

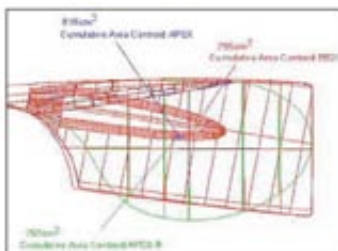


Either oar . . .

How to choose

By the time most of us bought our first shell, we'd been rowing for a while and had an idea which model suited us. What many of us didn't think about was oars. Twenty years ago, the only choices were length and weight (lightweight vs. standard); not much to consider. But starting in the early 90's, when Concept 2 introduced a big-bladed oar dubbed the "hatchet", the world of choices started to grow, and with it, confusion as to which oar was the right one. Now that many more companies are producing composite oars, and experimenting with shapes and dimensions to gain that extra ounce of speed, the choices are even more daunting

How to decide which is right for you? Read on.



Shirwin Smith

After twenty-three years of rowing here's my take – based on what I've learned from others, from experience, and especially from making some poor choices.

1. Don't row with a stiffer, longer oar than you need. The trend now is toward shorter oars, and masters' rowers should pay heed. Too much load will slow your stroke, limit your speed, could strain muscles and joints, and make you work too hard for too little return. The stroke rate for the steady-state rowing typical for open water is between 22-25 strokes per minute, an aerobic rate easily maintained for an hour or more. Oars that create too much load will make it hard to sustain a reasonable stroke rate.
2. Bigger blade shapes lock onto the water more solidly than traditional Macon oars. That lock encourages proper technique of initiating the drive from the hips and legs, while the upper body "hangs" from the oar handles. However, it also makes for a somewhat heavier load at the catch. If you have any back issues, you might want to choose a smaller blade type, such as the Macon.
3. The choice of blade style — lollipop, big blade, or smoothie — is really up to you. Different blade styles have slightly different characteristics and "feel". OWRC, has many different types of club oars to try; row them in a variety of conditions before you decide which you prefer. And by "prefer" I mean which is the most comfortable for you to handle.
4. Most oars today are "lightweight" but there are slight differences in the weight classifications offered by different makers. Also, the balance point built into the oar can make a great difference in feel; making the blade or handle end of the oar heavier or lighter. An oar weighted at the handle will feel very light, and the rower may have a harder time sensing when the oar is properly buried. An oar with more weight toward the blade will feel slightly heavier, but may make the catch – and general oar handling – easier, especially for newer rowers.
5. Once you've figured out which oars are for you, have a coach check out your shell to be sure it is rigged properly for your strength, your size, and for maximum efficiency. Only after your shell is properly set up, can your oars be adjusted to the right inboard and outboard length.
6. Almost all oars can be ordered with adjustable handles, making rigging changes easy. Unless you are certain of the oar length that is right for you, always order adjustable oars. Even if you do know, you should probably still order adjustable. That way, if you decide to sell and buy something different later on, the pool of potential buyers will be a whole lot bigger!



Bar Exam

A taste of power

Several rowers tell us about their nutrition preferences for maintaining stamina on a row.

Sunny Blende

– banana, coffee & a packet of GU w/water while rowing

Ellen Braithewaite

– PB&J on whole wheat toast

Chris Dadd

– black tea & a banana

Walter Hallanan

– double cappuccino w/ zucchini bread, GU20 while on the water

Randy Hixon

– banana, "Dr. Stein's Energy Bar", toast w/jam, water

Kellee McDonald

– tea with milk

Charlie McDonald

– tea and raisin toast

Kenny Robinson

– eats a good meal the night before; favors almonds & raisins over nutrition bars

Shirwin Smith

– fruit, cereal & coffee

Liz Stone

– oatmeal w/brown sugar & milk, "Hansen's Energy Pro"

Sunny Blende, M.S., Nutritionist

First there was PowerBar. Now energy bars are a \$3-billion-dollar business marketed as workout snacks or even meal replacements. But how do these bars compare? Which one suits your particular situation?

Bars differ mainly in the way they balance carbohydrates (provide energy for your muscles and brain), protein (help with muscle and tissue growth and repair), and fat (which also helps sustain energy, but can actually hinder performance during intense exercise). Most bars range from 100–300 calories, which is good for athletic activities, but overkill just to curb hunger pangs. Go for a Fig Newton at 60 to 80 calories instead.

To choose wisely, read the label and follow these guidelines:

- Choose a bar that balances carbs (45-65%), protein (10-35%) and fat (20-30%).
- Use 40:30:30 ratio bars for post-workout or meal replacement only; they do not have enough carbs to fuel workouts.
- Choose a bar with 3 or more grams of fiber to stabilize blood sugar. But during exercise, NO fiber is preferable.
- Avoid trans fats and saturated fats (less than 2 gms). Fat does not help during exercise unless the exercise exceeds four hours.
- Moderate sugar or complex carbohydrates are best for exercise. This is where the maltodextrins and glucose polymers are important.
- After exercise, whole grains, dried fruit, nuts and organic ingredients make excellent choices.
- Eat bars one–two hours before exercise and within thirty minutes post-workout; and don't forget to drink water with your bar.

Examples of sports bars to use before and after exercise are Cliff Bar, Power Bar, Luna Bar, Pria, Fruit Snax Energy Bar, Tiger Sport. Post-exercise or for between meal snacks, choose Balance Bar, PR Bar, Nutri-Grain, Nature Valley Granola Bars, The Lara Bar, Cliff Nectar Bar.



2006 North Tahoe Regatta

New records

With terrific conditions, it was a given that new course records would be set, and here they are:

8.75NM Course

Women's dbl – 1:16:57
Beth Geismar/Diane Green,
Ashland RC

Men's Aero – 1:21:52

Ian Cox,
Bair Island Aquatic Center

Women's Aero – 1:31:46
Katherine McMillen

3.75 NM Course

Mixed Flat Water dbl
Dave Goldner/Eva Schneider,
Arizona Outlaws

Kings Beach, June 2006

The 2006 regatta, sponsored by the Tahoe Yacht Club (TYC), was held Saturday, June 17. Conditions were ideal – except perhaps for the historically high lake level due to the heavy snow pack, making us scramble to find enough room to stage shells. The beach we usually use in front of race headquarters, Ferrari's Crown at King's Beach, was completely underwater. We're grateful to the state park at King's Beach for letting us take over a section of their beach.

There was a great response to the race this year. Clubs from Oregon to Arizona joined northern and southern California rowers at the lake to give us the biggest field in recent years – 61 shells entered the race, 58 started and 57 finished, 40 on the 8.75 NM open water course and 17 on the short course, a mix of open flat and open water shells.

There was a big jump in the number of women entering the long course; women outnumbered men 26 to 15. That was due in large part to the efforts of Diane Davis of the South End Rowing Club in San Francisco, who has done a great job of recruiting new rowers and bringing them into the racing circuit. The hot class was the womens 24/Flyweight class; 17 singles lined up for that start, and although a new record wasn't set, the competition was intense with a number of tightly contested finishes in the division.

We would like to thank the Tahoe Yacht Club for sponsoring and supporting this event, and for hosting the Friday night pre-race dinner – a great, relaxing gathering in terrific surroundings. The TYC helps with logistics for the event as well; their safety boat is an integral and much needed part of our safety strategy for the regatta.

Additionally, thanks go to all the volunteers – and there are many – who load and manage trailers, drive and staff the chase boats, handle the timing and results, and do whatever else needs to be done. We couldn't do it without them!

Next year's race is set for Saturday, June 16, 2007. For information, please contact:
tahoeregatta@comcast.net.

Meet the coach

OWRnews plans to interview many of our well-regarded coaches as a way to introduce them to our club members. If you have specific questions that you'd like us to pose, send them to:

ownews@comcast.net



Peter Olrich and his son, Will.

A few minutes with Coach Peter Olrich

Shirwin Smith

Our first interview is with Peter Olrich, a new face around OWRC (Peter began coaching at OWRC this past winter) but hardly new to rowing. Here's a little about him, and what he does besides row!

Q: What is your "day job"?

A: I'm the college counselor at the Bay School of San Francisco, a new independent high school in the Presidio of San Francisco. Prior to that, I was head boys' rowing coach, college counselor and English teacher at Brooks School in North Andover, Massachusetts. My wife and I just had our first child and were looking for the right opportunity to move to the Bay Area; the chance to work at the Bay School was a perfect situation. Working there has given me more involvement in curriculum development and other facets of school life than I've had before. As a young school with a fresh approach, we're training kids to become leaders, with an emphasis on science and technology, world religions and cultures, and ethics. It's an exciting opportunity in a great work environment.

Q: What brought you to rowing?

A: Growing up, I lived with my grandparents, and came to rowing through my grandfather who was one of original organizers of the Head of the Charles. He won his age class in the race twelve times, and the regatta became one of the central events on our family calendar. I grew up with the Cambridge Boat Club with some of the heroes of that era of the national team right in front of me.

I finally started sculling every day year-round before my sophomore year in high school, then was a sweep rower at Harvard. I took a few years off, then competed nationally for a while. Then I backed off on my training and replaced that with a greater emphasis on coaching. After college, I was the Program Director at Boston's Community Rowing program and then ran the programs at Craftsbury and also at the Florida Rowing Center during those winters. Most recently, I coached at Brooks. I miss sweep coaching, but it's been great to reconnect with sculling.

Q: What are your top 3 'helpful hints' as a rowing coach?

1. Make sure there's always some element of play when you're in the boat. Give yourself a chance to make mistakes and learn without criticizing yourself. Take a child-like approach instead of being so workman-like. Even when competing, there should be joy in figuring out how to go fast!
2. It's important to have a sense of the big picture as you move: knowing that you're levering yourself past the oars in the water, not pulling your oars through; understanding that you're moving toward the finish line rather than sliding back and forth; moving in tune with the ebb and flow of the hull through the stroke cycle.
3. Constant pressure on the footstretcher = constant acceleration through the drive. This might be the one most effective piece of self-coaching – making sure you're maintaining a constant (not necessarily hard) pressure on the footboard and on your handles from the catch right through the release. This will ensure that power application is smooth, that you're using the major muscle groups effectively, and that your blades slip out of the water cleanly. Be aware of your feet!



An Update from the Water
Fall 2006



Around the boathouse

August-September 2006

Off the water

There are many volumes, technical and otherwise, on the topic of sculling. Here are a few time-honored favorites.

Bruce Brown

Long Strokes, A Handbook for Expanding the Rowing Experience

Bruce Brown

Open Water Rowing Handbook

Jill Fredston

Rowing to Latitude: Journeys Along the Arctic's Edge

Stephen Kiesling

The Shell Game: Reflections on Rowing and the Pursuit of Excellence

Craig Lambert

Mind over Water: Lessons on Life from the Art of Rowing

Nathaniel Stone

On the Water: Discovering America in a Row Boat

Barry Strauss

Rowing with the Current: On Learning to Scull at Forty

Safety Class

Practice rescue techniques to help yourself and others on the water. Diver and rower Tim Sell works with you to help you prepare for emergencies. This hour-and-a half session is offered Mondays and Wednesdays. The cost for a single session is \$90; \$150 for two. Contact OWRC for more information and to sign up.

Angel Island Regatta

A 'Round Angel Island Regatta' is set for Sunday, November 5 with a potluck to follow. Participating craft will launch from the OWRC dock or from the beach. For info, email organizer Gordie Nash at gcnjr@earthlink.net or owrc@owrc.com.

Congrats!

In June, OWRC's Chris Dadd coached the Berkeley High School 4+ to a Gold Medal at the National Junior Championships. Congratulations to Chris and his crew!

More kudos

And congratulations also to club member Dan Bort. At the Masters Nationals in Seattle early in August, Dan won a gold medal in the lightweight men's single F category (age 60-64). His time in the 1000 meter race was 3:58:78; the second place finisher's time was 4:14:52. Dan rows his new Fluid Design flatwater single out of the Easom boathouse.

Trekking the [Bay] Model

Have you ever walked from the Golden Gate Bridge to Stockton? Join a Park Ranger for a tour of the Bay Model, a 1-1/2 acre operating hydraulic model of the San Francisco Bay and Delta. Watch the tide ebb and flood as you learn how the model of the Bay helped us understand California water issues during its 45 year history, and how it saved our estuary. A great way for rowers to learn about currents and the underwater terrain that affects our bay. Saturdays, 1:30 pm – 3:00 pm.

Open Water Rowing Center
85 Liberty Ship Way, No. 102
Sausalito, California 94965

tel: 415.332.1091
eml: owrc@owrc.com
news: owrnews@comcast.net



An Update from the Water
Fall 2006

News from the OWRC LLC BOD

I have the pleasure of introducing your Board of Directors for the OWRC LLC for 2006-2007.

Bill Berger
Sunny Blende
Ray Dunaway
Randy Hixon

Holly Hudson
Ben Kaltreider
Shirwin Smith

The Board meets every month to review progress toward achieving the goals established in the annual Strategic Planning Meeting and other items as necessary. Board Members work closely with OWRC management to assist in developing and maintaining the health of the organization. Any Board Member is happy to talk with you at any time; however we encourage you to address any problems or issues with club management prior to bringing them to the Board.

Good Rowing!
Ray Dunaway, Board President

Open Water Rowing Center
85 Liberty Ship Way, No. 102
Sausalito, California 94965

Boathousekeeping

Bookkeeper Position

OWRC is looking for a part-time bookkeeper. Flexible hours, pay DOE, current working knowledge of QuickBooks Pro a must. Please contact Ray Dunaway at 415.990.0091.

New Hours

Starting September 5, OWRC will open at 7:00 am weekdays. Through September, weekend opening will still be at 6:30 am.

New Rates

Lessons:	\$60/hour
Memberships:	\$110/month
	\$275/quarter
	\$500/semi-annual
	\$925/annual
Drop-in rates:	\$25/weekdays
	\$30/weekends

