

Orcas Rowing Club Newsletter December 2009

Happy Holidays

Hello from OIRA! The coaches, rowers, and the board of directors would like to wish you the very best this holiday season and into the New Year. We hope to see you at some of our events in 2010!

A Dock Extension Is What We Really Need!

There is always something at the top of the OIRA "wish list" and right now it's a second launch dock. The low floating dock we use to launch the boats is functional but it is too small only allowing one crew to launch at a time. A second dock would halve the launch time, increasing our practice time. It is also a safety factor allowing a better coordinated practice and quicker time to get off the water in case of bad weather or other emergencies.

A second dock large enough to load a coxed quad will cost us at least \$5,000 even if we do a lot of the work ourselves. We are still working on getting in quotes on materials packages, but that is our number one improvement objective right now.

News from the Fall

We had a fun fall season which wrapped up with a double header in Seattle the weekend of November 7th and 8th. The Frostbite regatta at Green Lake on Saturday was mostly blown out. Only one quad was able to compete on a short 500 meter course. The Head of the Lake the next day was much more successful. We had a quad and two singles racing on Lake Union, making a good showing for our tiny club.

Our own Headless Head regatta fell right on Halloween this year. It was a fun affair, providing

an opportunity for Orcas Islanders to see what rowing is all about. We plan to invite one or two other teams to attend the Headless next year, which should add to the excitement and spectacle.

IMIRF at Odd Fellows Hall

We are holding our third annual IMIRF (Island Madness Indoor Rowing Fest) erg race at the Odd Fellows Hall this year on Sunday, February 7th at 2:00 p.m. With a more comfortable, convenient and expansive venue, we hope to entice lots more participants and spectators. An erg is a rowing machine rowers use for training on land. Erging is also one of the best exercise regimens for anybody, offering a high calorie burning exercise with minimal impact or injury risk. Come check it out!

Plans for the Spring

We're conducting a huge experiment this 2010 spring season. For the first time ever, OIRA is trying afternoon practices!. There will be one Wednesday morning practice to accommodate those who are on both the crew and sailing teams—and to avoid 6 a.m. practice fatigue for rowers and parents (not to mention coaches).

The proposed new schedule is:

Mon & Fri 3:30 - 5:30 p.m.

Tues 6:00 - 7:30 a.m. at the gym.

Wed 6:00 - 7:30 a.m.;

Sat 7:30 - 9:30 a.m.

2010 Annual Club Dinner

We skipped a year, but our annual dinner and alumni regatta combo is back and even better!

This year's dinner will be held at Four Winds Camp on Saturday, March 6th. It's a great location, and this year we're emphasizing fun over fund-raising.

We'll hold an "Alumni Regatta" the next day. Put it on your calendar! Look for more details in the *Sounder* and on posters around the island as the time approaches.

Masters Rowers: We Want You!

Our list of adult members is growing, and so is our lists of more who would like to learn to row. We also had a number of visiting rowers join us over the summer from as far away as Holland. We love the camaraderie and would like to encourage more adult participation. It complements the junior program and we want more adults to share in the healthy fun! Contact martin@ednagallery.com if you are interested in joining the club and/or signing up for a "learn to row" program in the spring. We will keep you informed as plans develop.

A Hippy Polar Bear Plunge

The theme for the upcoming Polar Bear Plunge is "Hippy Nippy Dippy". So it's time to discover or rediscover your inner hippy and "let it all hang out" on New Years Day! Tie-dye T-Shirts will be on sale at Island Market December 18th-19th. Be there or be "square" at 11:00 AM on New Year's Day for a bracing start to the New Year! ... And don't be late or you'll miss it.

Captain Grace's Corner

Fresh news from the crew is talk of doing a Lightweight Women's Four (sweeping)! Yes we just might have enough girls who are under 130lbs! We have high hopes for that boat of experienced rowers. Though most of our varsity men are coming straight from their novice season, they are looking strong. After some amazing racing in our fall season, our boys are hungry for more. Last spring, our "Nationals" competitors in the Men's Lightweight Double (Sam Parish and Barrett North) graduated. It

was a big loss, but we have two more promising lightweight rowers (Rhys Thompson and Max Blackadar) coming along. Rhys and Max pulled the fastest time at our own Headless Head Regatta, beating all other boats there (including quads) by more than a minute! Stay tuned to hear how our team is growing this spring season.

It looks like we are going to have a very diverse team this spring. It should be one of our biggest teams ever, not even counting the masters who will be joining us. So I am putting it out there, that if you've ever thought of going out for crew, this would be the year to do it. Also, due to some major scheduling changes, we are having two after-school practices instead of all early-morning practices. So we will be able to practice longer and make more efficient use of the daylight. The crew team will be starting our weight-room workouts in mid-January on Tuesday and Thursday mornings.

~ Captain Grace Thompson

Let Us Hear From You

Please let us know if you like hearing from us and how. Drop us a line to let us know if you like hearing from OIRA from time to time (or not) and whether you prefer to receive news via email or paper mail. Send to one of:

info@orcasislandrowing.org

or

OIRA
P.O. Box 1481
Eastsound, WA
98245-1481, USA

We like email as it is easier, quicker, and saves paper and money. But we want to stay in touch with our friends and rowing family, so let us know what works best for you.

Spring 2010 Racing & Event Schedule

- **1/1/10 - Polar Bear Plunge** - 11 AM at the Moran State Park swim area. Start time is prompt so folks aren't waiting in the cold, so be there a little early.
- **2/7/10 - IMIRF** - 2 PM Odd Fellows Hall. Our indoor regatta is open to all comers, and spectators are encouraged!
- **3/13/10 - 2010 Spring 2K & Novice Regatta** at Lake Stevens
- **3/27/10 - OIRA Banquet** at Four Winds. A very fun affair. Please contact us to reserve a spot or to ask to be kept up to date. info@orcasislandrowing.org or 376.6935
- **3/28/10 - Alumni Regatta** at the OIRA boathouse on Cascade Lake
- **4/10/10 - NW Sculling Regatta** at Lake Stevens
- **4/23-25/10 - Brentwood Regatta** at Brentwood College in Mill Bay, Canada
- **4/30-5/1/10 - 24 Hour Row** at Island Market (Friday 3:30 PM to Saturday 3:30 PM)
- **5/14-16/10 - NW Junior Regionals** at Vancouver Lake, Vancouver, WA
- **6/11-13/10 - Youth Championships** at Harsha Lake outside of Cincinnati, Ohio

Visit our web site at www.orcasislandrowing.org to stay up to date. Email info@orcasislandrowing.org to request information or to request regular email updates on any news.

Junior rowing information: contact Tina Brown at tinabrown@rockisland.com or 376.7677

Adult rowers or for information about the club dinner: contact Martin Taylor at martin@ednagallery.com or 376.6935.

Donations are gratefully accepted via PayPal on our website (www.orcasislandrowing.org) or with a check payable to OIRA to:

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