**From:** Jeanne Hope <[jeannehope@yahoo.com](mailto:jeannehope@yahoo.com)>  
**Date:** March 12, 2017 at 2:08:43 PM EDT  
**To:** [georgethompson1491@gmail.com](mailto:georgethompson1491@gmail.com)  
**Subject:** **Re: Crew article for Ridgewood News**

The crew started water practice last week. Their first race is April 2.

These are the upcoming season flicks:

<http://www.phillyflicks.com/racing/schedule/>

You can find more info on our website. [www.ridgewoodcrew.com](http://www.ridgewoodcrew.com)

I'm not sure if the stats are listed yet, but our crew did the Ironman Classic at Don Bosco Prep in January. You can reference the stats on this site: <https://www.regattacentral.com/regatta/?job_id=4910>

Also, some rowers participated in the C.R.A.S.H. B in Boston <http://www.crash-b.org/>

Our Coach Boris Roque Alvarez can give you all the details. [rwcrewboris@yahoo.com](mailto:rwcrewboris@yahoo.com)

It would be so awesome if our sport could get some great coverage this season. I'm so glad you reached out. If you want a copy of Boys in the Boat I'll be happy send it to you.

There are a ton of interesting comparisons of Crew athletes vs other sport athletes and the rigor and fitness required between each. Interestingly, Crew beats all by a long shot. Feel free to contact me for more info. and thanks again!

Jeanne

On Mar 12, 2017, at 1:30 PM, <[georgethompson1491@gmail.com](mailto:georgethompson1491@gmail.com)> <[georgethompson1491@gmail.com](mailto:georgethompson1491@gmail.com)> wrote:

First off, I wanted to thank you for all the information you provided. It is going to be extremely helpful when writing the article. Also, of the competitions the team has competed at so far, would you have any of those results? Again, thank you for all the help.

Sent from [Mail](https://go.microsoft.com/fwlink/?LinkId=550986) for Windows 10

**From:** [Jeanne Johnson](mailto:jeannehope@yahoo.com)  
**Sent:** Sunday, March 12, 2017 1:03 PM  
**To:** ['George Thompson'](mailto:georgethompson1491@gmail.com)  
**Cc:** [Eugene Callaghan](mailto:genec189@gmail.com)  
**Subject:** RE: Crew article for Ridgewood News

Hi George,

It's so great to hear from you. Thanks for offering to write a story about

Ridgewood Crew. I'll be glad to speak with you (201-851-3262) and/or you can

contact our head coach Boris Alvarez - [rwcrewboris@yahoo.com](mailto:rwcrewboris@yahoo.com) and/or the best

source, our board president Gene Callaghan - [genec189@gmail.com](mailto:genec189@gmail.com) -

201-248-8202.

Our season started Sunday, March 5 and ends the last part of May/beginning

of June depending on whether anyone makes it to the Youth National

Championships.  More information can  be found on our website:

<http://www.ridgewoodcrew.com/>

A few notes about the Ridgewood Crew program:

-Our athletes row on the Passaic River in Lyndhurst. Currently we have a

total of 48 team members.

-A number of rowers, over 12 last year alone, participated in Youth and

Scholastic Nationals. (these are the most prestigious and competitive events

of the season)

-RHS graduates have been recruited to row at schools including Princeton,

Dartmouth, Trinity, Holy Cross, and Bucknell, among others.

-Rowing requires a tremendous amount of dedication and hard work. Ridgewood

Crew members work out a minimum of 12 hours a week, many waking long before

school starts to do so. These are very impressive and ambitious kids.

Our goal is to grow the program. We want to provide other athletes an

opportunity to discover the sport of Crew and to take advantage of all that

it offers.  Over the summer, many Ridgewood residents read "Boys in the

Boat," a book about the 1936 US Olympic Men's Crew.  If you've read the

book, then you know the type of people who excel in this sport and how

effectively excellence in Crew translates into other aspects of life,

especially academic and professional success.  (If you haven't read the book

- you should.  It's great.)

Thanks again for reaching out. I look forward to speaking with  you.

Jeanne Johnson

-----Original Message-----

From: George Thompson [<mailto:georgethompson1491@gmail.com>]

Sent: Saturday, March 11, 2017 5:47 PM

To: [jeannehope@yahoo.com](mailto:jeannehope@yahoo.com)

Cc: George Thompson <[georgethompson1491@gmail.com](mailto:georgethompson1491@gmail.com)>

Subject: Crew article for Ridgewood News

Hello,

My name is George Thompson and I am one of the freelancers for the Ridgewood

News. For the March 17 issue, I plan on writing an article about the crew

team. Would you have  any information on them? Also, what season do they

compete? Thanks.

Sent from my iPhone=