



ORC NEWS

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Ingleton ergs it out at CIRC

By Laurie Herd

Competitive program co-director and rower **Brad Ingleton** attended the Canadian Indoor Rowing Championships on Sunday February 2nd. This all-day event was held at the Atrium Level of the CBC building in Toronto with persons in all age categories representing clubs from all over the province.

Concept II Ergometers were "raced" and set up with wide screen monitors, one to every 3 racers, for placing and time information with immediate results. There are no heats in this format. It is a one race challenge per category. The ergometers are sold off at the end of the race day.

Brad did the Orillia Rowing Club proud with a 3rd place finish out of a field of 14 in the Mens' Masters 30 - 39 years group. He completed the 2000 metre race in 6:45 - a time that he had set at the low end of his own personal challenge. Great work Brad!

Big Challenge

Many rowers are faced with the challenge of how to maintain their fitness level during the winter months. Brad has been training on his home ergometer, playing volleyball, doing some free weight training and running. This format is more casual than he would like but with a busy home life and work schedule and

relatively unstructured training program is all that he can manage. Such a dilemma is faced by many summer sports enthusiasts during the winter months.

It is always more fun to work out in groups so if there are any Orillia Rowing Club members past, present or future who would like to get together for an informal run or power walk on Sunday mornings from Couchiching Beach Park, please call Brad at 325-0148.

Other News

The club was fortunate to be able to acquire a Concept II Ergometer at the completion of the Indoor Rowing Championship event. This ergometer is an important training accessory and is an invaluable tool for improving technique, strength and endurance. It is the only way to row without being in a boat on the water - perfect for windy, cold days or during the winter.

Upcoming Social Event

Speaking of winter, the club would like to have a "Say Goodbye to Winter" party on **Sunday, March 30 from 3:00 - 5:00 p.m.** at Couchiching Beach Park. Come and enjoy a variety of winter games and activities. An "Island Theme" potluck will follow at 220 John St. (Herd residence). Contact **Laurie Herd** at 326-7023 to R.S.V.P.



Photo by Jeff Cole

Ring in the New Year: Paul McCubbing gets a jump start on his rowing club volunteer hours for 2003 by helping out with the Salvation Army's Christmas Kettle fund-raiser. Several members of the club volunteered their time towards this charitable cause on December 21 by collecting donations at Zehr's Markets.

Registration nights set

Registration for new, returning and prospective rowing club members for the upcoming 2003 season will take place on two dates this year: **Tuesday, April 15** and again on **Wednesday, April 30**.

Both registration and information nights will take place in the upstairs viewing room of the **Barnfield Point Recreation Centre** from **6:30 - 8:30 p.m.**

Programs will be filled on a first-come, first-served basis, so new and prospective members, especially, are encouraged to attend on the first evening.

Information and registration packages will be mailed to all 2002 members in mid-March. New and prospective members may also request a package to be mailed to them by phoning and leaving a detailed message at 326-3519.

2003 ORC INFORMATION AND REGISTRATION NIGHTS

Tuesday, April 15 AND Wednesday, April 30 from 6:30 - 8:30 p.m.

Barnfield Point Recreation Centre in Upstairs Viewing Area

New and Returning Members Welcome!

Volunteer Opportunities

Registration Nights (3 - 6 hours)

Tuesday, April 15 and Wednesday, April 30, 6:00 - 9:00 p.m.
Six volunteers are needed to assist with the club's registration and information nights, including set up, take down, processing new and returning membership applications, manning information booths and welcoming inquiries. Phone 326-3519 to offer your assistance.

Spring Boat House Clean Up (3 hours)

Saturday, May 10, 9:00 a.m. - 12:00 noon

Several volunteers are needed to assist with the club's annual spring boat house clean up. Volunteers will be asked to clean, sweep and generally prepare the boats and equipment for the first day of full member rowing, tentatively scheduled for May 17 (weather permitting). Phone 326-3519 to offer your assistance.

Tag Day Coordinator(s) (20 hours)

One or two volunteers are required to coordinate the club's annual Tag Day fund-raiser on Friday, July 25 and Saturday, July 26. Phone 326-3519 to offer your assistance.

Krispy Kreme Coordinator(s) (20 hours)

Do you like sweet treats? One or two volunteers are required to coordinate a Krispy Kreme doughnut fund-raiser. It's easier than you think. Intrigued? Phone **Jeff Cole** (325-0168) for more details.

Buy an Oar Program Coordinator(s) (20 hours)

One or two volunteers are required to coordinate the club's Buy an Oar program to facilitate the purchase of oars for the upcoming season. Phone 326-3519 to offer your assistance.

Learn to Row Volunteers (4.5 hours)

About 24 volunteers are needed to coxie a boat and/or row with new members during their Learn to Row courses. Ideally, volunteers will assist for a complete session, consisting of three consecutive days (Tuesday - Thursday) during a given week (volunteers are generally not needed on Monday night class dates). Volunteers will be required for the dates listed below from 5:30 - 7:00 p.m.:

Session 1 (6 volunteers needed)

Tuesday June 3, Wednesday June 4 & Thursday June 5

Session 2 (6 volunteers needed)

Tuesday June 10, Wednesday June 11 & Thursday June 12

Session 3 (6 volunteers needed)

Tuesday June 17, Wednesday June 18 & Thursday June 19

Session 4 (6 volunteers needed)

Tuesday June 24, Wednesday June 25 & Thursday June 26

If you are interested in volunteering for any of the dates listed, please contact **Sally Ritcey** (326-1437) or **Kristi Cole** (325-0168).

Summer Camp Volunteers (15 hours)

Several volunteers are needed to help with our Big Brother & Big Sister Summer Camps. Volunteers will be asked to coxie a boat, supervise activities and/or row with the campers. The first camp will run from Monday, July 21 to Friday, July 25. The second camp will run from Monday, August 11 to Friday, August 15. Each session runs daily from 9:00 a.m. to 12:00 noon. Interested persons should contact **Sally Ritcey** (326-1437) or **Kristi Cole** (325-0168).



Photo by Laurie Herd

Ring in the New Year: Patti Lucas, Paul McCubbing, Mary Perkins, Al Smale and Rhonda Lauer pitch in to get the oar blades repainted in the off season.

What's Going On?

DOUBLE TROUBLE

If you were a member of the club in 2002 you can certainly appreciate the fact that there was a great deal of demand to train and race in the club's only racing pair/double, 'Gold Barr.'

In order to accommodate this growing demand, the club has purchased a 1988 Kaschper lightweight convertible pair/double from Havergal College.

Havergal, a private school for girls located in Toronto, has aptly named the boat 'Double Trouble'. The boat appears to be in very good condition, seeing only limited use in the last few years due to Havergal's growing emphasis on competitive sweep rowing in coxed four crews.

REPAIR CLINICS

Club members **Lawrence Boyer, Doug Herd** and **Doug Moore** attended day-long repair clinics at Kaschper Racing Shells Ltd. in Lucan, Ontario. They were introduced to the latest boat, paint repair and detailing

techniques, rigging, fin and wheel replacement and welding as well as composite shell repairs. They were also introduced to new equipment trends such as the BioRig Eight with BioSlide and T-Wing Aerodynamic Riggers. World class rowers were on hand to field questions as well.

These clinics and workshops are an integral part of maintaining and updating club equipment. Members, when helping to paint oars or learning how to repair boats have some ownership of the very equipment they use during the rowing season.

COACHING CLINIC

The Georgian Bay Rowing Club in Midland is hosting a Level I technical coaching clinic on March 21st and 22nd.

This clinic is open to any rowers who are looking to become coaches or just to help improve technique.

For more information, contact **Rhonda Lauer** at 325-1873 on or before March 17.