

THE ROCK

THE NEWSLETTER OF ROCKAWAY OLYMPIC CANOE AND KAYAK CLUB
SUMMER EDITION, JULY 25, 2010

EVENTS CALENDAR

June 28 – July 15	Training Program for Kids	Lake Sebago
July 2-5	Lake Placid Regatta	Lake Placid, NY
July 21-24	Empire State Games	Buffalo, NY
Aug 26-29	National Championships	Oklahoma City, OK

ROCK ELECTS NEW OFFICERS, 05/23/2010. ROCK elected new officers at its annual meeting: Scott Greifengerber, Commodore; Renata Lupinski, treasurer, Beate Cseke, secretary; and Vadim Belyakov, fleet captain. Congratulations all and thanks to the former officers for their years of great service! ROCK also authorized Scott Greifenberger, Program Director for year's Training Program for Kids, to start making preparations for this event and to allocated funds to purchase a new medium volume K-2.

ROCK WINS BIG AT LAKE PLACID REGATTA, 07/03/2010. The weather was very cooperative for this year's Regatta, with sunny skies, light wind and moderate temperatures. The competition was especially strong, with many teams from both the United States and Canada.



Victory in the Mens Senior K4/200 race



Julie Chan racing K-1

ROCK members participated in many races, and scored several notable victories:

Alex Ambotas took the gold in the Mens Masters 50+ K1-500 with a time of 01:58.460 and Vytas Rudzinskas took the bronze with a time of 02:02.340;

Alex Ambotas took the gold in the Mens Masters 50+ K1/200 with a time of 41.530 and Vytas Rudzinskas took the bronze with a time of 45.340;

Ivan Kireev took the gold in the Mens Masters 35+ K1/500 with a time of 01:59.490 and Jan Lupinski took the bronze with a time of 02:01.710;

Ivan Kireev took the gold in the Mens Masters 35+ K1/200 with a time of 40.910;

Oleg Panchenko and Andrius Zienkievicius took the gold in the Men's Masters 35+ K2/200 with a time of 38.400 and Jan Lupinski and Ivan Kireev took the silver with the time of 40.590;

Oleg Panchenko, Borys Markin, Ivan Kireev, and Alex Ambotas took the gold in the Mens Senior K4/200 with a time of 33.440;

Borys Markin took the silver in the Mens Senior K1/1000 with a time of 03:48.010;

Dimitry Maslov took the silver in the C1/200 with a time of 52.140;

Julie Chan and Georgiana Pappas took the silver in the Womens Masters 35+ K2/200 with a time of 01:06.200;

Julie Chan took the bronze in the Women's Masters 35+ K1/200 with a time of 01:08.610;

Georgiana Pappas took the bronze in the Womens Masters 50+ K1/10000;

Julie Chan and Alex Ambotas took the bronze in the Mixed Masters 35+ K2/200 with a time of 48.990;

Borys Markin and Alex Ambotas took the bronze in the Mens Senior K2-100 with a time of 03:31.210; and

Oleg Panchenko and Borys Markin took the bronze in the Mens Senior K2/200 with a time of 36.760;

Congratulations to all of these athletes! The LPIR was a great – but tough – race!

ROCK BUYS NEW K-2 , 07/03/2010.

ROCK purchased a Legacy XL from Epic Kayaks. This competition-grade boat is intended for medium weight adults. Oleg Panchenko and Andrius Zienkievicius made good use of it, winning a gold medal in the Men's Masters 35+ K2/200 race at the Lake Placid International Regatta.



ROCK's new K-2

TRAINING PROGRAM BRINGS YOUTHS TO LAKE SEBAGO, 07/15/2010. ROCK held its annual Canoe/Kayak Training Program for Kids at the ACA Camp on Lake Sebago. About thirty kids attended each of the three one-week sessions. The program provides both an introduction to canoe and kayak for novice paddlers and high-level training for committed young athletes. It teaches water safety, paddling technique

and the elements of an athletic lifestyle and includes workouts in both paddling and swimming. This year's coaches included Christina Connor, John Greifenberger, Joan Krilla, Hannah Menke, Josh Menke, Maeve Oconnor-Bethune and Evan Wade, all of whom are national-level medalists in canoe and kayak.



Kayak Race at the Training Program

ROCK MEMBER WINS SILVER MEDAL AT EMPIRE STATE GAMES, 07/24/2010.

Congratulations to Evan Wade, who took silver in the C1/200 event at this year's Empire State Games. This year's races were held in Lake LaSalle at the State University of New York at Buffalo. Evan, together with ROCK member Dallas Abbott, represented the Hudson Valley region in this state championship event.



Evan Wade at the Empire State Games

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