

SPLASH!

THREE RIVERS ROWING ASSOCIATION

Newsletter for Members and Friends

Pittsburgh, PA

Issue No. 51 – September, 2009



**Three Rivers
Rowing
Association**

IN THIS ISSUE:

- 1. SAFETY**
 - 2. ROUTE 28 & 31ST ST BRIDGE WORK**
 - 3. MILLVALE BOATHOUSE KEEPER**
 - 4. VOLUNTEERING OPPORTUNITIES**
 - 5. G-20**
 - 6. BOAT DONATED!**
 - 7. MEDALS, MEDALS, MEDALS**
 - 8. YOU'RE INVITED TO TRY A NEW TEAM!**
 - 9. RECRUIT!**
 - 10. VIEW THE HEAD OF THE OHIO IN STYLE**
-

1. SAFETY

- Please remember Lights on boats (white solid in the bow and white blinking in the stern for rowing shells). The days are getting shorter...
- Mandatory Safety Meetings are:
 - Thur, Sept 10 at 7:00 am at Lambert Boathouse
 - Tues, Sept 15 at 7:00 pm at Lambert Boathouse

2. ROUTE 28 & 31ST ST BRIDGE WORK

- A [recent article](#) about upcoming work on Route 28 near our boathouses. We will continue to be affected so please keep your ears open!

3. MILLVALE BOATHOUSE KEEPER

- Jess Michalak is our new Millvale Boathouse Keeper. Chelsea decided to find a new residence and we are thrilled to have the opportunity to work with Jess. Jess currently rows in the morning for our Masters Women team and also coaches USC in the evening. She rowed at and graduated from Smith College. She will be an excellent addition to our staff.

4. VOLUNTEERING OPPORTUNITIES

- [Head of the Ohio](#) – Saturday, October 3 (and the days before and after) We will continue to need people and it helps if you sign up early!
- [The Most Amazing Race](#) – Saturday, September 19

5. G-20

- Not much has changed since the last update... We should be able to row upstream of the island (and should still be able to enter the bottom of the channel). Expect delays, but we have not heard anything that would make us believe we need to close the boathouses for any reason. If you decide to take the days off from work or school, you should be able to hang out at the boathouse all day...just don't think about rowing downtown (we don't want to make the news for the wrong reason).

6. BOAT DONATED!

- Mark Bayada, the founder of the Bayada Regatta in Philadelphia has generously donated a brand new WinTech 1x for our Adaptive Program. It will come with the ability for a fixed seat, pontoon as well as a sliding seat. This is a welcome addition to our fleet and proves that our Adaptive Rowing Program continues to draw the national attention it deserves.

7. MEDALS, MEDALS, MEDALS

- TRRA continues to shine at races. Since the last race results update TRRA members have won medals at USRowing Masters Nationals, the Bayada Regatta, the Hartford Dragon Boat Race, the Quaker City Regatta and others (please forgive me for those I do not mention!)
- TRRA and Paddlefish Dragon Boat Member, Natacha De Genna won silver and bronze medals representing the United States at the 2009 International Dragon Boat Federation World Championships in Prague, Czech Republic. Congratulations Nat!
 - Ex-CMU and TRRA Member Stefanie Sydlik and Ex-Oakland Catholic Rower Amanda Polk won medals for USRowing at the 2009 World Rowing Championships in Poland. Amanda was in the Women's 4- that brought home Silver and Stefanie was in the Women's Lightweight 4x that brought home bronze.

8. YOU'RE INVITED TO TRY A NEW TEAM!

- Masters Men – The TRRA Morning Masters Men invite all men to an open practice (about 1.5 hours) and breakfast to follow on Sunday, September 6 at 6:45 am at the Lambert Boathouse. Please RSVP to Tom Hudak at tdhudak@juno.com
- Masters Women – The TRRA Morning Masters Women will be hosting a similar session on Saturday, September 12 at 6:45. Practice, an info session and breakfast are all scheduled. Please RSVP to Jen Brogan and Luanne Suplick at trramw@gmail.com

9. RECRUIT!

- We still have many opportunities for folks of all ages to get involved with rowing and paddling so please keep sending them our way! www.threeriversrowing.org

10. VIEW THE HEAD OF THE OHIO IN STYLE

- Please encourage folks to buy their tickets to the Viewing Party for the Head of the Ohio on the RiverQuest Explorer! www.headoftheohio.org

ROW HARD! STAY SAFE!