

Blue Blades



The Mid-Hudson Rowing Association Newsletter

July, 2013 Volume 2, No. 3

Welcome to New Members

Please welcome our new members from the June LTR class: Julie Biggs and Margrethe Mummert. Margrethe says she loves rowing and jumped right in as the only woman rower in a four early Tuesday morning just after joining.

Julie joins with her daughter, Amy, who rows with Wappingers Crew Club. Julie now appreciates why her daughter does not want to miss out on rowing during the summer. We hope to see a lot of all three of them on the water in the coming months.



June LTR Class (Julie and Margrethe 3rd and 5th from left, respectively)

New Eight

Mid-Hudson Rowing has purchased an eight oar shell from Marist. On Saturday, July 29, a bunch of members and LTR participants marched north to the Marist boathouse and retrieved the shell named *Terry Macken*. The shell is a 1999 Vespoli Millennium DL.



Inspection of the *Macken*

We installed the riggers and put it on the water for the first time as a MHRA shell. It is good shape and we expect it to serve us well for many years.



Retrieving the *Terry Macken* from the Marist Boathouse

The new (to us) 8+ will replace the much loved *Bill Davies* which is getting a little tired.

Yard Sale July 20



“One man’s junk is another man’s treasure.” Same goes for women.

It’s time to gather up all the little used stuff filling your garage, basement, attic and buried in your closets. Mid-Hudson’s Annual Yard Sale is July 20 - a little earlier this year but it will once again be at St. John’s Evangelical Lutheran Church at 55 Wilbur Boulevard in Poughkeepsie. The yard sale is a big fundraiser for MHRA. Items for the sale are essentially donated. Proceeds from the yard sale go into our capital fund to help us purchase replacement shells and other rowing equipment.

The yard sale officially starts at 8:00 AM but we can expect early birds ready to snap things up as we are trying to set them out. To get a little ahead of the crowd we are going to **start setting up at 6:30 AM.** If you **come early** to help out, you may see something to add to your own treasure.

Cathy Monfred has been distributing flyers for members to post in public places so the public will know about the yard sale. There is no rowing on Saturday, July 20, but there are entries on our Rowing Practice web page for volunteering to help with the setup, sales and take-down of the yard sale. Please help out with donations and by volunteering to help out.

Oars of the Hudson Glasses

Buy yours before they are all gone!

Mid-Hudson Rowing volunteers were busy selling our **Oars of the Hudson** glasses at some of the regattas held during the Spring. The people attending the regattas snapped up the glasses in pretty good numbers. It is turning out to be a very successful fundraising activity with all of the proceeds going to the seven high school crew programs rowing out of the HRRR Boathouse.



Regatta Sales benefiting High School Crews

There are only 24 glasses remaining out of the 144 originally ordered.

If you don’t have yours yet or know somebody who would want one, pick up some glasses up next time you are at the boathouse and leave the money in one of the envelopes for our treasurer. The glasses are \$10 each, \$35 for four or \$50 for six.



Row for the Cure

Mid-Hudson followed the tradition established in recent years by entering a mixed 8 in the Poughkeepsie Row for the Cure on June 2. Our race strategy is to practice with everybody in their assigned seats all the way from where we launch the boat to the starting line on the morning of the race. No chance of the crew peaking too early in the season.



Fuel for the big race.

It worked!
Everybody in the boat felt they rowed reasonably well and stayed close to the rest of the field ... in the wrong event. We were on time for our start but the schedule was running early. But, hey, we rowed with mixed high school varsity eights and looked somewhat respectable!

The strategy for next year is to establish better communications with race officials.



Carb loading for the mixed eight race!

Avalon Rowing Club

Mid-Hudson helped out the Avalon Rowing Club by letting them use our shells for the Poughkeepsie Row for the Cure on June 2. It was a way to help out both Avalon and the local Row for the Cure event. Avalon entered 9 shells (7 from MHRA) in five events and won a total of 6 medals; 4 silver and 2 bronze.

Avalon Rowing Club paid us \$360 for the use of our shells. The MHRA board decided to add the money to our Scholastic Fund for the benefit of the seven high school teams rowing out of the HRRR Boathouse.

Avalon characterizes itself as a “Cyber” club: a composite club of people who want to come together to enjoy each others company and row - because they love rowing. They had two groups of women cancer survivors entered from TRISate WCR and Boston WCR. They had men entered in events as well.

As Sally O'Connor, who organized this event for Avalon, explains it, “Avalon exists to help supplement your home team’s regatta schedule. We are certainly not out to replace it ... And the first rule of Avalon is: *your home ream always comes first*. We try to tier the boats so that people are matched in both skill and temperament ... but you never know what you are going to get. So we try to make it a good time or a great story!”

Anyone interested in Avalon Rowing Club can email Sally at sally_the_mander@yahoo.com.



***Voyage of King Arthur and Morgan Le Fay to the Isle of Avalon* by Frank William Warwick Topham (1888)**

Sculling Clinic Starts July 9

Openings Available

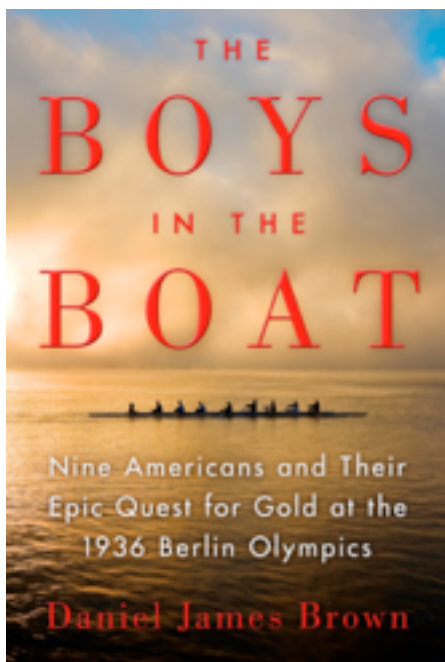
Each year in July a Sculling Clinic is held for beginning, novice and intermediate scullers. Even those who are still working on developing good sweep rowing technique can benefit from the Sculling Clinic. It will help reinforce many of the things coaches are always reminding us of when we are sweep rowing in a four or eight oared shell. More importantly, sculling opens up a whole new experience of being one with the shell and the water. The Sculling Clinic fee is \$150; \$125 for MHRA members.

The Sculling Clinic is taught by Bill Davies, our immediate past president, who is a USRowing Level II certified coach with over 30 years of competitive sculling experience. Six sessions are held over a two week period on Tuesday and Thursday mornings at 5:30 AM for both weeks and two intervening weekend classes at 7:00 AM.



Bill Davies in his Hudson

The Boys in the Boat



Many local rowers are enjoying reading a new book about rowing for gold in the 1936 Berlin Olympics. Anyone who has rowed in Poughkeepsie waters will find a lot of local history comes alive as they read of the Washington Huskies' quest for Olympic gold. The book is ***The Boys in the Boat*** by Daniel James Brown.

Readers will enjoy getting to know the rowers, coxswains and coaches and learning the challenges each faced as the saga unfolds. Readers also get to know George Pocock, the great wooden shell craftsman and mentor of coaches and rowing athletes, whom the author quotes at the beginning of each chapter. Some of the quotes come across as prose, but to an oarsman he is the poet laureate of rowing. He said it all when he wrote:

***It's a great art, is rowing.
It's the finest art there is.
It's a symphony of motion.
And when you're rowing well
Why it's nearing perfection-
And when you reach perfection
You're touching the divine.
It touches the you of you's
Which is your soul."
-- George Pocock***

Recognize Anyone?



1979 Wesleyan Lightweight Varsity taken at the Dad Vail Regatta in Philadelphia.

Save these Dates

7/20	6:30 AM	Yard Sale
8/18	6:00 PM	Moonlight Row
9/14	7:00 AM	Mills Mansion Row
9/17	6:00 PM	Moonlight Row
9/22	5:00 PM	Fundraising Dinner
10/27		Head of the Fish Regatta
12/11	7:30 PM	History Film Screening



Pancake Breakfast



Ray Neville, sculler, coach, pancake chef.

The June Learn-to-Row class got a taste of what Mid-Hudson Rowing is all about when sculler and master pancake chef Rowboat Ray treated all to a pancake breakfast Saturday morning, June 22. The pancakes were great - all you can eat and more - and there were other breakfast goodies as well brought in by other members.

Linda Rapp, our Learn-to-Row coordinator and coxswain, gets first prize for artistic culinary presentation with her banana boat four dish. Almost too beautiful to dig into, it proved to be



delicious as well after somebody took the first scoop.

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Editor: Bill Washburn