



ROW ONEC NEWS



April 2017

UPCOMING DATES - MARK IT ON YOUR CALENDAR:

April 28-30	RCA Coach Weekend #2 (for those coaches who have completed Weekend #1 and are actively coaching – details here)	ORC
<i>May 6 (tentatively)</i>	<i>“Boats down” – delayed due to high water levels - stay tuned for confirmation of new date</i>	ONEC
May 8	RowFit – first class – see description below	ONEC
May 13	Tulip Regatta	ORC
June 3	“Try-it” day	ONEC
June 3-4	Doors Open Ottawa	Ottawa

MEMBERSHIP FEES

The 2017 ONEC membership year has begun and we hope to be on the water and on the courts soon.

You can renew your ONEC membership by logging in to the [membership portal](#) and then clicking the "Renewal Time!" badge found on your portal dashboard.

Registration for our popular youth summer Day Camp programs has also been launched. Members can sign up directly from the membership portal using the [Event Calendar](#). Don't forget that members get a 10% discount on camps - contact the office for your promo code. Non-Member day camp registration (online and paper form) can be found on the ONEC [website](#). Please pass this link on to all your friends with children.

If you have any questions or encounter any problems, please do not hesitate to contact the [office](#).

CANWARN training

Environment Canada is offering its annual presentation on identifying conditions of storms developing. Seminar attendees may sign up as weather spotters or attend for their own information on May 16. For more information and to register, email [here](#).

UPCOMING CLUB EVENTS:

BOATS DOWN WORK PARTY

Boats come out of hibernation in the boathouse, ready for action. Many hands required. Private boat owners are responsible for moving their own boats. *Postponed to May 6 due to high water levels, stay tuned to email for updates.*

ROWFIT CLASSES

ONEC Rowing is offering a 6-week course on Monday evenings in May and June to help you get in shape for the rowing season. The class is designed to help strengthen your core and legs as well as build flexibility and balance for better stroke performance in the boat. Activities include Pilates mat work, Yoga Sequencing and sport specific strength exercises. Expect to sweat as there will be a cardiovascular element to the program. The course will be led by an experienced certified fitness professional with group fitness and rowing experience. The course will take place in the ONEC Boathouse Ballroom. The cost for the 6-week course will be \$70 if you pay by April 30, 2017.

Further details and the registration form can be found [here](#).

2017 TOURS (OAR)

Sun. May 14	Banana Belt Tour	Welland, Ont. (Don RC)
June 30-July 2	Row3Capitals – Toronto, Kingston, Ottawa	Hanlan BC, Quinte RC, ONEC

OAR TOURS

The Row3Capitals Relay celebrates Canada's 150th anniversary. Starting on June 15 in Toronto (alternate capital of the Province of Canada 1849–1859), it goes through Kingston (capital of the Province of Canada 1841–1844) and ends in Ottawa, current capital of Canada, on July 1. This tour covers 500 km, but you can row shorter sections or on alternate days. The Relay consists of 4 back-to-back tours: June 15 - 18: Lake Ontario (Toronto to Presqu'ile); June 19 - 22: Bay of Quinte (Presqu'ile to Kingston); June 23 - 27: Rideau Canal South (Kingston to Smiths Falls); June 28 - July 2: Rideau Canal North (Smiths Falls to Ottawa) Don't miss out on this unique 2017 event! To guarantee your seat, pay the deposit and reserve by April 15, 2017. For information and registration forms, click [here](#).

The Canada 150 Row3Capitals Relay is the marquee tour of the year, but there are also excellent one and two-day row tours on the canals, rivers and lakes of Ontario. For example, Welland recreational canal for early season rowing, Mazinaw Lake, Algonquin Park lakes and rivers, the Ottawa River, the Grand River, and the St. Lawrence River.

SAFETY

SPRING ROWING

We are all anxious to get on the water, but the water is cold and the current is fast in the spring. This is a dangerous situation, especially for more inexperienced rowers. For your own safety, anyone who has not rowed a full season yet (i.e. anyone who learned to row in 2016), may not be on the water until green season begins.

Please review our [Cold Water Rules](#) and watch the [RCA Safety Video](#) every spring before going out on your first row.

Take the time to study the water – changes in colour/texture show changes in conditions (wind, current). In places where the river changes direction, conditions change as well. Don't forget the traffic patterns – as shown on [this map](#) – row close to shore with your port oar to shore and watch for other rowers, sailboats and power boats.

MONITORING WEATHER

Many members use [Accuweather](#) to follow the current and projected wind direction and speed on the river. Some members swear by [this weather radar](#) site for predicting the arrival and duration of precipitation and storms in Ottawa

LIGHTNING DANGER MAP

This [lightning map](#) informs of immediate lightning danger in Ottawa

LIGHTS

Bring your lights and turn them on if you are rowing in the early morning or evening. Be safe, be seen!!

NEWS FROM THE ROWING WORLD

The great annual **Boat Race**, matching Oxford against Cambridge, took place on Saturday, April 8. First raced in 1829 (men's) and 1927 (women's), The Cancer Research UK Boat Races are amongst the oldest sporting events in the world. April 2017 saw the running of the 163rd Boat Race and 72nd Women's Boat Race, both now taking place on the Championship Course.

Watched by thousands along the banks of the Tideway, between Putney and Mortlake in London, and by millions more on TV around the world, The Cancer Research UK Boat Races are a unique sporting event. With four very strong squads of athletes, expect to see more thrilling contests once again this year.

Watch the excitement - Men's race [here](#). Women's race [here](#).

A little closer to home: The ORC will be hosting it's second annual **Tulip Regatta on the Rideau Canal** on Saturday, May 13, 2017. This regatta is open to experienced, competitive junior, senior and masters ORC and ONEC members. The entry deadline is Friday, May 5, 2017!

Go [here](#) to enter the Regatta.

FOR YOUR ENTERTAINMENT

Lover's fingers over water's skin

hardly a boat at all,

slender line of single scull shell [Click, feather... Clunk/catch...

push/pull through...]

pierces fine morning mist

blanketing River Ottawa [Click, feather... Clunk/catch
push/pull through...]

“... had a perfect stroke once,
back in nineteen seventy-eight” [Click, feather... Clunk/catch
push/pull through...]

tender lover’s fingers
caress water’s shimmering skin [Click, feather... Clunk/catch
push/pull through...]

oars light in the fingers
as aqua romantics will do [Click, feather... Clunk/catch
push/pull through...]

left hand front of right hand
no stumbling in scull rower’s dance [Click, feather... Clunk/catch
push/pull through...]

two-to-one time spacing
recover / pull-through ratio [Click, feather... Clunk/catch
push/pull through...]

Zen in a sculling stroke
movement all from a lover’s touch [Click, feather... Clunk/catch
push/pull through...]

(Glenn Arthur Sweazey, 2016)

If you are interested in contributing to the Newsletter, please send us your ideas to rowingnews@onec.ca. We are always interested in contributions (sporadic or regular) and feedback. Please note that in the interest of keeping the Newsletter a quick informative read, we may need to edit content for length. We request that all content be provided by the 10th of the month.