



BRASS NEWS

Berkshire Rowing and Sculling Newsletter

October 2014

Another Rowing Season comes to a close.

As the season closes we want to wish all members a wonderful winter time. We also would like to highlight in this newsletter activities to keep you active over the next few months.

This edition is a tad long as there are so many BRASS pictures to share with you!

BRASS End of Season Banquet

Our annual end of season banquet is November 15, 2014 5:00pm at Zucchini's. This grand event is open to members and their guest.

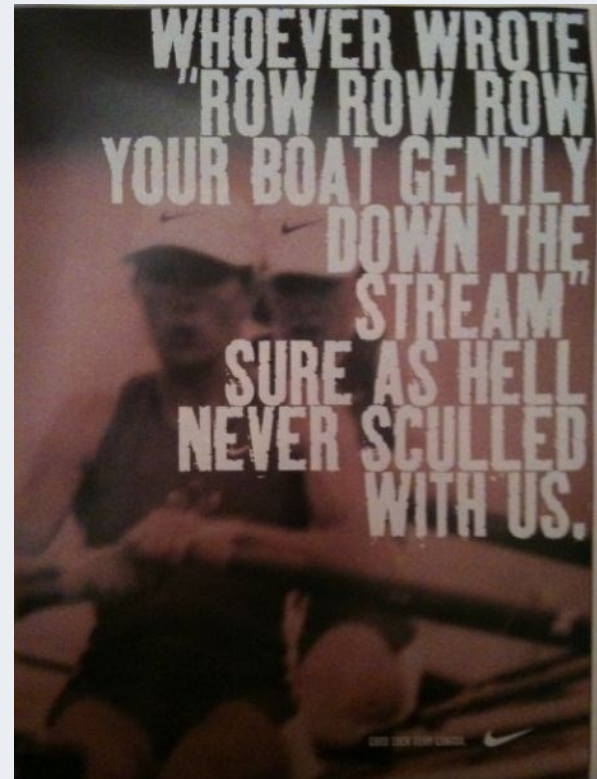
Dinner choices are:

- Grilled Zucchini Pasta*
- Chicken Marsala*
- Maple and Mustard Glazed Roast Pork Loin with Caramelized Apples and Onion*
- Stuffed Sole with Ritz Cracker and Seafood Stuffing with a Lobster Cream Sauce*

The cost for each dinner is \$29 which includes tax and gratuity.

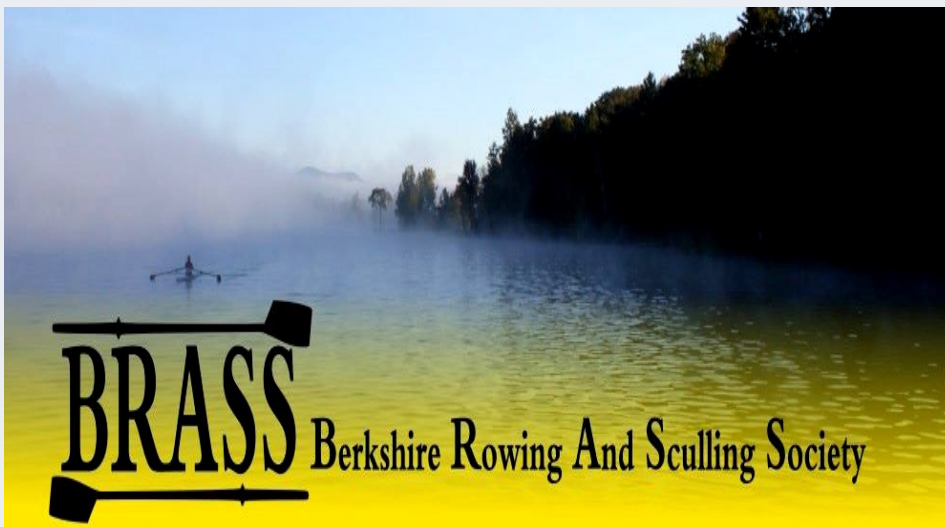
*****RSVP by November 6, 2014***

*Please send your payment and dinner choice to
BRASS PO BOX 787, Pittsfield, MA 01202*



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It May Be Cold Outside....

It may be cold outside! However we live an area with plenty to do. Keeping active is important to our overall health. We may want to grab a blanket and snuggle up when the temperature drops. Get outdoors! The fresh air and sun will help you get through the next several months.

Try snowshoeing, cross country skiing, hiking, ice skating or downhill skiing. Even better take out a sled and hit the nearest hill for sledding! In case you didn't know, Osceola Park off of West Housatonic street has a rope tow on the hill for sledders!

Winter Excursions with other members

Join other BRASS members for a winter excursion. These are the dates and locations, we will meet at 9:30 am:

Sunday, January 11, 2015 at TBD

Sunday, February 8, 2015 at Kennedy Park, Arcadian Shop
Parking lot

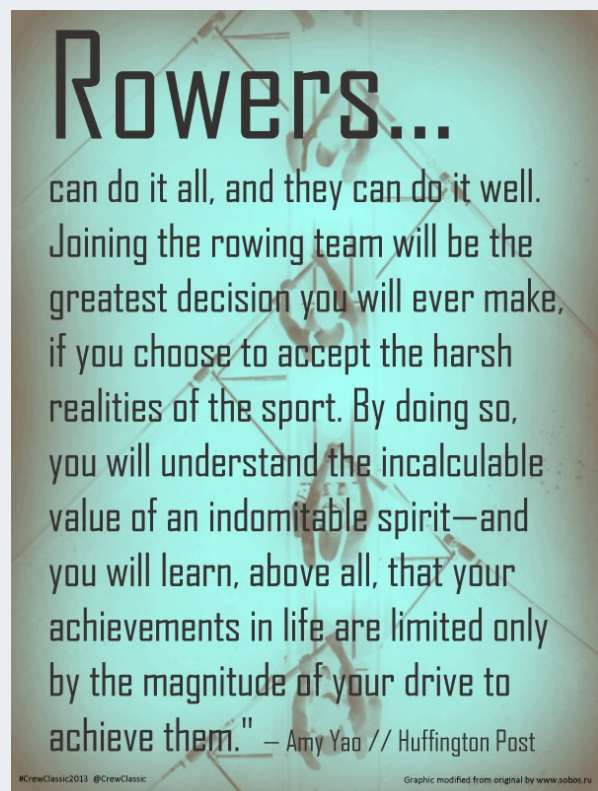
Sunday, March 8, 2015 at TBD

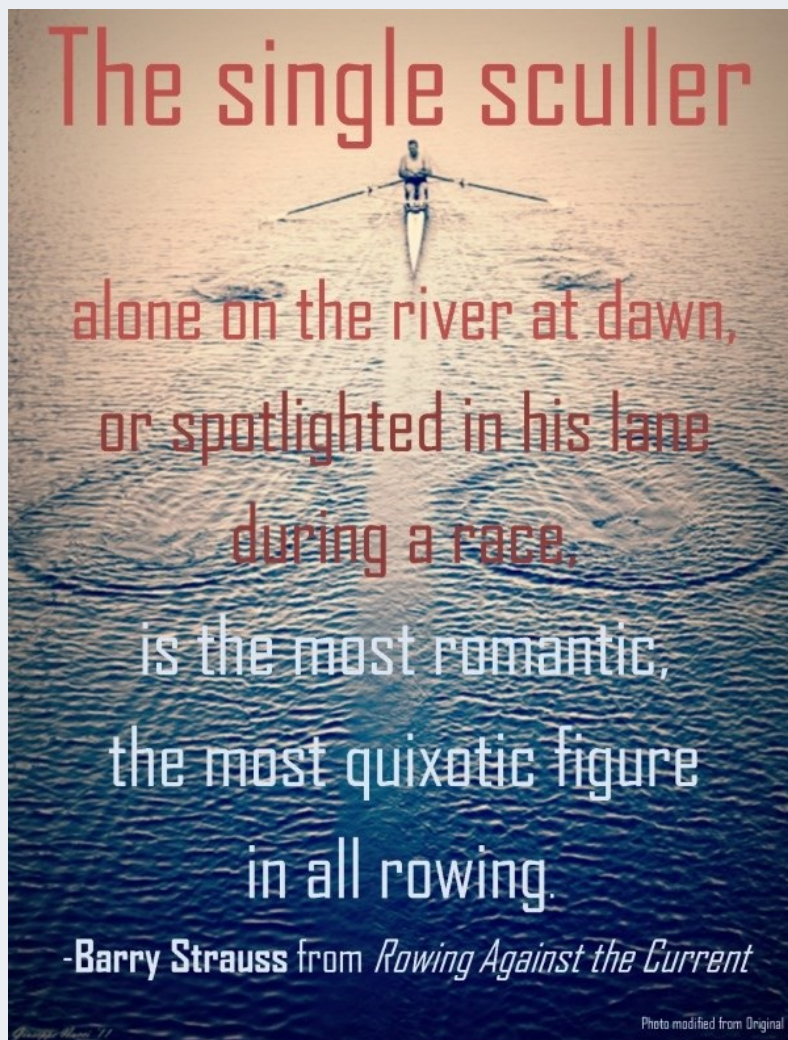
Bring your hiking shoes, snow shoes or x-country ski's!

*TBD– suggestions welcomed

Rather Be Indoors....

Ok, so your not a cold weather person, that's ok. There are still plenty of activities to keep you active. Join a local gym, where you can try kettle bells, spin class , use the ERG and do some weight training. Try swimming, there is a great masters swim team at the Y. Give yoga a try, there are plenty of places that have classes. If you still don't want to go outside, get some fitness DVDs...better yet, borrow some from the library.





Facebook

Recently a member was looking for someone to row in the mornings with... If everyone joins our Facebook page then you can send a quick shout out to others...

This would be a great way for all members to stay in touch with each other.

Look for us :

*"If you can believe it,
the mind can achieve it!"*

-- Ronnie Lott
Pro Football Hall of Fame, 2000

*"What to do with a mistake:
recognize it, admit it, learn
from it, forget it.*

-- Dean Smith
Retired Head Basketball Coach,
University of North Carolina at Chapel

Chocolate Milk is not just for kids...

Many articles are saying to have chocolate milk after your workout. It helps to provide carbohydrate replenishment to your muscles. A glass of water replaces the sweat that is lost, the chocolate milk has additional nutrients to add in the recovery.

So be a kid again and grab that chocolate milk after your morning row!!

See this article for more information.

<http://www.fitnessmagazine.com/recipes/healthy->



July Club Day



August Club Day



Bernie Ryan Regatta 2014

The day was absolutely gorgeous! All that attended enjoyed the rowing, the fun competition and the food!





While someone else has done this cool artwork, it just seems fitting to include it here..

BRASS Members attend Regattas 2014



Guest crewman Steve with Chris, Randy, and Dave and pit crew Sue and Linda (and Roger taking the pic) at the Head of The Hudson, category the Men's 4x Final with the day's best quad time of 12:24!



Randy and Kurt with a time of 21:05 in the Men's 2X- 100+ category at the Green Mountain Head.



Head of the Mohawk—Men's Masters 2X
This race is always about Dave and Don vs. Randy and Chris. Last year, Dave and Don, this year, Randy and Chris, who completed the course in 16:48. Dave and Don completed it in 17:27. Per Randy 'Rubber match next year'.



Harriet with a time of 27:04 in the Women's 1X- 65-74 category at the Green Mountain Head. Harriet placed 2nd in the category!

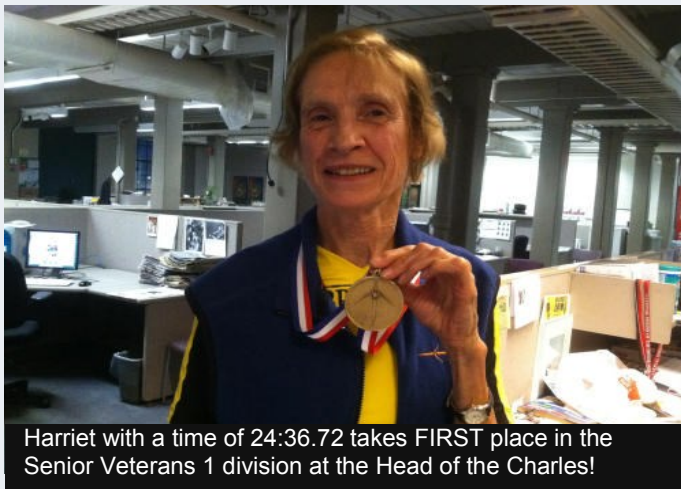
BRASS Members attend Regattas 2014—continued



Anne with her team of Priscilla, Maxine and Mary in the Women's 4X—70+ category at the Head of the Charles. They took the Gold in their category!



Liz (highlighted) rowing in the Colby Alumni boat at the Head of the Charles.

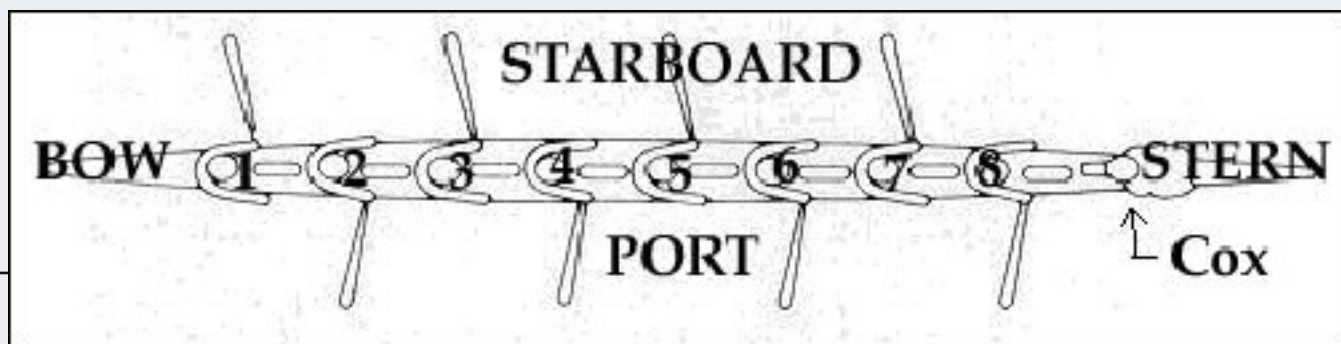


Harriet with a time of 24:36.72 takes FIRST place in the Senior Veterans 1 division at the Head of the Charles!



Head of the RiverFront with Randy, Dave, Don and Chris. With only 16 seconds off of the lead team, they finished third in the Men's Master 4X

Head of the Housatonic—Men's Masters 2X
Pim and Lew raced together completing with a time of 19:09.



Rowing Terms

Throughout the season we hear many rowing terms, here are a few to remember:

BLADE (HATCHET OR SPOON): The face of the oar that pushes against the water.

OARLOCK: Square latch to hold the oar and provide a fulcrum for the stroke against the rigger.

RIGGER: An apparatus on the side of the boat to provide a fulcrum for the lever (oar).

FOOT STRETCHER: Part of the boat where the shoes are attached and where the rower pushes his legs on the drive.

SKEG: Fixed plastic piece beneath boat for stabilization (keel). The rudder is mounted on it. Also called a fin. The skag (incl. rudder) can break off in shallow water. It can also break off by hitting the dock when putting the boat in the water or taking it out. Please be careful!

SLIDE: The tracks in which the seat rolls.

BACK STOP: A small block on the bow end of the slide, which holds the seat on track.

FRONT STOP: A small block on the stern end of the slide, which holds the seat in place.

KEEL: The steadiness of the boat. If the boat alternates from side to side, it is a sign of bad technique.

RUDDER: A little fin on the bottom of the boat that the coxswain can control to steer the boat.

STROKE: One full motion to move a boat. Consists of the catch, drive, finish, and recovery. Can also be used to refer to 8-seat.

CATCH: The part of the stroke where the oar enters the water.

DRIVE: Part of the stroke where the rower pulls the blade through the water using legs, back and arms to propel the boat.

LEG DRIVE: Term used for driving the legs against the foot stretchers on the drive.

LAYBACK: Term for how much you lean back at the finish. Too much is bad, too little is, well, bad also.

FINISH: Part of the stroke after the drive where the blades come out of the water. The rower removes the oar from the water, by first pushing downward then away with the hands.

RELEASE: Another term for finish.

FEATHERING: Rotating the oar in the oarlock so that the blade is parallel to the surface of the water.

RECOVERY: Part of the stroke where the rowers comes back up the slide slowly towards the catch.

STROKE RATE: How fast a stroke is being taken, in terms of strokes per minute.

Why we should stretch

It is early morning and the last thing you want to do is stretch before you head to the boathouse. Stretching allows you to benefit from the following:

- Improves flexibility
- Decreases injury by preparing your muscles before the activity
- Allows you to recover from the workout more quickly

Here are some links on the importance of stretching:

<http://www.livestrong.com/article/473698-importance-of-stretching-before-exercises/>

<http://www.shape.com/fitness/workouts/6-good-reasons-you-need-stretch>



Stretches for Rowers

So I mentioned why we should stretch.
Below are some links to stretches that are ideal for rowers.

<http://www.livestrong.com/article/501289-the-best-stretches-and-warmups-for-rowing/>

<http://healthyliving.azcentral.com/stretching-warmups-rowing-13219.html>

Contact Us

How to contact or find us

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Berkshire Rowing and
Sculling Society - BRASS

Newsletter Ideas

If you have a topic or would like to write something for the newsletter send me an email, Tina at tmm0103@yahoo.com