



BAIR-Picayune

June 2006

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Letter from the President

First of all, a big welcome to all our new members who have either joined through Dan's great Learn to Row program (heading into it's 4th month!), Ian and Mike's Introduction of Sculling classes, Brad's Novice Paddling classes, BIAC's Open House, our City Parks and Recs initiative, or in your own way. We're delighted to have you on board and hope you are enjoying the water.

Secondly, congratulations to all our athletes who have been out competing. Last weekend was the USRowing Southwest Junior State Championships. Both Serra and NorCal came away with some impressive results, including qualifying for the National Youth Championships in Cincinnati! Kirk Halternan (Serra) won the M 1x, Serra's Lightweight M 8+ placed 2nd and Miles Dobbyn and Andrew Tight (Norcal) placed 3rd in the 2x.... Congratulations!

BIAC Masters sweep and sculling have also been out racing. The Advanced Men's sweep team put in a good show at the San Diego Crew Classic, in April. Scullers, Ian and Luis traveled down to Peru to compete in COTIVEL, returning with Gold, Silver and Bronze. Gold Rush Masters, at Lake Natoma, in May, saw Jenny Antons strike Gold in her single with fellow scullers Ian Cox and Erik Pearson, and the Adv Men's sweep team went home

with a plethora of medals!

On the community front BIAC supported South Bay Open Day, at Sequoia Yacht Club, and in the Carnival themed parade Peter Allen took a crew of newbie rowers through rowing all 8, on their first outing! Representatives from Sculling and Hui'Wai also joined the parade, while Maryhelen, Pat and Milli manned the booth. Thanks to all!

Our various committees have been working away. The equipment groups are continually repairing boats through program driven work parties. Having sold the small trailer and Maruja, we can now shop for some new/used sweep and sculling boats. The regatta committee has set the date for BIACs Fall Regatta, so mark your calendars for **Nov. 19**—definitely one to celebrate! The facilities group is organizing fixing the angle dock, and has replaced the lights, the leaky water heater, and toilet. The future foundation team continues to explore possibilities.



July 4 Celebration!
Details in your email.

July 8 Save the Bay Explore/preserve Bair Island with other members. Flyer inside.

Upcoming Events

June 9-11 USRowing National Youth Invationals, Harsh Lake, Cincinnati, OH

June 10 National Learn to Row Day
NorCal Crew
Saturday, June 10, 9 a.m.-noon at BIAC

June 17 North Tahoe Rowing Regatta
www.gobair.org/events/TahoeRegatta/2006TahoeRegatta.pdf

June 28-July 2 Henley Royal Regatta, UK
www.hrr.co.uk

July 4 Celebrate the fourth at BIAC with Redwood City Fireworks. Bring drinks, appetizers, chair and blanket.

July 8 Save the Bay Day
[www.gobair.org/events/SaveBay/BIAC%20save_the_bay_07-2006\(5\).pdf](http://www.gobair.org/events/SaveBay/BIAC%20save_the_bay_07-2006(5).pdf)

July 9 US Rowing SW Regional Masters Championships, Lake Natoma,
Entry Deadline: June 27, 2006
USRowing.org

Save the Bay Day - July 8

Submitted by Julie King

Registration is limited to 27 people and closes on June 15.

July 8, 10 a.m. - 3:30 p.m.

This is your opportunity to actually go onto Bair Island and view the myriad of wildlife up close and personal!

BIAC along with Save the Bay is organizing this island restoration effort to keep Bair Island pristine for the plant and animal life that we have the pleasure of observing as we row. The event is open to club members and friends.

Bring water, hat, sunscreen, and a bag lunch.

Children ages 10 and above are encouraged to attend.

We will paddle to the island, receive a short history lesson, do a couple hours of supervised restoration work, break for lunch, and then take a more extended paddle as we return to shore.

For a complete packet of information:
<http://www.gobair.org/events/index.html>
or contact me at jking@heidrick.com

BIAC Babies

BIAC congratulates proud parents with healthy newborns.

Elaine and Darren Montgomery (Adv Men, Women and Evening Masters) are now the proud parents of baby Poppy Ella. Delivered at Sequoia Hospital a few weeks early, on April 24 and weighing in at 4lbs 10oz, she is growing strong.

David and Bronte Abraham (Adv Men) gave birth to baby Jacob Abraham on Sunday, April 30, weighing in at 9 pounds.

Fiona and Euan Ashley's daughter, Katryn Iona, arrived Sunday night, May 28 and weighed 7 lbs. 11 oz.

We're going to be quite well off for coxswains in a few years!



Katryn and Fiona



Save The Bay

July 8th, 2006, 10am-3:30pm

Calling all BIAAC members and their families

I know you always keep your eyes in the boat, and your mind alert to the details of your row or paddle, but haven't you always wanted to go onto Bair Island to check out the habitat of all the fabulous wildlife you pass by daily? Here's your chance! Since we actively recreate on the waters surrounding the island, it makes sense that we do everything in our power to serve and preserve the area for its natural inhabitants, as well as for us! To that end, we have made arrangements to join Save The Bay in their effort to restore our beloved Bair Island. Although normally off limits, the island will be open to us for the day. We will be led by certified canoeing instructors who will give us background about the history and ecosystem of the island, and instruct us in the removal of non-native plants and seeds. We will spend a couple of hours helping with restoration, and then finish up with an extended paddle in the surrounding waters.

For further information or to make reservations, email Julie King today, jking@dyz.com



Particulars

- Ages 10 or older can participate
- Group limited to 27
- Cost \$35/person (includes membership to Save The Bay)
- Invite your family and friends!
- Wear: comfy clothes, sunscreen, shoes that can get wet
- Bring: lunch, camera, binoculars, a willingness to work, and a sense of humor

About Save The Bay

Active since 1961, Save The Bay is the oldest and largest organization working exclusively to protect, restore, and celebrate the San Francisco Bay. Save The Bay is committed to making the bay cleaner and healthier, and to connecting residents with its habitat and its wildlife. This year, Save The Bay will engage thousands of volunteers in restoring 75 acres of bay wetlands by hand and will provide bay recreation and education opportunities for more than 5,000 students and adults www.saveSfbay.org

Bair Island Aquatic Center
1450 Maple Street
Redwood City, CA 94063
www.gobair.org

Contact: Julie King
Phone: 650.868.5462
Email: jking@dyz.com

Cajun Pete - Backwater Stories and Uncommon Sense

Refuge Touring

There are many fun and safe adventures to enjoy outside of the confines of the Port of Redwood City and the channel leading to the Bay. Here are some great aquatic tours of the wildlife refuge that one can do with some extra time and a good high tide. Check out the navigation charts in the BIAC shack for graphic details. One note of caution: Don't disturb the wildlife - if they change their behavior due to your presence it is time to move on.

Corkscrew Slough

This 9+ mile loop is aptly named and a favorite of paddlers and scullers alike. The twisty slough divides middle and inner Bair Island, providing a scenic and sheltered workout.

Some BIAC scullers have raced this loop in 52 minutes - plan on 1.5 hours at a moderate pace. Starting at Pete's Harbor where the grand steamer Fifer is berthed, paddle clockwise thru Smith Slough, into Steinberger Slough, past the San Carlos Airport. Then cut into the northern end of Corkscrew Slough by Redwood Shores. Be careful to hit this northern mouth at mid to high tide - it is quite dry at low tide and no fun to find it so if you are headed counter clockwise. It will take you a half hour to maneuver the nine turns (some subtle, some hairpin) before dumping out into the Port of RWC just inside of the power lines ("the wires"). During your tour you can expect to see many species of birds: terns, herons, egrets, vultures, hawks, and camorants. Around Corkscrew turns 7 and 8 (closer to the Port) you can also find two pods (families) of harbor seals. You'll always spot at least one (and sometimes upwards of a dozen) in and out of the water. Corkscrew Slough is a treasure that we can easily enjoy and respect.



Westpoint Slough

This route is a good alternative to escape harbor traffic and to find flat water on most days. Westpoint Slough runs South (or SE) from our RWC channel near the wires and opposite the southern terminus of Corkscrew. Along it are some striking corporate buildings in the Seaport Center as well as the Westpoint Marina (under construction).

As you round the first corner you will see some local color referred to as 'Water World' where a boat owner has lashed several floats together. His dog may announce your passage. About 100 meters past Water World is the unmarked start of a 5K race course that heads back and ends just past Stanford's boathouse prior to the Pete's Harbor turn home to BIAC. Venturing beyond Water World in Westpoint Slough requires stamina and vigilance. There is a long way to get out to the Bay down near Menlo Park, but it is narrow, obscure, and only approachable at the highest tide with calm bay winds (for the return leg). While observing the wildlife and serenity in Westpoint, watch the depth of the water and the trend of the tide. You may see some rays or leopard sharks too!

Cajun Pete (continued)

The Canals

There are several canals within inner Bair Island that were scooped out when the salt companies built their levees and salt ponds. These days the canals form arteries of vital tidal flow for the inner island as well as an off the track haunt for seasonal hunters in the know. There is one loop called "The Triangle" and another that goes to the Bay that I call the "NE Passage". Both are reached from inside of the southern entrance of Corkscrew Slough near the wires. Head into Corkscrew past the twin power line docks and keep going absolutely straight. There is a narrow opening that runs parallel to the wires that takes you in an 'S' turn to the confluence of The Triangle and NE Passage. The thin peninsula that separates Corkscrew from these inner canals is sorely marked by the old carcass of a dishwasher sitting on the shoreline. If you tour these canals I recommend trying the NE Passage first, which starts right under the wires (there's a break in the tower walkways) and goes straight out to the Bay in a well protected and scenic adventure. Return by the way you came or head CW around Bair Island and into the big channel approaching the Port

Wanted: Boat Maintenance Supplies

Don't throw out that old dishbrush or toothbrush. Donate them to BIAC.

Other useful items include:

- Buckets
- Sponges/Rags
- Scrubbies

Jokes for Strokes

Thomas Eakins walks into a bar with an oar over his shoulder.

The bartender says, "Are you out of your scull?"

---Submitted by Ahn Thu Vo

BIAC Erg Training at Local YMCA

BIAC's Dan Alexander, Craig Canine and Mimi Wolf, members of both BIAC and the YMCA, organized a 2-hour erg workshop for Palo Alto Family YMCA members and staff held on April 22. Using Concept 2 video materials, ergs from both the Y and BIAC, and providing hands-on training in proper technique, the BIAC masters rowers demonstrated the stroke and taught safe and efficient indoor rowing to the "gym rowers" and staff of the Y.

Attended by both YMCA members and trainers, the workshop provided individual appraisal and coaching. The Y members were interested in learning to use the ergs to avoid injury and for aerobic exercise. The participants came out of the workshop with enthusiasm for advanced erg training and they now know where they can learn to row on the water should the urge overtake them.

Sculling Camp

The first rowing camp in North America, the Craftsbury Sculling Center, situated in beautiful Vermont, offers weekend, four-day weekend and week-long programs from May through September.

For more information, visit:

www.craftsbury.com/sculling/camps/info.htm

Protection From Sun

As we head into Sprint Races and Regattas sun protection is a must. Glare from the water magnifies the intensity of the sun, and you need to protect not only your skin but also your eyes. Wear sunglasses that block 99-100 percent of UVA and UVB rays along with a cap. Apply sunscreen before you dress to cover areas under your clothing and then reapply to exposed areas just before heading out on the water.

For information about sun protection, skin cancer and the UV Index by zip code, visit:

www.epa.gov/sunwise/

www.epa.gov/sunwise/uvindex.html



WaveChaser Paddle Series

submitted by Dave Jensen

The paddling group at BIAC completed its fourth year of hosting the WaveChaser Paddle Series. The Series for the 05-06 winter season included races in Halfmoon Bay, Richmond, Redwood City, Treasure Island, Fort Baker in Sausalito, and finished with a relay race from Berkeley to BIAC. The WaveChaser Series is for one and two person outrigger canoes, kayaks, and surfskis. Participants include not only Bay Area paddlers, but also paddlers from up and down the West Coast and from places as far away as New York. The double-header weekend of back-to-back races on February 18-19 registered over 250 entrants.

We will continue with our three-race summer series in a point-to-point downwind format that takes advantage of our summer afternoon wind and waves on the Bay.

For more information, visit the WaveChaser website at <http://www.wavechaser.com/>

Heroic Rescue on the Bay

submitted by Dave Jensen

Our watersports include many potential hazards. A capsized or collision are some of the risks we live with. Thank goodness we have heroes amongst us to rescue others in times of distress. This spring during one of our OC6 (the six-person outrigger canoe) practices on the Bay, we had several canoes on the water and one with a coach and a few spare paddlers that were being rotated in-and-out of the canoes.

On this particular cold spring morning, we had the unfortunate incident of a passenger going overboard from the coaching powerboat. It was one of our newest paddlers, Pele.

Pele, youngster on our novice juniors paddling program, joins the practices with Novice Coach Brad Saguindel. At the time of the incident, Brad was in one of the canoes and didn't see Pele as she went overboard off the bow of the boat. Due to strong winds the powerboat quickly drifted over the top of Pele resulting in a potentially deadly chain of events.

Fortunately, Betsie Spann onboard the powerboat witnessed these events as they unfolded. Without thinking twice, Betsie risked life and limb as she dove into the cold Bay waters to rescue Pele. Betsie, with Pele in hand, quickly resurfaced and both were helped back into the powerboat.

Pele was slightly stressed from the situation but quickly recovered. I reckon that as she grows into a mature adult Black Labrador Retriever, she'll be much more comfortable in the water. Nevertheless, the next time I saw Pele at practice, she was wearing a doggie PFD.

We're all fortunate that this story has a happy ending. Thanks again to Betsie for saving the day. We have a hero among us. By the way, has that doggie signed one of the BIAC liability waivers?

Junior Crew News

The Juniors finished up their season at the USRowing Southwest Junior Regional Championships held on May 20-21 in Rancho Cordova, CA.

There was a lot to celebrate in the results.

Serra Crew won Gold, Silver and Bronze at the 2006 US Rowing Southwest Regional Junior Championship Regatta in Sacramento. Serra Crew walked away this year with 7 medals: 2 gold, 2 silver and 3 bronze. To top it off we have 2 qualifying boats that are going to Nationals in Cincinnati on June 9-11. We are sending our Lightweight 8 and Senior Kirk Halterman, who will row a single. This team has proved that training at the level they have been pays off in the end. Serra Crew has come a long way, in it's last 4 years of being a school sport. In the history of Serra Crew, they haven't seen the Grandstand that many times in one weekend. We hope to prove ourselves again in Cincinnati. Go Padres!

The **NorCal** men's team, led by Mike Still, had the 2x (Miles Dobbyn and Andrew Tight) place 3rd overall and qualify for the National Championships.

Wayne's group made the finals in the Novice Women's 8+ but also WON the finals for the Novice Women's 4+.

Ally's varsity women placed 5th overall in the Women's Varsity 4 and Women's Lightweight 4. They also qualified for the Petite finals in the Women's Varsity 8.

Learn to Row Day

Submitted by Mike Still

NORCAL CREW, *Is crew for you?*

National Learn to Row Day

Saturday, June 10, 9 a.m.-noon

BIAC Boathouse, 1450 Maple St., Redwood City

101 to Seaport Blvd.

Left on Bloomquist (first light)

Right onto Maple

If you want a great workout, wonderful friends, **Olympic** and **World Champion coaches**, and a great gateway to college - crew *is* for you. A BBQ will follow with an introduction to summer and fall programs for Boys and Girls. Meet other crew members and coaches. 6th grade and up welcome.

Norcal Ts

Thanks to the hard work of two of our parents, Marsha Atkinson and Kris Baxter, NORCAL is selling white t-shirts and white hoodies with the blades (oars) of California Crews. This includes junior crews, college crews and masters crews.

The t-shirts and hoodies are available for sale to anyone. The money raised will go toward rowing scholarships.

T-shirts cost \$15 and hoodies cost \$30.

NORCAL parents and rowers receive a \$5.00 discount off each item. We are extending this discount to all BIAC members.

If you are interested in purchasing a t-shirt, hoodie or both, please complete the order form on the next page and return (with a check, made payable to NORCAL Crew) to any of the NorCal Coaches - alternatively, you can place it in our box in the office at the boathouse.

If you have any questions, please email me at allynbob@comcast.net.

Many thanks, Ally

California Crews T-Shirt Order Form

White Short-Sleeved T-Shirt - \$15

S _____

M _____

L _____

XL _____

White Hoodie Sweatshirt - \$30

S _____

M _____

L _____

XL _____



10% off orders of more than \$200

Total t-shirts: _____

Total hoodies: _____

Amount enclosed: _____

Shipping via Priority Mail:

\$5.00 for the t-shirt

\$6.00 for the hoodie

****Call for shipping quote on larger orders**

Shipping Address:

Mail payment(s) to:

NORCAL Crew

530 Bay Road

Menlo Park, CA 94025

650.450.1192

****We also accept PayPal. Log into www.paypal.com. Recipients name: norcalcrew@sbcglobal.net. Place shipping address in "note" area.**

BIAC Hosts Open House

Submitted by Nora Cain

BIAC's April 22 open house was a great success. All programs were represented and everyone did an awesome job of welcoming the public to our club. Over fifty people attended and were introduced to the full variety of activities BIAC has to offer.

The sweep rowers kept people erging and rowing all day, with volunteers coxing and coaching people out on the water, while the paddlers took the big outrigger filled with happy families out at least 8 times. Good editing and layout gave us very professional looking materials to hand out with information about the variety of programs we offer — more of our local talent on display!

Doug Karlson and Ian Cox launched at least 8 people out onto the water sculling — and nobody went swimming!



Maryhelen fed everyone with food donated by the members, making for a welcoming environment for all who came to see what we're about.

So, thank you to everyone for putting our best face forward for the community. More than one person commented on what a friendly group we are — and we proved it again today. Remember, if you didn't log your volunteer hours, please email noracain@hotmail.com with your name, your program and how many hours you worked today, or in preparation.

Many thanks to everyone!

Nora



APRIL 2006 NOVICE ROWING CLASS
L TO R FRONT: JENNA, ERIN, JENNIFER, TIM
BACK: DAN, FRANK, CAROL, LIZ
MISSING IN ACTION: SUSAN, CATHY, BALINT
AND A GOOD TIME WAS HAD BY ALL

Spring 2006 Novice Rowers Class Graduates



MAY 2006 NOVICE CLASS: RICK, ROBERT
NANCY, LAURA, MELINDA, JANET

CAMERA SHY: STEVE, LARRY, CAROLYN, MELISSA

Ian Cox Wins Gold at PCRC



The 2006 Pacific Coast Rowing Championship (PCRC) was held at Lake Natoma on May 13. The 2,000 meter race is open to all schools in the West Region including Washington, Oregon, California, Colorado and Arizona. With approximately 16 schools represented the regatta offers individual championships in every collegiate

rowing category not offered in the Pac-10 Championships.

During the half-time master singles race Ian Cox rowed the 2000 meters in 7:50 bringing home a gold medal.

Goldrush 2006



Had you been standing on the beach at Lake Natoma at 6:04 p.m. Saturday, May 6, feeling the warm breeze and languidly gazing across the water to the still green slopes of Rattlesnake Hill and squinting slightly against the glint of the lowering sun as it kissed the top of Nimbus Dam, and had you listened to the gentle lapping of the now tamed waters of the American River as it was overcome by the chorus of murmurs and then shouts and the crescendo as the crowd urged their favorites forward, unaware of the anxiety of the rowers whose race this was their first, unaware of the anticipation of the crew and cox, of the long travel for four minutes of local fame or glory, or humiliation, of the love of participation,

teamwork, watercraft and festival, and had you focused on the geometry of the buoys marking seven straight lines for 1,000 meters and set your gaze across the course to the fifth lane out, then perhaps you too would have seen those eight gallant and stalwart oarsmen and women pressing their sleek sun-colored vessel so aptly named "Intrepid" toward the finish, with their ninth, a lone figure facing them from the stern and demanding their all in the effort as they stroked harder and faster toward the finish, vainly seeking a medal but gamely fending off the final charge of the 8 from the River City.

---Anonymous

Race Results on the following page or go to:
[http://www.sacstateaquaticcenter.com/
Active%20PDF/GoldRush2006RESULTS.pdf](http://www.sacstateaquaticcenter.com/Active%20PDF/GoldRush2006RESULTS.pdf)

Goldrush 2006 BIAC Results - 9th Overall (66.5)

Event	Rower(s)	Time	Place
Women's Single-A	J. Antons	04:30.8	1
Men's Single-A	Erik Pearson	03:43.2	4
Adv Women's 8	Colleen_cox Siobhan MacDermott Julie King Jenny Antons Barb Frerichs Laurie Mason Vangie Crump Vic Szabo Alice Neuman	03:43.7	3
Women's 2X	J. Antons Siobhan MacDermott	04:27.2	6
Men's Single_Lightweight	Ian Cox	04:02.7	2
Women's 2-	Julie King Barbara Frerichs	04:44.3	3
Men's 4+	Chrissy Chronert_cox Erik Krough Khalid El-Awady Craig Canine Jasen Higgins	03:22.3	2
Men's Lightweight 2X	Ian Cox	04:03.3	2
Adv Men's 8	Chrissy Chronert_cox Craig Canine Daniel Johnson (Merritt) Abe Mertens Jan de Jong Erik Pearson Alland Chee Khalid El-Awady Jasen Higgins	03:12.0	3
Women's 4+	Colleen O'Neill_cox Laurie Mason Vic Szabo Vangie Crump Alice Neuman	04:30.3	6
Advanced Mixed 8+	Colleen O'Neill_cox Laurie Mason Jenny Antons Erik Krogh Khalid El-Awady Craig Canine Jasen Higgins Victoria Szabo Alice Neumann	03:20.4	2
Mixed 8	Anh2_cox Victoria Mendoza Alexandra Ohlson Dave Clark Misha Birman Cesar Ho Dan Alexander Mimi Wolf Lehmann Koo	03:53.2	5

BIAC Members Medal in International Rowing



Luis Yanez (L) and Ian Cox
at La Punta, Peru

Luis Yanez and Ian Cox captured Gold, Silver, and Bronze medals in this year's Cotivel races in La Punta, Peru, held March 31 through April 2. Their victories each have special meaning, and we are doubly privileged to have both Luis and Ian as leaders in the BIAC sculling community. Note also from the photos how fashionable our BIAC rowing gear looks in international competition!

2006 marked the 37th year of the Cotivel races, with 250 rowers from seven countries competing in short 500 meter races across fifteen categories. Said Luis, "It's almost an anaerobic race. If you make the slightest error you can go from first place to last."

Yet this year Luis went from last place to first in the Mens Master D (age 60-69) category while setting a new course record of 01:58.70 - besting the former by nearly 4 seconds.



Luis at the finish

"The biggest pleasure for me was to go back and win against almost the same field. Last year, everyone overtook me in the last 50 meters, but this year I exploded with 50 meters left and won by a length," Luis said. He also rowed to a bronze in the Mens Master B (40-49) field, shaming others twenty years younger (except for Ian).

Luis has competed at Cotivel since 2002, but has rowed all of his adult life. He follows a rigorous workout discipline. The difference this year seems to have been in extra weight training. "I've noticed that I'm more toned and have a little more strength. Just like in sprinting, in short distance rowing you have to have strong muscles," Luis said. "It's in the last 50 meters that the training really pays off".

Ian Cox grabbed two Silver medals in the Mens Master A (35 - 40) and the Mens Master B Category (40 - 49). Ian has only been rowing a few years – all at BIAC. His first rowing competition ever was only two years ago – also at Cotivel! Though he didn't place then, the international experience brought him back a more seasoned competitor this year. This year's Masters A winner, known as "Javali", described by many as "imparable" (unstoppable), will hopefully be looking over his shoulder for Ian in the future.

Be sure to congratulate Luis and Ian when you see them next. Or better yet, enroll with the best in one of Ian's sculling classes! "Rowing teaches a self discipline that has helped me not only in high school and college but in my professional life as well," said Luis.

And the other benefit of keeping in good shape? He can outlast everyone when he goes tango and salsa dancing with his wife.