

Water season is behind us but lots of activities coming up at the boathouse in the next few weeks!



November 2014 Newsletter



MADISON'S ROWING CLUB
MENDOTA ROWING CLUB

Coming Up!

At Mendota

- 11/9:**
Late Fall Yoga begins
- 11/11:**
Indoor Rowing Basics begins
- 11/14:**
Winter Training begins
- 11/20:**
End-of-Season Party
- 12/14:**
Late Fall Yoga ends
- 12/30:**
Indoor Rowing Basics ends
- January 24 or 31**
TBA:
MidWinter MeltDown

Reminder: End-of-season Party

**Tomorrow Thursday
November 20
7-9pm
(guests welcome)**

**Lakeside St. Coffee
House, Wine & Beer Bar
402 W Lakeside St**

Pizza & Desserts \$5

[More info & RSVP](#)

On the Waterfront



Photo: Elsa Korol McDowell

The water season 2014 was awesome at all levels! We were blessed with several great morning and evening rows. We had a successful sprint and fall racing, showing quite well at all the events we participated in.

Everyone lent a generous hand at ensuring the rowing season was fun and beneficial to all. Special thanks to our coaches - Elsa, Martha, David, and Matt! We are also thankful to all our dedicated coxswains. We are more than grateful to each and everyone of you who worked in the shadow, making sure every practice, every lesson, every piece of equipment ran smoothly and allowed the rest of us to be on the water.

The water season is over, but rowing continues. Read on to find out more about what is happening at the boathouse this fall and winter. Monitor your emails for the latest news. Swing by the boathouse anytime to join in any of our numerous winter activities. Keep warm!

Mendota Programs

Winter Training

Coach: [Matt Lenert](#)

Practice Times:

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

Sat 8:30a - 10:00a

Winter membership. A great way to get or stay fit from November to mid April. You do not have to be an experienced rower but you must have basic erging skills.

Starting Friday Nov 14, Coach Matt will lead the winter workouts. Monday is on-your-own day. The winter training program will be geared for those planning to participate in MidWinter MeltDown, as well as getting in peak shape just in time for next year's water season. That said, if you are looking to improve your fitness and health without any interest in competition, you are also more than welcome.

This winter's programming will offer two levels of workouts (*a more* and a *less* challenging level) as well as all group workouts.

Reminder: Workouts available on [calendar](#)

Register for a winter membership [here](#): pick option C3, only \$100.

Adult Program Coach Wanted

[More info](#)

MidWinter Meltdown

Best indoor rowing
competition!

[CRASH-B Qualifier](#)

January 24 or 31 TBA
&

Canocopia

March 13-15

Mendota Team Gear

**MRC has a new
look!**

New unis, tanks, trousers, jackets, hats, & more!

Although the JL offer for a special team pricing is currently closed, you can still order some of our latest MRC clothing directly from JL at www.jlracing.com

For any questions, contact Fran.

FOR SALE

Show your support for Mendota Rowing Club as we head into our 40th Anniversary Year in 2015.



Caps=\$15,
Water bottles= \$15

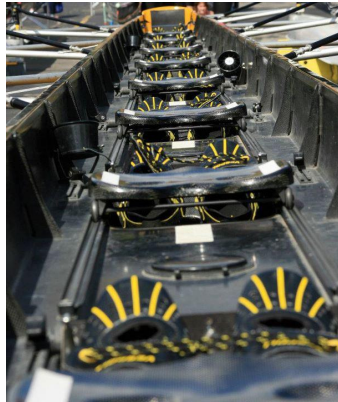


Photo: Paul Berkbigler

Morning Program

The morning program has expanded by leaps and bounds over the last two years. We owe a lot of it to Coach Elsa, who took the program to heart and so generously gave of her time, expertise, and enthusiasm.

We were also fortunate to have Coach Martha join in earlier in the season, providing a complementary expertise and coaching style. Their dedication and desire to bring us to a competitive level paid off. Each of us saw their rowing skills improve and the club participated and placed well in several regattas this year, including the Masters' Nationals. Both coaches taught by example by also racing at all events and bringing back medals.

We had a year to remember!



photo: 'Head of the Rock' by Fran Breit

And They Won!

And all that practice keeps paying off! The club participated in three regattas this fall. Several people rowed in quite a few events and did well at all three regattas!

** Head of Des Moines **

2nd: Women's Club 8+ and Mixed Masters 4+

3rd: Women's Masters 2-



photo: Amy Wencel

Sculling Program

The sculling program was very successful and much loved by both novice & experienced scullers.

If you have any comments on the season or suggestions for next year, please contact Coach Matt at [mlener at mendotaringclub.com](mailto:mlener@mendotaringclub.com).



photo: Paul Berkbigler

Novice Program

Special thanks to Coach David who made a tremendous contribution to the novice program.

Novices are invited to continue building their skills into our Winter Training program. If you completed Learn-to-Row this summer but did not join the Novice group, you too can join us for winter training for only \$100.

If you have any comments or suggestions, do not hesitate to contact David at [dwatkins at mendotaringclub.com](mailto:dwatkins@mendotaringclub.com)

Join MRC or Renew Membership

Board of Directors

We always welcome suggestions and ideas to make this Club a better place for all.

Your current Board is comprised of:

- President - Kathryn P
- Vice-President - open
- Secretary - Amy W
- Treasurer - Tim M.

Our next Board Meeting is on Dec 11 at 6h30p. If interested in joining or serving on the Board, do not hesitate to contact any of your Board Members directly or direct your interest, comments or suggestions to info@mendotarowingclub.com

Volunteering

Thanks again to every one who is pitching up in the background. Your may go unnoticed, but your actions are not! Thank you - every little bit helps.

This time we'd like to thank Casey and his gang for helping keep our feet warm in the erg room by installing insulation, Todd and Nancy for not only spending a full weekend putting on trim on the windows but for also retrieving our truck following its breakdown at the Tail of the Fox (that goes to for Harlan and Andy's mates from Michigan Tech).

Volunteers Needed
2015 40th Anniversary
Planning Team

- 4th: Mixed Open 4+
- 5th: Men's Masters 4+

**** Tail of the Fox ****

- 1st: Masters Women's 2x, Masters Men's 4+, Open Mixed 4+
- 2nd: Open Men's 1x, Masters Women's 4+, Masters Mixed 4+
- 3rd: Masters Senior Women's 1x

**** Head of the Rock ****

- 1st: Masters Women's 1x (37+)
- 2nd: Masters Women's 4+ (48+); Masters Men's 4+ (37+); Masters Mixed 4+ (37+)
- 3rd: Open Women's 8+
- 4th: Open Men's 2x

Congratulations!



photo: 'Tail of the Fox' by Fran Breit

Volunteer Opportunity - Canoeopia

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. It's 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 sit in 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 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.

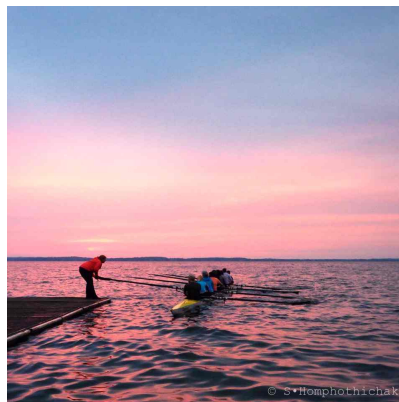


photo: Somsamay Homphothichak

Seeking a Coach

We've begun the search for a new Lead Coach for the adult program.

The coach search committee consisting of Andy, Chad, Fran, Kathryn, Nancy, and Som met twice, once in September and once in October, to develop a full position description, later finalized by the Board of Directors.

This full position description is attached here [2015 MRC Coach Position Description_full.pdf](#). The committee members will continue to participate in the coach search by reviewing applications and participating in the interview process this winter. We plan to have a coach in place no later than April 1, 2015.

On Wednesday November 19 we will be making the position description fully public by placing it on our website, advertising on Row2K, and sending it to UW Rowing coaches. If you have your own rowing network through connections to other clubs or as an alumni of a college rowing program please forward our one page ad found here [2015 MRC CoachPD_ad.pdf](#) to all your rowing connections.

Thanks so much to Elsa for leading us these past two years and returning Mendota Rowing Club to Masters' Nationals. We hope 2015 sees her rowing a boat more often than driving a launch!

&
2015 Midwinter
Meltdown Head Honcho
& Worker Bees

Yoga in the Boathouse

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

Drop in for \$15, or sign
up for full sessions for
\$10 a class.

The next session began
Sunday Nov 9 and will
run for 6 weeks. Click
[here](#) to register.

Contact Amy [awencel at
mendotarowingclub.com](mailto:awencel@mendotarowingclub.com)



photo: Somsamay Homphothichak

Interested in Teaching "Learn to Erg"?

Have you seen this article, "[How Not to Look Stupid on a Rower](#)"? What do you think of the guy's hands in the video? If that were your beginning rowing student, what feedback would you offer?

If, as a real rower, you can carefully demonstrate and help others learn rowing technique, you are qualified to teach Indoor Rowing Basics (Learn to Erg).

Starting in November, Mendota Rowing Club is offering to the public one-session classes, up to 90 minutes long, for \$20 per session.

The schedule for the fall semester is Tuesday evenings at 6:30 pm. Spring semester is still in development, so if you are free and willing to help on another night, let us know and we'll inform the public. You can teach just one class if you like.

Participants are encouraged to repeat the class, in order to practice their form with supervision and progress to harder workouts. And -- of course! -- participants are also encouraged to hang out with our great rowing club all winter, and, we hope, learn to row for real come spring.

Contact Amy [awencel at
mendotarowingclub.com](mailto:awencel@mendotarowingclub.com)



photo: Amy Wencel



photo: Archives

40th Anniversary in 2015

The rowing season is quickly coming to an end, but your passion, energy, creativity and enthusiasm is still needed. MRC will celebrate its 40th Anniversary in 2015 and there will be numerous opportunities for you to show your support. Our first order of business is to create a schedule of events and activities.

The Board of Directors wants your suggestions about activities, events, and speakers to celebrate our 40th Anniversary throughout 2015. To get your creative juices flowing, we invite you to participate in a brainstorming exercise. You will notice several sheets of flipchart paper are posted in the boathouse. Each sheet is labeled with a topic. You will also find sticky pads and markers near each sheet of paper. Take a sticky note, write your ideas for an event or activity and post it on the sheet of paper. Don't be shy, this will be a lot of fun.

We will provide an update about the list of suggestions and a calendar of events and activities for our 40th Anniversary. If you are interested in contributing your talents, please contact Kathryn [kpereira at mendotarowingclub.com](mailto:kpereira@mendotarowingclub.com)

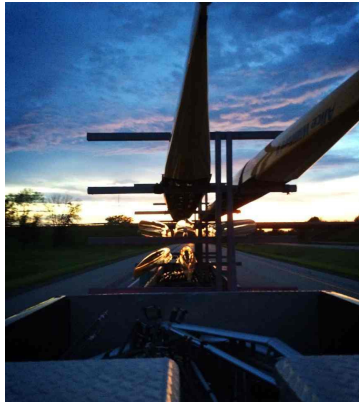


Photo: Elsa Korol McDowell



photo: Somsamay Homphothichak

Spooky Sweeps & Skulls

We ended the season with lots of laughs at the Spooky Sweeps & Skulls.

Unfortunately the winds were not in our favor, so we had to retreat into having indoor fun on the ergs, rather than on the water. We had wonderful treats. Several teams rowed all out in their colorful & brilliant costumes. Fran came up with awards to match the creative costumes.

Amongst some of the winners:

Matt -- Best in show

Fran -- Most original

Som -- Most likely to be disowned by your family

Andrea & Quinn -- You wore that?

Ben -- Scariest

Thank you to Martha for leading the fun, all of you who brought the tasty treats, and we welcomed a few powerful, enthusiastic visitors who jumped right in!

Thanks to you, we also raised a little over \$80 in contributions to the club.



photo: Not sure whom to credit... Amy Wencil?

Boathouse Closing Day!

On Nov 1, we had our largest showing of volunteers on Closing Day -- about 30 people showed up to give a hand! And what a hand they gave!!!!

Beautification -- The boathouse went through a major fall cleaning and improvements!

Earlier in the fall Casey and his crew installed new insulation under the erg room - should keep you warm this winter!

In early October and on the day itself, we had over 20 people who cleaned, organized, built, beautified every corner of the house. They installed window trim in the erg room, clean & organized the workshop area, got rid of massive amount of papers and items that were no longer of use, the boat bay found itself lots of empty space, ergs cleaned & oiled ready for you to use, windows washed & floors vacuumed, even the exercise balls found a new home in Kathryn's hammock, and so much more... You must come and take a look! Thanks to all the volunteers!!

As Ben mentioned, the boathouse beautification is an on-going project! If you have more ideas about things that need to be done and want to help out, contact Ben at [bradfordium at gmail.com](mailto:bradfordium@gmail.com). If you know how to install speakers, wire and speakers are waiting for you in the erg room. Let us know if you'd like to take this on!

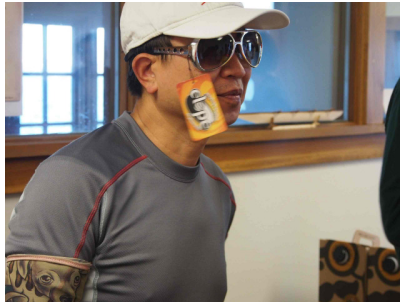


photo: Amy Wencel

Board attends Madison Non-Profit Day Workshop

MRC Directors take advantage of professional development opportunity. On October 1, MRC Board members attended Madison Nonprofit Day Conference at Monona Terrace. Presentations attended include: Grant-seeking basics, Board building basics: Planning for vibrancy; and Multichannel fundraising & communication. Additional Board members enjoyed a private conference with expert Melanie Schmidt of Timpano Consulting.



photo: Amy Wencel

Dock Out: Also on that day, another crew was busy outside. It was a cold and windy morning, but thankfully neither the coldest nor the windiest of the week. Dock removal happened in near record time, with the help of Harlan's fearless leadership, combined hauling capacity of Harlan and Casey, and additional help from both the Marks, Alyssa, Anna, Matt, Andy, Lance, Alex and Martha - did I forget anyone? I hope not! Thanks to wonderful cooperation we got pieces out and stowed for the winter in no time, keeping folks healthy and happy and ready to visit the Greenbush Bakery donut table! Thanks to all who helped!

Community Connection

On Oct. 28, District 2 Alder Ledell Zellers came to visit the boathouse and met with MRC board members.

She was invited when a social conversation at a potluck revealed that she runs past the boathouse frequently and was interested to know what goes on inside.

She has valuable ideas about connecting with the neighborhood and other stakeholders in James Madison Park, and mentioned the progress the City of Madison has made toward developing a master plan for improvements to the park slated for 2017.

She indicated she would gladly accept an invitation to any 40th Anniversary Gala we put together, and would be willing to draft an official-sounding Resolution commemorating Mendota Rowing Club's contribution to Madison's vibrancy. She offered names of neighbors who she thinks would also enjoy coming to our party.

At Alder Zeller's suggestion, consider offering your opinions about how James Madison Park is used and what you would like to see improved. Take this



Mendota Rowing Club • Madison, WI • 9.24.2014

photo: Somsamay Homphothichak

City of Madison Parks survey before
November 28 <http://ow.ly/BocBt>



photo: Amy Wencel

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

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

Rowing for all!