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(TradeWinds)

Hole-in-one Heidenreich has new love

Per Heidenreich's golf game may be under peril. Yes, as On the Watch reported last week, he has just scored his first career hole-in-one and led a squad of European shipping professionals to victory over their American rivals.

But at age 54 Heidenreich is being pulled in other directions during his leisure time. It is not his age nor his newfound status as grandfather that have diverted him but a new love: competitive rowing. Three days a week the founder of Greenwich-based Heidenreich Marine (Heidmar) is up before dawn and heading to a local river to train for the sport he took up about 18 months ago. Lest anyone question whether he has both oars in the water, Heidenreich says he is feeling healthier and fitter than when he spent more time puttering around on the links.

"Golf is very good for raising your blood pressure but it doesn't do a lot to increase your heart rate," he says. Heidenreich's hard work paid off this past weekend when he finished fourth in his age group at the prestigious Head of the Charles regatta in Boston. Rowing in a single scull, he covered the 5-kilometre course in 29:05, beating his target time of 30 minutes. He was one of 5,300 rowers in 1,400 shells. "It was a fantastic experience," says Heidenreich. However, he is already showing a ship operator's tendencies by shopping around for a faster vessel.