



McLean Crew

Weekly News

May 4, 2009

Dates to Note:

May 9 (Saturday) : Virginia Scholastic Rowing Championship (Occoquan)

May 12 (Tuesday): General Membership Meeting, MHS Cafeteria, 7:30 pm

May 14 ~ 16 (Thursday ~ Saturday): Stotesbury Cup Regatta (Philadelphia, designated boats only)

May 21 ~ 23 (Thursday ~ Saturday): Scholastic Rowing Association Championships (Mercer, NJ; qualifying boats only)

Membership Fees

The third installment of membership fees is now due. If you haven't already paid your fees, please pay by PayPal (from the McLean Crew website), by sending a check to McLean Crew Club, P.O. Box 7104, McLean, VA 22106-7104, or paying in person at the membership meeting. If you have any questions, please contact Regina O'Hare at regina_ohare@yahoo.com.

Ted Phoenix Regatta Results

Both Men's and Women's Freshman boats showed outstanding performance in spite of the not-so-nice weather. The boys came in fourth in the final, and the girls, while unable to make the final, came in second in the petit final.

Ted Phoenix Regatta Results – May 2

Event	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Freshman Men's Eight Heat One	Hylton	McLean	St. Alban	Woodson	Woodbridge	O'Connel
3 to final	(6) 6:49.6	(3) 5:32.9	(1) 5:26.1	(2) 5:32.5	(4) 5:39.6	(5) 6:10.5
Freshman Women's Eight Heat One	Visitation	McLean	TC Williams	NCS	Robinson	Episcopal
3 to final	(3) 6:06.2	(4) 6:19.8	(1) 6:00.2	(2) 6:05.5	(5) 6:20.6	(6) 6:53.8
Freshman Men's Eight Final	McLean	Thomas Jefferson	STA	Yorktown	Woodson	TC Williams
	(4) 5:32.2	(6) 5:38.0	(1) 5:22.1	(2) 5:30.8	(5) 5:37.9	(3) 5:31.3
Freshman Women's Eight Petite Final	Episcopal	Yorktown	McLean	Woodbridge	Robinson	W. Potomac
	(5) 6:38.0	(3) 6:23.0	(2) 6:16.5	(4) 6:34.4	(1) 6:08.2	(6) 6:38.3

Photographs from the Ted Phoenix Regatta are available at
http://gat.smugmug.com/gallery/8093693_NGrGb/1/527421885_MBL7Y
courtesy of Greg Thies. The password is: go_mhs_crew

Additional photographs from the Charlie Butt Regatta are now available at
<http://dac.smugmug.com/McLean%20Crew%202008%20-%202009/770230>
courtesy of John DaCrema. Only the gallery titled "Other" requires the password "**McLean Crew.**" The rest of the galleries are not locked, since they do not contain close-up shots of people.

Lost and Found

Lost

McLean Crew Sweatpants, black, size Medium - Left under the bleachers at the Erg Sprints.
If anyone has picked them up by mistake, please return to Melissa Frazee.

Found

From the **Charlie Butt Regatta**

- 13mm Craftsman wrench (Please contact Beverly Keller at 703-917-9184.)

From the **Smokey Jacobs Regatta**

- One red *Dick's Sporting Goods* canvas folding chair (Please contact Shanti de Jongh at 703-356-8212 or 571-225-1205)

Please contact Mrs. Beverly Keller at 703-917-9184 for the following items.

- Black ball cap - Callaway Golf
- Red athletic shorts (plain) - Jerseys size M
- Red hooded sweatshirt (plain) - Russell Athletics size L
- Grey sweatshirt - American Eagle size M
- Black sweatpants - McLean Crew size M
- Two pairs of short socks - one Top Flite and one black

From **Camp Cooper**

- 1) Two large coolers; a red and white one and a charcoal gray one. These were lent to the Club, but it is not clear who the owners are. They are currently outside the crew trailers.
- 2) Coleman sleeping bag in a royal blue bag with no name on it (Please contact Mrs. Beverly Keller at 703-917-9184)

From the **mulch weekend** (Please contact Mrs. Carol Sanders at 703-847-9409)

- 1 pair black sunglasses with rhinestones on side
 - 1 red Mclean hooded sweatshirt, size Large
-

McLean Crew Club Recyclable Tote Sale

Want to shop in style? Feel the need to go green? Order our exclusive McLean Highlanders tote. The black bag has a red McLean Highlanders logo on it and it is the size of a regular grocery store tote. The price is \$4 each, but with an order of 5 you get 1 free! Order form is found at the end of the newsletter. For questions, please call Carol Sanders at 703 847 9409.

Regatta Volunteers Positions

Thanks so very much to our regatta volunteers from last weekend:
Permanent Weigh-In Coordinator Tom Devlin, as well as volunteers Pam and Mike Tapscott, Linda Beougher, and David Heile.

For this weekend's VA States Regatta on the Occoquan, beginning at 8:00am, volunteers are listed below.

* tbd /alternate to be confirmed: Concession Finish 6:30 ~ 11:30

Kevin Cadden: Sign In Coordinator 9:00 ~ 1:30

Leila Yousseff: Money Collector Satellite Parking 10:30 ~ done

Roger Wentzel: Finish Line Timer 11:00 ~ done

Laura Warren: Helper Take down 3:30 ~ done

PLEASE REMEMBER:

- 1) Arrive early-parking will be extremely tight; parking lots inside the park fill quickly, with additional cars being directed to satellite parking with shuttle several miles away.
- 2) Volunteers must sign in (Volunteer Sign In Station across from boathouse, on right as walk down road toward water) and be at their position by their assigned time. Please build in additional time that it will take to park and walk to your position.

As Always, thank you so very much for your assistance in representing McLean Crew Club!

The Occoquan/Sandy Run Regional Park
10450 Van Thompson Rd
Fairfax Station, VA 22039
(Driving directions to the Park are attached for your convenience.)

Interested in Being Involved in Next Year's Club?

Thanks to many of you who have expressed interest in becoming more involved in McLean Crew Club for the coming year. Many positions will be opening up on the Board and various committees as our seniors graduate, taking their parents along with them.

Positions that will be available next year include Transportation Coordinator, Spring Break Training Camp Coordinator, and Regatta Chair. All three positions earn points towards your dues commitment. If you are in any of these positions, please contact Karen Bush alaskan.raven@yahoo.com or 703-473-9140 for questions and details.

Please feel free to contact Lisa Russell (703-536-0153/russ4bunch@aol.com) or any current board/committee member or volunteer about other available opportunities, what they entail, and how you can be involved. Thanks so much!

VASRA Volunteers

VASRA is seeking parents who are interested in becoming referees. Necessary training will be provided by VASRA. If interested, please contact a Board member.

Sign up for eScrip to Support McLean Crew

Remember to register with eScrip, so that McLean Crew gets a percentage of the purchases you make with credit cards, debit cards, and retailer cards. Please go to the eScrip site at www.escrip.com and register - **McLean Crew's Group ID is: 154010281 - or you can use the Group Name: McLean High School Crew Club**

What Is Scrip?

You can support McLean Crew and earn a few points (4 points per \$100 of scrip purchased) by purchasing scrip from the Club. When you purchase scrip, you purchase gift cards for participating vendors (such as Giant, Safeway, and Starbucks) and the club receives a small donation from the vendor. You can help the

Club while spending money you were going to spend anyway. For more information and purchasing scrip, please contact Kathy Oram at meadeoram@comcast.net or 703-536-7220.

Alumni Mailing List

If you keep in touch with McLean Crew alumni, please encourage them to subscribe to the McLean Crew Alumni List. This is an email distribution list that will be used to keep the alumni apprised of how we are doing on competitions and about special events – perhaps an alumni row or an invitation to the annual picnic.

To subscribe, they should go to this link:

<http://www.discussthis.com/subscribe/alumni@mcleancrew.org>

Subscribe or Unsubscribe to the Newsletter

Note: If you want to remove yourself from this list (or add yourself to it), go to the following links to unsubscribe or subscribe:

<http://www.discussthis.com/subscribe/rowers-female@mcleancrew.org>

<http://www.discussthis.com/subscribe/rowers-male@mcleancrew.org>

<http://www.discussthis.com/subscribe/rowers-parents@mcleancrew.org>

Directions from McLean High School to the Occoquan/ Sandy Run Regional Park

(Can take either 123 S or 495 S to 95S to Lorton Exit- takes about 40 minutes without much traffic)

WATCH SPEED AS HEAD INTO PARK.

THERE WILL BE A PARKING FEE (LAST YEAR \$10); CARPOOL IF POSSIBLE.

- 1: Start out going NORTH on DAVIDSON RD toward HAMEL HILL CT.
0.2 mi
- 2: Turn LEFT onto CHAIN BRIDGE RD. 0.6 mi
- 3: Turn RIGHT onto GREAT FALLS ST/ VA-694 0.2 mi
- 4: Turn LEFT onto VA-123 S/ DOLLEY MADISON BLVD.
Continue to follow VA-123 S. 1.2 mi
- 5: Merge onto I-495 S/ CAPITAL BELTWAY toward RICHMOND/ ALEXANDRIA
10.0 mi
- 6: Merge onto I-395 S via EXIT 57A toward I-95 S/ RICHMOND
1.6 mi
- 7: I-395 S becomes I-95 S. 5.7 mi
- 8: Take the VA-642 exit, EXIT 163, toward LORTON 0.4 mi
- 9: Turn RIGHT onto LORTON RD/ VA-642 1.2 mi
- 10: LORTON RD/ VA-642 becomes VA-611/ FURNACE RD. 1.0 mi
- 11: Turn RIGHT onto OX RD/ VA-123 N. 1.3 mi
- 12: Turn LEFT onto VA-647/ HAMPTON RD. 0.9 mi
- 13: Turn SLIGHT LEFT onto VAN THOMPSON RD. 0.4 mi
- 14: Turn LEFT to stay on VAN THOMPSON RD. 0.5 mi
- 15: End at 10450 Van Thompson Rd Fairfax Station, VA 22039

Estimated Time: 37 minutes Estimated Distance: 25.09 miles

10450 Van Thompson Rd
Fairfax Station, VA 22039



McLean Crew Club
presents the exclusive
McLean Highlanders Shopping Tote
Shop in style while being green!
McLean Highlanders Tote is being offered for \$4.00 each
Buy 5 and get 1 free!!!

Name _____

Address _____

Phone number _____

Quantity _____ x \$4.00 = Total _____

All proceeds go to the McLean Crew Club

Orders should go to the Activities Office marked "McLean Crew" or sent to Carol Sanders, 2105 Crofton Place, Falls Church, VA 22043. Questions, call Carol at 703 847 9409 or email at mncsanders@verizon.net.