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The Fastest Crew in Cleveland

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Ron Dorchak, CSU Rowing head coach, said about the Hammer Ergatta two Sundays ago, "I am extremely proud of our young team and their first ever victory at this event. These results were a testament to their hard work this winter and should translate to positive results in the spring season." The Hammer Ergatta is a 2000 meter race on ergometers (rowing machines) which is held either at John Carroll University or Case Western Reserve University every February.

Although the 2000 meter races are individual for each rower because the ergometers are all separate, the CSU Rowing team won the Hammer Cup for the fastest team average. In past years, the trophy has been passed back and forth between John Carroll and Case, but this year CSU brought it home. Although some individual rowers brought home medals in their races, Coach Dorchak says that winning the Hammer Cup shows how strong the team is as a whole.

This winter the team has been practicing five days a week on the ergometers, doing stair workouts at CSU, or playing another sport for fun on Saturdays. In addition, all members of the team have lifting schedules to do on their own throughout the week. Until Spring Break this winter practice schedule will continue. Then, the team will head to Tennessee for a week of intensive training with practices on the water for the first time this spring. The intensive training will include three practices each day in Tennessee.

Upon return from Tennessee, practices will move to the Cuyahoga River, here in Cleveland, six days a week. The team will continue lifting on their own as well as perfecting their technique on the water each morning.

The first on water race of the season will be the Home Schools Regatta in Cleveland against Case Western Reserve University and John Carroll University. This race will determine whether Cleveland State University can maintain the status of the fastest team in Cleveland. The race will take place the morning of Saturday, April 4th, and the team welcomes all supporters to come to our boathouse 1948 Carter Rd. in the Flats to observe the race.

Also, Coach Dorchak would like to invite any interested students to join the team before Spring Break. You can check out the team website at:

[http:// www.csurowing.org](http://www.csurowing.org)

www.csurowing.org

or e-mail:

[rowing@ csuohio.edu](mailto:rowing@csuohio.edu) for more information.

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