



*The Masters Men's 8+ decided to test themselves at the Head of the Amstel last Sunday. All week the weather was promising, but Sunday morning arrived with thick fog. So thick, the mixed 4x+ race was cancelled altogether. Sadly, this meant that Mirjam, Jan, Jo and Willemien, coxed by Marrit, didn't get the chance to start.*

*Fortunately, by the afternoon the fog had lifted, the sun came out, and conditions were just about perfect. Our plan was to row a safe stroke rate of 26 but once caught up in the heat of competition, we never dropped below 29 and quickly overtook the crew that had started ahead of us.*



*They briefly closed the gap again during the big turn — apparently the rudder of our eight can't turn enough to steer in those tight corners. Stuurboord had to put in all the power, while bakboord was on light paddle. Rowing mostly with only four of us helped the other team to catch up. But after the turn we gained speed again and left them behind for good.*

*The crew consisted of Fren, Joost, Peter, Maarten, Ton, Laszlo, Hans and Max, coxed by Helena. We would like to thank Helena for her commitment and support, often under challenging and cold conditions.*

*All in all, it was a great day on the water. We enjoyed ourselves, learned a lot as a crew, and appreciated the friendly but competitive atmosphere. We are already looking forward to coming back next year.*

Peter Marcus

