

LakerNotes

stuff you gotta know!

September '11

A monthly e-newsletter for members of Carnegie Lake Rowing Association

Scroll down to find:

- Practice Schedule
- 2011 Regatta News
- 2011 Board Elections
- 2011 Learn-to-Row Program Begins – Volunteers Needed
- Coaching News
- Tips as the Days Get Shorter Sculling Update
- Holiday Party Help Needed
- Rent a Rower through TCNJ
- People News
- For Sale
- Safety Tip of the Month
- Reminders
- Website Page of the Month

On-the-Water Practice Schedule

Effective through October 2, 2011. Sign up on easy signup on the CLRA website.

| | All Rowers |
|-----------|-------------------|
| Sunday | 3:00 PM - 4:30 PM |
| Monday | 5:30 AM - 7:00 AM |
| Tuesday | 5:30 AM - 7:00 AM |
| Wednesday | 5:30 AM - 7:00 AM |
| Thursday | 5:30 AM - 7:00 AM |
| Friday | 5:30 AM - 7:00 AM |

Effective October 3, the practice schedule for experienced rowers will change to Monday-Wednesday-Friday mornings and Sunday at 3 pm to accommodate the 2011 Learn-to-Row program as noted below.

Beginning October 3, 2011 through November 23. Sign up on easy signup on the CLRA website.

| - | Experienced Rowers | LTR |
|---------|--|-------------------|
| Sunday | 3:00 PM - 4:30 PM | 1:00 PM-2:30 PM |
| Monday | 5:30 AM - 7:00 AM | |
| Tuesday | (Race boat practices may be scheduled) | 5:30 AM - 7:00 AM |

| | | |
|------------------|--|-------------------|
| Wednesday | 5:30 AM - 7:00 AM | |
| Thursday | (Race boat practices may be scheduled) | 5:30 AM - 7:00 AM |
| Friday | 5:30 AM - 7:00 AM | |

SCHEDULE NOTES:

- **Arrive early for practice.** You may lose your seat if you are not present and accounted for as of 5 minutes before practice.
- **Sunday practice schedule shifted back to 3 pm as of September 11.**



2011 REGATTA NEWS

Head Race Season Begins!

- GMS Challenge Regatta, Milford, CT, September 18: cancelled for us due to low sign-ups; regatta cancelled for low water in the Housatonic (dammed lake)
- Green Mountain Head Regatta (sculling only), Putney, VT, October 2
- Head of the Housatonic, Shelton, CT, October 8; boatings posted now for men; will be announced after Charles seat-racing for women (September 23)
- Head of the Passaic, Rutherford, NJ, October 15; sign up September 21-28; boatings posted on or around October 5 (for scullers and non-Charles boats)
- Head of the Charles Regatta, Boston, MA, October 22-23; boatings posted after the conclusion of seat-racing September 23*
- Head of the Schuylkill Regatta, Philadelphia, PA, October 29; sign up September 21-28; boatings posted on or around October 5
- Head of the Hooch, Chattanooga, TN, November 5-6; sign up September 21-28; boatings posted on or around October 12
- Hutchinson Cup Regatta, Philadelphia, PA, November 12; sign up October 12-19; boatings posted on or around October 26

*As many Lakers know, entries in the Head of the Charles (HOTC) are hard to come by – earned as a result of the previous year’s performance in an event or through a lottery process. This year, CLRA has two entries – a women’s masters 4+ and women’s senior masters 8+ -- both earned through previous year’s performance. Unfortunately, CLRA received no additional sweep entries through the lottery process this year.

REMINDERS:

View the complete [2011 Regatta Calendar](#) on the CLRA website.

- Most signups will be Wednesday to Wednesday, one week only, on Sign Up Genius. Please be on the alert for and accept emails from signupgenius.com and register on the website for access.
- Also, **all rowers planning to race must sign a waiver on [Regatta Central/USRowing](#) and on [Ronin](#).**

We always encourage **feedback / constructive criticism after regattas**. If you would like to weigh in on how your boat / race / regatta went, please let [Margery Mark](#), regatta management captain, know. Responses are collated and given to Coach Tom, who uses the information for future boatings and races. This is a standing request for all regattas, so feel free to provide comments after any regatta you attend.



GENERAL CLUB NEWS

2011 Board Elections. A [call for nominations letter](#) was sent to members by email on September 9 requesting you to consider running for or to suggest the name of someone whom you would like to see on the [CLRA Board of Trustees](#). Please review the letter and stay involved in our annual election process this fall. Thanks to this year's Nominating Committee, which includes [Loretta McCarthy](#), chair, [Leslie Crawford](#), [Hans Halvorson](#), [Barbara Hogan](#) and [Marc Sibilis](#).

2011 Learn-to-Row Program Begins. CLRA's annual LTR Program will begin with a kick-off/orientation weekend on Saturday, September 17 from 7:30AM-5:00PM and Sunday, September 18 from 12:00AM until 5:00PM. Thanks in advance to everyone who has volunteered to help with this event. Special thanks to LTR Program Coordinators [Pat Lyons](#), [Robert Honstein](#) and [Rose Ford](#). Stay tuned for requests for volunteers to serve as experienced pairs when LTRs go on the water later this month.

Coaching News. Welcome to our two newest coaches, who join lead coach Tom Paulett and coach Kristin Haroldsdottir:

- **Roger Huffman** is from Huntington Beach, California and a 2010 graduate of Wisconsin. He rowed at Orange Coast College and Wisconsin and coached at Wisconsin last year.
- **Mark Weber** is from Cincinnati and a 2004 graduate of Princeton. He was a lightweight rower at Princeton, coached for the Cincinnati Junior Rowing Club for 3 years and coached at the University of Washington last year.

Sculling Update. The summer is over, and that means unfortunately that it is too dark to go out in small boats in the morning at our regular practice. Sundays are still open as long as the water and air stay warm enough. We are also going to have a few Saturday morning practices specifically directed at competitive scullers (anybody racing in the fall or spring). Please contact Veronique Oomen at vinusa@verizon.net by Wednesday if you want to participate, and she'll let you know Thursday about final arrangements. Cost will be \$10 per person again.

Tips as the Days Get Shorter. As we enter the fall rowing season, we lose daylight during our morning sessions. Help ensure safety and optimize your rowing time by following these tips:

- Use a flashlight when walking from parking areas to boathouse on dark morning. Walk with a buddy whenever possible.
- Use bow and stern lights on boats.
- Wear light colors so the coaches can see you.
- If coxing, don't hug the shoreline; it's harder for the coaches to see the boat in the shadow of the shore.



VOLUNTEER / COMMUNITY OPPORTUNITIES

CLRA Holiday Party Help Needed. Our annual holiday party is one of the club's most attended and fun social events of the year. We're looking for people to help with this year's event, which will be held December 17 (more info to come!). Contact social co-chair [Sandy Kurinsky](#) to volunteer or learn more.

Rent a Rower for TCNJ. The College of New Jersey Crew is hosting its semesterly "Rent a Rower" fund raiser for the next few months. For \$15/hour, tax-deductible donation to TCNJ Crew, you receive several hours of rower-power to help with any household chore including raking leaves, shoveling snow, moving, dog-sitting, and more! The team continues to grow in numbers and competition and would love to better its fleet with newer equipment and travel opportunities. If you are interested in helping your fellow collegiate rowers and are in need of a little extra help around the house, please contact tcnjcrew@gmail.com!



PEOPLE NEWS

WELCOME, NEW MEMBERS!

- **Thibaut Atrous**, New Member, rowing 10-12 years at national level
- **Patrick De Deyne**, New Fall Member, competitive rower (years ago), coach (USRowing certification)
- **Frank Fielder**, Renewal Member from 2009, 2006 L-T-R class
- **Lara Shore-Sheppard**, New Member, rowed at Amherst

CONGRATULATIONS!

...to Jennifer and [Graham Hill](#) whose daughter Margaux Cecilia Hill was born August 24, 2011 at 6:20 PM weighing 9 pounds, 4 ounces and measuring 21 inches long. Margaux and family are all doing well!

THANKS ...

... to all the Lakers who helped with preparations and clean-up from Hurricane Irene. The work continues – and your help and support in the process has been deeply appreciated by Princeton and your club! Once the clean-up is complete we all can enjoy watching [Doug Myers'](#) amazing [video of the flood](#) on YouTube.



2008 Pocock Standard Line 2x. Standard Line 2x (lightweight, carbon seat upgrade, carbon sculling wing riggers upgrade, NK Speedcoach wiring/impeller installed, Burnham rack for a 2x, Burnham boat cover and 2 wing rigger covers. Complete: \$8,000. Contact [Donna Tatro](#).

Safety Tip of the Month: Safety lights are required on the all boats for morning rows. Make sure that your coxswain and bow person have lights attached. Don't row without them. The red light should be placed on the bow and the white light on the stern. Affix the light's suction cup firmly to the boat deck and attach the string to rudder pin or hatch cover as a precaution against loss.

If you haven't looked at it lately – or ever – please review the CLRA [Safety Manual](#). It includes guidance for rowers, coxswains and coaches, plus club practices with regard to rowing sessions, weather, safety equipment and more. Safety first!

REMINDERS:

- **Next Board Meeting.** The board will hold its next meeting on **September 22 at 7 pm** at the Boathouse. Members welcome to attend.
- **No Boathouse Parking.** Please remember that parking is not permitted in the boathouse parking lot for any club rowing sessions, loading sessions or meetings. Please use the supplemental lots within walking distance to the boathouse. If you have a hardship or a special need to park at the boathouse, you must receive approval from [Tom Heebink](#). Thank you for your cooperation.

www.clra.com **Website Page of the Month.** View minutes from board of trustee meetings at: <http://www.clra.com/board%20minutes/boardminutes.htm>.

Please check <http://www.clra.com/> for more up-to-date club information. If you have any questions or comments, please email info@clra.com