



Learning To Row

...against the wind

Mother Nature provided a blustery background to this year's Learn to Row held at the Bear Lake site on May 30th & 31st. Defying the cold rain and rough water, Cristan McLain, Emily Gustafson, Jessica Vaughn, Tami Brown, Jennifer Carrick, Katie Springman and Lisa Correa proved they were no amateurs to the elements or working together as a team.

Coach Scott and the Crew filled in the blanks on how to erg, boat terminology, how to pronounce 'coxswain' (and what one is), and proper stroke technique before shoving them out for a test run in the chilly, windy weather.



Coach Scott & Terri go over the finer points of rowing without water

Coach Scott remarked, "My most striking impression is how well these new folks got the idea of rowing together. Sometimes it takes lots of trips on the water for novices to get it, but not with this group. They rowed well together right from the beginning."

Rowers need to be adaptable and ready to change the game plan from A to Z at any given moment. This year's Learn To Row crew proved their adaptability and continue to show their drive and enthusiasm at practices. We are glad and proud to have you aboard!



Upcoming Events

• **July 4th, Parade & Mount Marathon Run.** See the Crewsers twirl batons and run the mountain

• **July 11th, Launching @ 9:00 a.m.** Head Of The Kenai Regatta, Kenai Lake in Cooper Landing

• **July 31st** The last day to register for the World Master Games

• **Sept 12th, Launching @ 9:00 a.m.** Moose Nugget Regatta, Wasilla Lake in Wasilla

• **Oct 10th - 18th:** World Master Games in Sydney Australia!



GETTING TO KNOW YOU - AMY HANKINS

Amy Hankins is the eldest of 3 girls and a 5th generation native of Fort Bragg, a small fishing and logging community on the beautifully rugged Northern California coast.

She and her husband, William, met in high school and are celebrating their 18th anniversary this November. They moved to Kasilof from Oregon in 1998 to be closer to his work. They eventually settled in Seward as it was the place he most often delivered fish. They are the proud parents of Lucy (5), Nathan (3), and Maggie, one awesome dog.

She delights in getting her kids outdoors, and, when she's not on the water, loves taking them hiking, biking and camping.



Amy takes classes and workshops where she learns tips and tricks to use in her small pottery studio. "This past winter I studied the use of local materials in clay and glaze formulas at a community college in Astoria, OR. I think making pots with local materials has more meaning and give your pieces local identity."

When she's not building fairy houses with Lucy, playing rocket ship with Nathan, or rowing, she can be found fishing, quilting, gardening, drinking red wine, gambling in Las Vegas and pampering herself at fancy spas . . . and not necessarily in that order!

This is Amy's 2nd year as a Crewser. The thing she likes the most about rowing? "I don't feel the need to pack bear spray...that's a good feeling!"

CONFESIONS OF A LEARN TO ROW NOVICE by Katie Springman

I asked Katie to give me her impressions, memories, etc from this year's LTR. She has been a dedicated novice, showing up for almost every practice offered.

As a visiting scientist at the SeaLife Center for some of the summer crunch time, most waking hours are spent working or in work-related activities. So what's to do here when there's no cross-country skiing or snowshoeing?

I'd heard that there was an active rowing club in Seward, and both Tara Riemer-Jones and Nancy Anderson were involved, so asked Nancy about it in passing one day. She was most encouraging, and kept me posted. "Sounds like fun, but what about the ice?" was my comment when mention was made in early May about

rowing. "Won't be long...just give it time." And I was told that the Learn to Row classes would be held since Bear Lake was ice-free. Wait a minute...we'll have to learn quickly in those little carbon fiber slivers in order to keep from finding out how cold that water is—first hand.

So I signed up. Despite the shivering on that first Saturday, it was a ball... especially when donning sufficient padding on Sunday. There were many details to remember, and in sequence, that I was left to wonder, "Doesn't that coach get tired of correcting us about the same things all the time? Maybe...but just maybe the payoff's when that sinks in."

Scott was an ideal coach to help neophytes become more comfortable with a new activity, and all members have gone out of their way to

encourage us in learning what they haven't forgotten. The membership of this rowing club is great; they remember what it was like to be a novice and feel like, "When will I ever get this?" and keep going. I'm hooked, and will be rowing next year, and remember the lessons that all involved taught the best way possible: by example.



Thanks Katie. We look forward to a great season with you on the team - on_ and off the water!



Focus on:

Pre & Post Workout Nutrition

excerpts from Nancy Clark's Sports Nutrition Handbook

Too many people who exercise purposefully do not eat before they exercise. They think they should exercise on empty to prevent intestinal distress. While this may be OK for a short bout of exercise, when they build up to an hour or more of exercise, they start to run out of energy. They experience needless fatigue.

Research indicates consuming 100 to 300 calories (depending on your body size and how hard you will be exercising) within the hour before you exercise can improve performance - to say nothing of enjoyment of the the session. Hence, if you have been avoiding food out of fear of "rapid transit", you should start to train your intestinal track to learn how to digest food while you exercise. This is important if you plan to workout for more than an hour. Start with a saltine, a pretzel, a bite of banana, and work up to two saltines, two pretzels, two bites of banana ... With time, your intestinal track will adjust to digesting food while you exercise, and you'll have better, stronger, more enjoyable workouts.

Training your intestinal track as well as your heart, lungs and muscles is important if you plan to do workouts that last longer than one hour!

If you are doing double workouts (within 6 hours) or competing in a tournament situation, you need to rapidly refuel to get ready for the next bout of exercise. A survey of 263 endurance athletes indicates they understand the importance of recovery after a hard workout, but they don't know what to eat. They believe protein is the key to recovery. Wrong. Carbohydrates should really be the fundamental source of recovery fuel. Or better yet: a foundation of carbs with a little protein, such as chocolate milk. A survey of exhausted cyclists who were given a choice of recovery drinks indicated they all enjoyed - and tolerated well - the chocolate and vanilla milks, more so than water, sports drink or watery chocolate drinks. Chocolate milk is familiar, readily available and tastes good! If you are not lactose-intolerant, give it a try.

How long do your muscles need to recover? A study with elite soccer players suggests they needed five days for sprinting ability to return to pre-game level. That's four days longer than most athletes allow... Do not underestimate the power of rest in a recovery program.

Remember: food is fuel. As an athlete, you shouldn't just eat, you should be sure to eat right!

Nancy Clark, MS, RD, CSSD is an internationally known sports nutritionist and nutrition author. She is a registered dietitian (RD) who specializes in nutrition for exercise, health and the nutritional management of eating disorders. She is also board certified as a specialist in sports dietetics (CSSD).



KCRC ALASKA GEAR BAGS

THERE ARE A FEW KCRC ALASKA GEAR BAGS LEFT. MADE OF DURABLE NYLON, THEY ARE PERFECT FOR EVERYDAY LIGHT USE.

A steal of a deal for only \$15!!

Don't miss the boat on this great deal. Call 224-3938 to order yours before they're all gone!

RE-ARM YOURSELF...

Now available: rearming kits for inflatable PFDs in 16, 25 and 33 gram CO2 cartridges. If you can't remember ever putting a new cartridge in your PFD...if you've tried yours out to see if it works...if it's past the expiration date...you might or might not be a red neck, but you *definitely* need a new cartridge. Call 362-3433 to get yours today. Don't be caught wet without one!

Things your cox should never say...

... "Boy, those guys are FAST!"
... "Oh well, we can always get a new boat."
... "OK, that last drill didn't work. Turn the boat back over and we'll try again."
... "If we row fast enough, not too much water will come into the hole."
... "Why are you guys facing backwards?"
... "Man, it's a good thing I brought along this life jacket."
... "What are these strings for?"
... "(With a hint of hope) They're not going away as fast now!"
... "OH NOOOOOO!!!!!!!!!"

PFDs for Sale

Thanks to a generous grant from **The Seward Community Foundation** the Crewsers are offering Stearns Belt Pack PFDs for \$25. Yes, you read that right! These are normally \$66. You will never find a lower price anywhere. Don't be caught wet without one!

THANKS to:

*** All the experienced rowers who helped with this year's Learn To Row and to Lori L & Nancy A for putting it all together.**

*** The Seward Community Foundation for their generosity and community spirit.**

Head of the Kenai 2009

It can't be that time of year alreadycan it?!!!

To accommodate training for the World Master Games in October the HOTK has switched lanes with ARA's Moose Nugget Regatta.

Jumping off the starting line early this year, the HOTK launches on July 11th at the Kenai Lake with the first race starting at 9:00 am.

- If you're a Crewser, please make sure to check and re-check your to-do list in between strokes.
- If you're from another club, put your best game face on.
- If you're a volunteer, Thanks!
- If you're a spectator, bring your best pair of binoculars and come join in the fun.

We look forward to seeing all of you there!!

Kenai Crewsers Rowing Club

Phone: (907) 224-3938

Mailing Address: PO Box 2863, Seward, AK 99664

Email: membership@kenaicrewsers.org

Website: www.kenaicrewsers.org