

# OLD MAN CHALLENGE #11!!

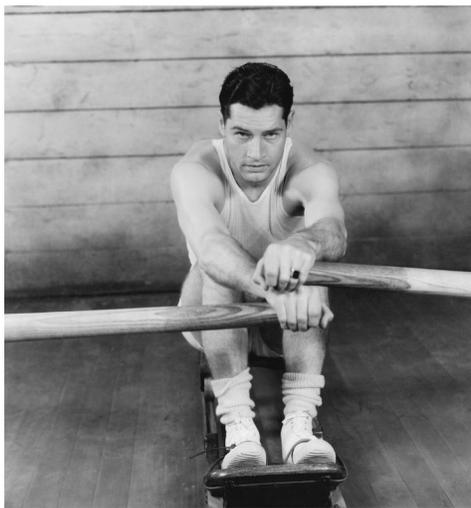
Friday February 28, 2014

## OMC Eleven?

As in, an eleven is a ten who cooks breakfast.....?

That would imply that the OMC eleven is a **very** good thing. Wouldn't it?

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 old men rule, and fat burns hottest. So check your calendars, erase whatever is written in that day, and replace with "FIND LOST CAN OF WHUPA\$\$ AND COME TO WORCESTER FEB 28!!!



Come and check out our new  
RowPerfect ergs!

The still-new WPI Sports and Recreation Center will once again be the home of this year's Old Man Challenge, and we look forward to having some alumni visit who have not yet seen our awesome new facility. It's a beautiful place to exercise and work hard on my Old Man training regimen. I expect that most of you alumni have been training religiously in preparation for the "festivities". In fact, one alumnus anxiously emailed me last week and asked "*Hey Pat, are you planning on sending an email out about the OMC soon? I'm wondering if I should start my crash training program this week!*"

Who needs training when you have the experience of old age and the high caloric power of blubber....

Check out my gym schedule:

- 1 Monday= Weights
2. Tuesday= Bike ride
3. Wed= Cardio
4. Thurs= 10 year break, repeat.



Now for some WPI campus trivia. Most of you probably recall our food service back in the last century was called DAKA. Some time ago, perhaps 20 years, the food service DAKA was replaced by Chartwells, which, to be honest, is a lot better than DAKA was even on its best day. Strangely, the students continued to call the main dining hall DAKA. Despite several attempts by various administrative edicts, freshmen continue to use the moniker DAKA (they tried to call it Morgan Commons and now something called The Pod; WTH is a pod other than something a pea grows in, or what C3PO and R2D2 used to escape to Tatoine?).

The undergrads on this year's men's and women's teams have a slightly different perspective on training this year....even the mention of exercise or breaking a sweat has them running for, you guessed it....DAKA.....but it's the men who seek the comfort of velvety chocolate cake. The women simply prefer BACON.



As far as the actual event, number ELEVEN that is. Alumni vs. the Undergrad slugs. 10,000 meters. Run what ya' brung. I'll be there, with a bunch of my humbly fast alumni friends to back me up. **What'ya got? Will you "bring it" to this legendary fundraiser from hell?** 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 (ie. yours truly)?** Or Coach Noble, who can barely sit on an erg for more than 30 minutes, or the LW of all LW's Coach Jason Steele, whose daily workouts consist of running after a toddler and cleaning house? If us old people get smoked, we have the ultimate excuse, we're OLD! But we still ROCK!!

Put your money where your mouth is Friends. Get your spandex out of mothballs, start the 2 week training program (don't forget to taper!), and come and row with us on Feb 28. Or just come and visit! Love to have you. We will be conducting tours of the new Sports 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 28, it would be really, really great to see you.

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

Who will row the fastest time? Will Big John Madura best his last score? How fast IS Ricky Holak now that he's training on the left coast? Old Man Stottlemeyer might be on scene this year and Little Man McGee the Younger will surely be smoking fast. Julie Waddell, undergrad winner last year, has a BIG target on her back. Be careful of your pre-race food intake this year :- ) ....HoooooRaaaah!

- 2013's. Yes you. Get here and row. Not training? Try a relay team (see below).
- Bake, wait for me when you're done pal.
- **Jim McGee** -- seriously dude. This may be the last time I call you out on an invitation, along with that eye-talion stallion **Joe Iantosca**. It's a good time. Cancel your PM appointments and get here....
- **Coach Noble** is bringing the heat boys! You SHOULD be worried....
- **Coach Steele**, FYI, some short, unnamed hairless guy is asking if he can erg next to you....
- **Coach Berube**, rowing fast in style!
- 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 Iantosca, if he shows up. And McGee senior.
- Row on a RELAY TEAM this year. Less pain time. But 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 a crew stud!). Best Undergrad and Old Man score get added every year. Then there are the infamous **prizes** provided by the race organizer.....

**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 (approx). 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 “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 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 (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 28 2014. 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.

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 28 at WPI or elsewhere and send me your score. Alumni need to row the piece between Feb 14 and Feb 28 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. The crew all rows on the 28th. 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.
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! And my new favorite song!**

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!**