



# NEWSLETTER

ISSUE IV | OCTOBER 2021



## REGATTA HIGHLIGHT

### NOTE

#13 is currently out of commission for repair/maintenance.

The arrival of fall colors heralds another timeless fall tradition – Head Races! We have members planning to row in several head races this fall including Secret City (*Oak Ridge*), The Head of the Hooch (*Chattanooga*) and The Prestigious Head of the Charles (*Boston*)! We would love to have additional HRC members row in these regattas or come cheer us on! If you are looking for more information, please contact Joel.

## CLUB ROW NIGHTS

As you probably know, we reinstated club rows on Wednesday evenings at 6:00 pm and Saturday morning at 8 am. If you haven't joined us yet – please do so! We will continue holding these until November – so don't miss out!

## HOLIDAY CHALLENGE

Last year we had a great showing in the Concept II Holiday Challenge, and we are hoping to best that showing this year! If you aren't familiar, the Holiday Challenge consists of rowing 100K meters (or 200K for over achievers) – between Thanksgiving and Christmas. Mark your calendars and get ready for a healthy fitness challenge to fend off the holiday pounds! More info via email coming in November.

### OFFICER OPENINGS

We are looking for an **Equipment Manager**. If you have any interest in filling this role, please let Joel know.

## CHEER ON ALYSSA AND VALERIE AS THEY COMPETE AT THE HEAD OF THE CHARLES OCT 22-24!

**Alyssa** - Atomic Rowing. Event 11 Saturday AM - women's master/senior singles, and event dcmx2x Sunday AM - director's challenge mixed doubles

**Valerie** - Middlebury. Event 33 Alumnae 4, Saturday PM

# DOCK UPDATE

After a pause in the dock effort due to summer busyness, we have re-engaged the park on completing the “gift in place” requirements. We also have broached the topic of working on boat house plans in parallel to the dock. We are hoping to take advantage of the off season and have the dock project complete by next season, with the hope having a boat house project in the works by then as well. If you would like more information or would like to get involved – please contact Joel.

## REMINDER

Please sign your USRA membership waiver agreement. This is a USRA requirement for our club to have all members sign.

## FALL SOCIAL

WE WILL BE HOSTING A FALL SOCIAL GATHERING THIS AUTUMN. KEEP AN EYE OUT FOR MORE INFORMATION COMING SOON!

## WELCOME NEW MEMBER

# ALYSSA

WE ARE SO EXCITED TO HAVE YOU JOIN THE CLUB!

# SHOP THE GEAR SHOP

Check out our online shop of gear, all designed with our club team logo! Any and all profits/proceeds go directly to club expenses. We plan to add more items as time goes on, so keep an eye out for new stuff to show off your HRC support around town! Check it out [here](#) and on the website under the “shop” tab.



HolstonRowingClub

Kingsport, Tennessee  
4 Sales

## Announcement

Last updated on May 7, 2021

Welcome to the HRC Gear Shop! On-Demand custom t-shirt orders for Holston Rowing Club - sport your support for HRC in style! Any profits made go back into expenses for the non-profit club.

## Items

Sort: Most Recent ▾

Search items 🔍

All 5

Contact shop owner



Unisex Tank Top  
\$25.50



Tote bag  
\$26.50



Stainless Steel Water Bottle  
\$33.00



White glossy mug  
\$17.00

4 Sales

1 Admirer



Short-Sleeve Unisex T-Shirt  
\$15.00

**SHOP HERE:**  
[WWW.ETSY.COM/SHOP/HOLSTONROWINGCLUB](http://WWW.ETSY.COM/SHOP/HOLSTONROWINGCLUB)

# MEMBER HIGHLIGHT

## RAINEY GARLAND



HEAD OF THE CHARLES 2010: VARSITY MENS 8+

Hi! I'm Rainey Garland, your club treasurer, secretary and one of the club founders. My rowing experience began when I joined as a freshman at the College of Charleston. Rowing in college taught me so many lessons in focus, leadership, and drive - on and off the water. I loved leading my teammates and planning regattas as Varsity Women's Captain. My favorite college rowing experience was actually coxing - the Head of the Charles Men's 8+! When I went to graduate school at University of Florida, I joined Gainesville Area Rowing for a summer but couldn't keep up along with graduate studies. Moving to NE TN with all the lakes in the area, I was surprised that a rowing club didn't exist in the area.



HEAD OF THE HOOCH 2010:  
VARSITY WOMEN'S PAIR



CELEBRATING MENS LIGHTWEIGHT 4+ GOLD AT HEAD OF THE HOOCH 2010 (\*I DID NOT COX THIS ONE, JUST CELEBRATING WITH THEM\*)

I happened to meet Joel at work, who also wished there was a club. His kitchen, New Year's Eve 2017, Joel, Ned and I decided we should start a club - the rest is history. Over the past 3 years, we've gotten boats, built racks, had a few HRC boats race, and found out there are actually a fair number of rowers in the Tri-cities! I've been grateful for all the hard work and support from members and sponsors as we've gotten this club off the ground. We have a very bright future, which is so exciting!