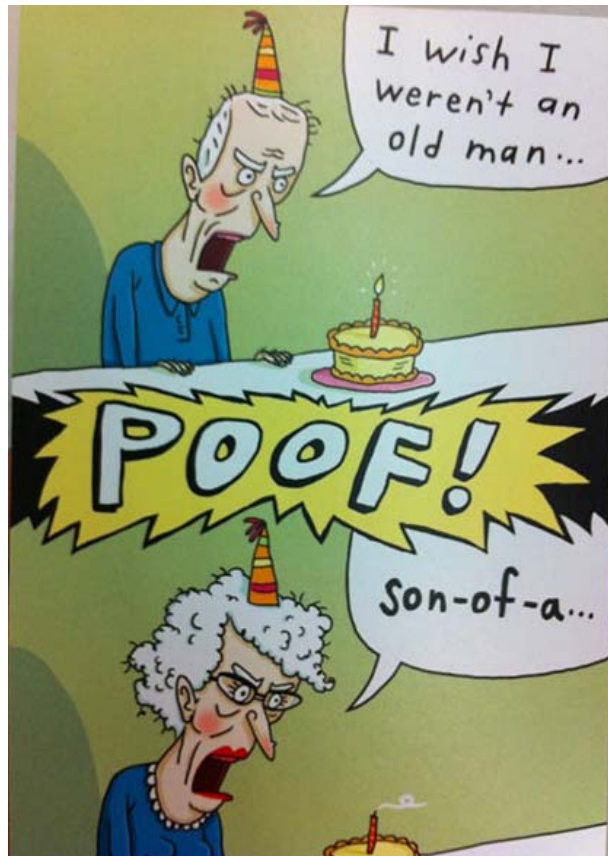


YOU are Officially Invited!

OLD MAN CHALLENGE #14

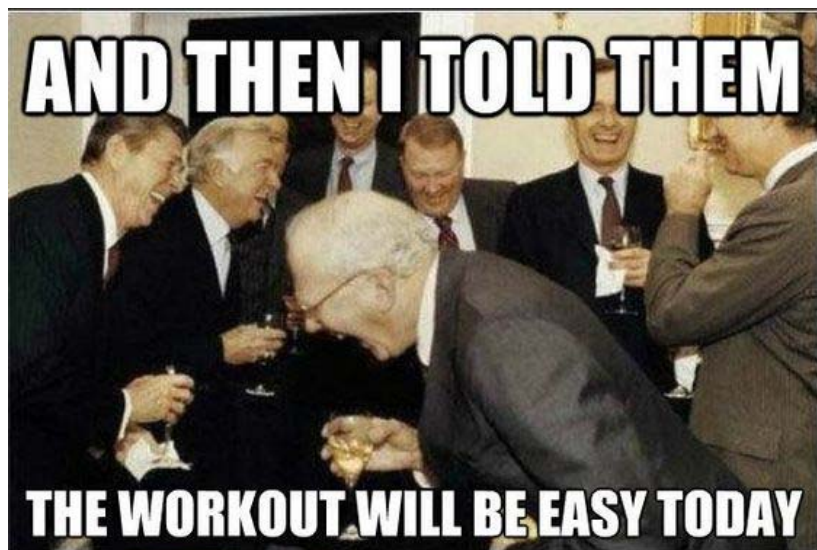
Friday February 24, 2017



Buckle Up everyone! It's that time of year! OMC 10k time! It's going to be YUUUGE! Definitely YUUUGE! I absolutely guarantee, YUUGE... 14th time's a charm...Yuuuge...

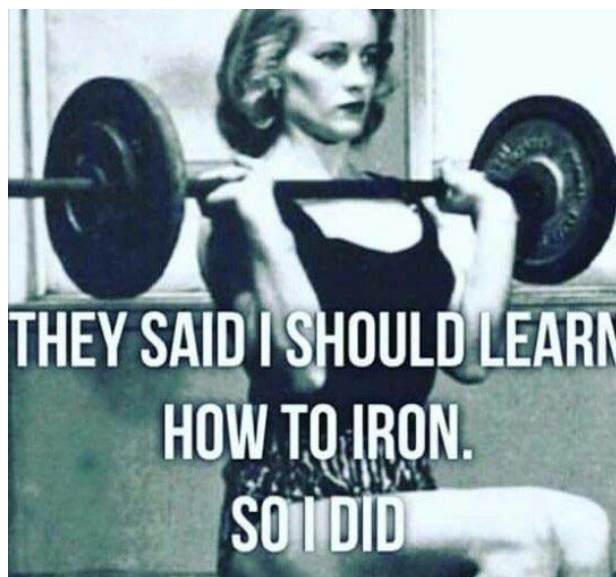
All friends of WPI Crew (or Rowing as some prefer) are hereby officially invited to participate in my annual event of pain, butterflies, excitement and perseverance. So check your calendars, erase whatever is written in that day, and replace with "COME TO WORCESTER to get sweaty and have a good time Break out your maroon kit with crossed oars and the WPI Seal (all now contraband to the Athletic Dept) and boogie on down to Worm Town.

Hmmmm. Where to begin with the trash talking. Well, what the undergrads are typically clueless about is the amount of coaching that gets done when athletes aren't even around, or even in-season for that matter. For example, we might be erging, or enjoying lunch, and the team's workout for the day comes up in conversation.....



And then there's the chatter overheard between athletes, much like the unforgettable line in Florida, 2009, from someone whom I won't name but who actually graduated and is gainfully employed, "but, I don't know why I got sunburned. It's cold out so I didn't think I needed sunscreen....". Yeah, only the brightest bulbs here at WPI! Right Artie?

But seriously, the undergrads are working very hard this year on strength and fitness. It's inspiring. Men, women, coxswains... I never said I was P.C. -- just sayin'.....



They row on ergs, run up and down stairs, pick things up and put them down, and they use the tanks a lot. I warned some of them it's best to switch sides occasionally to balance muscle growth, but what do I know.....



Not that it matters. Everyone knows ports are better at nearly everything in life.....except rowing starboard....but honestly....who would WANT to?

Even the Most Interesting Man in the World, when he's not sculling, rows port side....



But I digress, which is not unusual for me. The real questions are who will show up, who will prevail, who will fly and die, and who will get their name on the trophy?

- I urge you undergrads to take a gander at the OMC Trophy, which I never expected to fill up, btw. Who IS this guy **Stottlemyer** '89? How can such an old pokey guy pull such a score? Damned if I know, but he's a phenomenal 2X partner!
- Yes, **Nate Pietrowicz**, I will get your name on there as last year's champion. Let's see what this year brings. A repeat? Pressure's on...
- **McGee** - little man -- come on down. Always a pleasure to see Mrs. McGee. I'm through begging your old man to get his sorry butt up here to join us. Maybe he's too SLOW anyways. Bring **Artie** with you.
- **Joe Iantosca**....it's been so many years since his last attendance, I've forgotten. Hmmm. Not giving you a break pal - I need you.

- **Coach Noble** is back in the saddle - again - HooRah Larry! Guys. Please don't lose to Larry. That would be, not good.
- We're considering a **Twitter Handle** contest for the coaches...the few ideas so far include ScaryLarry, WPINobleMan, ManOSteele, Thatbeingsaid, AncientOMCgod, Bear-U-Be,.....please share your ideas ☺.
- 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 old McGee. And Dean Snoddy if he rows as well as our women.
- Row on an alumni RELAY TEAM this year. Up to 4 members allowed per team. Less pain time. Bad news is there's a handicap. Of course, in the spirit of The OMC, a level playing field is essential, so I use the now in-famous Guida-derived handicap formula. HINT: You'll need to be really fast to win using a relay team. Like, time-machine fast.
- Don't forget the infamous **prizes** provided by the race organizer....more good stuff this year. Lots of stuff.....I've been cleaning house....

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.

As many of you know, I began the OMC as a selfish motivation to keep up my own training back in 2004, but soon realized further incentives would be needed. Thus the original purpose was born, free license to heckle undergrads, along with some fund raising to help subsidize the Florida training trip, not really a "vacation" as some might presume...



"Excuse me. Sir? I am just NOT a morning person! Could I start at say, 10 a.m., then work later into the evening?"

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 we old people get smoked, we have the ultimate excuse, we're OLD! Limited max heart rate. But we still know how to dole out whupp-A\$\$ and AMFs....

Put your money where your mouth is Friends. Come and row with us, or just come and visit. Check out the new construction on the site of our beloved Alumni Gym. You can park free in the 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 24, it would be really, really great to see you.**

In Summary: 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), to subsidize the Crew's spring training trip to Florida. 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. Each year our participation is outstanding. Historically, many alumni participate either in person or remotely from around the globe (just send me your score that week before Feb 25). **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 not up for a 10k (insert lame excuse here) you can gamble on my performance instead. Isn't that right Ryan Wartman? A noble man, true to his word.

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! Laugh at the young ones trying, unsuccessfully, to beat us old folks... it's FUN! And there's great music!**

WHEN – Friday, FEBRUARY 24 2017. **FIRST GROUP** including relay teams **GOES OFF AT 4:00 PM** sharp-ish. **WARMUPS BEGIN WHENEVER YOU GET THERE.** Groups 2 and 3 **WILL START AROUND 5:00 PM and 6:00PM** respectively.

WHERE – WPI Sports and Recreation Center, Main Floor Mondo Court (you can't miss it – follow the music) **INSTITUTE ROAD, WEST SIDE OF THE 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.**

Afterwards, if you are able, please join us for dinner on me at O'Connors, in West Boylston, starting at 7PM in our own private room. Yes, you're invited, even if you don't erg.

FYI, and I repeat this every year, **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. Make checks out to WPI Rowing, or use the new online donation page – simple, easy fast credit card payment: https://securelb.imodules.com/s/648/index.aspx?sid=648&gid=1&pgid=2552&cid=4680&post_id=0 We know it says Rent-a-Rower, but it's for Florida. Just click the "Optional Donation" box. The alumni office will send you a tax receipt. Donations are typically very generous and range 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.

Mailing address:
Larry Noble / Jason Steele
WPI Athletic Department
100 Institute Road
Worcester, MA 01609

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

pmg455@msn.com +++++ 774-261-0354