



IRC hosted the Indy Collegiate Invite on April 24th. Milwaukee School of Engineering attended as well as Michigan, Michigan State, Dayton, Indiana, Wheaton, Notre Dame, Purdue, and Marquette,

(2009 photo by D. Kevin Elliott)

The Catch

Indianapolis Rowing Center's E-Newsletter

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April/2010

Welcome to the April edition of The Catch. All rowers have had great opportunities to get out on the water this month. Compared to last year, we have all been able to have far more rowing experience during April, although some days have definitely been much rougher and the weather more inclement than others!

Activity around and in the boathouse has increased substantially and IRC has hosted its first regatta of the year-the Inter-Collegiate Invitational regatta- which saw teams from across the Mid-West arrive at eagle Creek to compete. Great racing was witnessed on our highly valued course on a rowing-perfect day, despite the forecast for severe weather conditions.

The Juniors have already started racing and there is a report in this issue of the regatta at The Golden Bear Invitational regatta. Masters Training has begun in earnest and May sees the beginning of Novice/Recreational Masters Training in addition to the Competitive Program.

This issue also includes the usual Juniors and Masters reports as well as the third article in Emma Presuschl's series on Rowing Nutrition. Sandy Kay has submitted a valuable article on Health and Safety to which we should all, rowers and non-rowers, pay attention. In addition, there is a

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Profile of senior rower Ben Daugherty, as well as the Notice Board and notification of other IRC events.

I'd like to remind you all that, as members of the IRC community, you are free to submit articles or ideas to The Catch at catch@indyrowing.org

Happy Rowing
Kevin Connolly

From the Director

IRC Members and Friends,

April has been a banner month for IRC: The **Big Ten Conference** agreed to move their 2011, 2012 and 2013 Championships to Indianapolis, which has renewed the interest of the NCAA in coming back to IRC. **IRC received a CHAMPS grant** from Conseco, the Indiana Sports Corp and Youthlinks Indiana to fund half of the purchase of a training barge to help develop Rhodius Rows and our outreach programming; and, finally, two new Indiana rowing programs that IRC helped to develop, **Concordia High School Crew, Ft Wayne and Shortridge Crew**, competed today in the Indy HS Invite! Great work IRC!!

Yesterday, I attended the Big Ten Rowing Championships in East Lansing, Michigan. The race was held on a four lane course without the infrastructure of launch and retrieval docks, starting platforms, or announcers. It was also extremely windy which may have affected the speed of the different lanes. I am looking forward to showing these teams what an Indianapolis-hosted race is like! They will be racing **May 15, 2011**-mark your calendars! On a side note, IRC and the Big Ten both sent press releases to Indianapolis **media outlets**-but I haven't seen anything in the press. Please **spread the word**. 350-400 athletes and coaches will be traveling to the competition, with about 400 spectators and staying 2-3 nights in Indianapolis. Indiana University was helpful in securing this event for IRC and City, thank you!

In preparation for this event, and of great need is the IRC plan to renovate the tower and course. A group of volunteers will be coordinating a special appeal as part of the **IRC capital campaign**. Phase two of this campaign includes a boathouse expansion and winterization. Members should be hearing from the group soon, and please watch the website for the campaign page to launch soon. If you would like to be involved with the campaign, please contact [Stefanie Anderson](#). The **naming of the Finish Tower** is also a possibility for a corporate sponsor. The Big Ten Championships will be televised, and the tower is used by triathlon groups and visible from 56th street. Do any companies come to mind?

The **IRC training barge** has been ordered! I will seat 8 people,

can be broken down into 13" x 6" sections for winter storage and will be ready about June 1st. It is being made by Stillwater Designs in Massachusetts-check out their website for more information! Our members have been busy! The boathouse looks great due to the efforts of Tracy Barta the Boathouse Cleanup crew on April 17th. The Indy Collegiate Invite was incredibly well-run thanks to 70 IRC volunteers who hosted event. The boosters turned right around and ran the Indy High School Invite today!

Please encourage your family and friends to try rowing by attending the **National Learn To Row Day on June 5th. Learn to Row and Learn to Scull classes begin Monday**-it is not too late to sign up!

Keep up the great work, IRC!

Bernadette

View from the Boathouse

It has been a wonderful month at the boathouse, and we can only hope that this great weather continues into the month of May! With the luck of the warm weather, boat repairs are in full swing and can continue as long as the weather allows. However, there is one other necessity for repairing boats; I need to know when they are broken! I will keep this month's "view from the boathouse" short and sweet by saying - Please write down broken equipment in the equipment log so that it can be replaced/repaired/adjusted as needed.

For those of you who do not yet know where it is, the equipment log is in the back of the red binder along with the sign-out log. For those of you that don't know where the red binder is, it is on the table by the map of the course and the towels for the boats. It's easy to spot - just look for the bright pink pages! As always, thank you to all of the members for your continual support. I look forward to seeing all of you on the water!

Caitlin Gray
IRC Boathouse Manager

Masters Report

The Masters are now officially back on the water and are, officially, loving it! Turn out has been much larger than last season so far and the Masters are actively turning their attention towards recruitment, both of rowers and coxswains. We are very happy to have a number of new and returning rowers and are impressed by their swift progress. We now have the luxury of three coaches in Mikella Robinson, Courtney Chan and Shawn Boyle, who we welcome to IRC and with whom we look forward to a productive relationship. Masters goals are ambitious this year, both in

competition and in novice/recreational standards, with a lot of emphasis being placed on learning good technique as well as increasing power. As the competitive season starts later for Masters than for Juniors, a lot of practice time is devoted to drills and muscle-memory repetitions, that, though awkward at times, help to instill good habits. There is also heavy emphasis on understanding that the crew is 'one' unit and not a collection of individual units.

Part of the Masters recruitment campaign includes 'Meet and Greet' sessions at IRC. These will be held on the first Saturday of each month at 11.30 a.m.. If you are a member of the IRC community, and would like to investigate the possibility of rowing with the Masters, (or if you know someone who is) please feel free to come along and meet the Masters who would be delighted to answer any questions you might have. The list of these informal 'Meet and Greet' sessions may be found on the indyrowing.org website calendar.

By Kevin Connolly

Juniors Report



Now well into their Spring season, the Juniors have been blessed with beautiful water for practice nearly every week. The time on the water has been used to practice sprints, get times, work on starts, and get boats rowing smoothly together. As wonderful as this water has been, the team has not been quite as lucky at regattas. The Golden Bear Invite had to be cancelled halfway through because of horrific winds, and winds at the Hoover Invite were strong as well. However, as their coaches have taught them, the rowers know that whatever conditions they are dealing with are the same ones that other teams are subjected to; it isn't an excuse not to row their absolute bests. The regatta proved to be an excellent learning experience and well worth the time- plus, bagel sandwiches were made, a favorite of all rowers. The Juniors are now preparing for the home regatta on May 2nd as well as Midwest Championships- a mere four weekends away. The weekend consists of traveling to Cincinnati on a Friday evening, followed by a two day regatta (Saturday May 15 and Sunday May 16th). Also up and coming this weekend is the Collegiate Invite, which Juniors volunteer at and get a chance to see college rowing at it's best. The Juniors continue to learn and improve as the season progresses.

By Bridget Bechtold

Sun Safety

Spring and summer rowing has resumed and we are out on the water once again! As rowers, we are all aware of, and follow, boating safety policies and procedures that reduce our risk of

accident/injury, but we don't often think of those things that we can do to minimize risks to our personal health. The incidence of skin cancer (squamous cell, basal cell and melanoma) is rising at alarming rates. Melanoma, the deadliest of the skin cancers, is the fastest growing cancer in the United States and worldwide. Here are some sobering facts about melanoma:

- * Every 8 minutes, someone in the USA is diagnosed with melanoma
- * Melanoma kills one American every hour
- * One in 5 Americans will develop skin cancer in the course of a lifetime
- * Melanoma is the most common form of cancer in young adults 25-29 years of age and is the second most common cancer in adolescents and young adults 15-29 years old !!

What are some of the risk factors for melanoma?

- * family history of melanoma
- * fair skin - red or blonde hair
- * obvious freckling on upper back or chest
- * one or more blistering sunburns before the age of 20
- * exposure to strong sunlight
- * development of precancerous sores (dysplastic nevi)

Lets talk about sun exposure:

- * sun damage from UV exposure is cumulative throughout your life and cannot be reversed!
- * about 65% of melanoma cases can be attributed to ultraviolet (UV) radiation from the sun
- * One blistering sunburn under the age of 20 doubles your lifetime risk of melanoma; three or more blistering sunburns multiplies your risk by five
- * haze and light clouds do not protect against UV exposure
- * reflection of UV radiation from light surfaces such as sand, snow, or water damages your skin; beach umbrellas and hats provide as little as 50% protection.

Some facts about sunscreens:

- *SPF, or Sun Protection Factor, can be explained by the following example:
If your skin normally begins to burn in 5 minutes while not wearing sunscreen, an SPF 30 sunscreen will extend the time to 150 minutes (5X30).
- * A higher SPF doesn't protect your MORE, it protects you LONGER!
- * Even a high SPF sunscreen is useless if not applied correctly
- * We don't use enough sunscreen!! A shot glass full of

lotion per application for full body coverage should be applied when spending a day on/in the water

- * Put extra on nose, under eyes, tops of ears, back of the neck and lips

- * Even if the bottle says "waterproof or all day", reapply it at least once every two hours while in the sun. Always re-apply after swimming, toweling off or when perspiring heavily (after those intense practices and races!)

- * Check the expiration date - active ingredients deteriorate with time and temperature

- * A 6oz bottle should be used for a full day in the sun!!

- * Yes, you can still get a tan wearing an SPF of 90 !!

- * wear sun screen EVERY day! That 10 minute walk from your car to the office every day adds up to 4 hours of unprotected skin each month!

As rowers, we cannot always choose when and how long we will be in the sun. What are some measures that we can take to reduce our risk of skin damage from sun exposure:

- * Avoid or minimize exposure during peak intensity hours (10am to 4pm)

- * Stay in the shade whenever possible - in between races, etc.

- * Apply sunscreen of SPF or 45 OR HIGHER - apply 20-30 minutes before exposure

- * Wear sun protective clothing when possible - long sleeves, hats, and sun glasses. The risk of developing ocular melanoma (melanoma of the eye) may be reduced by wearing unglases with UV protection

The key to surviving melanoma is early recognition:

Any change in the appearance of a pigmented skin sore over time is

warning sign. Examine your skin monthly. If you're not sure about a spot - see your primary care physician or a dermatologist. The ABCD system of skin inspection is recommended:

- * Asymmetry - one half of the abnormal area is different from the other half

- * Borders - look for irregular edges (not a smooth circle)

- * Color - mixed colors of tan, brown, red or blue, black

- * Diameter - usually larger (but not always) than 6mm (size of a pencil eraser)

We're so vain.... most of us agree that we feel and look 'healthier' with a tan. There are many products that really do give the appearance of a nice tan. Aveda makes a nice self-tanning lotion that does not turn you orange (when properly applied). Neutrogena makes a micro-mist bronzer that gives a very natural looking tan. There are many other brands that

are out there - ask around for other recommendations.
Now, go out there and safely enjoy your time on the water!

by Sandy Kay

Erg-a-Thon at the Riviera Club

On 25th April at The Riviera Club on Illinois Street, 6 IRC rowers each completed a Marathon (26 miles 385 yards/42,195 meters) on ergs. They were Mikella Robinson, Mike Robinson, Joshua Sobieski, Eric Stoll, David Clarke and Kevin Connolly. While completing their marathons they raised \$80 for the IRC Scholarship Fund. Donations may still be made on-line (indyrowing.org) or to any of the Marathoners who will pass the money on.

Congratulations to all who took part and thank you too to those who came and offered moral support on the (very wet) day.

Who's That?

PROFILES OF MEMBERS OF OUR ROWING COMMUNITY

This month:
BEN DAUGHERTY

I entered high school as the JV goalie on the Park Tudor soccer team and would most likely become the varsity goalie my sophomore year. On a fluke, I decided to attend the rowing callout for the spring season, more to stay in shape than for any interest in the sport. However, within one season, I fell in love with the sport and the next fall, I chose to give up soccer in order to row full time.



Crew has transformed me as a person both physically and mentally. When I first joined the team, I was a 100 pound weakling. My first memories are of trying vainly to pull up a bar to create a clanking noise that the others seemed to do with ease. Slowly, the workouts made me stronger, and I began to see definition in my arms for the first time. In addition to my newfound physical strength, rowing has enhanced my mind. I now fully understand the phrase "we're all in the same boat" and have learned to pull as one crew. Not only have I learned the value of teamwork, but I have also discovered how far I can push my body before I can go no further.

Rowing for me is more than just a sport. I have become part of a community and have found a wonderful group of people to hang out with. The bond with other rowers at IRC is immense. We are more than just friends or teammates; we are both. We have each shared the pain of the 250 meter sprint and the blisters they

leave on our hands. We have worked together as only rowers do from loading the trailer before a regatta or creating one catch.

My generation of rowers is one of the luckiest. We have had the fortune of learning from a slew of coaches, each unique, stretching from Courtney to our most recent addition, James. With each coach, I feel like IRC has been able to broaden my experience and add a new element to the rowing community

No matter which college I decide to attend this coming fall, I know for certain that I will be rowing. This sport has become such an integral part of me that I couldn't bear to be without it. Because of my experience at IRC I have not only become a high school rower, but rather a rower for life.

By Ben Daugherty

Annual IRC Memorial Day Picnic and Race

When: Saturday, May 29th, 2010

Time: 10:00 am - Sign in for boat line-ups
10:30 am - Boats launch for pick-up races
12:00 pm - Pitch-in picnic

IRC will kick-off the 2010 Summer season with our annual Memorial Day picnic and race on Saturday, 29th May. The event begins at 10 a.m. with registration, after which the boat line-ups will be set for the 500m sprint races. Deb Stoll will be composing boat line-ups from the Masters, Juniors and Collegiate rowers who sign-up.

The picnic will take place after racing at approximately 12 noon. Drinks and table service will be provided. Please bring a dish to share as follows:

Last names that begin with A-H bring a Main Dish
Last names that begin with I-R bring a Side Dish
Last names that begin with S-Z bring a dessert

Experienced launch drivers, coaches and coxswains who intend to attend the picnic, please email Heidi Heldt (see below for details) if you are interested in officiating/coxing the races and/or transporting spectators for a closer view of the event.

Don't miss this great tradition of rowing, food, and fun with your family and friends. If you have any questions please contact Heidi Heldt.

An evite will be sent to the membership of IRC closer to the date, and information will also be posted in the boathouse and on the Masters' and Juniors' websites.

heidiheldt@indyrr.com (317 847 8701-cell)

Nutrition and Rowing

Rowing and Nutrition (3)
(The third in a series of four articles by
Emma Preuschl)



SUPPLEMENT BUZZ

Do you need a supplement?
It's best to consume your vitamins and minerals naturally by eating the recommended 9 servings of fruits and vegetables every day. If you do not have a well balanced meal plan a vitamin or mineral supplement is a secondary way to get the nutrients you need for good health.

Which supplement is right for you?

You know your body and eating habits better than anyone. I would encourage you to do a self check of your daily food intake. Do you eat 9 servings of fruits and vegetables? Do you eat high fiber foods and whole grain products? Are dairy products parts of your regular meal plan? Do you consume 5-6 oz of protein every day?

Is it safe to take supplements? How do I know if my supplement is safe?

Supplements are not regulated by the FDA; therefore the labels and ingredients are not tested for safety or efficacy by the federal government. Always use caution when reading the supplement labels. www.ConsumerLab.com is a great internet resource that provides research based reviews of supplement products. Consider consulting a registered dietitian or doctor before starting your supplement regiment. It's always important to seek medical advice if you want to take a supplement and are also taking prescription medicines.

By Emma Preuschl
(Franklin Township Food Service Dietetic Intern
Purdue University Coordinated Program of Dietetics)

Oxford-Cambridge Boat Race

Here is a link to the BBC coverage of the very exciting 2010 Oxford-Cambridge Boat Race on the Thames in London.

http://news.bbc.co.uk/sport2/hi/other_sports/rowing/8601964.stm

Concept 2

As the Concept2 season draws to a close (April 30th) IRC's registered rowers have achieved the remarkable position of 32nd of 1506 teams overall, and 6th of 512 Rowing Clubs with a total (so far) of 21,749,014 meters. With only 30 rowers, IRC are the highest placed finishers with teams of less than 40 rowers. Within

the IRC team Eric Stoll and Shawn Dresser remain very close in terms of meters rowed with Eric at 2,677,107m and Shawn at 2,579,241m, an incredible total for both of them.

Notice Board

There have been a number of requests for an IRC Notice Board to be included in The Catch. If you have a rowing related notice you would like to post, or would like to reach the extended IRC community, please send to catch@indyrowing.org

Babysitting/Child Minding

IRC Masters team rower, Heidi Heldt, is looking for a junior or OARR program rower or cox who is interested in babysitting my 3 great boys - ages 10, 9, and 5. Babysitting could include Tuesday and Thursday nights at IRC during masters practices from 6 pm - 8:30 or 9 pm and some hours during home and away regattas.

Occasional weeknight/weekends/summer break days may also be a possibility at our home in Carmel. Please call or email if you are interested - 317-847-8701 or heidiheldt@indy.rr.com

Shell For Sale

Interested in purchasing a Ltwt/mdwt single shell please call or email Sue Gath 313-6687 or Sue.Gath@yahoo.com. Also looking for someone who can repair boats-new slide, shoes and decking needed please call or email Sue Gath if you are interested Sue.Gath@yahoo.com 313-6687

Eagle Creek Foundation

For those who wish to know more about our hosts, Eagle Creek Park Foundation, here is a link to their website. The site is updated to inform the public of the various activities and plans the ECPF generate.

<http://www.eaglecreekpark.org/>

Contributions to The Catch

If there's anything you would like to discuss or write about that is of a rowing and/or IRC nature, please submit your idea to catch@indyrowing.org

The Indianapolis Rowing Center's mission: To develop youth and adults of all social and economic backgrounds through the sport of rowing by providing experienced and knowledgeable instruction, a variety of skill-enhancing programs, and world-class facilities.

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THE INDIANAPOLIS INDOOR ROWING CHAMPIONSHIPS
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