

Spring is in the air! We should be on the water soon! Are you ready? Hope so. We have a lot to offer you this rowing season. Read on!

[Facebook](#) [Twitter](#)

March 2015 Newsletter



madison's rowing club
MENDOTA ROWING CLUB

Coming Up!

At Mendota

March 24, 6:30p-8:00p

Indoor Rowing Basics

March 28, 9:30a-noon

Annual Meeting

Alicia Ashman Library
733 N High Point Rd

March 31, 6:30p-8:00p

Indoor Rowing Basics

April 4, TBA

(depending on weather)

Dock in!

June 6

AM: National Learn to Row

PM: 40th Anniversary Party

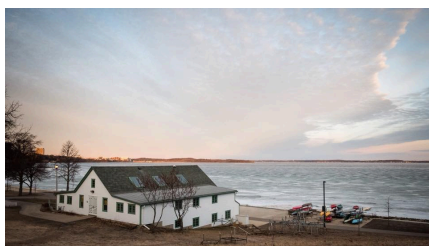


photo: Carlos Dinares website ([source](#))

FOR SALE

Show your support for Mendota Rowing Club as we celebrate our 40th Anniversary in 2015, by

Ice - going, going, gone! Can't wait!



Sunrise on the lake after a recent morning practice
photo: Somsamay Homphothichak

Open water has been spotted on both lake Monona & Mendota and the Tenney Locks are wide-open and kayakers have been paddling it down since early March! All we need is a little wind or rain and we'll be rowing!

The boathouse is looking better than ever - new paint inside & out, repair work done, cleaned & organized, even warm(er!). We'll even be getting new carpet on Monday, Fran excitedly tells us. Harlan has been working on the dock over this winter and we should have new bumpers to protect our boats. You can enhance the decor - simply contribute a \$30 pledge to buy a frame for which you get to choose the photo to be displayed.

We are honored to announce that Martha Laugen will be stepping up into Elsa's shoes, ensuring great continuity! Assisting her will be David Watkins who was an awesome Novice Coach last season. We are delighted to see Alyssa Leahy, who has been with MRC since she started rowing as a Junior, step-up as our Novice coach - she'll be great! The scullers are blessed to have Matt Lenert as a coach again

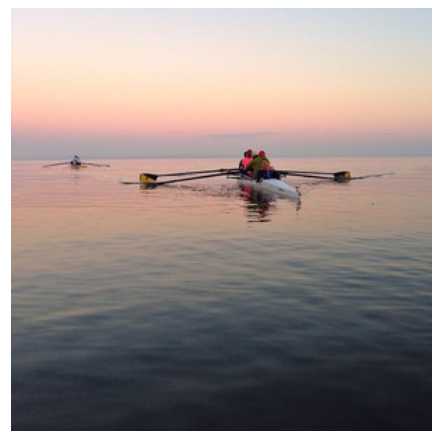


photo: not sure whom to credit...

Winter/Spring Training

Coach: [Matt Lenert](#)

Practice Times:

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

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

Sat 8:30a - 10:00a

Winter training will continue until the end of the month. Hopefully by then, or soon thereafter, the ice will be melted and we will be able to put the dock in and start enjoying the sounds of oars against the water.

If you have let yourself hibernate during the winter, it's now time to crawl out of your den and get into shape! 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.

Remember your winter membership is valid thru mid-April. Workouts are also available on our [calendar](#).

purchasing a cap or water bottle for only \$15 each.

[Purchase MRC gear](#)



[Join MRC!](#)

**Renew your membership
or sign up for
spring/summer rowing
now!**

Board of Directors

We always welcome ideas & suggestions to make our club a better place. Our next Board Meeting will be on April 9 at 6:30pm.

Your current Officers
Kathryn Pereira - President
Tim McDowell - Treasurer
Amy Wencel - Secretary

Request

Do you have a projector we could borrow for the general meeting (Sat Mar 28 9-12)? Thank you!
Please contact Amy at [awencel at mendotarowingclub.com](mailto:awencel@mendotarowingclub.com)

Committees

We have several committees that have been quite active this year, and will continue to be during the current season. We want to thank the members who have stepped up and took on a leadership role.

If one of them strikes your interests, do not hesitate to join in. As those of you who row in 8s and 4s, it is a lot more fun and we accomplish so much more as a team than as individuals!

this season. Under their combined tutelage, you'll find an excuse to row every day of the week!

Make sure you come to the Annual Meeting. Coaches will tell us about their plans/goals for the coming season. We'll go over last year and what is in stock for this year. We'll elect new members to the Board, bringing strong leadership to guide us thru the year. And most of all, it is a time to reconnect with friends and meet some new faces. See you on Saturday, March 28 at 9h30a at the Ashman Library (see left for address). Bring a dish to share. We will provide the drinks.

We are excited about the upcoming water season! Lots of great changes in the air. We're ready for it!

MRC Board - Kathryn, Tim, & Amy



What some folks can come up with after a long cold winter! Maybe we should invest in one of these for next year!
photo: Michael Boyle (snapshot from video on row2k.com)

From the Board

2015 Budget Process

by Tim McDowell, Treasurer

In the winter, while we are not on the water, the Board of Directors turns their attention to plans for the upcoming water season. This planning includes developing the annual budget. The budgeting process requires forecasting our income and estimating our expenses. To help in this process we look at the averages and trends over the last 5 years and how we performed based on the previous year's budget.

Over the previous 5 year span, the club income has fluctuated between \$35,000 and \$45,000. The source of the income is approximately 50% from membership dues, 20% from learn-to-row enrollment,



Bob Storck (with the red hat) at morning practice
photo: Elsa Korol McDowell

Bob Storck Memorial Scholarship

We are pleased to announce that the *Bob Storck Memorial Adult Rowing Scholarship* will continue for a second year. Bob was an enthusiastic rower who took up the sport late in life with our club and sadly passed away during winter 2014.

To honor Bob, an anonymous donor and MRC is funding a scholarship for any adult age 40+ that wants to learn to row. The scholarship is for a 4-week Learn-to-Row class and a Novice membership for the 2015/16 rowing season [value \$400].

Jessica Cramer was one of two Bob Storck Scholarship winners in 2014. She wrote:

"... I have been thinking about how I can put my experience last summer into words. I loved it! I can see myself rowing until I am so old I can't row anymore. Being on the water was so relaxing to me! [...] It seemed like no matter how stressful my day was, once I was in the boat my cares disappeared more and more with each stroke."

To apply: write a short essay [500 words or less] telling us why you want to learn to row and what you think you can contribute to the rowing community. Send it to [learn2row at mendotarowingclub.com](mailto:learn2row@mendotarowingclub.com) by April 17 with the subject line "Bob Storck Rowing Scholarship". Applications will be evaluated based on sincerity, originality, and enthusiasm. The winner will be notified no later than April 24 and will be eligible to sign up for any Learn to Row class starting in 2015. Questions: visit our [website](http://www.mendotarowingclub.com) or email [info at mendotarowingclub.com](mailto:info@mendotarowingclub.com)

[Our sincere apologies if we forgot to mention you! Please let us know so we can correct our mistake.]

Boathouse & Equipment:
Nancy & David

Boathouse Beautification:
Ben, Fran, Allison, Kathryn, & Amy

Coaching:
Fran, Som, Nancy, Kathryn, Andy, Chad, & Amy

Membership Recruiting:
Emily, Erin, Matt (email & wild apricot manager) & Michelle

Newsletter:
Mark K, Mireille, and Anna & Emily, as historical feature writers

Publicity: Amy

Social Media: Cory

Photography: Som, Paul, Elsa, & Amy

40th Anniversary:
Cynthia, Gina, Peggy, Kathryn, & Amy

Volunteers Needed

2015 40th Anniversary planning team

--
Fundraising

--
LTR Coordinator

--
LTR Instructors

Please let us know how you can help.

Email: info@mendotarowingclub.com

Yoga in the Boathouse

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

Still time to attend the last class of *early* spring session on March 22. The *late* spring session will start on April 12 and will run for 8 weeks - last class June 7 (no class May 24). No summer yoga - we will resume in September.

\$80 for 8 weeks; \$15 per class for

10% from donations, 10% from Midwinter Meltdown and 10% from all other income sources. While there have been some fluctuations from year-to-year the percentages are fairly consistent.

The club expenses over the same period have shown more fluctuations with the lowest total expenditures being around \$40,000 and the highest around \$60,000. The biggest reason for the differences are personnel expenses, which have been dramatically lower in the last couple of years due to volunteer coaches, and utility expenses, which have risen in the last couple of years due to the costs of electricity and telephone services. The source of the expenses, on average over the last 5 years, is approximately 30% personnel, 20% insurance, 10% boathouse expenses, 10% utilities, 10% equipment maintenance, 5% truck expenses, and 15% from all other sources combined. These other sources include expenses related to club management, publicity, social events, training, professional services, and tank rentals. While some of the maintenance costs are discretionary, they usually are vital to continuing rowing and cannot be delayed. So the area where spending can be reduced is only in the 15% from other sources. This leaves very little wiggle room in creating the budget.

The second part of the budget analysis is to compare the previous year's budget and actual income and expenses. For the income, the learn-to-row registrations were lower than budgeted, but this difference was made up for by slightly higher income from dues and much larger income from donations. Overall, the actual income for 2014 was close to the budgeted income. Because the personnel expenses were much lower than budgeted, the overall expenses were below the budgeted amount. All other categories were close to the budgeted amounts.

Overall, the club operated at a deficit for 2010 and 2011, but has brought in slightly more money than spent over the last three years. Again, the major difference between those years is the difference in personnel



Eager students (photo: Amy Wencel)

Indoor Rowing Basics by Amy Wencel

New to rowing? Interested in learning the basics or simply on how to use that rowing machine in your gym?

We are offering single 90-min sessions, with experienced, CTS-trained rowing instructors, to learn the safe 'erg' technique on Concept 2 indoor rowing machines. These 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.

Tuesdays March [24](#) & [31](#), 6:30p - 8:00p. At MRC's boathouse in James Madison Park, 622 E Gorham. \$20 per 90-min session. To register, click on the desired date above. For more info contact Amy at awencel@mendotarowingclub.com



Master/Senior Women 2K at MWMD 2015

photo: Anna Rusk

Midwinter Meltdown Thank you! by Mireille Raby

Midwinter Meltdown was again quite successful! We could not have done it without you! Over 130 participants and 15 teams competed in the 26 events.

drop in. For more information and to register, Click [Yoga in the Boathouse](#).

Editors:

Mireille Raby
Mark Ketilson

expenses. On total, over the 5-year period, the club has brought in and spent almost the same amount of money. For 2014, income was approximately \$4,000 higher than expenses.

Based on these analyses, the board created a 2015 budget. On the income side, as a conservative estimate, the budget is around the 5-year average income and retains the usual percentages. Again, as a conservative estimate, the expense side is similar to the 2014 budget but includes corrections based on actual expenditures in 2014. Overall, the 2015 budget includes an approximate shortfall of \$6,000 for the year. So we need everyone to pitch-in by recruiting new members and learn-to-row students, as well as keeping our expenses down as much as possible.

More details on the 2015 budget will be available at the annual meeting.



When spring fever hits! On Mar 1 2005, Head of the Charles Regatta Directors "decided to go for a row in defiance of the continued wintry conditions". ([Source](#))

Six Nominations to the Board of Directors!

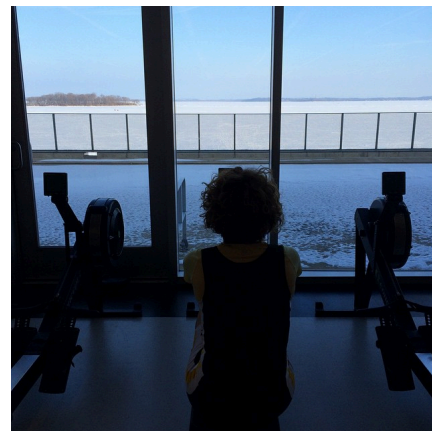
by Kathryn Pereira

We are delighted to announce that six members have expressed interest in joining our Board of Directors. This is awesome news! The Board of Directors is elected by the members of Mendota Rowing Club during our annual general meeting, which will be held on March 28 this year.

Congratulations to the four athletes who qualified and received air transportation to Boston to attend the [2015 C.R.A.S.H.-B. Sprints World Indoor Rowing Championships](#) on March 1:
- *Carie Graves*, Olympian, white t-shirt on picture above (Veteran B Women 2K)
- *Andrew Benko* (Senior Men 2K)
- *Emily Delleman* & *Elizabeth Sharis* (Junior Women 2K).

And they did amazingly well at C.R.A.S.H.-B!!! *Carie Graves* won the 60-64 division with an amazing 07:40.6! Read Mike Ivey's article in the [Madison.com](#). *Andrew Benko* also placed 1st out of 78 athletes with an astonishing 06:03.0! Out of 294 athletes competing in the Junior Women 2K, *Emily Delleman* got a 3rd place with 06:52.8 and *Elizabeth Sharis* got a 5th place out of 06:58.4 -- way to go girls!!!

Thank you to all our volunteers! Kudos go to Marc K, Amy, Cory, Lance, Harlan, Som, Kathryn, Matt, Fran, Erin, Anna, Tenny, Janet, Michelle, Michon, & Mireille. Hope we didn't miss anyone!



Fran warming-up at MWMD 2015, UW Porter Boathouse (photo: Elsa Korol McDowell)

Canoeopia

by Mireille Raby

Each candidate has submitted a statement of intent, published in this newsletter. Take the time to read them and get to know each of these club members even better and be prepared to give them your vote of confidence in a week.

Currently on the Board is Kathryn Pereira, President (term expires March 2016); Tim McDowell, Treasurer (term expires March 2016); and Amy Wencel, Secretary (term expires March 2017). Nominee candidates include: Fran Breit, Nancy Jarvis, Mark Ketilson, Allison Markoski, Andy Troyanowski, and Chad Weick.

Fran -- "As a rower I have a short but jam-packed history. I joined MRC in June 2013 after taking the Learn to Row class. That summer I practiced with the novice group and competed in the Women's 4 Novice events at the two fall heads races. We did NOT come in last for either event!!" ([more...](#))

Nancy -- "I am extremely grateful to Mendota Rowing Club for the opportunity to learn rowing, and for hundreds of mornings and millions of strokes on our beloved lake. Although I have given quite a bit of time over the years on various projects and committees, I have not stepped up to serve on Mendota Rowing Club's Board of Directors. It is time for me to put my hat in the ring, and run for the board." ([more...](#))

Mark -- "I would like to be considered for a position on the Board of Directors. I took the Mendota Rowing Club Learn to Row program and I have been rowing for the past four years. I really enjoy rowing with the team. I would like to make a contribution of time and skills to the club by serving on the board. I have some computer skills and other more general skills and I have recently been assisting with the Newsletter and have also helped out during Midwinter Meltdown. Best regards."

Allison -- "Party people! After a 'study-abroad' in Portland, I am so happy to say I will be rejoining our Mendota RC family on April 15. I would be thrilled to resume serving on the Board of Directors of our amazing club, and I ask for your support." ([more...](#))

Andy -- "I am interested in becoming a board member for a few reasons. I would like to become more involved with the sport I love. Also I feel as though my experience with rowing in and out of the boat will prove to be an asset to the club." ([more...](#))

Chad -- "Please accept this statement of interest to serve on the Mendota Rowing



photo: Amy Wencel

We had a great weekend promoting MRC at [Canoecopia](#), the world's largest paddlesport exhibition, this past weekend at Alliant Energy Center.

Our booth in the lobby attracted quite a few people, several of whom had seen us on the water and wanted to know more, others were ex-rowers who are seriously considering getting back into it, others had just recently read ['The boys in the boat'](#) and were intrigued.

Thank you Amy for the inspiration and beautiful touch for the display and making contacts; Harlan for the great pictures and being there all the time; as well as Fran, Kurt, Tenny, and Mireille for sharing your enthusiasm.

40th Anniversary by Cynthia Cauthern



photo: William J Toman ([source](#))

Mark your calendar! June 6 is both National Learn to Row Day and our 40th Anniversary Party.

Our club has been around since 1975 - quite an achievement for a recreational, volunteer, non-profit organization! A lot of miles rowed on lake Mendota and multiple racing venues across the USA & Canada. Lots of medals brought back home and rowers who have left a mark here and elsewhere. Something to be proud of.

Club (MRC) Board of Directors. I have been rowing since 1992 and began rowing with MRC in 2000. Since then I have been a full member every year except for a five-year period between 2008 and 2013." ([more...](#))

Thanks & Best of Luck to these qualified & excited nominees. We look forward to a great year under the guidance of a strong, committed Board of Directors!



Hot air balloon & quad (photo: Elsa Korol McDowell)

Interested? Learn to Row Coordinator Positions Available

by Kathryn Pereira

With a strong team behind you, would you be interested in stepping up and taking the leadership of our Learn to Row program?

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). 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.

We'll share our enthusiasm for rowing with members of the community, hear about the history of our boathouse, club, and sport, and weather-permitting, get people out on the water for the first time, as well as have fun in a scratch regatta with alumni & Madison rowers.

Come join the celebration! Until then, we welcome volunteers to help plan, organize, lead, or simply participate and contribute to the festivities. To volunteer or for any questions, contact Cynthia at [info at mendotarowingclub.com](mailto:info@mendotarowingclub.com)



Ad in the 1909 Badger Yearbook ([source](#))

Historic Feature: MRC dock was once new!

In her collection of things, Amy found some MRC Newsletters dating back to the 80's. Sorry Amy for dating you! We thought it'd be interesting to share the origin of our famous dock, as it was related in the MRC's newsletter *Ready All!* in July 1986, especially given that we've done extensive beautification and repair work to it this past year to keep it young, despite its close to 30 years of service!

Excerpts from the newsletter:

Club members and friends recently pulled together and propelled the Club to a very successful finish in the Spring 1986 Power Ten Fund Drive. The goal of the drive was to raise enough money to buy a new dock for the Club. Over \$6000 has been raised, an amount well above the price of the proposed dock. What is left over will probably go toward the purchase of boats.

The campaign concluded with a breakfast buffet on June 16 for those who had pledged at least \$100 to the drive. The Edgewater very generously contributed the entire breakfast, which

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

* * * * *



Recent workout at UW Porter Boathouse
Photo: Amy Wencel

* * * * *

*was set in the lovely Pacific Room of the
hotel.*

*Randy Jablonic, who had returned
home just hours earlier from coaching
the UW men to victory at the
Intercollegiate Championship in
Cincinnati, gave an enthusiastic talk
about the sport of rowing and about our
Club.*

*The new dock should be delivered
towards the end of August. All of us who
will be using it should direct our thanks
to the numerous generous benefactors of
the Mendota Rowing Club (more for a [list
of benefactors](#)).*

Excerpts from: *Ready All!* Mendota Rowing Club's
Newsletter, July 1986. Most probably written by
George Hartung, Newsletter Editor. At the time,
President - Kurt Stege, Treasurer - Margaret
Steuck, and Secretary - Terence Ryan.

* * * * *

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!