

OLD MAN CHALLENGE #12!!

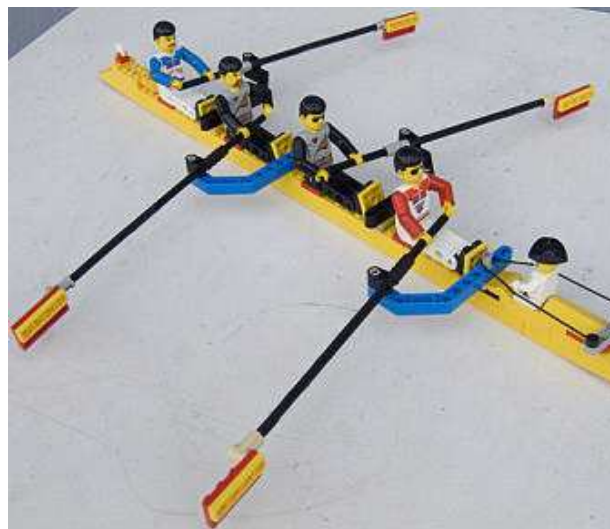
Friday February 27, 2015

An Even Dozen.....

As in, the number of years I have been subjecting you to these insane invitations....you've seen everything from a windblown kilt reportedly worn by a hairy coach to distasteful old-guy slug photos. But make no mistake, I'm not apologizing....



Ready or not, IT has arrived; the invitation you've all been anxiously waiting for! All friends of WPI Crew are hereby officially invited to participate in the one and only, now World-Famous, annual event where fat old men rule, because fat burns hotter than....unfat? So check your calendars, erase whatever is written in that day, and replace with "COME TO WORCESTER FEB 27 TO VISIT THIS AWESOME CONVENTION OF OLD MEN (and WOMEN) where **"Everything Is Awesome!"**



The WPI Sports and Recreation Center will once again be the home of this year's Old Man Challenge, and again I look forward to having some alumni visit who have not yet seen our awesome new facility, including our new tanks in the Donahue Rowing Room.

As far as the actual event, it's still the same format as it was in the beginning back in 2004, ie, when I was waaaaay younger. Alumni vs. the Undergrads. Straight up 10,000 meters on the Concept 2 erg. The absolute best thing about this event is the pressure on you undergrads. **I mean, can you even *imagine* losing to a guy more than twice your age, who graduated before you were even born!?** Don't worry, the OMC Handicap for age is coming soon, but for now, we're head to head, so no excuses!

As far as the current team, I heard the novices are training pretty hard this year.....



....but they're not very experienced in surviving long pieces.

Personally, I'm not concerned. I'm a survivor. I'm eating a new kind of diet that's supposed to be all healthy and stuff. And training daily. I even did core work one day this winter! I seemed to have bulked up a bit. Must be the kale and almond milk smoothies! And yes, I DID shave my back! Thanks for noticing!



So put your money where your mouth is Friends. Get your spandex out of the storage locker, stretch it over your...."muscles", and come and row with us on Feb 27. Or just come and visit and join us for dinner! Love to have you either way. Larry will be conducting tours of the new Rec Center and our rowing tanks; you can even try them if you like! You can park free in the new WPI garage accessed via the Higgins House lot. If you can possibly be on campus anytime between 3:30PM and 6:30PM on Friday Feb 27, it would be AWESOME to see you!

This year's trash talk summary: and some age-old unanswered questions:

Who will row the fastest time? Who will get their name added to the coveted OMC trophy? Foley is in the hunt for Big John Madura, our current record holder. What sort of cool prizes will I bring this year!

- Question number one. How slow have I gotten after another year of aging? It's pretty sad actually.....
- And what kind of old guy music will I bring with me? Don't like my tunes? Too bad, so sad.
- Rumor is that some super fit old (no, I mean really OLD) guys may show up with a six pack of whup-ass they will open on you young 'uns.
- Old Man Stottlemeyer might be on scene this year. If you have never seen a genetic freak in person, now's your chance. He's got this thing with forties - he's forty-four and change, and can pull 1:44's for a Really -- Long -- Time....fear him youths.
- Big John, send me a score at the end of the month. Thanks for leading the Old Man attack!
- McGee, I mean the young little man, not the old little man who never shows up, hope you can make it again to show us how to crush a 10k.
- 2014's. Men. Women. Yes you. Get here and row. Not training? Try a relay team (see below).
- 2013's, last year you did not disappoint, you showed up and demonstrated how a year of sloth affects your erg score. Have I mentioned a relay team?
- Bake, wait for me when you're done pal.
- I've finally figured out my good bud **Joe "the woman" lantosca**. After attending OMC #2 he started going to Florida each year coinciding with this event. I always thought it was coincidence - hahahaha~! Enjoy the sunshine Tubby, but send me a 10k score!
- **Coaches and Staff - I need you!** Come and suffer w/ me!
- As most of you know, this is a coed event, so **ladies**, show up, DO WORK! Women's handicap is in effect. That would be for females only. And lantosca, if he shows up. And Jim McGee.
- Row on a RELAY TEAM this year. Less pain time. But there's a handicap. See below.

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 may part with some of your hard earned cash if you choose and much sweat as you see fit. And just a reminder for the undergrads, row really, really hard or you will lose.

OPTIONAL COXSWAINS RACE TBD! Attention all WPI coxswains – IF THERE IS INTEREST IN CONTINUING THIS SPECIAL EVENT I WILL PRESIDE OVER YOUR PUNY, BUT ADMIRABLE STRUGGLES TO ERG. If you dare, you will race between 4:45 and 5:00PM (approx). Short people, short race – 500m. I am open to outlandish COSTUMES, but MUST have 4 large rower “coxswains” urging you on during your piece. There is a prize for the winner of course.

2nd Annual Relay Team Category for Lazy “Older” People - Sort of like Cycle 4 dog food, for those of you who are weak, lazy, not fit, or just plain slugs, this year I am once again allowing relay teams consisting of 2, 3 or 4 members. The total meters rowed is 10,000 and may be split up in any way that the team desires. Of course, in the spirit of The OMC, a level playing field is essential, so we'll use the same Guida-derived handicap system as last year. HINT: You need to be really fast to win using a relay team.

One more page, I promise.....

For those of you unfamiliar with this annual landmark event, I collectively challenge the WPI Varsity men and women's crew to compete against me in a grueling, all-out 10k erg piece. I will donate to the team a yet to be determined dollar figure for each person beating my score (I historically pledge \$20 per person and am inclined to do the same this year), to subsidize the Crew's spring training trip to Florida. Join me in defending alumni honor if you please! 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 from across the country. 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 blubber, testosterone, (and estrogen)! Laugh at the young ones trying, unsuccessfully, to beat us old folks... it's FUN!**

WHEN – Friday, FEBRUARY 27, 2015. **FIRST GROUP** including relay teams GOES OFF AT 4:00 PM sharp-ish. **WARMUPS BEGIN WHENEVER YOU GET THERE. WE'LL SURELY NEED A SECOND AND THIRD GROUP. THEY'LL START AROUND 5:00 PM and 6:00PM. Coxswains race at approx. 4:55 PM if there is interest and if I am in the mood.**

WHERE – WPI Sports and Recreation Center, Main Floor Mondo Court (you can't miss it) INSTITUTE ROAD, WEST SIDE OF THE NOW "PEDESTRIAN" QUAD, WORCESTER, MA, USA, PLANET EARTH, THAT'S THE THIRD ONE FROM THE SUN.

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.

AFTER THE RACE - JOIN ME FOR DINNER AT O'CONNORS RESTAURANT. MY TREAT. WE HAVE THE ROOM STARTING AT 7PM.

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 27 at WPI or elsewhere and send me your score. Alumni need to row the piece between Feb 13 and Feb 27 unless otherwise approved. For a traditional approach, before you begin, you decide how much \$\$ you will donate per rower that beats your score and communicate that to me. I can tell you that last year most of the team rowed between 42 minutes and 35 minutes for their 10k's. There are approximately 50 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. Donate if you can and if you feel like supporting the program. **I just want YOU to stay connected to this awesome program, which will always need YOU, which YOU will always have a personal stake in, and HAVE FUN!** If you are out-of-shape, unable to erg, are a girly-man (did someone say lantosca again?), are just plain lazy, or all of the above, but you want to play the game, you can gamble on my performance instead.**
- 3. New rule number 4, which I was compelled to create several years ago after a faux pas 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! Don't like my music? Bring more heat and show me up, row angry, whatever, I really don't care....the mix will be eclectic as usual...and will include my new favorite songs!**

FYI, and I repeat this every year, although you usually don't hear much from them, **ALL of the members of the Crew very much appreciate our generous and continued support.** I continue to get the sense they are both amused and intimidated by our massive Old Man/Woman power and our will to endure. Contributions of any amount are welcome. 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 and ranged from small to Wow. It's so awesome! I run in the red – this is a negative profit endeavor as ALL proceeds plus more go directly to WPI Crew. Please spread the word to other crew alums (both men and women).

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