

# Blue Blades



The Mid-Hudson Rowing Association Newsletter

February 15, 2012 Volume 1, No. 2



**Coach Candy Davies**

## LTR Coordinator Needed

**It's not a one-person show!**

MHRA's Learn-to-Row program helps fulfill one of our core missions of providing access to rowing to the general public. It is also our most effective recruiting tool for attracting new members. MHRA is very grateful to Candy Davies who has been our LTR Coordinator and main LTR coach for several years now. Last year we had a very successful LTR program featuring an Early-Bird LTR class in May and well-attended regular sessions in June and July. This year we plan to make an extra effort to get the word out about our LTR classes to repeat that success.

Candy will still be doing some coaching but we are looking for somebody else to take over as LTR coordinator. This is not a coaching position. The coordinator would be responsible for keeping in touch with LTR participants, making sure we have experienced volunteers to cox, stroke and help set the boat and that the necessary boats and launches are available. Most importantly, the coordinator will try to assure that LTR is an enjoyable and rewarding experience for each participant.

Being the LTR Coordinator can be a rewarding job as well for anybody who enjoys meeting people and sharing their love of rowing and pride in our MHRA community. Call Bill Washburn (845-229-9077 or [wfwash@optonline.net](mailto:wfwash@optonline.net)) if you think you are interested.

## Swim Test

**How long can you tread water?**

New MHRA members are being asked to complete a swim test if they have not already done so. Everyone must be able to swim 50 yards, stay afloat for 10 minutes without a life jacket and put on a life jacket while in the water.

The test will be conducted at the Jewish Community Center pool located at 110 South Grand Avenue in Poughkeepsie, NY. from 1:30 to 2:30 PM Saturday March 31. Those who have not yet fulfilled this requirement will receive a separate notice in an email.

Sign up at our rowing practice sign-up page on our web site to indicate you can make it.



**Jewish Community Center Pool**



## USRowing Roster Waiver sign-off now on-line

As a USRowing organization MHRA has submitted an updated list of members throughout each year with name, address and email address. Starting this year each MHRA members will be able to update

their registration information and sign their USRowing waiver on-line.

As you are invited to renew your membership for the spring rowing season, each member will be given a code which identifies them as an MHRA member. This code is then used to log in at the USRowing web site (USRowing.org), update personal information and sign the waiver. This is a transition year and many may have already signed and submitted a USRowing waiver on paper. Even so, everybody will have to sign the waiver on-line to make it easier to track.

Problems? Don't have a computer? Contact our membership coordinator, Candy Davies.  
(845-452-2970 or [cermiliodavies@gmail.com](mailto:cermiliodavies@gmail.com))



## Why Increase Dues



It seems like everything is getting more expensive these days. Not surprisingly, we have had to increase dues this year in order to keep up with expenses. Membership dues and LTR fees are our main sources of operating income. We have many unavoidable operating expenses including big items such as insurance and boathouse space. The HRRR boathouse is a great facility but the rental goes up a little each year in order to pay the mortgage. It is hard on everyone, in particular the schools.

This year dues have increased \$30 for family membership and \$20 for individual membership. We have also instituted a "seat fee" of \$15 for away races in an MHRA boat to help defray about half the cost of the entry fee. Learn-to-Row and Learn-to-Scull fees are unchanged.

Each year we have several fundraising events with many members participating and giving generously of their time. In addition, many generous members make donations to MHRA. We save those funds in a capital account to purchase new or replacement equipment; shells and oars mostly. This past year MHRA purchased two new sets of sculling oars and a new Swift double.

The best way to avoid future increases is to come up with innovative ways of increasing membership. Mention MHRA to friends and acquaintances at work or in other clubs you may belong to. Talk a friend into joining one of our Learn-to-Row classes in May, June or July. Our LTR classes are our best recruitment tool. Help us get the word out.

## History of Rowing Forum

Visit special rowing exhibits



Thomas Weil at Rowing Hall of Fame

Every second year the Friends of Rowing History hosts a Rowing History Forum at Mystic Seaport. The next forum is Saturday, March 10, at Mystic Seaport. This year's special guest is Peter Raymond from the Princeton '68 Olympic Four w/o (fifth) and 1972 Olympic Eight (Silver). His topic is the **Transition to Ratzeburg Training and the US National Camp System**. Also, Peter Mallory will present **Steve Fairbairn, The Man, The Athlete, The Coach**. Peter Mallory is an oarsman and coach and has written **An Out-of-Boat Experience** and a recently published four volume set, **The Sport of Rowing - Two Centuries of Competition**.

Thomas Weil from the 1970 Yale light weight HRR Thames Cup entry (semi-finals) will speak on **Cheers & Jeers, Women and Rowing from 1850 to 1900** and Joanne Wright Inversion, author of **An Obsession with Rings**, will talk about the **National Women's Rowing Association and Modern Women Rowing**.

Judging from past forums, the topics are certain to be entertaining and provide a chance to meet some interesting people from the world of rowing. Included are a luncheon at Mystic Seaport's **Latitude 41** restaurant, a special visit to the museum's rowing boat collection not usually on display, and a reception at the National Rowing Foundation's Rowing Hall of Fame.

This is an ideal way to see some of Mystic Seaport's hidden treasures and visit the Rowing Hall of Fame exhibit **Let Her Run!** with Thomas Weil on hand as a guide to the exhibit. Thomas Weil, one of the presenters at the forum, is an internationally renowned collector of rowing memorabilia and responsible for much of the collection. Tom was an enthusiastic supporter of our film, **A History of Rowing on the Hudson**.

Visit [www.rowinghistory.net](http://www.rowinghistory.net) or [www.NatRowing.org](http://www.NatRowing.org) for information on participation at the forum.



Hai braves cold temperatures in October

## Cold Water Rowing

Spring is a very active time of year for the rowing community with everybody keen to get back on the water. Spring can bring some fine weather but it takes time for the water to warm up.

MHRA Certified Scullers have to wait until the water reaches 50 °F before venturing out without a safety launch. With hard-to-see obstructions lurking just beneath the surface and commercial and private craft laying down wakes, anybody can wind up in the water. Even in the low to mid-50s, the water is dangerously cold and allows only a very few minutes of

exertion to get back on board. A safety launch or buddy in another boat can greatly improve your chances of avoiding hypothermia but circumstances can make it difficult to get help quickly.



**Stormy Seas SV100**

In very cold water it can take 1 minute to regain control after the shock of immersion and only perhaps 10 minutes of useful work to get back on board. If you remain in the water you have as much as 1 hour to be rescued and survive if you manage to remain afloat.

Cold water scullers should wear an inflatable life vest. Many life vests, even inflatables, can be cumbersome and make the release awkward. Stormy Seas makes a SV100 - Ultralight inflatable vest that reaches just a little below the chest and leaves room to get the hands down and away at the release. It can be operated either manually by pulling a cord or orally through a tube. The vest provides 21 pounds of buoyancy when inflated. Most people who normally wear a size large can probably fit into a medium nicely.

If interested you can check the product out at [www.stormyseas.com](http://www.stormyseas.com). Shop around for the best price or other brands that may offer the same advantages. On-line prices start at about \$110. It could save your life.



## Newsletter Naming Contest

### Is "Blue Blades" history?

Not everybody is crazy about "Blue Blades" as a name for our newsletter. Perhaps you are one of them. Well, here is your chance to show your creativity and suggest something better. Between now and the end of March we will be accepting nominations for a name for the MHRA newsletter.

Members each get to nominate one name but it is okay to collaborate. "Blue Blades" is still eligible as a name if you would like to keep it. Special consideration will be given to names that come with a clever masthead design. Submit your name and masthead design (if you have one) to [MHRAnewsletter@gmail.com](mailto:MHRAnewsletter@gmail.com) or by mail to our post office box. The winning name will be chosen by a special Creativity Jury appointed by the board of directors. The winner will receive a 5 x 7 photo portrait by Rick Longworth or a print from his collectable series.

Good luck! And may the best idea win. Oh! And, we are still hoping somebody will step forward and volunteer to be newsletter editor.

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**Photos are by Rick Longworth; Pool photo from JCC web site; USRowing logo property of USRowing, Inc.**  
**Editor: Your name could be here**

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