



LWRC

NEWSLETTER March 2004

Website: www.lakewashingtonrowing.com

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Boathouse Mgr.	Karyn Crouthamel	206-547-1583	lwrcmanager@yahoo.com

Welcome to the New Advisory Board Members!

Jill Reinauer

I am pleased to announce that we have two new Advisory Board members! Congratulations, and thank you, to **John Robinson** and **Jen Rucier!!**

In keeping with the usual protocol, the current Advisory Board nominated several members for the two open positions on the board, and John and Jen, two very willing and active club members, have accepted the nomination. Had more than one nominee for each position accepted, we would have had a vote by all club members; however, in this case, a vote is not needed.

In 1992, as a serious movement toward building a permanent boathouse was underway, the Club decided that it would be beneficial to establish an Advisory Board to give guidance to the operating board. Part of the hope was to create some continuity as the personnel on the operating board changed from year to year. To this end, the Club voted to change the By-Laws to include an Advisory Board of Directors. This board includes President Emeritus Directors, Patron Directors, three Male At-Large Directors, three Female At-Large Directors and one Life Achievement Director (Frank Cunningham). The Patron Directors and Life Achievement Director are permanent members of the Advisory Board. One male and one female at-large director are elected each year, with the exception that an outgoing President automatically takes one of the positions. (This year, we did not have an outgoing president to add to the Advisory Board, since Don Kuehn was re-elected as President.) The Advisory Board meets once

per quarter. Special meetings are called as the need arises.

The mission of the Advisory Board is to assist the Board of Directors of the Lake Washington Rowing Club with the long range planning and operation of the club. The Advisory Board can make recommendations to the operating board, but does not make decisions.

Over the years, the Advisory Board has discussed a variety of topics. In the beginning, boathouse and dock construction, financing, and fund raising dominated the discussions. However, the Board has also taken on projects including learn to row organization, long range planning, dues structure, committee restructuring, election planning, and major event planning, such as the boathouse grand opening.

Below are statements from both of the new Advisory Board members. Take a moment to get to know a little about them. They, along with all the Advisory and Operating Board members, are here to represent you!

John Robinson

I have been asked to offer myself for candidacy for an at-large position on the LWRC Advisory Board, and would welcome the opportunity to serve. The perspective I bring to the Advisory Board comes from nine years of membership that started with having my horrible rowing stroke corrected to the Lake Washington technique, occasional competition, working as an aid-de-camp and tool boy for Susan Kinne, and now teaching

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Manager's Scoop

Karyn Crouthamel

The Winter Gala of 2004 will have to be recorded as a great success. I had a lot of fun, and I think most of the 90 or so people that attended agree with me. Hugh Lade's band "The Usual Suspects" did a great job, and provided great music to dance to.

The Karaoke Competition was enjoyable to watch. It was judged by present and past Presidents of LWRC: Don Kuehn, Beverly Sheridan and John Alberti. It was a tight race between the duos Evan Jacobs/Tyler Peterson and Doug Nelson/John Tytus, but Doug and John prevailed, winning the very last of the blue LWRC hooded sweatshirts that were bought before my time. Yeah! Now we can get new ones!!! ☺ It's always fun to see the end of older merchandise lines leave that closet, so we can bring in new stuff. (The last ski hat was bought too!!!)

I hope everyone enjoyed the buffet. The Mediterranean Chicken was made by Stellar Catering, and the Ziti (or baked pasta sauce and cheese dish, for those west coasters who do not know what ziti is) was made by yours truly. We have a couple of members that are never allowed to leave as long as they keep making their superb beer! Thanks to Jeff Berkman and Jim Claypool for the great beer! Unfortunately due to the unexpected high numbers of RSVPs, I had to buy some back up beer from the store, which was needed.

I think that covers the evening, I am glad to have seen our very own banquet facility so full of people for our own party!

I need to thank John Robinson, Anna Noble and Tyler Peterson for teaching our first 2004 Learn to Scull class in January. Thanks also goes to Matthew Crouthamel who taught the February Learn To Scull class, with some help from Karin Rogers. So speaking of coaches for classes, I am always looking for coaches to pull from for our monthly classes. Starting in April, we have evening classes as well as weekend, so we could potentially have four or five classes running at the same time. You can get paid for teaching, remember!

Our SWEEP CLASSES NEED YOUR HELP. Please post our Learn to Row Flyers wherever you go: coffee shops, work, post offices, etc. Our sculling classes are oh so popular, but it seems our sweep classes are few and far between. Please help spread the word. I have said it before; I will say it again, again: "Word of mouth is the BEST mode of advertising, and the cheapest."

Locker Room Protocol

As many of you know, we have a new Rental Agency, Apulent Special Events. They personally will be showing the banquet facility to interested clients. They have asked us to help them

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Captain's Corner

Hugh Lade

REGATTA NEWS

Opening Day: Last call for anyone outside of the MST to express interest in an Opening Day slot. We have to tell the Seattle Yacht Club committee which events we would like to see on the schedule. Apart from the Mixed Quad +, all events are 8+s, either for Men, Women, or Mixed. Age is important only in matching what other clubs may ask for, and SYC may come back and invite us only if we can move up or down a decade. If you organize a crew of the same gender and age as an MST boat, your captains will arrange a qualifying race. Please let us know by March 5.

Green Lake Spring Regatta: If you do not have your entry in to the LWRC captains by now, do it today! It may be too late anyway. Race day is March 20.

Masters Regionals: June 17-20, Vancouver Lake. The Portland/Vancouver Rowing Association has arranged for discount rooms with several Vancouver hotels. Make your reservations directly by April 1. A list of hotels is on the Captains' Word bulletin board and the main bb near the sweep oars.

Covered Bridge Regatta: April 10, Eugene, Oregon. Entry forms available March 1, due March 31. Check on-line at <http://www.oarowing.org/oarcovered.htm>, or find the entry info on the Captains' Word bb.

REMEMBER, THE CAPTAINS' WORD B-BBOARD IS YOUR SOURCE OF RACE INFORMATION. CHECK IT REGULARLY. IF YOU HAVE QUESTIONS, OR SOME INFO IS MISSING, NOTIFY A CAPTAIN.

LIGHTS

Forget not the approaching Daylight Savings Time. Just when dawn breaks at a reasonable hour, we get hammered by an extra hour of morning darkness. Mike Young has developed a neat little double bow light package that he will make available for those interested. It slides into a bow-number bracket and, according to Susan Kinne, puts out an IMPRESSIVE amount of light over a wide arc. The lights are about \$25 each, the bracket free. A great safety feature that fits most boats. Wherries will require a clamp. See Hugh, Mike, John T. or Susan for details.



New Advisory Board Members

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beginning sculling. Through all of these activities I have seen first-hand the importance of the "volunteerism" ethic that is the essential core of our club. In that spirit I wish to volunteer as a member of the Advisory Board, to lend another voice during discussion of the club's future and how to achieve it. Our club is truly a special group of people, but its vitality, indeed it's very viability, is something we each must take responsibility for and I would be honored to have the opportunity to contribute in this way.

Jen Rucier

I joined LWRC with my husband, Mike, in the spring of 1997, with two years of high school rowing (California Junior Champs in 1992) and three years of Varsity rowing at the University of Puget Sound (Loggers rock!) behind me. By the end of 1997, Mike and I were engaged and we decided that the key to a happy marriage was not going to be fumbling around together in a double while exchanging colorful words. We joined the Intermediate Sweep Team, which transformed over time to the club's current Mixed Sweep Team.

I consider myself a critical player in the survival of LWRC's sweep program. While the club's primary identity is sculling, I, along with four survivors of the Intermediate Sweep Team (husband Mike included) found our roots in sweep rowing and wanted to see a healthy sweep program, too. We persevered and as the grand master plan of aligning Try Rowing Bashes, Orientation, and Learn To Row with the ultimate goal of increasing general club membership and MST membership came to fruition, our numbers grew over the last four years to what you see crowding the boat bays today. In the early days of the MST I frequently sacrificed my rowing time to cox and allow new members more time to sink their teeth into the sport. I have been the Coxing Coordinator and Captain for the MST and this year I am the team's Treasurer.

While I do not generally seek out leadership positions, I am happy to hold them if I know that my efforts will benefit those I am leading. I believe in both the history and the future of LWRC. I like to make people happy (different from brown nosing, of course). I would be happy to represent you as an Advisory Board Member, and know that you would expect the best from me during my tenure.

Manager's Scoop

Karyn Crouthamel

with a few small things to help rent our beautiful facility.

- 1) KEEP LOCKER DOORS SHUT!
- 2) Make sure the fan is on when showers are being used.
- 3) Prop the doors once in a while to air out the locker rooms
- 4) Please have a basket to keep any personal items in, i.e. hairspray, toothpaste, etc.; keep baskets on top of the lockers, instead of on the sink. *This will be allowed as long as it does not become an excessive amount of stuff being left.*
- 5) Please hang towels in lockers, or neatly on the towel rack.
- 6) Keep bags either in lockers, or neatly stowed on the floor.
- 7) KEEP LOCKER DOORS SHUT!

Thanks for all your help in keeping the locker rooms looking orderly, in case potential renters come by.

Racing season is upon us, good luck to all those venturing into the race lanes!



Rowing Quiz

- 1) Who stroked the 1964 Olympic Gold Medal 8+?
- 2) Who stroked the 1994 World Champs 8+?
- 3) Paul Enquist rowed stroke or bow in 1984 Olympics?
- 4) Where did Dick Ericson coach before the UW?
- 5) Command from cox, meaning "stop what you are doing". Spell correctly.
- 6) Longitudinal beam running down the center on the inside of a hull.
- 7) A racing shell has right-of-way over boats under sail. Y or N?
- 8) What do "straight" and "blind" have in common?
- 9) Who is credited with first drilling holes in seats in shells (for rear end comfort)?
- 10) "The Boat Race" refers to what?
- 11) Our own Nelson Miller rowed in the 19-- Pan Am games 8+, winning a Gold Medal.
- 12) The women's 2000 meter ergometer world record is --? Men's:--?
- 13) Who won the "Best Dressed" prize at the 2003 LWRC Fall Challenge?

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Martha's Moms News

Penny Lewis

For Martha's Moms, the Winter break is over and on-the-water rowing has begun again, for the 19th season! The time seems just right to share with all of you the following ode, written by one of the Moms. Enjoy!

Ode to the Erg

With apologies to Percy B. Shelley

By Anne Superfisky

Ethereal vehicle to the aerobic sky,
Dost thou despise Earthlings where oxygen abounds?
Oh, where our legs aspire to lower our time,
The harden seats push aged buns, quivering legs and bursting lungs!

Perspiration hangs in the hallowed hall of shadowy hulls and divine oar,
Oh! A flood of whirring harmony seeps upon our instinct divine,
We strain with kindred spirits, begging forgiveness,
While our master glares from Heaven's Gate,
Until 2,000 meters, and not one centimeter less,
Whence, come cries of Home and polar fleece vest.

In privacy we rest, Pilgrims to the Erg,
Despising the eternal pull to this sacred slab,
Glorious, but with legs composed, the music stills,
Waiting to lift our bows, and bring us home.



On another note, the Moms have this news to share:

Former Mom wins at CRASH B Sprints

Luanne Mills, winner at Seattle's Ergomania in the Veteran Woman's Lightweight Singles level (ages 60 to 69), took gold at the annual CRASH B Sprints, held in Boston February 22, 2004. Mills defeated Lis Bay of Denmark by one second, clocking a 8:95.40. Bay finished in 8:06.4 while Great Britain's Rosemary Armstrong was third. The Moms are proud to think we might have started Luanne on her path to ergometer glory!

Sow's Ear Boat Company Hangs It's "Shingle"

John Robinson

At the recent annual meeting, potluck and recognition night it was announced that a collection of various boat parts, tools, wrecked boats and itinerate boat builders led by Susan Kinne had been formed into the Sow's Ear Boat Company. Susan who is always as good as her word and her crew have officially taken up residence in the back of the boat house and hung the "company shingle." As shown below, Dave Rutherford has scavenged a rigger to serve as a sign hanger for the "sow" lovingly crafted by Deb Rutherford to mark the entrance to the boat company premises. Word is that those who venture near the sow may find themselves on the working end of a piece of sandpaper or some other hand tool!!



Important Dates

March 15th- Invoices DUE, with ALL the PAPERWORK

March 20th- LWRC Merchandise Store is Open, 8:30am-Noon - Merchandise will be on sale by the ergs.

LWRC Merchandise Survey Results

Jana Lauderbaugh

Thank you to everyone who took the time to participate in the merchandise survey on Saturday, February 21st. Approximately 50 members took part, and Jonna Rane and I now have some hard data to make better buying decisions. We displayed 19 current items, and 22 potential new items for review.

Jonna and I have met with the operating board to review the top items and prepare a budget for the year. We will set up a merchandise store at the Rowing Bashes each month. Our first day is March 20th and I hope to have some new items to offer!

Raw Data Results:

Survey opinions were decidedly mixed, but considering the wide range of ages, interests, fashion tastes, and income levels at our club, this was not a surprise. Jonna and I deliberately chose a wide range of clothing options, to make sure we covered every possible option.

Some of the comments were very critical, which I entirely expected. My theory is that rowers must be silent on the water, listening to the coaches, and coxswains. They stifle their negative energy, and it pours out off-the-water in a concentrated fashion.

There were odd contradictions. Some people rated particular items very high, but did not list them in their Top-5 items to buy in 2004. A few of the most controversial items were also the most popular on the Top-5 list. On some surveys, people voted for multiple blue colors (Royal for a cap, Navy for a vest) instead of uniformly royal or uniformly navy. Here are the results:

Top 5 current items voted likely to purchase in 2004:

1. Navy Baseball Cap
2. Fundraiser Raglan Shirt (mens & ladies)
3. Latin phrase T-shirt
4. HOTL 2000 T-shirt (navy)
5. HOTL 2002 T-shirt (white)

Of the potential new items, there was a dead-even split among voters between the Royal & Navy colors. Members want their merchandise to match their uniform color.

Top 5 new items voted likely to purchase in 2004:

1. Polar Fleece Vest
2. Polar Fleece Beanie
3. Hooded Sweatshirt with White Shoulder Stripes
4. Cotton Visor
5. (tie) Muscle Shirt (ladies + several requests for a mens version)
(tie) Ringer T-shirt (ladies & mens versions)

Top 4 LWRC Logos:

1. Crossed Oars
2. Badge
3. 1-Oar
4. Pennant

We also asked people to rank their preferred LWRC Logo for the future. There have been many, many versions over the years, but we limited the voting to four options. The Crossed Oars won by a landslide. It is clean, easy to see at a distance, and the crossed oars identify it as rowing-related. However, it is so similar to other rowing club logos. The written comments stated that the distant 2nd place Badge logo (which appears on the Boathouse jackets) is too "corporate" looking. Another criticism is that it is difficult to recognize at a distance, and the shapes of the oars don't scream "rowing." The 3rd place 1-oar LWRC logo was the original 1950's version that our club adopted. Some people like the "retro" look of that logo. The 4th place Pennant logo was either beloved, or hated. Written comments stated that the logo did not scream "rowing," as it lacks oars. The pennant could be mistaken for a yacht club burgee. But again, some voters liked the retro look of the logo.

If any member would like to assist the Merchandise Committee in coming up with a NEW logo, these are the parameters to submit a design:

1. Designs must be Vector art (Illustrator.eps or Freehand.eps). Convert all text to paths before burning your disk. Vector art is required for screen printing and embroidery. Otherwise we must pay a graphic designer \$\$\$ to rebuild your art in the proper format.
2. Art work must be clean, easily recognized at a distance or up close, whether 2" on a hat, or 11" on a t-shirt.
3. Keep it clean and simple, 1-2 colors maximum, and stay away from half tones.
4. Incorporate a rowing symbol (oar, shell, etc).
5. Burn it on a disk and leave it in the merchandise cubby.
6. Deadline is March 30th.

The merchandise committee will go through the submissions, put the best one on the summer Rowing Bash t-shirts, and monitor feedback.

We also want to create a new "Frankisms" T-shirt. We have four suggestions to date on a blue paper located in the merchandise cubby. If an insult (or may I venture to guess... a compliment) comes to mind, please write it down on the blue paper. The deadline to submit your entries is March 30th.

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New Scullers on the Water

John Robinson

Tyler Peterson, Anna Noble and John Robinson are responsible for adding more scullers to the busy local waterways. The January Learn to Row class has just graduated four new scullers. Pictured from left to right on graduation day are Coach Anna, with new scullers Gwyn Joyce, Rick Bodishbaugh, Lisa Meoli and Andrew Jaffray. Andrew has joined the club (welcome Andrew) and has already spent time on the water with Hugh Lade in the intermediate sculling group. Lisa and Rick plan to join soon while Gwen, who is a student at SPU is working to make their team. Congratulations to these new rowers . . . and remember 10 strokes and look . . .



LWRC Merchandise Survey Results

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The Merchandise Chairs are also thinking about creating an Emma Peel shirt, but we haven't put much thought into this yet...contact me if you have a creative idea.

Finally, I must speak plainly to the small minority of members who have approached me over the past three years with a less-than-respectful tone of voice, regarding the Navy vs. Royal color. You're not telling me anything I haven't heard before. I've listened to multiple lectures about the club colors, about the vote taken 20 years ago on a logo, and I've met with the board several times. I even spoke to Stan Pocock about the original color. (His book says Navy, but upon further reflection, he tells me they painted the oars whatever leftover can of blue paint anyone would donate to them). Stan Pocock nicknamed his crew the "LWRC Blues". As this is a plural term, perhaps we can tolerate having more than one blue color at the boathouse.



Volunteer Opportunities

Karyn Crouthamel

March 13th - Spring Cleaning Work Party- All members are encouraged to come help get the club in tip top shape and ready for one of its busiest seasons ever!!!!

March 20th - Try Rowing Bash - *Just found out the Green Lake Spring Regatta is on the same day, so I will need folks who are not racing to Help with the Bash on that Saturday. I will be in California for a wedding, so I will also need a Bash Leader. I am unable to change the date...*

Volunteers of the Month: February Try Rowing Bash: I want to thank my volunteers for helping me with a very successful bash this early in the year, 10 participants; with three already signed on for a class in March! Sara O'Niel tried Sweep herself for the first time and Chris Countryman, Christine Denis, Dennis Williams, Jody Coffman, Tim Afflebach, and Tina Cha all filled in the necessary seats. Thanks.

Answers to Rowing Quiz

- 1.) Bill Stowe
- 2.) Jeff Klepacki
- 3.) Stroke
- 4.) M.I.T.
- 5.) Way enough!
- 6.) Keelson
- 7.) N
- 8.) No coxswain
- 9.) George Pocock
- 10.) Oxford-Cambridge
- 11.) 1959
- 12.) 6:28.6/5:37 (read 'em and weep)
- 13.) Evan Jacobs and Tyler Peterson (Cuba!)

Ergomania 2004

Jill Reinauer

Congratulations to all rowers who participated in Ergomania on January 31, 2004, at Pocock Rowing Center! What a grueling event this is. I'm sure I was not the only person who felt positively sick at the end of that piece. Way to go, rowers, proving your strength and drive!

Here is a list of the participants from Lake Washington:

Cheryl Channing
Karyn Crouthamel
Matthew Crouthamel
Cara Frankenfeld
Evan Jacobs
Suzi Jennings (Martha's Moms)
Nicole Lustig
Rachel McGovern
Kari Page (Martha's Moms)
Lisa Oswald
Rebecca Pfaff
Jill Reinauer

Nancy Richards (Martha's Moms)
Carl Russell
Julie Smith (Martha's Moms)
Phoebe Smith
Greg Spooner
Kate Tytus

Special congratulations to those who earned medals in their events!

Nicole Lustig - Silver, Women's Open
Nancy Richards - Silver, Women's Veteran A
Suzi Jennings - Bronze, Women's Veteran A
Cheryl Channing - Gold, Women's Masters
Phoebe Smith - Silver, Women's Masters
Evan Jacobs - Bronze, Men's Masters
Carl Russell - Silver, Men's Lightweight



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

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

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.

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.

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!

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

Nancy Richards at 206-323-1429
ntrichards@aol.com

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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.



Lake Washington Rowing Club
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