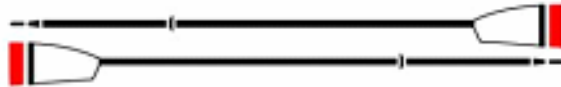




INDIANAPOLIS ROWING CENTER



The Catch

An electronic newsletter for
the Indy Rowing community

Volume 3, Issue 1

January 20, 2008

Winter Training Issue

Executive Director Update – by Bernadette Marten Teeley

Thank you to all for your warm reception. I look forward to meeting you in person over the next few months: **You are invited to a Welcome Reception**, Saturday, January 26, 12-1:30 at Eagle Creek's Discovery Center (located past the Peace and Justice Center off the Marina Road). I hope to see you there.

Currently, I am working on the plans and updates for the 2008 Season: coaches' meetings, inventory of equipment and recordkeeping! Thank you to those members of the Board and the general membership who have pitched in over the past few weeks. I appreciate your time and expertise!

I am also hopeful that I will see you at the Indy Indoor Sprints in February and/ or the Bowling for Boats Fundraiser this Friday. My email is irc.teeley@gmail.com.

Indy Indoor Sprints - Saturday February 9 – Ergs for Sale!

Indy Rowing is again hosting the **Indy Sprints** on Saturday, February 9th at Butler. We are pleased to announce that this year the Indy Sprints has become a qualifying event for the Crash B Sprints - the World Indoor Rowing Championship. Registration is now open on Regatta Central. Please sign up in advance as it will help us with scheduling and insure that you are in the correct flight.

Through our work with **Concept 2**, our members have a time limited opportunity to purchase a **Model D Indoor Rower with PM3 monitor**. These Concept 2 ergometers sell, at retail for \$850 plus a \$40 shipping charge. We are pleased to be able to offer them at the discounted price of **\$800** which is a \$90 savings!

If you are interested, or know of anyone who might be, please contact Andy White at adwhite1@butler.edu. The deadline for this sale is Monday, **January 28th!** We know that you will not want to miss this great opportunity to work out in the comfort of your own home with your new Concept 2 so don't delay in contacting Andy!

The junior team will be attending in full force and we are expecting a strong master's turn-out as well. This is a fun and adrenaline-filled opportunity to revitalize your training program or to kick off your spring season. Feel free to invite your friends, this is open to all. Lessons will be available on race day.

Volunteers are needed for publicity, registration, results, officiating, and merchandise sales. If you can help with one of these positions for an hour or two please reply to the Catch.

Bowling for Boats

What: IRC Bowling Fundraiser

When: Friday, January 25th 6:15-8:15 Plan to arrive by 6:00 to form teams.

Where: Brownsburg Bowl - 317-858-0388.

18 Whittington Drive, Brownsburg

Cost: \$25 - includes 2 games, shoes, pizza buffet, chips and soft drinks

Teams: Each team will consist of 5 bowlers, bowling 2 games.

Please RSVP to ShowleyZeronik@comcast.net with the names & number attending.

The lanes are reserved for 2 hours so if you complete your games before the time is up, we will tally your scores and you can continue to bowl for fun until the timer turns the lanes off. If there is a team or teams with less or more bowlers, we can take an average of their 2 games and get the highest average per bowler per team. The team with the highest average per bowler will be the winner of the 'Pin Trophy' and will share a \$50 cash prize. Each player on the winning team will also receive a certificate of achievement!

Let the games begin!

Tentative Spring Juniors Racing Schedule

Saturday 4/12 - Cincinnati Invitational

Saturday 4/26 - Culver Parents Day

Sunday 5/4 - Indy High School Championships at Eagle Creek

Saturday & Sunday 5/17-5/18 - Cincinnati Midwest Junior Championship

Rowers Profile - The Catch plans to feature a junior or master rower in each issue. Please reply to the Catch with your nominations.

Ralph Pickles – back to the UK – best of luck to you!

We received the following e-mail from Ralph, and couldn't resist passing it on. Ralph's smiling presence will be greatly missed around the boathouse, and he is a pretty fast sculler too! They work pretty hard in the UK, read his comments below.

"It's strange how things change. I expected to be here in Indy for another year, but my boss had other ideas and so I am shipping back to the UK now. The shippers arrive tomorrow to take all the furniture. My boat shipped on Wednesday - hectic times. It will be good to be back at home in the UK, but I did enjoy being here and I will miss the last year here.

I have joined the Tees Rowing Club and had my baptism of fire a week ago. They invited me down to row last Sunday morning - arrive at 7.30am (it is pitch dark in the UK at 7.30 am at this time of year - dawn is around 8.00 am!) - weather blowing half a gale, standing waves on the river and raining gently from an overcast sky. What they didn't tell me is that once a month they have a 3 mile head race to tune up club members for racing - so after too much easy living over Christmas, they put me in a quad - we paddled 7 miles and raced 3! Active club though - they had around 60 people racing - 2 octuples, 1 eight, 2 quads, a double, two singles and several fours. I am not sure what the result of the race was - we passed several boats but did not catch the quad ahead of us. I know I was very grateful when the end of the course was reached.

I hope we get the chance to meet up again sometime. Hope to meet again either here or there. Best Regards, Ralph"

Winter Training at the Monon

The ergs have been busy at Monon Fitness this winter. They are available any time during the day. If you haven't been yet, Monon has a great deal for Indy Rowing members (\$65 for juniors and \$100/year for masters, and family) and it's time to resolve to get fit for the new year. They also have great classes (like aerobics and yoga) which are free to members.

Juniors

Exams and the holidays are behind us, so it's time for the juniors to get back to training! Please sign up for The Indy Indoor Sprints (at which all junior rowers not participating in a winter sport are expected to compete). The first erg practice of the spring season will be February 4. Complete details will be distributed through the Booster Club at the end of January—watch your email!

Masters

The Holiday Challenge is behind us, and it is time to start getting fast! Our workouts will change from long pieces to more intervals to help us increase our speed in preparation for the race February 9. Please join us at the Monon on Tuesday and Thursday evenings at 6PM, and Saturdays at 9AM for the last several weeks of preparation. We are glad to teach anyone who would like to learn, this is a great New Years resolution.

Holiday Challenge

A lot of our rowers participated in the Concept2 Holiday Challenge to erg either 100,000 or 200,000 meters between Thanksgiving and Christmas. Even if you don't participate in the challenges, all our members who are erging are invited to set up a log at www.concept2.com. Be sure to put your affiliation as Indianapolis Rowing Center and add your meters to our total. We have climbed to 106 out of 1144 clubs!

Congratulations to those who completed the Holiday Challenge:

Over 100,000 Meters

Kevin Connolly
Timothy Durham
Alex Mercho
Deborah Stoll
Erik Tamsen
Brian Vest

Over 200,000 Meters

Mark Bucherl
Sheila Cornelius Habarad
Shawn Dresser
Eric Stoll
Tony Summers

Thanks to Whitney Meyer

When Eric retired at the end of August, the board asked Whitney to fill in as Interim Club Coach until a new executive director was named. Whitney took the job on September 1st and gave birth to daughter Rory on September 19th. She coached the junior women throughout the fall as she fulfilled many of the administrative duties of the center. Thanks to Whitney for keeping things going for the rowing center at a very busy time in her life!