President’s Corner by Daniel Catranis

So far, this semester has been a very busy, yet extremely exciting one. In addition to the normal crew activities of practicing, racing, and eating, we have built up our team with new novices as well as new coaching staff. In addition to our amazing coach Amy Morgan, we have brought on Alex Lin and are in the process of bringing on John Watts. Both Alex and John were members of the team during their time at RPI and are key members to the long-term success of our program. If the name Alex Lin sounds familiar, it’s because he used to write this section before I took over his job and I hope that you find my tales considerably more exciting than his!

As for this fall season, we have attended three regattas so far and will be attending one more before we call it a semester and head from the Hudson to the erg room. Each regatta had its own twist, from the newsworthy raging waters at the Textile, to the beautiful countryside hills at the Housatonic, and finally the sheer size and awesome craziness of the Charles. We have been practicing hard and racing well and look to continue to improve before our final race of the season at Fish Creek in Saratoga Springs on October 31st.

None of what we do would be possible without the generosity and support of our parents, family, and friends, that’s you! We thank you from the bottom of our hearts and our stomachs and would love to have you join us at our final race of the season, the Head of the Fish, as it’s sure to be a spooktacular affair!

Coaches’ Comments by Coaches Alex Lin and Amy Morgan

We have had beautiful conditions for the majority of this Fall season and have been taking advantage of it by maximizing the time the crews practice on the water.

Number wise we have 15 varsity rowers which means the men’s varsity eight and women’s varsity four has been prioritized with 6k erg tests as objective measurements throughout the season. On the novice side we have a larger but manageable team consisting of 2 novice men’s eights and one novice women’s eight. We look forward to racing our whole fleet at Head of the Fish, where all of our squads will be at their fastest this Fall.

The coaches would like to thank everyone for their support, especially the officers that help run everything smoothly. A honorable mention goes to the equipment officer, Matt Schneider, for countless hours in the boathouse and repairing the ribs on Skinner to add a good shell back to our fleet. Looking forward, we aim to build the team larger as we go into winter training to sit tall and strong in the rowing shells come spring.

Fall Schedule

- **October 4 @ Lowell, MA**
  *Textile River Regatta*
- **October 10 @ Shelton, CT**
  *Head of the Housatonic*
- **October 17 @ Boston MA**
  *Head of the Charles*
- **October 31 @ Saratoga, NY**
  *Head of the Fish*
Spring Season by Zack Konopaske
Spring 2014 | Various Locations

After another long winter, we came back on the water and rowed at the UAlbany boathouse until our docks were finally put in around late April. Our first race was Metros in beautiful New Rochelle, NY. The temperature was in the 70s and the sky was clear, a perfect day for rowing. The team as a whole came in a combined ranking of 6th out of the 10 teams participating. The women’s and men’s varsity four both medaled by coming in third place. The men’s varsity 8 came in 2nd out of 3, just 7 seconds off from the front.

The New York Collegiate State Championships were held at a new location this year, Saratoga, NY. The course is nothing new to us as we race there for the Head of the Fish every fall. It was also much closer and didn’t require staying overnight as it did when it was in Whitney Point. The women’s varsity boat had a great showing, coming in 3rd in their petite final out of 5, only 9 seconds from the front.

The men’s varsity 8 race in the petite final was about as thrilling as they get. The race was neck and neck all the way down the straight course with coxswains yelling power 10’s constantly. Coxswain Matt Senneca pushed us to our limit and the boat gave a lot of heart, but the men ended up last out of the cluster crossing the finish. The boat was only 3 seconds from 3rd, 6 seconds back from Union, and 7 seconds from 1st. This was a major improvement over the last scrimmage (where the men’s team was 20 seconds behind our rival Union) and, despite the result, a good note to end the season on.

We followed Metros up the day after with a scrimmage at the UAlbany boathouse against UAlbany. The RPI team dominated in all events, coming in first by a large margin in most of them. This really showed the benefits of our rigorous winter training.

At the Union scrimmage, against Union, St. John Fisher, and SCCC, the women stole the show coming in 2nd in the varsity 8 and novice 4 events, and only 5 seconds from 1st in the 3-boat Varsity women’s 4 race. The men’s boats were bested by the strong competition, but would learn from it and come back stronger for States the next weekend.

We lost a lot of seniors in May, and this fall and the seasons to come will be a time for the team to build back up. We currently have a strong athletic group of novices that we hope will drive the team to more success in the future.

For full results, visit crew.union.rpi.edu/results.html

Find us at crew.union.rpi.edu and on Facebook (/RPICrew), Twitter (@RensselaerCrew), and Instagram (/rpicrew)!
Erg-A-Thon by Jenn Leach
April 14/15, 2015 | Troy, NY

Every year during Grand Marshal Week, the Renssealer Crew team holds an event known as Erg-A-Thon. This event lasts twenty-four hours and is located outside on the Union patio. At any given time, there is at least one member of the team on an erg. Collectively, the team aimed for 1 million meters over the span of twenty-fours hours. In addition to our team rowing, anyone who passed by could jump on an erg and row 1000 meters. The fastest men’s and women’s time from that won a gift card to Ben & Jerry’s ice cream.

This year, the team did something a little different. We reached out to our alumni and asked them to get involved with our event. Wherever they were in the world, if they had access to an erg, we asked them to row, take a picture of their meters, and send it to us to add it to our count. We surpassed our goal of 1 million meters, reaching 1,140,289 meters. We thank everyone for the huge support they showed us during the event!

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<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
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<tbody>
<tr>
<td><strong>Fastest Marathon</strong></td>
<td>Jeppe Ormstrup 2:54:14</td>
<td>Jenny Amador 3:34:12</td>
</tr>
<tr>
<td><strong>Most Meters in 2 hrs</strong></td>
<td>Zack Konopaske 30,124m</td>
<td>Kasey Newcomb 21,202m</td>
</tr>
<tr>
<td><strong>Most Meters Overall</strong></td>
<td>Andrew Rainville 63,831m</td>
<td>Krista Biggs 85,000m</td>
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NRB and Recruiting by Justin Martin
August/September, 2014 | Troy, NY

As always, we kicked off the fall semester with our Navigating Rensselaer and Beyond (NRB) event, Rowing with Rensselaer. Thirty-four first-year students participated in the event where they learned the technique of rowing, how to handle the boats, and did some cardio/stretching exercises. Alongside these activities, the students were able to go out on the water for over an hour. Overall, it was a fun, engaging event that introduced the sport of rowing to a handful of new Rensselaer students.

Recruitment was went well as we started this semester and we proudly signed twenty-five new rowers to represent Rensselaer on our novice team.

These new novices, along with the handful of new members that joined our team in the spring went on to race and compete in various regattas this season. Through rowing, socializing, and having a good time together, they join the family that we can all call the Rensselaer Crew Club. It’s been a strong semester and we’re going to make the spring even stronger!

Have you taken photos or a video at one of our races? We would love to have them! Please contact Andrew Rainville at rainva2@rpi.edu for more information.

Find us at crew.union.rpi.edu and on Facebook (/RPICrew), Twitter (@RensselaerCrew), and Instagram (/rpicrew)!
Breakfast at the Boathouse by Krista Biggs

Several members of Rensselaer Crew Club were joyfully reunited with their friends and former teammates at Breakfast at the Boathouse on October 3rd, during Alumni Weekend. The alumni and the team started off with a delicious breakfast of bacon and eggs, cooked by Membership Officer Justin Martin and Equipment Officer Matthew Schneider.

Then, they took to the water! A mixed eight of six alumni and three varsity women took out the Clifford for what was, to the varsity women, an easy row. Some of the alumni seemed to disagree. “It was entirely too much rowing. We should’ve spun it once we got to Bruno [about a kilometer from the dock]. My entire body hurts.” lamented Michael Ringquist (Materials Engineering, Mechanical Engineering ’15) afterwards.

Current coach, former coxswain, and alum Alex Lin (Civil Engineering ’15), amused all in attendance from bow seat with his ability to catch crabs. Most of the crabs were severe enough to cause the oar handle to go right over his head. They were so frequent that by the end of the row, he incorporated the art of catching crabs into his rowing “technique.”

Spring Events

It’s never too early to start thinking about the spring semester! We already have our two annual events scheduled and the race schedule will be published during winter training.

Adirondack Erg Springs

March 5th

Join us for a 2000-meter challenge race on our ergs! There are numerous classes with medals going to the top three in each class.

Erg-A-Thon

April 12th/13th

Our 24-hour erging marathon! We’ll be out on the Union patio rowing away, trying to reach our goal. Follow our progress online!

Thank You
Coach Chelsea!

Good luck in your future endeavors!

Welcome (back)
Coach Alex!

Class of 2015, RPI Coxswain of 4 years

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