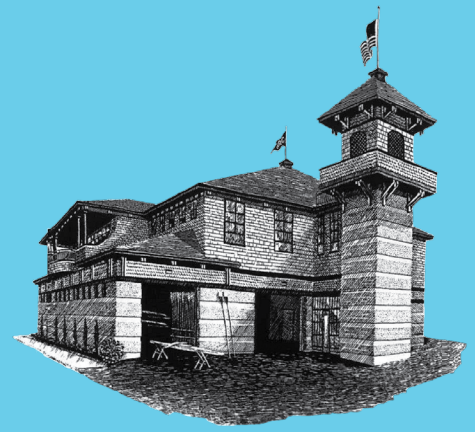


LWRC NEWSLETTER

August 2008



Captains' Corner

KC Dietz and Ginny Senear

The days are getting shorter again, and it's time to get out your boat lights and check the batteries. The club policy is that your boat must be lit on the bow and the stern. Some people are color blind to red, so you need an additional white light if you choose to use a red one. If your light goes out in the middle of the row, you are to immediately return to the boathouse, while taking extra caution.

If you are interested in racing at the Head of the Charles in a sweep boat, please sign up on the sheet posted on the Captains' Bulletin Board by Aug. 15. Based on the interest and the ability to field competitive boats, the captains will submit entries and facilitate determining the line-ups.

Other news of note this summer:

- The new Maas 2x, open water boat, is a general use boat and great for rough water.
- Oar inventory is now in progress. Please mark your private oars so we know whose is whose.
- Hygiene alert: Remember to clean off ergs and weight bars after use with the spray cleaner provided.
- The club singles, Oberon and Ophelia, are for sale. Club members have first right of refusal before we open sales to the public.
- Join us for the Outlaw Races, held monthly and organized by our coaching director, Hugh Lade. Sign up for club boats on the form provided at Captains' board.

On July 26-27, several LWRC members traveled to San Francisco to compete in the North American Open Water Racing Championship. Congratulations to Evan Jacobs and Tyler Peterson, Theresa Batty and KC Dietz, Joan Linse and Susan Kinne, Rainier and Adrian Storb, and Howard Lee for their great efforts in this year's NAOWRC.

Outlaw Race #1

Hugh Lade

Drag and dirt track auto racers know the drill: Find a suitable, preferably inconspicuous, piece of turf and go at it. Ya' run what ya' brung, with no stinkin' sanctions or rules. The LWRC version saw the first skirmish in the wee hours of July 26. Some racers kept such a low profile that they didn't even sign up; they just got in line and floored it.

Lisa Johnson led the three wherries over a 1k course, quickly followed by Matt Crouthamel turning a blistering 14:28 for the Locks to Bridge run. Big Byrl, older but always fast, was 50 seconds behind, and upstart Josh Proctor took third, two seconds behind Byrl.

We'll have these time trials every month, March-October, so scan your email and look for flyers in the boat bays. The August race is Saturday morning, the 23rd, starting at 7:15 at the locks. The September event will be our Head of the Troll breakfast gala, date TBA. All club members are welcome, in any size of shell and crew configuration. Contact Hugh at 524-7591 or blade1x@comcast.net with questions.

In This Issue

Captains' Corner	1
Outlaw Race #1	1-2
Row for the Cure	2
NAOWRC Race Report	3
Coaching Staff	4
Head of the Lake	5

Outlaw Race #1

continued

The official, possibly accurate, results are:

Matt Crouthamel 1x	14:28
Melissa's Mams 4+	17:13
Byrl Thompson 1x	15:18
MST W 2x	17:32
Josh Proctor 1x	15:20
Katie Peichel 1x	17:45
MST M 8+	15:40
Nancy Serratore 1x	18:51
Evening League 4x	16:11
John Pappenheimer 1x	18:52
Rogers/Hagman 2x	16:17
MST W 2x	21:53
Potter/Frantz 2x	16:19
Barbara Gregory 1x	22:47
Niki Sherey 1x	16:29
Michael Cheung 1x	22:58
Alberti/Suor 2x	16:44
Bob Thoreson 1x	16:45
Lisa Johnson W 1x	5:45
MST W 2-	16:47
Andrew Stanton W 1x	6:19
MST W 2-	17:02
Tahl Tyson W 1x	6:30

Time to Rally: Row for the Cure

Julie Smith

You LWRC scullers and sweep team members are champions at supporting Seattle's annual Row for the Cure, and this year's event on Sunday, September 21 challenges you even more! For two reasons:

1- This eighth annual race is longer by 1000 meters for a total of 4.5 kilometers (4500 meters). There's a turn at south Lake Union and the finish line is about 1000 meters past the turn. As always, the start line in this is the SPU boat dock in the Lake Washington Ship Canal.

2-Thanks to the generosity of last year's 400 participants who raised a whopping \$97,000, this year's fund raising goal is \$100,000!

That said, the 2008 Row makes it easier for you to donate to the beneficiary, the Puget Sound Affiliate of the Susan G. Komen For the Cure. For one reason: Online giving.

Here's Penny Lewis, a member of LWRC and Martha's Moms and the fund raising chair for the Row: "You can set up your own page and solicit far and wide to support the cause. Our goal is to break the \$100,000 barrier. Remember, 75 percent of the profits stay in the Puget Sound region and make a difference for breast cancer survivors and underserved women in finding cancer early."

Check it out on ActiveGiving.com at www.active.com/donate/rftcseattle.

Thank you for considering participating in Seattle's 2008 Row for the Cure. For further information please visit www.rowfortheCure.com/cities/seattle.htm or www.regattacentral.com.

If you have any questions, please contact one of the following people:

Penny Lewis 206-323-9295, plewis4040@msn.com

Steff Fowler 425-454-7441, hodfowler@aol.com

Julie Smith 425-828-0205, jsmithkirkland@comcast.net

Lynne Sweeney 206-284-7340, lynne_ms@hotmail.com

Upcoming Racing Opportunities

Outlaw Race #2

August 23 • The Locks

Head of the Troll

September 13 • LWRC

Row for the Cure

September 21 • Lake Union

Father & Son Race at NAOWRC in San Francisco Bay

Rainer Storb

San Francisco Bay, July 26, 2008. My usual doubles partner, Todd Silver, was tied up in unexpected family business and my son, Adrian, jumped into the stroke seat on short notice. Having slept through the start signal, we were last to leave the start line. Water in the north part of Richardson Bay was flat. Skies were clear and blue. Helped by a rearview mirror clipped to my hat, we weaved through scores of anchored boats off Sausalito. Behind us an intimidating, large container freighter headed toward Golden Gate. Going south, we hugged the Marin County shore. At Yellow Bluff, pelicans sat on the rocks, resting and digesting. Seals checked on us from astern.



Rainer and Adrian Storb make a 13-mile row look easy

On short notice, the race committee had scratched the 1-mile leg west of Golden Gate Bridge to Point Diablo and back and made us turn, instead, at Lime Point next to the north tower of the bridge. We had looked forward to the ocean swells and were disappointed. The course was thereby shortened to 13 miles. Gradually, we were catching up with other doubles. Not long after the 180 degree turn at Lime Point, as we headed toward Government Marker halfway to Angel Island, Adrian developed one of his sudden-onset migraine headaches, probably due to the sun, an unusual natural phenomenon in the Northwest. (He wore no hat or visor.) I had the impression he longingly looked toward Fort Baker on port where our hotel room in the Cavallo Point Lodge beckoned but then determined to go on regardless.

The boats ahead of us now pulled away and we focused on holding off two women's doubles, locals Pross/de Cossio and LWRC's Theresa Batty/KC Dietz. Owing to a 12 knot westerly coming through the Gate, waters were choppy until we rounded the rocks off Point Blunt on Angel Island and had flat conditions. East of the island the air was balmy and several landing sites looked inviting for a

picnic. Unfortunately the boats behind us rushed us. Once around Angel, we entered Raccoon Strait and headed west for Peninsula Point. The chop returned at a quarterly angle from port. We weaved through a fleet of kayaks in the rip off the Point and then had trouble finding Cone Rock, the last marker. It actually turned out to be not a rock but a weathered dolphin. After we rounded Cone, rowing legend Gordy Nash, on a chase boat, used arm signals to direct us to the finish across Richardson Bay, off Horizon Restaurant in Sausalito.

Once finished, Adrian's adrenaline was spent, he felt nauseated, and had a hard time rowing the additional mile or two to Open Water Rowing where we hauled out. He slept off the headache for three hours, spread-eagled across the back seat of our car. By evening he had recovered, and we joined Sound Rowers' Theresa and Jeff Knakal, Rob and Cheri O'Brien, and Steve Chapin, LWRC's Theresa Batty, and Sausalito's Shirwin Smith, to descend like hungry locusts on Jeff's aunt and uncle's house in San Francisco for dinner.

Our California hosts could not have been more gracious, and we thank them. We owe special thanks to LWRC's Howard Lee who drove the boat trailer to and from San Francisco.



Howard Lee braves the waters of San Francisco Bay solo

LWRC Coaching Staff

Theresa Batty Developmental Sculling, MST
Theresa trained with the National Team pre-elite lightweights from 1986-1989. In 1989 she was selected as an alternate for the National Team. She won several U.S. titles and competed in Canada and Europe. Theresa started the crew program (with Cath Johnson) at The Evergreen State College. She has coached at Green Lake, Mt. Baker and Stockholm Rowing Club.

Adam Carlton Mixed Sweep Team Men

Frank Cunningham Coach to All
Frank started rowing as a schoolboy in 1937. He stroked during his years at Harvard, winning numerous races. His heavyweight 8+ at Harvard was inducted into the Rowing Hall of Fame in 1975. Frank has coached Seattle Junior Crew, Lakeside School Crew and many LWRC crews.

Melissa Hayes Intermediate Sweep

Hugh Lade Sculling Technique
Hugh raced in college (and summers at LWRC in the mid-'60s) and as a Master, winning U.S. and Canadian national titles. He leads the twice-weekly Sculling Technique sessions and instructs both beginning and intermediate Learn-To-Scull classes.

Anna Nordstrom Intermediate/Advanced Sculling
Anna joined LWRC in 1995, as part of the collegiate summer program. Since then she has competed in both sculling and sweep events, for a variety of clubs at numerous races throughout the U.S. and Canada. She has coached youths and adults, sweep and sculling, beginners and advanced rowers.

Bill Tytus Competitive Scullers
Bill has raced at the national level since high school. He won Junior Nationals (4+), placed 2nd at IRAs in college (8+), finished 2nd in Diamond Sculls at Henley (1x), stroked the US 8+ at European Championships, 2nd at PanAm Games in 1x. Bill has also coached the UW Men's lightweight crew. An LWRC member for nearly 40 years and an LWRC coach for almost 20, Bill has coached Masters and Junior National Champions.

John Tytus Mixed Sweep Team
John rowed four years in college, training at many USRowing and Elite camps. Highlights include the silver medal at the National Championships in the Senior 4-. John began coaching the MST in 2001. His crews have won gold in regattas across the country.

Molly Zeaske Evening League
Molly has been coaching the Evening League since 2004. She previously rowed for the Mixed Sweep Team and in college at the University of Puget Sound.



LWRC Programs

Do you know someone who is interested in rowing,
or just want to learn something new yourself?
Visit our Web site for more information on the following:

Experience Rowing Class

Learn to Row

Competitive Sculling

Sculling Technique

Fridays with Frank

Evening League

Martha's Moms

Mixed Sweep Team

2008 Board of Directors

Contact Info

President
Marcie Sillman
206-322-4476
rowermarcie@yahoo.com

Vice-President
Bill Tytus
360-579-4155
bill@pocock.com

Co-Secretaries
Kate Brooks
206-218-6555
kbrooks@thevilla.org

John Robinson
206-236-1994
jrobinson@entrixx.com

Treasurer
Ben Porter
206-523-7344
bporter@porterkohli.com

Co-Captains
KC Dietz
206-284-8384
dietzkc@hotmail.com

Ginny Senear
206-525-0943
gsenear@msn.com

Program Manager
Conor Bullis
206-547-1583
conor.bullis@lakewashingtonrowing.com

Boat Bay 206-547-2668

Head of the Lake

November 9, 2008

Once again LWRC is hosting the HOTL regatta. This year the event will be held on the "classic" course. As always, many volunteers will be needed to make this event a success. If you would like to be involved in the ongoing planning of this regatta or as a race weekend volunteer, please contact BJ Connolly or Rachel Alexander (planning committee co-chairs). More to come!

Facility Rental Available!

Searching for the perfect location for an upcoming party, banquet, meeting, wedding or reception?

*Host your next event at
Lake Washington Rowing Club*

For facility rental inquiries,
please contact Andi Day

206.714.5087

or

AndiDay1@aol.com