



The Whitemarsh Wake

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WBC GRAND OPENING CELEBRATION

Whitemarsh Boat Club unveiled its new Boathouse at the Grand Opening Celebration on Sunday afternoon, November 26th, 2006. It was a milestone in Lois Trench-Hines' vision to develop a boat club at the two-acre riverfront property in Conshohocken since she acquired it five years ago. Attendees viewed the completed extreme makeover of a vacant metal corrugated building transformed into a spacious boathouse with the inside capacity for 70+ boats, new men's and women's locker rooms with showers, and handicap accessibility, an area for erging, and a bright upstairs room – our future club room.



With inviting weather that was unseasonably warm for a Thanksgiving weekend (and perfect for rowing), friends and supporters from several rowing clubs along Boathouse Row in Philadelphia and Upper Merion, as well as representatives from local college and high school rowing programs, came for the celebration.

On the deck facing the water, Lois welcomed everyone in opening remarks, and introduced the club's officers and other key supporters who have helped her in developing the property. Plans for development of an additional boathouse structure were mentioned by Lois, and also on view.



A blessing was given by Sister Kathleen Brabson, principal of Mount St. Joseph's Academy, whose championship crew team has been training there since Lois purchased the property.

Many of the attendees expressed interest in membership and learn-to-row programs, and several people have already joined the club. We look forward to another Open House in the spring.

L. Chisholm

The President's Post

Whitemarsh Boat Club has made great progress over the last few months. We have purchased an 8+ and two quads, as well as sculls for these quads. We have had a set of sweep oars donated. Shortly we should have a double added to our boat inventory.

Along with new equipment, we have added a number of new members. Some new members own their own singles. The section of the boathouse where the singles are stored is growing quickly.

We had a very successful Learn-to-Erg (LTE) program this winter. Sixteen individuals learned the basics of erging over a 3-week period, coming to the boathouse three times a week. The LTE program was conducted by Mike McKenna. Mike is one of the crew coaches of Mount Saint Joseph Academy, as well as an active member of the Whitemarsh Boat Club. Mike very generously donated his time to conduct the LTE program, and all proceeds went to WBC as a fundraiser. This venture was a very positive initiative for WBC both financially and in the possibility of increasing membership in the very near future. This group of 16 individuals appeared to be very interested in rowing and in the WBC facility. These same individuals have voiced their interest in a Learn-to-Row (LTR) program.

WBC is excited to announce that we are planning a LTR program for the Spring. Coaches committed to this program are Mike McKenna, Megan Kennedy and Melissa Rice. Melissa is a new member of WBC who is training for the National Team. Melissa has experience with similar programs. Dates still need to be finalized with the coaching staff. We are hoping to have everything finalized shortly with the program starting sometime mid-April.

Every sport has issues that never show up in an official rule book and are usually considered the etiquette of the sport. So here are some rowing etiquette items:

- Always get your oars down to the riverbank first so you are ready to shove off the dock after you get your boat on the water.
- When you are going out for a row, shove off the dock as quickly as possible so other boats can launch or dock.
- If there are already two boats at the dock, do not bring a third boat down onto the dock. Wait until there is available space at the dock to get your boat onto the water.
- First come, first serve to the dock when returning after a row. You should not cut in front of another boat already waiting in line to dock, unless you ask permission.
- When returning from a row, put your oars off to the opposite edge of the dock. Get your boat out of the water and off the dock quickly. Then return to the dock as soon as possible and remove your oars.

The upcoming racing season will be upon us before we know it. A list of various regattas that WBC plans to enter will be posted in the boathouse. There will be a sign-up sheet provided for members who are interested in participating in these WBC entries.

There is also a Log Book for WBC member use. This is a safety issue; we want to make sure you return safely from your row. Please sign in and out in the Log Book when you go out and return from your row. Also, this Log Book has been used in the past to determine who will row in club boats for races. This system worked well last year and the Officers believe it will work equally as well this year.

Mary McKenna

President
Whitemarsh Boat Club

Captain's Log

Hello again, it is hard to believe that our Open House was only a few months ago and since that time there has been so much progress with growing this program.

If you have not recently visited WBC, you will hardly recognize the facility! For those of you who toured the boathouse during Open House, you saw some shiny new, but empty boat racks. Some of those boat racks have become home to the likes of the Germantown Academy Crew Program, Philadelphia University Crew, and individuals who have their own boats and have realized how beautiful the river is at this location!

Since the beginning of the year, Whitemarsh has purchased an Eight and 2 Quads. We have also received the following donations: a Four and another Eight (albeit a little old and seasoned), and we are also expecting to receive a Double in the very near future.

WBC would like to foster an environment where both the newly introduced and the experienced rower can appreciate what the club has to offer. We want to grow and prosper with input from others who have knowledge and expertise you can only acquire from years on the water.

We are planning many programs and fun events for the upcoming months.

There is so much still to do and every week we accomplish a little bit at a time--none of which would be possible without the generosity and support of many special people who come and donate their time and efforts here at WBC.

I look forward to this season starting and being able to meet with all of you. WBC is planning to enter the June 16th Schuylkill Navy Summer Club Regatta and that will be our kick-off to the busy season ahead!

Please feel free to contact me at bhrycko@aol.com with any questions and/or comments. Enjoy the season and please stop by and see our progress!

Regards,
Linda Hrycko
WBC Captain

The Whitemarsh Boat Club Bowl

WBC donated a beautiful crystal bowl trophy for the 103rd Annual Schuylkill Navy Run (aka The Turkey Trot). The Whitemarsh Boat Club Bowl is a perpetual trophy that will be awarded each year to the masters woman runner who comes in first.

The Bowl was won in 2006 by Rose Flynn of Philadelphia Girls Rowing in her 29th consecutive year competing (time 54:52.68). Lois Trench-Hines and George Hines were on hand for the presentation of the trophy at the race's end.

The Turkey Trot is held each year on Thanksgiving Day. The cross-country course is 5 and 5/8 miles over hilly terrain. Starting at Malta Boat Club on Kelly Drive, the runners go inbound on Kelly to the traffic light in front of Lloyd Hall, turn left and go up Lemon Hill and over Girard Avenue bridge, then right onto Lansdowne Avenue. Just past Sweetbriar cutoff, the course turns right and starts the true "cross country" segment: from here the race is over grassy surface. Runners go to Meade Monument, then follow the cyclone fence to the Pagoda entrance gate, cross through the service entrance to Belmont Plateau, up the hill to Belmont Mansion, and return by way of Brewery Hill, down Kelly Drive to Malta.

So WBC masters women—make sure your cross-training this season includes running so, at the 2007 Turkey Trot, WBC can bring the Whitemarsh Boat Club Bowl home to Conshohocken!!

WBC Fundraising

"Let's Eat Out"— A Big Success

Six lucky winners have enjoyed dining out around Philadelphia over the past month thanks to WBC's fundraiser that is now in progress. Anyone who purchases a ticket for \$20 has a chance of winning a \$50 gift certificate to local eateries. Winners are notified weekly. To date, the fundraiser has raised over \$2000 to be used for equipment for the club. Tickets are still available and the final winner will be chosen April 27. If you would like to purchase a ticket, please contact Carol Kleiner at carolkdr@comcast.net.

**Have you bought your
own ticket yet?
You could be the next
winner!!!**

**Tonight may be your
lucky night!!!**

**Don't miss out on a night
out for dinner!!!**

Long-sleeve performance T-shirts are still available. Moisture wicking fabric with antimicrobial properties, tapered body for an athletic fit, flat lock stitching at all seams. Shirt is black with teal and white WBC artwork. Sizes from small to XL are available. Price is \$35.

For information or to order a shirt, please contact Carol Kleiner at carolkdr@comcast.net

We will be adding short-sleeve T-shirts just in time for warmer weather....stay tuned.

WELCOME to New WBC Members

Lorrie Beppel McGlynn
Clare Brown
Stephen Burgoyne
J. Barry Dunleavy
John Dunn
Barbara Kelly
Theresa Kiernan
Jackie Mahan
Richard Mahan
Charles McMahan, Jr.
Melissa Rice
H. Anthony Semone
Robert M. Smith
John Steers
Meg Thompson
Liz Walker



Mark Your Calendars

General Meeting--Election of Officers

Open to all WBC members

May 10

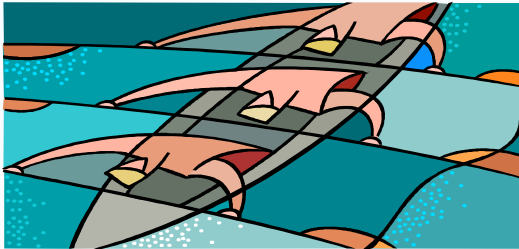
6:00 pm

At the WBC Boathouse

Rowing "Stuff"

The **CRASH-B Sprints** is the world championship for indoor rowing raced over 2,000 m on Concept2 indoor rowers. It is held every February in Boston, MA, recently at the Boston University Agganis Arena. The race began in 1980 (after the US boycott of the Olympics) by several former US Olympic rowers to break up the monotony of winter training. The CRASH-B sprints are officially sponsored by Concept2.

CRASH-B stands for Charles River All-Star Has-Beens.



FISA: Stands for The Fédération Internationale des Sociétés d'Aviron, which is the governing body for international rowing. FISA is sometimes referred to by its English translation, which is the International Federation of Rowing Associations. Rowing World Cup, World Rowing Championships, and other such competitions are overseen by this organization.

It was founded by rowing representatives from France, Switzerland, Belgium, Adriatica and Italy in 1892 in response to the growing popularity of the sport of rowing, and the consequent need for uniformity of regulations over such matters as race lengths, boat composition, and weight classes. Also, at the time, betting on rowing was very popular, and the rowers or coaches were often taking bets. Amateur status was unknown in the sport, a state of affairs which can lead to corruption, such as thrown races.

FISA was the first international sports federation to join the Olympic movement. It has been on the Olympic program since the 1896 Summer Olympics in Athens. (The rowing events at the 1896 games were cancelled because of high winds.) (From Wikipedia.com)

Number of rowers. In all forms of modern competition the number is either 1, 2, 4, or 8.

- Boats are either coxless ("straight"), bow-coxed (also called bowloaders) or stern-coxed.

Although sculling and sweep boats are generally identical to each other (except having different riggers), they are referred to using different names:

- Sweep: straight pair (2-), coxed pair (2+), straight four (4-), coxed four (4+), eight (8+) (always coxed)
- Sculling: single (1x), double (2x), triple (3x) (very rare), quad (4x), octuple (8x) (not very common, always coxed, and mainly for juniors)

WHITEMARSH BOAT CLUB ELECTIONS

Nominations for Officers and Chair positions for the 2007-2008 season are currently being accepted.

The positions that will be voted on this Spring will be for:

- President
- Vice President
- Secretary
- Treasurer
- Captain
- Membership Chair
- Fund Raising Chair
- Lieutenant (House)
- Lieutenant (Rowing)

If you would like to nominate a fellow member or would consider getting involved yourself, nominations will be accepted by mail, postmarked no later than

Tuesday, April 17th, at 11:59 PM.


These nominations should be submitted by mail to the following address and received no later than Tuesday, April 24th:

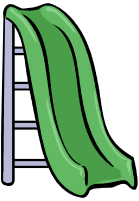
Whitemarsh Boat Club
Nominating Committee
PO Box 944
Conshohocken, PA 19428

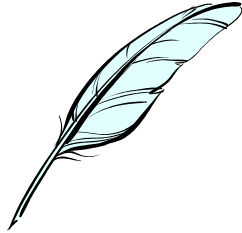
Elections will take place at a General Membership Meeting on

Thursday, May 10th, at 6 PM

at the Whitemarsh Boat Club. Only those members who have paid their 2007 dues (unless honorary) and are in attendance at this meeting will be able to vote.

Catch a  ?

Jump the  ?



the blade ?

Sit ready at the



?



?



stretcher

?

Row on the



?

Is it all ΩΦΘΨΣ to you?

Then you need the **WBC Learn-to-Row Program.**

Coming in Spring 2007.

Details will soon be added to

www.whitemarshboatclub.org.



Keep your  peeled.

