



LRC NEWSLETTER

ALL THINGS LASALLE ROWING CLUB

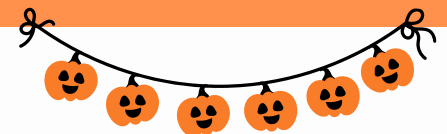


Head of Grassy Results Announcement

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UPCOMING EVENTS



At the Club

- Mon, Nov 4** - Board Meeting
All are welcome!
- Sun, Nov 3** - **Last day of on-water rowing**
& removal & washing of safety boat
- Sun, Nov 3 @ 10 - 12 PM** - Para Rowing Open House
- Sat, Nov 9** - "Puttin' on the Glitz" Awards Banquet @ RCL 594
with special guest
Victoria Nolan, World Champion, 4x Paralympian
- Sat, Nov 16** - Junior (Age 12 - 17) Learn to Erg Course - First Day
*** Register by November 2 (more details on [page 6](#))
- Sun, Nov 17** - **Clean Up Boathouse Day**
*** General cleaning and setting up the boathouse with ergs
- Mon, Nov 18** - Adult Learn to Erg First Indoor Rowing Session
*** Register by November 14 (more details on page #)

FRIEND OF LRC

In Memory of
Mark Jansen
1960 - 2024



The LaSalle Rowing Club remembers the life of Mark Jansen, a cherished member of the Ontario rowing community and friend of LaSalle Rowing Club, who tragically passed away following a medical emergency during his coxed four race at the Head of Welland Five Bridges Regatta this September.

Mark was a Master's coach and rower with Leander Boat Club in Hamilton, with ties to the LaSalle Rowing community through his consummate volunteerism, immense knowledge base, and willingness to help other's. Mark was an integral part of LaSalle Rowing Club's trailer purchase, spending many hours discussing trailer specifications, the customs importation process, and the needs of competitive rowing crews more generally. Mark was always a phone call or email away and his input and advice helped shape competitive programming at the LaSalle Rowing Club.

Mark was deeply involved in his local rowing community, founding the Ancaster High School rowing team, driving the Leander trailer to regattas and building strong relationships throughout the rowing community through his kindness and collaborative approach to helping others.

Mark's sudden passing was a shock to his Leander family and all those racing at the Head of the Welland Regatta, including several LaSalle Rowing Club crews. The LaSalle Rowing Club wishes to extend our sincerest condolences to Mark's family and our friends at Leander Boat Club.

Please kindly view Mark's [Obituary](#).

GET MORE INVOLVED IN LRC!

- **Volunteer for Bingo Shifts** - Your 2-hour shift can help the club raise > \$700. You can directly contribute to the club by raising the funds to buy new boats! Contact Veronica by email at ulfriesen59@gmail.com
- **Safety Boat Driver** - Get your boating license at canadaboatsafety.com, then contact Pete to get trained!
- **Have a suggestion?** Write your comments, concerns, and suggestions anonymously (or include your name) and put it in the suggestion box located to the left of the hallway door.

WARMED HEARTS IN THE FALL WEATHER OF OCTOBER

FUNDRAISING EFFORTS



Big thanks to **Marie, Veronica, Sue, Gill Lopes and Doug** for volunteering in September, raising **\$2,438**. **Please consider volunteering for bingo to help us get more equipment (see Get More Involved!)** As always, thank you to All Star Gaming Centre & OLG for supporting LRC's Para and Junior Rowing Programs!



Fundraiser with flipgive

FlipGive is an app to earn cashback on your purchases to support the club! They offer many gift cards and stores to shop from, and 1 - 15% of your purchase contributes to LRC. **Join today and download their app to make it easy!** <https://flipgive.app/link/teams/join?joincode=5LF4ZK>



PETE'S PIRATES

October 7, 2024

"Avast, ye scallywags!" Rumours have it that the hunters trembled in their duck blinds as Pete's Pirates boat cut through the emerald waters of the Detroit River under the golden afternoon light. An October tradition, **Pete, Colleen, Melissa, and Gill Lopes** proudly donned their pirate gear to assert their dominance of the waters. Their seriousness is undeniable as they show no hesitation to make sure that their crew falls in line.



BROCK INVITATIONAL @ HENLEY ISLAND

October 12, 2024

Sam G represented the University of Windsor once again at the [Brock Invitational](#) at Henley Island in St. Catharines. She placed 2nd in her heat, and 7th overall in the Lightweight Women's 1x.

HEAD OF GRASSY

October 20, 2024

An event that joined together all LRC programs and their family for a spirited morning of racing around the arduous 6.5 km route for the Head of the Grassy. The weather was chilly for the onlookers, but perfect for our competitors who were welcomed with sunny and warm conditions on the east side of Grassy Island as they reached the last stretch of the race.

New this year for our in-club race included:

- Head of Grassy bibs for the backs of the bow seat designed by **Lucas**.
- Inclusive quad exhibition, a mix of para and able-bodied members

Thank you to **Colleen & Melissa** for organizing and timing the event! Incredibly grateful to our safety boat drivers, **Tom, Sue, and Kevin**. The delicious breakfast kindly prepared by **Dean**. And the juniors for arranging the boats.

LRC's Competitors

Doubles

- Avery & Luci
- Sam Z & Reece **(3rd)**
- Sue & Nicole
- Hailey & Ella
- Lucas & Mark **(2nd)**
- Sam G & Peyton **(1st)**

Inclusive Quads Exhibition

- Amy, Stacey, Rob & Betty
- Katie, Kyle, Kathy & Veronica



**Champions
Sam G & Peyton**



**2nd
Lucas & Mark**



**3rd
Reece & Sam Z**



HEAD OF THE CHARLES @ BOSTON



October 18 - 20, 2024

A few of our LRC members rowed down this famous rowing river, and participate in the largest 3-day regatta in the world. **Gill W and Ashley** represented LRC and **Lindie** joined the Avalon Rowing Club (a virtual rowing club that brings together rowers across the world). They were cheered on by **Doug and Kelly**. Live footage for the two Saturday races can be found on the [Head of the Charles Regatta YouTube Channel](#).

LRC's Competitors

- Saturday @ 8:39 AM Women's Master Doubles [30+, 40+]: **Gill W, Ashley**
- Representing another club:
 - Saturday @ 9:43 AM Women's Grand Master Eights [60+]: **Lindie** for Avalon



PARA & MASTERS HALLOWEEN ROW & SOCIAL



October 25, 2024

A coven of witches swooped down to the shores of Detroit River where LRC calls home. These were not typical witches; they radiated warmth and camaraderie, generously sharing delightful treats upon a whimsical gathering of Waldos, angels, and princely figures.



Last Call! Let your friends & family know!

ADULT Learn to Indoor Row

November 18 - mid-March

14 Beginner Classes from Nov 18 - Dec 18

- Sunday 8 - 9 AM
- Monday 7:30 - 8:30 PM
- Wednesday 7:30 - 8:30 PM

Then 10 weeks of workout plans, with weekly coaching sessions provided.

\$170

REGISTER BY NOV 14

For more info

www.lasallerowing.ca/learn-to-row

or email lasallerowingclub1@gmail.com



LEARN INDOOR ROWING

AGE 12 - 17

When:

- November 16 - mid-March
- every Tues, Thurs, Sat

Where

- LaSalle Rowing Club

Why:

- Improve fitness & strength
- Competitions
- Conditioning for on water rowing

Cost:

- \$130

REGISTER BY NOV 2



ARE YOU READY TO DRESS UP!?

Look forward to seeing everyone in their **Glitzy Formal Wear.**

We have over 90 guests for our awards banquet this year.

The Banquet Committee has been hard at work planning and are excited to celebrate.

- Menu: Roasted Chicken, Roast Beef with Gravy, Pasta with meatless marinara sauce, salad, bread rolls, coffee/tea
 - For dietary restrictions, email vachon_nicole@hotmail.com
- Homemade desserts
- Beautiful decor

Our guest speaker, Victoria Nolan, PLY will be present with Chorizo the Guide Dog. Her book will also be available for sale and signing.

THE LASALLE ROWING CLUB PRESENTS

Puttin' on the Glitz AWARDS BANQUET

Saturday, November 9, 2024
 Royal Canadian Legion Branch 594
 5030 Howard Ave., Tecumseh

Doors Open at 5:00 PM | Dinner at 6:00 PM
 Dancing with JP Entertainment 8:00 PM

Keynote Speaker:
Victoria Nolan, PLY
Glitzy Formal Wear

MASTERING THE STROKE

YOUR SOURCE FOR ROWING TIPS & CHALLENGES

Get Ready for Winter Training & Recording Your Work through Technology

See [last year's October newsletter](#) on how to use the Concept2 Erg Data app to start keeping track of your meters and easily send workouts of the day from your phone to the erg!

Join LRC's page on the Concept2 Logbook, [here](#).

More Apps to help with your indoor rowing!



INDOOR ROWING

APPS



Archon

Fitness testing with rowing-specific tests

Asensel

Indoor rowing coaching from Olympic athletes

Erg Dude

Concept2 indoor rowing game

ErgData

Concept2 workout tracker

ErgIQ

Concept2 and Garmin Watch workout tracker

Float

Concept2 workout tracker

KREW

Pre-programmed workouts

LiveRowing

Concept2 workout tracker

RowVigor

Workout videos

Selfloops

Performance tracker and analysis

TECHNOLOGY



Concept2

Phone Cradle

Secure your mobile device

Polar HR Belt

Heart rate transmitter

WaterRower

Phone Cradle

Phone and tablet arm for wooden machines

SmartRow Transmitter and App

Wirelessly transmit workout data to mobile device

While Rowing Canada Aviron (RCA) is not associated with the apps and technology listed above, they have been provided to demonstrate the options available to indoor rowing machine users.



321-4371 Interurban Road
Victoria, BC V9E 2C5

1.877.722.4769 (TOLL-FREE)
1.250.220.2503 (FAX)



FUN FACT

The rowing stroke uses every large muscle group of the body.

The Learned Rower



The Erg Book: 375+ of the Greatest Indoor Rowing Workouts of All Time

by Peter Cannia, Short and Snarky Coxswains



[Indoor Rowing Workout Scenery 25 Minutes Spectacular Sunrise Front POV of The River Hamble](#)



[Row Canada Indoor Rowing Portal](#)



Holiday Challenge:

Nov 23 - Dec 24

Row, ski or ride 100k or 200k meters between American Thanksgiving and Christmas Eve and help raise money for one of five great charities. For more info, look at [their website](#).



More info on the ErgData App

www.concept2.com/service/software/ergdata