



LWRC

NEWSLETTER September 2004

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Head of the Lake 2004

On Tuesday, August 31, the three chairs of the Head of the Lake committee, Evan Jacobs, Padraic McGovern, and John Tytus, held an informational meeting for all members interested in helping with this year's Head of the Lake Regatta. At LWRC, we pride ourselves on the fact that this regatta is the biggest head race west of the Mississippi. It is the biggest annual fund raiser for the club. These three regatta chairs have been hard at work brainstorming and laying plans for how we can continue to make this regatta a bigger success every year.

This year, due to the construction on the University of Washington's rowing facilities, it would be impossible to have the bulk of the activities and the majority of the boat launching take place at UW. Therefore, some changes must be made. This is a great opportunity for LWRC to make some changes and try some new things that have been discussed for years, and see how they work.

The first major change is switching the race course. The starting line this year will be just east of the Montlake Cut, and the finish line will be just west of the Fremont Bridge. Several benefits of this new course were discussed, as well as several concerns, namely safety around Gasworks Park. These issues are being carefully examined by the Head of the Lake committee, and by the USRowing referees who will be working with us at this regatta. We have the support of the referees, and the regatta committee is very excited about the change.

Other changes that are in the works include holding more than one coaches' and coxswains meeting, breaking the schedule into two flights of racing, changing the name of the Open

races to Championship races, bringing back the Pancake Breakfast, and bringing in outside vendors to sell merchandise at the regatta.

Several committees need to be formed to continue moving forward with these plans. This is where we need your help! Take a look at the list of committees, think about what your availability will be on race day and during the weeks prior, and then sign up to join or to lead a committee. The following committees are available:

- Entries (entry packets, processing entries, start order, etc.)
- Facilities (parking, tents, security, portable toilets, etc.)
- Dinner (Saturday night)
- Coaches/Coxswains Meeting (signs advertising meetings, arrange space, sound systems, etc.)
- Docks (select and train dock masters, etc.)
- Launches (select and train launch drivers, determine locations of launches during race, etc.)
- Timing (training, set up, distribute results, etc.)
- Course (set up, placement of buoys, etc.)
- Breakfast (space, food, money, etc.)
- Merchandise (volunteers to sell, set up, clean up, etc.)
- Awards (acquiring awards, planning awards ceremony, etc.)
- Officials (equipment for officials, liaison to officials, etc.)
- Cleanup (major post-race activity - good committee to join if you plan to race!)
- Hospitality (information booth, etc.)
- Vendor Relations (contact with outside vendors)

To sign up for a committee, send an email to Evan Jacobs at evanjacobs@yahoo.com.

Captains' Corner

Hugh Lade

LWRC FALL CHALLENGE

Sunday, September 12

This is serious stuff, so pay attention:

Purpose: Practice for fall head racing for both rowers and the Head of the Lake timing committee, if they get their act together. All novices, non-racers, maybe-racers and ruthless competitive scullers are encouraged to enter. In fact, consider it a requirement for membership. Anyone crazy enough to row a pair is especially welcome.

Course: Start in random order just east of the Fremont Bridge, turn around two stakes (cleverly disguised as LWRC launches) near the Ballard Bridge, and return. Approx. 4.8K

Events: Wherries, 1X, 2X and 2- only. Men and Women for sure, Mixed with enough interest. Otherwise, Mixed will row as Men. Stake launches will remain on-site long enough for you to row the course twice if you hustle to the second start.

Handicap: Five seconds per year OR the more complicated Head of the Lake formula. Crew members younger than 27 yrs. will be considered 27 for handicapping and beer purchase.

Potluck: Please bring a breakfast-type food item for post-race gluttony. We'll set up a table outside or in a boat bay. Bagels, cheese, doughnuts (shame), fruit, banana bread, tortillas and guacamole, o.j., fried beetles, or any other gourmet junk food.

Prizes: High-quality jelly beans, per tradition, for class winners and those with the best uniforms.

Rules and Regulations

- 1.) Racers meeting at 6:00 AM in the upstairs main room. Begin taunting your opponents at this time. Bow numbers provided at meeting.
- 2.) Start single-file beginning at 7:00, about 50 meters east of Fremont Bridge. Call out your bow number to timers, then head west.
- 3.) Turn 90° counter-clockwise around launch positioned near 14th Ave. NW boat ramp, row to south side of canal, make another 90° counter-clockwise turn around other launch.
- 4.) NO HOLDING DOWN AT STAKE BOAT TURNS! You must continue rowing both sides, a la Head of the Lake.
- 5.) Finish at same point you started. Call out bow number.
- 6.) DO NOT HIT LWRC BOATS OR OARS. You may clash oars using private equipment. If approached from the stern, take the rate up or move to the shore to allow the overtaking boat to pass.
- 7.) Do not tell the Harbor Patrol that you are racing. You're just

part of a massive training session.

Submit completed entry form and \$2.00 to Hugh or Karin Rogers by Thursday, Sept. 9. The money pays for prizes. Have guests sign a club waiver.

Submit equipment request forms ASAP. This stuff is first request/first assign. See Captains' bulletin board for assignments.

Call Hugh at (206) 524-7591 with questions, or email blade1x@comcast.net.



Manager's Scoop

Karyn Crouthamel

Summer is coming to an end soon. This fall will be a very busy one for LWRC, with the Head of Lake Regatta, the benefit Try Rowing Bash organized by Martha's Moms, in conjunction with the Row for Health, Junior Learn to Row, and hopefully many FULL Learn to Row Classes.

In August, I taught two semi-private Try Rowing Bashes. One of them was through Discover U, and the other through Space City Mixers. This is actually the third year of working with Discover U. Discover U is a continuing "fun-education" program. A Try Rowing Class is offered through their Registration packet. The Space City Mixers is an online activity planning group. I had two fun Saturdays of taking those folks out. Thanks to my two coxswains, Amanda Lee and Angie Dietrich. Doing Try Rowing Bashes and partnering with different groups opens a new avenue for folks to find out about LWRC. In addition, it makes the club a small amount of money, even though the price is about half of a regular Try Rowing Bash, per person. We already have a few new rowers from these bashes coming to our September classes.

Not much more to talk about in August. This was the first year in which we had all five Junior Sculling Camps fill up. Session Five was the largest with eight juniors, and it ran extremely well, thanks to the coaching of Crista Graves and Marie Wolcott.

Canadian Masters Nationals: Aug 21-22

Susan Kinne

A small group of LWRC rowers made a series of sculling-style quiet exits from the boathouse on Friday and Saturday, August 20 and 21, for Victoria and Canadian Masters Nationals. When the event comes to Victoria it is an interesting contrast to its US equivalent: small informal scale, no waiver forms, no limit on number of races except those imposed by your common sense, acceptance of last minute entries and a blessed tolerance for non-matching uniforms. A VCR was showing reruns of the Canadian Olympic rowing coverage in the middle boat bay. This gathered a substantial audience, in part because the course was reversed so that spectators watched the (less entertaining) starts rather than the finishes, which took place out in the middle of Elk Lake. This course arrangement made it easy to get off the dock and into your lane in a hurry. However, it was an odd sensation to sit at the start and look right up the noses of the spectators, immediately behind the starter's platform.

In Seattle's parched heat it had been hard to heed the weather forecast that promised rain on Saturday, so by the end of a day of steady rain, some of us were reduced to rather odd uniform combinations. I was wearing boat towels between events, and with multiple races to row, spaced out between 10 AM and 6 PM, spent a lot of time in those towels. Rowing in several composite boats meant shifting back and forth between uniforms for almost each race, so there were struggles to get out of wet Lycra/spandex and into other stuff, which even if dry stuck to wet flesh like grim death. Finally I gave up and put additional unisuits on over the wet base layer. It felt like wearing a very, very supportive full-body foundation garment. Sunday's racing avoided the rain but encountered wind and chop instead.

The competition was of variable quality and quantity, and included a number of Canadian clubs we don't get to see as well as the usual competitors from Portland, Seattle, and California. Many sculling events had heats, but most sweep events had only enough entries for finals. Some of the sculling competition was intense (ask Byrl about his single races). Some was less than that, with a number of scratches in Sunday events.

All the LWRC competitors placed well, and came home clanking with gold. Susan Dandridge went three for three, winning the W D novice 1x (also beating all the younger women on time), W D 1x, and W Lt D 1x. Crista Graves was 2nd in the W A 1x and won the W AA 2x with Marie Walcott, who also won the W AA 2- with Karyn Crouthamel and the W AA Rec 1x. Marie and Lisa Oswald, rowing as exhibition, were the fastest entry in the W AA Ltwt 2x. Lisa then stepped back into her normal sweep persona and won the W B 2- on Sunday with Cheryl Channing. Byrl Thompson, in stiff competition, placed 2nd in M C 1x and 3rd in M B 1x. I combined with my Corvallis friend Joan Linse and others to win the W D 2x, the W E 4x, the Mixed E 4x, and the W D8+ (with Cheryl Channing as the boat's underage ringer, and me, improbably, rowing port).

Traditional Work-Boats Display Wonderfully Efficient Rowing

Frank Cunningham

Rowers who watched the Olympic men's eights' race on Canadian television were treated to a rare spectacle immediately afterward: a dory race taking place on Canada's eastern seaboard. These traditional work-boats of the Canadian and American cod fisheries were carried on the decks of magnificent schooners that fished on the Georges and Grand Banks of the North Atlantic a century and a half and more ago. With flared sides and with their thwarts removed, they could be nested five high, yet were eminently seaworthy.

The races we saw were in 20-foot dories, two rowers to a boat, men and women. The rowing was a treat to watch: clean at entry and release, long in the water. The rowers reached from their hips and hurled themselves back to an angle of about 45 degrees. From this position they brought themselves upright on the handles while the blades were still driving the boat ahead.

It should have been obvious to any rower that this sort of rowing is wonderfully efficient and economical. Adapting it to the sliding seats and the limitations of racing shells requires only that the rower let the oar do its work and use it to overcome the tendency of racing shells to plunge into the water at the end of the drive.

It was glaringly apparent that few of the coaches of the international crews had any awareness of this traditional method of moving boats. The surging and hesitating of the majority of the boats in the competition easily explained their poor showing.

Did I mention that dories are rowed "feet out?"



What is there in the universe more fascinating than running water and the possibility of moving over it? What better image of existence and possible triumph?
- Santayana

Shaw Island Race 2004 – A Matter of Direction

Rainer Storb

Shaw Island, August 7, 2004. Two men sit at a long table, oblivious to the breakfast time commotion. One moves a coffee cup from one side of a water glass to the other. "If I look here, and don't see the cup," he says to the other, "then I know it must be there." The man has gray hair and a Nobel Prize in Physics. He is trying to explain how scientists might see past the strictures of quantum mechanics, the bizarre theory that clashes with our everyday notions of reality, but has he been successful?

Which way to go around Shaw Island, clockwise or counterclockwise, has been the perennial question since the first 14-mile 'Round Shaw Race in 1978. If only, by the strange rules of quantum mechanics, we could be in two places at the same time, the discussions could be ended with exact measurements of how long it would take to go either way at once. One man has tried it in the 1990s. An old video clip shows Shane Baker attempting to go both ways at once – unsuccessfully, as you might guess. Unfortunately, no one has figured out as yet how our old "classical world," in which a thing can only be in one place at a time, arises from the weirdness of quantum theory. The best accepted current interpretation of quantum physics tacks the classical world onto the quantum realm like a sun deck on a nuclear submarine, without explaining why it even exists.

Not wanting to wind up like the cat in Schrödinger's classical 1932 thought experiment, both alive and dead at the same time, I turned to Captain Jack's Current Atlas for more practical advice, and – well, whaddya know? Assuming a 10 o'clock race start on island time, a reasonably fast boat on a clockwise course would ride up San Juan Channel with the currents, experience no or only mild countercurrents in the eastern half of Wasp Passage, and then have neutral currents for the remainder of the race. If you went counterclockwise, the currents would be with you in Upright Channel, Harney Channel, and the first part of Wasp Passage, but against you in the whole of San Juan Channel. A toss-up? To find the exact answer, we clearly need someone to figure out how to apply quantum mechanics to the real world.

Now, let's throw the wind into the equation. The counterclockwise boats had mild tailwinds in Upright and Harney Channels, no wind in Wasp Passage, headwinds in San Juan Channel, and tailwinds in Indian Cove. Reverse the conditions for the clockwise group. If you are really desperate now, you can take the Coriolis Force into consideration, although its main importance seems to lay in determining which way water in a sink circles over the drain.

This year, Michael Lampi's photos showed seven boats going clockwise, while 21 went counterclockwise. Conditions were excellent, second only to last year's, when slight drizzle kept

one cool and the winds down. The tide differential was small. There were no rip tides.

My son, Adrian (stroke), and I (navigator of mixed repute) chose counterclockwise, in part because we liked it better. In the distance, we saw the Knakal² and LWRC's Tyler Peterson/Peter Plimpton doubles head out of Indian Cove clockwise at alarming speed. Within minutes, we had exited Indian Cove ourselves, giving wide berth to the reef off Picnic Point, the final resting place of our boat's original fin. Robert Meenk rowed next to us, our oars clashing. Joost Zeegers drafted Steve Chapin, followed immediately by James Tinker, and then a crowd of high performance paddlers and one rower: Bussinger, LWRC's Tracy Cole/John Holtman, Bumstead, Jacquette, Gregory, and Hilurn, the latter two drafting Bill Jacquette; Bill wants credit for their under 2-hour times. Soon, we detached ourselves from Robert, and Joost from Steve, who came under attack from James Tinker but hung onto his lead, barely. Joost had hoped to ride some of the powerboat wakes in Harney Channel and Wasp Passage, but couldn't since every single boat he saw went the opposite way. This happening can probably be explained by 19th century Gaussian mathematics or, as Joost suggested, even earlier Bayesian statistics. Debbie Natelson, apparently still somewhat unfamiliar with modern rowing, had neglected to bring her Aero's sliding seat, and, instead of sculling, paddled with her spouse, Paul, in the Knakals' kayak. Their marriage is still intact.

We met Tyler/Peter somewhere in Wasp Passage, and Steve Wells off Neck Point, but failed to see the Knakals. Usually a top-flight navigator, Jeff had trouble finding the entrance to Wasp Passage after rounding Neck Point and, before he found his bearings, they were heading toward the Gulf Islands. Michael Lampi's photographs found him and Theresa way over on the Crane Island side of Wasp Passage. Steve Wells was convinced that clockwise was the wrong way, and that he traveled ½ mile more than counterclockwise Bill Jacquette, which, in part, explained why he was thrashed by Bill.

Turning into Indian Cove for the end run, the winds were with us, and we seemed to be flying. For well-known reasons, I was terrified about collisions with anchored boats, mooring buoys, and the occasional underwater reefs, but the gods were smiling. About 100 yards before the finish, Adrian looked over his left shoulder and yelled, "There they are!" Indeed, there they were. Tyler/Peter were flying toward the finish from the east. We doubled our efforts and slid across the finish in what seemed only seconds before they did. However, the official time put us 1 min. 14 secs. ahead, most likely another "quantum quirk." We had done the race in 1:40:13, 28 secs. off the record set by Jeff Knakal/Rob O'Brien in 2003.

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Sculling Adventure

Karen Bolin and Karin Rogers

Perhaps motivated by Jill's lead editorial in last month's newsletter that scullers should create a little "hullabaloo" about their sculling events, or by Mom's member Penny Lewis's plea, "I need an article for the next newsletter. Tell us about Green-lake".... The Karin & Karen scullers decided to contribute the following:

I have to admit that although I have been sweep rowing for around 19 years, this was my first attempt at a double sculling adventure. My biggest concern was that I was in the bow and would have to navigate a straight course on a round lake with limited markers. I appreciate coxswains more than you can imagine! We were even trying to figure out how to attach Ellen Lam to our stern for the race! The race is a bit of a blur to me now, other than the fact that we had a lot of fun and didn't finish last! We had a good start, followed our race plan and I recall saying to Karin, "I think that buoy may have been the 500, let's do our 20-20-20!"

We managed to cross the finish line, not run into any of the other five boats, and are eager to try it again. I think that is success!

Karin and Karen, still smiling after their race!



Green Lake Summer Extravaganza - Results

Congratulations to all who raced at the 43rd Annual Green Lake Summer Extravaganza!

Women's Masters 1x: 2nd place-**Susan Dandridge**; 5th place - **Crista Graves**

Women's Open 2-: 1st place-**Cheryl Channing** and **Lisa Oswald**

Women's Masters 2x: 4th place-**Crista Graves** and **Marcie Sillman**; 6th place-**Martha's Moms Karin & Karen**

Women's Masters 4+ (age 41+): 1st place-**Martha's Moms**

Women's Master 4+ (age 40-): 1st place-**Jody Coffman, Cheryl Channing, Molly Zeaske, Jill Reinauer**; 3rd place-**Louisa Hall, Marcie Sillman, Phoebe Smith, Liz Savage**

Mixed Open 8+: 2nd place-**Molly Zeaske, Cheryl Channing, Martin Heyn, Carl Russell, Lisa Oswald, Andy Rees, Jody Coffman, Mike Rucier**

Men's Masters 4+: 7th place-**Paul Spencer, John Sullivan, Don Kuehn, Dennis Williams**

Mixed Masters 8+: 1st place-**Lisa Oswald, Cheryl Channing, Martin Heyn, Jim McAnally, Mark Tonelli, Phoebe Smith, Mike Rucier, Jill Reinauer**

Men's Masters 8+: 3rd place-**Carl Russell, Andy Rees, Martin Heyn, Paul Spencer, Mark Tonelli, Jim McAnally, Mike Rucier, Chris Countryman**

Women's Open 2x: 1st place-**Crista Graves** and **Marie Wolcott**

Women's Masters 8+: 2nd place-**Molly Zeaske, Cheryl Channing, Lisa Oswald, Marcie Sillman, Jody Coffman, Liz Savage, Louisa Hall, Jill Reinauer**

Mixed Masters 2x: 2nd place-**Susan Kinne** and **Burt Redmayne**
Congratulations, Burt, on your first race, and your intimidation tactics at the starting line!

Ask Frank

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

Answer: Having, as I said in my last column, caught hold of their weight with their toes and realizing that they are no longer driving the boat forward with their blades, boat-stoppers then take the moment thus offered them to extract their blades and promptly feather them, signalling that they are doing so by the noise they make in their locks and the water they pick up with their blades. If only they could be persuaded that there is a better way, a way that moves the boat forward as it moves their weight sternward.



Stay tuned.



New Shoes on the Dock

Meera Bhatia

I started rowing in high school at St. Paul's School in Concord, NH. I continued rowing all four years at University of Pennsylvania and still couldn't give it up after college. I joined Riverside Boat Club in Boston, learned to scull, and became a lightweight while racing fairly seriously (Nationals, US trials, and US Ltwt 4x selection camps). I finally decided it was time to stop training seriously about two years ago when I went to business school at Dartmouth and got my MBA. I just moved to Seattle for my first west coast experience after years of being on the east. I'm working for MSN at Microsoft. I'm looking forward to experiencing rowing at another club and spending a little more time on the water after two years of very little rowing.

Welcome, Meera, and all the new members who have joined LWRC in the last few months! We look forward to seeing you on the water!



Report from the Shop Dwarves

Susan Kinne

As August draws to a close, we may be manifesting a certain residual crabbiness ("what, ANOTHER set of skulls that needs new handles?!?"), but a look at this summer's maintenance log tempers that attitude. We've had no major breakage, despite heavy equipment use, and that's very impressive.

This is normally the season when newly-fledged scullers are busy rowing club singles, doubles and wherries into bridge abutments, the dock, and each other. This summer, the damage log reports trivial problems like 'stripped threads in the middle hole of the left foot stretcher attachment plate in 3 seat in the Pysht.' THANK YOU ALL, both for the reporting and for the care you've been taking.

This blessed peace leaves us time to put the Hotspur and 'ET' (Evan and Tyler's double) back together after their unfortunate adventure on the freeway in Nebraska. The Hotspur has returned to the water and is now being prepared for repainting. We're lining up the two pieces of ET for re-attachment right now.

Thanks to Dennis Williams for skillful and aesthetic repairs to the splashguard of the Mather 8 and the Large Owen single. Next time you're in bow seat in the Mather, turn around and look at the inlay he used to restore the integrity of the wood. But be warned that if in a moment of inattention you pick the boat up by the splashguard or hit the splashguard while returning the boat to the rack, Dennis would be justified in plunging his beautifully-sharpened chisel into your heart.



Volunteers of the Month

Amanda Lee and Angie Dietrich
coxing "special" Try Rowing Bashes

Marie Walcott and Crista Graves
Coached Junior Sculling Session 5

July Try Rowing Bash
Volunteers: **Meera Bahtia, Tina Cha, Dana Forfylyow, Amanda Lee, Don Linnertz, Jim McAnally, Fred Sadaghiani, Ken Smith, Kim Wicklund, Dennis Williams**

Part II Rowing the Weight Off; Operation Keep those Fat Cells Guessing!

Jim McAnally

Before my Alcatraz Prison detour, I started a series on weight loss and rowing. The right variety of exercise with the right types and amounts of fuel is critical to weight management. This month learn why high intensity, short duration exercises help “fool” your body into burning more energy during exercise. We all know intervals ain’t fun but an unvarying low intensity aerobic exercise routine will frustrate attempts at weight management. Finally, learn why it is harder for women to lose weight than men.

Five years ago a prominent Canadian exercise scientist began compiling data from the exercise literature to explain a phenomenon he called “chunky aerobic instructor syndrome.” A significant proportion of very cardiovascular fit aerobic instructors remained mildly overweight (20% body fat) even though they were teaching multiple (sometimes daily) aerobics classes for years. His findings dispelled the popular dictum that low intensity, long duration, high frequency (the five-day-a-week aerobics class) was the best route to weight loss.

[As a side note: Exercise knowledge filters down in a pyramid fashion. At this “Athens moment,” the latest information is only available to the internationally elite levels. Over time, it filters down to elite and sub-elite amateurs and so on. It is easy to be impatient but it is also nice to let those athletes be the guinea pigs. High intensity exercise and its effect on energy use based on science reached the serious amateur level athlete and high-end personal training gym over the last five years. It will likely take another five years to reach the huge pyramid base. At that point, hopefully, every chain gym in America will eliminate the 45-60 minute Jazzercise class. As a double side note, just below amateur elite levels right now is the science that static muscle stretching is unrelated to exercise injury...a whole other LWRC news topic.]

Science and history review: Low intensity, long duration aerobic exercise in the range of 50-65% of max heart rate (think steady state low pressure rowing) results in the use of predominantly fats and some carbohydrates as energy (the dreaded wheel of Krebs’s returns!). During this state, the body conserves blood sugar for more essential functions like brain function (my 4AM alarm for MST practice may illustrate a lack of blood sugar for rationale brain function). At the opposite end is high intensity, short duration exercise, aka interval, or anaerobic exercise performed in the range of 70-90% of max heart rate (think high intensity short rowing pieces) which results in predominantly carbohydrate metabolism and minimal fat metabolism. Blood glucose is also consumed; another illustration of why some could question the supply of energy for rational decision making of those rising before dawn to perform multiple anaerobic pieces. Based on this knowledge, low intensity, low duration exercise was embraced like religion as the key to weight loss. The aerobic concept was spread as

gospel by the vendors of exercise and fitness, and Richard Simmons laughed his way to the bank in all those pastel 80s shirts (which are back in fashion again).

What the new data shows is that the body becomes very efficient at economizing energy use especially during the aerobic state and especially if the exercise pattern is unchanging. When a non-conditioned individual first begins an aerobic exercise program, the body burns energy like a Hummer and weight loss ensues. Very quickly the body becomes efficient and like a Honda Civic begins to only sip fuel halting further weight loss. [Wouldn’t that be cool if Hummers really became more efficient over time?] It is the addition of high intensity exercise that keeps the body in higher states of energy use that over the long term reduces fat stores. It appears that the best time of day for high intensity exercise is in the afternoon instead of the morning. Interval training causes more human growth hormone, a potent stimulator of fat metabolism, to be released and causes higher post-exercise energy consumption. The bad news for the ladies is that they are even better than men at becoming “Hondas” of energy consumption, have minimal post-exercise energy burn regardless of exercise intensity and consume less energy at rest than men. Women have to work twice as hard as men at weight reduction.

The take home: If you are fit in cardiovascular terms you can greatly benefit by stepping up workout intensities AND varying routines to keep the body burning more fuel and to “fool” the body into being a gas guzzler of energy making weight reduction and maintenance easier.

More good news is that ways to satisfy the need for variety in intensity and form are in abundance at or just outside the door at LWRC and that deserves attention next month.



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.

Mon/Wed Sept. 13-Oct 6th, 6-8 PM
Sat/Sun Sept. 11-Oct 9th, 10-12 AM*

*NO class on Sunday, October 3

Clip this article and give it to a friend!

Learn to Row4Health

Quickly, now! What's one of America's fastest growing sports for masters and for women of all ages?

Rowing.

Want to try it?

Here's how. Participate in the Learn to Row4Health from 10 a.m. to 1 p.m. Saturday, September 18, at Lake Washington Rowing Club in Seattle. The event benefits the Puget Sound Affiliate of the Susan G. Komen Breast Cancer Foundation.

In the three-hour session, you'll learn the basics of rowing and you'll actually row in a shell. You'll enjoy good sport, good food, and good fun for a good cause.

A voluntary suggested donation is \$15.

Martha's Moms Rowing Club is co-hosting the Learn to Row with Lake Washington Rowing Club, located at 910 N. Northlake Way (in Fremont), Seattle, WA 98103. The telephone number is 206/547-1583 and web site is www.lakewashingtonrowing.com.

Survivors of breast cancer and other cancers are particularly encouraged to participate in this event. It happens the same weekend as the Row4Health at 7 a.m. Sunday, September 19, at Pocock Rowing Center in Seattle. Information about the regatta is available at www.pocockrowing.org.

Founded in 1982, the Susan G. Komen Breast Cancer Foundation honored Nancy Brinker's promise to her sister who died at age 36. Susan G. "Suzy" Komen asked her sister to do everything possible to help end breast cancer. Today the Komen Foundation is a global leader in the fight against breast cancer through its support of innovative research and community-based outreach programs.

So, as you watch the 2004 Summer Olympics in August, remember that you needn't be an Olympian to try crew. While competitive rowing in a 2,000-meter race compares physiologically to playing two back-to-back basketball games, crew attracts everyone from pre-teens to the six over-70's rowers with Martha's Moms.



Yoga Returns to LWRC!!

Yoga classes, taught by certified yoga instructor Kate Tytus, will resume on Monday, September 13. Classes will be every Monday from 6:30 to 7:30 PM. If three or more people are interested in having class on Thursday also, contact Kate in advance, and she will be glad to lead yoga practice.

Yoga is a fantastic way to build strength and flexibility, to focus on core muscles and breathing, and to center yourself for the week ahead. Come on down to the boathouse on Monday evenings and join us in the banquet room upstairs to enjoy this wonderful benefit offered to LWRC members. (Non-members are asked to make a small donation to the club for each class attended.)

Contact Kate at katetytus@hotmail.com if you have any questions.

Shaw Island Race 2004

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Twelve boats finished under 2 hours. Meenk seemed to have set an everlasting record for single shells, Zeegers for HPK, and Cole/Holtman for mixed FSK.

As for comprehending quantum mechanics and applying it to real life, it is like grasping at minnows in a stream, and information is a particularly slippery concept. This may be good, though. Restoring sanity and comprehensibility to physics and enabling us to accurately predict the best course around Shaw Island would spoil the fun.



Is everyone in your organization
pulling in the same direction?



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

866.599.OARS

www.oarsprogram.com

The Lake Washington Rowing Club Newsletter - September 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
Padraic McGovern at padraicm@mindspring.com

Technical Sculling

We welcome club members who seek intensive technique practice, whether they are just graduating from a novice Learn-to-Row class or want to correct habits developed over years of sculling. You will learn the same techniques taught in Bill and Frank's competitive group, but without the conditioning workouts. You can row wherries or racing singles. 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

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

Contact

Joanne Gallagher at joannegallagher@hotmail.com

Competitive Sculling Group

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

Practice Times

5:30 AM Wednesday
6:30 AM Saturday

Contact

Karyn Crouthamel at 206-547-1583

Martha's Moms

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

Practice Times

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

Contact

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

Lake Washington Rowing Club
910 N. Northlake Way
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.



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