



ROW ONEC NEWS

August 2018



SAFETY NOTICE:

Be aware that the Casino du Lac Leamy Sound of Light fireworks shows are on **August 4, 8, 11, 15 and 18** 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 days. Caution is also required on the following day due to residual traffic and debris in the river.

MIDSEASON RATES



It's hard to believe but we're almost halfway through the rowing season - reduced rates for ONEC membership now apply. Please help us spread the word by taking some brochures and hanging them at your local community centre, sports store or place of work. Also, if you know a friend or family member who might be interested in getting back to rowing, tennis or sailing, invite them to join us. Remember, if you introduce a new member to any of the club sports, you'll receive a reward **Note:** anyone who joins ONEC rowing in mid-season must have some rowing experience and be checked out by an ONEC rowing coach prior to becoming a member.

THREE BUOY RACES

There was another good turnout July 21 for the second 3-buoy race/challenge: five participants, one of them new. More participants at the final 3-buoy event on August 25 would be excellent. Answers to some questions: If you can row to the island you can participate, yes, doubles are welcome; the next race will be completed before the start of the Montebello tour, and while nobody asked, spectators are welcome. For more information contact [Jonathan Morris](#) or check out meet-up after August 15.

FLIP CLINIC

If you missed the last flip clinic, there is another one coming up on August 28, 2018 at 6:30. This is your opportunity to flip a single (recreational or racing) in a safe environment and practice getting back in. Please let [Gillian](#) know if you plan to attend.

CSM 10KM CHALLENGE

The CSM 10km challenge is open to scullers of all levels and all shells. Your challenge is to row around Kettle Island - try to beat your own best time or set yourself a baseline time for future challenges.

This is a free event! You do not need to register ahead, just book a boat for yourself and show up at 7:15 a.m. to register at the door. All participants will be awarded a pin and may enjoy some post-row snacks and prizes in the ballroom. T-shirts will also 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.

EVENTS:

June 11- August 27; 6:30 p.m.	Step 3	ONEC
June-September; 6:30 p.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
August 7:30a.m.	Sunday morning Quad Rows + breakfast	ONEC
August 25	Three buoys competition, round 3	ONEC
August 28, 6p.m.	Flip Clinic	ONEC

2018 TOURS

August 18	Nottawasaga-Wasaga	Barrie Rowing Club
August 25/26	Montebello Tour (full)	ONEC - Montebello
September 29	Petrie Island Relay	ONEC – Petrie Island
October 20	Icicle Chase	tbc

2018 COMPETITIONS

August 5-12	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.

EQUIPMENT

On Thursday, July 5th, three new club boats were christened. Following the club tradition of naming boats after Rideau Canal Locks, a Wintech 24 has been named "Clowes" and the Maas Aero has been named "Brewers". The other Wintech 24 was named Klara B. in honour of Klara Boadway, an active tennis, sailing and rowing member who sadly died in an accident in Holland where she was studying Medicine.

On another note, please make sure that the oars lockups are kept locked. Do not leave them unlocked for "others", especially the privately-owned oars. Remember that they are kept locked to provide security from theft.

LACHINE CANAL TOUR

On July 21, a new tour was introduced in partnership with the Lachine Rowing Club. Lachine rowers helped us unload our two quads and a double and we got underway from L'Île-Perrot, rowing 22km along the St. Lawrence River to the Lachine club.

The weather was beautiful, but the day had its challenges. There was even more traffic and rough water than on our river! The double took on a lot of water, but still managed to keep up with the quads. One of the quads lost the use of its rudder in heavy traffic and rough water but was quickly fixed by the Lachine safety boat which came to the rescue. We had a great time and hope to see Lachine rowers at future events.

Photos from Lachine Tour:



ROW ONTARIO MASTERS CHAMPIONSHIPS

At the RO Masters Championships in Welland, Ont. on July 15, ONEC members past and present put in a good showing. Sherry Dolan and John Moore teamed up to win their Mixed Doubles event and Karin Germann teamed up with former ONEC members Maureen McEvoy, Kim Sogge and Michele Chadwick to earn a silver medal in the Women's Quad D+ event. Karin and Michele also won a bronze medal in their Women's Double event. The Masters Championships take place on the Welland Flatwater Centre course, a beautiful venue which lives up to its name. This international competition is always a fun competitive event for Masters rowers. Thank you to the Ottawa Rowing Club for safely transporting "Our Scotty" to and from Welland and for supporting our rowers in their first competitive experience.



NEWS FROM THE ROWING WORLD

The ORC's Club Manager and Boatman, Brian Adams, made the ORC his home away from home and our members his extended family. Below a sometimes tough and gruff exterior, he was a gentle soul who lived many lives before coming to the ORC some 15 years ago and staying until he left us far too soon and heartbroken on July 23, 2017. Thank you to ORC member, Lilianne Page, for this collection of joyful memories of Brian with his ORC family. [Click here to view.](#)

Earlier this month RCA announced the crews and coaches selected to represent Canada at the World Rowing Championships and international competition. [A complete list is available here.](#) Two gold medals capped off an exciting week of racing for Canadian crews at the World Rowing Under-23 Championships in Poznan, Poland. The women's eight and Trevor Jones in the men's single sculls both finished on the podium today, dominating their A Finals and defending their world championship titles. ORC members and alumni Alex Bernst (lightweight men's double) and Louise Munro (women's quad) also raced in this World Championship. Read the complete article [here.](#)

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:

How strong are rowers? How do they compare to athletes from other sports? Check it out [here.](#) And remember, you may not be the best in the world, but you are a rower!

**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. 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.