

Winter is here -- time to warm-up at the Midwinter Meltdown! Coming up this month, along with lots of other activities.



January 2015 Newsletter



Coming Up!

At Mendota

Jan 31 @ 7:30a
Midwinter Meltdown at
Porter Boathouse

Feb 3 @ 6:30p
Board meeting

Feb 7 @ 10:00a
Coach Search meeting

Feb 21 @ 10:00a
40th Anniversary meeting

Mar 12 @ 6:30p
Board meeting

Mar 13-15
Canoecopia

March 28
Annual Meeting

June 6
National Learn to Row &
40th Anniversary Celebration

**Reminder
Midwinter
Meltdown**

**Saturday
Jan 31, 7:30a**

Best indoor rowing

Help Us Celebrate 40 Years of Rowing in 2015

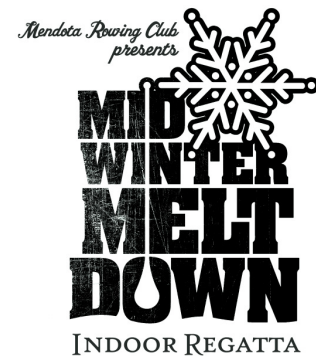


Photo: www.surroundedbyreality.com

Every time I row I feel I've left Madison for a couple of magical hours. It is another world on Lake Mendota and one I've been so happy to share with my Mendota Rowing Club family over the years.

2014 was an outstanding year for Mendota Rowing Club! In June we hosted more than 100 people interested in rowing at *National Learn to Row Day*. In July, in partnership with the American Parkinson Disease Association-Wisconsin Chapter, we conducted a second season of *Rowing with Parkinson's*. And in August, after a decade's absence, the club returned to competition at *Master's Nationals* in Grand Rapids MI, winning several medals. Throughout the season we began preparing for our *40th Anniversary* year by painting both the inside and outside of the Bernard-Hoover Boathouse, insulating the floor and trimming the windows in the erg room. And these are just the highlights!

For forty years, Mendota Rowing Club has been providing hundreds, if not thousands, of people the opportunity to row. We are



Artwork: Kristen Rost

Just a little over a week to Midwinter Meltdown!

Put all these winter workouts to test and plan on competing! Or simply come to erg in fun events, such as parent-child or tandems, or to encourage your friends, while enjoying the beautiful vista from UW Porter Boathouse! Early online registration at \$30 is available thru Jan 23, after that \$40. There is also a 10% discount for groups of 10 or more. [Sign up now!](#)

We also welcome your help in making this hugely popular event the best in the Midwest! If you can offer a hand, either now, the day before, or the day of, let us know your availability and preference by emailing midwinter_meltdown

Now - Someone to develop a list of nearby restaurants.

Jan 30, 5-8 - A minimum of 10 people to set up race ergs, assemble purchased ergs, arrange tables, transport merchandise & other supplies, set up & test sound system, set up & test race program and all computers. Let Amy know if you'd like her to order dinner.

Jan 31, 7:15-4:00 - Help for an hour or

competition
(CRASH-B Qualifier)
(all welcome)

UW Porter Boathouse
680 Babcock Drive

Register Now!

For more info, visit our
website



FOR SALE

Show your support for Mendota Rowing Club as we head into our 40th Anniversary Year in 2015, by purchasing a MRC cap or water bottle for only \$15 each.

[Purchase MRC gear](#)



Join MRC!

Sign up for Winter Membership now!

Board of Directors

We always welcome ideas & suggestions to make our club a better place. Our next Board Meeting is on Feb 3 at 6:30pm. If interested in joining or serving on the Board, please contact a Board Member directly.

Your current Board is:

able to do so due to your generous volunteer time and donations. To continue to be able to do so at the standards we all expect, please consider a donation. Mendota Rowing Club is a nonprofit, tax-exempt organization under Section 501(c)(3) of the Internal Revenue Code. Donations are tax-deductible as allowed by law. [Donate to MRC](#)

Your gift helps ensure that our programs and facilities will thrive and grow as we celebrate 40 years of rowing and 100 years of the Bernard-Hoover Boathouse in 2015. Mark your calendars for our first event on June 6!

Thanks again for your loyal support of Mendota Rowing Club. We look forward to letting you know how your gift has made a difference in the coming year.

And as always, thank you for playing a role in all we do.

Happy New Year,

Kathryn Pereira
MRC Board President



Photo: Chad Weick

Your Board at Work
by Cindy Poe

At its December meeting, the MRC Board of Directors adopted a new '*Athlete Safety Program*' that explicitly prohibits particular types of misconduct, including bullying, hazing, and harassment.

In addition to taking a clear stand against misconduct, the program identifies specific steps the club will take to prevent such misconduct - including measures to raise awareness of the problem and criminal background checks for employees

two, or the full day, whatever works best for you. A minimum of 10 people would be great to run computers for registrations, registration back-up, races & results, announcer, sell merchandise, buy and deliver food for volunteers, event photographer, and clean-up.

For more information, visit our [website](#). Thank you in advance & have fun competing!

Winter Training

Coach: [Matt Lenert](#)

Practice Times:

Wed, Fri: 6:00a-7:00a

Wed, Fri: 6:00p-7:00p (no coach) NEW!

Sat 8:30a - 10:00a

Winter training presents a great time to work on your fitness and come into the new season feeling fit, and for those inclined ready to win medals. It is my goal to help you achieve yours. The training program has two peaks in intensity one before Midwinter Meltdown and one just before the water season. Practices are a drop in and casual atmosphere, all that is needed to come to practice are some basic erging skills and the will to physically challenge one's self.

Still time to join. Your winter membership is valid thru mid-April. Reminder: Workouts are also available on our [calendar](#). Register for a winter membership [here](#): pick option C3, only \$100.

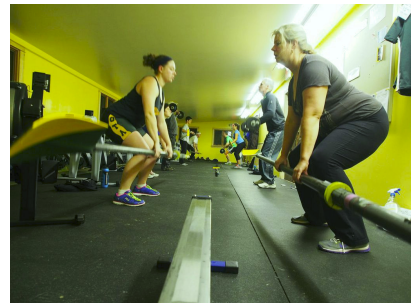


photo: Amy Wencel

Indoor Rowing Basics
by Amy Wencel

Learn to use that rowing machine in your gym. Indoor rowing is an excellent low-impact, full-body exercise for all your

President - [Kathryn Pereira](#)
Vice-President - open
Secretary - [Amy Wencel](#)
Treasurer - [Tim McDowell](#)

Volunteers Needed

- 2015 40th Anniversary planning team
-
- 2015 Midwinter Meltdown
-
- Erg repair
-
- Snow shoveling
-
- Filing/archiving
-
- Newsletter feature writer
-
- Fundraising
-
- LTR Coordinator
-
- Canoecopia
-

Please let us know how you can help. Contact info@mendotarowingclub.com

Yoga in the Boathouse

Certified Instructor Cecily Frederick guides our mixed-level practice Sundays at 8:45am - 10:00am.

New winter session runs thru Feb 22. \$15 per class for drop in. For more information and to register, Click [Yoga in the Boathouse](#).

Editors:

Mireille Raby
Mark Ketilson

- as well as steps to respond to problems should they arise.

The measure that is likely to affect the most people is a requirement that people holding particular leadership positions in the club, such as coaches, board members, and LTR lead instructors, watch a "SafeSport" video developed by the U.S. Olympic Committee.

The Board adopted the program in response to a mandate from USRowing that all its member organizations have a safety policy, with specific required components, in place by the end of 2014.

Members can find a copy of the program on the club [website](#). Because the short time frame for adoption of the policy didn't leave time for club-wide discussion of these matters, Board members welcome comments and feedback about the program.



Midwinter Meltdown at Porter Boathouse
photo: MRC Facebook Archives

Join the Board of Directors! by Kathryn Pereira

The Board of Directors is elected by the members of Mendota Rowing Club during our annual general meeting in March. Each member holds the position for three years. The Board upholds the integrity and day-to-day operation of the club.

We currently have six open board positions and are operating at our legal minimum of three board members. Ideally we would like at least four new members to join us this season. If you are interested in running for the board and want to find out more about what happens behind the scenes you can:

1) *Attend a board meeting.* Our next two meetings are scheduled for Tuesday February 3 at 6:30pm and Thursday March 12 at 6:30 pm. Meetings take place in Bernard's boathouse.

fitness goals. It is a great alternative when winter conditions are unsuitable for outdoor activity.

From experienced, CTS-certified rowing instructors, you will learn safe "erg" technique on Concept 2 indoor rowers and how to program the Performance Monitor computer.

Single ninety-minute sessions are structured so that you may repeat the class. Signing up for multiple sessions allows you to get practice with technique, and you'll get a different workout each time you come.

When: Tuesdays 6:30-8:00 pm
Dates: [Jan 20](#), [Jan 27](#), [Feb 10](#), [Feb 17](#)
Where: Bernard's Boathouse in James Madison Park 622 E. Gorham St.
Cost: \$20 per 90-minute session

To register, click on the date you want to attend (above).



photo: Not sure whom to give the credit...

Seeking a Coach

Our search for a new coach for our adult morning program continues! While we have received few spam emails as has happened in the past, we have also received very few applications. As we go to press we have received one inquiry, one qualified applicant with an incomplete application, and one applicant who is not qualified to work in the United States.

Please continue to spread the word about this opportunity to all your rowing connections otherwise we may need to take turns driving the coaching launch next spring in addition to taking turns coxing.

We would like to conduct interviews in

2) *Talk to a current board member.*
[Kathryn](#) is attending winter workouts as much as possible, [Amy](#) is teaching indoor rowing classes on Tuesday evenings and is often seen around the boathouse on weekends, and although [Tim](#) has not yet returned to erging he is always available by email. All three of us will be attending Midwinter MeltDown.

Nominations for election to the Board must be received by the club at least ten days prior to the date of the annual meeting, which is scheduled for March 28, 2015. Nominations shall be deemed to have been properly received upon delivery to the club President or to the club's post office box by the required date (March 18, 2015).

Please write up a few paragraphs about why you are interested in joining the Board when submitting your nomination. These candidate statements will be distributed to all current club members a week before the annual meeting as well as distributed at the annual meeting. Candidates will also be given the opportunity to introduce themselves in person at the annual meeting.

We look forward to you joining us in keeping Mendota Rowing Club a great place to row.

Help Needed by Kathryn Pereira

If you are looking for something to do this winter and can offer a few minutes of your time, we have a variety of tasks that can match your skills and preference. Pick one, add your own, or just simply do a little bit next time you're at the boathouse. Thank you in advance!

MidWinter MeltDown

If you can help (see above article), email Amy at [midwinter meltdown](#) with your availability & preference.

Repair Work

3 ergs need attention.

Snow Shoveling

Get your workout outdoors! Anyone, anytime snow falls. Clear pathways to stairs and stairs to sidewalk.

Writing

Write a historical feature for this year's newsletters (Mar, May, July, Sep, & Dec).

Office Work

Tame and condense our file cabinets and

February and have a coach in place to introduce to you at our annual meeting on March 28. More information and a detailed job description can be found on our [employment page](#)

The coach search committee meets next on February 7 at 10 am to work on things such as developing interview questions and discussing what to do if we have no applicants by the end of February. If you would like to join this effort contact [Kathryn](#), or just show up at the meeting.



photo: Cory Berkbigler

40th Anniversary in 2015 by Cynthia R. Cauthern



photo: Archives

Be part of a fantastic celebration. MRC is celebrating its 40th Anniversary on June 6, 2015. We are combining this event with National Learn to Row Day.

Fun activities are planned throughout the day. In the morning, National Learn to Row Day will include activities for children, refreshments, tours of our 100 year old boathouse, free yoga, guest speakers, learning how to erg, and of course, weather-permitting, rowing in 8's on the water. The 40th Anniversary Celebration will start at 1pm with music, food, guest speakers, and a scratch regatta for all area rowers.

In the meantime, you're invited to share your suggestions for activities, events,

save/archive our historic records!

If you are interested in helping with any of these tasks, contact [Kathryn](#) or info@mendotarowingclub.com



Some winter workout at UW Porter Boathouse
Photo: MRC Facebook Archives

Learn to Row Coordinator Positions Available

Two Learn to Row Coordinator volunteer positions are available to members for the 2015 season and beyond. These are crucial positions that have the potential to raise as much as \$16,000 in much needed funds so that our club's operating budget remains solvent. These positions include a reduced-fee membership depending on the amount of responsibility undertaken.

The *LTR Administration Coordinator* primarily handles meetings, registrations, and publicity while the *LTR Volunteer Coordinator* recruits and trains volunteer instructors and teaches at least one class. Both positions serve on the LTR Committee (as do all lead instructors) and plan National Learn to Row Day for the first Saturday in June. Processes have been streamlined over the past three seasons and detailed position descriptions have been written so that you do not have to reinvent the wheel when taking on this work.

Contact club President and "retiring" Learn to Row Coordinator for the past 3 seasons, [Kathryn Pereira](#) if you are interested in learning more.

speakers during a preparatory meeting on Saturday Feb 21 at 10am.

See you on June 6th. This is going to be awesome!



photo: Archives

Historic Feature: Bernard's Boathouse

In addition to Mendota Rowing Club celebrating its 40th anniversary in 2015, the Bernard's Boathouse turns 100 years old!

The *Bernard-Hoover Boathouse* is historically significant as the last remaining building of the commercial boating business in Madison. It serves as a reminder of the time when vacationing tourist and local residents were using the lakes for travel and recreational outings to resorts, which once dotted the lake shores.

From 1855 to 1968, the Bernard-Hoover was both the first and the last major commercial boating business in Madison. Commercial operations of the business included: boats for rent for pleasure and fishing, boat builders, and steamboat operators. The steamboats, one of the most impressive parts of Madison's navigational history, were used to ferry local residents and tourists to various picnic spots or pleasure parks along the shore lines.

Charles Bernard was born in Germany in 1824. When he moved to Madison in 1853, he continued working as a tailor and a fisherman. He bought the property for a fishing house in 1855 and his boating business was well established by 1875. In 1890, he built his first steamboat. By the time he died in 1907, he had built three of them. His son took over the business. In 1911 the original



photo: Amy Wencel

Thank You!
By Amy Wencel

Some of our members have an urge to improve our facility that cannot be diminished by winter conditions. Since closing down the waterfront, we have enjoyed an insulated erg room floor and expertly trimmed windows, thanks to these hands-on, get-her-done types.

Another such person delivered newly mended dock parts recently. He reports: "The broken dock clips were replaced with news ones and the legs that were still useable were re-welded to the feet. Eleven new legs were fabricated. The mating bracket that secures the dock to the concrete was modified to make installation easier in the spring. Some new bumpers are ready but not yet attached".

Another improvement we will enjoy once the water is open again, is the installation of cubbies inside the lower entry door. The idea is to safely stash our personal gear in these, while we are on the water, so coxswains getting their cox boxes and outgoing doubles don't have to tiptoe around our backpacks.



photo: Somsamay Homphothichak

boathouse was replaced by a spacious new building which unfortunately, burned four years later, but was rebuilt quickly with the same design.

By 1940, the automobile the automobile had cut down substantially on the commercial boating business in Madison causing William Bernard to sell the boathouse, boats, and docks to Berg's Sporting Company. In 1943, the Bergs sold the property to Harry Hoover, who continued the business until 1968 when the City of Madison bought it as part of its plans to expand James Madison Park.

Excerpts from 'Statement of Historical Significance' prepared by Katherine H. Rankin Preservation Planner, City of Madison July 23, 1993



<http://www.high-noon.com/event/194691-canoecopia-madison/>

Volunteer Opportunity -
Canoeopia
by Amy Wencel

Consider staffing our booth at Canoeopia 2015, March 13 - 15. Be an ambassador for sliding-seat rowing and for Mendota Rowing Club, and get a glimpse of what else is going on in human-powered boats.

If you've never been to [Canoeopia](#), it's pretty cool. Its' the largest paddlesport exhibition on Earth, hosted by Rutabaga at the Alliant Energy Center.

Blab with the boating public about Mendota Rowing Club; demonstrate and instruct erg technique if there is interest; then take a break and look at the newest paddling and outdoors gear, or siting on a lecture or workshop.

Four comp entries are provided each of the three days. The exhibit hours are Friday 4 to 9 pm; Saturday 9 am to 6



photo: Amy Wencel



photo: Somsamay Homphothichak

pm; and Sunday 10 am to 5 pm. When you consider picking up a shift, remember we need special teams for Friday set-up during the day and break down on Sunday afternoon. Contact [Amy](#).

Mendota Rowing Club

Email us: info@mendotarowingclub.com

Visit our website: mendotarowingclub.com

Like us on Facebook: [Mendota Rowing Club Facebook](#)

Follow us on Instagram: [@mendotarc](#)

Twitter: [mendotarowing](#)

[Unsubscribe](#) *(If you are a current MRC member or a Learn to Row participant from this summer, please do not unsubscribe.)*

Rowing for all!