

Just think of it as
5 2k's in a row

NO ERG ROOM FOR OLD MEN?

The beauty of this beginning-of-year trash talking is that it just never gets old. I don't mean "old" like dinosaurs, dirt and slow alumni, I mean OLD. For the sixth time in as many years, the invitation you have all been anxiously waiting for has arrived! Time for all you friends of WPI crew; old, young, fat, skinny, pokey, slow, and, yes, the fast and fit as well, to write on your calendars and buy your \$1.99 Fung Wah bus tickets to Worcester -- the OFFICIAL 7th annual 10k Old Man erg challenge is scheduled for **Friday February 19, 2009**.

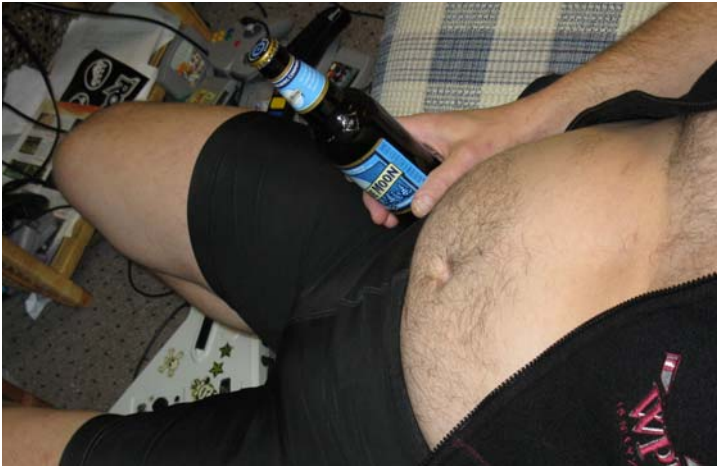
I assure you, it really is true...this is year number SEVEN for the iconic event of February in Alumni Gym. The one, the only, legendary Old Man Challenge. It's been an interesting winter so far. The ergs are always spinning. Undergrad sweat has been flowing. Hopes for a fast spring and fleeting glory growing. And this year I've been able to establish regular training again, to prepare for CRASH Bs, and OMC 7. All that means is occasionally some poor sophomore gets bumped off an erg during a workout because one or two old, fat, graying alumni insist on showing up at 5PM to use ergs whenever they feel like it. Now, if you're that whiney sophomore (or other hapless undergrad victim), you're probably saying, "WTF? These old tubs act like they own the place. I'll show them....."

WELL BRING IT, PUNK A\$\$!

Ready or not, I will face all challengers in the perennial 10K race from hell. I am bringing Old Friends, some very speedy despite their oldness. I am somewhat optimistic this year, encouraged by what appears to be a wide gap in race preparation work ethic. Let me show you what I mean....



Here is a photo of my Old Guy abs taken yesterday. Notice the defined 6'pack and lack of excess lard. I even dug out my old WPI racing shirt for this one. It's great to be skinny for once in my life!



Conversely, here is a recent photo of Artie's "abs" after the sloth of term break and, shall we say, ah, a bit too much of the high life. Quite a departure from his former rippling abs of steel and model good looks....

As much as I'd like to be polite, you can't help but see a difference, and with it a glimmer of hope for Old Guy domination of this event. You see, it's OLD fat that rules. Young fat just isn't seasoned properly.

Here's another photo that may give additional hope for the Old Man team crushing the undergrads. I've been doing some lifting this year. This is a pic of my thighs after today's workout. That's right, MY ginormous, 28" thighs! A vision of perfectly aged and sculpted fat, ready to unleash hell on the structural integrity of the C2 Model D.



Believe me when I tell you that taking it easy over Christmas break is simply NOT a good idea. I mean, just look at Tobin's thighs after he spent term break moving only his thumbs (video games and texting) and right forearm (12 oz curls). From stumps to withered sticks in 4 easy weeks of sloth. More hope for Old Men!

By now, hopefully, I've grabbed your attention. These undergrad slugs aren't so tough. Dust off your spandex (don't worry, it's stretches over the fat), warm up, and get your butt to Alumni Gym for this most-excellent event of pain, sweat, tears, and if Tony D shows up, possibly some puke as well.

Some of this year's Challenge highlights and unanswered questions await:

- Is the Baker Shox Box a secret weapon of erging speed? Perhaps....perhaps....
- I am thrilled that ex-Capt Tex Gary is now on the Old Man team. Question is, has matrimony weakened his resolve, made him soft (yikes!), or otherwise compromised his iron will to shatter records? To be fair, he did go out on top with his mind bending 34:30...
- Speaking of Texas, the bearded wonder, Formerly-Mighty Dan Reed, aka Grizzly Reed, once again will likely require peer pressure to mount up and send in a score. Of course, he probably can't even beat Wartman at this point....
- Rumor has it that Sandy will take a short break from his new swimsuit modeling career in South Beach to join in the fun. He may even be a true LW by now...
- Will Connor McGrath, the Irish wonder, show his punk-@ss face and join the Old Man team? You bring the Advil Connorman. I will, however, buy the first round.
- Larry Noble is loaded for bear. He WANTS that trophy nameplate BAAAD! Watch out for the Swiss Mountain Man. He's *hungry*...(hint – undergrads, it doesn't look good when the coach kicks your butt).
- Sipe, what foreign country will you be in this year as an excuse not to compete live and in-person? Please bring Janine to Jillians – she's just so much more --- how do I say this --- *pleasant* --- than you.
- What happens to lightweights when they get old? Come see. Jason "Man O" Steele should be showing up in spandex glory with his small can of LW whoop @\$\$.
- This is a coed event, so ladies, show up and kick some butt. Women's handicap is in effect. That would be for females only. And Joe Iantosca, if he shows up.
- Last year's coxswain's event was a smashing success! I've heard the Little People are actually *training*! That's right – TRAINING! And alumni coxswains have agreed to participate! This is an all out 500 meter race. Each participant must pick four extra-large "coxswains" to cheer them on and otherwise relentlessly push them through the piece while we all watch. Of course, there will be generous bonus points for creative rowing attire. Or total lack thereof.

As history has proven, no matter what the results, I can promise all of you alumni who show up, you WILL have a great time. You will smile 'till your jaw aches. You WILL part with some of your hard earned cash and much sweat. And just a reminder for the undergrads, row really, really hard or you *will* lose. Ha! BRING IT you slugs!

For those of you unfamiliar with (or wanting to forget) this annual landmark event, we alumni and friends collectively challenge the WPI Varsity men and women's crew to compete against us 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 and am inclined to do the same this year), to be used towards the Crew's spring training trip to Florida. Each year our participation is outstanding. Last year we had three sessions of competitors with many alumni in attendance and several mail-in alumni entries as well. The continued generosity of our alums is something I am very proud of, and you should be too.

Who will be the 10k Champions? Come and find out! Embrace the pain! Smell the burning fat, testosterone, (and estrogen)! Hopefully we won't have to smell Tony's stomach contents again. Laugh at the young alumni sucking wind and gawk in amazed wonder that Old Guys can actually row that fast, it's FUN! Remember – Old Guys Rule!

WHEN – FEBRUARY 19 2009. FIRST GROUP GOES OFF AT 4:15 PM sharp. WARMUPS BEGIN WHENEVER YOU GET THERE. WE'LL LIKELY NEED A SECOND AND THIRD GROUP. THEY'LL START AROUND 5:10 PM and 6:15PM.

WHERE – WPI ALUMNI GYM 3RD FLOOR, INSTITUTE ROAD, NORTH SIDE OF THE QUAD, WORCESTER, MA, USA, PLANET EARTH, THAT'S THE THIRD ONE FROM THE SUN WITH ONE SMALL MOON.

WHO – ANY ALUMNI AND FRIENDS 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. ALUMNI EMAIL ME IF YOU PLAN ON ROWING SO I CAN PLAN THE GROUPS. Or just show up.

I do have a plan again for an informal get together afterwards for finger food, drink and billiards for any alumni and undergrads that would like to join us at Jillians on Grove Street. I expect that will start up by 6:30PM or so.

HERE'S A RECAP OF THE OFFICIAL "RULES"

- 1. 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. Don't expect much.....unless it's a really spectacular bribe.....**
2. Compete with me by rowing a 10k erg piece, either on Feb 19 at WPI (about 4PM – see above) or elsewhere and send me (or phone in) your score no later than noon on Feb 19. Alumni need to row the piece between Feb 11 and Feb 19. 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 19th. I can tell you that last year most of the team rowed between 42 minutes and 35 minutes for their 10k's. I lost to 23 out of 43 last year, but pulled a superslug 39:24. There are approximately 45 undergrads competing this year. You do the math, however any donation is appreciated. Many Friends donate fixed amounts not tied to how fast anyone rows.. 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. Or not. I just want you to come and have fun. If you are out-of-shape, unable to erg, are a girly-man (did someone say McGrath?), are just plain lazy (cough, cough Vitello), 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.
- 3. New rule number 4, which I was compelled to create two years ago after a faux pax by a freshman, I control which erg I get, who I row next to, and the musical selections. No exceptions. Remember, it's my day to play. Don't touch the freakin' tunes!**

FYI, and I repeat this every year, 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 can 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, and I will write an anonymous check for you. Last year's donations were extremely generous. They ranged from \$50 to \$400. Let's do it again. It's cool! I run in the red – this is a negative profit endeavor as ALL proceeds plus more go directly to the WPI Men's and Women's Crews.

Please spread the word to other crew alums (both men and women). All donations are tax deductible and I can provide a receipt on Friends of WPI Rowing letterhead if you need it for larger amounts. Just ask.

My address is:
Pat Guida
35 Pine Arden Drive
West Boylston, MA 01583

Home - 508-835-2565
Cell - 774-261-0354
Email – pmg455@msn.com

Larry's address is:
Larry Noble
WPI Athletic Department
100 Institute Road
Worcester, MA 01609

**Yours truly in old age, Pat Guida '83
AMF!**