

# WRC October Newsletter



Happy October - Busiest Rowing Month of the Year!

Lots of activity at the boathouse lately - fun to see more cars and lots of sign outs as you all enjoy the cooler weather (and debris dodging - oh well)!

## 40th Anniversary Gala

Our 40th Anniversary Gala was fabulous thanks to a huge effort by social chair Vicky Cochran and her volunteer team. There was a great turnout of former and current members as we celebrated 40 years as a club together! Speeches were made by Fred Guaraldo, Rosemarie Crawford, Alix James & Julie Edmiston before the program moved on to the annual awards. All previous winners of the Order of the Oar were recognized and those previous recipients who were present were brought up front for a group photo. The programming culminated in the presentation of the 2024 awards to the following, well-deserving recipients:

- Friends of Rowing - Ken Hutton, Kent Smith, Blair Ferguson, & Jim Harker
- Order of the Oar - Michelle & Kevin Canning

Congratulations to all of you for your hard work and dedication to the club and the sport of rowing!



Previous Order of the Oar recipients



Kevin Canning & Michelle Canning - 2024 Order of the Oar Recipients

All photos from the gala can be found [here](#) and were taken by Marie Kusmierz.

## Safety

**Boat Lights:** As the days are drawing ever shorter we need to be sure we are putting lights on our boats near sunrise or sunset or if there is limited visibility. Please remember to plug them back in to be charged after your outing so they are ready for the next boat.

**Daylight Restrictions:** Speaking of sunrise & sunset, just a reminder that rowing with WRC equipment is limited to the period between 30 minutes before sunrise and 30 minutes after sunset, so please plan accordingly.



Photo by Christine Henken

**REMINDER:** Clocks go back an hour on November 3rd, so there will be more light in the mornings, but less in the afternoons.

**Incident Reporting:** When reporting damage/incidents, please give as much info as possible on the damage and who is reporting and their contact number, in case there are additional questions, thank you.

**Gate:** Our beloved gate is still giving us trouble, so please check your email for updates as it is repaired. When in manual mode please be sure to shut the gate behind you when you are the last one out.

## Housekeeping & Reminders

**Oar & Blade Storage:** When we are putting away oars please make sure that each individual oar is going into the correct slot. Recently there have been mixed sweep oars and mismatched sculling blades, please be considerate, thank you.



**Replacing Paper Towels & TP:** It's very easy to do! The dispensers use the same key, that key is very unique looking, & is kept in the rattan cupboard in the women's locker room. The paper towel & toilet paper rolls are kept in the storage closet next to the rattan cupboard. A sign with the specifics will be posted soon. We really appreciate members doing this as the cleaners only come monthly & not at all during the winter months.

**Boat Availability on 10/28 - Trailer Unloading/Rerigging from Head of the Schuykill:** Due to the late arrival back from the regatta the plan is to rerig the boats that travelled during the scholastic practices Monday afternoon. All travelling boats (see below) have been reserved accordingly, so if you plan to go out on Monday before 5:30pm, please check boat availability as some boats will not be available.

<b>8+s:</b> 14, 16, 41	<b>4x:</b> 11	<b>4+s:</b> 18, 19, 20,37	<b>2x:</b> 5, 23, 51	<b>1x:</b> 32
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**Volunteer Requirement:** Just a reminder that every member is expected to volunteer at least 24 hours a year toward club needs. All members are expected to donate their time & talents to operate and maintain the equipment, govern the organization, keep the house in good working order, & support programs. Upcoming opportunities will be communicated throughout the winter.

**Trash Collection:** All trash needs to be bagged when it is placed in the outside trash cans. Loose trash is NOT collected. As always, a reminder that there is to be no food trash in the boathouse trash cans. We don't need rats, ants and other vermin in the boathouse. Place food waste in a garbage bag and discard in the black trash cans that are in the parking lot, below the front door. Do not use the dumpster.



## WeCanRow Wilmington's 1st Year!

Julie Edmiston founded WeCanRow Wilmington earlier this year and has run two successful sessions with a total of 8 founding participants! WRC spotlighted the group earlier this month through a series of Pink the Boathouse events & outings to support this group and the valuable service it provides! So far we've raised over \$2,500 that will go to our WeCanRow Wilmington group that are amazing survivors! We hope to expand the group next year and get more media and flyers out there.

If you or someone you know is interested in joining this group, we would love to have you. Just contact Julie with info. Any level can join. Whether you've been a member for 20 years, or a novice, it will be great to have you! The group is not a racing group, but love getting on the water and learning our amazing sport that we all love, plus supporting each other.

After fall is over, they will get together in the winter and do some erging together.

Survivor Rowing Network (SRN) is an amazing group also. They had 11 8+s (incl. 2 international crews!) do an exhibition row at the Head of the Charles this past weekend! Julie helped with a ton of the admin and organization of it all, so was up in Boston supporting the group.

Beth Kohl, the founder of the Survivor Rowing Network (of which Julie works closely with) and Lori Boersma (from Saugatuck survivors) were on the Kelly Clarkson Show on 10/15 talking about SRN. You can get an even better sense of what they are all about from their [segment on the show](#).

Donations are still being taken until the end of the month [here](#). WeCanRow Wilmington is currently in 4th place in the team fundraising standings!

You can also participate in the [Pink the Boathouse Challenge](#) on RegattaCentral by registering (\$10) and completing a Row/Erg (4,702 meters - the length of the Head of the Charles) or Run/Walk (3.2 miles) throughout October with proceeds funding the growth of Survivor Rowing programs around the world.

All photos from the various Pink the Boathouse & WeCanRow Wilmington events can be found [here](#), but below is a selection!



WeCanRow Wilmington



Charter's Pink the Boathouse



Racing Team's Pink the Boathouse



Concord's Pink the Boathouse



Rec Row's Pink the Boathouse

## Fall Racing Results

Our racing team this head race season is made up of 20 women and 8 men. Julie continues as the head coach, with Evan Noble joining them this fall at least one day a week which has allowed for more coaching attention to each boat when there were several on the water.

The racing team will also be looking for team members to take on the role of co-captains in 2025. Please see Karen Walsh if you are interested.

**King's Head XXXVI Regatta on the Schuylkill 9/29:** Our racing team kicked off the season at the King's Head Regatta. The women entered an 8+ & a 4x, with the 8+ placing third in their division! The men entered a 4x against a tough crew from Nereid. [Full results & crew line-ups](#)

**Head of the Christina 10/6:** Rowers new & old to the club took advantage of the home water regatta with a large entry and strong showing from WRC!

- Mens 1x - Congratulations to Willie Newell for coming out on top of a competitive field of 6 masters scullers!
- Womens 1x - The open division was an all WRC affair with Lauren Puscheck from the racing team taking on her first 1x race and taking home the medal over Tova Rein who also put in a great row! In the masters division Alix James was awarded the medal after there had been some penalties elsewhere in the field, well done Alix!
- Womens 2- - Susanna Bruce & Kate Gruber took this race by 13 seconds from the second place finisher in the open division, well done ladies!
- Mens 4x - The racing team combination of Jon Pulaski, Shawn Walsh, Brandon Freel & Phil Schlosser defeated their competition from Whitemarsh in the masters division by nearly a minute on the water to take the medal, another great row for WRC!
- Womens 4x - The masters crew of Sybil Smith, Emily Lambeth, Jean MacFadyen & Christine Henken were uncontested but rowed their race plan, gave it their all, & received the medal.
- Mens 8+ - The racing team's masters crew narrowly (less than a second!) lost out to the Chester River crew in this two boat race, great effort gentlemen! This was the first men's 8+ we've been able to enter in a regatta for years, exciting stuff!
- Womens 8+ - The women from the racing team put out two masters crews who put in great rows against two competitive crews from Annapolis. One of the WRC crews was the fastest on the water, well done ladies!
- Womens 2x - Another all masters WRC affair with Kate Gruber & Rachel Blake jumping out to an early lead and winning the race over two doubles made up of some of our rec rowers: Ashley Kontra & Tova Rein and Emily Lambeth & Christine Henken.

WRC came away with 7 medals on the day! An impressive haul for the club, well done to all that raced! We know of at least two for whom this was their first ever regatta, so especially well done to Ashley Kontra & Emily Lambeth for competing in & completing your first races! [Full results & crew line-ups](#)

**Navy Day Regatta 10/13:** The racing team headed back up to Philly for the Navy Day Regatta the following weekend where they entered a Womens 8+ and a Mixed 4x. Both crews came up

against tough fields of boats from Philadelphia & New Jersey based clubs. [Full results & crew line-ups](#)

**Head of the Charles 10/18-10/20:** We congratulate Clete Graham, Mike Smith, & Alix James for competing at the Head the Charles Regatta in Boston this past weekend. Clete had a good race in his 1x, racing for the second consecutive year. Mike raced with his 2x partner out of Cambridge Boat Club, were second fastest on the water & there is a great article about Mike on [row2k](#). Alix & her crew from Endeavor Racing Alliance had a gritty race and came away with second place! Congratulations to all for competing in this prestigious regatta. [Full results & crew line-ups](#)

## Sculling Classes Recap

This fall there were a number of Learn to Scull & Sculling Skills sessions masterfully led by Julie & Alix, thank you both! They were a great chance to learn something new or brush up on skills while meeting people from all areas of the club. There were 16 members who did the Learn to Scull series with Julie and 20 members participated in the Sculling Skills sessions with Alix. Both were big hits and are hopefully something we can continue to offer in the future.

## Rec Row

Rec rowing has continued on the Tuesday, Thursday, & Sunday evening schedule. We are getting a great turnout of our novice graduates as well as our established group that includes individuals with a wide range of experience, from beginners to those with over 20 years of experience. Over the course of the year, 108 members have participated in a rec row session, that is over half of the club's membership! Ashley Kontra has been doing a great job of managing lineups, workouts, etc for rec rows and special shout out to the 18 individuals who have coxed for rec row this year! Coming next season - exciting new rec row options!

## Corporate Learn to Row Visited WRC in September

WRC hosted another successful session of corporate learn to row in September that was supported by about a dozen WRC members on the day with the club making \$4,000 from this one day event.

## Upcoming Events

Our final events of the year are around the corner!

**Chili Cookoff with Fire Pits & Live Music 11/2, 5:30-8:30pm:**  
It's the first WRC Chili Cook Off with fire pits & hopefully some



entertainment. So we are looking for members with culinary, fire building, and musical talent. There will be beverages available (leftover from the 40th celebration), but if you are picky, you might want to bring something for yourself. Oh, and there are some of the usual tasks that we could use your help with. Click on the picture to sign up & volunteer. If there is anyone who could play music or sing, please let Vicky Cochran know.

**Santa Row 12/7:** The joyful Christmas tradition is back and brighter than ever! We will gather on December 7th in our festive finest for the annual Santa Row benefiting The Ministry of Caring Inc. Start getting your boats together now for the perfect kick-off to the holiday season!



Photo from the 2016 Santa Row

**Fall Membership Meeting 12/14 - ZOOM:** This meeting is for all members of WRC & the details, including time & Zoom link, will be distributed nearer the date with the agenda.

**Southbridge Christmas Toy Drive 12/15:** Stop the Violence Prayer Chain Foundation, Inc. is a nonprofit violence prevention/eradication program especially focused on gun violence. The participants range in age from about 4 through high school that come from low-income households in & around Southbridge, the neighborhood at the end of A Street, blocks away from WRC. The various events and programs they're providing are exactly the type that might help vulnerable kids steer clear of trouble: mentoring, tutoring, field trips to get the kids to see what is beyond their neighborhood.

In the past we have contributed to their school supply drive but this year we'd like to collect gifts for their Christmas Toy Drive. We will be putting out a box for unwrapped, new toy donations in the boat house sometime in November (watch this space.)

We had a great suggestion that some of the donations could be items that offer a child a way to express creativity...chalk sets, play doh, etc. Kids who are processing trauma related to violence may find some solace through those artistic forms of play. No matter what the gift is, if a child gets the sense that they are valued by the community around them, it's a step in the right direction.

## PR & Gear Updates

- Share Your Photos with WRC!

- Do you have any great photos from outings, races, or just hanging out in the boathouse? Well, we're looking for photos from this year!
- We're in the process of reactivating the WRC Flickr page to share all of the wonderful photos and will let you know once that's set-up.
- You can submit photos via this [Google Form](#) (you do need to have a Google account to do this) in the form you can tell us more about the picture, if you'd like it posted on WRC's social media pages, etc.
- Follow WRC on Social Media!
  - Facebook - We're on [Facebook](#) and will be using the account more soon!
  - Instagram - We're on [Instagram](#) and will also be increasing posts here too!
  - Strava - We have a group on [Strava](#) now! If it's not on Strava did it even happen? Joking! It's fun to see what other people at the club are doing in their workouts.
- WRC Gear
  - We put together a [quick 7-question survey](#) to gauge people's interest in & gather ideas for a variety of WRC clothing, gear, & merch possibilities moving forward. We would really appreciate it if you could do the survey to help us, help the club in this area. Areas covered include:
    - Possible WRC clothing, gear & merch that would be available at any time year-round.
    - Possible hi-viz, sweat-wicking, WRC practice tops.
    - Possible order window for WRC uniform pieces.
    - Proceeds will go into a boat fund for the club

## New Board Members

- Jordan Kovacs will be taking over from Karen Walsh as Racing Chair next year
- Christine Henken is filling the open position of PR & Gear Chair

*Thank you for bearing with my first, lengthy newsletter so here's a small reward...*





Photos from the Instagram account @regattadogs [originals here](#)

*...who doesn't love a regatta dog (or cat)!*

If you have any news or helpful information you'd like added to this newsletter, please send it along to me! See you all on the water.

Kind Regards,  
Christine Henken  
WRC PR Chair