



## The Catch

*Indianapolis Rowing Center's E-Newsletter*

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Dear Rowers and Friends,

Welcome to the February issue of 'The Catch. After an active month, both and off the 'water' (read 'ergs' for 'water') there is much to report about our activities. There's the Indy Indoor Sprints that took place at the International School on 30th January which was very well attended and at all sorts of personal bests and overall bests were achieved. There was the Dinner and awards ceremony with guest speaker Veronika Platzer. There was a visit to the Cincinnati tanks by the Juniors. In addition there are the usual

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reports from the Boathouse, from the Junior and Masters programs, and 'That..?', a profile of a member of our rowing community. In the first of a part series of articles on 'Rowing and Nutrition', Emma Preuschl address issue of the importance of fluids in our diet. Our own David Clarke review interesting books on rowing and there are also a number of other items that might interest you, including letters from Eagle Creek Park Foundation and IndyParks explaining the annual passes, about which there has been some confusion.

Happy Rowing

Remember, if there's anything you'd like to contribute to 'The Catch' please email me at [catch@indyrowing.org](mailto:catch@indyrowing.org). All contributions, suggestions and ideas will gratefully received.

With best wishes  
Kevin Connolly (Editor)

## From the Director

Dear rowers,

You may notice the header picture of the newsletter: while we are under snow at the moment, it is comforting to know that the lake has water. Last year at this time, lake levels were 10 feet below normal causing great alarm that we wouldn't be able to host events through spring!

Your 2010 Membership year starts March 1, and general membership registration will be open online at [regattacentral.com](http://regattacentral.com) under Clubs. Please register as soon as possible for the season! The membership price is the same as in years past, though the value is increasing! See the IRC website for a full breakdown of membership options.

This year, all IRC members will again be asked to volunteer 8 hours at IRC events, these events are integral to our relationship with the city and our ability to function within Eagle Creek Park. The volunteer hour signup is also hosted on [regattacentral.com](http://regattacentral.com) under the volunteer tab. Please schedule your volunteer hours on the site to receive credit. There is also the option to buy out your volunteer hours, which you are welcome to do.

Once again, IRC will be offering financial assistance to families and rowers showing need. Please download and complete the forms on the IRC website. Assistance is provided on a rolling basis until the funds are depleted.

Masters program rowers, please note that IRC is offering you're a Masters' Call Out on March 4th at 6:15pm at Fitness Concepts. We will discuss the season dues, schedule and policies at that meeting. No dues will be published on the masters page of the IRC website for those who cannot make it. Masters Registration will open after the meeting on [regattacentral.com](http://regattacentral.com) under clubs.

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IRC has several public events in March, and all members and friends are encouraged to attend and participate. On March 13, IRC will be "on exhibit" at the NCAA Hall of Champions, rowing throughout the day

ergs near the NCAA Rowing Exhibit. This is a Big Ten Basketball weekend, so the Hall of Champions should be packed! On March 17, IRC will participate in the St. Patrick's Day Parade. If you are interested in either of these events, please contact Caitlin.

Thank you to the IRC Junior Boosters for hosting an excellent annual dinner. The Boosters have been the guardians of IRC for many years, providing leadership, financial assistance and volunteer hours for the good of the whole organization. In addition to supporting the junior program by cooking at regattas and helping with transportation, the boosters have generously funded the IRC scholarship fund (which provides assistance to IRC youth, adults and members who could not otherwise afford it) as well as provide equipment including bags for launches, launch motors, boathouse tools and equipment. Many of our boosters are also masters' rowers, and I encourage all parents to consider rowing themselves! This commitment to the community is one of the most special and unique qualities of IRC. Thank you, all, for your focus on the whole team!

## **Masters Report**

Despite mixed feelings of nervous excitement and eager anticipation, the Indy Indoor Sprints saw the Masters compete in greater numbers than ever. All that training through the Fall and Winter saw most rowers reap the dividends on the ergs and many personal bests were recorded with outstanding rows from amongst our ranks. Those who didn't do quite as well as they had hoped were given a timely reminder that they still need to keep working hard and make every stroke count.

Training has become slightly different since the Sprints, with far more focus on general core strength. This allows Mikella to concentrate on building power for races, and Courtney is given a free rein to impose a demanding regime of circuit training. The variety is enjoyable and the results are in evidence on the ergs. On an even brighter note, we are still adding to our number with a few good athletes joining us. We are always ready to welcome interested people to the group, and encourage anybody with the slightest interest in rowing, to come and give it a try. We meet on Tuesday and Thursday evenings 6-7.30, and Saturday mornings at 10 a.m. Our belief is that if people enjoy Winter Training they will absolutely love the water.

US Rowing is conducting a survey to help them ascertain what Masters really want from them and from rowing in general. This is an opportunity to let them know of your own personal preferences and aspirations and also gives you the opportunity to help shape the future of Masters rowing in USA. Visit the survey at:

<http://www.usrowing.org/Masters/2010MastersSurvey/index.aspx>

by Kevin Connolly

## **Juniors Report**

This February the Juniors have been exceptionally busy. After completing Erg Sprints last month, a new intensity has been felt on Spring Season. With many new novices showing up every week,

Junior Novice team is rapidly expanding. This of course, is very exciting and every week more and more teenagers from surrounding high schools are being introduced to the sport. Practices have changed a bit. Juniors are now focusing on more endurance pieces (sixty minutes straight are a bit more common) and the general workouts get progressively more challenging. Most recently, the Juniors got a chance to travel to the Tanks on Feb. 21st. The tanks are a unique experience; they mimic rowing on a body of water, and therefore serve as a fantastic tool to teach and improve technique. Varsity could erg while novice improve their form in the boat, and then the two could switch places. The practice was the first time in a "boat" for many new novices that joined over winter, and it should serve as a tool to help them adjust more quickly once the Juniors get back to the boathouse and on the water (although Eagle Creek has to melt first!). As Juniors begin to wrap up at Fitness Concepts, they continue to get excited for Spring season as more and more Winter athletes return to training as their Winter sports finish. They want as many people back as soon as possible, everyone attend practice so they can have a successful Spring season!



By Bridget Bechtold

## USRowing Article of Interest

The February issue of US Rowing Magazine includes an article on how to re-fresh your erg work-outs. Though the article appears to specifically target Masters, this MUST be welcome news for anyone who has been going backwards and forwards on an erg all Winter, regardless of age. You may find it at:

<http://www.usrowing.org/masters/mastersrowingfeatures/ergwrkt.>

## Concept2

IRC are now 6th of 498 in the Concept2 Rowing Clubs rankings with 28 rowers registered. This is a great achievement. All rowers are encouraged to register (it's not too late) and those who have registered are encouraged to log their meters. It's good to compete even off water. Here's a link to our current position. Clicking on 'Affiliation' (IndianapolisRowingCenter) in the left column will show individual rower's standings. As you can see Shawn Dresser and Eri lead the pack with over 2 million meters rowed since May 1st, 2009. Congratulations to them and to everyone else in the IRC team.

<http://www.concept2.com/sranking03/challenge/univStandings2010?sort=distance>

## Who's That?

PROFILES OF MEMBERS OF OUR ROWING COMMUNITY

Steve Wright

An Indianapolis native, I attended Purdue and Northern Illinois acquiring degrees in Engineering, Architecture and Business Administration. After several years in the Chicago 'burbs and experiencing the "city" with a large Chicago construction firm, we moved just northwest of Eagle Creek Reservoir and started and raised our family. My work still often takes me back to the Chicago area.



I've always participated in sports; a former pitcher, but not good enough for college; a soccer coach and manager for more than a decade (I'm sooooo glad that's over!) as my two children, Laura and I advanced through soccer leagues and high school teams. But I'm a tennis player. Snow skiing has always been our family favorite and I can't more than hang with the "kids" on the steep Colorado slopes each season. Two college roommates got me hooked on tennis. I had to quickly learn the game, and with intensity, or sit on the sidelines and watch. Can't afford fodder at first, but not for long. I continue to play several times a week (thus, missing some erg practices), still a card-carrying USTA 4.0 member and play for one of Indiana's World Team Tennis teams, which advanced to the 2008 and 2009 WTT regionals in Florida. An amazing and unforgettable experience. I (bi)cycle with a team of crazies. While drafting is a blast, I have an ever-growing fear of grinding off my neck in a high-speed crash, especially on the hundred miles of steep back roads in southern Indiana each autumn.

Then came rowing. The excitement and the pain, the joy and perspiration, the gain. The heat and the cold, some shoes too small for even a 10 year old. Blisters, medals, dinners and backaches, but let's not forget the innocent erg. A name I'm sure selected as to its association with your lunch; rowing's contribution to a medieval torture device exhibit Jumpies; misleadingly named to make it sound like you're gonna have fun and the highly anticipated East German drill, which could have contributed to the fall of East Germany. Oh yes, let's not forget the unmistakable crackle of deforming fiberglass as you T-bone your buddy's boat (I swear we didn't see him coming!). And late night Board of Director meetings. Heck, what's not to like?

Well..., there's a lot to like. Introduced to me by my daughter, a former Purdue rower, rowing has been a tremendous journey the past four years. A beautiful, but relatively uncommon sport, inaccessible to the lucky few of us, it provides me with that perfect cross section of physical exertion, stress relief, team coordination, competition and delayed satisfaction; a head-game of friends, friendships and equipment malfunctions. It's unlike pitching, which was either 'alone' on the mound gazing at your catcher's indistinguishable signals from his hand buried deep in his crotch or warming the pine when out of rotation. Or tennis where only you strike the ball in the blink of an eye, a multi-rower is truly a team sport, which I immensely enjoy. Rowing provides a measurable history of performance and personal improvement (or decline) with just a splash of fear of catching a crab out of season. It reminded most days that I am no longer 20 (or even 50), as I offer

an ibuprofen after-breakfast-mint to get me ready for the lake, the the court.

I guess I could have just said, it's the people; and it's worth it.

Steve Wright (Masters Rower)

## Indoor Championships Wrap Up

IRC and I could not be happier to announce that this year's Indoor Rowing Championship was our most successful year yet. With about participants, the regatta doubled both in size and in profits from last year. This year's success is a great sign for future competitions, and hope to see the regatta only grow further in years to come.

Amongst the great response in the rowing community, the regatta saw participation from the CrossFit community as well. CrossFit is a strength and conditioning system built on constantly varied, if not randomized functional movements executed at high intensity. A large part of CrossFit conditioning and competition is the Concept2 rowing machine, so they were a perfect niche group to get involved with our indoor competition. The CrossFit crowd not only participated in the CrossFit relays, in addition to the Indoor Championships this year, but also in the open and various 2k events. IRC is lucky to have found such a great group to work with, and we look forward to competing with them further in the future. Also, IRC would like to extend a special congratulations to the Fitness/Indy CrossFit, who won the CrossFit relay and a prize of four on-the-water lessons!

Finally, IRC was thrilled to see Shortridge attend and participate in the Indoor Championships. Shortridge is a new part of our Junior program as well as part of our outreach programming. The Shortridge athletes participated in their first rowing event ever in a 1000m relay designed specifically for them.

Thank you again to all of those who participated and volunteered at this year's Indianapolis Indoor Rowing Championship - the event was successful because of you. With your help, this event can continue to improve and grow in the years to come!

Caitlin Gray  
Boathouse Manager

## Nutrition and Rowing

This is the first in a series of four articles on Nutrition and Rowing by Emma Preuschl.

### Hydration

Do you ever have headaches, clammy skin or muscle cramps during your workout? The solution to your problems might be as easy as a bottle of water.



Proper hydration is critical to sports performance. Dehydration of just 2% can decrease your performance by up to 9 seconds. The primary function of water is to cool the body. Muscles generate heat through exercise and raise the body temperature. This creates a sweat response; as the sweat evaporates the body is cooled. These fluids must be replaced to protect the body from over heating and decreased performance. Optimal hydration begins with a drink before workout that provides a comfortable amount of liquid; throughout the workout incorporate a normal periodic intake of fluids during exercise designed to top off gastric contents being depleted.

Recommended Fluid Intake for 155-175 lb adults:

- 12 oz before exercise
- 12 oz during exercise
- 12 oz after exercise

What about Sports Drinks?

Sport drinks (6-8% carbohydrate) are good options for moderate to high intensity activity lasting longer than 60 minutes, especially when the activity includes replacing carbohydrate and electrolytes. For exercise at low to moderate intensity activity less than 60 minutes in duration it's best to drink water to replenish fluid losses. For those who experience high sodium losses during exercise eat salty foods in a pre-exercise meal or add salt to sports drinks consumed during exercise.

by Emma Preuschl  
Dietetic Intern, Purdue University

## **Eagle Creek Update**

The Catch has been in contact with The Eagle Creek Park Foundation (ECPF) with a view to sharing information about ourselves and furthering an understanding of our various and varied activities. ECPF have agreed to insert a link to The Catch in their own website newsletter and we agreed to do the same. We feel sure that there are many users of Eagle Creek who are not aware of the existence of a thriving rowing center and are curious as to the function of those white buoys and distance markers that run the length of the northern lake, or even what those 'boats' that ply up and down the lanes and fairways. Perhaps, by making ourselves more 'visible' to Eagle Creek users and members, we might encourage a few of them to satisfy their curiosity and pay us a visit the same way, there are activities and programs that ECPF host that might interest us at IRC. Here is the link:

<http://eaglecreekpark.org/index2.html>

In addition, there has been some confusion regarding the renewal of Annual Passes. The following letter from Jeffrey Ward seeks to clarify matters.

Feb. 18, 2010

Subject: Eagle Creek Park Annual Pass 2010

Indy Parks appreciates your support of EagleCreekPark, the seventh largest municipally owned park in the nation. We thank you for your patience while we work through the transition of the annual pass system. Following a recent internal audit, Indy Parks determined it needed to make key changes to the system to allow this service to be available to our customers.

In 2010 Indy Parks will no longer issue the window sticker decals to customers who purchase an annual pass. Instead, Indy Parks will issue a handheld pass. The new handheld pass will entitle the holder to enter EagleCreekPark by vehicle, on foot, or on bicycle, and will accommodate the pass holder's immediate family. A wristband will continue to be offered to those hikers/cyclists who wish to enter the park by that mode of travel.

The new handheld passes may be purchased at both the 56th Street and 71st Street park entrances and the EagleCreekPark office, 7840 W. 56th St. The EagleCreekPark Office location is the only place where we can accept payment by credit card. This location has not been used previously as an annual pass sales location. This change offers an additional convenience for our customers.

We are exploring other options and enhancements for the future, such as a barcode pass system that would enable Indy Parks to gather more depth information on how to better serve and communicate with our customers.

Please contact me with any questions you may have. We greatly value your support of EagleCreekPark and look forward to continuing to provide quality recreational experiences and unique destinations for each and every visitor.

Sincerely,

Jeffrey K. Ward  
Administrator, Environmental Education and Land Stewardship Division  
Indianapolis Department of Parks and Recreation  
6057 Delong Road, Indianapolis, Indiana 46254  
(317) 327-7118 jward@indy.gov

AND, if that isn't enough information for you, here is a copy of a letter sent to Bernadette as further explanation:

Dear Bernadette,

We have been informed that the Indy Parks card passes are now available. If you have received a voucher from the Foundation, it can be exchanged for a card pass at either gatehouse or the Park office. The new cards will not be the bar-coded pass previously reported but a pass for 2010 only without a bar-code. The bar-code system is intended to be implemented for the 2011 season.

If you have not yet purchased your 2010 pass and wish to purchase through the Foundation to ensure that more of your money goes directly to the park, please contact me at the above address.

back into Eagle Creek Park, you must either come to the park office purchase your pass or visit [http://www.eaglecreekpark.org/fdn\\_BecomeMember.html](http://www.eaglecreekpark.org/fdn_BecomeMember.html) to fill out membership form, print it, and mail it along with your payment to the address on the form, or use the form you may have already received. Once processed, you will receive by mail, an acknowledgment letter with your Indy Parks card pass enclosed. We are truly sorry for this inconvenience. Within the next few weeks we will implement the ability to take memberships and donations directly from our website. Your support through this time of transition has never been more important and appreciated.

Sincerely,  
Eagle Creek Park Foundation Board and Staff

PS. If you should need to replace a lost pass after exchanging the voucher you have already received, you must purchase that replacement through Indy Parks at a gatehouse or the office at a cost of \$10 per voucher. If you have lost your voucher, please call 327-7116.

### **IRC Wish List**

Thank you for your support of IRC, the following items would help achieve our mission.

A TRUCK TO PULL THE TRAILER TO JUNIOR EVENTS  
DVD player for Boathouse (to watch instructional videos)  
Used plastic cool-whip or large yogurt containers (used to mix epoxy boat repair)  
16 vest-style life jackets for our outreach programs  
Digital voice recorders (to record our coxswains for coaching)  
A used desk-top or lap-top computer

You may make a financial contribution to IRC [online](#)

### **Annual Dinner**

The IRC Annual Dinner and Awards ceremony took place on Saturday, 20th February at First Congregational Church, 7171 N. Pennsylvania Street. A large crowd was in attendance and, due to the efforts of the volunteers, a great evening was enjoyed by all.

The Keynote speaker was Veronika Platzer, who is head coach at UI Lowell and who led the University of Virginia rowing team's women's team to the 2004 NCAA Championship. She has been a coach at the University of Michigan, which followed four years at the University of Virginia and stints at the University of Wisconsin and Mercyhurst College. Veronika has also been a U.S. Junior National Team coach for the last three years. She was a three-time NCAA Division III champion in the discus. She was inducted into the college's Hall of Fame in 1991 and voted the NCAA's Female Track and Field Athlete of the Decade (1980-90).



Last May, Platzer was among five men and women inducted into the Track and Field and Cross Country Coaches Association (USTFCCCA) of Fame. With a record like that she spoke to a very attentive audience. Her topic was 'Rowing Above Adversity' and she addressed the issue of overcoming obstacles in pursuit of rowing goals. Through the narrative of her own athletic and rowing career she encouraged people to defy adversity and to be single-minded in their pursuit of excellence. Many people wished to ask her questions afterwards and she kindly let us have her email address for those who were unable to do so. It is : [vplatzer@uml.edu](mailto:vplatzer@uml.edu)

Most of the rest of the evening was given to the Awards Ceremony recognizing achievements during 2009. Bernadette spoke in general about the tradition and then asked the individual coaches to present awards. The results were as follows:

Junior Boys Most Improved : Ryan Roby  
Junior Boys Spirit Award: Jay Ruckelshaus  
Junior Boys Most Valuable Rower: Isaiah Clark  
Junior Girls Varsity Most Improved: Victoria Alden  
Shelia Cornelius Spirit Award: Abby Roach  
Junior Girls Varsity Most Valuable Rower: Stefanie Barber  
Bruce Blackwell Volunteer of the Year: Jody Pope  
Master Rower of the Year: Kevin Connolly  
Most Improved Master: Tim Cordes  
Coach of the Year: Greg Wilson

After the awards ceremony, a wonderful slide show created by Tim was shown to much acclaim. This presentation featured many of the highlights of the 2009 season. Tim has offered to make copies of the show for anyone interested and will donate the proceeds to IRC. The minute slide show is available for \$10.00 and may be obtained by contacting Tim directly at [tjcordes1@comcast.net](mailto:tjcordes1@comcast.net). As a visual chronicle of the IRC community during 2009 it might be considered an essential

Many thanks are due to the organizing committee of Tritty Gibson and Dave and Lisa Clarke for a successful evening. They, in turn, would extend their gratitude to the following people for their help in making the evening such a success: Helene Doucet and Michel Briere; Penny Kallmyer; Ruby Lee and Paul Zitterbart; Libby and Mark Scott; Alici Reuter; Rebecca Scheer; Shawn Dresser; Rollie Cole (Culver crew.. helped with A/V); Tim Cordes (produced the slide show); Dan Hoyn Gordon Clarke, Kevin Connolly (set up tables and chairs) and many thanks too to the myriad of juniors, masters and parents who helped clean up and tear-down.

## March Birthdays

### Happy Birthday members

5 Andy Unversaw, Ally Novotny  
11 Henry Ryan  
15 Sandy Kay  
16 Kristi Stohler

25 Bridget Bechtold, Brandi Kerrigan  
27 Amy Barnhart

## Clarion Inn and Suites now booking for spring

IRC Sponsor Clarion Inn and Suites is now booking rooms for summer and spring.

Visit [Clarion Inn and Suites Online](#) to book your room now!

From there, click on Rates/Packages. Once on the Rates screen, click the arrow by "Best Available Rate" then click on Special Rate/Corp. In the "Enter ID" field type in the IRC code which is 00069125 to book and get the IRC rate.



BY CHOICE

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

**SIGN UP NOW!**

THE INDIANAPOLIS INDOOR ROWING CHAMPIONSHIPS  
January 30, 2010 @ ISI  
Register online at [regattcentral.com](http://regattcentral.com)

[Forward email](#)

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