



LWRC

NEWSLETTER October 2004

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Juniors at LWRC

Karyn Crouthamel

For three years now, I have stood up at the Annual Meeting to announce that one of my long-term goals is to have a low-key juniors program at LWRC. I never got much response, good or bad, on the subject, so I just went on managing. Well, we now have member Howard Lee who has a daughter who is high school-aged, and he has spear-headed the Juniors program at the club by doing all the marketing, telephone calls, emails and so forth.

I have noticed that there is a wide open market among Junior Rowing. Not every parent, and not every junior rower wants to commit to practice five or six days a week. The kids often do not have time to do just this one sport five days a week. And at this point, we as a club do not have the staff or the desire to try to compete with the other local junior programs as a full-scale program. To fill that void, and to work within our current desires, LWRC is offering a three-day-a-week Juniors program for girls. The girls will receive the professional level of coaching that LWRC offers for all of its classes, and will have a chance to be a part of a wonderful rowing community.

What LWRC is offering is:

- 1) A girls only program, for ages 13-18. In order to build numbers, rather than having, for example, eight girls and four boys in the program, we are going to limit the program to girls and establish a strong core program. We currently have 14 rowers and one permanent coxswain.
- 2) A program that meets three days a week, Tuesday and Thurs-

day from 3:30-5:30 PM, and Saturday from 9:30-11:30 AM. The girls will race at the end of the fall, though the emphasis will be on having fun, learning and understanding the rowing stroke, while learning how to go fast at the same time.

Safety is the number one concern from the Board of Directors. A second concern is that the coach is able to work well with the juniors and keep the program under control, even as it grows. As manager, I am taking measures to ensure participants, coaches and parents are aware of and are comfortable with the safety precautions being taken for this program. As you may know LWRC invited Rachel Lemieux, USRA Referee, to run a wonderful Safety Clinic, for all of our own coaches. (The clinic was taped, if anyone wishes to see it.) The juniors program coach(es) will be required to watch this session. The program coach(es) will also be required to be CPR certified.

The coach of the juniors program for this fall is Crista Graves. Crista has been a member of LWRC for seven years, has an immense amount of experience working with Juniors and coaching many Learn to Row classes for both juniors and adults. She just completed a USRA Level I Certification class, in addition to the other requirements mentioned above.

I believe safety is being taken very seriously and the coach, the Board, and I will be doing everything we can to make this program successful, fun and safe for the girls. We are trying to empower the young ladies to learn responsibility regarding

Captains' Corner

Hugh Lade

DON'T MISS IT

Make a habit of regularly scanning the Captains' bulletin board, positioned directly over the boat slings. You will find notices regarding races, equipment usage, boat lights, club events, work parties, trailer loading and other sundry happenings. We keep the board uncluttered, stocked only with important information. The info flyers change frequently, so have a look each day as you launch or return.

FLIPPERS

The lake water remains warm and we'll have another few weeks of pleasant weather. This is a good time to perform a flip test, either as a new sculler or an experienced sculler who has not tried one for a few years. Refresher trials can be done without supervision. Novices who want to row singles this winter, even if they are currently rowing wherries, should ask a Captain or Manager Karyn to administer their test. Nearly any morning is OK. And, my perennial question: If your 1X has back stays, what is your self-rescue procedure?



Juniors at LWRC

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the equipment, other members and the boathouse. Our goal is not to not disrupt any flow of LWRC as we now know it, but to enhance our club by adding a component that has been missing.

A program like this will help the club financially by bringing in new memberships, and possibly introducing new families to the sport and to the club. We do intend to keep this program small in its first year. In the spring, the club can assess the program, and determine if we want to expand the number of days, or increase the number of girls in the program, or perhaps open the program to junior boys. Of course, that would require more than one coach, and discussions about logistics and equipment.

So for now, be on the lookout for our Junior Girls, and give them a friendly welcome to LWRC. They are all very excited to be here!

Manager's Scoop

Karyn Crouthamel

Thank you very much to the coaches who came through in September to coach our very busy Learn to Row Schedule:

Beginning Sweep

Monday/Wednesday: Stuart Jackson

Saturday/Sunday: Jody Coffman

Beginning Sculling

Tuesday/Thursday PM: Anna Noble

Tuesday/Thursday AM: Karin Rogers

Saturday/Sunday: Kate Tytus

Junior Girls: Crista Graves, with help from Jen Rucier and Karyn Crouthamel

One last Try Rowing BASH for 2004: Oct 23rd, 10-1! Volunteers Needed!

Good luck to all the racers this month!



Ask Frank

Question: What is a boat-stopper? (continued)

Answer: As I indicated in my last Ask Frank reply, boat stoppers always fall off the handle at the end of the drive and drop their weight into the boat. Rowing behind, that is, bowward, of a boat-stopper, you can see this happening: the buttocks - should you care to observe them for a stroke or two - suddenly relax and spread over the seat. It would be fun to slip a "whoopie cushion" onto this rower's seat and allow the B.S. to announce his or her presence with every stroke.



How to avoid becoming a laughing-stock? Carry the weight a little longer on the handle with a strong pull of the shoulders in order to let it down on your way sternward.

Remember, Boat-Stoppers never give a thought to how a boat is making its way through the water. It is all the same to them whether the waterline is nearing the gunwale in the bow of the boat or staying down where it belongs, marking the hull when the crew is setting still at half-slide.

B.J. and Rachel - Five Golds at US Masters Nationals

B.J. Connolly

U.S. Nationals was another huge success for Thelma and Louise! Here is a play-by-play of the action:

Day One (Tuesday): An uneventful flight to Nashville - this is a good thing! Country Music Capitol of the world! With 95% humidity and a mild 80 degrees, we welcomed the A.C. in our rental car. The 2.5 hour drive to Oakridge was beautiful and peaceful.

Day Two: Up early to practice and rig boats. Oakridge Rowing Association did a fabulous job setting up the venue with boat trailers and equipment, boat launches and U.S. Rowing tents on the launch side of the bay, and spectators, vendors and food along the 1000 meter course on the west side of the bay. Early morning fog broke to a gorgeous, sunny day of 85 degrees with 75% humidity. We practiced all our boats (Women's B-4, C-4, C-pair, Mixed D-8 and Mixed E-4). The fours were with our Dresdner Ruderverien teammates Ute and Katherin, and the mixed boats were with Occoquan, Long Beach and Austria Rowing. Then back to our hotel and a choice of seven restaurants within walking distance, to chow down.

Day Three: First day of heats! Still 85 degrees, but getting a tad bit more humid by the hour. We were rowing on the Cinch River with the course on a "damned" portion which the locals call Melton Lake (probably named because of the water coming from the cooling towers of the near-by nuclear power plant, which explains the very cold water temperature). The course actually runs down river, but with very little current, which truly did not have any affect on times. We just had to deal with a lot of debris, branches and logs throughout the regatta. (We will let you know if we become "glow-in-the-dark" rowers!) With all of the usual East and Midwest crews competing, the heats were all very competitive. We easily won our heats in the C-4 and Women's C-8, which was a combo boat of us and Chicago Rowing Club.

Day Four: Our only heat this day was the Women's B-4 which, other than the pair, is our toughest competition. We won with almost open water in a head wind. Then off to the hotel for naps and an early dinner.

Day Five: Now the fun begins! With the slower crews being eliminated, the finals at Nationals are always a dog fight, and this regatta proved to be no different. Someone once said that it is hard to get to the top, but it is even harder to stay there. Well, the four of us gals have been on the top for the C-4 and B-4 since 1997 (seven years undefeated), which means everyone and their daughters are out to get us! We knew our closest competition would be from Narangansett and Saugatuck. With four finals on Saturday, we had to be careful. Our first race was the C-pair. The event was raced as a combo with three B boats and four Cs. We were borrowing a beautiful Empacher from

Long Beach which rowed great, but it had steering which we could not remove. As a result, just past the 100 meter mark (deadline for breakage), the steering jammed and we were headed into the port bouys. As Rachel desperately rowed full pressure to take us back into our lane, we were experiencing our worst nightmare. So there we were...me rowing half-pressure and Rachel gutting it out...all while the officials were yelling at us to move into our lane. I felt totally helpless and Rachel was stressed beyond belief! We still managed to win a bronze, but realizing our time was only one second slower than our blistering 4:04 time at Regionals was bitter sweet.

The C-4 was a much sweeter victory. With almost perfect conditions we had the lead by the first 20 strokes and never looked back. Next the Mixed D-8. This race has always been a barn-burner. With Saugatuck on our heels we had to row smart and clean. We have won this consistently in the past, and won this year with half a boat length. Sitting in the bow is such an awesome sight with these eights and it was such a privilege to have been a part of it! Our 4th race of the day was the Combo Women's C-8 with Chicago. The heat on Thursday was interesting, considering it was also our practice. We stroked as the stern four, with two very tall, young girls in three and four, and two lightweights as the bow pair. Our time on Thursday's heat was three seconds slower than the fastest boat, so we knew this was going to hurt! We had a slow start and started cranking it at a 32 race pace. It was close all the way, and we finished first with a three second win in a time of 3:18.

Day Six: Just two more finals: one at 10:00 and one at 5:45. (Makes for a long day!) Aahh, the B-4 - the youngsters! After three days of intense racing and very warm temperatures, we were feeling good but tired. This was going to be our toughest race. Our start was a clean and crisp 39, but we were down after the first 30 strokes into 4th place. Once we settled into our swing, we concentrated on our legs and started taking seats. We eventually won with a bow to stern victory!

Our last race of the regatta was the mixed E-4 with Rachel and I stroking, and Ted Kakas and Mike McKurk (Occoquan) as bow pair. This was not a cake walk...there were some very fast E boats racing. We were surprised and had to row a hard race for the gold, again a bow to stern victory.

Well, that is our latest adventure! Another Nationals with five golds. I must mention that one of our favorite coxswains, Raedene Kalm from Long Beach, was fabulous. As we get older and we see old and familiar faces, this regatta has become almost a kind of quest: a measuring stick, as it were, to see year after year if we are still fast. We count our blessings everyday to have had these opportunities to reach our goals. So this is Thelma and Louise signing off, until our next great adventure (which is FISA Worlds...double yikes!) To be continued...!

LWRC Fall Challenge

Marcie Sillman

Fall arrived with a thud this year, and with it, the head racing season. One boathouse stalwart refers to it as that “grim head racing season”. That may be, but on Sunday, September 12th, four dozen rowers showed up in damp, gray weather for Lake Washington Rowing Club’s third annual Club Challenge.

Club Challengers met at 6 a.m., bearing breakfast items and wearing costumes. The best costume watermelon went to Susan Kinne and Dave Rutherford for their very tasteful tuxedos. He didn’t get the judge’s nod, but “Roberta” Thorsen was also looking good in a Martha’s Mom’s uni.

For most Challenge participants, this was the first chance to test our head racing mettle. The course, from just east of the Fremont Bridge to just east of the Ballard Bridge and back, was approximately 4.5K. Ten women entered the 1X race. Sue Dandridge didn’t even need her handicap to lead the field with a raw time of 22:27. She was followed by Niki Sherry in second place, and Lisa Johnson in third. In the men’s 1X, Byrl Thompson edged out Saul Stashower. Jock McLaughlin took third. Racing in wherries, Michael Cheung narrowly defeated Owen Smith.

Cheryl Channing and Lisa Oswald continued their world (hey, they won Canadian Master’s Nationals) pairs dominance, winning in a field of four boats. Lynn Robins and Julie Smith took second, and the mother/daughter combo of Suzi and Lindsay Jennings came in third.

In the 2X races, tuxedo-ed Susan Kinne and Dave Rutherford were helped just a tad by their age handicap to beat Karyn and Matt Crouthamel in the mixed double. “Roberta” Thoreson and Karin Rogers came in third. In the women’s 2X, Susan Kinne and Barb Smith won, with Diane Magyary and Anne Superfisky taking second. Evan Jacobs and Tyler Peterson won the men’s 2X. Wayne Smith and Dick McMillan were second, followed by the duo of Dunbar and Johnson.

All winners got the traditional gourmet jelly bean prize. If you’ve never raced, or think racing is too “serious,” you might want to consider entering next year’s Challenge. Everybody is welcome, the costumes are great, and what could be better than a huge table loaded with carbohydrates waiting for you after you’ve put your boat away?

Bainbridge Island Marathon 2004 – Winds of Change

Rainer Storb

Bainbridge Island, 9/11/2004. The marine and weather forecasts for Puget Sound and Hood Canal read, “Winds SW at 15–25 knots today; waves 2–4 feet; visibility 3–5 miles. Small craft advisory. Showers will be likely this morning.” Race director, Steve Bennett, approached me on the Bainbridge ferry. “What do you think, given the conditions? Shall we cancel the race?” “My thoughts exactly,” I whispered, “but then,” with a look at our son, Adrian, “he wants to do it, and I would never hear the end of it. So, don’t cancel it.”

Most Sound Rowers and Paddlers had wisely chosen to do other things that day. Only a small group of 15 men and women stood on the beach at Fay Bainbridge (leeshore), trying to assess the ferocity of the conditions further offshore. In the end, five boats (3 singles and 2 doubles) opted for the long (26.2 miles) and eight for the short (11.4 miles) courses, the latter starting at Fort Ward. The showers didn’t happen; instead, there was some sunshine. But the gusting, strong southwesterlies continued, up to a point, as we shall see shortly. The wind conditions suggested counterclockwise was the way to go, and everyone looked forward to a down-wind run on the 8.6 mile homestretch from Decatur Reef to Fay Bainbridge. However, strong tidal currents were predicted, and we did face the tail end of the ebb tide in Agate Passage and considerable flood tide in Rich Passage. The strongest observed currents on the flood in Rich Passage have been 4 knots.

We began badly; twice our boat’s bow punched deeply into rolling waves. My cockpit and rigger were under water, and we came to a standstill. After recovering from that, we rounded Point Monroe, and experienced vicious side chop through Port Madison. While I was navigating, Adrian spotted a whale, which, as the day went on, grew from an orca to a blue whale. Briefly, we had flat water when approaching and then rounding Agate Point. We then fought headwinds for the next 10 miles to Point White. Periodically, Steve Wells/Randy Sigle disappeared in bursts of water when waves crashed into their Maas 2x, backs, and rigging; and so did we. The waves became bigger beyond Battle Point. Steve/Randy hugged the Bainbridge shore, claiming there was better water, and I could see them maneuvering around piers and anchored boats. We took a straight line to Point White.

As we rounded Point White to head into Rich Passage, we saw two alarming things emerging from Sinclair Inlet: big, dark white-capped rollers and the Bremerton-Seattle ferry. We chanced to beat the ferry and used tailwind and waves to punch through the flood tide across to Point Glover on the Kitsap Peninsula, where we found eddies. The ferry caught up with us after the large green channel marker off Point Glover, as captured by Jeff Knakal’s photo on the web. Passengers studied

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Remember When...

This is the first in a series of articles, remembering some of the stories that make up our rich LWRC history. Start thinking about your own LWRC memories, and get ready to share!

Remember When

Sue Nelson

As summer slips away and fall brings wet weather, cooler temperatures and longer nights... as I sit in front of a cozy, crackling fire, snuggled under a warm blanket, slurping fortified hot cocoa... as I lay in bed, waiting for the sky to lighten with the arrival of dawn, debating with myself whether to put on the extra layer and find my way to the boathouse... the corners of my mouth turn up into a smile and I remember when...

The years run together, but pilgrimages to the San Diego Crew Classic are always a racing highlight in my memory book. The 2000 meter race, held early in the season, represents a challenge to many Masters rowers who can muster the energy to splash and dash for 1000 meters, but sometimes struggle to carry on for twice the distance.

Choosing a lineup. With a few years behind us, I can laugh at the politics and personalities that often clashed in selecting our crews. When you are caught in the middle, though, it seems like the most important moral issue ever addressed. These squabbles are what led me to an orphanage for genocide survivors in Rwanda – a place where I thought my energy would be well-spent. I digress. Somehow, lineups were set by late February and we began training.

Training in the pre-dawn darkness. One year I raced bow seat in a women's boat and coxed a men's boat. I was up early every morning for two and a half months, either rowing or coxing. The Boys had put together a composite crew from LWRC, the Ancient Mariners and the Tangled Oar Rowing Association (TORA). These guys were all champions; we trained hard and they were ready on race day. I imagined myself a jockey on a thoroughbred race horse.

Practice in Mission Bay. The weather was sunny that weekend in San Diego, with a bit of wind. We faced a lot of chop in the warm-up area – huge rollers, actually – as well as yachts oblivious to the traffic pattern, and hundreds of non-motorized racing shells bobbing around.

My warm-up with the women was like riding a mechanical bull, being bow person in very rough water. If you could survive the warm-up, it was smooth sailing down the course. Our race walk-through was smooth and strong, and we felt confident.

The men's crew of seasoned veterans seemed to be caught up in the excitement of the event and rowed a terrible warm-up. Not one crab, but two; sightseeing; chattering; ignoring the coxswain (me) and nearly being run down by an ocean liner. "You guys," I growled, "you have to pay attention to the coxswain!"

We made our way across the starting area to practice a run down the course in our assigned lane. Finally The Boys were listening and they followed my every command as we pulled up to the stake boat. "Bow, one light stroke." "Two seat, touch it." "Stroke pair, help keep me on course." Their laughter – my laughter – broke my concentration, and the ice. We were facing the wrong way! This is the view I had as bow seat in the women's boat – facing the stake boat, back to the finish line. Not the view a coxswain needed. Once we got turned around, we finished up our practice with a good, solid row. We were ready for race day.

Down the course. Surprisingly, The Boys allowed me to stay on as coxswain. We had a tight turnaround on the beach as I came in from the women's race and headed out with the men. Who forgot to bring my T-shirt? No matter – we were on our way. Good warm-up. There was a new starting format that year, nothing unusual today but almost revolutionary back then. The race was handicapped, two seconds per year. Rather than deduct time after the finish, the start was staggered and your boat left with the drop of a big red flag in your lane. We were the youngest boat (at 60) and had to wait 18 seconds after the start of the first boat. It seemed like an eternity.

What an exciting race – if only I had been a better coxswain! We made up the distance on six of the boats by 1000m. At 1500m we were one seat down on the lead boat. I was screaming nonsense at the guys – I could see the other crew getting tired. "We're not tired. They're getting tired. Come on! Come on! I can see their teeth!"

Their teeth? Who cares about their teeth? Something useful like, "Give me 10 to take that seat," might have served us well. We lost by a hair. Beep-beep at the finish. We were the faster boat, but placed second with the handicap. I can't remember a more exciting race. Can you? (Our photo from this race is in the Board Room.)

Bainbridge Island Marathon 2004 – Winds of Change

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us as if we were rare mammals that had escaped from a zoo. We briefly enjoyed the quiet and protected water and next used the remaining tailwind to cross over to the fish pens inside the Orchard Rocks, just before Beans Point on Bainbridge's south shore. Steve/Randy had chosen a more difficult course along the Fort Ward shoreline and, in the process, went from clearly visible to us to invisible. Jim Zimmerman had tracked our course and began catching up with Steve/Randy at the fish pens. The 2.5-mile run along the south shore to Restoration Point was unpleasant, with breakers hitting perpendicularly from starboard and shore backwash from port. Steve Wells thought it was the hardest part of the race. He still mustn't have fully recovered from this ordeal, since, in his e-mail, he inexplicably talked about some Brazilian Olympic marathon runner and a man in a kilt. One can hope, this will pass. At any event, they struggled to keep their boat moving with any sense of flow.

After rounding Decatur Reef, we headed north. Wind and waves came from astern, and we were flying. Halfway between Blakely Rock and the Tyee Shoal marker, a Seattle-bound ferry crossed our bow. "Seems we have bagged the race. Let's take it easy, riding before the wind," I said. The words were barely spoken when the unthinkable happened. The SW wind disappeared without a trace, to be replaced immediately by a stiff NNE, a scenario worthy of a place in Dante's Inferno. Steve Wells thought, "That was mentally tough, since we had been anticipating a tailwind...telling ourselves all morning, 'well it's hard now, but when we make the turn, we'll have the wind with us.'"

The remaining 6 miles required lots of port pressure, since the waves kept pushing us towards shore where long and shallow shelves were lurking off Skiff Point and the unnamed point north of Rolling Bay. We met short-course Debbie Natelson off Yeomalt Point and saw an OC-1 ashore at Skiff Point, who refused our offer of help. 4:20:12 into the race, we lurched across the finish, victoriously, though it didn't feel like it (2 years earlier, we had done the same course in 3:31:46 and last year in 3:31:15). A kind soul took our oars. Steve Bennett helped to carry the boat across the driftwood. His clam chowder and a Corona beer returned us back to life.

Jim Zimmerman thought he clearly had an "on" day, and he passed Steve/Randy between Beans and Restoration Points. The last few miles were hard on Steve/Randy. Randy was apparently convinced that the north shore of Rolling Bay was, in fact, Kitsap County. He had fallen victim to either a mirage or hallucinations. About that time, Steve thought about how great it would be to be in bed sleeping, and the next thing he knew, he had actually fallen asleep...just for a few seconds. He clearly is at the cutting edge of modern physics here, with parallel universes, doppelgängers, and being in two physical states at once.

Tracy Cole, even though she capsized several times, toughed it out and clocked in at 5:15:45; hats off, Tracy! Steve van Vleet, apparently unable to deal with the cruelty of the wind shift, got out at Eagle Harbor. I sometimes wonder whether, in the Sound Rowers' scheme of degrees of difficulties, the Bainbridge Island Marathon doesn't deserve an upgrade to "3+".



News from Martha's Moms

2004 Row for Health

Steff Fowler and Julie Smith

Pulling together is what rowers do best. And that is what they did on Sunday, September 19, for the Susan G. Komen Row 4 Health. The water was flat, the weather was great and 175 rowers from many Northwest clubs negotiated a head race course from Fremont to Pocock Rowing Center without a hitch. But most rewarding was the way those athletes pulled together to collect pledges and contributions of over \$12,000 to continue to the search for a cure for breast cancer. The high point of the day was the well-attended reception at Pocock featuring great food, good company and some inspirational messages from Jean Enersen, and rowers and survivors Helen Mandley and Dena Brownstein.

Huge credit is also due to the Lake Washington Rowing Club for hosting the Learn to Row for Health on Saturday, which in addition to introducing over 25 rookies to our wonderful sport and community, also raised another \$400. Big thanks to the officials, coaches and scores of volunteers who contributed to making this a truly rewarding weekend on the water and to the Pocock Center for hosting the Sunday reception.



Part III Rowing the Weight Off: Sports-A-Plenty at LWRC

Jim McAnally

Last month, I discussed the importance of including high intensity interval training (a.k.a. anaerobic workouts) and a variety of sports in your mix of exercise to help with weight loss and management. The right mix of exercise and intensity coupled with the right types and amounts of fuel are the least complicated ways to think about exercise and diet for weight management.

As refreshers, performing only aerobic workouts does not result in the best long term management of weight. Adding anaerobic workouts and cross-training keep the body “fooled” into burning more energy during exercise and reducing fat stores over the long term. To keep your metabolism burning fuel like a Hummer, cross-train very different sports so the body can’t adapt and economize energy expenditure. The physiologic responses to exercise between the sexes are different with women being hard-wired to conserve energy more efficiently than men. Aerobic activity is in the range of 50-65% of maximum heart rate, and anaerobic activity is 75-85% of maximum heart rate. At anaerobic threshold (75-85% of max HR), the muscles start producing more lactic acid than can be processed. Physiologically our shelf life is limited once we “go” anaerobic since eventually we can no longer exercise comfortably due to lactic acid build-up. There are sport specific anaerobic thresholds for each individual based on muscle groups used and body position (i.e. rowing, swimming, running, biking, etc.). The more fit you are the higher the heart rate necessary to reach anaerobic threshold. Most competitive athletes include sessions designed to intentionally raise one’s anaerobic threshold over time.

A great rowing and physiology website is
<http://home.hia.no/~stephens/rowing.htm>

How do you find your zones? The easiest way is to calculate maximum heart rate with the formula (220 - age = max. heart rate) and then multiply by the ranges above. This provides ball park numbers. A more accurate method via a Coconi test is easily performed on a bike trainer or erg. One level up from this is blood lactate testing. This is performed at periodically at local rowing clubs. Notices are posted at LWRC when that is available. Just for information, cycling and rowing share the closest anaerobic thresholds. Finally there are also software programs based on the ‘omega wave’ that calculate thresholds for every major sport; a technology for the ultra-competitive athlete or the true exercise geek.

Now that you’ve got your zones how do you monitor what’s happening during exercise? Dropping the oar(s) to take a pulse is out of the question. A heart rate monitor is ideal with basic ones starting at \$12 on E-bay. [Richard Simmons is crying over not “coming out” with his own brand.] Another method is to go by how you feel via your ‘rate of perceived exertion’

or RPE. An RPE of 5ish (comfortable pace that is sustainable) is likely to be in the aerobic zone for most people and an RPE of 7+ (a pace that is uncomfortable but sustainable for a little while) is likely to be anaerobic. Not really very accurate but hey it’s free.

How long are interval workouts? Usually 60 minutes with 15 minutes of time allotted to gradual warm-up and testing the body’s ability to perform that day. Static stretching doesn’t reduce injury rates so start with full range of motion and flexibility movements for a couple of minutes. The first 5 minutes of exercise is light allowing exaggerated deep abdominal breathing to prime the lungs for the intensity to come. For the next 10 minutes test the waters with 30 second intervals on and 30 seconds off gradually building intensity. As exercise becomes more strenuous, your body’s feedback will let you know if all systems are go. If you are feeling good, move into your planned intensive workout. When exercising as an individual or in a small format boat it is easier to adhere to this warm-up. In a large sweep boat...this becomes a bit of a problem...if the body says no way to a more strenuous work-out the rower is pretty much stuck, so having adequate rest before training is a must to reduce that likelihood.

How many times per week should you perform anaerobic workouts? For non-competitive athletes, one or two sessions per week would be a great goal. Timing of those work-outs during the week isn’t critical since the odds of not being recovered from a previous exercise session are low. For the more serious athlete, three anaerobic sessions are routine. The timing becomes more critical since if the body is not fully recovered, attempts at a high intensity work-out may fail with it being difficult to achieve the correct heart rate or one will feel like “crud” attempting the workout. In either case, shift to an easy ‘recovery’ workout to simply put the muscles through the motion. After adequate rest, then the high intensity session can be attempted again.

What are some easy ways to get interval work into your routine? The good news is that within the LWRC boathouse there are three free standing sports readily available; actual rowing, theoretical rowing (ergs), and strength training (weights). Running and biking are just outside the LWRC door on the B-G trail. All five of these sports can involve training in either the aerobic or anaerobic zones. If you are rowing competitively, both intensities are already part of your schedule. You just need to throw in an extra sport to keep the metabolism sucking fuel. For the non-competitive rower, any one of the LWRC coaching staff will be happy to discuss ideas to step up the intensity in your rowing and some plans for the erg. To make a weight session anaerobic, there are some excellent historic rowing/weight workouts (i.e. Boston College Routine) which I will post up on

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Tail of the Lake 2004

Below are the results from the 2004 Tail of the Lake Regatta. Stay tuned for next month's newsletter for stories of the races!

Women's 1x

2nd place: Lisa Johnson

3rd place : Genevive Olivarez-Conklin

Womens's Masters 1x

1st place: Susan Dandridge

3rd place: Crista Graves

5th place: Barbara Colven

Men's Masters 1x

2nd place: Byrl Thompson

Women's 2x

1st place: Joan Linse, Susan Kinne

Women's Masters 2x

1st place: Joan Linse, Susan Kinne

4th place: Chris Lang, Dorothy Kim

7th place: Karin Rogers, Sally Jandrall

8th place: Sandy Gardner, Marilyn Krichko

9th place: Crista Graves, Marcie Sillman

Women's Junior 2x

2nd place: Charlotte Austin, Hayley Johnson

4th place: Claire Lamka, Johanna Mahoney

Men's Masters 2x

3rd place: Wayne Smith, Dick McMillan

Women's Lightweight 4+

1st place: Martha's Moms

Women's 4+

5th place: Shannah Striker (coxswain) Aurora Bearse, Jennifer Westhagen, Stephanie Hamrick, Ada Chen

Men's Masters 4+

4th place: Nemesio Domingo (coxswain), John Sullivan, Chris Countryman, Dennis Williams, Don Kuehn

Women's 8+

1st place: Megan (guest coxswain), Rachel McGovern, Kate Tytus, Jody Coffman, Corrie McGrath, Lisa Oswald, Cheryl Channing, Jill Reinauer, Niki Sherey

Women's Masters 8+

2nd place: Tiffiney Cowan (coxswain) Rachel McGovern, Kate Tytus, Lisa Oswald, Cheryl Channing, Jody Coffman,

Liz Savage, Tina Cha, Ginny Senear

3rd place: Martha's Moms

7th place: Martha's Moms

Men's Masters 8+

2nd place: Nemesio Domingo (coxswain), Mark Tonelli, Josh Proctor, John Fox, Andy Leonard, Martin Heyn, Jim McAnally, Bryan Bennett, Stuart Jackson

Mixed Masters 8+

3rd place: Nemesio Domingo (coxswain) Jill Reinauer, Andy Leonard, Martin Heyn, Jim McAnally, John Fox, Louisa Hall, Molly Zeaske, Jana Lauderbaugh

6th place: Shannah Striker (coxswain), Christine Denis, Clint Schneider, Don Linnertz, Chris Countryman, Ada Chen, John Naimon, Melissa Lein, Jenni Swenson



continued from page 7

the board next to the weights. For bike/run interval routines feel free to email me (qaad@qwest.net). With all these options, you have plenty of ways (10!!) to get high and low intensity sessions into your routine. You'll also keep the muscles confused and inefficient at energy burning by cross-training several very different activities.

Start stepping-up to more anerobic work with some added cross-training and you will find that stepping onto the scale will show more of your desired result.

Finally, next month, we'll end with some basic nutrition tenets that compliment your new routines. Fuel is often overlooked and is the final key. You'll be disgusted by a new report on diet soda...

Volunteer Opportunities

Coxswains needed for Learn To Row classes! Remember, if you cox five times, you earn a free month of coaching dues! Contact Karyn to sign up for the days you are available.

Saturday/Sunday Oct. 16 - Nov 7th 10-12 AM

Try Rowing Bash October 23, 10 AM - 1 PM

Volunteers of the Month

August Try Rowing Bash
"Learn to Row for Health"

Volunteers: Martha's Moms



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The Lake Washington Rowing Club Newsletter - October 2004

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.

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

Blue Water Massage & Wellness



Eve Boe
Licensed Massage Practitioner
206-799-9561

Background:

Eve is an LWRC member who has recently opened her own massage therapy practice. She is a nationally certified L.M.P. with a Master's degree in Sports Medicine.

Services:

Eve provides therapeutic wellness massage, 'Hot Stone' massage, and injury treatment (with expertise in neck and shoulder issues). She also offers on-site chair and table massage for corporate functions, sports events and group parties.

Location:

Blue Water Massage & Wellness is just 8 minutes north of Fremont (near the old Honey Bear Bakery SE of Green Lake). You're welcome to just stop in and visit - or take advantage of a \$10 discount on your first massage.

To schedule an appointment, please call Eve at
206-799-9561

Office Address:
5413 Meridian Ave N, Suite A
Meridian Theatre Building
Seattle, WA 98103

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!

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.

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.

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 - 8:30 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, 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
Seattle, WA 98103-8831

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 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.



Lake Washington Rowing Club
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Seattle, WA 98103-8831

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