



LWRC

NEWSLETTER November 2004

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November News 'n' Notes

Jill Reinauer

Congratulations to all who have raced in the 2004 Fall racing season. On page 3, read about a pair of LWRC rowers who traveled to Europe to race at FISA World Masters Regatta! See page 4 for race results and stories from Head of the Charles. On page 5 read about the Medina-Mercer Island Sausage Pull Row. See page 8 for a story about Tail of the Lake. Results from the Head of the Bull Trout are on page 9. And stay tuned for the December newsletter for race results from the Fremont Four-Miler, Head of the Gorge, Head of the Elk, and our very own Head of the Lake.

Remember to stay safe this winter. Wear layers, hats, wool socks, and dig those pogies out of the drawer, to help stay warm. See page 6 for an article about LWRC winter Merchandise. Make sure your boat lights are working well and are mounted correctly on your boat so they can be seen on the dark mornings and evenings. See page 7 for a story about flipping a single, and more great tips on how to avoid disaster.

It is time to start thinking about positions on the LWRC Operating Board for 2005! Being on the Board is a great way to extend your influence in the club, to learn more about the business side of LWRC, to volunteer a little extra time for the

club and sport that you love, and to help out all the club members in a very visible way. Talk to any of the current board members (listed above) to find out more about the positions. It is always great to get new faces and new ideas in the boardroom. It is also great to have more than one person running for each position! Often the current board members stay on for another year simply because no one else expresses interest. So do make it known if you are interested in running for any of the positions - President, Vice-President, Secretary, Treasurer, or Captain. We often have two people take on one position together. If that interests you, let's talk! Perhaps you have a running mate, or perhaps you need help finding one. Either way, let any current board member know, and we'll be glad to help, and to give you all the information you need.

Operating Board candidate bios will be printed in the December newsletter. (Send them to jillre@microsoft.com by November 20.) If you miss that deadline, you can still be added to the ballot before the annual meeting on Sunday, January 9.

Happy Thanksgiving to all! May you all have safe travels, tasty dinners, and merry gatherings with family and friends.

Captains' Corner

Hugh Lade

Now What Do I Do?

October 25 marked the end of a 9-year no-flipping-a-single era for Yours Truly. My starboard oar just went postal on me mid-drive, and after swimming my delicate wood boat to shore in the Fremont Cut, I discovered that the collar was missing. How it disappeared is a mystery, but its importance to rowing was made immediately clear, and therein lies the message. Standing knee-deep at the shore assessing the situation, I was convinced that I could not get back in the shell and row it the 1/4+ mile back to the dock.

The collar is essential to a normal rowing stroke. Just the natural arc of the handles applies significant outward pressure against the oarlock. (The myth that you need to put your thumb on the end of the handle to apply outwards pressure was laid to rest.) The oar slides right through the lock, and does it quickly. Trying to re-enter from the missing-collar side of the boat seemed precarious and doomed to failure. And once in, how do I row without the collar? That oar is incredibly unstable.

Here are a few answers, developed over a couple of days thought and practice:

- 1.) After righting the boat, get to the side opposite the damage. This will provide relatively normal stability while you do a real flip test. In cold water remember to move the boat, not yourself, to reverse sides.
- 2.) Move very cautiously. Fight any tendency to move your hand toward the oarlock of the damaged oar. It will feel almost as if there is no oarlock, just air.
- 3.) Choke up on the handles so that your hands do not overlap. Row a very short arc, avoiding any length of stroke that creates an arc in your hand travel.
- 4.) Starting today, check the condition of your oars, especially sleeves and collars, before each row. Tighten screws regularly. Check your riggers.
- 5.) Want a taste? Pull your sculls in an inch on each side and try rowing with the collars NOT touching their oarlocks.
- 6.) In case you are wondering, I climbed up the bank and carried my boat barefoot on cold concrete from west of Sound Mind to the boathouse.

One last thought. I supervise a lot of flip tests, and my instructions always include a warning to calm down, think clearly, and move methodically. This mantra was playing in my head from the first "Oh, no!" inkling, yet the temperature of the water and the unnerving loss of stability left me feeling very unprepared and vulnerable. Even with the luxury of standing on firm ground while staring at the sick oar for awhile, a procedure for rowing back to the boathouse eluded me. Equipment breakage presents a whole other aspect to self-rescue. Yes, you may have once performed a flip test. But this skill may prove next to useless

if a critical component on your boat loosens or breaks. My inflatable life jacket is coming out of summer storage now and the boat will get a once-over before each row. Let my dunking save you from one.

Manager's Scoop

Karyn Crouthamel

As I write this, we have two weeks left of the raffle. Hopefully when you read this, we will have sold all 500 tickets, or at least gotten pretty darn close!! Thank you to all of you who bought tickets and helped sell tickets, and of course, huge thanks to Bill Tytus and Pocock Racing Shells for donating the winning "custom built boat." Good luck to the winner!!

As we finish the year, we still have one more session of Learn To Row. Thank you to Matt Crouthamel and Elizabeth Burke for coaching the weekend Learn to Row Classes. I have a full class of women in a Beginning Sweep class during the week, and we will be having both a sweep and sculling class through the first part of December.

Congrats to all those who raced at Head of the Charles and other head races this fall. Good luck to all those racing at Head of the Lake!

Are you looking for ways to Recycle? LWRC wants to help you recycle some of those not so easy items. In addition, we'll make a few bucks on the side. Check out www.fundingfactory.com. You can now recycle your old digital cell phones, ink and laser cartridges, and other items, through LWRC. There are too many items to list here, so check out the Funding Factory website for full details. Drop off your items at the boathouse and I can take care of them. There is a collection box at the Fremont Boathouse underneath the stairwell. **I would like to solicit help in getting neighborhood businesses involved in recycling with us as well. If we can get businesses to give us their old cartridges, we can raise quite a bit of money. So please let me know if you would be willing to help contact some business in the Fremont area.**

Entertainment Books are still for sale! Also, remember if you shop at amazon.com, link through the lakewashingtonrowing.com website, and LWRC gets a percentage of your purchase.

Save the Dates:

Saturday, November 20 - Work Party to plant FREE bushes from the City along the Burke Gilman Trail behind the boathouse! Let me know if you can help. We will be finished by noon.

Sunday, January 9 - Annual Meeting

Saturday, January 29 - Ergomania

Saturday, February 5 - 2nd Annual LWRC Winter Party

Thelma and Louise Conquer Europe

BJ Connolly

...continued from Nationals:

You guessed it! We went, we raced, and we conquered!

After just a week's rest from Nationals in Tennessee, we flew to Hamburg, Germany for the FISA World Masters Regatta. Although Thelma (Rachel) has been to Europe many times before, it was this author's first trip. Never having experienced jet-lag before, I took all of the usual precautions, but we still needed a good three days to recoup from the flight.

This would prove to be a HUGE event. Thirty-nine countries were represented with over 7000 competitors (just over 6000 men and just over 1000 women) in four days of racing. Even our German teammates said this was one of the largest regattas they have ever experienced on the mainland! We were excited about being unknown competitors and underdogs against all of the Europeans.

Our first practice day was Wednesday and the course greeted us with wind, rain and muddy waters! This was not a good thing! The course was a wide part of the canal system off the Elba river (which meant it was out in the middle of nowhere). It was barely 2000 meters long and an even quicker stop at the finish line than Greenlake! Yikes! Boats were camped out in the cow fields, with the Allgemeine Alster Rowing Club sponsoring everyone with their boat house and beer gardens.

Our first race of the regatta was the Women's D-8 on Thursday evening with our German teammates from Dresden Ruderverein. We were up against Austria, Great Britain, Germany and Norway. GBR proved to be the favorites as they had not lost this event in five years. With cross and head winds we took an early lead and never looked back. We finished with a winning time of 3:35.98. Ya-hoo!

Our next race was Friday morning, the Women's C-8, again with our German friends. There were two finals with the same competitors as above, along with Italy and the Netherlands. Again, GBR was favored, but once again, we were first off the line and had the fastest time of both finals with a 3:39.14, beating the second fastest time of 3:42 (Son of Thames, GBR). Oh, oh...new rivals?

Next...the Women's B-4. This was our favorite boat with our wonderful friends Ute and Katherine who have helped us with our U.S. National's winning streak of seven years undefeated. Once again, the Son of Thames was in our final and apparently they had not lost this event in 12 YEARS (double Yikes!). There were four boats from GBR and two from the Netherlands. It was awesome! Taking the lead from the get-go, we won with a 4:00.17, five seconds ahead of second place, and with a head-

wind to boot!

Our last race of the day was our C-Pair. Our event had boats from GBR, Germany, Latvia, Czechoslovakia, Ireland and one other boat from the US. Our start was mired by head winds, cross winds and a funky current coming off the Elba into the course. So off to the starboard buoys we went for the first 250 meters. Once we were back on course, we produced one of the straightest races we have ever had, and we were winning! It was so great to come all that way, not knowing our competition and do so well! We were thrilled with our gold medal time of 4:10.47 and little did we know then that the best was yet to come!

Saturday met us with two races, the Women's C-4 and our B-Pair. In the C-4 we switched Kathrin with Katja and even though we had a faster time than in the B-4 (3:50.96), we walked away with 2nd place behind, you guessed it, Son of Thames of Great Britain. But we were pleased with our race and realized that we truly now have a new friendly rival.

The B-Pair race was going to be our toughest race of the regatta. (Being the oldest competitors by almost 15 years didn't help!) What the hell were we doing!!!! With crews from Germany, Netherlands and Great Britain, we were truly the underdogs. Our start was about the same as before, but we were ready this time and got back on course much faster. Our race was a dog fight and once again, we rowed as straight as an arrow! But this time age and beauty (?) couldn't out-race youth and brawn. But, what was amazing to us was that we posted the fastest time we have ever had in the pair: a personal best time of 3:54.51!!!! We were thrilled!!!! For a 2nd place finish, we couldn't have been happier!

Sunday was a day of tough racing with only Mixed events, but for us the mixed races were just the icing on the cake, with victories in the Mixed E-8 and the Mixed D-8. It was a great way to end such an incredible experience!

After the regatta we toured Dresden for four days in absolutely gorgeous weather! It was such a wonderful way to wind down from all of the effort and excitement of Hamburg and to fully grasp what we had done: six gold medals and two silvers! Unbelievable!!! So for Thelma and Louise (me) our 2004 adventures are almost over. Next stop: Boston and the Head of the Charles. Can we pull off what has never been done - a 3-peat in the Women's Master's 4?...to be continued...!

See page 6 for the story from BJ and Rachel's trip to Boston.

Head of the Charles 2004

The results...

1st place - Club Eights Women - LWRC (Corrie McGrath, Jody Wilhelm, Kate Tytus, Lisa Oswald, Cheryl Channing, Rachel McGovern, Niki Sherey, Jill Reinauer, cox John Curtin)

1st place - Senior-Master Doubles Women - Joan Linse and Susan Kinne

2nd place - Senior Master Eights Women - Martha's Moms

5th place - Club Singles Men - Greg Spooner

5th place - Master Fours Women - Rachel Alexander and BJ Connolly (rowing with Dresdner Ruderverein)

6th place - Championship Doubles Men - Tyler Peterson and Evan Jacobs

9th place - Senior Master Fours Women - Martha's Moms

The stories...

Martha's Moms are eager to return (with entries guaranteed) to the Head of the Charles Regatta next year, and thankful to every team member who helped make it possible to send both a women's senior master eight and a four this year.

Here are some memories of Boston '04.

In the eight

Karen Bolin: "The best remark of the weekend came from Suzan Dean, I think, when she said we should have bake sales and fund raisers to buy a new boat to take back to Boston next year and name it "Denni's Revenge" so Denni would continue coaching us and we could take care of Lake Union and the rest of the rowers once and for all! It was a wonderful, memorable weekend. I was so proud of all of the Moms who rowed and coxed and represented our team so well. This team is made up of truly incredible women."

Suzi Jennings: "Our race, senior master womens eights, was nothing but intense from start to finish. I'll always remember our superb cox, Suzie Franson, screaming at other crews to "give way" for what seems like most of the race. After yelling ten times (about penalties and giving way) she finally screams "get the hell off the course!!!!" We then just barreled through two boats, crashing oars on starboard side. Then it was "get me out of here now!!!" We had to clear boats before the next bridge. Following orders and with her expert steering, we passed five boats, and then ahead was free, unhindered water. We finally settled to our race pace for what seemed only a moment. We took up the rate and flew for the last 1,000 meters. It went by too quick and most was a blur of intense excitement. Can't wait for revenge next year!!"

Nancy Otterholt: "Our sights were on Boston for several months. Then erg tests and seat racing and the long wait to

see if our boat was even in the race. I thought we'd never get there. Then it was all over in 14 minutes. I loved every practice with my boat. The entire group has great memories of the races and the trip. We received so much support from the "Moms" that stayed home. I only wish we could have brought home the winning medal for them and also to add another to LWRC's wins!"

Kari Page: "Was it the determination and unyielding focus of our mission as we pulled the first 20 strokes? Was it the disheartening harnessing of power...like pulling the reins on a racehorse in the middle of a sprint...as boats impeded our course? Was it the sudden surge of adrenaline and thrill once our coxswain screamed "give it to me now!" This was certainly exciting enough. But for me, it was what happened after we broke free of the other boats. It was the smooth, effortless swing and length that came naturally to all 9 of us --simultaneously. This is what we had been training for and this is what we came for. What a rush!"

In the four

Char Alkire: "For me as a spectator, there was something very special about hanging over Anderson bridge and waving to our eight as it returned to MIT! I loved the fact that they could hear us and we could see their smiles and their attempt to wave back despite the fact all eight were rowing. It was a moment of solidarity for me! I was so proud of them. Also, it was so cool that Suzie Franson had the eight stop and cheer Sloan (DuRoss, 2004 Olympic competitor) on his race up the river."

Jan Chow: "The process leading up to HOCR (the time we took to seat race, prep and get erg scores, plus all the rowing together) and mostly the trip itself were incredible bonding processes and team-building opportunities. I'm so grateful to our crew for their selflessness and patience so that the 14 of us could reap such great benefits. I also think that the MIT boathouse gets rave thanks - from tending to our every need to making sure we had the best. With so much support how could we not have the very best of times? Not to mention the wonderful intimate time some of us had sitting in the corner of the Omni Parker House hotel bar at the reserved table that was given to us although we hadn't made the reservation. Add to it meeting the daughter of the Caribbean restaurant owner and her wanting to share with Denni her interview trip visiting the UW Crew team, going to the Mount Auburn Cemetery with the incredible landscaping, and the Isabella Stewart Gardner Museum...all in all it was a truly wonderful experience and a great way to spend time with Denni on her last away regatta. It could have been surpassed only by everyone else's presence (and Margaret's).

Ellen Lam: Referring to coxing the four in a bow loader, coxswain Ellen Lam: "Now I can die because I've gone down the

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“Blow Down” on the 13th (!) Medina-Mercer Island Sausage Pull

Rainer Storb

Medina, 10/09/2004. “South winds, 12-18 knots, scattered rain showers, very rough conditions,” was both the weather forecast and the actual conditions at Medina Beach Park that day. Fifty boats had shown up. Competitors were debating whether to do the short (6 miles) or the long (14.1 miles) course. That decision can actually be made during the race, when you reach the I-90 East Channel Bridge connecting Mercer Island and Bellevue. Short course competitors make a counterclockwise 180 degree turn around one of the bridge piers (4 pillars) and head back to the beach. Long course racers continue for a clockwise circumnavigation around Mercer Island. The race ends with a humongous sausage barbecue on the beach.

The breezy south winds hitting Mercer Island were split into two major air streams, one running up its eastern shore and one curving along the western side. Consequently, waters off Medina Beach Park offered challenging cresting cross waves generated by the two air streams. Additionally, it was Husky football day, and strings of power cruisers rushed by en route to Husky Stadium, creating wakes from yet other angles. Not surprisingly, therefore, several competitors capsized, some before, some during, and some after the race, including front-line photographer Michael Lampi. His web site photos captured a couple of these accidents, but he censored any record of his own turnover, such as startled wide-eyed fish staring at him and the camera lens.

Despite the turbulent conditions, the race got underway at 10 AM as planned, almost. Todd Silver and I, in a Maas 2x, didn't hear the start signal but, lemming-like, got moving when we noted frantic activity and splashes between us and shore. Within a few strokes, we had taken on water and opened bailers. We sought protection under Mercer Island's lee shore and, indeed, found the best water of the entire race between Luther Burbank Park and the I-90 bridge. Apprehensive about what was ahead, I yelled, “Let's enjoy this while we can.” Todd grinned, “My thoughts exactly.” I think he was actually he enjoying himself!

By the bridge, we were far ahead of everybody, but recognized my son Adrian, Rob O'Brien, and Robert Meenk not far behind. Inexplicably, Robert had chosen a bright yellow, flatwater Empacher for this breezy day. Surprisingly, it neither turned over nor broke apart, testimonies both to his boatmanship and solid German engineering. It got very rough as soon as we passed under the bridge, and this condition lasted for approximately 4-5 miles until we reached South Point. Inspired by the continued onslaught of wind and waves that hit our backs, and perhaps hallucinating, we dreamt of aerodynamic carbon fiber, wind/spray vests with built-in lift for hydroplaning, and spinnaker wings for downwind legs. Adrian turned around at the bridge to do the short course, invoking a cold for his decision,

as did Rob O'Brien and perhaps others. Todd insisted Robert had proceeded onto the long course, which I doubted since I couldn't see him anymore. He later told us he was under water most of the time, sort of a Yellow Submarine. He may be onto something here, eliminating wave resistance.

Relief came when hard port pressure brought us around South Point, and wind and ever increasing waves were on our tail. We were flying by Mercer Island and Seward Park and through the eastern high-rise of the Mercer Island Floating Bridge. This blissful condition continued until one-half mile into the two-mile end run from Mercer Island's Faben Point to Medina Beach, when cross waves reappeared. Periodically our port oars would hit the wave tops, destabilize the boat and send spray into the air. Eventually, we found the finish, clocking in at 1:56:39 (2 years ago, under better conditions Rob O'Brien and I had done the course in 1:40:14). Incredibly, Meenk clocked in second at 2:12:59, ahead of HPKers Zimmerman and Gregory who, in turn, were followed by the old watermen duo of Heikkila and Kovacs. Heather Nelson, locked in battle with Goolsby and Baker, tragically turned over twice in sight of the finish but recovered, while Goolsby, luckier, capsized past the finish and swam into port. Mueller and Horton, the latter a novice racer from Spokane, brought up the rear at 2:41:41 and 3:03:31, respectively.

Owing to conditions, the short course saw much action this year. Adrian was leading on the return trip, when he hit a speed buoy, and wind and waves kept pushing the wing of his Maas 24 back into it. O'Brien used the opportunity to sneak by and finish first at 56:46, seconds ahead of Adrian. Randy Sigle was third at 59:26. LWRC's John Holtman was the first HPK, finishing at 1:02:33. Unfortunately, Sue Dandridge, otherwise a formidable competitor, didn't finish but said she enjoyed the sausages. There were quite a few exciting “split second difference” finishes. The last boat clocked in at 2:44:12.

A hard core of volunteers conducted registration, spotting, timing, etc., including Cheri O'Brien, Barbara Kovacs, Terry Ragan, Nancy Furtado, Connie Chan, Marty Myers, Jeff Knakal and his two children, and Beverly (you can see them all, semifrozen on the beach, in Michael Lampi's photos). The T-shirts were designed by Cheri at the expense of a dinner for the O'Brien's. Brent Myers celebrated his thirteenth year as sausage chef. Four safety launches mothered us around the course, including Gwen Wessels from Lake Union Crew, the Mercer Island Marine Patrol, a Boston whaler from Renton Kayak and Canoe Center, and our long-time friend Rowanne Jenkins on her 400-hp speed boat. Heartfelt thanks to all of you and to the intrepid rowers and paddlers whose sense for adventure, hardiness, boatmanship, and sheer niceness never cease amazing me.

Ask Frank

Question: What's wrong with a hard catch?

Answer: Well, it has a nice ring to it, but in practice it produces an impact as the blade strikes the water. And that's the last thing you want, if you want the boat to keep moving. What happens is that you are very apt to square early, which takes the blade off the water. And before the blade can be covered, your strong push off the stretcher has pushed the boat backwards. A better way to start the stroke is to get the blade covered as quickly as possible.

To do this you must get the blade as close to the water as you can before you catch and cover it quickly with a sharp upward toss of the handle, as you push off. And don't, for one minute, think that you can do this if you clamp both hands around the handle and try to turn the oar with your wrist. Learn to manage your oar cleverly, and give up the idea that you are making the boat go as fast as you can just by working hard.



The Moms at the Head of the Charles

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Charles on my back. It's like being upside down, backwards, and in high heels, too. (That's a famous quote about Ginger Rogers and Fred Astaire.)"

Lynne Robins: "Celebrating my 50th birthday in Boston with good friends who also just happen to share my passion for rowing and with family and childhood friends who can't make heads or tails of the sport but who traveled hours to celebrate and take a glimpse of what we all do. Discovering that at the half-century mark, there are still lots to learn and "firsts" to experience. Firsts for me included rowing in a bow loader, talking in a boat (!), racing a four down the Charles, stroking, and qualifying a boat to return in the senior women's master four race."

Head of the Bull Trout Results

Men's Open 8+ - 2nd place LWRC

Men's Open 1x - 1st place Greg Spooner

Men's Open 1x - 2nd place Matt Crouthamel

Men's Open 1x - 3rd place Evan Jacobs

Men's Masters 1x - 3rd place Hayworth

Men's Masters 1x - 4th place Andrew Jaffrey

Men's Open 2x - 1st place Greg Spooner and Matt Crouthamel

Women's Open 1x - 1st place Karyn Crouthamel

Women's Open 1x - 2nd place Niki Sherey

BJ and Rachel at the Head of the Charles

BJ Connolly

As I mentioned before, someone once said that it is hard to get to the top, but even harder to stay there. Well, after winning two consecutive years, we met our match at the Head of the Charles. With a shortened course, we raced and came in a disappointing 5th place this year. Could it of been because Ute (our bow woman) had a tremendous cold and should of been in bed instead of racing in 45 degree mist? Or maybe we got our butts kicked by a boat of women who all just turned 40? (11 years our junior). Or maybe we just didn't have our swing as we watched other crews barreling down on us? Or maybe we just couldn't get another peak of performance this year after back-to-back races in Nationals and Worlds with only four weeks after returning to race this tough head race? Would someone PLEASE get us some cheese to go with our wine!!!! No excuses! It just wasn't our year or our race. The boat from Narragansett rowed a fantastic race and we congratulate them! They are lovely competitors and we look forward to meeting them for one last time next year. Thats right! Only one more year for all of us old girls in this event. Next, it's the Senior Women's 4 and hopefully back to kicking some older butts (like us!). It is always a great event and we feel fortunate to be able to race for Dresden Ruderverein with our German teammates. So...that's it for Thelma and Louse for 2004. We look forward for more adventures for 2005. Now, about the double...

LWRC Merchandise for Sale

Jana Lauderbaugh

Brrrrrr...it's getting chilly out there isn't it? As we move into November, the winter rowing months and the holiday season, it's a great idea to keep LWRC Merchandise on your mind and on your holiday gift list! Our **fleece vests (\$35)** and **fleece beanies (\$15)**, **hooded sweatshirts (\$35)** and newly restocked **navy ball caps (\$15)** are sure to keep you warm both on and off the water. Or what about a **2005 rowing calendar (\$14)** by Joel Rogers or a fashionable **LWRC his and hers ringer t-shirt (\$15)**? The December holidays will soon be upon us, so start picking out gear for your favorite rower. Or drop some not-so-subtle hints to your loved ones to pick up some gear for YOU!

Here are your next opportunities to buy:

- Any time during Karyn's office hours at LWRC
- Nov. 14 at the Merchandise Table in the Head of the Lake Tent
- Dec. 4 after the Jingle Bell Row (see article on page X) in the Fremont Boathouse banquet hall.

You may also contact Karyn Crouthamel by email (lwrmanager@yahoo.com) or telephone (206.547.1583) to purchase items. She can arrange a mutually agreeable pick up time.

New Shoes on the Dock

Dean Peterson

My name is Dean Peterson. I live on Queen Anne with my wife Maureen and our cat. I teach economics at Seattle University. I am actually returning to LWRC. I have been away for a few years recovering from a knee injury and subsequent surgery. It's great to be back. Rowing is such a beautiful sport.

Ellyce Shulman

I started rowing when I learned to scull for fun in Portland, Oregon in 2001. It was a very recreational class, but I had many fun experiences rowing on the Willamette River. In 2002 I got into dragon boats as I wanted to have more of a team experience on the water. I paddled with Wasabi Paddling Club and we participated in races in the Pacific Northwest. I still yearned to row and to learn sweep. After living in Portland for four years, a job opportunity brought me back to Seattle (I'm currently the General Manager for CoverBonanza.com, an online retail site selling boat covers, RV covers, etc.). I decided that if I ever moved back to Seattle, I would get into rowing. I took the Beginning Sweep class with Jody in September this year and recently joined up with the Evening League. I look forward to improving and rowing in my first regatta at Frostbite! I'll be volunteering at the Montlake Tent for Head of the Lake, so come say hello!

Jenni Swenson

My name is Jenni Swenson and I'm new to LWRC and Seattle since mid August (from Colorado). I rowed in college for University of Colorado but haven't rowed much since, so I'm excited to be back on the water. Currently I am learning to scull and hope to compete/race some.

Jennifer Westhagen

I am back rowing at LWRC after an absence of about three years. (Work made it almost impossible to make those early-morning sweep team practices, but a new job and the opportunity to row in the evenings got me back out on the water.) I learned to row on the Charles, for Radcliffe. About eight years ago, I helped load the Dunster and Mather onto a trailer for their trip out to Seattle. Hopefully, they and I will be rowing out of LWRC for a good long while to come!

Welcome to these, and all the other new members who have joined LWRC in the last month! We look forward to seeing you on the water!

Postcard from Zambia

Mike Rucier

My boss sent me a hilarious rowing related postcard while he was on vacation with his wife in Zambia, which is in southern Africa. It read:

10/2/04

Dear Michael:

We are on the Zambezi [river in Zambia, Africa]. In camp with us are alum coaches from Oxford and Cambridge who are organizing a world championship rematch hosted by the Zambezi Boat Club. Oxford, Cambridge, and Rhodes (Johannesburg) colleges will row. The course was last completed before the Great War on October 18, 1904. A rematch was attempted in the 1970s but a croc attacked one of the pairs. Fortunately, one of the chaps had a side arm and shot it before losing more than most of his calf. He is the same chap who later in camp was attached by a panther and reportedly (we shall see, he arrives tomorrow) has the scars to prove it. Apparently, the only way a man can take down a panther is to grab its tongue and push it down its throat. You can imagine the learning curve is a bit steep, and only imagine the trophy scars. All in all, a memorable race for the guy. Barbara and I went out on the river last night. The crocs and hippos are thick in front of our cabana. The report back from those scoping the course is that coxswains might need to be armed, and clearing the course of angry hippos could be an issue.

- Bill

...and we think dodging Canadian geese is bad. Let's see, cox box...check, tool kit...check, crocodile gun...check.

My children and I are deeply grateful for LWRC's contribution of flowers for Jane's memorial service. By your thoughtfulness and by your presence you brought joy and comfort to us all.

Most affectionately,
Frank

Tail of the Lake - stories from the Mixed Sweep Team

Tina Cha

The Tail of the Lake route is one every LWRC rower knows by heart. The sweep team rows much of it almost every practice. It's a walk in the park. A long, pain in the butt/legs/lungs walk in the park. I was very happy to be joined in a boat with some fantastic rowers: Stroke Rachel McGovern, Kate Tytus, Lisa Oswald, Cheryl Channing, Jody Coffman, Liz Savage, myself and Ginny Senear. We were rowing in the very familiar Emma Peel, with shiny, new oarlocks, thanks to some last-minute tinkering by our coach.

In the first flight, nine local crews comprised the Masters Women's 8+ race. Tiffney Cowan, who returned for a guest coxswain stint, steadily guided us towards the start line through a fleet of juniors, scullers and other crews in the jam-packed canal, which looked more like rush hour on 520 than our usual sleepy waterway.

We pounced onto the course from the start, with Rachel in the stroke seat immediately leading us to a smooth 30 spm or so. Within the first 500 meters, we passed two crews. As we plowed our way down the east side of the Lake, coxswain Tiffney set her sights on another competitor, a boat she thought to be Martha's Moms.

There's some open water between us and the Moms, Tiffney said. Their average age is 50. We can beat them!

We began our attack to close the gap between the boats, but we weren't quite there yet. We continued to bob and weave the Emma Peel through the course, as our cox kept us focused on hands up at the catch, a smooth swing and powerful legs.

We rounded our first big turn and cruised around the south end of the Lake, still trying to catch this crew ahead of us. Still, they lay just out of reach. We were heading up the west side of the Lake, passed another crew, but we still had not passed this dogged 'Moms' boat.

As we headed into the final stretch, Tiffney threw out an ultimatum.

This is it, she said. If we don't pass this boat right now, I have to let them go so we can turn safely. This is your last chance.

As a team, we buckled down, powered up and began our final push.

I heard through the speaker: In the bow, you're going to see the stern of that boat! On your starboard side. I've got their stern!

Through the corner of my eye I caught a glimpse of the boat

that had eluded us all through Lake Union. I was nearly blinded by the unmistakable yellow of an Empacher. The Mom's don't row in Empachers, but Lake Union Crew does. A tingly shot of energy jolted through me. As a former LUC rower, I suppose it was the strong loyalty towards my current team and a desire to win against the "boathouse across the lake" that energized me. It energized the entire boat. As we began to pass this boat everyone was thinking the same thing. It's LUC, so let's show them what we've got!

And we did. We maintained our spot in the turn and walked through LUC's crew towards the finish.

Our boat was the first to cross the finish line, beating the second-fastest crew, LUC, by nearly 28 seconds. Yay! As luck would have it, a 30-second age handicap demoted us into second place.

But what an exciting finish, to see the tired and harried faces of our competitors as we passed them one by one, and to know that LWRC had that extra strength to pull all the way through to the end.

I also applaud the stern 5 of this boat, for getting back into the Peel in the next flight and winning the Open Women's 8+ race. Hooray!



Reviving an Old Tradition: The Jingle Bell Row!

Jana Lauderbaugh

On Saturday, December 4, 2004, we are inviting all members of LWRC (that means you, too, Martha's Moms!) to join us in a pre-holiday Jingle Bell Row. All interested rowers should meet at LWRC at 7:00 AM for Ham-N-Egg boating. We'll boat according to preference (quads, triples, eights, fours, etc). Show up with your jingle bells, Santa or antler hats, blinking light necklaces, St. Lucia wreaths, and any other December holiday-related trimmings. Get into the holiday spirit! You might even belt out a few holiday tunes to awaken the houseboaters.

After the enlightening row, we will all venture upstairs to join in a potluck breakfast. If you're interested in staying for breakfast, please bring a dish to share with your fellow rowers.

Merchandise will also be sold at the potluck breakfast – the perfect time to get the perfect gift for the rower in your life! See you there!!

Thank you, Dockers

John Alberti

This is an email from John Alberti, in response to a question about who and what was involved in the latest wherry dock repairs:

Most of the work was at the last work party. Dramatis Personae included Mike Young, Steve Suor, John Stewart, a woman whose name I did not get and probably a few others (I have to start making notes.)

We sistered rotted joists under the collapsed water side planks and replaced those planks and several others that appeared ready to collapse, as well as the waterside fascia. The latter is now padded with day-glo-neon-yellow fire hose (I think John S. liberated it from somewhere). One should be able to find it in a thick fog from several hundred meters out. We also re-attached some of the lines that hold the whole floating woodpile together.

We installed some heavy duty rollers to provide a less destructive mating of dock and ramp than the previous system where the sharp-edged I-beams of the ramp rested on and gouged deep grooves in the dock.

In the event that anyone finds a large block of free time, the "to do" list includes 1.) Replace the missing half of the swinging gate so we can lock it. 2) Install a hinged ramp extension at the bottom of the ramp so folks don't trip on the first step. 3) Add wherry racks land side between the existing wherry dock and ramp; re-arrange existing wherry rack to eliminate land side storage.

Anyway, the dear old dock will probably hold through another winter -- with average luck.



Congratulations
to
LWRC
for winning the
2004 Head of the Charles Regatta

Club Eights Women
and Senior-Master Doubles Women

from
Martha's Moms

Marketplace

Wanted:

A 1X shell suitable for general recreational rowing on Penn Cove, Whidbey Island. Also looking for a single kayak and a daysailer for four boys, ages 10 to 18. Please contact Will at wills@prestongates.com or call 206-370-8345. Thank you.

Blue Water Massage & Wellness

Eve Boe is a nationally certified Licensed Massage Practitioner with an M.S. in Sports Medicine. Eve provides therapeutic wellness massage and injury treatment, and integrates a variety of complimentary techniques (i.e. Deep Tissue Massage and Swedish massage). She also offers Hot Stone Massage (a wonderful gift idea) and on-site chair massage (great for team events and group functions). Eve recently launched Blue Water Massage & Wellness in the Wallingford/Green Lake area (5413 Meridian Ave. N. Ste A). To schedule an appointment or purchase massage gift certificates, please call Eve at 206-799-9561.

Entertainment Books for Sale

Entertainment Books, with over \$12,000 in local savings, are available through the boathouse. Each book purchased gives money to the boathouse. Another easy way to help fundraise for the dock! Contact Karyn for details.

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.

Also note - we are in the process of creating team pages on our web site, to include pictures, race results, stories, etc. If you have content for a team page, whether that be the Technical Sculling Group, MST, Advanced Scullers, or Evening League, please contact Evan.

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!

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

2005 Joel Rogers Rowing Calenders

The 2005 calendars have just come in. Buy them before they are gone! \$14.00. Contact Karyn to get yours.

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.

Volunteers of the Month

**Try Rowing Bash
Lead: Mike Rucier**

**Volunteers: Catherine Crain, Dave Clemmer,
Dana Forfyflow, Doreen Franson, Andrew Jaffray,
Sue Dandridge, Lisa Johnson and Sally Jandrall**

**Head of the Lake Triumvirate
Evan Jacobs, Padraic McGovern, and John Tytus**

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

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. 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

Monday (race training) 6:00 AM
Wednesday 6:00 AM
Friday 6:00 AM
Saturday 6:30 AM

No reservations necessary. Just show up.

Contact

Hugh Lade 206 524-7591
Bob Thoreson 206-633-7884

Evening Rowing

Looking for a good workout and a fun group of sweep and sculling rowers? Then the Evening League is for you! This program welcomes people of all skill levels who want to row recreationally and have a good time. The group is perfect for graduates of Learn to Row, for those who want to stay in shape and receive exceptional coaching on their skills, and for those who might want to try racing. After Thursday rowing we go out to a local Fremont establishment for social hour. Come join us - you'll be glad you did.

Practice Times

6:30 - 8:00 PM Mondays, Wednesdays, Thursdays

Contact

Karyn Crouthamel at 206-547-1583

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 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
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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. Stroked 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, and coaching the Men's Sweep Team.

Bob Thoreson - rowed at LWRC since 1978, coached by Frank Cunningham. Competed in and won numerous Masters level races. Currently co-instructor for technical 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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Seattle, WA 98103-8831

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