



## CREW NEWS

August 23, 2016

### Fillippi Fundraising File

Congrats and a big thanks to [Micki Immanivong](#) and [everyone who contributed](#) to purchase the new Fillippi lightweight 4x/4-. The fundraising event was a complete success with help from club members, families, a foundation and GHRC matching. We'll pass on the final figures when all the numbers are in, but the total is over \$29,000! The boat has been ordered with an expected delivery in early spring. Even after buying oars and incidentals, we will also have the start of a designated "Maintain the Fleet" Fund to keep us thinking about the future. We will be using it for undesignated contributions as well as those designated for the Fund.

### Club Boat Repair

Ever wonder what it takes to repair damaged boats? Many have indicated interest on their membership application. Now you can see and learn! After club row on Saturday, August 27, and finishing up again on Sunday, August 28, GHRC VP [Bill Lind](#) will be repairing a deck and a splashguard on two club boats. Bill is an experienced marine repairer and professional marine architect with lots of information to share. (Maybe I can sneak my old single in...). Thanks, Bill.

## **Adaptive Rowing Update**

A lot has been happening on the adaptive front. **Bennie “Semper Fi” Perez** has been rowing about a year and competed in his first competitive regatta – a national one! I asked him for his thoughts on the regatta and his experience...

On August 13, 2016, I had the opportunity to race in the 35<sup>th</sup> Annual Bayada Regatta in Philadelphia, PA. I was confident I would be able to finish in the top three, even if I was competing with athletes who use the sliding seat. I am officially classified as Leg, Trunk, and Arms (LTA) classification, but with pain issues in my left leg I am unable to use the sliding seat and train and compete in a fixed seat. There were five athletes competing in my event (LTA 1x Men Over 40), and I was able to earn a bronze with a time of 6:18, the worst time I have ever had in a 1K, even in training. I made major mistakes, including setting up my oars incorrectly and not being ready at the starting line. Although I am disappointed in my performance, I am more determined than ever to improve. I learned a lot at this event, and recommend it to all who have physical disabilities. Seeing athletes strive to be on top in their class, regardless of their daily struggle, is encouraging and inspiring.

Bayada Regatta is the first regatta to focus solely on adaptive rowing and has become one of the largest all-adaptive rowing events in the world, and it is open to athletes with physical disabilities from around the globe, including blindness, amputations, multiple sclerosis, cerebral palsy, spina bifida, paraplegia, or quadriplegia. The Bayada Regatta accommodates all levels of athletes and abilities, from beginners to Paralympians, and rowers are classified according to standards

developed by the International Rowing Federation (FISA). More about this event can be found at <https://www.bayada.com/regatta/about.asp>.

Thanks, Bennie (and [Peter Day](#) and [Jere Crean](#) for the coaching). If hard work and determination mean anything, Bennie will be a contender on the U.S National Para Olympic team next time. (Nobody wants to remember their first regatta start!) With a stationary seat, Bennie's stroke rate is about twice that of an able-bodied rower. Don't challenge him on the erg!

Bennie has been borrowing an adaptive Wintech from Austin, but [Meghan Lu](#), our junior rower and cox extraordinaire has applied for a grant through the Girl Scouts to buy a used adaptive Wintech like the borrowed one. The official word is that it will be approved and we can return the borrowed boat! Jere picked up the boat we wanted last week so we wouldn't lose it. **Way to make a difference, Meghan!!!**

### **GHRC Nationals Stars**

GHRC was well represented by two lightweight rowers at the 2016 Masters National Championships at Worcester, MA last weekend. On a windy day, both [Mary Maxwell](#) and [Micki Immanivong](#) and brought home medals:

Both Micki and Mary joined two friends from Austin RC and OKC RC in the Womens Ltwt A 4x pulling down the **GOLD** medal.

Mary and a friend from OKC RC, national champs last year, defended their previous GOLD in the A 2x rowing to another **GOLD** medal.

Mary also rowed with 3 friends from the Atlanta, Potomac and Jacksonville Rowing Clubs in the B 4+ and rowed to a **SILVER** medal.

Congrats to both of you!

### **Hudson Single Donated**

We all thank [Eric Jonasch](#), a club member for several years, for the generous donation of his Hudson single to the club. It is the yellow and red one in exception condition and will be available asap to midweight and lighter heavyweight club members. We expect it will be appearing at many regattas as soon as members start rowing it. Thanks again to Eric for this great addition to our fleet.

### **Are you bringing your own water bottles?**

We provide member-donated plastic bottles of water for new rowers that may not know they need water, guests, and members that forgot their water or don't have water with them for some reason. While members are always welcome to use the water, and encouraged to take water out with them, the intent is not to supply all rowers with water. We want to thank the thoughtful and generous members who supply the water.

Plastic bottles are generally disposed of in the recycling bin, but there are usually half-full bottles around after a club row. We can be even greener if you take a minute to put ice in your own bottle (or bottles) and bring it with you. It will stay colder that way, too. Thanks.

### **What would you like from the club?**

The Board of Directors would like to know. The club has grown in numbers as well as age, experience and ability ranges. While most rowers are not shy in giving us an idea or opinion, the Board does not always hear current ideas early. We want to hear from you all what needs to be fixed, looked into or changed.

Our club has been noted for what a “predominantly masters club should be” – open club rows, welcoming and varied members, encouraged competition, a great boathouse, a fairly current fleet, self-managed and very reasonably priced. Recent improvements include the fundraiser for the lightweight quad and the introduction of adaptive rowing.

What the Board is looking at now:

- Access to upper boat racks and expanding boat racking.
- Corporate and foundation funding needs and possibilities.
- Ways to use our website.
- Matching some board activities to appropriate members.

It's your club! What would you like to see GHRC do?

It is hard to worry when you are rowing. Enjoy.

Dave Anthony  
President