

**Better late than never.....**

## **OLD MAN CHALLENGE #17!!!**

**Friday February 28, 2020**

**WPI Rec Center!**

When you're daydreaming at work, or in class, you might think to yourself, "what is ICONIC?" Certain things might come to mind; the Henley Royal Regatta, or HOCR, or even a meaningful phrase, like AMF, for example. Or a person. Like the ICONIC Larry Noble!! I'm not sure anyone would think of the OMC as ICONIC, but after 17 years, maybe it's getting close to achieving that status....

It's that time of year to face the fact that maybe, just maybe, you haven't exactly stayed as fit or trim as you had promised yourself you would on graduation day. That's OK. You're still an athlete in some way, shape, or form. Even if that form is, ummm, softer? larger? heftier?

Time to dust off your spandex (assuming it still fits), stuff it like a sausage casing, and pretend you're still really in shape. Or you could just watch other people suffer. Once again, the ICONIC OMC is beckoning you to come and participate. WPI alumni and friends will duel with the undergrads for top 10k bragging rights, awesome-ish prizes, and just plain, OLD, satisfaction.

I'm SOOOO EXCITED!!!



Five. Five 2k's.....with zero rest time....

## THE OMC BACKSTORY (for you newcomers)

As many of you know, I began the OMC as a selfish motivation to keep up my own training back in 2004 vs. a small and not nearly as competitive group of undergrad rowers. I soon realized further incentives would be needed. Thus the original purpose was born, an annual "throw down the gauntlet" challenge, free license to (politely) heckle undergrads and slug alumni, along with some fund raising to help subsidize the Florida training trip, which is not really a "vacation" as some might presume....I honestly cannot believe I have been doing this for 17 years! Damn I feel old...oh wait.... Very few of you who were there at the beginning are still doing it - my hat is truly off to those who are.

The great thing about this event is the pressure on the young folk. **Can you even imagine losing to a person almost 3 times your age?** And if we old people get smoked, we have the ultimate excuse, we're OLD! HaHa!. AMF!

## FAQ's

1. If I'm lazy, sick, injured, or "sore from yesterday's workout", do I still have to row the 10k?

If you're an undergrad, yes --- all varsity rowers, if able, must complete a 10k and risk being humiliated by people much, much older than they are. Alumni, on the other hand, have all sorts of options to complete a 10k - individual, relay team, or, for the really smart ones - observation duty -- they come to watch and gossip :-). It's fabulous!

2. What happens if my old, slow coach beats my score?

Be ashamed. Be very ashamed....

3. Can I play my music selection during the race?

No. No, you cannot. I am the god of the OMC. I control all. Music included. Have you heard of Lawrence Welk? Celine Dion? The soundtrack from the Little Mermaid? You'll love it....

4. Do I get to choose my erg?

See number 3.

5. How is it that old people can row a 10k so fast?

Old people ROCK! That's why. Especially Joe Iantosca '83. Because he's REALLY old.



Put your money where your mouth is Friends. Come and row with us, or just come and visit. 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 28, it would be really, really fantastic to see you!**

#### EVENT DETAILS:

- Friday, Feb 28, 2020 at the WPI Rec Center on the Mondo Court, Level 3, same elevation as the Quad.
- We will have about 20 ergs set up. We will mix alumni and undergrads. We will run 2 or 3 flights, beginning at 4PM (I will row at 4), ending by 6:30. The distance is 10k. I will bring the music. And I make all the rules! Ha! Varsity coxswains will record your name and score.
- If you are an alumnus and wish to get creative with a relay team or whatever, go for it. Just stake out an erg and set up your team strategy on arrival. And tell the coxswains your name and what you're doing. I can't add you to the score sheet if you don't provide info to the cox!
- I will donate to the team a yet to be determined dollar figure for each undergrad beating my raw score (I have historically pledged \$20 per person), to subsidize the Crew's spring training trip to Florida. You are welcome to do the same, or....
- I have no expectations about anyone making donations. It's a personal decision. But if you're able, please do. It is, after all, a fund raiser supporting a cause that I hope was highly impactful to your life. Along with your presence, ANY donation is greatly appreciated. **See below for details on how to contribute.**
- Remote participation is both optional and encouraged - please send me a score by Feb 27 and I will add you to the results sheet! This means you Jim McGee, Skinman, Dave Bice?, See the FAQ on excuses above.....

Alumni and friends are welcome to connect after the event at a TBD nearby location for refreshments and recovery food.

**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 Woman/Man power and our will to endure. Contributions of any amount are welcome. **HERE'S HOW:**

- **Option 1 (preferred):** Go to the link Larry and I will send out before March 24 and contribute to this year's GOAT NATION CAMPAIGN. [Goat Nation will run from MARCH 24 thru March 30.](#) Similar to last year's Goat campaign, 100% of your contribution goes to Women's or Men's Rowing as you specify, AND, GET THIS, the athletic program that has the highest level of alumni donations also will receive a bonus at the close of the campaign! Not surprising to me, Rowing crushed it last year (but Football was close behind), and we would love to see that again. Sorry I do not have this link right now, but it is in the works. I promise. And Larry promised he would remind you all.
- **Option 2 (if you must):** Send a check to Larry or Jason payable to WPI Rowing.  
Mailing address:  
Larry Noble / Jason Steele  
WPI Athletic Department  
100 Institute Road  
Worcester, MA 01609

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

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