time to start warming up for spring in GDRA sweats, warm-ups, and fleeces. The Club carries a complete line of cold weather apparel, perfect for winter erg workouts, chilly spring mornings on the river or casual wear around the house. Currently we have in stock GDRA sweatshirts, sweatpants, warm-up pants, fleece vest and a club spectator jacket.

Blue Sweatshirts
(3) Large in stock
Price \$26.00

Description: Heavyweight 50/50 9.5 oz sweats.
Comfy, quicker drying than those with higher cotton content
Maintains great shape.



Blue Sweatpants
(1) medium and (1) large in stock
Price \$26.00

Description - Heavyweight 50/50 9.5 oz



Red Nylon Fleece Vest
XXL in stock
Price \$57.00

Description: Windproof, water resistant outer shell
with warm fleece lining



Blue Warm-up Pants
(1) large and (1) X-Large in stock
Price \$56.50

Description: Meshed lined, have 2 pockets and a 12"
leg zipper



Blue Spectator Jacket
Medium in stock
Price \$54.00

Description: Nylon outer shell with a sweat
shirt fleece lining, hood and zippered pockets.



Remember, if you are anticipating competing this summer or just want to order GDRA apparel for recreational rowing, please contact Brian or Laila Barr at 298-6435 so we can put together an order for the spring.

Adult Sweep Corner by Mark Salzler

The Beginning.....

GDRA's Adult Sweepers are up and rowing. The program was kicked off in early summer with a Sweep Camp coached by Karen Glowacki, the Marietta College Women's Coach. Another sweep camp, this time one that dove-tailed a sculling camp, was coached by Donald Weber-Plank, Varsity Coach at Carnegie-Mellon University. Soon thereafter the initial group of sweepers started organized practices coached by Martha Alarie. These sessions would not have been possible without the support of the Junior Program. We borrowed their equipment, their coxswains and their muscle on occasions. We are deeply appreciative of their assistance around the boathouse, on the water and at Regattas.

As with any sport, our skill level and the intensity of the workouts progressed throughout the summer and fall. Many of us had our first opportunity to participate in a race at our own Five Rivers Fall Regatta. Fueled by the fun and learning experience of our first regatta, we participated in several other regattas in Columbus last fall. Unfortunately, a rainy season precluded a full season of experience in a competitive environment. However, we had fun and now have a new appreciation for the dedication that is necessary to be competitive on the water.



Equipment Acquisition Update

We entered the off season with the intention of purchasing a Sweep Four that would enable us to practice without working around the Junior's practice schedule. I am thrilled to report that we have made plans to purchase two 1995 Vespoli DL Racers. We got a great deal from a west coast rowing club through a Vespoli representative that our Club has worked with in the past. However, we still need to continue our fundraising efforts to pay for the boats as well as to purchase oars and other equipment such as additional shoes, a cox box, stroke coach, etc. The boats should arrive this spring and name selection for the boats will be one of our first priorities. A special thank you to Charlie Doyle, Doug Barker, and Linda Clemens as well as the GDRA trustees for their help and advice in leading us to this great opportunity!

Spring Rowing and Beyond

The vision for our sweep program is to maintain both recreational and competitive sweep crews. To this end, we will be offering three levels of sweep rowing for adults. This will include a sweep learn-to-row program, a recreational program for those just wanting to experience team rowing, and competitive opportunities for those wishing to race in our new boats. Our first competitive opportunity will be at the



Dogwood Regatta (Oak Ridge, Tennessee) at the end of April. Those interested in competing, please contact Martha Alarie (545.9188) for more information. Others interested in learning sweep rowing or continuing recreational levels of rowing, be on the look out for more information posted at the boathouse and on our GDRA website. General questions about our new sweep program can be answered by either Martha or me. We certainly hope that everyone will get the opportunity to experience this great form of team rowing!

GREATER DAYTON JUNIOR ROWING PROGRAM

Charlie Doyle, Director; Becky Doyle, Administrator



The Greater Dayton Junior Rowing Program, for local youths aged 12 to 18, is a visible viable competitive presence on the Great Miami River, just north of downtown Dayton, OH. Our rowing program is sponsored by the Greater Dayton Rowing Association, a non-profit rowing club, the Five Rivers MetroParks, and by generous donations from community corporations and individual benefactors. Fundraising efforts by the GDRA Crew Boosters provides additional support for the crew. Membership dues and regatta fees cover the program's operational costs. We are all very proud of our dedicated team of youth rowing coaches who work with the young athletes to instill proper rowing technique, a sportsman-like demeanor, proper physical and mental conditioning, as well as the individual and corporate focus needed for this rigorous unique sport. Winning medals - and more importantly performing a good race during the occasional weekend regattas - are rewards for excellent practices. Other rewards are more intrinsic.

Young men and women - from various local high schools within the greater Dayton community - practice after school with head coach Jack Barnett and the staff of volunteer coaches to include Jeremiah Miller, Alexander Constantine, and Denise Heuser. The coaches mentor local teens in the physical and mental art of rowing. Crew is the ultimate team sport performed on an individual level with their synchronized motion moving highly technical, expensive, and delicate rowing equipment down the river or across the lake. The boat is steered and coached onboard by a small person called a coxswain. This corporate teamwork will prepare them well for future life endeavors.

Boys and girls aged 12 to 14 are invited to participate in the GDRA Juniors' Rookie Rowers programming during the summer months. Beginners are coached three times per week after attending GDRA Rowing Camp, and may then participate a second year before entering high school. Rookie Rowers' only competition is during the club's home regatta at the end of summer in late September: Five Rivers Fall Regatta, in Dayton.

The calendar year is composed of four rowing seasons: spring, summer, fall, and winter. Each Greater Dayton Junior rower makes choices about his or her seasonal rowing. Once committed to a season, an attendance policy for each level of rowing commitment maintains solid continuity for the program. Rowing is a true sport and part of the world's Olympic Games. Competitions for rowing are called regattas. Our junior crew usually attends five per season during spring and fall, and the regatta venues offer excellent opportunities to enjoy being near the water of lakes and rivers. Off-water rowing is done indoors on specifically crafted and calibrated rowing machines made by the Concept2 Corporation. The digital feedback from the ergometer (erg) performance monitor helps to teach each rower the best combination of his or her work and rowing technique with measured readouts of time splits, watts created, distance, stroke rate, and time rowed. Hard work and good technique are immediately rewarded.

There are many collegiate rowing opportunities available for athletes who want to participate in post-secondary rowing programs. Specifically due to Title IX gender equity sports funding, there are plentiful varsity rowing scholarships for young women who dedicate themselves to the sport. Some universities and colleges have both club and varsity rowing opportunities. Others have only club rowing but they practice, travel to regattas, and perform as a varsity-level sport. Our rowing club maintains a bulk of collegiate rowing information as well as a parent-crafted manual for attaining a rowing scholarship for the families of Greater Dayton Junior Rowing.

Greater Dayton Junior Rowing encourages all area teens to at least try this sport if they enjoy competition, the personal reward of hard work, and getting to know other teenagers from the surrounding community. GDRA is host to youth summer Rowing Camps, winter Indoor Training Sessions, and IntroRow opportunities year-round. Please contact Charlie or Becky Doyle for additional information: 937-339-5990; email: doylerow@yahoo.comand visit our junior RowNews website via www.DaytonRowing.org > Juniors

2005 Spring Ergatta and Regatta Options:

February 20, 2005 - (Sun.) Midwest Championship Erg Sprint, Denison Univ., Granville, OH

April 16, 2005 - Hoover Invitational, Hoover Res., Westerville, OH

April 16, 2005 - St. Louis Sprints, Creve Coeur Lake, St. Louis, MO

April 23, 2005 - Cincinnati High School Invitational, Harsha Lake, Cincinnati, OH

April 23, 2005 - Oak Ridge Scholastics, Oak Ridge, TN

April 30, 2005 - Ohio Governor's Cup Regatta, Griggs Res., Columbus, OH

May 14 & 15, 2005 - Midwest Junior Championship, Harsha Lake, Cincinnati, OH

June 11 & 12, 2005 - USRowing National Youth Championships, Harsha Lake

Party! Party! Party!

By Tracy Lowry

Between the ice/floods/snow – I wonder if we will ever row again. If the river gods cooperate - I have a few ideas for 2005. (Note: all dates are tentative and subject to change, specific details about each event will be posted and emailed at the appropriate time.)

Our annual awards banquet and initial get together is **February 26th** at 5:30. It will be held at Wegezerns at 1301 Seibenthaler Road. I am using the term banquet loosely. The club is providing the drinks and tableware and members will bring the food! Finger foods, snacks or a dessert would be great! As the time draws nearer, I will have a notice sent out and posted in the boathouse with details.

Our fellow rowing club to the south would like to have a joint social on **February 27th**. Eileen Enabnit, a member of GDRA when she lived in Dayton is initiating this joint venture with the Cincinnati Club. We are invited to do some indoor rowing at the Montgomery Inn! Several of the GDRA members went to the Inn to meet the Olympic rowers last fall and saw this great facility – since we cannot row on our river...this is the next best thing! The Inn has a huge water tank that simulates sweep rowing. Concluding our workout – we must eat too!!! Here are the details of fun:

When: Sunday February 27th 9:00 AM

**Where: Montgomery Inn Boathouse-
925 Eastern Ave. (513) 721-7429**

What: Workout and Lunch.

Cost: \$2.00 for GDRA members & cost of lunch

**RSVP: February 20th lowry@gemcompanies.com
or 643-3729 Tracy Lowry**

Plan on working out, erg, sweep in the water tank, and have some fun with a rubber ducky race. We will have a chance to shower and change in the locker room.

Although we will be the only group onsite you may want to bring a lock for your personals. Once we are back in our casual wear we will have some lunch at Montgomery Inn. It will be fun to make some new rowing friends and have a delicious lunch!

Our first **Breakfast on the Dock** will hopefully be in **April** again, this depends on the weather. In **May**, we will have the **Second Annual Chili Cook-off**. This event is HUGE. This party is open to all adult members, juniors and their parents. Pat Peters won first place for her chili last year. Can she hold the honor again this year? We will also have a car wash. The juniors need to raise funds as well as the adults for a sweep boat. This is a perfect opportunity to try sweep rowing. It's great fun! Please get out in a boat – even if you have never been rowing before. Pencil **May 21st** on your calendar! I truly hope that the juniors will enter the Chili Contest – at least one crew team of chefs!

June – I think in June we will have 2 socials – one is Testosterone free and the other will be Estrogen free...in other words a women's only party and a men's only party. These will probably be a breakfast or brunch on the docks with a twist.

FULL MOON ROWS – July 22nd and August 19/20! Dates will be confirmed as time draws closer – the moon is full or nearly full on these dates. It's great fun to row with the moon coming up over the river.

September is a busy month – its back to school time and fall is a favorite time to row on our river. Our regatta is the last Sunday, **September 25th**. We will have a party earlier in the month and after the regatta we will have a party to celebrate too.



Erg'n... erg'n on the River

By Martha Alarie

Winter is probably a rower's least-favorite time of year; the cold air and cold water means very little to no outdoor rowing! However, with the right group of people even winter workouts can be fun! This winter our work-out "erg room" is located at the boathouse! Thanks to the work of many members, our third bay has been converted to a workout facility.

Our group adult workouts are scheduled for Tuesday and Thursday evenings (6:30 – 7:30 pm) and Saturday mornings (8:00 – 9:15 am) and there has never been a more dedicated crowd. We've got a good mix of seasoned rowers and some new folks who are hoping to sign up for LTR as soon as they can. This group is really amazing; the old mailman's adage of "neither rain, nor sleet, nor snow..." certainly applies to this year's erg-ers. Despite record snowfalls, week-long floods and other crazy weather, these folks keep coming. We try to have fun during our workouts. That's easy to do with Laila and Brian Barr bringing baby Lena and Chris Gentile working on joining the million meter club by Valentine's Day. Winter erg work is an excellent

way to stay in shape during our off-season and I can't think of a better way to improve your on-the-water rowing than by doing a winter of erging. Not everyone enjoys this machine, but working out with a great group of fellow rowers certainly makes it a lot more bearable. I would encourage any GDRA member who would like to improve their technique or stay in shape over the winter to check out our group erg workouts. We'd love to have you! You can check out the specifics on our website: www.daytonrowing.org. The monthly workouts are posted as well as a page of erging tips. You can use the posted workouts in your own home or local gym if you are unable to get to our erg room. Cost is \$60.00 for non-GDRA members. All GDRA members can erg for free. I will be attending a US Rowing Coaching Clinic on January 29 and 30 in Marietta, OH. I hope to bring back a lot of good information and tips to everyone at GDRA!