



# Newsletter of FRC

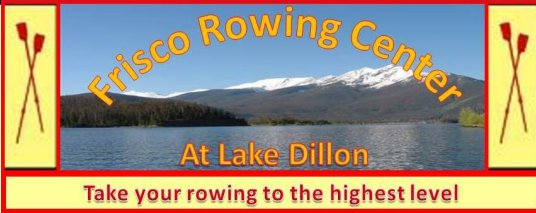
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<http://friscorowing.com>  
Located at the Frisco Bay  
Marina, Frisco, CO

## A New Club is Formed: Frisco Rowing Center at Lake Dillon

Thanks to Bob Hausman and Stewart Voutour for starting the Frisco Bay Rowing Center on beautiful Lake Dillon. After 10 years they will retire the business and it will be taken over by a newly formed club: Frisco Rowing Center at Lake Dillon. We are currently incorporated and have applied for non-profit status. Due to the generosity of Hans and MJ Wurster we are able to come up with 1/2 the amount needed to buy out the equipment and will pay off the remainder in the next 3 years.

**We may have the distinction of being the highest rowing club in North America, so we will take our rowing to the highest level**



### **WE NEED YOUR HELP**

**We need start up funds to pay for filing fees for non profit status, for liability insurance, fleet insurance, directors and officers Insurance, USRA membership, Denver water board permit, a phone, mailbox, advertising, etc.**

**If you pay your dues by May, you can deduct \$25 from the total!**

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April /May, 2009

### **Membership benefits and proposed programs**

- **Use of FRC Equipment and facilities**
- **Coaching with videotaping**
- **Brunches and social gatherings**
- **Monthly meetings with pot luck suppers, lectures, speakers, videos**
- **Regattas and informal races**
- **Field trips**

## We are linked to Colorado Rowing Camp

Greg Ruckman and Marika Page have started a rowing camp. They will bring in top rowing coaches from around the country. All lessons will run through the camp. FRC members can join camp instructional sessions or ar-

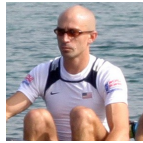
range private lessons. Campers are being drawn from around the country to experience top notch coaching, enjoy the beauty of our lake, our wonderful summer weather, the charming historic town of

Frisco, many fine restaurants, and the many activities Summit County has to offer. The camp also offers Nordic skiing cross-training in the winter.  
<http://coloradorowing.com>

## Colorado Rowing Camp and Frisco Rowing Center

### GREG RUCKMAN

Greg rowed for Harvard University in light-weight eights and was an 8 time National Team member. He raced in the Sydney and Athens Olympics. He has also been a marathon runner and bike racer. He



coached last summer for Boulder Community Rowing and members of Frisco Bay Rowing Center. He teaches Nordic skiing at the Breckenridge Nordic Center in the winter.

### MARIKA PAGE

Marika Page rowed competitively for the University of California, San Diego, Riverside Boat Club, and the US National Team. She has coached at Brookline High School, Bucknell University

and MIT, and been a coaching consultant to Harvard and the



pre-elites at Riverside. She is a National Strength and Conditioning Association Certified Strength and Conditioning Specialist (NSCA-CSCS), specializing in at-risk populations and injury rehabilitation and prevention; as well as being a presenter for the NSCA.

## Who Are We? Frisco Rowing Center

### Current Members of the Board of Frisco Rowing Center

**Joanne Stolen, President**  
cell: 732-241-8361

**Tim Jenkins, Treasurer**

**Joe Lambrecht, VP**

**Marika Page, captain**  
617-642-6028

**Mike Babnik,**

**Greg Ruckman**  
415-596-0193

### Advisory Committee:

**Hans Wurster**

**MJ Wurster**



### JOANNE STOLEN

Joanne has been rowing since the early 1980ies. She lived on the water in NJ and was a windsurfer. She had a canoe but was looking for another sport to do on the water when she met a rowing shell dealer at a festival. In 1983 She and several others formed, Navesink River Rowing, which started with about a dozen people and rowed out of a ma-

rina. NRR had an old four, a quad, and several singles. We later acquired a double. Now in 2009, the club now has about 300 members. They have 23 singles, 4 doubles and 7 quads and still use the logo Joanne designed. Joanne has also been an active member of the Alden Ocean Shell Association (now IROW), an association of open water rowers started by Ernestine Bayer, often considered the "mother" of women's rowing. With this group, she has raced in a number of open water races including 5 times in the Isle of Shoals race, a 7 mile race from Kittery Maine to the Isle of Shoals in NH. You are given a map and a compass course.

One year there were 4 foot seas and 60 mph winds at the finish. She has also raced in many flat water races from Maine to Maryland, including on the Charles River, the Housatonic and the Schuylkill River. She has her Level One Coaching Certificate and has mentored with the Rutgers Head Coach, Steve Wagner, and attended Craftsbury and Black Bear Sculling Camps. She has coached for Navesink River Rowing and Frisco Bay Rowing Center. She also enjoys skiing, served 20 years on the National Ski Patrol, and is now a member of Guest Services at the Breckenridge Ski Area. Tennis is another favorite sport. She was a research scientist and teacher (immunologist/microbiologist) and on the faculty of Rutgers University in NJ.



### TIM JENKINS, treasurer

Tim grew up in Pennsylvania, and started rowing at Marietta College. In 1966 they had a perfect season, including a Dad Vail win. Tim has rowed in two of the most prestigious areas for rowing, The Schuylkill River and the Charles. During the summers, while in college, he rowed at Undine Barge Club in Philadelphia, then in Seattle during military service, and when he moved back to Philadelphia he joined University Barge Club. In 1971 he moved to Boston where he was a member of the Cambridge Boat Club for about 10 years. He then moved to Denver in 1991 and joined the Rocky Mountain Rowing Club. He has been a resident of Frisco since 2007, where he can be seen biking to rowing on beautiful Lake Dillon.

## The Wursters



Hans and MJ Wurster have been competitive masters rowers at the national and international level since 1994. They plan to continue to compete at this level in 2009 and beyond. In 1988 they were part of a group that **established the Fox Valley Rowing Club in Appleton, Wisconsin**. This project involved a long term lease in a city park and the construc-

tion of a boathouse and docks. Today this club has over 150 members and it sponsors "learn to row" classes through the city parks department. The club hosts regional regattas and it is involved in a partnership with the local high schools and a university. All construction of club facilities and acquisition of boats was done with private money.

**MJ and Hans have rowed and practiced on Lake Dillon out of the Frisco Marina for ten years. We row approximately 80 days a year on Lake Dillon beginning as soon as the ice goes out through the end of our racing season in late October.**

Both are heavily involved in Summit County non profit activities. Hans was the Past President of the Breckenridge Music Festival board and currently serves on the Board of Trustees of the Summit Foundation. Mary Jane is also on the Music Festival board and is Vice President of the Continental Divide Land Trust board.

Hans co-chaired the campaign to replace the Riverwalk Center tent in Breckenridge with a permanent roof. He succeeded in raising over \$1MM in private funds which was 1/3 of the cost of this project. He has also been involved with raising money for the new CMC campus which will include a lecture/performance hall that will seat 250 people.

## Frisco Rowing Center

PO Box 4541  
Frisco, CO 80443

Frisco Rowing Center is a nonprofit organization dedicated to educating and providing the opportunity for people to experience the sport of rowing. We believe the sport of rowing enhances health, and longevity. It provides unique abilities to promote personal and community growth through teamwork, discipline, coordination skills, and physical fitness. We reach out to a wide range of age groups as it a sport that many senior citizens excel in, as well as youth. We are also dedicated to supporting community and environmental organizations in promoting clean water for recreation.



**Sunday night at the movies, May 10, at Summit Community and Senior Center, 6-9 pm, Pot Luck Supper and featured film: Heroes for Daisy**

Join us for a Sunday night pot luck and movie. Bring a main dish, salad, appetizer or dessert or donate \$5.

**Movie: Heroes for Daisy.** This is a story about Olympic rower Chris Ernst and the first women's crew at Yale. They had no lockers or bathroom facilities. After practice, they had to sit in the bus, sweaty and cold until the men were done with their showers. Some of them got sick. In protest they marched to the athletic directors office, took off their sweats, and

**bared the bodies on which they had written "Title Nine." They invited the NY Times to witness this event and got almost immediate action from the University.**

We can talk about plans for the club and you can pay your dues.

Since we are a club now we will need help and participation from everyone to keep things running smoothly. We will need people at the site on a daily basis to help check out boats and help people if need

be, answer questions from visitors, keep the site picked up and the grass mowed, check and clean the boats, do repairs and check rigging, help with races and the regatta August 2nd, plant flowers, bring a breakfast or organize a barbecue, do fundraisings and publicity, help organize meetings and pot lucks, find interesting speakers or movies...etc, etc...we are open to suggestions to make this a fun organization.