

GREATER HOUSTON ROWING CLUB



March 2011



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Fellow rowers:

The year has got off to a great start at GHRC. Boat builder Clay Felker of Austin did a fantastic job of refurbishing the 'White Quad' and the 'White Double', both of which will be named shortly. The makeover will add years to the life of these boats. Clay also took a look at Graeme's yellow Empacher and between them they made an executive decision in that the boat has had its day. Actually, had its day is an understatement, Graeme has rowed this boat for 13 years and estimates he has clocked up around 24,000 miles, yes that not a typo, 24,000 miles!! That's like rowing the creek 3,400 and something times!

Some great additions to the racks in the boat house include a brand new club Vespoli mid weight double, sister ship to November 7 and a gorgeous Vespoli red single ('lipstick') recently acquired by GHRC rower Micki Im-

manivong.

The sprint season got off to a good start with GHRC crews competing in the Heart of Texas in Austin and GHRC's Coach PMac took the ladies to Dallas and cleaned up in the Southwest Ergometer Amateur Tournament, aka SWEAT!

Hope you enjoy this issue.

See you all on the water,

David



Anyone guess where this is?

Sugar Land Clean up

We are so fortunate to have Oyster Creek to call home for our rowing pleasure. (And sometimes pain!) It's time to give back so that when we are out there on a gorgeous evening like last night, we can appreciate the beauty of the Creek and not have our eyes diverted by paint cans, styrofoam cups and the like.

Keep Sugar Land Beautiful's 18th Annual Don't Mess with Texas Trash-Off will be held Saturday, April 2. This event is part of the nationwide Great American Cleanup. GHRC has registered as a group to provide volunteers to pick up litter in and along the Creek. As we have done in the past, members can pick up trash at various locations close to the shore (waders are extremely helpful). We would also appreciate those who have canoes or kayaks using them to haul in trash not reachable from the shore.

Participants will receive a complimentary breakfast hosted by Whole Foods at 10:00 that morning and a free T-shirt. So the order of the morning will be row, eat, clean!

Registration is required to participate and volunteers under age 18 must be accompanied by a registered adult. Registration Forms will be at the boathouse beginning tomorrow morning. Forms can also be found at the Keep Sugar Land Beautiful website, www.kslb.org.

Let's have a great turnout and show our appreciation for the wonderful body of water that we have!

Ellen

Southwest Ergometer Amateur Tournament (SWEAT)



Training pays off. These guys really worked for this event. GHRC Coach PMac stands proudly with the lady medal winners. It's worth noting that all athletes achieved a personal best on the day.

- ◇ **Renee Hale** – Silver Medal – 8.39.0 – Women's Masters 1x
- ◇ **Alicia Prodoehl** – Gold Medal – 7.31.0 – Women's Jr 1x
- ◇ **Addie Brandfield Harvey** – Personal Best – 7.55.0
- ◇ **Madelyn Mohr** – Personal Best – 8.34.0
- ◇ **Paul Mac** – Bronze Medal – 7.12.0 – Men's Masters 1x

Rowed hard and hung up to dry! End of an Era, 24,000 miles.

Boat builder Clay Felker and GHRC rower Graeme Knight discuss the resurrection of this slightly used boat. Graeme estimates he has rowed in the order of 24,000 miles in this scull. I particularly like Graeme's note he attached to the riggers. Anyone interested in a 'fixer upper'??



Athletic Supporter.

Springtime is here and with it comes the spring regatta season. Congratulations to Chris, silver, and Micki, bronze, our lone medalists at the Heart of Texas in Austin. All the talk around the regatta was the US Rowing Masters Nationals leading up to Oklahoma City in August. Let's try and focus towards a strong GHRC contingent participating there. Leading up the Oklahoma City we have regattas in Austin, The Woodlands, Clear Lake and Dallas.

If you haven't noticed yet we have had some significant changes to the GHRC club owned fleet. We have added a new Vespoli mid-weight 2x, 4 sets of new sculling oars, 3 new sets of boat slings as well as refurbishing the Burgeshell 2x and white Vespoli 4x. Let's make sure we continue to keep our assets in top condition and be sure to let me, Howard or Dave Anthony know of any damage or maintenance issues that arise with the boats, oars, storage racks, slings, etc.

The next Learn to Row class will be starting during the last week of March. Remember to introduce yourselves to members of the class and show them the true spirit of the GHRC.

If any of you have any suggestions about the day to day operations of the club, or anything else, please feel free to let me know.

Marty

Release Forms.

GHRC Liability release forms.

For those of you who have not signed a club release form please do so next time you are in the boat house. Forms can be found in the folder or online via the website, please complete and put them in the mail box. Our insurance requires us to have these on file and no club member should be on the water without having completed one. Thank you for your understanding and participation.



Dues.

A number of members have yet to pay club dues. If you have overlooked this please leave your check in the mail box or pass it to a board member next time you are in the club house.



“Don’t just stand there help”!



GREATER HOUSTON ROWING CLUB

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Photos: courtesy of the GHRC rowing community

At The Finish:

The months fly by and these newsletters always creep up and catch me by surprise. The months come and go so very fast. The ice has vanished the winter work out clothes are retired to the closet and spring sprint season is underway. GHRC had a great turn out in Austin for the Heart of Texas, our first race of the season. There are more on the horizon so keep your eyes peeled for Marty's emails. Please remember that I always look for newsletter articles from members, if you wish to publish anything please do let me know.

The creek is taking on a new look as she enters spring, cool mornings, calm waters and abundant wild life, truly magnificent. Row hard have fun and enjoy.

See you all on the water. David— david.ohara1@gmail.com

Quote of the Quarter

"Today, I broke my world's record by three seconds. What I was trying to do was to break 8:00, but I didn't quite manage it, but that leaves something to look forward to. Although I don't know, at 81 years old I think that you're supposed to be going downhill instead of