



The Whitemarsh Wake

Volume No. 3 Issue No. 1 Winter 2008

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Dress for Rowing in Cold Weather

by Bebe Bryans

Rowing in cold weather is a reality for many of us who enjoy and participate in the sport. Even in the west and south, winter mornings can be very cold and special precautions should be taken to make sure your workout is as safe and productive as it can be.

Lance Armstrong had this to say about cold weather training: "It can be not only unpleasant, but dangerous as well, with potential problems, (ranging from) decreased blood circulation to

your extremities to a fall in core body temperature or frostbite. Dressing defensively is the only way to train effectively and avoid illness when the weather turns cold."

Back in the day when our parents all walked barefoot in the snow to school, uphill in both directions, chances are good they also were wearing cotton or wool to try and stay warm during their trek. A lot has changed since those days, hopefully including the stories we tell our kids about how tough our lives were when we were their age! One of the great evolutions has been in the fabrics used to make workout wear.

According to Catherine O'Brien, research biologist for the U.S. Army Research Institute of

Environmental Medicine, "The goal of a cold-weather clothing system is to create a 'microenvironment' that conserves heat while providing adequate ventilation to prevent moisture accumulation. Its function depends on using fabrics that insulate well and do not readily absorb moisture. Cotton and (traditional) wool readily absorb moisture and become heavy and bulky when wet. Polyester and polypropylene fabrics that are lightweight do not readily absorb moisture and wick sweat away from the skin to allow it to be evaporated from


the outermost clothing layer."



On the natural front, some silk and wool products have been refined in recent years to successfully compete with the human-created products. Look for the word “wicking” when choosing these fabrics.


The American College of Sports Medicine and just about every other source out there agree that layering is absolutely the way to go when exercising in cold weather, and the three-layer system works best.

Layer one: Wicking. This layer should keep you as dry as possible, which means getting the

sweat off of your skin and away from your body so  that it can evaporate at the surface. This layer is normally thin and snug, made of fabric that will perform this “wicking” action. When you think of cotton, think of your bath towel. Its job is to absorb water, which is exactly what it does on your torso – it absorbs it and holds it there next to your body, which will make you wet and cold. Don’t forget about your cotton underwear.

Layer two: Insulation. This layer should be fairly loose, and will keep the air warm around your body while letting the moisture out. Lightweight fleece and wicking wool are good choices for this layer, and it can be either a vest or a full sleeved top – either will serve to keep the core of your body warm. A garment that is full or partial zip is great, as you can allow for more ventilation if you begin to get overheated during your workout.

Layer three: Protection from wind and water. This layer can be lightweight, but should be water and wind proof and be breathable to allow the sweat to escape/ Sweating can exceed

this layer’s breathability,  however, so getting a garment with zippers in the armpit area and other venting is a good idea. This layer need only be worn when it’s raining or rough (or if you and your boatmates create a lot of backsplash.)

The extremities: Feet, Hands, & Head. Because the body redirects blood to the core in cold weather to protect the internal organs, the feet, head and hands are vulnerable to cold and frostbite. Using the same insulating fabrics mentioned above works well in covering these areas, as it allows for moisture evaporation while preventing wind penetration. Cover your entire head and neck if it is extremely cold. Socks need to allow for proper circulation (not too tight when in shoes), and pogies or gloves with a waterproof, breathable covering are ideal.

Lastly, remember to rehydrate even though your body is less likely to tell you it’s thirsty in cold weather. And since alcohol dilates blood vessels and increases heat loss, it’s probably not a good idea to use that as a hydration source.



The snow is coming – get out there and enjoy it!

WHITEMARSH BOAT CLUB ELECTION

Nominations for Officers and Chair positions for the 2008-2009 season
are currently being accepted through

Tuesday, April 22, 2008

by contacting the Nominating Committee
via email to Mary McKenna MEMcKenna@comcast.net

**You can nominate yourself
or someone you feel is just right for a particular position.**

We are looking for nominees for the following positions

President

Vice-President

Secretary

Treasurer

Financial Secretary

Captain

Coxswain

Lieutenant of the House

Lieutenant of Rowing

Membership Chair

Fund Raising Chair

**WBC elections will take place at the General Membership Meeting on
Thursday evening May 1, 2008 following the club row about 7:30 PM.**

**Only those members in good standing with the club,
who have attended three General Membership meetings within the past year
and are in attendance at the meeting on May 1st are eligible to vote.
(Any outstanding fees and/or dues must be paid in advance of the meeting)**

The President's Post

WBC celebrated the New Year of 2008 with the annual champagne toast on the river during our first club row of the 2008 on Saturday January 5th. Winter is upon us, but not for too long. We just have to make it through a few colder Saturday and Sunday club rows. Before we know it spring will be here and we will be back to club rows four times a week.

I would like to thank Carol Kleiner and members of the Entertainment Committee for their great effort in preparing for our recent Holiday Party. The food was fantastic and the opportunity to spend casual time in conversation with fellow club members and meet their significant others was enjoyable. I would also like to send a very special thank you to Meg Thompson and her family for opening up their home for this party. Meg's beautiful house and tasteful holiday decorations added a lot to the evening.

This past November, WBC was accepted as an Associate Member of the Schulykill Navy. Bonnie Mueller has graciously volunteered to represent WBC at the Schulykill Navy's monthly meetings. I represented WBC at a Commodore's Reception held at the Sedgeley Lighthouse at the top of Boathouse Row on January 6th. WBC would like to bring a similar program to our section of the river in the future; so we are hoping to learn a lot from the Schulykill Navy.

We have been very busy this fall installing new racks and moving shells around to new locations. We are growing in WBC membership and with additional schools calling WBC home: Radnor Girls' Crew Team, Bryn Mawr College and Villanova's Women's Crew.

Other improvements you may have noticed if you have been at WBC lately are new overhead lights. Once again, Carr & Duff came to our rescue and donated time, resources and equipment to this project. In addition to the upgrades within WBC, the lighting outside of the building was updated and is now on timers in the hope of keeping down our electric bill.

We had a very successful Learn-To-Erg program in January with 11 participants learning the basics of erging during 9 sessions. Again this year, Mike McKenna, crew coach at Mount St. Joseph Academy and a member of WBC, conducted the LTE program. It sounds like a number of these individuals will soon be active WBC members. We also plan to have Learn-To-Row programs again this spring and summer. Keep an eye on the WBC web site for details. Last year, we did two Learn-To-Sweep programs and a Learn-To-Scull program. Both of these programs were very successful and brought many new members to our growing club.

We are currently accepting nominations for all Officer and Chair positions for the Whitemarsh Boat Club. Elections will take place at the General Membership meeting on Thursday, May 1st. These past two years have been exciting with the start-up of WBC. I thank every Officer and Chairperson for their support and hard work. We have had a fantastic start with our new boat club, yet we did have a lot of fun working together to make WBC what it is today. AND the years to come hold so much more for WBC to achieve.

A number of the current officers have indicated that they will not be placing their name into nomination nor will they accept a nomination for any position for the upcoming year. WBC needs some business-savvy individuals and people familiar with the rowing community to step up and volunteer for one of these positions. WBC has a bright future, but we will need to increase our revenues tremendously to prosper in the years to come. WBC is looking to fill these positions with members who can bring new and different ideas on how to move WBC forward in our little section of the Schulykill. Don't sell yourself or WBC short. You have what WBC needs to move forward!

I look forward to seeing you out on the river.

Mary McKenna

President
Whitemarsh Boat Club

Captain's Log

Hello Again,

I'd like to start off by wishing everyone a Happy and Healthy "08". Also, hoping over these cold winter months we all are keeping ourselves in good shape by doing some form of Cardio/Strength training and, of course, everyone's favorite.....Erging!

Erging can really help with your flexibility and reach in the Boat, not to mention your endurance level.

All WBC members are welcome to use WBC equipment at anytime as long it is not during scheduled Club Rows.

WBC Boats For Club Use

<u>Shell Type</u>	<u>Name</u>	<u>Appropriate Users</u>
8+	Doug Lucy	Women
8+	Drexel (SMD)	Men
8+	Michalach	Novice & Learn to Row Programs
4x	Tom Dowd	General Use (men & women)
4x	Mer Sonzogni	General Use (men & women)
Gig	Bob Coughlan	General Use (men & women)
Gig	Zig Zag	General Use (men & women)
2x	Blue Kaschper	Limited
1x	Harry Todd	Limited

* Privately Owned Boats.....Must Obtain Owner's Permission

1x	Semper Fi	Restrictions Applied (Bob Smith)
1x	Tango	Restrictions Applied (Tom Kaney)
2x	GA Double (Light Blue & White)	Restrictions Applied (Germantown Academy)

More descriptive "Usage Rules" will be posted at the Boathouse in the upcoming weeks.

Just a friendly reminder..... Please log in and out of the log book each and every time you go out for a row, along with your miles rowed for that day. Please report any damage/equipment issues in the log book and contact me @ 215-313-3746 or report it to any other officer available. I will address the problem in a timely manner.

Spring is fast approaching and I look forward to seeing you all out on the water!

Thanks For All Your Support,

Regards,

Linda Hrycko

WBC Captain

Ann Tierney Wins Turkey Trot Again

The annual Thanksgiving Day Cross-Country Run of the Schuylkill Navy took place in unusually pleasant weather, sunny and mild. And for the 8th time, **Ann Tierney** of Fairmount won. She took both the Open and Masters Women categories.



Ann Tierney receives the Centennial Award for first woman from Fred Duling. Ann was also the first master woman and won the Whitemarsh bowl. (Schuylkill Navy)

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Mark Your Calendars

FEBRUARY 9, 2008

The **Main Line Slide** is the official Philadelphia area Concept II satellite regatta for the C.R.A.S.H.-B. Sprints World Indoor Rowing Championships. It takes place every year on the campus of Villanova University, in Jake Nevin Fieldhouse. The **Main Line Slide** offers competition in events for men and women, heavyweight and lightweight, from juniors through veterans. First event starts at 9 am. For more info, directions and entry form, go to villanovarowing.com.

FEBRUARY 10, 2008

First Annual Center City Slam!

Who: Drexel University

What: The first Annual Center City Slam Erg Competition

When: February 10, 2008 at 9 am

Where: The Daskalakis Athletic Center - located on 33rd and Market Streets

The Erg Competition will be open to competitors including High School Athletes, Collegiate Rowers, and All Masters Events!

For more information, go to <http://boathouserow.org/reg08/drexelslam.htm>

FEBRUARY 28, 2008

Please make sure your 2008 WBC Membership dues are paid.

MARCH 1, 2008

Schuylkill Navy 150th
Anniversary Banquet

Join a celebration of the Schuylkill Navy's 150th anniversary and the 2007 rowing season at the Schuylkill Navy Banquet on Saturday, March 1 at Bala Golf Club.

The highlight of the evening is the Coach of the Year Award. This year's recipient is Paul Coomes, Conestoga HS, Bachelors Barge Club and PA Rowing Camp.

SN is pleased to announce the selection of Penn AC's Ivan Baldychev as Athlete of the Year.

SN's guest speaker will be Anita DeFrantz, an attorney and member of the International Olympic Committee and 1976 and 1980 Olympic teams. Anita is the president and member of the Board of Directors of the LA84 Foundation, which is managing Southern California's endowment from the 1984 Olympic Games.

SN will present mileage certificates to all individuals who rowed more than 1,000 miles in 2007. If you are eligible for a certificate, be sure to let WBC's Schuylkill Navy delegate know.

SN will also recognize local members of the 2007 US national team.

Tickets are \$80 per person for ages 30 and over, \$60 for guests under 30. Sign up thru Regatta Central.

MARCH 6, 2008

WBC General Membership Meeting
7 pm at Boathouse.

APRIL 22, 2008

Nominations for 2008/2009 WBC Officers due to Nominating Committee.
E-mail to MEMcKenna@comcast.net.

MAY 1, 2008

WBC General Membership Meeting and Election of Officers

7:30 pm at Boathouse.

WBC Happenings

WBC's holiday party this year was held at the Thompson's home in early December. Everyone who attended would agree that the evening was fun with delicious food, interesting conversation, and, above all, gracious hosts. We appreciate the efforts of all those who helped make the evening so enjoyable.

WBC will be repeating the "**Let's Eat Out**" fundraiser that we ran last year, which generated \$1,700. The monies raised were used to purchase equipment for the club. More information will be available at the March general meeting.

Spring is almost here and it is time to think about your rowing wardrobe! With that in mind, Carol Kleiner is in the process of purchasing **WBC rugby shirts**. Samples should be available by the March general meeting. Orders will be taken for this item.

Racing Results



Frostbite Regatta

Men's Masters Eight A/B/D/E

University Barge B	6:09.81
Fairmount	6:20.16
Hawk Hill B	6:32.30
Penn AC B	6:38.94
Whitemarsh	7:24.02
Wharton	7:32.42

FYI

Canoe Club shut down - The Canoe Club has been enclosed by a chain link fence and Temple, La Salle HS, Fr. Judge and North Catholic were told on Friday, January 25, to remove their equipment by February 15.

According to The City's Department of Licenses and Inspections (L & I) "*significant building code violations have been identified*". L & I erected a perimeter gated fence and prohibited access to the building. "*Based upon the magnitude and nature of the violations identified by L & I it is reasonable to assume the Canoe House will not be accessible for at least two years.*"