

MRRA February 12, 2013

Attendees: (19) Mark Romanowsky, Liz Albert, Stephanie Birchenough, Kathy McGowen, Helene Bushnell, Joe Bernard, Jennifer Lown, Carol Shumway (MRWC), Roland Meijer, Barbara Mack, Michael Poreba, Chur Masors, Kent Springer, Joe Lafreniere, J Neskey Secanales, Karen Scammell, Mary Theresa Freund, Bob Bowen, Dottie Semonian

7:10 PM Meeting Begins:

Mark Romanowsky reviewing an important safety tip:

- **Hydration:** Start the night before, limit alcohol consumption
15-20 min of water before row
Simple Carbs, peach or plum 15-20 min prior
Cool water will hydrate more quickly
Add water every 15-20 min for high intensity workouts
Longer rows, bring water, or electrolytes, one hour into row

After Row: Best re-hydration is Milk, carbohydrates and simple protein
ETOH not good
Careful of caffeine

Approve meeting minutes from January: Approved

Agenda: Merrimack River Shed Counsel Carol Shumway MRWC to address group

Safety Committee
Membership Committee
Social Committee
Equipment Committee

Joe Bernard proposing increasing donation to the MRWC. MRRA for the past several years has donated \$100.

Proposal to Board to increase donation to \$500 or 10% of Festival Regatta

Carol Shumway is Executive Director of the Merrimack River Water Shed Council
37 year old non profit, protect and teach about river
Water quality, migratory fish, river herring
4th grade to HS, public lectures
NH grant, water quality, kids involvement in art, photos of river
Paddling programs, river clean ups with kayaks, summer

EPA Grant Northern Middlesex, Greater Lowell, monitoring the runoff, polluted water
Looking for focus group members, asking MRRA members interested to join
City of Lowell, Lowell Parks and Conservation Trust
City of Dracut, hope for Tewksbury, Chelmsford

Reaching out to Greater Lawrence, want all communities to be aware and participate

Carolyn asking members about their concerns:

Run off after storms

Typically high Bacteria counts after heavy rains

Joe Lafreniere would like to bring to MRWC attention: He feels individuals stack

Logs- intentionally leaving debris along the rivers edge, aware will wash away in heavy rains, safety issue.

Dam system- species are impacted with water drops

Also impacts water quality when not flowing, also debris at pilings of the Roarke Bridge

E. Coli- swimming vs boating exposures run off after rain impacts, sewerage outflow

Class B Water: Much better than Charles or Ipswich Rivers

Discussion about contribution: Give set amount vs giving a percentage of Festival Regatta

Safety: Bob Lynch

CPR Firsts Aid Sat March 23rd Interested e-mail Karen Scammell

Can take 12 members, plan 2 spots for coaches.

Want Learn to Row Volunteers to be certified

Work shop: Flip Clinic last year, plan to repeat this year

New Navigation clinic, How to Steer your boat, class room and water

Saturday in Spring. Hope new members will take advantage

Working on Signage at entry to docks: Alerts will work with UML

If anyone sees "something wrong, on the water." e-mail, need member eyes and ears will do best to correct

Also safety policies: UML and MRRA, review and bring to attention of committee if need additions or clarification

Proposal: Self classifications- Rating System for Rowers.

First Draft distributed to attending members for review, comments

Advanced, Intermediate, Novice and Beginner, rating based on skill level

Social Committee: Kathy McGowen

- Plan to continue with social after LTS, Learn to Row Day, July Cocktails on the deck
- To promote group rows, twilight, full moon, weekend mornings
- Use of social media to accomplish, Facebook, Linked In, Google groups (open sweep has used.)
- Possibly a bulletin board to see who is on the river when
- Eventually will be able to log on remotely

Looking into MRRA apparel: Open sweep interested in Vests

Membership/Programs Update:

More coaching, more group rows

- LTS
- LT sweep extended coaching 4X
- Masters sweep
- Open sweep
- Junior sweep camp
- Group sculling
-

Advanced sculling coach

Interviewing candidate

Trying to find one coach \$7-8000 for full time coach

Could cover each group M-Thurs Friday- Sat

Carl Beck at Essex, may be interested - per an Open sweep member

Equipment: Barbara Mack

Recommendation for 2013

Last year rented straight 4, \$2600

Hull types, 4X/4-, not coxed

Convertible 4X- sweep and sculling Some members with concern about sharing

Open sweep rigged rented hull last year, made sure available as 4X

Need to have qualified members to rig and de-rig

Open Sweep- historically has also rented hull for racing, paid by individuals or from their budget (to avoid long absents from boathouse)

Proposing \$21K for equipment purchases for 2013

Allocate \$10K to upgrade the current HW 4X to a MW/HW 4X/4-

Allocate \$11K to up grade 3 1X's

Would sell 4X and buy used 4 convertible \$1000-4000 difference

Scull up grades Sell 1987 Peinhert #2- est proceeds \$1000

1989 Peinhert #3- est proceeds \$1000

1994 Fisa #1- est. proceeds \$1000

To also consider some better boats, Hudson, ? free demo for the summer

Barbara Mack reviewed the recent survey, will post to members

To look forward to:

Logbook: connected to membership, paid for sculling and approved for certain boats, will give a menu, Carl hopes to be testing by March... stay tuned...

Discussion about how bests to alert UML, LHS, when MRRA rowers are out on the water. Trying to prevent coming back to locked gate, or to no slings, ? Flag system?

Karen will bring concern to boathouse user group

Meeting adjourned: 8:40 PM