

HRRC*news*

Newsletter #4, November 2009



Head of the Lafayette

**Well done HRRC! The
2009 Head Of The
Lafayette raised \$3500
for the club.**



Despite the windy conditions on the Lafayette, this year's shortened head race was a great success. Thanks to the hard work of Rob Reali and our own HRRC volunteers, the event went smoothly, bar a few near misses on the water! There were over 110 boats (400+ rowers) racing down the 2.7km course in wind gusts up to 25mph, 7 from our membership and 12 from our temporary juniors.

Photographs of the event can be found on the HRRC website:

<http://www.hrrc.net/archive/phpslideshowN.php?directory=hot12009>



The HRRC winning mixed 8+

Racing Round Up

❖ **Occoquan chase (5k)**

Edwin Bautista placed 1st in the 30+ singles.

Lina Roberts and Suzanne Lyons placed 2nd in the open lightweight 2x.

Rowing the new Hudson, Pat McLaughlin, Ryan Anderson, Artin Sharolli, Justin Shafer and cox Sarah Miers finished 5th out of 6 boats with a good time of 20:04.

❖ **Head of the Charles**

Nick Conner was the only member from HRRC to make it to this prestigious event this year. Nick finished in the middle of the 74 person strong field.

General Notices

Erg Nights: Scott has organised 3 erg sessions a week from 6pm in the Maury boathouse on Tuesday, Wednesday and Thursday. Erging is way more fun when there are more than just you in pain! Get training for the HRRC Erg pull.

Coaching Hours for October: Saturday Open Row 8:00am, starting on the 14th

Upcoming Races

Head of the Hooch: November 7-8th

HRRC Erg Pull: February 13th 2010 (provisional date)



Only 3 months left to train for the Hampton Roads Erg Pull. Once again we will be selling Concept II model D ergs with PM4 monitors for \$850. These are normally \$1090 new, and must be ordered a week before. The club makes a small profit from any sales, so help would be appreciated in finding new homes for lightly used ergs.

The main event will be 2k, but there will also be a 5k and 10k race.

As with all HRRC events, help is needed! If you can volunteer to lend a hand with T-shirt ordering/design/pick-up/sales, or if you are willing to loan your erg to the club for the day (they will of course be cleaned before they are returned to you) give Rob Reali a shout.