



BAIR-Picayune

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April 2006

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Editor: Mimi Wolf
Contributors: Peter Allen, Fiona Ashley, Maryhelen Greaves, Mike Sullivan, Ian Cox, and Victoria Mendoza
Membership:
info@gobair.org
(650) 474-2247
<http://www.gobair.org/>

From the President

With winter behind us, activity at BIAC is starting to bloom again too! Spring is nearly here and in between the showers, we're starting to see some sunshine and enjoy great water.

So what's been going on? Well, we finished 2005 with a great End of Year Party at Sequoia Yacht Club, raising \$5,000 in our members auction! The second Head of the Corkscrew, with Los Gatos Rowing Club and locals, was a lot of fun and raised \$xxx for Second Harvest. In the new year we kicked off a number of planning meetings: Program Leaders meeting, Equipment team meeting, Communications meeting, Fundraising meeting and a Future Foundation meetings. We also welcomed a new program to BIAC-Stanford Kayaking - who will have 20 members and are supported by Stanford University Athletic Dept.

You may also be wondering what is happening with the infamous car park! We drew up plans, obtained City approval and spoke with contractors in order to proceed with the project. However, last year our original landlord (RMC) was acquired (by CEMEX), and until we have longer term security from CEMEX, BIAC is reluctant to make any significant investment in the infrastructure. I am in regular contact with the City of Redwood City and CEMEX ... so watch this space. In the meantime, thank you for continuing to keep the back area clear and used only as a car park.

So what's planned for Spring?

BIAC Learn to Row classes kicked off this month – thanks to Dan Alexander. These will run monthly from now through summer. Member support with coaching, coxing and launch driving is welcome each Saturday/ Sunday morning.

3/26 “BIAC All Club Row” meet on the water at Stanford Boathouse 10am for 500m pieces then back to BIAC for a Potluck.

3/25 and 26 Stanford and Windermere Rowing Classic (invitational), Redwood Shores <http://gostanford.collegesports.com/sports/m-crew/spec-rel/030606aaa.html>

4/1/06 San Diego Crew Classic <http://www.crewclassic.org/> Good Luck to BIAC Advanced Men's team, NorCal Juniors and Serra High School who will be racing.

4/1/06 Oxford/ Cambridge Boat Race, London for any budding spectators

4/8/06 South Bay Open Day at Sequoia Yacht Club <http://www.sequoiayc.org/SBOD.html> This is a gathering of all the fleet along Redwood Creek. It officially marks the beginning of the boating season,



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boats dress up and are blessed in a parade on the water. A BBQ is provided by SYC. More details of BIAC's involvement to follow.

4/9/06 Open Ocean Regatta, Sausalito. Entry deadline April 4th
<http://www.owrc.com/aLog2006/OWRRegatta/Regatta.html>

4/22/06 (Date TBC) – BIAC Open Day

5/6/06 Gold Rush Masters - Lake Natoma, Sacramento. Time to start gearing up for the first local rowing race of the season
<http://www.csusaquaticcenter.com/GoldRushMasters.htm>

Also, on my calendar is 5/24/06 – when Baby Ashley is due – so there is a reason behind me being a rowing slacker :) I'm not going anywhere and still keeping busy alongside Peter, Nora, Mike and Maryhelen (the board) on the many behind the scenes BIAC activities. All being well, I'm looking forward to getting back on the water again in the summer.

Lastly, thanks to Peter, Mimi, Peter and Crystina who have reformed the Communications team and will be bringing us a quarterly newsletter. Thanks to everyone for their continued support and great volunteer efforts – it takes a village!
Here's to a great Spring at BIAC!

Fiona Ashley
President/Chair



Spic n' Span

Submitted by Maryhelen Greaves

I'm sure you have noticed that our boathouse and boatyard are not as ship-shaped as we would ALL like to see! As a result, we are implementing a new program, Spic N' Span. The concept is for all programs to share in the responsibilities of WEEKLY cleaning our rowing home and keeping it free from clutter.

In a nutshell, the bathroom/shower cleaning will rotate monthly among the adult programs...this is the least desirable task!

The clothing pickup, water bottle removal, general gym cleaning will be shared monthly by both junior programs. As a suggestion, the junior programs may want to set up a schedule where monthly one group has the outside of the building and the other, the inside cleanup.

The attached guide explains the "duties" and a monthly schedule of which programs have those responsibilities.

We are implementing this program right away. For the month of April the Advanced Men Masters has clean-up duty of the bathroom and shower area.

Please let me know if you have any suggestions or comments!

Maryhelen
maryhelen@gobair.org



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SPIC N' SPAN PROGRAM



PROJECTS:

1. Bathroom and Shower Cleaning:

- a) Weekly cleaning of floors, toilet, sink, mirror, shelf and other surface areas. Replenish cabinet with toilet paper, toilet seat covers and paper towels.
- b) Clean shower stall and floor
- c) Necessary supplies will be contained in new storage container and replenished regularly. Return all items back to this container.

2. Clothing Clean Up and Removal:

- a) Weekly pick up and dispose of all clothing inside and outside the boathouse into provided bin in workout room. Items will be available as "lost & found" for two weeks. Afterwards, items will be donated to Goodwill, etc.
- b) Notify all member of your program that this will be the policy for items left at BIAC.

3. Water Bottle Clean Up:

- a) Weekly pick-up ALL water bottles (empty or not) from the boathouse, yard and docks. Drain and dispose into water bottle receptacle at gate exit.
- b) Remind members of your program that water bottles and other plastic items **ONLY** are to be disposed of in the water bottle container. No food or other items allowed...use the dumpster for this!

4. Gym & Entry Area Clean Up:

- a) Weekly align ergs, vacuum monthly, straighten table under whiteboard. Check to make sure cox boxes all plugged in. Clean whiteboard. Dust surface areas. Empty trash can into dumpster and replace can liner. Clean & straighten key peg and shelf area.

Are You a Rower?

Submitted by Stacy Saunders

Read on and find out if you really fit in.

...Everything you do is "in 2...".

...You need to have a small pushy person around telling you what to do all the time.

...You can get up, get dressed and get out of the house before your eyes are fully open.

...(continued) ...



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MONTHLY SPIC N' SPAN PROGRAM RESPONSIBILITIES

March

Bathroom/Shower Cleaning: Paddlers
Clothing Clean Up & Removal: Serra/Norcal Juniors
Water Bottle Clean Up: Serra/Norcal Juniors
Gym & Entry Area Clean Up: Serra/Norcal Juniors

APRIL

Bathroom/Shower Cleaning: Advanced Men
Clothing Clean Up & Removal: Serra/Norcal Juniors
Water Bottle Clean Up: Serra/Norcal Juniors
Gym & Entry Area Clean Up: Serra/Norcal Juniors

MAY

Bathroom/Shower Cleaning: Advanced Women
Clothing Clean Up & Removal: Serra/Norcal Juniors
Water Bottle Clean Up: Serra/Norcal Juniors
Gym & Entry Area Clean Up: Serra/Norcal Juniors

JUNE

Bathroom/Shower Cleaning: Masters Intermediate
Clothing Clean Up & Removal: Serra/Norcal Juniors
Water Bottle Clean Up: Serra/Norcal Juniors
Gym & Entry Area Clean Up: Serra/Norcal Juniors

There will be a supply sergeant in charge of supply re-stocking, for now that is Maryhelen. If you notice that we are out of a necessary cleaning item, please email me at: mhgreaves@sbcglobal.net

Are You a Rower? (continued)

- ...You believe the world wouldn't exist without lycra.
- ...You only recognize your friends from behind.
- ...You stick water bottles in your shorts for no reason at all.
- ...You feel naked without clothing enough for 10 people on.



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Mike Sullivan's SAFETY FIRST!

Over the years, I've been somewhat of a pest when it comes to safety issues. I regularly bring up issues on lighting, the courses people row on the bay, ice on the dock, and other issues besides my usual bugaboo of proper boat handling.

This was not always so, of course. When I rowed competitively and coached collegiate, safety was barely an afterthought, and in the background to the task of making shells go very fast. I often adopted safe procedures, but only as part of a vague culture of things that preceded me.

I sculled for years on Redwood Harbor, long before there was a BIAC or even a Stanford Rowing Club, and though I was well disciplined in following a course, the notion of putting lights on my boat in the dark was unthinkable, and clearly remember being annoyed years ago when somebody gently suggested I put lights on my single.

In the more recent years, safety is very much on my mind. Indeed, the primary reason I came to help out at BIAC was the recognition that rowing was going to grow heavily in the club area, and that if it wasn't done right, it would hurt the sport for college and elite rowing. I have had this gnawing sense that we're washing out completely, catching crabs, and finishing dead last as a club, no..., as a sport. I believe most of our notions of safety are simply inherited by rote, and we adopt practices grudgingly and often only if we're being supervised by a 'boathouse bitch' like me.

There have been some fatalities in rowing in the past two years, a beginning sculler in England, a British national lightweight in Spain, a coach in Washington DC, and a master's rower in New York. The numbers aren't staggering but the circumstances are sobering and tragic.

All these fatalities had slightly different pathologies, but a lot in common as well. Rowing and paddling as practiced is generally a

very safe sport. There are few injuries, and I daresay we are 100s of times safer out on the water, no matter how careless we are, than we are on the road to get to row. Still, the point of rowing sleek shells is to make them go as fast as we can, and we invest a lot of concentrated effort to do that, it seems that safety can be given the sort of focus that we do proper hands on the oars. I get the nagging feeling that there's something we can do in the near future that as we look back upon, we wonder why it took us so long to do, or thought it would difficult.

I would ask all BIAC members, coaches, and program leaders to think about rowing safety and look forward to an open discussion late in the spring to be determined. I'd like us to look at our current culture of safety, and think about how it might be changed or left alone. I think this discussion can take place in the form of an open meeting where we can hash out ideas, and learn a few things, rather than to come up with any sort of policy decisions. There is a wide variety of goals among rowers and paddlers at BIAC, and I hope to encourage thought and input.

If you have already been thinking about this, feel free to share ideas with me at sul@slac.stanford.edu.

Regards,
Mike Sullivan

Are You a Rower? (continued)

...You believe all authority figures carry a megaphone.

...Half your body is bigger than the other.

...You blame bad moods on "the balance".



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Sculler's Corner

Submitted by Ian Cox

BIAC brought a close to 2005 by sponsoring the 12th annual CorkScrew Row – the annual scrimmage between Los Gatos and BIAC around some really twisty part of the channel. A strong row was made by all followed by good food. Thanks to everyone who took part. We managed to raise enough money to feed 600 local residents via the Second Harvest food bank! Some rowers opted to row in silly costumes. The prize went to the Mad Hatter from Los Gatos (I am not sure if that is his real name).

The 2 main indoor races in the build up to crash B's are the Golden States Indoor Championships at Lake Natoma and the PIRCs at Burlingame High School. Ian Cox placed second in the Men's Masters at Lake Natoma and managed to win the Men's Master lightweight at PIRC for the 3rd year. Mike Still also brought home the gold for the 3rd time in the Men's Senior division at PIRC.

Now that the weather has calmed down a bit anybody that is training for racing this season is welcome to join our advanced scullers. We meet 6.00 a.m. on Wednesdays. The workout varies based on our mood. However it will always be a challenge.

We will be starting up Intermediate sculling again in April for those who are planning on racing, improve their sculling or just want to work out as a group. More details to follow.

Are You a Rower? (continued)

...Your friends need a rowing translator to decipher your language.

...You can wear the same thing every morning for a week and not think twice.

...You think sleeping late is waking up at 8:30.

Cajun Pete – Backwater Stories and Uncommon Sense

Baptism - BIAC Style

It happened so fast that we couldn't say who was at fault. We'd flipped in our double scull just past "WaterWorld" deep into West Point Slough. It was a chilly February morning and we were looking at the gunnels from the wrong angle more than 3 miles from BIAC's docks. This is why some folks only sweep row at BIAC – they don't fancy muddy brine baths. We felt wet and stupid.

All dedicated scullers (and paddlers) at some point get 'baptized', whether you do it on purpose in Mike Sullivan's inaugural course or perhaps you just 'row into it'. The first rule is to *stay with the boat*, yet conditions below the 100-degree rule (water + air temp <100) may force you ashore if you are lucky enough to be close. Meanwhile, the well-worn cover of my HitchHikers Guide came to mind: "Don't Panic".

We quickly lumbered back into the flooded Hudson and began rowing home. There's nothing like a full sloshing shell to burn calories and heat you up fast. We were fortunate to not have lost our warm-up layer when we dumped, so that proved handy into the next headwind. And a pair of shoes secured aboard was invaluable for bailing us out once confidence and warmth returned. This brief bailing pause really helped our pace afterwards – we were lighter and 'rigged' higher.

Cajun Pete tries to learn from his mistakes and be humble enough to share this knowledge. Here's one last lesson learned: Make sure your cell phone is in a sealed baggie with *no* holes – salt water is fatal for electronics. It's time now for a hot shower!



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Extreme Corporate Team Building

Submitted by Peter Allen

Tired of lame company "team building" events? Try rowing at BIAC!

There is nothing like a beautiful three-hour outing at BIAC in a eight to drive home the message of both individual excellence and the need for close team work. BIAC has already held successful team events for companies like Napster and eBay. All you need are eight enthusiastic employees, \$50 per head, an available morning, and we take care of the rest!



If you would like to help or know of a company or team that would like to try the ultimate team building exercise, please email secretary@gobair.org. If this program is successful we can follow up with a 'corporate challenge' amongst several companies who can race 1K together for a trophy, shirts, and serious bragging rights.

=====

Are You a Rower? (continued)

...When you sit down, you look for the tie-in shoes.

...You constantly check the tightness of nuts in handrails, chairs, door handles, etc.

Atlantic Rowing Race 2005 Results

Submitted on behalf of Sean Maloney

The first incredible Atlantic Rowing Race was launched in 1995. Since then, well over 100 crazies have achieved the most extreme honor in the history of rowing – crossing the Atlantic under their own power.

For a comprehensive report on this year's race which started 11/30/05, see

<http://www.atlanticrowingrace.co.uk/>.

BIAC member Sean Maloney rowed in an eight in England with one recent ARR contestant, Bobby Prentice. Bobby's pair was rescued after encountering a rogue wave and capsizing on its 48th day. This year's winners – All Relative - rowed the 2550 miles in less than 40 days, beating the competition by over 800 miles!



There is no truth to the rumor that Sean is organizing the first Hollywood to Honolulu row.

Paddlers Point

I have a confession – I've never paddled. But I see amazing people enjoying BIAC for this passion. It must be awesome to be able to face forward and never worry about catching a crab (that's crew speak for a really bad stroke).

Our *next* BIAC Newsletter will have more and even meaningful news for paddlers – thanks to all those paddlers reading this who make good on my plea for heeeeelp.

Your editor in chief.



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Rowing in England

submitted by Victoria Mendoza

I completed the head racing season as of last week, yikes it was a hard one, rowing on the tideway on the Thames in London, a 4.25 race but we have two miles to row to the start and since we're going with the tideway we have to keep backing cuz' the tideway wants to take us. It was an all women's head race I think it's the biggest in the world. Then after we were done with the race we had to row back all over two miles back. We finished in like 23 minutes so not too bad. Here's the website for that race:

<http://www.wehorr.org/>

I also competed in the Reading University head race on another section of the Thames and also the classic Henley! It was all frozen on both! I saw some snow flakes falling a few times when we went out for practice, but this year I discovered that I had all the right clothing to row in freezing condition in 0 at times..some days it wouldn't get higher than 3 degrees in the mornings.

Here are some photo links of Reading:

<http://www.bigblade.net/rowing/events/2006/ruh06/bydivision/85%20Marlow%20RC20WS38.html>

Here are photos from the Head race in Henley:

<http://www.bigblade.net/rowing/events/2006/hen06/events/232%20Marlow%20RC%20WS3%208+.html>

We will start sprint season soon. In sprint season we typically go in small sculling boats like singles and quads mostly. This club emphasizes on both sculling and sweep but I mostly scull so hopefully when I come home I'll be in competitive sculling shape. It's a beautiful side of the Thames with lots of swans, storybook houses, feels like a fairy tale. The rowing club I have rowed with now going on my second year is Marlow. Typically we train six days out of the week. On weekends we row in the mornings from 7-12 p.m. and then take a breakfast break. The other days we train in the

evenings, do ergs and circuit trainings. I should be back home the week of Easter so maybe I can catch up with you guys and go for a row.

Rowing Crew Wanted for a World First!

My name is Richard Wood and I am based in Worcester in the UK. I rowed the Atlantic solo in 2004 and I am now putting together an expedition to be the first person in the world to row round the world. The challenge will depart from Australia in late 2007 and I will be commissioning a bespoke ocean 4 to complete the challenge. Three ocean legs require will give each member of my crew of three for each leg a unique opportunity to row an ocean and be a part of the team that will take on the world together. I am looking for a team from the USA, three outstanding and courageous individuals to sign up for the challenge. The recruitment window is now open until June 30th and in July of this year the final 9 will be chosen at the Row Extreme selection weekend.

ALL the information about joining the crew and signing up to be involved is on the Row Extreme website.

www.rowextreme.com

Log on and get involved TODAY! Tell you friends, contacts and members and spread the word throughout the States, I WANT YOU ON BOARD!

Are You a Rower? (continued)

...You bring up the beauty of the dawn, and people give you blank stares.

...Overhearing people talk about how little sleep they got causes you to smirk.



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Vespoli Christening

Way last August BIAC celebrated the naming of the newest Vespoli. With David and Katie organizing all enjoyed lively fiddle music, barbeque, and a toast to the latest addition to the BIAC fleet: *Hello Darlin'*.

The naming was all the more memorable with Fiona's reading of her artistic pen *To A Boat*.

To A Boat

Long, sleek it, shiny, sexy shell,
Many stories we hope you will live to tell.
As you start your life in BIAC yard,
We hope you'll not be treated hard.

Much admired by members old and new,
You are the top boat of BIAC crew.
Be safe, hold strong, out there on Redwood
Creek
Solid practices and winning races we hope you
will seek.

The Vespoli is how you've so far been known.
What kind of respect is that we've shown?
After much laughter, discussion and debate,
It was Mike Sullivan, and his ab exercises that
decided your fate.

The specific details I'll not publicly share,
But ask Mike or the women's crew if you dare!
The time has come to introduce your new fame,
Hello Darlin' is your new name!



Mike Sullivan, Fiona Ashley and Hello Darlin'

Are You a Rower? (Finale)

...You watch videos together, and it's ok to say
"She's looking really long."
...You dress and undress one-handed so you
don't have to take your hand off the blade.
...Every time you sit in a chair you are mildly
surprised to discover that it doesn't slide back
and forth
...Everything's a race: you walk quickly, just so
you can pass people

Stern

(The End)

Junior Rowing

NorCal Juniors recently completed their **Erg-a-thon** in Palo Alto, and held their first Spring Regatta at Redwood Shores. Both NorCal and Serra have also been performing well in local scrimmages as they prepare for San Diego Crew Classic on April 1st and 2nd - Good Luck!

Find out more about NorCal at:

<http://www.norcalcrew.org/>

One Last Nag:

Visit www.gobair.org often and
Join the **BIAC_AC** Yahoo Group!