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BAIR-Picayune

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Letter from the President

Fall, ahh here we are, one of my favorite seasons in California. I've managed to haul myself back out into a single periodically and it feels so good to be on the water. You just can't beat the flat glass morning water, a Kodak moment sunrise and the odd seal, pelican or heron bidding you a good morning. How lucky we are.

Anyway, a warm welcome back to the NorCal and Serra Juniors and the power grid of energy they bring with them. Congratulations on securing entries for Head of the Charles, along with the Masters Men (sending an 8+ for the first time) and Masters Women (heading out for the fourth year in a row, with a 4+).

Congratulations also to the Hui Wa'a Master's Women – Claire Biron, Betsie Span, Maria McPartland, Cheri Mendiota, Thelma Madali and Val Collins who recently completed a great paddling race season.

The BIAC committees have continued to soldier on. We recently purchased a new, used Vespoli 8+ from Princeton and hope to have it rigged up soon. Rhett Smith has led the charge on fixing the console launch.

Peter Allen has done a great job in updating www.gobair.org – be sure to check out the safety section!

The regatta team is on track with the 15th Annual Fall Regatta, to be held Nov. 19th. We hope you will contribute to making this another successful and memorable regatta.

Our Annual Meeting is Saturday, October 7th. Come along to hear more about what's been going on, and meet the newly elected board. We have some great candidates – Dan Alexander (sweep), Doug Karlson (sculling) and Mike Martinez (paddling) - who will join Peter Allen (sculling) and Maryhelen Greaves (sweep/sculling) to form a fantastic board.

For me, I've completed my 2 year term. It's been a fun ride and I've enjoyed serving as your President. Nora Cain (Treasurer) and Claire Biron (Admin Manager) are also finishing up, and I'd like to say a huge thank you to them both for their support and contribution to BIAC.

Here's to a fun Fall on the water, and thanks to you all for your help and support!

Bon Voyage

Fiona Ashley

BIAC President/Chair

Upcoming Events

Wine Country Rowing Classic
Petaluma, CA.
Saturday, October 8, 2006

Head of the Port
River City Rowing Club
Sacramento, CA
Sunday, October 15, 2006

Head of the Charles
Boston, MA
October 21-22, 2006

Head of the American
CSUS Aquatic Center
Lake Natoma
Saturday, October 28, 2006

Head of the Schuylkill
Philadelphia, PA
Saturday, October 28, 2006

Head of the Marina
Marina Del Rey
Saturday, November 11, 2006

Newport Autumn Rowing Festival
Newport Beach
Sunday, November 12, 2006

2006 Head of the Lagoon
Foster City, CA - Leo Ryan Park
Sunday, November 12, 2006

2006 BIAC Fall Regatta

San Mateo Lagoon
Sunday, November 19, 2006

River City Junior Fall Regatta
Port of Sacramento
West Sacramento, CA
Sunday, December 3, 2006

BIAC 2006 Fall Regatta

submitted by Fiona Ashley

This year's Fall racing season is underway and back at BIAC we're once again planning our own regatta – the “15th Annual BIAC Fall Regatta”. If you haven't done so already, mark your calendars for November 19th and be sure to check out the details at:

<http://gobair.org/events/fallregatta06/index.html>

Our Fall Regatta is an important event for the club, not only to show BIAC at its best to the rowing crowd, but also to raise BIAC's profile in the community and maximize the opportunity to raise money!

Last year we raised \$10k from the regatta from entry fees and sponsorships. We recently purchased a new used Vespoli 8+ from Princeton and earlier in the season we purchased 8 x croker blades. We are currently shopping for 2x Vespoli 4+ and a couple of 1x, as well as working with Norcal to replace some of the ergs. If anyone would like to purchase one of the old ones, please shout!

Please find attached this year's main Fall Regatta sponsorship offering and instructions on how to contribute. We need sponsors for each of the races. These largely come from BIAC's member network - employers, personal member donations and friends. Ask yourself ... who do I work for? who do I know that would sponsor our regatta? Talk to that person, send them the sponsorship letter, and follow up with a phone call.

If you're less comfortable making a direct approach, please send your lead's name, number and address to Maryhelen, Sponsorship Coordinator:

mhgreaves@sbcglobal.net

Let Maryhelen know who you are approaching and feel free to get in touch over any sponsorship opportunities. Food donations are also welcome!

2006 Regatta Committee

Regatta Director - Fiona Ashley fionajashley@yahoo.com

Registrar - Julie King jking@heidrick.com

Vending - Nora Cain noracain@hotmail.com

Logistics - Jasen Higgins jrrhiggi@yahoo.com

Volunteers - Erik Pearson erikpearson@sbcglobal.net

Sponsorship - Maryhelen Greaves mhgreaves@sbcglobal.net

Design - Elaine Montgomery elainebrechin@yahoo.com



Dear Sponsor,

We are planning our **Bair Island Aquatic Center (BIAC) Annual Fall Regatta** and want to invite you to participate. We look forward to having you join a wonderful group of returning event sponsors for this year's event.

BIAC is a non-profit, community-based organization located in Redwood City on the shores of the San Francisco Bay. We are the largest community-based aquatic center in the San Francisco Bay Area and offer the community a variety of educational and competitive programs in rowing, sculling and paddling. Highlights from this year include giving learn-to-row classes to about 100 community members, participating with Save the Bay in clean-up efforts on Bair Island nature preserve and providing a home to rowing programs serving over 100 area youth.

On **Sunday, November 19, 2006**, BIAC will be holding its Regatta on the San Mateo Marina Lagoon. The Regatta will consist of 55 competitive rowing events, from high school to masters-level races. The BIAC Fall Regatta is the largest rowing event in the San Francisco Bay Area and has been covered by the San Francisco Chronicle, the San Jose Mercury News, KRON 4 and other local media.

We invite you, along with other local companies, to participate in an exclusive sponsorship opportunity for each event in the Regatta. Sponsorship of an individual event will provide great exposure to your company before the estimated 2000 spectators and competitors who will participate in the regatta. To be included in promotional materials, you will need to commit to sponsorship before November 1, 2006. Sponsoring an event provides the following benefits:

- Your company's name and logo appear on promotional materials distributed throughout the community prior to the Fall Regatta
- Your logo appears on BIAC's unique souvenir programs and race handouts given to competitors and spectators during the Fall Regatta
- Your company's name is posted on highly-visible results boards throughout the Regatta
- Your company's name is announced when the race is in progress and during the awards ceremony.

Sponsorship is \$250 per race, 2 races for \$225 each or 3 races for \$200 each. There are a limited number of sponsorship opportunities available. Reserve yours by calling me at the number below or by sending me the attached application. **We also welcome donations of food items, gift certificates and cash** which will be recognized in the event souvenir program.

Thank you for your support!

Maryhelen Greaves

BIAC Fall Regatta Sponsorship Coordinator

mhgreaves@sbcglobal.net

tel: 415.244.6022

BIAC is a 501(c)(3) charitable organization, so your donation may be tax-deductible.



**Sponsorship Application
BIAC Fall Regatta 2006**

Company Name: _____

Address: _____

Contact Name: _____

Telephone: _____ Email: _____

My company would like to sponsor _____ events at **\$250 per event, 2 events for \$225 each or 3 races for \$200 each** for a total of \$_____.

_____ I have no preference as to which event my company sponsors.

_____ I would like to sponsor the following events: (see event list below)

- 1) _____ (first choice)
- 2) _____ (second choice)
- 3) _____ (third choice)

Note: Sponsorship is on a first-come, first serve basis

Men's Collegiate Fours	Men's Open Pairs	Women's Lightweight Fours
Men's Collegiate Eights	Men's Open Double Sculls	Women's Lightweight Eights
Men's Collegiate Novice Eight	Men's Open Eights	Women's Lightweight Single Scull
Men's Junior Fours	Men's Open Single Sculls	Women's Masters Fours
Men's Junior Novice Eights	Men's Open Water Single Sculls	Women's Masters Eights
Men's Junior Eights	Men's Novice Eights	Women's Masters Quadruple Scull
Men's Lightweight Fours	Mixed Junior Eights	Women's Masters Single Sculls
Men's Lightweight Eights	Mixed Masters Double Sculls	Women's Masters Double Sculls
Men's Lightweight Single Sculls	Mixed Master Eights	Women's Masters Novice Eights
Men's Masters Fours	Mixed Open Eights	Women's Open Eights
Men's Masters Eights	Women's Collegiate Fours	Women's Open Fours
Men's Masters Quadruple Sculls	Women's Collegiate Eights	Women's Open Pairs
Men's Masters Double Sculls	Women's Collegiate Novice Eight	Women's Open Double Sculls
Men's Masters Single Sculls	Women's Junior Fours	Women's Open Single Sculls
Men's Masters Novice Eights	Women's Junior Eights	Women's Open Water Single Scull
Men's Open Fours	Women's Junior Novice Eights	Women's Novice Eights

Note: There may be more than one race per category. Categories may be combined.

Company tag line or text to be used in promotional material (30 word limit):

We will need electronic black-and-white and color images of your logo. You can email .eps and .jpg versions to mhgreaves@sbcglobal.net by November 1, 2006.

Please send this application to:

Maryhelen Greaves, BIAC Fall Regatta Sponsorship Coordinator, mhgreaves@sbcglobal.net

BIAC is a 501(c)(3) charitable organization, so your donation may be tax-deductible.

Cajun Pete - Backwater Stories and Uncommon Sense

Fall Changes at BIAC

There are lots of changes you may have noticed (or not) at BIAC in preparation for a safe winter and the upcoming year. Your volunteer sweat has made all of this possible and makes BIAC a special place to enjoy the water. But first, let's take a moment to recognize and thank our retiring leaders on the board.

Fiona Ashley has done a fine and tireless job as President for the last two years. On her watch BIAC attained its long sought **Use Permit** and our books continue to be well managed. **Nora Cain** has been our Treasurer and Membership director as well, and with the help of **Claire Biron** our finances are in better shape than ever. **Mike Martinez** has a term ending but has reenlisted for election this year. Mike manages our marina and facility – a tough job with as much activity as Bair Island has every day. Many kudos to Fiona, Nora, Claire, and Mike for their countless hours of care to keep BIAC running. The remaining BIAC board members, **Maryhelen Greaves** and **Peter Allen** look forward to working with the new wave of **Dan Alexander, Doug Karlson, and Mike Martinez**.

As for changes at BIAC, some are not even visible at the boathouse. Our www.gobair.org web site has been thoroughly updated, refreshed, and has loads of new information on **Safety and Care** of our club. There are also more links to **tide information**, other aquatic sites, and **better maps** of our playground. This **newsletter** also marks the third edition this year, thanks to **Mimi Wolf** and everyone who sends in articles to her and the communications team. And if you're still not subscribed to the **BIAC_AC group at Yahoo**, go find us at http://sports.groups.yahoo.com/group/biac_ac/

Changes that we can all appreciate: **New Candocks** have been installed, plans proceed to replace our north pier fingers, and there is a new **paddling rack** currently sitting on the repaired Traveller deck. We have a new **Gas Shed** in the far south corner at BIAC, and **new storage** for the big outriggers made from our **retired docks**. Our small fleet of **launches** is being repaired, which includes some engines, rub rails, lighting, painting, and console construction. There are other numerous minor improvements all around BIAC too – you probably have a task you look after each time you use BIAC (so thanks!)

One nicely visible (and olfactory) change at the club has been the success of our **Spic N' Span** program, which rotates the cleaning schedule of our comfort facilities. New handy tools and the teamwork of those on watch have really helped this year, and we will hopefully get even better!

In the near **future** you can look forward to some fine **used shells** being purchased, **new ergs**, and further **dock repairs**. We are also asking each program that uses BIAC in the dark to help find a shell **lighting solution** that BIAC can buy in bulk thereafter for everyone's use and safety. We are also looking to collect 1 gallon clear plastic water bottles for use as buoys at our **15th Annual Fall Regatta** on Sunday November 19.

And finally, you may have seen some new faces at the club brought in by our Learn to Row classes and other events. Usually the more people Cajun Pete meets, the more he likes his dog, but our **new crop of members** is a stellar exception. Welcome!

Log, Light and Stay Right!

Submitted by Peter Allen

Everyone heading out onto the water at BIAC needs to observe the slogan *Log, Light, and Stay Right*.

1. **Log:** Use the Log Book in the outside Sign Out/In locker.

The order of responsibility for this is cox, coach, stroke, and crew. Using the log book helps BIAC with our insurance costs and to know when we need to send a launch out looking for someone.

Rowers and Paddlers alike should use the Log book, please.

2. **Light:** When it is dark, shells and especially launches **must be lit** – bow (red and green) and stern (white).

Cox's should not even unrack without lighting. No lights, no row. See http://www.gobair.org/programs/safety_and_care/twilights.html for lighting ideas.

Being able to be seen clearly is the first step towards a safe return. We've had some close calls lately too: Please report incidents to:

secretary@gobair.org

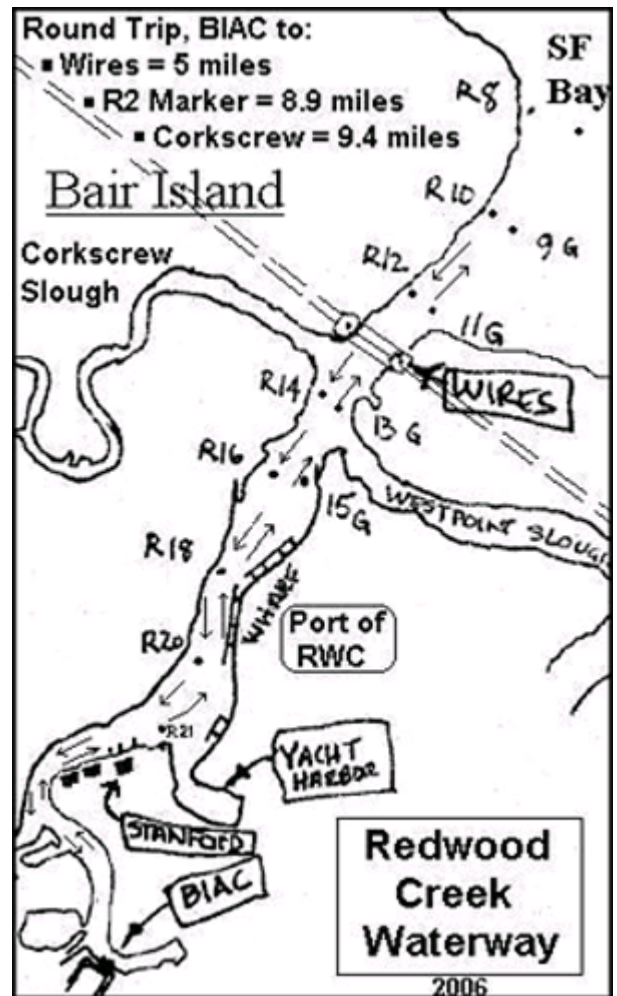
Each BIAC program is responsible for its lighting equipment at this time. There are about two dozen bow clip light adapters in the Log shed for everyone's use. You can use a commercial solution or repurpose biking lights with great results. If you have a solution that works really well for you, please let secretary@gobair.org know.

For those of us enjoying BIAC during the day please **dress to be seen**: Wear outer layers that are **bright** or **reflective**.

3. **Stay Right:** Pay attention to your location and course - stay right.

People on the left side of the waterway are begging for an unpleasant surprise. This applies to daytime and twilight workouts and regardless of the tide.

For more information about safety on the water, see our new www.gobair.org section on Safety and Care.



For a printable copy of this map, see: <http://www.gobair.org/about/images/RedwoodCreekCourse.JPG>

BIAC's Hui Wa'a Senior Master Women's 2006 Season

submitted by Betsie Spann

The outrigger canoe racing season extends from May through September. Long distance races are in May, August and September at Santa Cruz, Alcatraz, Angel Island, and Berkeley. Regattas (sprints) occur during June and July in lakes, rivers and at Monterey Bay.

With 19 outrigger clubs in northern California, attendance at races varies from 50 crews or fewer at long distance up to 324 crews at the regatta championships.

The senior master ladies (45+ years in CA) are eight paddlers training together all season competing for one of six seats. We attended 90% of the races and often were the only Hui Wa'a crew at the regattas. On a few occasions, a few senior master men were drafted allowing us to field two additional crews.

Clubs compete for regatta trophies, separated into large and small clubs, determined by the number of crews entered on that day. Hui Wa'a consistently placed in the top three small club honors for both OC-6 points and OC-1 points. For the last three summers, the senior master women's crew won the division championships in northern California.

Long distance results have been unimpressive but the hours of practice are beginning to pay off. At the Santa Cruz nine mile race, the crew passed two coed boats and a boat in the same division within the final ten minutes and finished 0.01 second behind another coed boat. Our season ended with the race around Angel Island on 9/16. It's an exciting race out of Fort Baker, across the bay, sometimes dodging ferries and cruisers.



There is a great deal of maneuvering on the back side of the island with crews steering close to the rocks in order to pass a more cautious boat. As they round the north end (watching for the Tiburon ferry), the Gate comes into view and then it's all out on the return to Fort Baker.

What's next? Our OC-1 canoes will now be incorporated into our practices. The winter Wavechaser series will begin soon. Our focus next season is to place well in southern California races.

BIAC's Hui Wa'a Senior Master Women Race the Queen Lili'oukalani at Kona

submitted by Betsie Spann

The Queen Lili'oukalani race in Kona, Hawaii was the highlight of the 2006 season. Held on Labor Day weekend the annual 18-mile race runs from the Kailua-Kona harbor down the coast to the Hawaiian City of Refuge. The six-women crews race from Kona and the six-men crews take over the canoes and race back to Kona

later in the day. The boats are lined up next to each other between two buoys, attempting to honor a virtual start line across the water.



The start can be very hectic and there is some bumping but within the first 20 minutes the lead pack is out of sight.

The times for the 138 women's crews ranged from 2:11:09 through 3:24:08. There were fewer men's crews (127) with times from 1:53:37 through 3:10:42. One crew was manned by five legally blind paddlers and a sighted steersman. The Hui Wa'a ladies gained a second place in the Iron Senior Masters' division (age 50+ years) with a time of 2:45:50. This crew bettered 15 of the 26 Iron Open (age 20+) crews.



Congratulations to Claire, Maria, Valerie, Cheri, Helen, Vicki, Jackie, Betsie and our steersman, Thelma.

Padding Abreast

submitted by Sylvia DiCello

The California Dragon Boast Association sponsored a boat of breast cancer survivors for competing in the Breast Cancer and Cancer Survivors Challenge Race as part of the International Dragon Boat Festival at Treasure Island, September 16-17.

Representing BIAC was the Sarah-dippidy, a crew of twenty women paddling in honor of Sarah Chin, mother of our drummer, Connie Chin. BIAC sweep rower, Sylvia Di Cello, captained the boat while Dielsel fish dragon boater Ken Hong provided coaching and good humor. His understanding and compassion were evident, but it was his humor that kept everyone encouraged and laughing. The laughter from the boat was contagious. With only three practices, the newly-formed crew finished 4th out of five boats.

The event was intensely different than most breast cancer events. It was strictly for fun and camaraderie, celebrating survivorship. The race and ceremony encompassed only about 15 minutes of actual water time, which kept it focused, simple, and poignant.

The race consisted of a quick sprint of 500 meters, an intense 3+ minutes of paddling, and an exhilarating finishing. The boats then paddled towards the shoreline for a solemn ceremony in which all 5 boats joined hands, lining up gunnel to gunnel, facing the spectators on the shore, cancer survivors waving yellow carnations, breast cancer survivors waving pink, all swaying to Garth Brooks' *The River* – appropriate-for-the-cause. Carnations were tossed into the water as a reminder of those who had died and those who are still fighting the fight. A calmness or euphoria hung in the air. The Paddlers lining up for the next races formed an arch with their paddles and gave the ladies a thunderous welcome back. There was no finer feeling. It was if they, too, were celebrating our survival.

Beyond all that, finer results were seen. One survivor, 73-year old Mickey, needed assistance to balance on the wobbly dock on her first paddle, but later navigated safely and independently after her third row. She had been instructed to not exercise back years ago when doctors thought it best not to task the surgical arm. Initially she could not raise her hands as high as her eyes, but raised them well overhead in warm-ups before the race. Other gains were not as tangible, but evident nonetheless.

Members of the Sarah-dippidy offer a heartfelt thank you to Connie Chin and especially Ken Hong, for providing this incredible experience, and the best medicine – spontaneous, belly-originating laughter. Thank you, Connie and Ken!

BIAC Gets Gold, Silver, and Bronze at Nationals

submitted by Ian Cox



Ian and Joel (River City) in their Mens Lightweight B event.

This year the US Masters National Rowing Competition was held in Seattle August 10-13. This event is well attended by clubs from all over the US, with enough competition to require race heats for two days prior to the weekend finals.

All races are 1000 meters (1K) and last from between 3.15 and 4:00 minutes depending on the type of shell and number of rowers. The conditions in Seattle were challenging this year, with rain on the first day and windy conditions frequently. However all racers had fun and managed to keep a smile on their faces.

At the Nationals from BIAC's corner in California were:

- **Cassandra Cunnigham** (Serra coach) who took home *Silver* in the Women's B4+, A2X, C8, C4+ and Bronze in the B8
- **Ian Cox** achieved *Gold* in the Men's Lightweight B1x and Silver in Men's Lwt 2x.
- **Mike Still** (NorCal coach) had the perfect event with *5 Golds* in the Men's D4-, D8, B8, E8 and D4+ categories.

Congratulations Cassandra, Mike, and Ian!

June 17, 2006

We had a moment of perfection last night. The stars were out, with no moon or clouds. There was no horizon and the water melded with the sky. With each stroke our oars lit up the water with the brightest phosphorescence. With every wave our boat lifted up, and the ocean around it lit up like a bright green Milky Way. It was rowint among the stars.

— Jordan Hanssen, crewmember, Ocean Adventure Racing (OAR) Northwest

June 18, 2006

It's not the adjustment to the living requirements that is so profound but the adjustment to movement. Our top speed rowing is about three knots, or just over what you could walk at a fast pace. It took us 12 hours of rowing yesterday to make any headway at all, and that is a long time to row without going anywhere. It's humbling to live at this pace.

— Brad Vickers, OAR crewmember

See more about OAR Northwest at: www.oarnorthwest.com