

# Harmar Rowing Club, Inc.

PO Box 5019 Marietta, OH 45750 | 814 Gilman Avenue | hrc.marietta@gmail.com | 740-371-4205  
A 501(c)(3) Organization

**Date:** January 9, 2024 @ Marietta High School Cafeteria

**Time** After the Mandatory OHSAA Player-Parent Meeting which starts at 6pm

**Topic:** Mandatory HRC Parent Meeting for Spring Rowing

## Agenda:

1. **Welcome & Intros (Eric Dowler)**
2. **What is the Harmar Rowing Club (Eric)**
3. **Final Forms, Racing Schedule, US Rowing, and Values, Attitudes, and Goals (MHS Coaches)**
4. **Spring Fee and Available Fundraisers (Sherry McKenzie)**
5. **Committee Help Needed (Eric)**
6. **Regatta Information (Coaches)**
7. **2024 HRC Calendar of Events**
8. **Q&A**

## NEXT MEETINGS:

- 1/20, Saturday, 9-11:00am @ Boathouse, **Family Day Event**
- 2/10, Saturday, **Ohio Valley Indoor Rowing Competition @ MC Boathouse**
- 2/13, Tuesday, 7pm @ Boathouse, **Monthly HRC Meeting**

**PLEASE CONFIRM YOUR CONTACT INFO AT CHECK-IN**

**Follow us! - Add your photos!**



tiger\_navy  
harmarrowingclub



Marietta High School Tiger Navy  
Marietta High School Tiger Navy Alumni  
Harmar Rowing Club



TeamSnap App (*you'll be invited by email*)

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## Welcome Message from the HRC Board of Directors:

Dear Families and Rowers,

Welcome to the 2024 Tiger Navy spring season!

We hope that you're excited to participate in a historic program with over 50 years of winning tradition! This season will be just as competitive and successful as the previous years of rowing in Marietta! Over the years, the Tiger Navy has racked up some serious accolades including State Championships, Midwest Scholastic wins, Scholastic National Championships, and even undefeated seasons. College recruiters have taken note of our winning record and actively recruit rowers to elite college programs. Tiger Navy alumni have been recruited by and competed with universities like Harvard, Yale, Princeton, MIT, Navy, University of Wisconsin, University of Alabama, The Ohio State University, University of Cincinnati, University of Charleston, Rutgers, and right next door at Marietta College (to name only a few).

Rowing is unlike any other sport. The adage "it takes a village" couldn't be more fitting to rowing. To make the season flow smoothly, we need your support and volunteer efforts. Rowing is the ultimate team sport on the water and off.... and yes, that includes parents and families.

The next four months will offer a mix of successes and failures, challenges, and opportunities, sweat and tears, and toil and triumph. Most importantly, the next four months will offer growth physically, mentally, and emotionally for all of those involved. The coaching staff and HRC Board of Directors are looking forward to working closely with you as we share in the fun and new memories.

Thank you and welcome to the adventure!

### *HRC Board of Directors*

President:	Eric Dowler	304-483-7547	hrc.marietta@gmail.com
Vice-President:	Susan Barengo	740-525-4346	susanbarengo@suddenlink.net
Treasurer:	Sherry McKenzie	740-336-8589	sklmckenzie@gmail.com
Secretary:	OPEN		
Past President:	Kris Lindsey	740-350-9984	kris.lindsey@suddenlink.net
Parent Rep:	Kim Lovejoy	719-432-9061	lovejoykim@yahoo.com
Com Advisor:	Chris Pucella	740-236-8686	chrispucella@yahoo.com
Com Advisor:	Ricci Bailey	740-525-0302	riccibailey85@gmail.com

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## What is the Harmar Rowing Club (HRC)?

Marietta High School (MHS) rowing dates to the summer of 1963 when Ralph Lindamood secured a donated shell, found some high school boys, and started the first high school rowing team in Ohio.

The Harmar Rowing Club (formerly The Harmar Boat Club) was started by a group of former MHS rowers and families who wanted to continue with the sport after graduation and race together. Its roots are intertwined with the Marietta Rowing and Cycling Club and there is some overlap in the membership.

When girl's rowing began at MHS in 1976 and the teams grew to such a large size (about a hundred rowers) HRC began evolving into what it is today. Today, HRC is an organization that maintains and operates a modern boathouse facility, organizes logistics for travel to out-of-town regattas, and helps with the purchase and maintenance of equipment. After five school levy defeats, the Tiger Boosters and the HRC took over the financial burden of the high school crew team in 1989. College scholarships had by now come into the mix and the survival of the sport in Marietta was in jeopardy. It became crucial for rowers' parents to take an active role in the club. We gained our Non-Profit status in 1994.

The growth of the MHS program and modern times have increased the financial requirements of the club considerably. The Marietta City Schools help tremendously by covering coaching staff, transportation, and entry fees. HRC raises money for replacing racing shells that are then donated to Marietta High School. The club also funds the chuck wagon. Families serve as truck drivers, chefs, coordinators, and pay a combined travel and equipment fee for each rower. Gone are the days when rowers were welcome to sleep on gym floors or in hosting houses to save expenses.

Advanced competition has also increased equipment quality demands. Wooden shells are now outdone by lighter fiberglass/carbon fiber materials. The old megaphone has morphed into an expensive cox box. Training is no longer merely running and weights, but with a fleet of ergometers. Larger equipment and the growth of the Marietta College program brought on a dire need to centralize our equipment outside of the MC boathouse. Additional barns, basements, and garages could no longer handle the load. The club started saving and catapulted by a generous donation from the Broughton family, HRC broke ground for a new boathouse. The Carl L. Broughton Boathouse was officially established in 2000.

Today, HRC is a non-profit organization dedicated to promoting and supporting amateur rowing for recreation and competition. HRC has full responsibility for operating and upkeeping the Boathouse and grounds, maintaining a fleet of equipment, and providing rowing programs all-yearlong to the community.

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## MHS Coaches:

- Tanner O'Connor, Head Coach, 740-525-6362, [tannermoconnor@gmail.com](mailto:tannermoconnor@gmail.com)
- Joe Tewkesbury, Head Coach, 740-885-9296, [joet1226@yahoo.com](mailto:joet1226@yahoo.com) **Does Not Text**
- Matt Rought, Assistant Coach, 513-508-0240, [matthew.rought14@gmail.com](mailto:matthew.rought14@gmail.com)
- Lara Coghlan, Assistant Coach, 937-313-7078, [lcogh22@gmail.com](mailto:lcogh22@gmail.com)

## 2024 Spring Race Schedule (regattacentral.com)

Feb 10	Ohio Valley Indoor Rowing Championship (Marietta College)
March 30	Triangular, Marietta, Ohio
April 13	Lindamood Cup, Marietta, Ohio
April 20	Mitten Racing Series, Milford, Michigan
April 27-28	Dogwood Regatta, Oak Ridge, Tennessee
May 11-12	Midwest Championship, Milford, Michigan
May 24-25	Nationals, Pennsauken, NJ (Qualifying Crews Only)

## Final Forms and US Rowing Waivers

- **Final Forms** must be completed, signed by both student and parents, and physicals complete to participate in any contest. Eligibility is determined by rules and verified through the MHS Athletic Department.
- **US Rowing waivers** must be signed online for every US Rowing regatta well in advance of the races. We cannot submit entries until all are current.
  - How to sign up with USRowing:
    1. Go to <https://membership.usrowing.org>
    2. Click join under individual.
    3. Fill out basic information in the boxes and under club type Harmar Rowing Club.
    4. The club code is: 49JHX (must have capital letters), hit search.
    5. If nothing is in your name it will take you to a four-step checkout system.
    6. Click on Basic Membership \$25, you may choose if you would like to make a charitable donation (you must make a selection, there is a not now button) Hit submit.
    7. You will now be at your profile page, fill out information and hit submit.
    8. A box will pop up asking if you are 18 or the parent or guardian, click yes.
    9. Type your name and hit agree, click submit.
    10. A screen will pop up to review and payment information. Fill everything out and hit okay. Auto-renewal is your choice. Hit submit and you are registered.

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## MHS Values, Attitudes, Goals

The following values, attitudes, goals and expectations of athletes and teammates have been discussed and committed to by the coaches and team. We will work to hold each other accountable in all these items. We do this in the effort to establish a long-term and unshakeable culture within MHS rowing.

These values, attitudes and goals will shape the Rules and Expectations for our team this season. Rules and Expectations have been developed to create a safe, competitive, and fair environment. More details on Rules and Expectations can be found below.

**On this team we value;** each other, progress over perfection, showing up, camaraderie, effort, sportsmanship, balance and winning.

**On this team our attitudes are** positive, driven, respectful, coachable, helpful, supportive, equitable, gritty and consistent.

**On this team our goals are;** to load the trailer quickly, to be on time every day, to promote safety, to attend team and boat bonding activities, have no regrets, win the Lindamood Cup, be checked in mentally every day, hit our numbers, send a crew to Nationals, communicate effectively, be the sport and athletes everyone wants to join and be friends with and finish in the top 10 as a team at Midwest.

**On this team athletes,** are understanding, approachable, represent our team well, are caring, pull our own weight, pick each other up, are selfless, teach others, are a positive influence and take care of our bodies and minds.

**On this team we hold each other accountable by;** respectful confrontation, friendly reminders, relaying important information to coaches and captains and weekly team meetings about the week's progress.

*Rules and Expectations of Coaches, Athletes & Parents*

## Responsibilities of the Coaching Staff

As a coaching staff we promise the following:

- We will work to hold all athletes to a high standard to live up to our values, attitudes and goals as a squad.
- Understanding that setting boat lineups are in part subjective, coaches will strive to make these decisions as objective as possible.
- We will work to the best of our ability to provide racing opportunities for every athlete on the team.
- We will communicate all safety procedures to athletes and keep all on water crews within sight of a coaching launch.

## Responsibilities of the Athletes

As athletes we promise the following:

- We will be mentally checked-in and give 100% effort every day.
- We will communicate any issues or conflicts in a timely manner with team captains and coaches.
- We will be good teammates by holding ourselves and our teammates accountable for their actions.
- We will make rowing a priority and limit absences to unavoidable conflicts. When an absence is totally unavoidable, we will communicate early with coaches. We will never simply not show up for practice.

## Responsibilities of the Parents

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As parents we promise the following:

- We will support our athletes by providing healthy meal options.
- We will understand that there may be some days when athletes are tired, sore, and emotionally drained and will do our best to pick them up in these instances.
- We recognize that decisions made by the coaches are for the overall good of the team, even if the decisions feel personal.
- We will avoid scheduling events that conflict with practice and regattas.
- We will support HRC and the team to the best of our abilities.

## How we Operate

### *Understanding rowing and the decisions we make*

If you are totally new to rowing, it can be difficult to understand how we operate as a sport. The following should serve as a guide to new parents and athletes on the team operations.

#### **Regattas:**

Performing well at regattas is at the heart of what we do daily. Most regattas are run on what is called the Barnes Scoring System. Essentially, points are awarded for finishing order in the Grand Final. No points are awarded for crews failing to reach the Grand Final. Points are added together at the end of racing to provide a team score. As a team, we place a heavy emphasis on our overall team score- but we will also score points as Men and Women separately.

#### **Boat Selection:**

One of the most important jobs as coaches is boat selection. These decisions are in part subjective; however, they are NEVER personal. As a staff we work to make these decisions as objective as possible through the use of erg scores, seat races, and time trial results. Athletes must understand that lineup decisions are made based on; availability, coachability, attitude, technical ability, and erg scores. A great athlete who cannot be relied upon to be at practice or who refuses to make changes in the boat will ultimately have to be passed over for an athlete who is always at practice and always making appropriate changes.

We will work to get every athlete the opportunity to compete in every regatta. It is an unfortunate reality that this is not always possible. Unlike other sports, we have no ability to make substitutions and regattas limit the number of races each athlete can enter. We typically are successful in regular season regattas in our mission to get everyone into a race. Once we reach Championship season- the focus is strictly on boats and lineups with the greatest opportunity to advance to Nationals.

In general, the fastest lineup will race. We feel that it is unfair to remove an athlete from a lineup to replace them with an athlete who makes the boat slower. The decision to remove an athlete from a lineup to replace them with a slower athlete is unfair for not only the removed athlete, but also the other athletes in the boat.

#### **Rowing Basics:**

*Race Distance:* 1500m or 2000m. Most races we attend are 1500 meters.

*Sculling:* Each rower has two oars- categories are 1x, 2x and 4x

*Sweeping:* Each rower has one oar- categories are 2-, 4-, 4+, 8+

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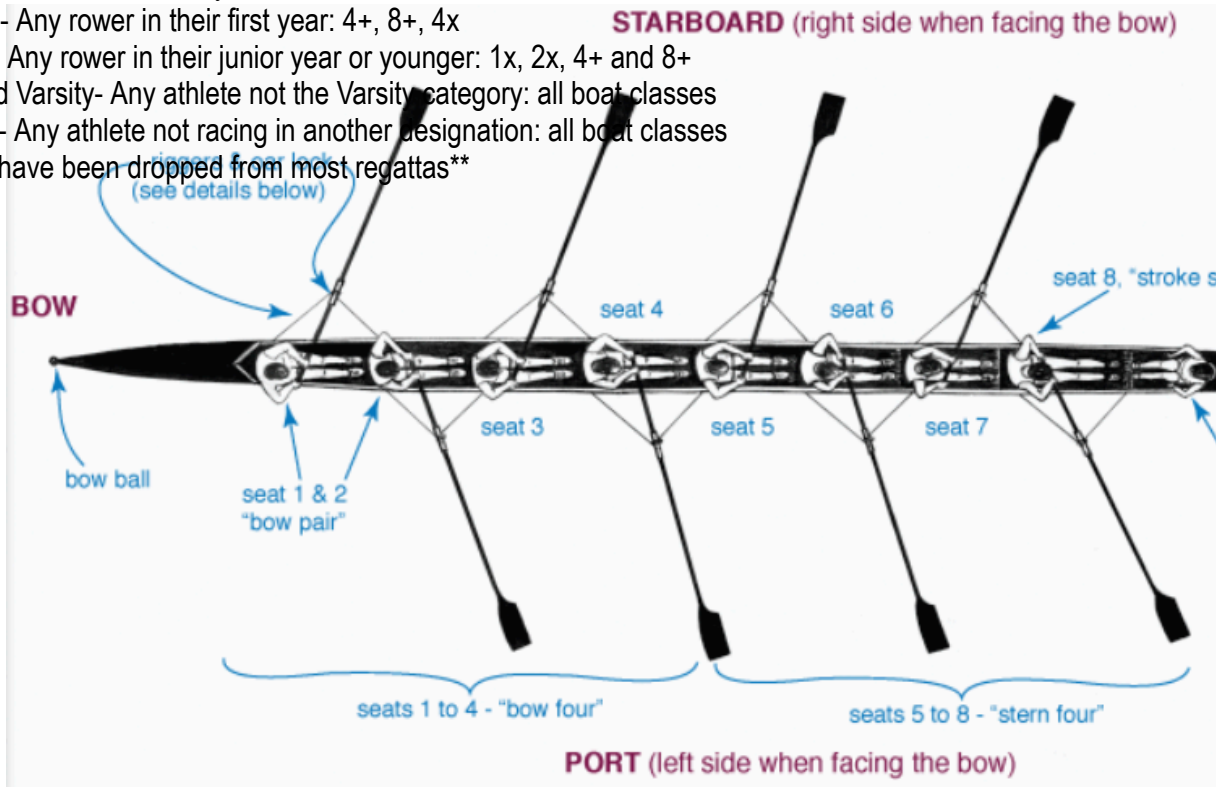
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**Boat Type:** The number = the number of rowers, x indicates sculling, + indicates a coxswain is in the boat, - indicates there is not a coxswain in the boat. In general, sculling boats do not have coxswains. Ex. 8+ has 8 rowers and a coxswain using sweep oars. 4x has 4 rowers, no coxswain using sculling oars.

**Categories ->** In **scholastic** rowing, the general categories are:

- Freshman- Freshman only in the boat: 8+
- Novice- Any rower in their first year: 4+, 8+, 4x
- Junior- Any rower in their junior year or younger: 1x, 2x, 4+ and 8+
- Second Varsity- Any athlete not the Varsity category: all boat classes
- Varsity- Any athlete not racing in another designation: all boat classes

\*\*Lightweights have been dropped from most regattas\*\*



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## Top 10 Things to Know About Rowing (from US Rowing)

1. **Rowers are some of the world's best athletes.** The sport demands endurance, strength, and an ability to tolerate the pain that their muscles experience in the last 500 meters of the race.
2. **It's the legs.** Rowing only looks like an upper body sport. Although upper body strength is important, the drive which moves the boat comes from strong legs. Rowing is one of the few athletic activities that involves all of the body's major muscle groups.
3. **Meters not miles.** The standard length of a rowing race is 2000 meters — about a mile and a quarter. Rowers refer to the parts of the race in 500-meter sections.
4. **Sweep (like a broom) and sculling (with a "c").** There are two basic types of rowing: sweep rowing, where the athlete holds one oar with both hands, and sculling, where the athlete has two oars — one in each hand.
5. **Think even numbers.** Sweep rowers come in 2's (pairs), 4's (fours) and 8's (eights). Scullers can row alone (in a single), with somebody else (in a double), or with three other people (in a quad). Scullers steer their own boat, using a rudder that they move with their foot. Sweep rowers may or may not have a coxswain — the on-the-water coach and person who steers. For example, all eights have a coxswain, but pairs and fours may or may not.
6. **It only looks easy.** Great rowing looks graceful and fluid, but don't be fooled. Pulling oar blades smoothly and effectively through the water while balancing a boat that may be as narrow as 11 inches; across with 10-12 foot oars is very difficult work. Watch how quickly that graceful motion before the finish line turns into pain and gasping for air afterwards.
7. **High-tech versions of age-old equipment.** Although wooden boats were the norm for many years, most of today's rowing boats – called shells — are strong, lightweight carbon fiber. The smallest boat on the water is the single scull, only 27'-30' long, a foot wide and approximately 30 pounds. The largest is the eight at 60'. Today's oars — not paddles — are also incredibly lightweight. Sweep oars somewhat longer than sculling oars and have longer handles that are made of wood, instead of rubber grips on sculling oars.
8. **SPM not MPH.** Rowers speak in terms of strokes per minute (SPM); literally the number of strokes the boat competes in a minute's time. The stroke rate at the start is high — 38-45 — and then "settles" to a race cadence typically in the 30s. The boats spring to the finish, taking the rate up once again. The coxswain or stroke of the boat may call a Power 10 — a demand for the crew's best, strongest 10 strokes. Although the number of strokes a boat is capable of rowing per minute is indicative of speed and talent, the boat getting the most distance out of every stroke may win the race.
9. **Timing is everything.** Rowing competitions are typically conducted on six lanes on the water. They follow a double-elimination format in a system designed to identify the fastest six crews for the final race in each category. Heats are first, followed by repechage (French for second chance) races. There are no style points for rowing — the boat whose bow crosses the finish line first is the winner.
10. **Teamwork is number one.** Rowing isn't a great choice for athletes looking for MVP status. It is, however, teamwork's best teacher. The athlete trying to stand out in the eight will only make the boat slower. It is the crew made up of individuals willing to sacrifice their goals for the goals of the team; the athletes determined to match their desire, their talent, and their oar blade with the rower in front of them, that will be on the medals stand.



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## Spring Rowing Fee:

As a spring varsity sport, the MHS Athletic Department funds coaches, transportation (busing), most entry fees, and the upkeep of the boat trailer. There are expenses beyond these items such as food during regattas (chuck wagon), lodging for out-of-town regattas, equipment, and boathouse operations (facility, chuck wagon trailer, launches, safety equipment, docks, shell repairs, etc.).

The rowing fee for the 2024 spring season is **\$750. The fee to be paid in full or arrangements made by April 1.**

If you are unable to meet this deadline you must contact the HRC treasurer (Sherry McKenzie) and make arrangements. She is happy to work out a payment plan or apply for a scholarship. *Scholarship applicants are expected to participate in at least one fundraiser to the best of their ability.* Full payment or payment arrangement with the treasurer needs to be in place by April 1.

The coaching staff and HRC work diligently to keep the spring rowing fees as low as possible. As a result of lower fees, we rely on the generosity of parents for donations to the chuck wagon. Our fees are in the bottom tier compared with other scholastic rowing programs around the Midwest.

## Payment:

1. Checks can be made payable to Harmar Rowing Club and dropped off in the lock box in the coaches' office at the boathouse.
2. **TONIGHT ONLY:** You can submit a full, one-time payment electronically via this QR Code. There is an additional service charge to cover processing fees. Be sure to let Sherry know if you've utilized this method and which rower(s) it is for.



## Two Fundraisers are offered to help offset the spring rowing fee:

Contact Sherry McKenzie text 740-336-8589 or [sklmckenzie@gmail.com](mailto:sklmckenzie@gmail.com) with any questions or concerns.

Participation is mandatory for scholarship recipients.

### 1. **RAFFLE** - basket loaded with 200 scratch off lottery tickets

- a. 100% of the proceeds will be applied to your rower fees.
- b. Rowers wishing to participate will initially be assigned one "book" of five tickets. Tickets will be numbered for accurate record keeping.
- c. Tickets sold as follows: \$5 for one ticket or \$20 for a book of 5.
- d. Money from the sale of tickets, along with filled out ticket stubs must be turned in as soon as completed before additional tickets/book will be issued. Do not return blank ticket stubs.
- e. Additional books/tickets are available upon request. Contact Sherry McKenzie [sklmckenzie@gmail.com](mailto:sklmckenzie@gmail.com) or text 740-336-8589.

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- f. Return money and tickets, including unsold tickets to the lock box at the boathouse.
- g. The final date to return money and tickets (including unsold tickets) is March 30 (date of the Triangular Regatta).
- h. A total of 1000 tickets are available.
- i. The drawing for one winner will be held during the Lindamood Regatta on April 13 (you do not have to be present to win).

This is a great opportunity to pay off some or all your rowing fees, but the time to do so is short. Sell like crazy! Examples of what you can earn to offset your participation fee:

- 5 books sold (5 tickets/book) = \$100 earned (if sold as an entire book – 5 tickets/\$20)
- 10 books sold = \$200 earned
- 15 books sold = \$300 earned

## 2. CALENDAR - Enclosed

- a. 100% of the proceeds will be applied to your rower fees.
- b. Additional calendars available by contacting Sherry McKenzie - [sklmckenzie@gmail.com](mailto:sklmckenzie@gmail.com) or text 740-336-8589.

→ Additional fundraisers will be introduced throughout the season by **Julie VanDyk** for the team, not fees. Please participate if you can!

## Other Costs that might come as a surprise if new to rowing:

There are additional costs beyond the Spring Fee that you'll want to take into consideration for your budget.

### Travel Expenses:

- **MEALS:** For out-of-town regattas, rowers will need money for the meals that aren't being provided by the chuck wagon. Typically, these meals are at a fast-food stop during travel and dinner the night before a regatta.
- **VENDORS:** Regattas are famous for their vendors selling event t-shirts and various other crew items. Not a requirement but don't be surprised if you end up spending another \$20-50 for merch at these events.
- **PARENTS:** Meals, merch, and accommodation will also apply to parents if you plan to travel to cheer on your rower and the Tiger Navy. Many people (if you ask) are willing to share a hotel room to offset the costs related.

### Uniforms:

- **Racing:** If this is your novice year or you've grown another 6 inches, you'll need to purchase an official uniform called a unisuits. The boys and girls both wear these specially fitted "unis". This is an additional cost at ~\$85 above the spring fee. The good news is once they are purchased, they are yours to keep.
- **Practice:** It is recommended to have a few extra spandex shorts/pants for practice. These can run anywhere from \$15-50 depending on the brand.
- **Pictures:** There is typically an opportunity to order pictures from a photo agency, which includes a team photo and individual poses. This isn't a requirement but if you are interested then be prepared to budget.

### Spirit Wear:

- Additional information will be sent out in the coming weeks. We're hoping to utilize an online store to streamline logistics. Ketel1 will be our spirit wear provider.

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## Your help is needed with HRC Committees:

There are numerous opportunities to throw in a helping hand during the spring season and all-year round. Please talk to Eric Dowler or Susan Barengo if you have an interest in joining one of these committees. We need your help!

### Chaperones (OPEN)

Chaperones are an important and required part of our trips. We can't go to out-of-town events without the help of chaperones. The school system requires that every chaperone be approved through a background check. The background check is good for five years. The cost of the background check is the responsibility of the chaperone. Since this process may take several weeks, it's advisable that it is performed ASAP. Hotel room expenses for chaperones are covered by HRC.

### Chuck Wagon (Cara Ingram, Tina Merrill, and Peter Lovejoy)

Race days can be long, cold, windy, wet, or hot and sunny. Our rowers really appreciate hot foods such as soup, grilled meats, etc. to keep them nourished and warm. The chuck wagon is our field kitchen fully stocked with pots, pans, cooking/serving utensils, and a propane grill to prepare hot nutritious foods during regattas. Food items like marinated meats, fajita meat, rice, pasta, veggies, fruits, salads, etc. are prepared ahead of time and transported to the race sites to minimize on-site prep.

The Tiger Navy strives to provide healthy and nutritious food for our athletes. We make every attempt to prepare high quality meals with limited sugar and grease. Breakfast, lunch, all day snacking (and occasional dinners) is served at the regattas for rowers and volunteers. After rowers are fed, families may eat as well.

The Chuck Wagon team asks that parents support our efforts by providing foods to be prepared for meals and snacks, as well as preparing wholesome baked goods if you wish! During the racing season, parents may be asked to donate needed items for each regatta and send it to the boathouse. In lieu of shopping and sending food to the boathouse, monetary donations will be accepted before each regatta. A monetary donation for the season may be arranged as well.

### Communications (OPEN)

The communications committee is for the whole of HRC, not MHS-specific. Initial goals are to create an annual report, develop social media plans, and other ad-hoc communication needs. HRC needs a few members to support one or two board members on this committee.

### Facilities (Jim Barengo and Chris Pucella)

Ongoing upkeep of the boathouse such as small repairs, groundwork, and dock maintenance.

### Fundraising/Grants (HRC)

Development, organization, and execution of programs to bring in revenue for HRC.

### Home Regattas (HRC)

Home regattas are a great way to showcase our rowing program to the community. The home regattas are also a great opportunity to raise money for our team. Home Regattas are staffed and run by HRC and Tiger Navy's parents. This involves planning and execution of tasks such as referee recruitment, street closure, scoring, medals, sanitation, and volunteer coordination.

### Hotels (Ben Caslow)

Research, reservations, and communication with hotels for out-of-town regattas.

### Spirit Wear/Merch (Susan Barengo and Kim Lovejoy)

Coordination with coaches and vendors for uniforms and additional merchandise.

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## Regatta Volunteering (Kim Lovejoy):

*Away regatta volunteers:* Chuck Wagon Apprentice, grill and tent duty, hydration/sanitation station, regatta tent set up crew, regatta tent clean-up crew, first aid parent, photographer/videographer.

*Local regatta volunteers:* Two home regattas (many volunteer positions) and pre- and post-regatta chuck wagon support.

## Regatta Information

### Triangular (Marietta, OH)

- This is an annual home regatta between MHS, Parkersburg, and Parkersburg South.

### Lindamood Cup (Marietta, OH)

- HRC/MHS hosts this famous regatta on the Mighty Musky! We typically see 8-12 other scholastic schools participate from across the Midwest and even further.

### Mitten Racing Series AND Midwest Championship (Milford, MI)

- **Course Info:** Kathryn Bennett Racecourse -> at Kensington Metropark (Maple Beach)
  - 4570 Huron River Pkwy, Milford, MI 48380
- **Hotel Info:** DoubleTree Novi Detroit: 42100 Crescent Blvd, Novi, MI 48375 (248-344-8800)
- **Other Info:**
  - **There is a parking permit fee of \$10 per day per vehicle. It's recommended to purchase ahead of time:** <https://www.metroparks.com/kensington-metropark/>
  - The host has put together a google doc with info on hotels, dining, shopping, and other activities: <https://docs.google.com/document/d/1GLjd2tiTnur2bBf-jcaXRUn1mL6qlXzjsxoGiFkfJTg/edit?usp=sharing>

### Dogwood (Oak Ridge, TN)

- **Course Info:**
  - Melton Lake -> 697 Melton Lake Dr., Oak Ridge, TN 37830
  - [www.orra.org](http://www.orra.org)
- **Hotel Info:** DoubleTree by Hilton
  - 215 S. Illinois Ave, Oak Ridge, TN 37830
  - <https://www.hilton.com/en/hotels/orkdtdt-doubletree-oak-ridge-knoxville/>
  - 865-481-2468

## 2024 Calendar of Events

Races subject to approval and changes

# Harmar Rowing Club, Inc.

PO Box 5019 Marietta, OH 45750 | 814 Gilman Avenue | hrc.marietta@gmail.com | 740-371-4205  
A 501(c)(3) Organization

Monthly HRC meetings held at the boathouse @7pm

1/4	HS Spring Practice Begins
1/9	Required MHS/OHSA and annual HRC Parent Meeting
1/20	Family Day @ Boathouse (9-11:00am)
2/10	Ohio Valley Indoor Rowing Competition
2/13	*Monthly HRC Member Meeting
3/TBA	Adult Indoor Training Begins (HS must be on the water)
3/12	Parent Welcome Party & Monthly HRC Member Meeting (start at 6:00pm)
3/19	HRC Board Meeting
3/30	Triangular (Marietta)
4/9	*Monthly HRC Member Meeting
4/13	Lindamood Cup (Marietta)
4/20	Mitten Racing Series (Milford, MI)
4/27-28	Dogwood (Oak Ridge, TN)
5/4	MHS Prom
5/11-12	Midwest Championship (Milford, MI)
5/21	End of Year Banquet (ANNUAL CLUB MEETING)
5/24-25	SRAA (Oak Ridge, TN) (Qualifying crews only)
6/1	National Learn to Row Day (US Rowing)
6/11	*Monthly HRC Member Meeting
6/21-23	Henley Women's Regatta (England) (Girls Varsity 4+ only)
7/26-28	Harmar Days Festival
8/5-9	Youth Learn to Row Camp
8/8-11	Rivers, Trails & Ales Festival
8/13	*Monthly HRC Member Meeting
9/9	Fall Youth Rowing Begins (after Sternwheel Festival)
TBA	Fall Adult Learn to Row Camp
9/10	*Monthly HRC Member Meeting
10/8	*Monthly HRC Member Meeting
10/12	Head of the Muskingum (Marietta)
10/25	Annual HRC Cocktail Party
10/26	Halloween Regatta (Marietta)
11/17	Annual Board Retreat/2025 Planning Session
12/10	*Monthly HRC Member Meeting

\*Board meeting held beforehand