

ANNOUNCING THE 2007 OLD MAN CHALLENGE! YOU'RE INVITED!



Fun memories from 2006!

GREETINGS FELLOW CREW ALUMNI AND FRIENDS!

Yes, this is the invitation you've all been waiting for! Time to don your manhood (and womanhood) hugging spandex and join me in the 4th annual 10k Old Man erg challenge. Last year at this time I was somewhat concerned that I might receive a bit of an asskicking from the ultra-manly Varsity squad, and their newly buff Coach and mentor, Larry Noble. And, as Ryan Wartman's checkbook was made so painfully aware, I did sort of get spanked. But this year I'm not worried. I may still be just as pokey, but I gotta tell ya', I visited the men's team last week while they were conducting a so called "workout". Their Fun Friday session, led by that coxswain-sized captain dude of their's, looked like it might have been some sort of aerobic exercise routine on scooters. I'm not really sure *what* kind of workout it was, but they were all breathing *really* hard and not moving too fast. I snapped a photo.....tell me, do YOU think they're in shape?

Hmmm... hmmm... hmmm... hmmm...



And, adding to my chagrin, their ever-present and loyal coxswains, always there to urge them on, appeared to be getting the proverbial cold shoulder from the squad. I suppose when you're *that* out of shape, a beautiful little person ragging on you to work harder isn't easy to take.....I really thought Amanda might start to cry.....



As you can see, things might go my way this year! And look on the bright side, if the lake ever freezes, they won't have any problem breaking the ice up!

For those of you unfamiliar with (or wanting to forget) this annual landmark event, I have once again challenged the WPI Varsity men's crew to compete against me (and you all by association) in a grueling 10k erg piece. I will donate to the team a yet to be determined dollar figure for each person beating my score (I did \$20 per guy last year), to be used towards the Crew's spring training trip to Florida. Last year's participation was beyond my wildest imagination. We had two sessions of competitors with several alumni in attendance and several mail-in alumni entries as well. I wonder if the class of '06 is ready to uphold their youthful image of perceived fitness? Word on the lake is that WBA (waistline bulge affliction) is rampant this year amongst the young alums, and the eternally Mighty Dan Reed may be a bit distracted from his normal machine-like performance.

I have no predictions this year concerning my own or anyone else's performance. We're all out for a Personal Best. But, a few burning questions remain:

- Will the Texas Kid break into the 34's?
- Has the fatherhood and husband gig eroded Mighty Dan's domination of the Old Guys?
- Will Doctor Sipe show up still hammered from the night before and pull another time continuum bending piece despite being fat, happy and even more slug like than last year? Or is he married and unable to put out due to Katie sucking the Sipe life-force out of his ultra studmuffin machismo? You young guys can learn from this.....(not your fault Katie – he's just Play Doh in your hands).
- FYI, Class of 2006, I'll bring the Advil.
- Will anyone show up to cheer the old guys through the last 5k? Anyone? Bueller? Bueller?
- Will ANY of the Varsity guys be able to beat Larry?
- Is lightweight Jason Steele too good to row with the men's team? WTF? Jason, PLEASE leave the kilt at home, you can just wear spandex this year.....hmmm.....maybe it's the dolphin song music we play that keeps him away?
- And finally, who will be the 10k Champion? Come and find out! Embrace the pain! See who pukes up lunch. Laugh at the young alumni and gawk in amazed wonder that Old Guys can actually row that fast, it's FUN!

Remember – Old Guys Rule!

WHEN – FEBRUARY 16, 2006. FIRST GROUP GOES OFF AT 4:15 PM. WARMUPS BEGIN WHENEVER YOU GET THERE. WE'LL LIKELY NEED A SECOND GROUP, THEY'LL START AROUND 5:10 PM.

WHERE – WPI ALUMNI GYM 3RD FLOOR

WHO – ANY ALUMNI WHO WANT TO PRETEND THEY'RE YOUNG AND IN-SHAPE AND HAVE SOME SERIOUS FUN. WE'LL MIX UP THE ALUMS AND THE VARSITY SQUAD. EMAIL ME IF YOU PLAN ON ROWING WITH US SO WE CAN PLAN THE GROUPS.

We do have some plans in the works for a get together afterwards for food and drink for any alumni and undergrads that would like to join us. I will follow up with details as soon as I know more so that you, and we, can make plans.

HERE'S A RECAP OF THE "RULES"

1. Compete with me by rowing a 10k erg piece, either on Feb 16 at WPI (about 4PM – see above) or elsewhere and send me (or phone in) your score no later than noon on Feb 16. Alumni need to row the piece between Feb 1 and Feb 16. Before you begin, you decide how much \$\$ you will donate per rower that beats your score and communicate that to me. The crew all rows on the 16th. I can tell you that last year the team rowed between 44 minutes and 35 minutes for their 10k's. I lost to 14 out of 23 last year, but I sucked ass with a 38:43. I seem to have more resolve this year but I make NO predictions (Wartman!). There are approximately 30 undergrads competing this year. You do the math. Any donation is appreciated. Many Friends donate fixed amounts not tied to how fast anyone rows, and many figure \$xx per rower up to a dollar amount cap of their choice. The goal is to have fun and help

out the crew at the same time (and to top last year's donations if we can). Don't sweat it. Donate if you can and if you feel like it. Just help me keep track by privately emailing me a pledge.

2. If you are out-of-shape, unable to erg, are a girly-man (did someone say McGee?), are just plain lazy, or all of the above, but you still want to contribute, you can gamble on my performance instead. As always, one never knows until the fat lady (or fat old guy in this case) sings. And I guarantee I WILL be singing. Once again, my goal is to break into the thirty sevens this year with a PB.
3. I am the master of the Old Man 10k Challenge. All rules, decisions, arguments, protests, et al concerning fair (or unfair) play, scores, official times, etc. are mine and mine alone to rule on. In short, I am the god of the OMC. Bribes of all types gladly accepted, although I've been blessed (cursed?) with an inbred sense of fair play and team fellowship. Don't expect much.....unless it's a really spectacular bribe.....maybe some ultra-rare 1965 Buick parts.....

FYI, although you don't hear much from them, ALL of the members of the Crew very much appreciate our generous and continued support. Contributions of any amount are welcome. All contributions will be as confidential between you and me as you would like to make them. Mostly, people make checks out to WPI Crew, but if you desire confidentiality, you can make it out to me, or Paypal me, and I will write an anonymous check for you. As usual, I don't really have a specific goal in mind as I'm no professional fund raiser, nor do I want to sound like one. Last year's donations were extremely generous. They ranged from \$20 to \$700. Let's do it again. It's cool!

Please check the distribution on this email and if you are in regular contact with other crew alums not listed, please forward to them if you think they'd be interested. This is intentionally a relatively small-dollar and private fundraising event not associated with the WPI alumni office, so I haven't asked them for any assistance in the way of contact info. All donations are tax deductible.

My address is:

Pat Guida
35 Pine Arden Drive
West Boylston, MA 01583
Office - 508-368-0844
Home - 508-835-2565
Cell - 774-261-0354

Old Guys Rule,
Capt Fat
AMF!