

the

Salty Shell

Newsletter of Great Salt Lake Rowing Club

The Cox Box

1. Don't forget to check Regattacentral.com for a race near you.
2. Need help with technique? Feel free to ask other members or any of the board. A new way of looking at an issue may help.
3. Looking for information or membership forms? Check out our website: www.gslr.org.
4. Remember bugs are high in protein so don't worry about all the flies you swallow when rowing. They are good for your health.



Great Salt Lake Rowing Club

Great Salt Lake:

It's always beautiful on the water



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Flaming Gorge Trip, 2012

by Joann Cloud

Joann, Stephanie, Melanie, Michael, Barbara

A small group of GSLR team members experienced the beauty of rowing on the Flaming Gorge. Michael Spackman hosted the event and provided rooms at his cabin, food, and boats from the GSLR club. The weather was beautiful and morning rows were exceptional because of the scant number of boaters on the lake. Red-rock fingers, sunshine, calm waters, and good company of rowers made this event spectacular.

The favorite row was across the lake from the launch, under a bridge, and down to the end of a finger where a stream continued down a narrow canyon. The Flaming Gorge trip is something for every rower to enjoy calm, peaceful, unpopulated waters.

When not rowing, the group relaxed at the cabin and passed time by reading on the porch, eating and drinking, visiting, or walking and seeing the wildlife. Bird watching was fulfilling for Michael and Melanie, identifying more birds than one could imagine. For other watching the Olympics at the cabin was an off-shore highlight. But the main highlight was rowing on the Flaming Gorge Reservoir. A moonlight row was enjoyed by Michael (photographer), Stephanie, Melanie, and Joann, shown watching the moon rise over the dam while out on the lake in a quad.

The trip wasn't all for fun, but also for education. In a shallow bay, Michael demonstrated how to get back into a boat when flipped. The practice was something we beginners appreciated. It was easier than we thought and refreshing on a hot day. We don't look forward to flipping on the Great Salt Lake, but the fresh water of the Flaming Gorge was inviting. Barbara, Melanie, Joann, and Stephanie passed the test with flying paddles.



President's Message

Teamwork

With another year coming to an end, I want to thank you all for your hard work. Great Salt Lake Rowing will start its 11th year this spring as a rowing club on the Great Salt Lake. We continue a long tradition. There was a rowing club on the lake with the same name that rowed out of the Garfield Resort just south of the marina in 1890.

Over the past ten years, GSLR has increased its boat inventory from three shells to the current 16. We have added in the past year a single, a double, a quad and a new trailer. We now have the equipment to enable those who are interested to row a four.

In October GSLR had eight members race in the Wasatch Head Race. Our members took two first place golds in singles and two silvers in mixed doubles. Huntsman took a gold in the mixed quad. Thanks to our new trailer, we were able to take nine boats to the regatta.

Keep in mind also that we have two ergs to help with conditioning or to use when the water is not favorable.

GSLR has a number of activities planned for the upcoming year. These include the Fresh Water Flip, Spring and Fall Cleanups, Learn to Row and Row for the Cure. Our core monthly activities include our Monthly Pot Luck and Moonlight Rows. Our weekly

activities include a Tuesday afternoon row, and our Saturday and a Sunday morning row. We would like to have your input regarding adding a potluck to our Saturday Row and also if you would like to add an additional row during the week.

We plan to again hold the Flaming Gorge Rowing Camp and a CPR training class. We would like to add an advanced rowing clinic, Utah Summer Games, and the Huntsman Senior Games if there is interest. We can also consider events like the overnight we held at Smith and Morehouse and perhaps rowing on other bodies of water.

I would like to thank you again for all your support and hard work over the last years. I also want to make a special request for your input as to what you'd like to see done in the future. This is your club and it is my goal to try and fill as many of your ideas as possible. Let's make this 11th year the best one yet. I would also like to thank Joe Inman for all his work in planning with training this year. It has helped to bring our membership up to almost sixty.

Thanks and "See you on the water,"

Michael Spackman

President, GSLR

m.spackman@q.com

txt/call 801-560-0915



Winter Rowing!

Are you interested in rowing on Great Salt Lake this winter? Check out the web site (gslr.org) or Contact Michael Spackman at m.spackman@q.com for more information. Just remember to wear warm clothing and bring your own water.

Happy Rowing!

Wasatch Mountain Head October, 2012



On October 13, 110 rowers participated in the Wasatch Mountain Head at Jordanelle Reservoir. This year, because of low waters, the race start point was southeast of the Jordanelle State Park boat launch site. The race course started at the Gates of Jordan and looped through the Rock Cliff finger to finish a 5K course back at the Gates of Jordan.

The weather was a little windy at the start and there were some sprinkles throughout the regatta and everyone got a little wet and cold either from waves or just getting in the boats.



The following local and regional clubs rowed: GSLR, Utah Crew (juniors and adults), Waterford High School, Park City Rowing Academy, Huntsman Cancer Institute Rowing, clubs from Oregon, Fort Collins, CO, and Frisco Rowing Center, CO. There were two Huntsman rowing teams, a mixed-masters double and a mixed-masters quad. The 4 rowers in the quad were all cancer survivors and plan on being back and rowing even better next year.



Over 20 volunteers helped make this event happen and we hope for even greater expansion next year. Thank you all for coming out! We loved seeing you and are glad that you toughed out the less than ideal conditions.

For results see Regatta Central at https://www.regattacentral.com/regatta/results/2540_5000.pdf

Great Salt Lake Row for the Cure

By Melanie Loucks

The Great Salt Lake Rowing club celebrated its 10th anniversary for hosting another successful “Row for the Cure” event. This was a fundraiser for the Susan G. Komen Foundation Salt Lake affiliate and focused on having a great time, raising money and bringing awareness for breast cancer.

The event was held on beautiful sunny day on August 25, 2012 at the Great Salt Lake Marina. In honor of the 10th anniversary, the event invited Kayakers, Stand-Up Paddlers (SUP), and Outrigger Canoes (OC) to join in the festivities. All levels from novice to experts rowed or paddled and gathered their pledges. There were two courses: 3k loop for Kayakers and Stand-Up Paddlers and 5k loop for the Rowers and Canoes.



A total of 22 athletes participated; 14 GSLR rowers, 2 Stand-Up Paddlers, 1 Outrigger Canoe, and 7 Kayakers. Prizes were given for the highest amount pledged to the Salt Lake Susan G. Komen Foundation in support of each athlete. The winner of the grand prize was Kay Denton, having raised \$655.00, second was Ryan Johnstone raising \$350, third was Joe Inman \$200.00, fourth was Nancy Branham \$75.00, and Michael Spackman raising \$50.00. The total amount raised was \$1330.00.

Special thanks to all the people and businesses who helped make this a huge success; we could not have done it without you! We had several businesses who donated prizes, GSLR events committee members who organized the event, and lastly the volunteers who helped with registration and day of event activities.



Organizing Committee: Melanie Loucks (co-chair), Joe Inman (co-chair), Tamara Wambeam (maps and website), Joann Cloud (volunteers), Kristy Damjonovich (kayak rep), Kay Denton (fund raising), Dave Garbrecht (fund raising), Whitney Berger (Komen Utah – communications), Debbie Mintowt (Komen Utah), Kathy Fredericks (National Row for the Cure), Traci Stocker (Regatta Central).

Volunteers at the Event: All listed above as well as Donna Garbrecht, Bonnie Taylor, Mary Cowan, Nicole Anderson, Michael Spackman, Michael McKinnon, Michael Sandmann, and Sarah Jeffreys (photography).

How to Fly Across the Water

By Nicole Cavallaro

I remember the first time I saw elite rowers. An eight-man boat was effortlessly cruising along the Charles River in Boston in the Fall of 1992. The Head of the Charles Regatta attracted world-class rowers to Boston for the festive weekend. I was a mere freshman at Rutgers University where I innocently signed up to try rowing. Little did I know that my life would be consumed by it.

There was something about the rhythm and fluidity that mesmerized and captivated me. Since then, I've been in endless pursuit of the perfect stroke. Fortunately, I've had some great coaches along the way and they have passed along some wisdom. In honor of them, I want to share some tips about how to fly across the water.

The three key words to remember when trying to make rowing look effortless are **Rhythm, Ratio and Run**. While watching an elite rower, you will notice that they have a consistent **rhythm** that makes their entire stroke (catch, drive and recovery) look like poetry in motion. Just **YouTube** (I love that this is actually a verb) an Olympic rowing clip and you'll see what I mean. Whether it be a single, double or an eight, the motion of the stroke is rhythmic and pleasing to our innately rhythmic brains.

Now for the fun **Run**. My varsity coxswain was a powerful motivator. She pulled every ounce of talent out of our undersized and overworked crew. One of the best tools she used to motivate us was by explaining to us our "run". Run is the amount of space that you create between strokes (puddle, a.k.a. swirl of power). The more run you have, the more efficient and powerful your stroke is. The next time you are attempting to fly across the water, take a look out at your "run" and see how many feet you have between each puddle. Before they had fancy equipment to tell crews how fast they were rowing, observing and calculating your run was it.

I saved the best for last. In order to maximize your run and really enjoy the rhythm of your stroke, this piece of the triple R puzzle is critical. **Ratio**... Ah, ratio feels so good. It makes all the difference in your ability to fly across the water. This is such an easy tool and helps tremendously. In order to achieve the rhythmic feeling of rowing, we need to have ratio. We call it ratio because our boat is moving forward, right? In order for it to move forward with maximum efficiency, we need to make sure that our body sliding on a seat in the opposite direction is in proper ratio. We don't want improper ratio taking away from the boat's speed. It is difficult to feel this in smaller boats but imagine in a heavyweight Clydesdale turbo diesel 8-man crew. Each rower contributes his or her 200+ pounds to a potentially fast or painfully slow crew. Imagine 1600+ pounds of potential power flying up the slide in the opposite direction? What makes the difference? **RATIO**. So, the next time you are rowing, try counting out your stroke. It's a 1,2,3,4 count – 1—through the water (catch and drive), 2- arms and body extend forward, 3 & 4 – you slide your bum up to the catch. Yes, it takes twice as long to move your body weight in the opposite direction that you want to go in. This is the magic of ratio. If you can get in the habit of taking twice as long up your slide, you will start to feel the sensation of flying across the water. In contrast, you can exaggerate your slide by screaming up quickly and noticing how much slower your boat goes. Witnessing this in a several person boat is tragic and looks and feels like dragging an anchor. The recovery is called the recovery intentionally; when done effectively, it helps us recover. 1,2,3 and 4 – count it out in your head over and over again until it becomes automatic. "Savor your slide," my coach would always say.

Rowing is magic. There are so many aspects of the sport that are metaphoric for our journeys through life. I hope you are enjoying your journey and feeling the magic of our beloved sport. It's an honor and pleasure rowing with you all.

In health,
Nicole Cavallaro
Coach of the Huntsman Rowing Team

Equipment Tips Launching Boats Safely

By Joe Ozimek

With more new members joining Great Salt Lake Rowing each year, sometimes we may forget the most routine tasks or courtesy of how to launch boats safely. We all want to be safe on the water and protect our valuable rowing equipment as well, so here are some helpful reminders.

- Returning boats should always be given the right-of-way over launching boats.
- Never lift a double or quad from the ends, but a couple feet from each end.
- Never allow any boat to bump the ground, floor, other boats, or dock.
- Great Salt Lake Rowers are always responsible to stop a boat from hitting the ground, other boats or dock by calling "**let it run**" or making a crew member (doubles & quads) aware of obstacles in your path.
- Always keep oars safely in an area where they won't be stepped on or tripped over.
- Remember to put dockside oars in first, before those on water side of the boat.
- Never step into the bottom of the boat, as your foot could weaken it or worse go through it! Only place feet on the reinforced foot plate or thwarts intended for placing weight.
- Adjust foot stretchers at the dock with one person steadying boat and keep it from rubbing against dock.
- The rower should always plan to push off from the dock with the oar.

Remember to always stay safe by being courteous to others that share Great Salt Lake Rowing with you!



Great Salt Lake Rowing Club

Great Salt Lake Rowing (GSLR) is a 501-(C)-3, Non-profit organization dedicated to promoting recreational and competitive rowing in Utah, located at the Great Salt Lake Marina, Salt Lake County, Utah.



Learn more about Great Salt Lake Rowing by surfing. Just visit our website at www.gslr.org. If you have any events or information to include on the website contact Tammy at wambeam@comcast.net

Want to contribute to the Salty Shell or volunteer at one of the events? Just contact Tammy at wambeam@comcast.net

