LRC NEWSLETTER

FEAR NOT; ALL IS NOT FROST!

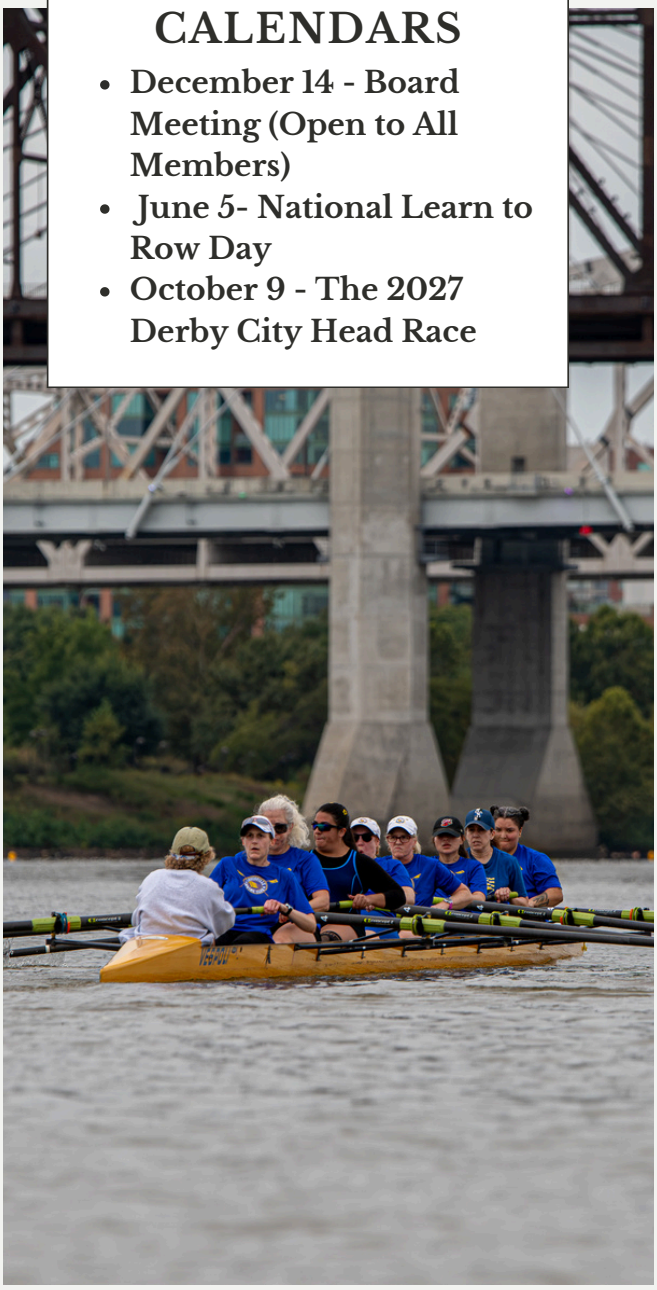
Welcome to the November edition of the Louisville Rowing Club newsletter!
As winter settles in with colder days and early sunsets, fewer rowing days are on the horizon- but do not dispair LRC still has some oppotunities for you.

As we get into the winter there might be opportunities to get out on the water during the occasional warm day (remember to check the Safety Guidelines), but it is also a great time for some indoor conditioning.



MARK YOUR CALENDARS

- December 14 - Board Meeting (Open to All Members)
- June 5- National Learn to Row Day
- October 9 - The 2027 Derby City Head Race



In this newsletter, you will learn about upcoming events, recaps from the LRC season, and all the exciting happenings at the club.
Be sure to check out our calendar to keep up with LRC as we head into the end of a fantastic year.

Ready all, Row!

BOATHOUSE NEWS

MINUTES WELL SPENT

The club would like to express their sincere thanks to the outgoing board members who have spent many hours over the years making our club a better and more successful organization: Stephen Brooks, Stephen Burch (head of Boathouse Operations), Sloane Graff (founding LRC member), and Niki Liegel (Treasurer and head of the Fundraising Committee).

LRC would not be where it is today without their efforts!





Would you like to be more involved with LRC?

There are countless opportunities for you to contribute your ideas, skills and talents! All are welcome to attend board meetings and encouraged to join one of the committees that shape the club's culture and direction.

Please reach out to Riley Kerber, LRC President and Juniors Head Coach (coachrileyrowing@gmail.com) or Pam Wardrip, Board Member and head of the Membership Committee (pamelawardrip@gmail.com) if you'd like to learn more about the myriad ways you can get involved.



BOATHOUSE NEWS



THE MOTION CARRIES

Please welcome the 2027 LRC Board!

Bryan Trautwein
Denis Roux
Evey Peplowski
Jason Brown
Joan Vandertoll
Lori Sullivan
Mike Jones
Pam Wardrip
Riley Kerber
Shannon Kelting
Paul Tomkiewicz

2026 was a great and busy year, hoping to make 2027 even better.



THANKS FOR KEEPING US BUOY-ANT!

A big thanks to Steve Denne for donating his 2x, Art, to the club's fleet of boats! Steve recently moved from Virginia and joined LRC this summer and is already making an impact by helping shape the future of Master's Learn to Row sessions and helping with Juniors practices. Thank you Steve for sharing your shell with the rest of us!

Another big thank you goes out to the Juniors Boosters who purchased two Resolute 4+ boats from Vespoli while at Head of the Hooch. While these boats may primarily be used by the Juniors, Masters are welcome to take the boats out as well.

More boats! The board approved the purchase of two Vespoli 2x/- boats which will be picked up from Vanderbilt next week.



JUNIORS RECAP

JUNIORS FALL SEASON

By Paul Tomkiewicz and Riley Kerber

The LRC Juniors concluded the fall season on November 7th and 8th at the 2026 Head of the Hooch on the Tennessee River in Chattanooga, TN. An annual favorite, this year's installment saw some of the best race results ever put up by the LRC Juniors at Head of the Hooch.
Several boats placed in the middle of their fields against perennial Youth Nationals contenders, and everyone had a fantastic weekend!





2026 Head of the Hooch Results

Event	Lineup	Time
Women's Youth U17 2x	B. Bird/L. Jett	21:15.715
Women's Youth U19 2x	E. Trautwein/A. Hardin	19:22.313
Men's Youth U17 4+	L. Malowitz (c)/M. Dunn/H. Potts/K. Crutcher/M. Davis	21:55.448
Men's Youth U19 4+	B. Barham (c)/M. Calamita/C. Dunn/E. Redella/P. Griggs	17:03.108
Women's Youth U19 8+	M. Fellon (c)/S. Redella/A. Fahey/M. Brown/ C. Trautwein/C. Huseman/S. Holm/B. Merrill/D. Sullivan	19:18.952
Men's Youth U19 8+	B. Barham (c)/O. Park/T. Raque/J. Breit/L. Richards/ N. Lantz/L. Isenhart/A. Steele/J. Norris	17:00.413
Women's Youth U19 4+	A. Adams (c)/A. Hardin/E. Trautwein/M. Brown/ S. Redella	18:07.601
Women's Youth U19 4+	L. Malowitz (c)/L. Jett/A. Fahey/A. Wingard/B. Bird	20:56.744

(c)=coxswain

JUNIORS RECAP



Event	Lineup	Time
Men's Youth U19 2x	M. Calamita/N. Lantz	18:11.314
Men's Youth U19 4x	M. Calamita/P. Griggs/L. Richards/E. Redella	16:21.490
Men's Youth U19 4x	C. Dunn/T. Raque/O. Park/J. Norris	16:31.888
Men's Youth Novice 4+	M. Fellon (c)/M. Dunn/H. Potts/J. Breit/M. Davis	20:13.575
Women's Youth U19 2-	A. Hardin/E. Trautwein	21:06.949
Women's Youth U19 4x	B. Bird/A. Fahey/B. Merrill/L. Jett	19:41.887
Mixed Youth U17 8+	B. Barham (c)/D. Sullivan/T. Raque/C. Trautwein/ S. Holm/L. Isenhart/K. Crutcher/A. Steele/C. Huseman	19:47.880
Mixed Youth U19 8+	A. Adams (c)/P. Griggs/A. Hardin/E. Redella/ E. Trautwein/C. Dunn/M. Brown/A. Wingard/O. Park	16:47.145

(c)=coxswain

The foundations squad wrapped up their fall training as well, with several rowers planning to continue in the spring or make the transition to the competitive team!

As the LRC Juniors transition to winter training, the coaches would like to extend a heartfelt thank you to the parents, family, and friends of the junior rowers. Your ongoing support enables the success of the juniors both on and off the water.



JUNIORS RECAP



LRC Juniors 2027 Spring Regattas

Date	Regatta	Venue
Jan 9, 2027	Virtual Head of the Hooch	Louisville Collegiate School Louisville, KY
Mar 20, 2027	L&N STEM Scrimmage	Tennessee River Knoxville, TN
April 10-11, 2027	Cincinnati Sweeping and Sculling Regattas	Harsha Lake Bethel, OH
Apr 24, 2027	Mitten Series Regatta	Kathyrn Bennett Race Course Milford, MI
May 15-16, 2027	Midwest Youth Rowing Championship	Harsha Lake Bethel, OH
June 8-13, 2027	USRowing Youth National Championship *	Nathan Benderson Park Sarasota, FL

**by qualification at Midwest Youth Rowing Championship only*

The LRC juniors not only wrapped up a great fall season, but the team will be working hard this winter on the ergs and in the weight room.

Our Varsity train at The Training Studio with coaches Dale Benedict and Kate Frey to work on lifting and strength conditioning.
Our Novice train with Coaches Evey, Paul, and Chloe in the Collegiate weight room once a week to help our new athletes gain skills and confidence in the weight room.

Together, the two squads train at Collegiate on the ergs 3 days per week to build cardio fitness and team skills to prepare for spring. As they say, “medals in the spring are earned in the winter.”



JUNIORS RECAP

In addition to the physical training, our junior athletes work on topics such as nutrition, hydration, sleep, recovery, and mental toughness. This winter, we are welcoming Dr. David Schary to Louisville December 17-19 to work with our junior athletes on that mental performance component.
He's an expert in his field, and we are thrilled to be welcoming him into our practices to help our athletes learn how to improve mental strength.

Come March, the juniors will have put many hours in on the ergs, in the weight room, into recovery, and will be ready to make the final preparations for spring racing. We are excited to be kicking off the season again with our friends at L&N Stem in Knoxville, TN in our 3rd annual scrimmage.





- November 30 - Juniors Varsity first day at The Training Studio for winter
- December 1 - Juniors Varsity and Novice first day at Louisville Collegiate School to train for winter on the ergs
- December 19 - Juniors Varsity and Novice last day of 2026
- January 4/5 - Juniors Varsity and Novice first day of 2027
- October 9 - Derby City Head Race 2027

MASTERS RECAP

NERD NIGHT AT GRAVELY!

By Pam Wardrip

Eight LRC Masters joined other John O'Neil fans at Gravely Brewing Company's Nerd Night on October 29th and learned about the science behind plane de-icing.

Not only is John a skilled oarsman, but he is an airline pilot with an impressive resume: he attended the Air Force Academy, was a commercial pilot for Hawaiian Airlines and TWA, and then flew for UPS for 31 years until his recent retirement. For the last 10 years of his career at UPS, John served as their Flight Ops De-Ice Coordinator.



He initially talked about the forces acting on an aircraft and the importance of having a clean wing to produce the lift needed for take off. Depending upon the conditions, airlines may use one or two de-icing fluids: one that cleans any snow and ice off the wings and one that protects the wings by preventing ice and snow from accumulating.

He then shared with his audience how pilots use very specific protocols to determine when and if it is safe to take off to keep planes and their precious cargo safe. So if you are planning to fly this holiday season and see the plane's wings coated in an orange or green substance, you can rest assured that even in the coldest and snowiest weather, you will reach your destination safely.

Thanks John for hosting a fun and informative evening! (*Of note: John is the second LRC member to showcase his nerdiness at Gravely after Lew Acampora. With so many LRC members with interesting careers and hobbies, who will be next??)



ANNOUNCEMENTS

ARE YOU IN? US ROWING

By Pam Wardrip

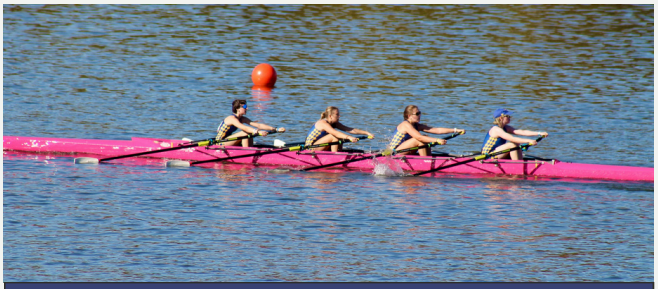
Please take a few minutes and log into your US Rowing account and ensure your membership is up-to-date.

This is extremely important as it provides liability coverage for you and the club and is required to participate in US Rowing sanctioned events and regattas (like our own Derby City Head Race!).

Have you completed all necessary steps?

1. Pay your dues in a timely manner before your membership expires. Did you know that if you renew within 30 days of the expiration date, you will receive a discounted rate?
2. Self-attest that you are a "Relevant Adult Participant" and SafeSport training is required. Since our club has an active Juniors team, it is very likely Masters members will cross paths with or interact with minors at the boathouse or at social events and it is of utmost importance we keep our environment safe.
3. Complete the SafeSport training you have been assigned. After the initial more extensive training course, a refresher course is required each subsequent year.





To remain an LRC member in good standing and continue participating in club rows and activities, all four steps must be completed. Thank you for keeping up with this important part of your LRC membership responsibilities!

USRowing



ANNOUNCEMENTS

KEEP ROWING THROUGH THE WINTER – ERG AT TURNER'S!

By Carla Cates

As the weather gets colder and our time on the water winds down, Turner's offers a great opportunity to stay fit, work on our rowing technique, and enjoy time with fellow rowers.

Group erg sessions are listed in iCrew. Mondays and Thursdays have become popular workout days, with an early morning session designed especially for our working members. Arrive at 6:15 a.m., start erging at 6:30 and be finished by 7:30 – leaving plenty of time to get on with your day!





There are eight ergs available, so please sign up in iCrew to reserve your spot! Shannon has added new erg times in iCrew, but members are welcome to come in and erg on their own during the hours designated for LRC.

For help with iCrew sessions or access to Turners, contact Shannon Kelting at 502.472.3024. A reminder that Turner's rules and hours have been published several times, so please review them and abide by them while you are there.

Erging is a wonderful way to maintain cardiovascular fitness, build strength, focus on the fundamentals of the stroke, and build good habits that will carry over into the spring on the water.

ANNOUNCEMENTS

UP FOR A CHALLENGE?

Join the fun from wherever you are this holiday season by becoming a member the “Louisville Rowing Club” Team on Concept2 LogBook.

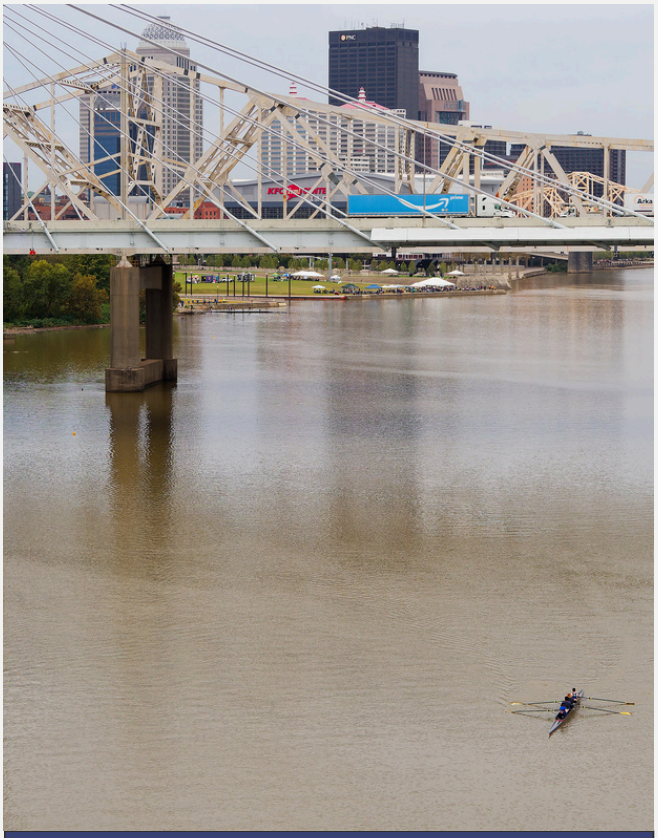
Juniors and Masters let’s show off those meters!
This can be a fun way to track erging over the winter and compete in a variety of challenges. Additionally you can track progress over time by using the LogBook.

How to Join?

- Concept2 has a LogBook
- Head to https://log.concept2.com/log
- Create an account, navigate to the "Teams" page and join "Louisville Rowing Club"

In January, we will be doing the Concept2 January Team Challenge (Juniors and Masters!) to see how many meters we can log as a team. Be sure to join the challenge!





ON THE RECORD

- Each edition of Undercurrents this year has been brought to you by the Membership Committee: Carla Cates, Leanne Diakov, Brittany Harper, Erika Hernandex, Grace Hong, Paul Tomkiewicz and Pam Wardrip. But we'd love to hear from you!

- Do you have a story to share? Any member of the club is welcome to submit articles for LRC's monthly newsletter: Masters, Juniors, parents and coaches! Please email articles and pictures to Erika Hernandez (e.hrnndz2@gmail.com) and Pam Wardrip (pamelawardrip@gmail.com) by the 10th of each month to be included in that month's edition.

UPCOMING EVENTS

DECEMBER 10TH MASTERS HOLIDAY PARTY AT TURNERS

Masters, let's celebrate a successful rowing season!

- When? Thursday, December 10th 6 p.m. - 9p.m.
- Where? American Turners Social Club Lounge (bar) . 3125 River Road
- Food? Potluck style, please bring a dish to share
- Drinks? Turners bar (cash only)

Cookie Exchange

- Everyone bakes one kind: you make several dozen of just one favorite cookie.
- Everyone leaves with a mix: At the end of the party, guests fill boxes or tins with an equal share of everyone else's cookies

Not everyone needs to participate in the cookie exchange (you can still eat the cookies!)





SAVE THE DATES

November 30 - Juniors Varsity first day at The Training Studio for winter

December 1 - Juniors Varsity and Novice first day at Louisville Collegiate School to train for winter on the ergs

December 10 - LRC Masters Holiday Party

December 14 - Board Meeting (Open to All Members) 7-8:30 at 5601 Coach Gate Wynde, Louisville, KY

December 19 - Juniors Varsity and Novice last day of 2026

Month of January - Concept2 January Erg Meter Challenge

January 4 to 5 - Juniors Varsity and Novice first day of 2027

January 9 - Virtual Head of the Hooch (https://headofthehooch.org/virtual)

February 13 - Save the Date! Possible erg fun to be had this day...details to come

June 5 - National Learn to Row Day

October 9 - 2027 Derby City Head Race

