



## The Latest for Fall 2005

### In this Issue

Steering Committee Highlights	1
Welcome Home!	2
Perk Alert	2
Interview: ACR Logo Contest Winners!	3
Nationals Recap	4
Upcoming Races	5
Fundraising Update	6
End of Season Party	6
Rubini Jewelry Sale	7

Editorial apologies for the hiatus in *Sliding Seat* communication over the summer months. Seems that we were all quite busy racing so didn't have time to do such things!

But now that it's September and time for "back to school," I'm getting back in the mode and doing my "homework" so to speak of getting this newsletter out to you each month. So here's what's up...

### Highlights from ACR Steering Committee Meeting, Aug. 16

#### Club Fundraising Update

Be sure to put the following dates on your calendar:

- Sun. Sept. 18—Rubini Jewelry Sale...it will include a discount in the store and 15% of proceeds to ACR. Come on out!
- Sat. Nov. 12—End-of-Season Party at the Faigen's house in Potomac, MD. It will be potluck and will not include a silent auction this year. (Plan is to have a silent auction "gala" during the winter months.) Consideration is being given to

Arranging van transport to and from the boathouse for a fee. (See p. 6 of this newsletter for details.)

#### Racing News

Head of the Charles Regatta Entry—The 5-day men's team relinquished their spot and the women's 4-day team will take the top entry this year. The men's 5-day will have the first slot for next year. At the beginning of next season, we will begin discussion of a back-up plan in case the HOCR changes plans for next year and our current strategy does not work.

#### Steering Committee Volunteers?

Nominating Committee, chaired by Betsy Mead, will be seeking volunteers for open positions on the steering committee for next year. Voting will take place in October.

#### Other Important Info

The ACB Board has approved ACR's desire to form a separate boat-owning entity.

Plus a warm "Hello!" to new open sculling coach, Marissa Peacock—she has taken Gus's position for this fall—thank you & welcome!

**Note from the Editors:** Send in stuff—news blurbs, articles, fun tidbits, etc. We want to hear from you, this *Sliding Seat* newsletter is a group effort! Send notes, photos, and articles to [kathryn\\_mullan@hotmail.com](mailto:kathryn_mullan@hotmail.com) ... look forward to hearing from you soon! © --**Kathryn** (And thank you, Suzanne Armstrong, for co-editing this newsletter with me...)

## Who is doing something exciting overseas?

Well, hands-down that would be Jenn Mitchell! She has been in Baghdad since May of this year...where she managed to find an erg to do the test-pieces every time her teammates here did one—craziness!! Now, she is coming home on Fri. September 9. She previously rowed for the (then) 3-day women's sweep team (under Miriam Radakovich), and now rows with Pete's 5-day sweep. A surprise welcome home party is planned for this Friday 9/09/05 at Capitol City Brewing Co. in Shirlington. All are welcome. Contact Michelle St. George for more info: mestgeorge@yahoo.com...

Welcome home, Jenn! And just in case you forget what she looks like, here's CPT Jennifer Mitchell (left):



## Perk Alert

*(This column expresses the "word about town" heard at Perks, ACR's fave morning hangout.)*

Well, now that we have a new logo, everyone is asking the big question:

**"Do we have to get new unis with the new logo? And if so, by when?"**

Great question...stop by Perks sometime and ask your own question or listen to what's circulating...over a "mangomania" smoothie—editor's fave!

If you hear any sort of news or some kind of buzz at Perks, pass it along to me by e-mail! ☺

## And with the August Buzz among Masters Rowers with Nationals, how about the World Rowing Champs ...

...in Gifu, Japan, which ran August 28-Sept 4?

Check out the top stories, crews, and times at <http://www.row2k.com/worlds/features.cfm?ID=997>. Quite inspirational!

# We Want to Know...



What is the mystery behind the design of our new logo?? Here are a few questions posed to winners, Nate Schuett & Helen Huang...

**SS: Have you ever won a logo contest before? Working together or separately? Helen, what is your background in this area of graphic design--for fun or work? And Nate, same for you--is this something you do on the side just as a hobby?**

**Nate:** We've never entered a logo contest before, but Helen has designed logos for some of her friends' businesses. She recently designed a logo for a friend's wedding cake company, and now she's working on logos for an adventure fitness group. She doesn't classify herself as a "professional" designer, but I think that's just because she doesn't do it full time. Although, she's being asked to work on more and more small design projects at her job (National Geographic). As for me, I just play video games and look over her shoulder every once and awhile to grunt my approval.

**SS: What inspired this particular design—like for instance, the interesting treatment of the "A" that fades to a central focal point?**

**N&H:** With this version, we were trying to design a logo that instantly connoted rowing but didn't necessarily give away too much info (like male vs. female, sculling vs. sweep, etc.). At some point, we brainstormed that the "A" could be the bow of a boat and then just took it from there. Also, the coloring of the "A" was supposed to model several boats in the ACR boathouse that have a similar paintjob.

**SS: On what piece of team sportswear apparel or equipment would you most like to see this logo first?**

**N&H:** Anything would be cool, though it probably makes the most sense to add it to the unis first. I think it would look nice on visors/hats too. Also, we created a black on white version that can be placed on different background colors besides the standard black spandex.

**SS: What will be the next project you tackle together—another logo? a magazine? a brochure? a film? print design or Web?**

**N&H:** We might try and do some Flash/Audio work, or I may ask Helen to help me design a CD cover. We'll see!

So, check out the new logo posted on our Web site—a host of products with this new branding coming soon...

# Nationals in Worcester

## Nationals Perspective: Women's Sweep (Pete Stramese's Program)

BY LESLIE SHINNERS

While disappointed not to be surrounded by hoards of 5-day teammates this year and all of the fun that the occasion has meant in the past, I was excited about the new (for us) venue, the promise of tougher than ever competition, the challenge of rowing with composite boats (could be great, could be awful), and, most of all, growing grey hair at exponential rates in anticipation of sitting at the starting line for up to 11 races in a 4-day period!!

The good news (and it was really all good): We got to ROW all 11 races, making the finals in every event, sometimes by the skin of our teeth. We never finished less than 5th in any event, and we got to walk away with 3 hard-earned medals. The best medal was a

penultimate rowing experience (our best race this year) in our beloved Club 4+ event, where we earned a silver by pulling out a stupendous sprint and passing the Blood Street Sculls in literally the last few meters. Not all of the races were that well executed; in fact, I understand there is a "blackmail" tape available of the B8 heat that could command top dollar from all involved. I understand our boat can be easily mistaken for the Novice 8 at the Blue Plain Sprints . . .

Many thanks to our totally outstanding coxswain, Gizmo (aka Amanda Harrigan), who had everything to do with us making finals and winning the medals we won. She was perfection. Thanks also to Pete, for getting us there in more ways than one, and to our wonderful sweep and sculling teammates and fans (read fathers, husbands, and future in-laws)—it was a blast. And finally, long live Vinny T's!!

## Sculling: Memories of "Woostah," A Blur of 4 Days and 4 Scullers

BY KAT GONYEA



Angie Fariñas and I approached this year's Masters Nationals by entering every sculling event we could find—And then some (the pair? eh, why not...). Having recently made the transition from competitive sweep to sculling, we were able to cover every event type from the single all the way up to the eight. We covered the lightweight, the open, and mixed in both sweep and sculling categories—and were successful! We joined forces with Willamette Rowing Club and ACR's one and only coxswain, Gizmo, to take gold (and a handsome trophy) in the lightweight 4+ and silver in the lightweight quad.

The last day of competition brought in the heavy hitters of Stephanie Doyal, Katherine Taylor, and Joanna Rubini to up ACR's medal count in the double, quad, and the mixed quad (with the able assistance of Mike Curtis and Kent Moir). Now, only if they had the octuple... anyways, it was a great time. The course was great, the competition was amazing, the race admins were great—and the little guy on the jetski who offered beer or water at the finish line was also great. What a Masters Nationals...!

# Nationals, cont...

## And from Our Men's Sweep Program

### A Strong Fight

BY JOSEPH WICKREMASINGHE

ACR's men's competitive team sent a strong line-up to this year's Master's Nationals. The team consisted of Kent Moir, Jeff Byron, Paul Byrne, Joseph Wickremasinghe, Mike Curtis, Bill "Yeungling" Yeingst, John "Jack" Hickey, and Ed "Pacho" Salt.

The focus was on fours rather than eights, in line with the training regime that Jaime had prescribed for the season. We entered a Men's Club D 4+, Men's Lightweight 4+, Men's B 4+, C 8+, Club B 4+, and a Club C 8+. Our starts were considerably better than in previous years, allowing us to hang with strong boats such as Saugatuck and Wilmington—fighting boats for each seat. This was most apparent in our last race of the competition, the Men's Club C 8+. The result did not reflect the quality of the race, with our men's boat losing out on 4<sup>th</sup> place by a mere 0.3 seconds, which was the amount of time separating 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup> place.

ACR also fielded a lightweight men's boat for the first time, taking a bronze in the Lightweight 4+. We were also able to show the growing depth of rowing experience in the program with Mike Curtis and Kent Moir sculling to another bronze in with Stephanie Doyal and Katherine Taylor.

## Get fired up for our two September races:

- 1) **September 17**—Wye Island Regatta, hosted by Annapolis Rowing Club, 13 miles along the Wye East River on Maryland's lovely Eastern shore—see <http://www.annapolisrowingclub.com/wyeisland.htm> for details... This year's HAS to be better than last, with hurricane winds and lashing rain and the high-sea waves!
- 2) **September 24**—Scullers' Head of the Potomac, hosted by Potomac Boat Club, on our very own river, just a bit further up the way...see <http://www.rowpbc.net/headpoto.php> for all details.

# What's up with Fundraising?

BY MICHELLE ST. GEORGE

## *Fundraising Update*

First of all, I'd like to send out a big "thank you!" to everyone who came out in support of the Founder's Brewing Co. and Del Merie Grill fundraising events. What a great way to kick off ACR fundraising! I'm so pleased to bring events to the club that promote camaraderie as well as help reach our financial goal for the year.

Our next event is brought to you by Rubini Jewelers, who have generously offered to open their shop on Sunday, September 18, 2005. Everything is 10% off and the Rubini's will donate 15% of sale to ACR. Refreshments will be on hand, and we are looking for a few volunteers to help. Please let me know if you are able to help out. Mark your calendars and get some early holiday shopping out of the way at this fantastic sale!

As you know, the critical need this year is to pay off the mortgage to the addition—a total of \$10,000. We look forward to your continued support, as we roll out a variety of events to suit different tastes, budgets, and interests. Events in the works include an evening at the Little Theater of Alexandria, Gala Silent Auction, Road Race, ACR/ACB Regatta, Grocery Coupons Program, and of course—more happy hours!

I welcome your feedback and suggestions for events and how to increase our success and of course we are always looking for volunteers. Please don't hesitate to contact me ([mestgeorge@yahoo.com](mailto:mestgeorge@yahoo.com)) if you would like to become more involved with ACR fundraising. Thanks again for your support!

## End of Season Party

**Date:** Saturday, November 12, 2005  
**Hosts:** Nancy & Gary Faigen  
**Address:** 7121 Natelli Woods Lane  
Bethesda, MD 20817

Come celebrate our rowing successes at the annual End of Season Party! Nancy and Gary have graciously opened their home to us for the evening, and we're looking forward to a great time. The theme this year is "come as you are." It's a good old-fashioned house party, complete with great food and drink, fun music, and good times for all!

### All About the Fun...

Instead of the silent auction (which will be held as a separate event later in the winter) we'll have a 50/50 raffle. Your \$10 ticket gets you in the raffle. Additional entries can be had at 2 for \$5 or 5 for \$10. This could be a pretty big pot, so enter early and OFTEN! ☺ Lorea & Martin Wetton have generously offered to provide libations courtesy of Hop & Wine Beverage, their distributing company. Responsible drinking is in everyone's best interests, and we want to make sure everyone has a safe as well as a good time. To that end, we're investigating the option of a shuttle bus to transport people from the boathouse to the Faigen's and back at set times during the evening. If you are interested, please send a note to [mestgeorge@yahoo.com](mailto:mestgeorge@yahoo.com) There is a minimum requirement, and there will be an additional charge for this service. More details to follow.

Any good house party has tons of great food! No caterers this year – Dust off the recipes for your favorite party food we're going pot luck this year. More info about specifics will follow in the coming weeks. And in terms of music, have you always wanted to be a DJ? Now is your chance. Make your own mix, and bring it to the party. No offensive material, please. Bring your dancing shoes, we're gonna get down! I'm looking for volunteers, so if you're interested, please be in touch! Hope to see you all there!



## = Fundraising-Sale PARTY!

With drinks, food, good company (bring all your friends), and lots of **gorgeous, sparkly jewelry!**

**10% off everything!**

Rubini Jewelers will donate 15% of sales to ACR.

### ***Rubini Jewelers***

632 N Washington Street • Alexandria VA • 703-548-5509  
[www.RUBINIJEWELERS.com](http://www.RUBINIJEWELERS.com)

**Sunday, September 18th from 2pm — 7pm**

*Raffles for .15cts t.w. & .33 cts t.w. diamond studs  
(Minimum purchase required) • Also serving refreshments*



***Mark your calendars and spread the word!***

Bring your friends, family & co-workers too!

***Hope to see you all there!***