



ROW ONEC NEWS



August 2017

UPDATE:

Be aware that the Casino du Lac Leamy Sound of Light fireworks shows are on **August 5, 9, 12, 17 and 19** on the Ottawa River between Parliament Hill and the Museum of History. **Rowing is not recommended** on those evenings as there will be heightened motorboat traffic and congestion around that area on those evenings. Caution is also required on the following day due to residual traffic and debris in the river.

WHETHER, WEATHER

Cheesy jokes aside, every rower from the most experienced to the newest needs to evaluate their ability and the weather conditions *each time* they head out on the water. This has been an odd weather year with lots of rain resulting in high water levels, and thus stronger currents making for more rowing challenges.

Do check conditions before you leave! It's always wise to consult the hourly forecast and pay particular attention to rain, thunderstorms, and wind speed and direction. If lightning is forecast **do not row**, if you are out on the water and a thunderstorm comes up **get off the water immediately**. Wind can be a challenge: winds from the east (downstream) above 10km/hr will result in waves and conditions that most people should not row in; east winds are challenging even at 10km/hr. Winds from the South or the North have less of an effect, meaning you can row with somewhat stronger winds (10-15); winds from the North will have an increasing effect farther upriver toward Parliament as the river bends. Also consider that the wind speed may increase or the direction change during the time you are rowing with the result that one can come out from behind Kettle (a sheltered area) to find the crossing back to the club at the end of your row much more difficult than at the start, so consider the trend as you look at the hourly forecast. Foggy conditions can also be changeable and dangerous. Fog can get worse when you are out and you wouldn't be the first rower who suddenly cannot see the other side of the river.

Three sources of weather information are: www.weather.gc.ca for local, current conditions and radar images (we are closer to Gatineau than the Ottawa airport), www.theweathernetwork.com for wind speed, direction and gust strength; www.accuweather.ca for hourly wind speed and direction.

If conditions are not favourable, it is better to cancel your row than get into difficulty. IF IN DOUBT, DON'T GO OUT. Safety is about the worst-case scenario. When planning your row, consider what type of boat is appropriate for the conditions and your ability – booking a more stable boat, e.g. a recreational double may make for a more enjoyable and safer row. When booking your boat and choosing a route, please take into account your ability, the current, distance, weather conditions including waves so that you will arrive back before the end of your booked time.

Except in the spring and the fall, rowers are not escorted by safety boats. ORC, on occasion, has graciously helped us out by searching for and rescuing stranded rowers but this is not something that should be relied upon. If you have an Operators License for motor boats we would be glad to make a list of volunteers, and provide training so that members could assist in an emergency.

And don't forget to bring your lights! The days are getting shorter....

BOATHOUSE SECURITY

Security at the boathouse is the responsibility of all members. Recently, a boat was being taken by non-members and fortunately, they were stopped before they got away with the boat. We can politely ask

people if they are members. Also, there have been people trying to climb over and around the gate on the exit dock. Again, challenge them. Please do not leave oars, paddles, or life jackets on decks, docks, or in boats. They must be stored in the boathouse when not in use and report any incidents to the [Club Manager](#). Thank you for your co-operation.

COURTESY

Have you ever been left standing on the dock because the boat you reserved isn't back yet? Please return boats at the scheduled time. The current is very strong this year, so extra upstream time should be taken into account in order to return to the dock for the next scheduled rower.

Another frustrating situation occurs if the boat you have reserved is damaged and un-rowable. If you have damaged a boat or notice that a boat is damaged, please report it on the whiteboard in the public boat bay so that it can be taken out of service and repaired before more damage is done. You can also email boatrepair@onec.ca.

Thank you for being courteous to other members.

NEW PROGRAMMES

Coached escorted Rows for advanced and intermediate scullers, with an experienced international coach, Beatrice Seaman. Session 1 Saturday mornings at 7:30 am, starting August 12; Session 2 Wednesday mornings at 9:30 am, starting August 16, for 5 weeks each. \$20/session.

Novice Training Program for recent learn-to-scull graduates; 3 lessons, \$60

Co-ed Learn-to-Scull League for beginners and work groups, from mid-August to the beginning of October. Part A (the first six sessions) is learn-to-scull in small boats and Part B (the last six sessions) is crew sculling in quads, with the possibility of entering a marathon. \$320 for non-members. Encourage your colleagues and friends to join up! Recent learn-to-scull graduates can join just for Part B, beginning on September 11; \$90 for members.

We are piloting an **After-School Training Program** for rowing day camp and youth LTS graduates on Monday and Wednesday late afternoons from September 18 to early October, with the possibility of entering a Marathon.

All application forms are found [here](#); payment by cheque in person at the tennis pavilion.

UPCOMING CLUB EVENTS:

- August 27 Canadian Sculling Marathon
We hope to see many ONEC participants in the Canadian Sculling Marathon on Sunday, August 27. Scullers can enter the half (21 km) or full (42km) marathon. Anyone who completes one of the distances will receive a special medal struck for Canada 150. Time to start training! Note that, because of potential rough waters, touring or open water boats are used for this event.
- September 10 Ride the River! Parade and picnic – organized by Ottawa Riverkeeper.
Parade from 9am – 12pm, picnic with games, activities, and live entertainment at the Canadian Aviation and Space Museum 12pm – 3pm.
Inspired by Canada 150, we're taking a moment to appreciate the river, to celebrate everything it gives to us, and to continue our work protecting it together. More information [here](#). Contact [Brigit](#) if interested.
- September 17 The Burnstown Rowing Club is pleased to announce the annual **HEAD OF THE MADAWASKA REGATTA**. *The regatta follows the same format as other years and we are pleased that the **Neat Cafe** has reopened and we hope to be featuring their coffee!!*
This is your chance to unleash your competitive side - it is a low-key, low-pressure headrace with options for 3km or 5km races throughout the day. Team up and try a double or test your singling skills. Let [Gillian](#) know if you are interested in going.

2017 TOURS (OAR)

August 19	Trent Waterway Tour	Quinte RC
August 27	Canadian Sculling Marathon	ONEC
September 16	Long Sault Tour	ONEC
October 14	Icicle Chase	Quinte RC
February 17-23	Florida rowing tour	OAR

SURVEY

If you haven't completed the RCA Master's survey, please do so before August 18. Rowing Canada Aviron is requesting your assistance to build all aspects of Master's Rowing in Canada. The first step in that process is to learn more about who are masters rowers across Canada, what you think would improve your experiences in the sport and how we can build on what we have at the club level to get more people on the water.

Please take a few minutes to complete this survey: <[Masters Rowing in Canada 2017](#)>. Whether you row for fun, exercise or competition, our goal is to enhance the experience for Masters rowers at all levels.

We value your feedback. Information gathered through this survey is confidential and personal information fields are optional.

Thank you in advance for your contribution to Masters Rowing in Canada!
Note that the survey will be open from **July 7th to August 18th, 2017.**

CANADIAN SCULLING MARATHON

Take up the CSM challenge! Here's how you can participate in one of the season's highlights, the 13th annual Canadian Sculling Marathon (CSM), on August 26 and 27.

Saturday, August 26 - 10 K Open - A fun race around Kettle Island, open to all types of rowing shells—racing and recreational—and all levels of sculling enthusiasts—novice to advanced. No entry fee this year for ONEC members. Use your own boat or reserve a club shell. For details, download the registration form [here](#) or take one from the Boathouse bulletin board. Bring your completed form on Saturday morning at 7:15 am; mass start at 8 am.

Sunday, August 27 - Full (42 km) and half (21 km) marathons

Intended for more seasoned scullers, these rows take you by some of the Capital's most famous landmarks. The half marathon typically takes 2 to 3 hours to complete; the full takes 3 to 4.5 hours. Only recreational and open-water boats are allowed. Information and forms can be found on our [CSM web page](#), including links to the registration forms, schedule, maps and online registration.

Volunteers - We need many volunteers to make the CSM a success! If you're new to ONEC, this is a great way to experience the events and meet other rowers. Students working on their volunteer hour requirements are also welcome. Contact [Mary Clark](#) if you can help with preparations at the Boathouse on Saturday afternoon or during the events on Sunday.

Can you contribute a salad, dessert or other dish for the Sunday rowers' lunch? Bring it in the morning, watch the events, and stay for lunch! Contact [Marie Dumont](#) to see what's needed.

We also need a few motor boat drivers and spotters for the safety patrols (drivers must have a Pleasure Craft Operator Card). Contact [Bruce Akins](#) if you can help on the water.

(UN) CLASSIFIED

Did you know that ONEC has a club rowing uniform? It is black with a white and red stripe down the side and the ONEC logo on the back. If you are interested, please [contact Karin](#). A minimum order will have to be made.

HELP WANTED

Volunteers – we need you!

ONEC would be nothing without its volunteers. We already have some very active helpers, but every club continually needs a fresh infusion of new ideas, energy, and yes, volunteers.

There are many roles available for you - our boats are repaired by volunteers, our programs are designed and provided by volunteers, coaching lessons and learn to scull are offered by generous volunteers, the rowing committee and the ONEC Board are also composed of volunteers. So if there is something that you are interested in doing that would benefit the club, please [let us know](#)! New roles can always be created.

NEWS FROM THE ROWING WORLD

From the Ottawa Rowing Club:



Brian Adams, a fixture at the Ottawa Rowing Club and in the greater rowing community for more than 15 years, passed away on the morning of Sunday, July 23, 2017 after a battle with cancer. Brian touched every boat, oar, dock, every other imaginable piece of equipment and countless souls at the ORC boathouses over many years as Club Manager and Boatman. He saw many rowers and volunteers come into the ORC boathouses and he, himself, coached, mentored and touched many, many people who have called the ORC a second home.

His humour, his creative fixes, his love of good music and wine, his stories will be greatly missed. ORC plans to honour Brian, to remember him and all he has done for the ORC family and the rowing community.

Canada Summer Games:

July 31 – As part of the Canada Summer Games in Winnipeg, Manitoba, rowing events took place on August 4 Rabbit Lake at the Kenora Rowing Club. Ontario rowers won 7 gold, one silver, 11 bronze medals and 4 fourth-place finishes. More results can be found [here](#). Congratulations to Team Ontario!

2018 FISA World Rowing Tour – Seattle to Vancouver

SOCIAL EVENTS

Watch the Gatineau Hot Air Balloon Festival from the boathouse balcony.

August 31 and September 2 – 5pm to 10:30 pm; September 1, 3, and 4 - 5pm to 8pm.

Dancing and optional swing dance lesson on September 2. Cash bar, BBQ or bring your own food. [RSVP](#) because of limited boathouse capacity. Note that lift-offs are weather dependent.

FOR YOUR ENTERTAINMENT

If you think the CSM is challenging, read [this article](#) about an international group of rowers breaking world records on an epic voyage.

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.