



LWRC

NEWSLETTER April 2004

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From the Board Room

Jill Reinauer

As we head into spring, and a new season of racing, here is an update on what the board has been working on.

As you have probably heard, we have a new management company for handling the upstairs rentals at the boathouse. Apulent, a special events catering company, has already begun advertising and marketing our beautiful boathouse. The head of the company met with the board and offered several ideas and suggestions, all with the intent of bringing in more and more business. We are excited about the new leadership in this area. The change was made because the board saw an opportunity to bring in more rental income. Every little bit helps to pay off our mortgage!

The board met recently with our merchandise co-chairs Jonna Rane and Jana Lauderbaugh. After hearing the results of their merchandise survey, together we made some decisions on new items to offer for sale. The new merchandise has arrived, and is selling fast! Check out the display case across from the sweep oars to see our NEW fleece vests, fleece hats and hooded sweat-shirts! Merchandise is always available for pickup during Club

Manager's office hours. In addition, Jana and Jonna will hold open hours for our merchandise "Store". Next date for the Store will be April 17th, during the Try Rowing Bash, 10-1.

The board has been discussing and making plans for doing some repairs at Garfield, and on the old dock at Fremont. There is always much to be done! If you are able to help with some of these big projects, contact any board member.

Perhaps you have heard rumors about the next dock fundraiser, a boat raffle! This is still in the plan, and the details, gambling rules, and timelines are all being worked out. Be on the lookout for more information on how you can help sell tickets, and on how you can get your name in to win a single!

As always, members are welcome to attend board meetings. We are very pleased to have a representative from the Moms joining us each month. If anyone has suggestions, concerns, ideas or opinions that you want the board to hear, do let us know!



Manager's Scoop

Karyn Crouthamel

Happy April Showers!!! Well late March showers for that matter. Thank you to all that have cooperated in getting a float test done. I appreciate all those that handed in ALL the paperwork for the new year. If you did miss one of the forms, I sent you another one with your membership card, so please remember to return that one.

It has been a busy month of March for me, with all the Invoices going out, and then coming in. I have been doing a lot of new data entry for the membership database. I hope to be able to get a Membership roster attached to our website, maybe in a Members only section.

We had another good Try Rowing Bash on March 20, led by Stuart Jackson. We had two successful Learn To Row Classes last month: a Beginning Sculling taught by Crista Graves, and a Beginning Sweep, which was a cooperative effort amongst Juraj Hlavac (New Coach), Andy Rees, Molly Zeaske (New Member and New to Coaching) and veteran Coach Mike Rucier. Thank you to all the coaches. Remember we need more coaches to form our coaching pool. If interested please contact me. Night classes start in April as well, since we will be on daylight savings time, and the days will be getting longer! Summer is approaching!

UPDATE on BUSY MANAGERS OFFICE:

I am busy getting a fully updated database and listing of ALL members' information. I will have a roster soon at both boat-houses, and we hope to figure out a way to either email a roster (although with the listserve, we cannot send large attachments) or attach it to the website for members only.

JUNIOR SCULLING CAMPS: We have the schedule out for our Junior Sculling Camps (see page X), so if you know any juniors, please spread the word! I welcome experienced and brand new rowers to scull with LWRC for two week sessions during the summer.

In addition, please continue to help spread the word on ALL of our classes. Flyers are always available in the bin outside the boathouse (left of front door) and I can send them through email if you wish. *WORD OF MOUTH is the proven to be the MOST EFFECTIVE advertising tool there is.*

Have a great April.

Captain's Corner

Hugh Lade

Masters Regionals, June 18-20, Vancouver Lake.

Discount accommodations are listed on two bulletin boards in the boat bays. However, the deadline was April 1. You can still try for a lower rate, but act now! Plan your rowing events and submit equipment requests ASAP. Trailer space is tight for this race. If you are taking a 1X and can possibly cartop, ask a Captain or Susan Kinne for a roof rack. Keep a watchful eye on the Captains' bulletin board for entry info, deadlines, trailer fees, reserved boats et al.

Opening Day, May 1

LWRC received invitations this year to enter a Women's 8+ and a Mixed 8+, both with 30+ average ages. The mixed 8s will lead off the regatta, with our boat in lane #4, the farthest to the north. Their competitors include Portland RC, Victoria City RC and Lake Union Crew. The women drew lane #1 on the south side of the canal, racing in the third start against Lake Union, Conibear RC and Cascade Rowing. Racing begins at 10:20 AM, events starting every two minutes. The three other masters categories are a Mixed 8+, age 40+, a Men's 8+, age 50+ and a Women's 8+, age 50+. The UW varsities will compete against Navy, UCLA and an Italian national team.

Now, you listen to your mother!

The boathouse looked great following our work party a few weeks ago, neat, well-swept and free of plastic water bottles. At the risk of nagging, please remove or dispose of your plastic water bottles rather than just leaving them lying around the bays. Make your mamma proud.

Flip Tests

In water this cold? If you're ready, we're ready. Just ask Hugh, John or Karyn. If you have protective clothing for your torso, i.e. some kind of wet suit, put it on. Nothing too buoyant or restrictive, however. The important thing is to practice the procedure and gain confidence that you can self-rescue in miserable conditions. Successful re-entry into a 1X permits you to row club singles and doubles/pairs. Private single owners are STRONGLY urged to perform the test also. Remember, you probably will flip your boat someday, due to inattention, breakage, or the action of some idiot sharing your lake space. Do you really want to tread water in January until someone in a launch notices you?

We plan to create a video explaining and demonstrating the re-entry technique. During the summer, of course. Just holler if you'd like to help.



Yoga at LWRC

Jill Reinauer

Downward Dog, Chair, Warrior, Plank, Child Position... Whether these terms are familiar to you, or sound more like a translation of ancient hieroglyphics, in either case, you are welcome to join Kate Tytus on Monday and Thursday evenings at 6:30 at the Fremont boathouse for Yoga classes. Bring a mat if you have one, or a beach towel if you don't. Kate is a certified yoga instructor, and has much to offer to both beginners and those experienced at yoga. Classes are held upstairs at the boathouse, and are a wonderful way to unwind, re-focus, and center oneself after a long day at work. I highly recommend taking advantage of this (free!) opportunity for LWRC members!

Volunteers are of the Month

Spring Clean up Work Party: All those that came to the Work Party on March 13, thank you very much. Karyn unfortunately did not get a list of names, but there were many of you, and things got done soooooo quickly, she couldn't believe it! Thanks.

Try Rowing Bash Leader: Stuart Jackson

Try Rowing Bash Volunteers

Jack Bautch
Sara O'Niel
Don Linnertz
Lisa Abram-Profeta
Andrew Jaffray
Vicki Jenkins
Meredith McDonald

Volunteers Needed for Sweep Learn to Row Classes

The days are getting longer, the sun is out much later these days, which means...more Learn to Row classes at LWRC! The coaches of these classes are always looking for volunteers to cox, or sometimes to row in the stern of the sweep boats. What a huge help you can be to some new students learning to row! Also, if you are interested in coaching Learn to Row classes yourself, this is an excellent way to get an idea of how the class is structured, and pick up some coaching tips! Currently there are classes on **Saturday/Sunday from 10-12am**, and on **Monday/Wednesday from 6-8pm**. Contact Karyn if you want to volunteer!

Ask Frank

Question: Are there differences in the way a rower should catch when sculling versus when sweep rowing?

Answer: We try to teach scullers the most efficient way to take the water. This requires a light touch, clever hands. The blade takes the water as soon as possible after the slide starts forward. Customarily, beginning rowers are taught a method that does not depend on skill or dexterity. As a consequence, it tends to be articulated and schematic. That is to say, it is characterized by several distinct motions rather than one that is fluid and subtle. It is easy to understand and can be learned quickly, but there is no reason why a rower should not be able to learn the proper catch with the big oar.



Familiar Faces

Tina Cha

Open up the current issue of "Cooking Light" magazine and you may see some familiar faces. In the April 2004 issue, Martha's Mom head coach Denni Nessler writes an "Introduction to Rowing" piece as a part of the magazine's "Personal Coach" series. In addition to explaining the basic technical steps to rowing, the article also includes a 4-week plan to prepare for a 1000m sprint. In the photos you'll find the smiling faces of a few LWRC rowers, including Mixed Sweep Team members Jill Reinauer and Cheryl Channing.

Denni is no novice to the print world. She and Martha's Moms were profiled in "Cooking Light" in May 2003.



Green Lake Spring Regatta

Coxing from a Rower's Perspective

Mike Rucier

"Are you sure you want me to cox?!?" I said for the 300th time as we pushed off the dock at the Green Lake "Spring Fling" Regatta on March 20. With finality, eight women shouted back a resounding, "Yes! Now get on with it." Alrighty, then. Off we go!

So I was standing around trying to make myself useful. I had already finished my two races for the day, a men's open 8 and a men's light 8. We have enough men now on the MST to field multiple boats on any given practice day and have fun beating up on each other. With more than 20 guys coming to practice on a regular basis, we are having a lot of fun and will only get faster as we try different combinations. I'm very excited about the upcoming season and the possibilities the men will have this year.

Both boats had a pretty good warm-up. Both times my boat pulled up to the line, I sized up our competition: a bunch of friggin' juniors. I've got a lot of respect for junior crews in the Seattle area. They are fast. True, they have no sense of pain and I'm sure they don't look at themselves in the mirror in the morning and wonder where that wrinkle came from or spend five minutes trying to pull out that elusive grey hair. In both races, we had shaky starts and lost a lot of ground in the first few strokes. Although two distinctly different races, both races saw finish times of 3'11" + some change. We were shown up by the kids. We finished fourth in the light 8 and a dismal last place in the open 8. Despite our very capable and experienced coxswain, we managed to hit a couple buoys on the way down in the open race which really trashed our rhythm. Our coxswain NEVER hits buoys. NEVER. Apparently they were randomly scattered across the course. With the cross wind that always blows at Green Lake and the funnel that they call the finish line, it was tough for any coxswain, including a 15 year veteran.

I thought of those randomly scattered buoys when the women asked if I would cox them for their masters 8 race...the same boat that was preparing to row at the San Diego Crew classic. "Are you sure you want me to cox?" I said apprehensively for the first of many times. Ok, so I've coxed lots of times at practice. We all have. Practice is much different than race day. I immediately thought of the start with that ugly cross wind. I thought of the funnel at the finish that can make blind boats who start in lane 7 finish in lane 1. Then I remembered all those buoys again. "Are you sure you want me to cox?"

Alright, but it's not my fault if I hit something. Let's see, I'm coxing, so that means I need stuff. Coxbox. Where do we keep those? Ok, got a cox box. Toolkit. Check. There is something else. What else? Bow number. What lane are we in? Where are the bow numbers? Toolbox. Right. So which is lane 1 and which is lane 7? What is the warm up pattern? What time is our race? What time do we need hands on? Which side is port and which side is starboard? "Are you sure you want me to cox?"

So there I am, trying to get my stuff together and coach Tytus calls a huddle to discuss the game plan for the warm-up and race strategy. "After you launch, warm up by fours then add in pairs. Do blah blah for a few stokes and check blah. Do some starts on the fly after you've blah."

"Huh?"

"For the race, do a start and high 15 around a 38-39. Settle down to a blah for another blah stokes. If we don't get there right away take a second settle. Make sure you call their location on the course and in relation to other boats. Then take a move at the blah. That should get you blah blah. Row more then take it up to a blah at the blah and then blah blah."

I'm normally a rower whose job it is not to think but to pull like heck. I do as I'm told when I'm told...kind of like being



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a husband. It's the coxswain's job to execute the race strategy. I generally like to know what's expected but I'm there to turn off the brain and turn on the muscles. You want more juice, just say so. What's our race strategy? "Kate (sitting stroke), you got all that? Good. I may need to be reminded." Are you sure you want me to cox?

After rowing down the course earlier that morning playing connect-the-dots with the buoys, I was determined to look out for those red icebergs when I took the helm. Race time. "Ok, let's get hands on! What time is our race again?" This coxswain thing is really hard.

The warm-up went well. The women were clipping along. We did our starts on the fly and blah blah. "What lane are we in, again? Are we in the first or second heat? Ok, time to get to the line." We were in lane 5 which flanked the start buoy and put it on our starboard side (port? my left). Those that have rowed at Green Lake know that lining up next to the buoy means you are going to get blown into it as they are aligning the crews. Phooey. We haven't even started and I'm already running into buoys. At least lining up on the buoy meant all I had to do was keep them on my starboard (left) side and that should keep me on a relatively straight course.

Our Lake Union arch rivals were lining up next to us in lane 4 when one of the rowers from that boat hollered out a hello to me and asked what I was doing in the coxswain seat. I'm not quite sure.

"Lane 1 two strokes. Lanes 2, 5, 7 half a stroke. Lane 6 hold. Lane 3 hold. Lane 4 one backing stroke. Lane 3 square and hold. Lane 1 touch it. Lane 4 get your course. Lane 5 you are going to hit the buoy on the start. Back it down and come up on the other side." What lane are we in? Back it what and go where? How do I do that? "We have alignment!" What? "All crews, attention. Go!"

"Half! Half! Blah blah! Blah! Full!" Just don't hit the buoys. Just don't hit the buoys. "High 20!" (or was that 15?) "One! You're in 4th place. Two! Three! ... Second 10! You've moved to 3rd place. Five! Six! ... Lengthen! You are at a 35! You are in second behind Lake Union! Crossing 1000m, let's take a 10 to move on Lake Union! They've got you by four seats! Three! Four!" Buoy. Lake Union isn't giving me any room. "I'm hard on the rudder to make a course correction! Six! Seven! Hold down those legs! Keep it strong! Pump those legs! Lengthen! You are in a solid second! Let's go after Lake Union!"

With about 40 stokes to go a buoy motored from clear across the lake and stopped directly in front of me. I saw it. No problem, I just need to keep it on my starboard side and...Lake Union is awfully close. Don't hit the buoy. Lake Union is really

really close. Don't hit the buoy. Lake Union is really really really.....Slam! Crash! Clank, clank! We tangled oars. Our bow seat's oar completely flew out of her hands. We dropped to 4th place before we got back our composure. Let's take a 10 to take back some seats! Nice and solid now! Keep it strong! Here's the sprint! Let's take it up! You are fighting for 3rd now! Let's kick it! Last 20! Five more!

"Are you sure you want me to cox?"

The women did great. They were in second and were starting to walk on Lake Union before I decided to play bumper boats. They finished 4th. The women said they really didn't care where they placed. They said that they accomplished their goal which was to figure out stuff that will help them prepare for their San Diego race.

I think the women were just trying to make me feel better. That race reminded me how difficult it can be to cox and the important role that person plays in bringing their crew to victory. A coxswain can make or break a crew and is, in my humble opinion, the most important person in the boat. The coxswain is the brains of the machine. They develop and execute the race strategy that can mean the difference of medal contention or giving up your shirt to the winner.

Please remember to thank your coxswain and remember that they are working just as hard as you are, if not harder. If you are asked to cox, just remember not to hit the buoys...or other crews, or logs, or the dock, or the coach's launch, or...



The Secret to Masters Rowing Divulged

Bob Thoreson

I've been racing for a long time, but this was a first. Our 4+ had a good start in lane 2 and started moving out from most of the pack pretty quickly. We had some steering problems, but so did everyone else because of a little cross wind. We were feeling pretty good but just couldn't seem to get away from lane 3 who was about a half a length down from us, and very close to our lane. The referees were flagging them over, then us over, but since we were both bow loaders, it doesn't really work very well to wave a flag 30 meters behind.

At about 500m, the two boats suddenly behaved like two magnets that got just a bit too close, and we were slammed together. I looked over and the loom of my oar was being held by our neighbor's cox as if I had handed it to her. There was some yelling about separating quickly, but the tangle seemed

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to get worse. I looked down next to my rigger and saw our two seat's upside down blade. Hope started to drain and the rest of the field passed us by. It was starting to feel like we just weren't meant to row this race, much less do well. But then a rower in the lane three boat recovered from shock and started to implore his mates to get going. What the heck, we're going that way anyway. May as well go with some urgency. The other boat regained their composure and moved away. OK. Let's do the same!

Ooops. Two seat's blade is still under my rigger. He finally got it worked out and we were off, but were trailing all the boats at this point by who knows how much.

Time does weird things in these situations. But this is the interesting part. We had practiced a few times, but had not experienced any more than a few good strokes in a row. We had never gotten it all together to establish a foundation that we could fall back on. I like to think there is always some good rowing down inside somewhere, that I can conjure up

if I really focus on it, if I bring the rate down or up or get out of bow or something. It's a subtle and elusive thing that we never quite mastered as a group in the 4+. But we had it now. After rowing 500m, stopping, becoming upset and even angry if I may speak for some of the members of our boat, we were rowing at our best, and it was darn good rowing. Well, that's enough of a reward for me - a good row for the last 500m, regardless of how we place, would be very satisfying. But then to our surprise, we passed a boat. We passed another and another, and by the end, we had passed all but one boat, which crossed two seconds before us. They were 41 and we were 57, so we easily won.

I explained to a congratulatory boat, that that was our strategy - at our age, we need to take a short break in the middle of the race. And that's the secret to master's rowing - take naps. Actually, the secret is that it's mental. It's there. Just need to coach it to the surface, and make that commitment to the race and teammates.

The Results

Men's Lt 8+ 4th place

Carl Russell, Josh Proctor, Juraj Hlavac, Andy Leonard, Mike Rucier, Fred Sadaghiani, Bob Thoreson, Andy Rees

Open Men's 8+ 6th place

Carl Russell, Josh Proctor, Raj Mareddy, David Law, Juraj Hlavac, Andy Leonard, Mike Rucier, Andy Rees

Masters Men's 8+ 5th place

Martin Heyn, Fred Sadaghiani, Ken Smith, David Law, John Sullivan, Chris Countryman, Dennis Williams, Andy Leonard

Masters Women's 8+ 1st place

Martha's Moms Jill Johnson, Kari Page, Lynne Robins, Nancy Otterholt, Karin Rogers, Suzan Dean, Jan Chow, Chrissie Marshall

Masters Women's 8+ 4th place

Kate Tytus, Jen Rucier, Rachel McGovern, Cheryl Channing, Jody Coffman, Cara Frankenfeld, Lisa Oswald, Phoebe Smith

Masters Men's 4x 1st place

Bob Thoreson, Dale Peschel, Kirk Clothier, Dave Rutherford

Masters Men's 4+ 1st place

Bob Thoreson, Dale Peschel, Kirk Clothier, Dave Rutherford

Masters Men's 4+ 3rd place

Ken Smith, Don Kuehn, John Sullivan, Dennis Williams

Open Women's 4+ 4th place

Sandy Gardner, Louisa Hall, Jody Coffman, Christine Ringstad

Masters Women's 4+ 1st place

Jill Reinauer, Jen Rucier, Lisa Oswald, Cara Frankenfeld

Masters Women's 4+ 2nd place

Rachel McGovern, Cheryl Channing, Sandy Gardner, Catherine Crain

Women's Lt 4+ 3rd place

Jill Reinauer, Phoebe Smith, Christine Ringstad, Catherine Crain

Masters Women's 2x 1st place

Susan Kinne, Barb Smith

("Masters" is an understatement here! These two were rowing in the Flight of Fossils. Must have been some kind of handicap!) ;-)

Mixed 2x 5th place

Bob Thoreson, Karin Rogers

Masters Men's 1x 2nd place

Dave Rutherford

Learn to Row Schedule

Beginning Sweep

Saturday + Sunday
April 24th – May 23rd 10:00 am – 12:00 noon
June 5th – June 27th 10:00 am – 12:00 noon

Monday + Wednesday

April 5th – April 28th 6:00 pm – 8:00 pm
May 3rd – May 26th 6:00 pm – 8:00 pm
June 7th – June 30th 6:00 pm – 8:00 pm

Beginning Sculling

Saturday + Sunday
April 24th – May 23rd 9:30 am – 11:30 am
June 5th – June 27th 9:30 am – 11:30 am

Tuesday + Thursday

April 6th – April 29th 9:00 am – 11:00 am
April 6th – April 29th 6:00 pm – 8:00 pm
May 4th – May 27th 9:00 am – 11:00 am
May 4th – May 27th 6:00 pm – 6:00 pm
June 8th – July 1 9:00 am – 11:00 am
June 8th – July 1 6:00 pm – 6:00 pm

Developmental Sculling

Wednesday only
April 7th – April 28th 9:00 am – 11:00 am
May 5th – May 26th 9:00 am – 11:00 am
June 9th – June 30th 9:00 am – 11:00 am

*No classes April 10, 11 and May 1, 2, 29, 30, 31

2004 LWRC Junior Sculling Camps

From Beginners to Experienced Rowers ages 12-18.

Sculling Camps run 2 weeks: 9:30 – 11:30am
Monday – Thursday (week 1)/Monday – Friday (week 2)
(picnic/snack lunch on last day).

Cost: \$120 per session. Multi-session discounts are available.
Registration: 206-547-1583, or lwrcmanager@yahoo.com

Come start your rowing career with LWRC, or advance your skills to make yourself more competitive for that team boat! Sculling teaches boat sense, coordination and independence. The students learn at their own speed, and feel great when they are the ones moving the boat and in complete control of it. Chances to row in team sculling boats, 2x (2 person) and 4x (4 person), are available.

There is no better way to spend your summer: being on the water; getting exercise in the sun; meeting new friends; and learning or advancing athletic skills!

Early Bird Session I

June 21 – July 1

Session II

July 5 – 16th

Session III

July 19 – 30th

Session IV

August 2 – 13th

Session V

August 16 – 27th



Racing Arizona: Spring Training in Tempe

Evan Jacobs

Like professional baseball players and snowbirds from the Midwest, we traveled to the desert recently for a chance to get some sun as well as row against some top-notch competition at a little-known lake in Tempe, AZ.

Tempe Town Lake was completed about five years ago and is now home to a couple of rowing clubs as well as the rowing program for Arizona State University. The lake is about two miles long and is wide enough and straight enough for a four-lane fully-buoyed 2000m rowing race course. The lake is positioned in the middle of Tempe (a suburb of Phoenix) so there are several hotels and restaurants nearby.

Rio Salado Rowing Club hosts a couple of regattas each year including the Desert Sprints which Tyler and I attended during the last weekend in February. This was the second year for this regatta and the event was well-attended by rowers from California, Texas, and Oklahoma as well as some elite level rowers from New Jersey and Connecticut that had spent the winter in Tempe in preparation for the Olympic Trials.

We arrived in Tempe on Friday afternoon and after taking a shuttle to our hotel we were able to walk down to the rowing club where we were borrowing a boat for the weekend. The weather was ideal with temperatures in the 70's and little to

no breeze.

Most rowers usually don't begin doing sprint work until the spring and don't usually race over 2,000m before April but the competition in our event (Men's Championship 2x) was very fast nonetheless. After some last-minute confusion over which boat we would be borrowing, Tyler and I went out for our heat on Saturday afternoon where we finished second and thus qualified for the final on Sunday.

Sunday's final was quicker still with four quality crews racing down the course. Although we finished fourth we were quite close to the leaders and we are convinced that the outcome will be different when we meet them at the Trials.

After racing on Sunday we took a trip to nearby Peoria where the Seattle Mariners hold their Spring Training. Although there wasn't any activity on a Sunday afternoon, we were able to take a look around the stadium.

We were glad to have made the trip to the desert and we'd recommend the journey to anyone from the club who may be interested. It would be a great place, for instance, to spend the week training before racing in San Diego at the Crew Classic.



With each stroke, their bodies surged toward the bow with a powerful push of the legs that nearly lifted them off their sliding seats. They sent the boat forward with a quick, strong pulse. It was the movement of the rowers' bodies, traveling back and forth, that really contributed to the sense of speed and exhilaration that made rowing almost feel like flying. And as the boat picked up more and more speed, the bodies moved faster, creating a snowball effect that was both intense and hypnotic.

Daniel J. Boyne, on the 1976 US Women's 8+, Silver Medalists at World Championships

Big Climb for Leukemia

Jill Reinauer

Congratulations to all the LWRC members who completed the Big Climb for Leukemia on Sunday, March 21. Participants in the 18th Annual Big Climb raced up 69 flights of stairs to the top of the Bank of America Tower in downtown Seattle. That's a total of 1,311 steps; 788 feet of vertical elevation!

In addition to completed this awesome climb, participants helped raise money for the Leukemia and Lymphoma Society. Thank you to all who donated, and congratulations, stair-climbers!

Tyler Peterson (finished first in the 18-29 age group, and 4th overall, with a time of 8 minutes 22 seconds!)

Cheryl Channing

Jody Coffman

Niki Lustig

Liz Savage

Niki Sherey

Phoebe Smith

Kate Tytus

(apologies if I've forgotten anyone!)



Is everyone in your organization
pulling in the same direction?



Get your company rowing in the same direction and dominate your industry. At The OARS Program, we combine the Olympic sport of rowing with educational activities to build high performing leaders and teams as you work on critical business issues. Contact us at (206) 352-9066 or info@oarsprogram.com for more information.

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Marketplace

MAAS 24 for sale

4 years old. Lightly used, near-new condition.
Carbon Seat, Large Fin, Bow Ball
Always stored in LWRC boathouse
\$2500/obo
Rick Mitchell
(206) 953-3328
rickmi@comcast.net

Therapeutic and Sports Massage

Liz Savage is a Licensed Massage Practitioner and has a BA in Exercise Science. She specializes in Injury Treatment, Therapeutic and Sports Massage, and Relaxation. Call or email to make an appointment. 206-290-1193. liz@rodeolagoon.com

Our Web Site

EVAN JACOBS is the webmaster for the LWRC website (<http://lakewashingtonrowing.com>). If you have anything you'd like posted, updated, or deleted, just let him know. For the quickest response, send an email to him at evanjacobs@yahoo.com. Also note that past issues of the newsletter are available on the web site.



Head of the Lake 2003 Women's Masters 8+
Louisa Hall, Nicole Lustig, Anne Bradley, Anne Clancy, Sany Gardner, Aiko Montgomery, Tina Cha, and Catherine Crain

Easy Fundraising!

You can buy books through Amazon.com and Amazon gives a percentage of the sale (5-15%) back to LWRC! Every time you enter the Amazon site, remember to go through the LWRC link (www.lakewashingtonrowing.com), and LWRC will make money on whatever you buy at no additional cost to you. Try it!

Correspondents Wanted

Please feel free to submit articles, book reviews, movie reviews, editorials, personal ads, rowing tales, good sea shanties, funny stories, photos or news items for the LWRC Newsletter. Looking for a pair partner? Want to carpool to work? Want to advertise a service or a business? Training Tips? How you learned to row? Want to review a breakfast spot? See anything interesting while rowing? We try to keep material rowing related, but are not afraid to venture into new territory! Please send submissions to Jill Reinauer at jillre@microsoft.com, or leave handwritten or typed material in the secretary's box at the Fremont Boathouse. In advance, thank you.

Rowing Groups

Rowing Programs

The rowing programs are available to all club members who are interested in receiving coaching. Coaching fees are \$25 per month (paid quarterly in advance or annually with dues). This monthly fee allows you to participate in either the sweep or sculling program or both for the same fee.

LWRC Mixed Sweep Team

The LWRC Mixed Sweep Team, coached by John Tytus, with help from Frank Cunningham and Doug Nelson, rows eights and fours, with an emphasis on skill building and preparation for competition. This developmental program accommodates rowers from intermediate to advanced skill levels. Both men and women, lightweights and non-lightweights, masters and non-masters, are encouraged to show up and will be boated appropriately.

Practice Times

5:00 AM - 7:00 AM Tuesday, Thursday
6:00 AM - 8:30 AM Saturday

Contact

Karyn Crouthamel at 206-547-1583
John Tytus at 206-251-4789
Padraic McGovern at padraicm@mindspring.com

Technical Sculling

We welcome club members who seek intensive technique practice, whether they are just graduating from a novice Learn-to-Row class or want to correct habits developed over years of sculling. You will learn the same techniques taught in Bill and Frank's competitive group, but without the conditioning workouts. You can row wherries or racing singles, in the mornings or evenings. Your instructors will row along side you, demonstrating drills and describing movement, sound, and feel. We expect you to become a skilled, efficient sculler who understands how and why a boat moves fast. We're here for you. Call us with your questions.

Practice Times

6:00 AM Friday
7:30 AM Saturday

No reservations necessary. Just show up.

Contact

Hugh Lade at 206 524-7591
Bob Thoreson at 206 363-8120

Evening Rowing

Early morning practice a little TOO early for you? Got to be at work when New York opens? Like to sleep in? Like to have a beer after practice? Well, have we got a deal for you! Rowing and sculling fanatics are both accommodated, but be prepared to try each. Our experience varies, but we all share a love of the sport and good fun.

Practice Times

6:15 - 8:15 PM Mondays, Wednesdays, Thursdays

Contact

Joanne Gallagher at joannegallagher@hotmail.com

Competitive Sculling Group

The competitive sculling group is coached by Bill Tytus and Frank Cunningham. The purpose of this group is to improve your sculling (although we are occasionally visited by pairs, which we welcome) through conditioning and technique. Coaching fees do not apply to those who are providing regular, significant volunteer contributions to the club. Otherwise, the \$25/mo coaching fee does apply to cover launch maintenance and gasoline.

Practice Times

5:30 AM Wednesday
6:30 AM Saturday

Contact

Karyn Crouthamel at 206-547-1583

Martha's Moms

The Moms, coached by Denni Nessler, have a 17 year history of rowing competitively. Women 27+ years of age with some rowing experience may try out for the team.

Practice Times

5:30 AM Tuesday, Thursdays
6:00 AM Saturday

Contact

Karin Rogers at 206-364-6311
karinrogers@comcast.net

Lake Washington Rowing Club
910 N. Northlake Way
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www.lakewashingtonrowing.com

Manager/Boathouse Rental/Voice Mail (206) 547-1583
Boat Bay (206) 547-2668 Fax: (206) 547-3549
Manager: Karyn Crouthamel lwrcmanager@yahoo.com

LWRC Coaching Staff

Frank Cunningham - started rowing as a schoolboy in 1937. Stoked during his years at Harvard, winning numerous races. His heavyweight 8+ at Harvard was inducted into the Rowing Hall of Fame in 1975. Coached Seattle Junior Crew, Lakeside School Crew, and many LWRC crews. Currently, as Head Coach at LWRC, Frank primarily coaches with the MST and the Competitive Sculling group.

Hugh Lade - rowed at college and Masters levels. Won several US and Canadian Masters Nationals titles. Coached several novice and intermediate sculling classes. Currently co-instructor for continuing twice-weekly intermediate sculling group.

Doug Nelson - rowed in college, and at National Selection Camps. Won medals at Elite Nationals, American Rowing Championships, US Olympic Festivals. Head coach at PLU 1991-2000; Coached at US Lightweight Development Camps 1993, 1994. Currently coaching pairs, assisting with MST.

Bob Thoreson - rowed at LWRC since 1978, coached by Frank Cunningham. Competed in and won numerous Masters level races. Currently co-instructor for continuing twice-weekly intermediate sculling group.

Bill Tytus - started rowing and racing at national level in High School. Won Junior Nationals (4+), 2nd at IRAs in college (stroke 8+), placed 2nd in Diamond Sculls at Henley (1x), stroked US 8+ at European Championships, placed 2nd at PanAm Games in 1x. Coached UW Men's lightweight crew. Began coaching at LWRC in 1990, where he has coached several Masters and Junior National Champions. Currently coaching Competitive Sculling group at LWRC.

John Tytus - rowed four years in college. 4th Place at Thames Cup, Henley Royal Regatta, 1995. Attended USRowing Pre-Elite Camp, 1995, USRowing Nations Cup Camp, 1995, and LWRC Summer Camp 1997. In 1997, won Silver medal at National Championships in the Senior 4-. LWRC member since 1996. Rowed with LWRC Competitive Sculling Group 1996-1998. Mixed Sweep Team Coach since 2001.



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