



STONEWALL REGATTA

June 7, 2015
Washington, D.C.

www.DCstrokes.org

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Owner Rachel Freedman is also a rowing coach! **Let's talk shop.**

WELCOME FROM THE REGATTA DIRECTOR

On behalf of the Regatta Organizing Committee I am thrilled to welcome you to our **biggest. regatta. ever.** aka - Stonewall XXIII! We are as equally pleased to see our returning clubs and competitors as we are to greet all of you experiencing Stonewall for the first time. We have a full day of racing ahead that we are certain promises a lot of exciting competition for rowers and spectators alike, and we hope everyone enjoys the day.



Fortuitously, our 500+ strong competitive field will have new opportunities this year to stay occupied while not racing or watching racing: for the first time we are partnering with vendors - some familiar and some new. Please take a moment to visit with JL Racing, RowSource, and JustRow, among others, who will be set up in the parking bay just outside the boathouse parking lot gates. Returning food truck Amorini Panini is being joined by Far East Taco Grill to provide you with tasty options for lunch. Finally, this year we are working with Northwest Designs to be able to offer custom-made souvenir apparel featuring the Stonewall XXII commemorative art designed by DC Strokes' own Rachel Freedman, Owner of SportCreative.

I would like to offer my personal thanks to the members of my ROC; the regatta volunteers (especially all my DC Strokes learn-to-rowers!); Chief Referee Doug Jones and his team from USRowing; long-time Stonewall sponsor and supporter Doug Schantz of Nellie's Sports Bar, and all of our other regatta and race sponsors. This day could not happen without you and I am truly grateful for your help and support.

Last but not least, I would like to invite everyone to our post-regatta bash, this year taking place at the Penthouse Pool and Lounge of VIDA at The Yards from 7-10pm. All competitors and volunteers will receive a complimentary admission bracelet; additional bracelets for guests are available for \$5 at the DC Strokes market table.

Now, sit ready...ready all...row!

Elisabeth Fondriest
Director
Stonewall Regatta XXII



FROM THE START

Stonewall XXII director recalls regatta history

Did you know that Stonewall Regatta first occurred as part of the 1994 Gay Games? And that DC Strokes Rowing Club never intended to be the permanent host for the event?

Stonewall XXII's director Elisabeth Fondriest was one of the organizers who helped create the event in New York, after DC Strokes realized that Gay Games organizers dropped rowing from the schedule. "Looking back, I'm not sure how we did it," she said. Organizing a regatta from 200 miles away – an event that had never occurred before – was daunting, but rewarding.

The intent was to rotate the regatta each year, with a different club hosting. But after the regatta returned to D.C. in 1995, no other club took up the charge, so DC Strokes became the permanent host.

The regatta now kicks off the circuit of masters sprint race competitions in the mid-Atlantic region and draws hundreds of serious rowers of all stripes from throughout the country...and sometimes internationally.

"It's still the only regatta of its kind," Fondriest says. "I like to do my part to ensure its success." This year will be the fifth time that Fondriest has been regatta director. It is the only regatta organized by an LGBT rowing team.

Fondriest has been a strong leader and advocate for LGBT rowers on the local, national and international level. She has served two terms as DC Strokes president, has introduced hundreds of beginners as head coach of the popular Learn to Row program, and helped create the Gay and Lesbian Rowing Federation. She was awarded the Trailblazer Award in 2012 by Team DC in recognition of her efforts.

Fondriest, a member of DC Strokes' competitive program, is especially proud of the Club and regatta's diversity: "I appreciate that DC Strokes has always been a mixed club, welcoming LGBT as well as straight rowers."

WELCOME FROM DC STROKES' PRESIDENT



On behalf of DC Strokes Rowing Club, I would like to welcome you all to the 22nd Annual Stonewall Regatta. As we kick off another season of racing in D.C., we look forward to hosting a full day of fun competition among old friends, new faces, and those we may not have seen in some time. We are glad you have joined us.

DC Strokes Rowing Club (DC Strokes) was founded in 1991, and has developed and maintains a mission to promote the sport of rowing to the Lesbian, Gay, Bisexual, and Transgender (LGBT) Community and our allies, and to provide an inclusive environment, foster personal growth, and promote a spirit of sportsmanship in a competitive and supportive environment. DC Strokes is a proud member of the Anacostia Community Boathouse where we continue to promote the sport of rowing and offer year round programs for athletes of all backgrounds and skill levels.

Building upon our successful outreach to the LGBT community, we are also proud to support our partners - Athletes Without Limits, and Serve Your City - in their efforts to similarly promote rowing to other previously underserved communities. The first, Athletes Without Limits, is an organization devoted to athletes with intellectual disabilities. The second, Serve Your City, works with at-risk youth in D.C., providing them with an opportunity to learn about the Anacostia River, and experience rowing and some of the other benefits provided by what was long D.C.'s forgotten river. We look forward to the growth and continued success of these partnerships.

DC Strokes is extremely excited about this year's regatta, with approximately 250 entries representing 25 clubs from across the United States. We are thankful to the rowing community for all your support now and over the years. I'd also like to extend a special thanks to the Stonewall Regatta Organizing Committee, our sponsors, and the many volunteers who have given their time and effort to help us host another fun and exciting Stonewall Regatta.

Let the races begin!

Ken Kriese
President
DC Strokes Rowing Club

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Charles Allen
Councilmember - Ward 6

Committee Member
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June 7, 2015

Dear DC Strokes Rowing Club and Participants of Stonewall Regatta,

It is my pleasure to welcome you to the 22nd Annual Stonewall Regatta, hosted by DC Strokes Rowing Club. I want to thank DC Strokes Rowing Club for its dedication to promoting the appreciation of recreational water activities at the Anacostia River. This event helps celebrate the diversity and hospitality of this great city and our commitment to make the river a part of our daily lives and a contributing asset to our neighborhoods. I am especially pleased this event is showcased at the Southeast Waterfront in Ward 6.

As you partake in this experience, I hope that you will enjoy the District of Columbia and all that we have to offer. Thank you for making the Ward 6 community a great place to visit and enjoy the water.

Sincerely,

A handwritten signature in blue ink, appearing to read "Charles Allen".

Councilmember Charles Allen,
Ward 6
Council of the District of Columbia



HISTORY OF DC STROKES ROWING CLUB

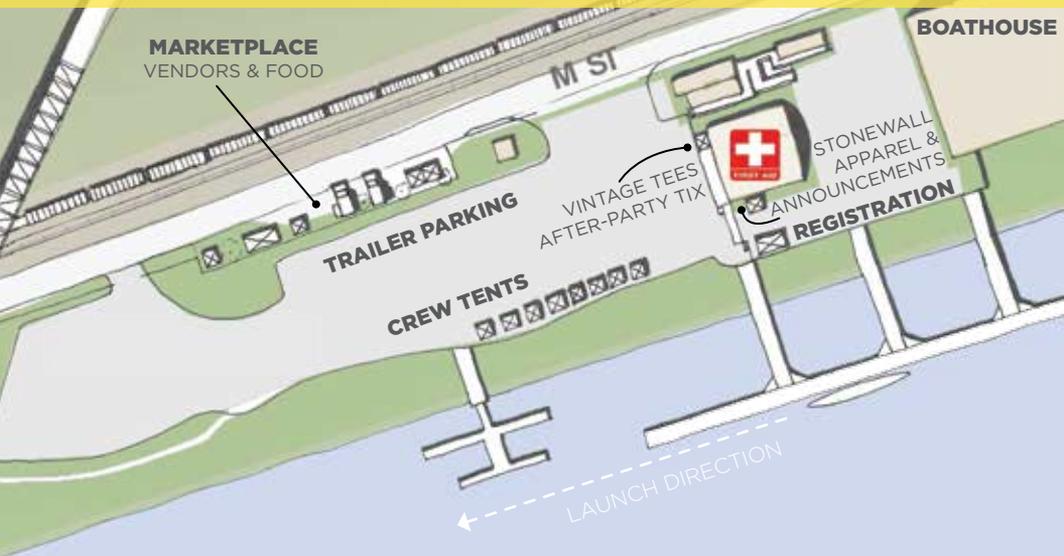
It would have been hard to imagine, back in 1991, what DC Strokes Rowing Club would look like more than 20 years later. The club began with eight gay runners looking for a cross-training activity, some old rented equipment, and a lot of enthusiasm. It took only two or three years for the team to grow into a cohesive organization that was competing regularly, and ready to purchase racing shells and oars.



As part of its mission, DC Strokes has begun working to introduce the sport of rowing to individuals and groups who would not ordinarily have the opportunity. Two of our notable partnerships are with Athletes Without Limits (AWL), which helps people with intellectual disabilities integrate and accelerate in sports; and Serve Your City, which focuses on at-risk DC students. We are proud to offer Hill East Crew, which offers local youth the opportunity to learn to row, in partnership with Serve Your City and AWL.

Today, DC Strokes is established as the largest predominantly gay and lesbian rowing club in the United States, fostering sportsmanship and teamwork.

STONEWALL SITEMAP



HISTORY OF STONEWALL REGATTA

DC Strokes Rowing Club proudly presents Stonewall Regatta, an annual celebration of gay and lesbian participation in rowing. The idea for the event began in 1993 during preparations for Gay Games IV in New York City. Less than a year before the Games, organizers dropped the planned rowing competition. DC Strokes quickly organized a regatta at the Orchard Beach race course in Pelham Bay State Park, the site of the 1964 Olympic Rowing Trials. In honor of the 25th anniversary of the Stonewall Riots (Greenwich Village, 1969), considered by many the start of the gay civil rights movement, the name “Stonewall Regatta” was adopted. The event was successful enough that DC Strokes decided to bring it back to its permanent home in Washington, D.C.

The inclusion of rowing at international gay and lesbian sporting events has been intermittent since the first Stonewall Regatta, and, as a result, we are pleased we have been able to offer an annual opportunity to other gay and lesbian rowing clubs. While the Stonewall Regatta has a solid place in the mid-Atlantic region’s regatta circuit for masters rowers, each year we also welcome gay and lesbian scullers and crews from cities such as Boston, Chicago, and San Francisco. DC Strokes also relishes the opportunity to take advantage of such competition when it is offered elsewhere – DC Strokes has successfully competed at each of the three Outgames in Montreal (2006), Copenhagen (2009), and Antwerp (2013), as well as last year’s Gay Games in Cleveland, OH.

THE STONEWALL REGATTA MEDAL

Designed by a Stonewall Regatta founding organizer, Phil Riggan, the logo is more than just an emblem. The logo conveys not only the diversity, but also the unity Stonewall Regatta represents. The oar, triumphantly lifted skyward, was inspired by the Statue of Liberty. Much like Lady Liberty herself, the oar serves as a beacon, hailing all to come as equals to share in the spirit of competition and community.



Awards are given for first place finishers only. However, heats are treated as individual races. The team accumulating the most first-place finishes throughout the day will be designated the winner of the Stonewall Challenge Trophy. You may pick up your medals & wine* once all times have been certified and posted. (*21 and older)

STONEWALL REGATTA PARTICIPATING CREWS

BLADE	ORGANIZATION	LOCATION
	Alexandria Community Rowing	Alexandria, VA
	Annapolis Rowing Club, Inc.	Edgewater, MD
	Athletes Without Limits	Washington, DC
	Avalon Rowing Club	Various
	Baltimore Rowing Club	Baltimore, MD
	Cape Fear River Rowing Club	Wilmington, NC
	Capital Rowing Club	Washington, DC
	Catholic University	Washington, DC
	Chicago Rowing Union	Chicago, IL
	DC Strokes Rowing Club	Washington, DC
	Greater Columbus Rowing Assoc.	Columbus, OH
	Hampton Roads Rowing Club	Hampton Roads, VA
	Medstar NRH Paralympic Sport Club	Washington DC
	Occoquan Boat Club	Burke, VA
	Passaic River Rowing Association	Kearny, NJ
	Potomac Boat Club	Washington, DC
	Raleigh Rowing Center	Raleigh, NC
	Rock Creek Rowing	Washington, DC
	Thompson Boat Club	Washington, DC
	Three River Rowing Association	Pittsburgh, PA
	Vesper Boat Club	Philadelphia, PA
	Virginia Boat Club	Richmond, VA
	Washington Rowing School	Bladensburg, MD

ROWING: A SPECTATOR'S GUIDE

EQUIPMENT Most racing shells and oars today are made of fiberglass and various composite lightweight materials, having replaced the elegant, but heavy, wooden boats and oars of times past.

BOAT CATEGORIES The Stonewall Regatta features men's and women's competition in several different types of boats:

Sculling, in which each rower has two oars, feature singles (one rower), doubles (two rowers), and quads (four rowers).

Sweep rowing, in which each rower has one oar, features four- and eight-person crews. Unlike sculling boats, most sweep boats also carry a coxswain ("cox"), typically a smaller person who will sit either in the bow (the front) or the stern (the back) of the boat depending on the boat design. Sweep competition can also feature a pair, with or without a cox, and a "straight four," a sweep boat with no coxswain.

COMPETITOR CATEGORIES Within each boat category, there are four types:

Masters: Races that are divided into age categories - AA (21-26), A (27-35), B (36-42), C (43-49), D (50-54), E (55-59) - and so on. The age category of the boat is determined by averaging the ages of all the rowers in the crew, excluding the coxswain. Generally, crews in the same age category race against one another. However, if boats of more than one age class compete together, their times will be adjusted based on a handicap associated with the age. In such races, the first boat across the line may not take the gold if an older crew is close behind it!

Mixed: Races that feature both men and women in the crew.

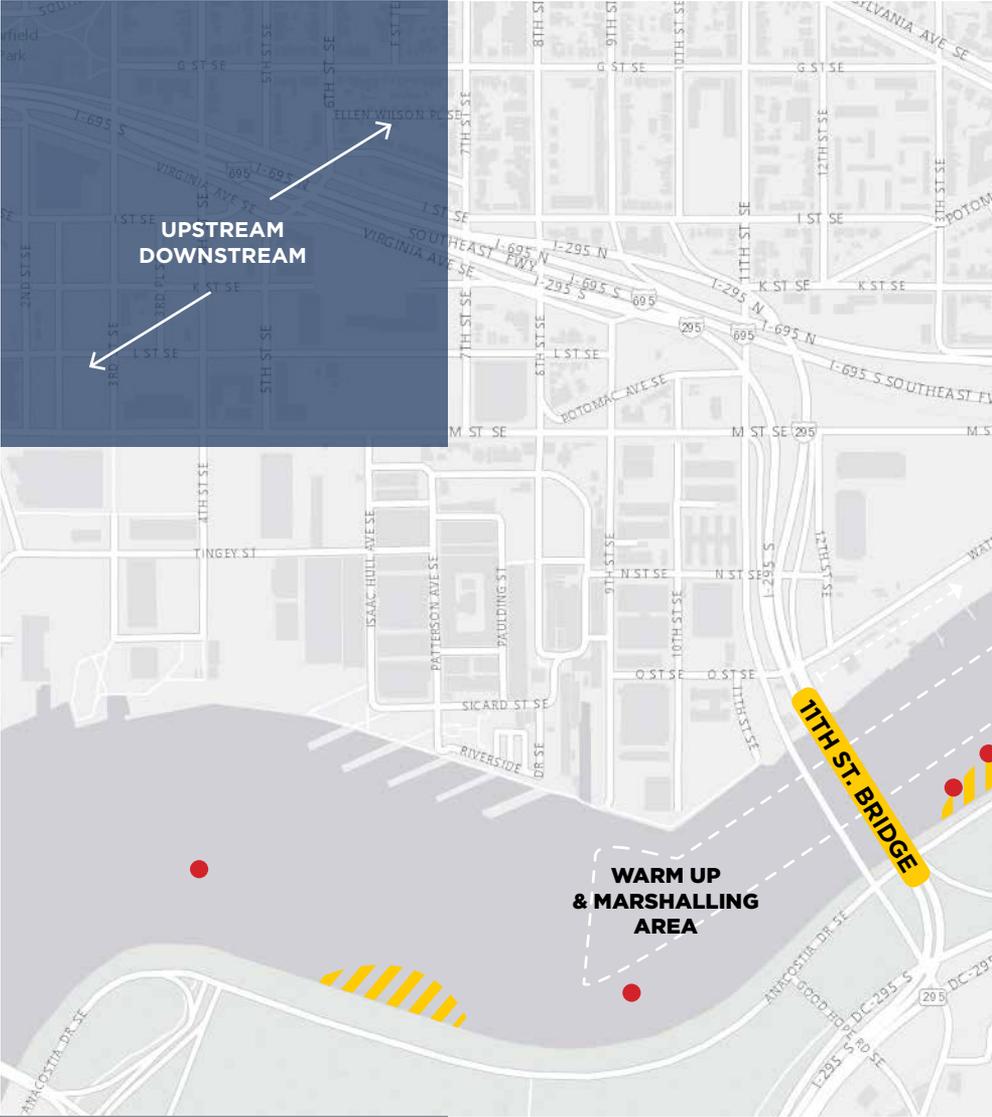
Novice: Races that are open to rowers who have been competing for less than one year.

Open: Races that are open to rowers of any age and skill level.

ADAPTIVE ROWING Adaptive races feature rowers in three classifications based on physical ability: **LTA** (Legs, trunk, and arms or full slide), **TA** (Trunk and arms), and **A** (Arms only).

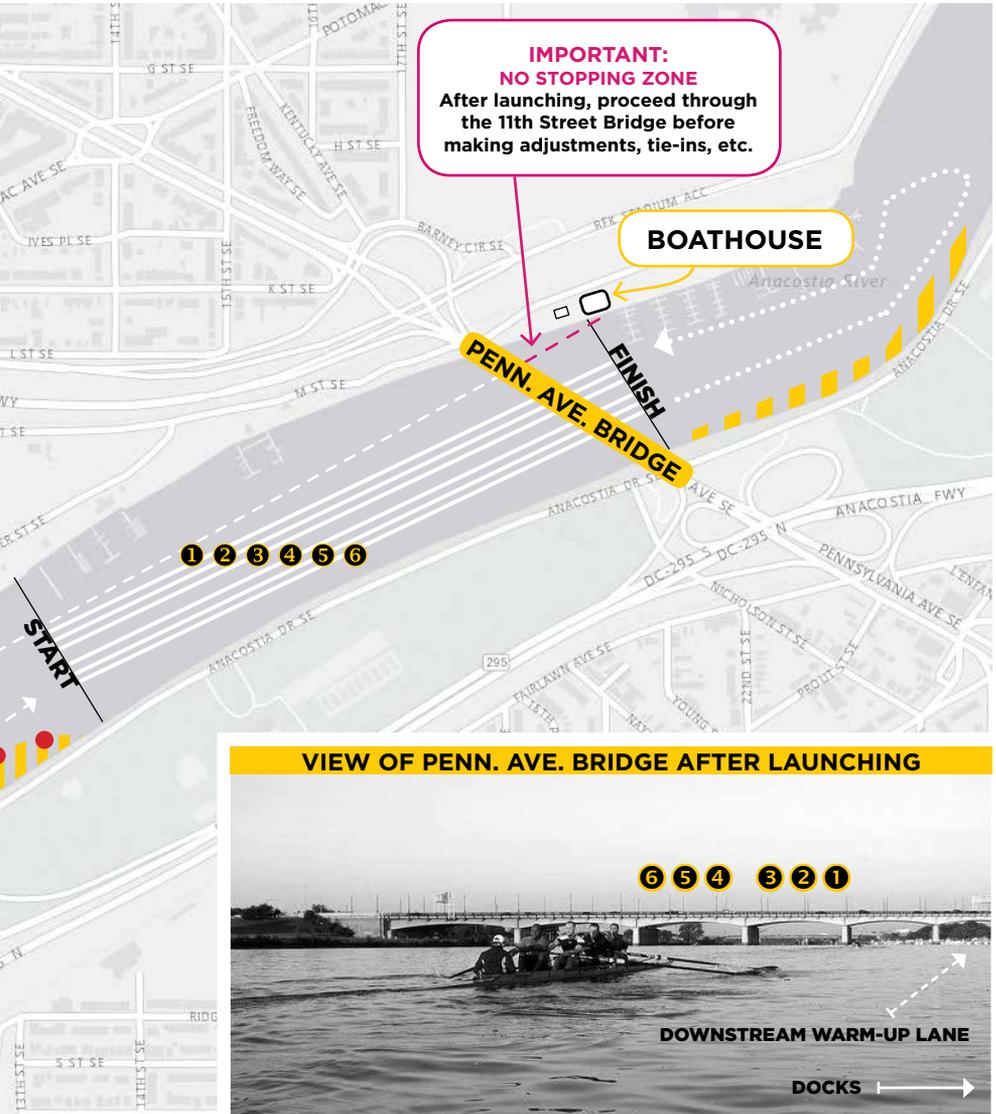
Adaptive rowing shells differ from standard shells by the addition of stabilizing pontoons. For TA and A events, rowers are in a fixed seat to help athletes maximize upper body strength. LTA and TA rowers compete on a 1,000m course. A rowers compete on a 500m course.

STONEWALL REGATTA



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-  Return to Dock

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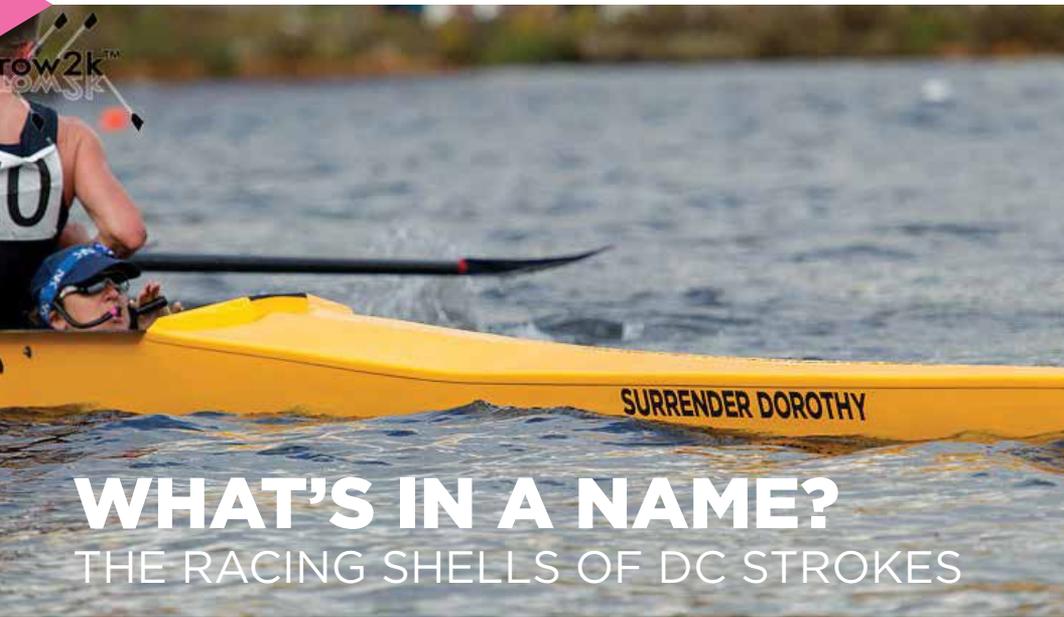
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PROGRAM PRINTING





WHAT'S IN A NAME?

THE RACING SHELLS OF DC STROKES

Rowing shells are the life of a crew, and reflect the heart of the crew in each shell's name. For DC Strokes Rowing Club, that practice has ensured LGBT icons, champions, historic events, and allies are honored. This is certainly the case with Big Mo, our newest four, being christened at Stonewall Regatta XXII. Her name refers to large scale momentum, a concept which has its origin in sports, and more recently has been applied to momentum resulting in sweeping social change, such as in the gay rights movement. This past decade has seen great strides for the LGBT population, with the partial defeat of the Defense of Marriage Act DOMA, the overturn of Prop 8, as well as the increasing percentage of the population who support marriage equality and the LGBT movement. Momentum is what keeps the Gay Rights Movement successful and thriving.

Stonewall, an eight in our fleet, is named for the historic Stonewall Riots which lasted for two days in New York City in June of 1969. The riots were the first time gay men and lesbians fought back against the police raids and brutality prevalent in the day, and are largely credited with sparking the modern day Gay Rights Movement.

Several eights in our fleet are named for LGBT icons, historic figures of the gay community who ensured great strides were accomplished during their lifetime. These men and women fought for equality and justice. The Oscar commemorates Oscar Wilde, the famous poet who had a male lover. The Edie & Thea is named for Edie Windsor and Thea Spyer who fought and won their case against DOMA before the US Supreme Court.

Gay icons such as Tina Turner and Judy Garland are commemorated on two of DCSRC's fours: the Proud Mary and Surrender Dorothy respectively. These

two women were advocates for the gay rights movement and have a strong gay male following.

The Pride is an eight which is named to commemorate Gay Pride and the Gay Pride Movement. Pride in a variety of cities around the world creates a safe space for LGBT people to be themselves. This celebration is important for the community, as well as the straight community to learn about the LGBT movement and culture.

Diversity is important to DC Strokes, it's what the team believes makes it unique among rowing crews. DC Strokes is an LGBT crew with straight allies. Everyone is welcome to row with DC Strokes. You do not have to be gay. Naming our 2x the Diversité is representative of this inclusion.

DC Strokes has acquire boats from other programs which have already been named. It's considered bad luck to rename boats, an omen teams do not want to cloud their competitive edge. DCSRC has two such shells: the Liquid Therapy, an increasingly rare stern-coxed four, and the Phoenix, an eight.

DC Strokes Rowing Club takes pride in the boats put on the water, the ones crews row in competition with their sights set on winning. With each name, we honor the boat builders, whose legacy of craftsmanship has been passed down from generation to generation, while reflecting the spirit, sacrifices, advocates, and advances of the LGBT community!

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Competitive

For experienced rowers who want to compete, and can commit to a rigorous 5-day-a-week training program.

DC Strokes is the nation's premiere gay and lesbian rowing club. We are proud of our tradition and welcome all rowers – gay and straight – to join our team.

Contact us at membership@dcstrokes.org, or visit www.dcstrokes.org

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Justin, HS Rowing Champion, with teammate Jacobi and coaches Dan Voigtsberger and Patrick Johnson.

 **ATHLETESWITHOUTLIMITS**



JUSTIN'S STORY

ATHLETES WITHOUT LIMITS & DC STROKES MAKING A DIFFERENCE

Justin came to an Athletes Without Limits Learn to Row day with his Arlington County Schools special education class in 2012. He was very excited and enthusiastic about rowing. He asked a million questions about the boats, the ergs, equipment and technique. First and foremost was “when do I get to row my own boat on the water?!” The Athletes Without Limits (AWL) rowing program, a program of DC Strokes, made it possible for Justin to pursue that dream and much more.

This spring Justin, who earned a spot on his Wakefield HS rowing team by beating out other students, represented his school and AWL at the Statesbury Regatta – one of the premier high school regattas in the country. Rowing in Kelin’s Crew, a boat donated by Doug and Courtney Baldrige in honor of their daughter who volunteered with the program, Justin and his teammate Jacobi, won the adaptive race.

The Athletes Without Limits rowing program runs year round and is open to any D.C. area person with an intellectual disability. The program has beginner (erg only), novice, and competitive teams. The novice and competitive teams are coached in sweep and sculling by volunteers from DC Strokes under the direction of head coach Patrick Johnson. Team members compete in adaptive and open regattas and head races.

Justin’s story is one of many great examples of how Athletes Without Limits and DC Strokes are making a difference in the lives of young people with intellectual disability by providing them with the opportunity to go after their dreams by integrating into a welcoming and supportive team environment.

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STONEWALL

AFTER PARTY

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