



2015 MBRC Turkey Row Winners

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**Upcoming Events**

**Pararowing Open House  
for  
Jackson Memorial's  
Spinal Cord Injury  
Patients**

Thursday Dec 17  
10am to 3pm

**Youth Winter Land  
Training**

Dec 7 to Jan 4

**[MB Erg Sprints](#)**

Saturday Jan 9 at 9am  
Second Floor

**[Tropical 5K Run](#)**

Saturday Jan 23 at 6am  
Nikki Beach  
1 Ocean Drive, MB.

**MBRC Erg-A-Thon**

Saturday Jan 24 at 8am  
Second Floor

**Photo Gallery**

**[Head of the Charles](#)**

Oct 1-18, 2015  
Cambridge, MA

**[Head of the Hooch](#)**

Nov 7-8, 2015  
Chattanooga, TN

**French Olympians at MBRC**

The French men's pair of Dorian Mortelette and Germain Chardin, silver medalists from the London Olympics, are training at MBRC through Dec 17. They're on the water twice a day with coach Sebastien Bel taking advantage of our warm South Florida weather to train for Rio in 2016.

**Paraguayan Elite Rower**

Alejandra Alonso Alderete was motivated to step up her training regime after landing in the C finals at the U23 World Championships in Plovdiv earlier this year. Naturally she chose MBRC to help her improve technique and speed. Training in a single takes a special kind of dedication and at just 19 years old in a foreign country, her focus is impressive. Her month of training under the expert guidance of her local coach, Eduardo and MBRC's head coach Vladimir ended December 9 and was so successful that she's made plans to return in January for 6 months.



## [Turkey Row](#)

November 21, 2015  
Miami Beach, FL

## Video Gallery

### [Head of the Hooch](#)

November 7-8, 2015  
by Ivan & Marie Alvarez

### [Turkey Row](#)

November 21, 2015  
by Ivan & Marie Alvarez

## MBRC Team Store!



For the first time ever we have an online store open year round so you can shop at your convenience.

Please support our club, a percentage of all sales will go towards MBRC's fundraising account.

[CLICK HERE TO SHOP](#)

Support MBRC  
with



When you shop at Amazon Smile and support **Miami Beach Watersports Center**, Amazon will donate 0.5% of your purchase back to MBRC at no cost to you.

Please click [here](#) to join and learn more the program!

Follow us on [twitter](#)

Like us on [Facebook](#)

## Pararowing News & Accomplishments

Miami Beach Magazine featured the club's Adaptive program with an impressive 4-page article in the Fall edition. The article, *Rockin' n Rowing*, has great photos and talks about the program and the experiences of the adaptive members Luis Amaro and Helman Roman. Amaro and Helman are currently training for the National Team Selection Camp hosted in Sarasota from February 29th to March 5th, 2016. The full article is available [HERE](#).

In other related news, we are pleased to announce that MBRC's Adaptive Program is one of the six grant recipients of the Rowing for Rehabilitation, Recreation & Competition Grant, thanks to a Quality of Life grant from the Craig H. Neilsen Foundation administered through USRowing.

Through the grant, USRowing and the participating clubs will seek to expand the number of individuals with spinal cord injury (SCI) who row for exercise, recreation and competition.

The goal of the program is to directly impact a minimum of 50 new individuals with SCI, while further strengthening the capacity of the funded groups to serve more individuals with SCI in the future. The grant can be used for equipment, coaching and transportation.

"The Craig H. Neilsen Foundation grant allows USRowing to amplify the great work being done at the local clubs to promote an inclusive and expanding base of rowing athletes from all segments of the community," said USRowing Chief Executive Officer Glenn Merry. "Creating more accessibility to rowing is a key strategic initiative for USRowing."

MBRC's Adaptive Program will be hosting an open house for Jackson Memorial Spinal Cord Injury patients on December 17th from 10am to 3pm.



Lynn Seideman and Luis Amaro at the Head of the Indian Creek Regatta

## Parents Happy Hour Success!

MBRC's 3rd Annual Parents Happy Hour was Saturday, October 3rd at the Normandy Shores Golf Club. Organized by our hard working fundraising chairs, Penny Parham and Sophie Delaplaine, the event was a great success. Many parents and kids brought their team spirit, showing up in MBRC gear. Maybe they were getting ready for our Indian Creek Regatta the following week but whatever the reason, it was a fun and social evening to remember. The golf clubhouse is a lovely venue. The staff were gracious and the food delicious. The event included a 50/50 raffle won by Claudio and Ana Nunes who kindly donated their winnings to the club. Throughout the evening, parents opened their checkbooks and gave generously for our equipment wish list. The event raised over \$7,200 for juniors' equipment - a very happy hour indeed! Sincere thanks to everyone who joined us for the fundraiser. We appreciate our wonderful families at MBRC.



We would like to thank all of the members, family and friends of MBRC who participated in this year's Give Miami Day. With your support, MBRC's Adaptive Program and Scholarship Fund, received 49 gifts with a total raised amount of \$6,453.42.

## Chairman's Corner

I wish to bring everyone up to date on three very important issues involving our Center and Club:

The first is our expansion to the upstairs space for erg training. The second is our funding for our adaptive and other rowing programs, and the third involves our governance.

1. With our continued growth, the Club will take over the upstairs space during the weekdays. We will move the ergs to the second floor and fundraise to purchase additional ergs. We will attempt to maintain the weekends for events as long as they are profitable.
2. I'm very happy to report the fundraising accomplishments for our Adaptive Rowing Program. There have been many individual donors who have graciously contributed. We were awarded a grant from the Nielsen Foundation. The City's significant financial support for this program will provide a strong base for continued growth - possibly the best in the country. Give Miami Day with its 49 donors to our combined programs was very gratifying. I'm especially proud that each staff person donated on that day.
3. We have just revised and restated the Bylaws and Articles of Incorporation. The attorneys, recommended by Dan Gelber, were very familiar with 501c3s and spent many hours doing this work pro bono. We owe thanks to the law firm of Alvarez, Arrieta, and Diaz-Silveira. These documents provide for the creation of a Board of Directors for the Miami Beach Rowing Club. The initial Board will have seven members: Dan Gelber, Sophie Delaplaine, Roberto Martinez, Gregg Fields, Anthony Touzard, Chris Brunk, and me. The first meeting will be called

shortly. I'm looking forward to consensus decisions by persons who have the best interest of the entire Club as their prime priority.

My sincere thanks to everyone who contributes time, talent and financial support to the Club. We appreciate all you do. Happy Holidays!



Dr. Ronald W. Shane

## Master's Corner

MBRC masters came out in force for the Turkey row- 2 eights with a mix of newer /novice/first time sweep rowers and experienced master raced, - a great and fun spectacle. Then a number of masters stayed to row with the juniors. It was good to see so many attending and enjoying the festivities.

This season we have focused on putting together crew boats and integrating new rowers with more experienced masters. Each weekend we have had eights, fours and quads, even when the weather hasn't been the best.

Anyone who hasn't come yet, sign up for crews by emailing Pauline Buck, who's doing a tremendous job in organizing and 'press-ganging' rowers. Our thanks to Pauline!! Those who have , please continue to encourage others to come along. This is an important effort as it also creates a sound pathway for graduates of our learn to row classes to be integrated into an active fun group.

The "Elite" masters group continue to train hard, although recently high winds have prevented much water time.

We are looking forward to the spring races, and planning training, and developing individuals and crews to race them. Our aim is to enable masters who want to race to prepare for and enjoy the spring season. There will be a meeting in early January to start to set up schedules and prepare.

For our masters who prefer recreational rowing, we aim to try to make rowing more fun. Perhaps a few fun events, social occasions etc.



As always our coaching team is here to pass on our joy in rowing.

Coach Jim

## Parent's Corner

### [Tropical 5k Run](#)

Every year the public schools in Miami Beach get together and run the Tropical 5K to advocate for more funding to be

allocated to public education. Fifty percent (50%) of the registration fees come back to our schools.

The race will be held on Saturday 23, 2016. Race fees are \$45 if registration is made before January 14, 2016 and our school will get \$22.50 per runner. They must enter the school code 15T5KMBSH at check out.

Race starts at the Children's Museum and we will have buses at MBSH to take us to the start line. Finish line is at Nickki Beach, and the buses will be there and take us back to Beach High. Breakfast and Awards Ceremony will take place at Nikki Beach.

Thanks very much for your cooperation.

Go MBRC and Hide Tide!

Stella Gelsomino



## Fall Races Results

### Head of the Indian Creek

**October 11, 2015. Miami Beach, FL**

We kicked off racing season in the fall with our own Head of the Indian Creek Regatta. We're very proud that our club can host a such a large race and the feedback from the teams was very positive. The regatta was successful thanks to the hard work of our members, families and staff. MBRC won overall team points! GO MBRC!!

#### *Gold Medal Winners:*

1x adaptive Luis Amaro  
1x maters men Ely Brand  
1x junior men Alex Martinez  
1x masters women Lisa Ljung  
1x junior women Amanda Delaplaine  
2x Junior women M. Tonini, S. Gelber  
4x junior men H. Shahahan, I. Pedromo, R. Merenfeld, C. Israel  
4+ masters men A. Rojas, C. Middleton, A. Mens, J. Montero  
8 lwt junior women H. Gelber, L. Karmody, T. Ferrari, D. Penson, A. Nunez, M. Penson, O. Zaiac, A. Cooper, A. Alvarez  
2x mixed master B. West, B. Wright  
4x junior JV men G. Dominguez, L. Druckman, A. Buck, J. Valle  
4x Novice/fresh Women G. Amato, L. Johnston, M. Thau, S. Soria  
1x rec master/junior Bruno Rojas  
2x Junior men Charlie Israel, Alex Martinez  
4x novice/fresh G. Mikesell, M. Balan, A. Florin, S. Mokha  
2x men master Ely Brand, Clemente Sanchez  
2x women masters Lisa Ljung, Cindy Lubarsky  
4x women junior O. Larder, S. Marie-Rose, I. Larder, A. Delaplaine  
1x middle school boys 500m dash Gabriel Vizcarrondo  
1x middle school girls 500m dash Malia Longo

### Head of the Charles

**October 17-18, 2015. Cambridge, MA**

2x junior men Alex Martinez and Charlie Israel came 12th place out of 51 boats

2x junior girls Margherita Tonini and Sophie Gelber came 21st place out of 36 boats

1x Men's Grand Master (50+): F. Viacava came 16th place and K. Cereceda 45th place out of 58 boats

1x Men's Veterans I and II 60+: Ely Brand came 21st place out of 50 boats

2x Directors Challenge Mixed Double Gregg Fields came 37th place out of 38 boats

### **Head of the Hooch**

**November 7-8, 2015. Chattanooga, TN**

2x junior men gold medal Alex Martinez, Jules Kramer

1x junior men silver medal Ruben Merenfeld

8 lwt junior men bronze medal Mikael Choukroun, Hanter Shanahan, Alex Martinez, Jules Kramer, Jesse Kahn, Daniel Holtzclaw, Guido Domingez, Charlie Israel, Jake Squire

2x Junior girls bronze medal Margherita Tonini, Sophie Gelber

1x Men's Masters ages 43-54: Francisco Viacava came 3rd place and Clemente Sanchez 8th place out of 16 boats

1x Men's Masters ages 55-64: Ely Brand came 4th place out of 18 boats.

[Video of Head of the Hooch](#) by Ivan and Marie Alvarez.