

YOU are Officially Invited!

OLD MAN CHALLENGE #13

Friday February 26, 2016

Can It Really Be Winter if the Lake Never Freezes?



Buckle Up everyone! It's that time of year! OMC 10k time! While the above photo was taken Christmas morning after a lovely 6 mile row (thanks Bake!) it could just as easily have been this morning, since Quinsig has not frozen over yet, although we do have a few inches of snow finally. But before the rumors get started, OMC #13 will, in fact, be an indoor event this year. While the thought of 50 or more competitors racing 10k in singles on the cold water is both fantastic and frightening, rest assured, we will be warm and cozy in the Rec Center within view of the demolition of our beloved Alumni Gym....

All friends of WPI Crew (or Rowing as some prefer) are hereby officially invited to participate in my annual event of pain, dread, excitement and determination. So check your calendars, erase whatever is written in that day, and replace with "COME TO WORCESTER to KICK SOME UNDERGRAD BUTT"!!! Let the trash talking begin....

This year's theme is....



As one hapless undergrad once noted, it's like doing five 2k's in a row.....

THE EVENT:

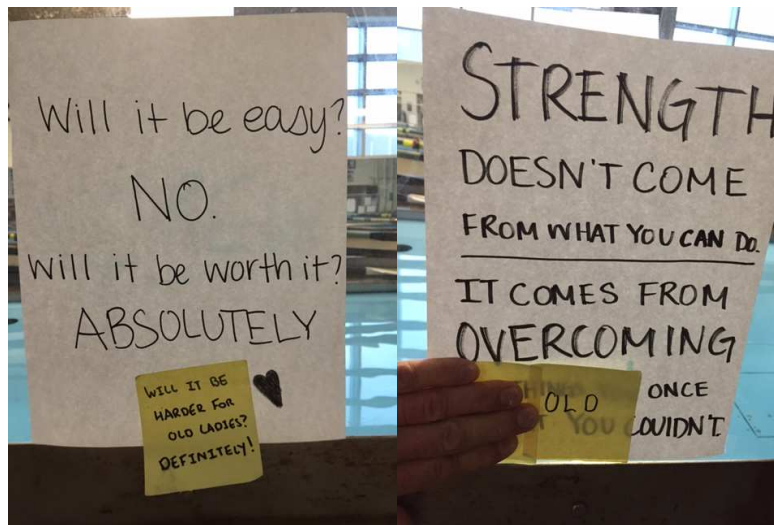
10,000 meters on the C2 erg..... Alumni gods vs Undergrads who think they're badass (ha!). Who's got the goods this year? This is my THIRTEENTH OMC! Triskaidekaphobics beware!

Once again, the intensely rich smell of burning blubber will fill the Rec Center as alumni of all ages don their spandex (it stretches for a reason you know!) to bring their best fire against the anemic undergrads. The rumors you may have heard about fast alumni are not rumors, when they hear there is free food, those alums come running.....

The great thing about this event is the pressure on you young folk. **Can you even *imagine* losing to a person more than twice your age?** And if us old people get smoked, we have the ultimate excuse, we're OLD! But we still know how to dole out whupp-A\$\$ and say AMF!

Put your money where your mouth is Friends. Come and row with us, or just come and visit. We will be conducting tours of the still new Sports and 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 off Salisbury St. If you can possibly be on campus anytime between 3:30PM and 6:30PM on Friday Feb 26, it would be really, really great to see you.

The trash talk has started early this year from the alumni women - found these little notes on some inspirational posters the varsity made last week....hmm. Looks like they're already looking for excuses, but hey, if you're old, you're allowed to do that. I'd like to point out that for 13 years I have resisted the use of US Rowing's masters age handicap system - it's heads up for the men, and an appropriate and extremely scientific handicap system for the women.



Maggie and Corre, this one's for you.....



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

- Who will row the fastest time? Old Man Stottlemyer '89, has been crushing last year's numbers? John, Ricky and Tobin, our national teamers may submit scores or even show up! Foley crushed it last year with a new undergrad record, but will he return to go even faster as an Old Man?
- The AMF Quad of lore will almost all be present - Bake, Paul and Nick - crush it with the Old Man team.
- **Mighty In Our Memories Dan Reed** hopefully will find himself an erg and send in a score from San Antonio to help out the Old man team.
- **Foley** come visit or send a score. Show us what a year of Old Man training does to a body....
- **McGees** - father and son -- come on down. I'm sure Seattle was nice but we need you.
- **Joe Iantosca**....it's been so many years since his last attendance, I've forgotten. No excuse this year stud....
- **Coach Noble** back in the saddle - but perhaps not for a 10k :) Hoo Rah Larry!
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- **Jason "I'm not really training in secret" Steele** may don his kit and show up.....maybe...
- 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 show's up.
- Row on a RELAY TEAM this year. Less pain time. Bad news is there's a handicap. See below.
- Who will get their name added to the coveted OMC trophy now garnering the wall in the new tank room? Be remembered next to names like Sipe, Gary, Reed...and Purcell? (yes it's true, Bryan was an OMC winner). Best Undergrad and Old Man score get added every year. Then there are the infamous **prizes** provided by the race organizer....more good stuff this year. Lots of stuff.....

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 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. Short people, short race – 500m. However, you must be dressed in the costume of your choice and you must have 4 large rower “coxswains” urging you on during your piece. There is a prize for the winner of course, and I am still waiting for a killer costume to sway my judgment of who “wins”.

2nd Annual Relay Team Category for Lazy and/or “Older” People - Like that Cycle 4 dog food. For those of you who are weak, lazy, not fit, or just plain slugs, this year I am 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. So for example, Larry could race 500m, and Snoddy could then crush it with a 9500m piece to finish. 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.

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, 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. 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 26 2016. 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.** Please see me.

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.

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 26 at WPI or elsewhere and send me your score. Alumni need to row the piece between Feb 1 and Feb 26 unless otherwise approved. For a traditional approach, before you begin, you decide how much \$\$ you will donate per undergrad rower that beats your score and communicate that to me. The crew all rows on the 26nd. 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 Iantosca again?), are just plain lazy, or all of the above, but you want to play the game, you can gamble on my performance instead. Isn't that right Ryan Wartman?
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 maybe even include some Celine Dion for Coach Steele, or not...**

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 Rowing, 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). All donations are tax and the WPI alumni office generally sends you a receipt acknowledging your donation.

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