



# ROW ONEC NEWS

July 2018



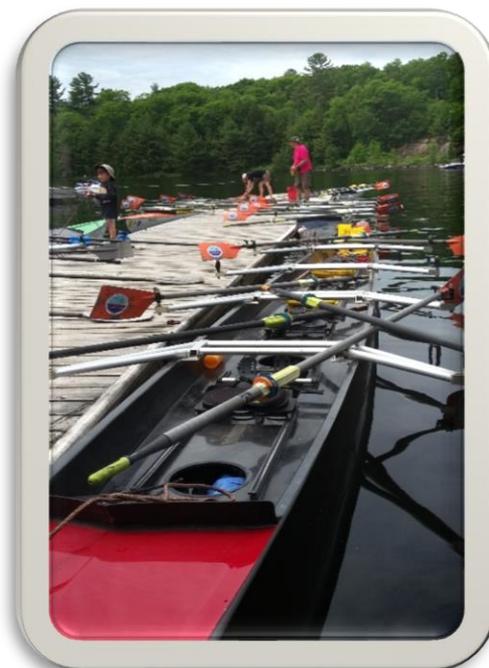
## MARK IT ON YOUR CALENDAR:

June 11- August 27; 6:30 p.m.	Step 3	ONEC
June-September; 7p.m.	Thursday Evening Group rows; BBQ and pub night	ONEC
July, August; 8:30a.m.	Friday morning Group Rows	ONEC
July 14, 28 7:30a.m.	Saturday morning Quad Rows + breakfast	ONEC
July 21, 7:30 a.m.	Three Buoys Challenge/race	ONEC
August 7:30a.m.	Sunday morning Quad Rows + breakfast	ONEC

## 2018 TOURS

July 21	Lachine Canal Tour (full)	Montreal, Qc
August 25/26	Montebello Tour (full)	ONEC - Montebello
September 29	Petrie Island Relay	ONEC – Petrie Island
October 20	Icicle Chase	tbc

The Muskoka tour held June 24-25 was well attended with 23 rowers from various clubs including four from ONEC. The weather cooperated, and all had a great time.





Check the OAR website if you are interested in participating in touring - see beautiful Ontario sites from a different perspective. The next tour is Nottawasaga to Wasaga Beach August 18.

## 2018 COMPETITIONS

July 14-15	RowOntario Masters Championships	Welland, Ont.
August 5	Royal Canadian Henley Regatta	St. Catharine's, Ont.
August 18, 8 a.m	CSM 10km open	ONEC
September 9	Head of the Madawaska	Burnstown, Ont.
September 23	Head of the Rideau	Ottawa, Ont.
September 27-30	2018 World Rowing Masters Regatta	Sarasota, Florida
September 29	Head of the Trent	Peterborough, Ont.

## THREE BUOY RACES

Six ONEC club members raced around a diamond shaped course early on Saturday June 23. The competition was close, but John Moore edged out Christina Albers at the finish to take home the first-place finish trophy. Fun was held by all, and some were able to enjoy Lunar Rhubarb Cake as well. A sign up will be put on Meetup or send an email [Jonathan Morris](mailto:Jonathan.Morris@onec.ca) to participate in the July 21 challenge. All club members are invited to come out, test their ability to navigate, compete and test themselves against the river and their fellow rowers.



## AT THE BOATHOUSE

ONEC members are encouraged to use a lock when storing their personal items in lockers in the change rooms.

There are new T-shirts available for sale at the Tennis Pavilion for \$15.00. They're good quality pre-shrunk sun cotton. Check them out, try them on, take one home!

## EQUIPMENT

**Boat Maintenance:** There are now tools (attached to yellow sticks) available for rowers' use by the whiteboard on the rowing deck. Thanks to Rob Murray for arranging them.

- All rowers should inspect their boat before leaving the dock – this is best done before removing the boat from its rack. If something is loose, use the tools to tighten, being careful not to bang the boat with the wooden blocks, then replace the tool. Care must be given to tighten firmly and not to over-tighten.
- Upon returning, slides and seat wheels should be cleaned to prevent (and correct) squeaky seats. This can be done once the boat is back on the rack and you are wiping the boat off. If the seats still squeak, write it on the whiteboard.
- Finally, life vests are to be put away when finished not left down on the docks
- Make sure before leaving that the boat has been wiped down and adequately secured to the rack (see below).

Strapping down a boat: We have had boats blown off the racks on windy days in the past. To make sure that this does not happen, we have added straps to all the racks. Please ensure that they are properly attached:



Give the strap a pull to see if it holds.

*All rowers need to play a part in ensuring that the boats are properly maintained and handled.*

Boat reservation system etiquette: For safety reasons, every member should book their boat so that we know who is rowing which boat. All members have an account and there is wifi at the boathouse, so there is no need for anyone (other than coaches and program co-ordinators) to book boats for other rowers. Please respect the 90-minute time limit to allow other rowers equal access to boats.

### STEP 3

*Objectives:* To scull comfortably, knowledgeably and with excellent technique.

*Eligibility:* Athletes ranging from recent Step 2 graduates to more experienced scullers.

*When:* Mondays evenings at 6:30 pm, June 11 to August 27 (Note: There is no session on Monday, June 18.)

Athletes need to book their shell for these sessions. If you have any questions, please contact [Andy](#)

### CSM 10KM CHALLENGE

Saturday August 18<sup>th</sup> 8:00 at ONEC

The CSM 10km challenge is open to scullers of all levels and all shells. Row around Kettle Island in a single, double or quad. Try to beat your own best time or set yourself a baseline time for future challenges.

**This is a free event!** Book yourself a boat. Show up at 7:15 to register at the door.

Snacks and prizes offered in the ballroom afterwards. All participants will receive a pin. T-shirts will be available for sale.

NOTE: There will be no half or full marathon this year. Instead, ONEC is organizing a tour to Montebello on August 25/26.

## NEWS FROM THE ROWING WORLD

For a mid-year update from RowOntario president Chris Waddell, click [here](#).

Canada captured gold and silver at World Rowing - World Cup 1 in Belgrade, Serbia from June 1-3. Canadian Women's Pair Hillary Janssens and Cailleigh Filmer won Canada's first gold medal of the season while Ellen Gleadow took the silver in the Women's Lightweight Single sculls.

On the Paralympic international stage, 2016 Paralympic bronze medalist Andrew Todd partnered up with Kyle Fredrickson to capture two Gold medals in PR3 M2- events in Gavirate, Italy. Jeremy Hall took the bronze in the PR2 M1x event in his first appearance on the international rowing stage.

The World Coastal Rowing Championships are coming to Victoria, B.C. on October 11. The early-bird registration deadline is July 1. For more information on registering and the race itself check out the [regatta website](#) or [newsletter](#).

## FOR YOUR ENTERTAINMENT:

The Community Rowing Boathouse on the Charles River in Boston is a thing of beauty – beautiful architecture, green and it has a Canadian connection. Take a look [here](#). Community Rowing, Inc. (CRI) is a non-profit, volunteer-driven club and is the only public-access rowing club on the Charles River. Dedicated to bringing the discipline of rowing to all levels of the socioeconomic spectrum, it provides instruction and equipment to rowers of all skill levels.

*\*please note that the newsletter now goes through a lengthy approval and mailout process. We apologize if any information seems out of date.*

***If you are interested in contributing to the Newsletter, please send us your ideas to [rowingnews@onec.ca](mailto: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 1st of the month.***