



Open Water Review

HOST: TYLER PETERSON

Review

- ▶ - About Your Host
- ▶ - What is Open Water Rowing
- ▶ - Know your skill level
- ▶ - Training
- ▶ - Equipment
- ▶ - From LWRC to the Race
- ▶ - Pre-Race
- ▶ - Warm-up
- ▶ - Racing
 - ▶ Safety
 - ▶ Strategy
- ▶ - Making it back to the boathouse

Sean Trew



Tyler Peterson LWRC member since 2000

- ▶ 1st Open water race in 1999
- ▶ US National team in the 2x (with Evan Jacobs) 2003
- ▶ Sound Rowers: President: 2011-2019
- ▶ Open Water Racing and rowing in Puget Sound for 20 years
- ▶ Multiple Sound Rowers record holder and NAOWRC winner (with Evan)
- ▶ Experienced sailor, kayaker, and paddle boarder.
- ▶ Owner of Bay Shells Rowing: Bay 21



What is Open Water Rowing?



What is Open Water Rowing?

- ▶ The Mountain biking of Rowing
- ▶ Different Equipment
- ▶ Obstacles in the water
- ▶ Currents
- ▶ Rocks
- ▶ Wind
- ▶ Waves
- ▶ No safety launch
- ▶ You need to be able to save your own ass



Know Your Skill Level- Know your “NO GO” indicators

- ▶ Do not race in conditions you have not been in before.
- ▶ Do your research on where you are rowing
 - ▶ Deception Pass in December is different but no less dangerous than the cut on a Saturday afternoon in July
- ▶ What is the weather forecast?
 - ▶ Wind direction
 - ▶ Air temperature
 - ▶ Water temperature



Know Your Skill Level- Know your “NO GO” indicators

- ▶ Can I get back in a capsized boat?
- ▶ Am I in the right shell for the conditions?
- ▶ Know the course as if you were doing it backwards.
 - ▶ The less distractions you have the safer (and faster) you will be.



Training

- ▶ Find comparable conditions
- ▶ Base it off of running training
- ▶ Navigation
- ▶ Endurance
- ▶ Rough water technique
- ▶ Hands
- ▶ Butt
- ▶ Clothing

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	3 mi	Cross Train	Rest	3 mi	Rest	3 mi	Recovery
WEEK 2	3 mi	Cross Train	Rest	3 mi	Rest	3.5 mi	Recovery
WEEK 3	3 mi	Cross Train	Rest	3 mi	Rest	4 mi	Recovery
WEEK 4	3.5 mi	Cross Train	Rest	3.5 mi	Rest	5 mi	Recovery
WEEK 5	3.5 mi	Cross Train	Rest	3.5 mi	Rest	6 mi	Recovery
WEEK 6	3 mi	Cross Train	Rest	3 mi	Rest	Rest	Recovery
WEEK 7	4 mi	Cross Train	Rest	4 mi	Rest	7 mi	Recovery
WEEK 8	4 mi	Cross Train	Rest	4 mi	Rest	8 mi	Recovery
WEEK 9	4.5 mi	Cross Train	Rest	4.5 mi	Rest	9 mi	Recovery
WEEK 10	4.5 mi	Cross Train	Rest	4.5 mi	Rest	10 mi	Recovery
WEEK 11	5 mi	Cross Train	Rest	5 mi	Rest	12 mi	Recovery
WEEK 12	3 mi	Cross Train	Rest	3 mi	Rest	6 mi	Recovery
WEEK 13	3mi	Cross Train	Rest	3mi	Rest	ZOOMA	Recovery

Equipment- More than just a Shell

- ▶ Have Plan A, B, C, D & E Ready
- ▶ The Proper boat for conditions- Self rescue shells only!
 - ▶ If you flip or swamp you need to be able to get back in and row by your self.
 - ▶ No open decked wherries
- ▶ Oars- Other than perhaps a lighter load, nothing special here
- ▶ PFD
 - ▶ Appropriate for the adventure
 - ▶ What is required by the race
- ▶ Clothing
- ▶ Gloves
- ▶ Seat pad



Equipment- More than just a Shell

- ▶ Sunblock
- ▶ Sun glasses
- ▶ Watch
- ▶ GPS/ Speed coach
- ▶ Leash
- ▶ Whistle
- ▶ VHF Radio
- ▶ Flares
- ▶ Phone
- ▶ Dry bag
- ▶ Mirror



From LWRC to the Race

- ▶ Get approval from the club
- ▶ Tag the boat as reserved
- ▶ Inspect the entire boat- Bow to stern
 - ▶ Plugs
 - ▶ All hardware
 - ▶ Working seat (remove for transport)
 - ▶ Is everything tight?
 - ▶ Any damage?
 - ▶ Is the fin secure?
 - ▶ Are all the oarlock spacers there?



From LWRC to the Race

- ▶ Bring your own tools
- ▶ De-Rig the boat if needed
- ▶ Attach an extension rack to your car if needed
- ▶ Bring extra hardware
- ▶ Bring slings
- ▶ Get gas prior to having the boat on your car



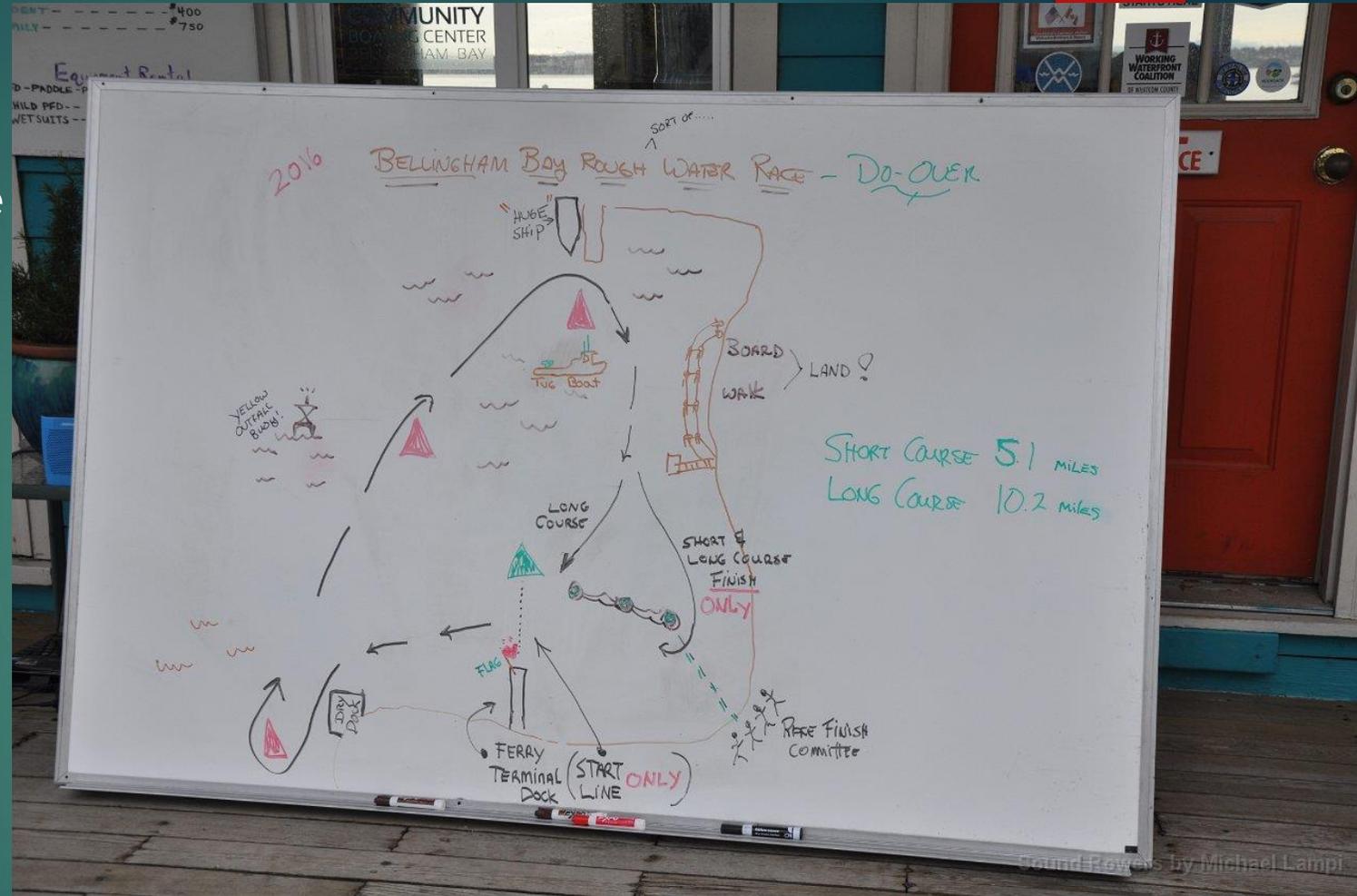
From LWRC to the Race

- ▶ Have proper padding for the boat to rack
- ▶ Make sure your straps are in good conditions
- ▶ Tie a Bow and Stern to your shell
 - ▶ Figure this out ahead of time so you are not improvising the day of the race
- ▶ Flagging on the stern
- ▶ Don't have the boat fly off the top of your car
- ▶ Drive ½ mile and check everything
- ▶ Park with your long overhang side not extending in a parking lot or road
- ▶ First timers cartopping should have an experienced member inspect their transportation system.



Pre-Race

- ▶ Park in a spot where you are not overhanging in the parking lot or traffic
- ▶ Go to, and pay attention at the meeting
- ▶ Rig your shell in a safe place
- ▶ Most are water launches
- ▶ Set your oars down by the beach
- ▶ Make adjustments on land (spacers etc.)



Ground-Reviews by Michael Lampl

Warm-Up

- ▶ Launch fast
 - ▶ Have you stuff all together
 - ▶ Open oarlocks or carry the boat down with the oarlocks in it
 - ▶ Hop in and move away to let other launch
 - ▶ Take a few strokes then tie in
- ▶ Warm up can be chaos
 - ▶ LOOK AROUND!
 - ▶ Understand the current and wind
- ▶ Be 100% ready 5 minutes prior to the start
- ▶ Line up appropriately



Racing

- ▶ The Start
 - ▶ Give yourself space
 - ▶ There is always a mix of boats
 - ▶ There is always a wide range of speed
 - ▶ Be ready to go when the horn blows
 - ▶ Pick your point
 - ▶ Don't trust that the people around you know where they are going



Sound Rowers by Michael Lampi

Racing

- ▶ Work with the conditions
- ▶ Buoy Turns
- ▶ Kelp Beds
- ▶ Boat traffic (not from the race)
- ▶ Logs
- ▶ Rocks
- ▶ Currents
- ▶ Out and back courses
- ▶ Helping others if needed
- ▶ Right of ways



Racing- Strategy

- ▶ Pacing- You may go faster than you think
- ▶ Currents
- ▶ Drinking
- ▶ Turns- Easy money
- ▶ Find someone to race
- ▶ Maximize good conditions
- ▶ Always evaluate conditions
- ▶ Know when to turn around
- ▶ Have fun and race again



Making it back to the boathouse

- ▶ Load boats
- ▶ Wash all the equipment
- ▶ Inspect all equipment
- ▶ Salt water is abusive to shells
- ▶ Rack boats
- ▶ Return oars, Slings, Tools, Racks



- ▶ List of approved OW Boats
- ▶ List of approved OW Members
- ▶ Mentors to help
- ▶ Boat reservation system
- ▶ Row a 2x
- ▶ Watch a race (volunteer)
- ▶ Ask your mentor if open water is right for you.
- ▶ Open water Rowing may cause:
 - ▶ Cramping
 - ▶ Fatigue
 - ▶ Vomiting
 - ▶ Chills
 - ▶ Increased appetite
 - ▶ Happiness

Sean Trew

