



# LWRC

**NEWSLETTER** August 2007

Web site: [www.lakewashingtonrowing.com](http://www.lakewashingtonrowing.com)

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## Board Recognizes Susan Kinne and Ben Porter

*John Robinson*

In April, the Board established the Board of Directors Award, its most prestigious award. The Board would now like to announce that **Susan Kinne** and **Ben Porter** have been selected as the first recipients of the Board of Directors Award.

Ben, who has been a member of the club since 1976, has been instrumental in achieving many of the club's major milestones. He was involved in the move from Garfield to the warehouse at Fremont; the early efforts to site and build a boathouse; and eventually securing our present site and construction of the Fremont boathouse and dock. Through all of this, Ben's greatest contribution has been management of the club's finances in often extraordinary ways. Ben has served as club Treasurer since 1987, a critical time as we sought funding for the new boathouse. Under Ben's financial leadership the Fremont Boathouse, which opened its doors in 1994, is now just three years away from being free of any mortgage. Week in and week out, Ben deals with making payroll, keeping up the insurance payments, solving short term cash flow requirements, paying the club's bills and handling most of our occasional legal skirmishes. Ben has shouldered these chores tirelessly for almost 20 years for the benefit of all of us.

Not one of us who has been a member for any length of time hasn't benefited from Susan Kinne's efforts and contribution. Susan has fixed, extended the life of, or rescued in some manner every one of the club's boats, many of which came to the club as a result of her horse-trading skills and tenacity. She also has provided guidance, spare parts and in some cases repairs to a large portion of the club's private fleet. But perhaps Susan's greatest contribution has been the way her enthusiasm and dedication have motivated many club members to contribute their own skill and time to the work of the maintaining the fleet. Susan's creative, can-do attitude has resulted in formation of the Sow's Ear Boat Works, our in-house boat repair business, and the "Triple-Skull", a racing class unique to the Pacific Northwest. Susan's contribution at LWRC and in the rowing community is fast becoming legend.

The Board recognizes that the club wouldn't have achieved what it has without the extraordinary contribution of many of its members over the years. In part, the recognition of Ben and Susan is a recognition that they represent the best that many club members have given, and in part this Board award

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## Board of Directors Update

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honors the inspiration that they give to others to help make the club the best place to row in the Pacific Northwest.

As Marcie Sillman reports in this newsletter, a dinner will be held on September 22 at the club to formally recognize Ben and Susan, recount their achievements and celebrate. We'll see you there.

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## LWRC Gala - You're Invited

*Marcie Sillman*

Mark your calendars, whet your appetites, and put away your lycra.

It's time to celebrate Lake Washington Rowing Club, and the people who make it special....us!

On Saturday, September 22 at 7 p.m., please join the Board for dinner and drinks at the boathouse. Dress up, and help us honor Susan Kinne and Ben Porter, two dedicated members who've made LWRC better for their time, their work, and their presence.

You can also help us with the purchase of a new carbon-fiber, Twisp-class double! Pocock Racing Shells has agreed to a lease-to-own deal for a much needed new boat. To help pay for this vessel, we'll be auctioning off chances to row with some of the Club's best scullers, male and female, all age categories. If you've ever wanted inspiration in a boat, you'll be able to find that while you help purchase this new double.

We encourage you to RSVP for this party, to help us have enough food and beverages. If you'd like to help set up, clean up or if you'd like to donate funds toward the purchase of the double, please contact either LWRC Manager Conor Bullis or President Marcie Sillman (find their contact information on the front page of this newsletter).

We'll see you on September 22nd!

## Dispelling Myths of Lifting Weights

*Kate and John Brooks*

### **Myth 1: If I lift weights I will get big and bulky.**

Assuming that you have the one in a million genetics to gain excessive amounts of muscle mass (statistically speaking only a handful of boathouse members do.), you would have to ingest an excess of calories to feed this burgeoning muscle. Newtonian physics cannot be ignored: one can not add mass in fat or muscle without taking in extra calories. Compounding this problem is most rowers' propensity for doing large amounts of cardiovascular training like... rowing. "Cardio," or steady state, causes the hormone cortisol to be released, which slows down a muscle's absorption of protein.

Assuming you have the genetics, the diet, and the training to gain copious amounts of muscle, you still have to contend with the simple fact that it takes a long time to gain muscle mass. A non-drug using, adult, male weightlifter would be ecstatic to put on 5-15 lbs of muscle mass in a year; it is highly unlikely that the average rower will wake up one morning with excessive muscle mass.

### **Myth 2: Rowers only need to do endurance work. High repetitions and low weight work is ideal.**

Rowing is a sport of what exercise scientists call "power-endurance": a contest of who can apply the most force for the least amount of time required to go a fixed distance. As such, there are two variables in rower conditioning: the amount of power a rower can generate, and how long the rower can endure generating this maximal effort. A great volume of training on the water and on the ergs is focused on endurance, and rightly so. However, very little time is focused on increasing the maximal power that the rower can put out. It is very difficult to do this type of training on the water. The very nature of rowing makes it difficult to create greater resistance on the rower without adding a dangerous volume of shearing force on the rower's spine. Weight lifting allows for a controlled environment where the rower can increase his power output without applying dangerous forces to his spine.

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## Newsletter Changes are Coming

Tina Cha

In an effort to cut some costs as well as reduce our paper consumption, the LWRC Board has approved a move to deliver our monthly newsletter online.

In fact, you can already access the newsletters, as well as past newsletters, on our Web site. Visit [www.lakewashingtonrowing.com](http://www.lakewashingtonrowing.com) and click on the "Newsletters" link on the left menu. There you will find PDF versions of our newsletter dating back to 2004. Online versions of the newsletter from 2001 and 2002 are also archived here.

Beginning in September and each month moving forward, Conor will send the membership, via the e-mail distribution list, a link to the most recent newsletter. Print out your own copy or read it online.

Yes, the club will save some money in expenses by going online only. However the biggest benefit of this electronic change is that you'll receive the online version in your e-mail inbox nearly two weeks earlier than if it went through the printing/shipping process.

For those of you who prefer it, paper versions of the newsletter will be made available at the boathouse each month.

If you do not get Conor's regular member updates via e-mail but would like to receive the newsletter in your inbox, make sure Conor has your current address.

We welcome your feedback on this change.

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LWRC 2007 Head of the Troll

September 8

Ballard Bridge to Green Can at Gasworks Park

Costumes Optional

Potluck Breakfast

(see the Captains' Corner on page 4 for more information.)

## Manager's Scoop

Conor Bullis

### Garfield Boathouse

Garfield has been on the LWRC "To-Do" list for a while, ever since a tug nearly toppled the building and a fire next door melted everything but the boathouse. The ramp was non-existent and the walkways were scary until a bit ago, when things started to happen.

The club hired a professional to fix the structure of the entire float and LWRC member Spencer Horn spent hours updating the building. Spencer installed a new door on the other end of the boathouse; two wherry racks which now full of wherries; a walkway around the boathouse, and a beautiful ramp down to the dock.

I would like to extend a huge THANK YOU to Spencer for all of the time and energy that he has spent bringing Garfield back to life. This August, LWRC will host two beginning sculling classes simultaneously; one at the Fremont Boathouse and one at the Garfield Boathouse. Thank you again, Spencer.

Take note of recently updated boathouse cleaning schedule, and lend a hand during your appointed time:

### Fremont Boathouse Cleaning Schedule

1st Saturday of month:	MST Men
2nd Saturday of month:	Martha's Moms
3rd Saturday of month:	MST Women
4th Saturday of month:	Scullers

Cleaning duties include but are not limited to: sweeping boat bays; putting weight-room equipment and ergs in order; tidying launch supplies; taking out trash and recycling; and cleaning the downstairs bathroom.

Please continue to help me achieve my three goals by sending me comments and observations that you would like to make known. Goals: maintain clear and open communication, enhance the current structure and listen to the membership and external rowing community.

Contact me at [conor.bullis@lakewashingtonrowing.com](mailto:conor.bullis@lakewashingtonrowing.com) or 206-547-1583.

## Captains' Corner

KC Dietz and Rachel McGovern

### Head of the Charles:

The LWRC captains would like to announce a new racing program for the club that will begin this fall in preparation for racing at Head of the Charles or other 'premiere' events, as determined by members of the club. The captains will run the program, and a pool of LWRC coaches will take an advisory and race preparation role. The captains will announce the final boats.

Members who wish to participate will be asked to submit multiple race times in either a single, double or pair along a pre-set course, most likely eastward from the Ballard Locks to the red can in South Lake Union (6K). The trial data will establish a ladder amongst the group, and provide the coaches with information for boatings and coaching. Some combination of seat racing, direct challenges, and trials will be used to establish the club boat.

One event being considered as part of this program is Head of the Charles, October 20-21. LWRC has two guaranteed entries this year: the Open Lightweight Men's 4 and one Women's 8 event (Championship, 40+, 50+ etc.). We could also enter the lottery in other events and hope for admission. Participating in Head of the Charles could cost each participant at least \$1000 when airfare, hotel, food, trailer, boats, oars, and registration fees are totaled.

Please contact KC or Rachel or sign up on the sheet on the captains' bulletin board in the boathouse by August 15th. Please indicate the following:

1. Your Name
2. Your Age
3. Were you in the Women's Club eight last year?
4. Any comments, opinions, or suggestions about race entries.

### Time Trials:

Time trials will be held on August 15, 18 and 31. Be at the boathouse by 5:30 AM. You can also record your own times on other days. Record results in the notebook near the sign out desk. See posted flyer on the Captains' Bulletin Board for more information.

### Head of the Troll:

On September 8, 2007 LWRC will host its annual Fall Challenge. This year we have come up with a new name for the event, changed the course, and moved it to Saturday instead of Sunday. We hope that all programs running out of LWRC will take part in this fun and competitive event. The racing

will be followed with an award ceremony and breakfast.

The course this year will run in one direction, with no turns, starting just east of the Ballard Bridge (orange ship) and finishing at the Green Can off of Gasworks Park. We will also add eights and fours to the race. The eights will be a "ham-n-egger" style event. All other events should be entered with partners of your choice. There will be two flights, so that eights can be shared and competitors can row in two events.

Sign up on the Captains' Bulletin Board for racing and volunteering. We need help!

### Schedule:

*Flight One- 6:30 AM*

Men's Eights  
Women's Fours  
Men's Pairs  
Women's Doubles  
Men's Singles  
Mixed Triples

*Flight Two: 7:30 AM*

Women's Eights  
Men's Fours  
Women's Pairs  
Men's Doubles  
Women's Singles  
Mixed Quads

Reminder: It's time again for early morning darkness. Bring lights with you for your singles and doubles, or take advantage of batteries for larger shells so that you are visible to all before sunrise.

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## LWRC Results

**Dale Peschel** and **Kirk Clothier** won gold in the Mens F2- at the Veteran Henley Regatta, at Henley-on-Thames in England. If memory serves, this may be LWRC's first win at Veteran Henley.

**Niki Sherey**, who participated in a lightweight camp this summer, raced in the USRowing Club Nationals, held on Cooper River in New Jersey. Niki received gold in the Intermediate Ltwt 2x and placed 2nd in the Intermediate Ltwt 4x.

Great job!

# The Rowers' Code

1. Always do what's best for the team.
  2. Every seat has equal value.
  3. No talking in the boat (it's not what you think).
  4. Balance the boat.
  5. Timing is everything.
  6. Carry your load.
  7. The coach is in charge.
  8. Everything stays in the boat.
- Marilyn Krichko, Founder, The OARS Program



Experience the power of pulling together as a team

866.599.OARS [www.oarsprogram.com](http://www.oarsprogram.com)

## Lake Washington Rowing Club *wins*

in its community partnership with  
Coldwell Banker Bain & John W Stewart.

If you purchase or sell real estate with the help of Coldwell Banker Bain and John W Stewart, they will donate 10% of their commission to the Lake Washington Rowing Club.

For more information about this partnership call 206.729.0243



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### Easy Fundraising!

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](http://www.lakewashingtonrowing.com)) and LWRC will make money on whatever you buy at no additional cost to you. Try it!

### Our Web Site

Past issues of the newsletter are available on the Web site at [www.lakewashingtonrowing.com](http://www.lakewashingtonrowing.com). If you have anything you would like posted, updated, or deleted, send an e-mail to Tina Cha at [tina.cha@gmail.com](mailto:tina.cha@gmail.com).

We are always looking for photos for our site, either from practice, regattas, or just hanging out in your shell. E-mail Tina your digital images, or leave a disc in the Secretary's Box at the Boathouse.

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Facility Manager: Andi Day  
Phone: (206) 714-5087  
E-mail: [AndiDay1@aol.com](mailto:AndiDay1@aol.com)

## Dispelling Weight Lifting Myths

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Also, rowers tend to spend a lot of time rowing, particularly masters rowers who only row for years and years. This can create an imbalanced physique. Muscular imbalances can lead to severe injury. Lifting weights is one of the few ways to prevent or remedy imbalances before they create severe injuries.

### **Myth 3: I am doing great; why do something different when this is working for me?**

In a sport where every second counts, where the difference between winning and losing could be just tenths of a second, why wouldn't you want to make it easier to go faster? Let's view maximal strength as a glass, and strength endurance as the water that fits in that glass. Most rowers spend a lot of time adding water to the same size glass. While we continue to add water, our returns diminish as we get closer to filling the glass. Strength training increases the size of the glass so we can continue to add water at a high rate. Overall work capacity (the glass) increases, speed (the water) increases, and you win more races (have a drink!).

### **Myth 4: I don't need to lift weights/strength train; I do yoga/Pilates.**

Yoga and Pilates are a very good way for untrained individuals to get some exercise. Deep breathing, stretching and some core work are great ways for athletes to recover from intense training. However, continued strength improvement requires greater intensity, volume, or resistance. Once we get to a certain intensity and volume we are no longer training for strength; we're training for endurance. With bodyweight exercise there is only one way to increase resistance: gain weight. Generally this is not acceptable to most practitioners.

### **Myth 5: This workout from *Muscle and Fitness Magazine* is right for me.**

While bodybuilding style workouts are better than no strength training at all, they are not ideal for athletic improvement. If we train muscles in isolation (think bicep curls), they will only get stronger across a single joint. In a boat, on a track, or in life in general, our joints do not work in isolation. In order to make the greatest improvements in those areas, we have to train multiple joints in coordination with each other, and use isolation exercises as supplements to bring lagging muscle groups up to speed.

## An Eggs-cellent Recipe

Tina Cha

Eggs are a fine source for protein. Combined with a heart-healthy multi-grain bread, an egg-salad sandwich provides reasonable amounts of protein and carbs to fuel an athlete. One large egg contains 77 calories; and about 7 grams of protein.

If you are already an egg fan but are tired of the same scrambled egg or omelet, this is a fun change. If you are concerned about the fat content in the mayo, either reduce the amount to your preference or try a reduced-fat or fat-free variety.

### **Egg-Salad Sandwiches**

Serves 4

- 8 hard-cooked eggs\*\*, peeled
- 3 tablespoons mayonnaise
- 1 tablespoon minced roasted red peppers
- 1/2 tablespoon capers
- fresh black pepper and salt to taste
- 8 slices multi-grain bread
- 24 leaves baby spinach

In a medium bowl, mash the hard-cooked eggs with a fork or pastry blender. Mix in mayonnaise, peppers and capers. Season with pepper and salt.

Spread egg mixture on four of the bread slices. Layer with baby spinach leaves and top with remaining slices of bread.

(Adapted from a *Shape Magazine* recipe from years ago)



\*\*What? You haven't mastered the art of the hard-boiled egg? Here is what I do. Place a few eggs in a quart-size sauce pan. Fill the pan with water so the eggs are completely covered. Bring the pan to a full boil and let them boil for about a minute, then remove the pan from heat. Cover the pan and let it stand nine minutes.

After nine minutes, run the eggs under cold water to avoid over-cooking. For the purpose of this recipe, you'll want to let the eggs chill so your sandwich isn't hot.

## LWRC Coaching Staff

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### **Theresa Batty**, Developmental Sculling

Theresa trained with the national team pre-elite lightweights from 1986-1989. In 1989 she was selected as an alternate for the National team. She won several U.S. titles and competed in Canada and Europe. Theresa started the crew program (with Cath Johnson) at The Evergreen State College. She's coached at Green Lake, Mt. Baker and Stockholm rowing club.

### **Conor Bullis**, Mixed Sweep Team

Conor has also coached several Oregon crews, including Corvallis Rowing Club, Willamette University and most recently Oregon State. Conor rowed for Oregon State four years, and was the JV8 Team Captain. Conor is also coaching at Lakeside.

### **Frank Cunningham**, Coach to all

Frank 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.

### **Andi Day**, Evening League

Andi began coxing, rowing and coaching at her alma mater, WSU. She was one of the founding members of Kenai Crewsers and Anchorage Rowing Association in Alaska. She served several years on the ARA board, a year as the Team Manager, and has coached Learn-to-Row, Masters, and Juniors.

### **Hugh Lade**, Sculling Technique

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

### **Anna Noble**, Intermediate/Advanced Sculling

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

### **Bill Tytus**, Competitive Scullers

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

### **John Tytus**, Mixed Sweep Team

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

### **Molly Zeaske**, Evening League

## Rowing Groups

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### **Competitive Sculling Group** (206-547-1583)

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.

Practice Times: 5:30 AM Monday - Friday; 6:30 AM Saturday

Coached practices are on Wednesday and Saturday

### **Sculling Technique** (Hugh Lade, 206-524-7591)

For LWRC members who seek intensive technique instruction, whether they are experienced competitive scullers or recent Learn-to-Scull graduates. Instruction mirrors the technique and drills taught in the Competitive Sculling Group, but without the conditioning workouts. Participants choose wherries or racing singles, rowing with an instructor rowing alongside to demonstrate drills and describe movement, sound and feel. We expect you to become a skilled, efficient sculler who understands how and why a boat moves fast.

Practice Times: 6:00-7:30 AM Monday and Thursday

Newcomers should contact Hugh prior to joining.

blade1x@comcast.net

### **Fridays with Frank** (206-547-1583)

This group of women scullers focuses on rowing larger boats with a goal of racing. This is not a group for beginners. Participants should have mastered fundamental sculling technique, and have passed the flip test.

Practice Times 5:30 AM Fridays

### **Martha's Moms** (Lynne Robins, 425-825-9843)

The Moms have a history of rowing competitively that spans over two decades. We welcome new members. Women 27+ years of age with some rowing experience should contact us.

Practice Times: 5:15 AM Tuesday, Thursdays; 6:00 AM Saturday

Info: Lynne Robins, 2007 Captain: [lynnner@u.washington.edu](mailto:lynnner@u.washington.edu)  
Nancy Richards, Member Liaison, [nrichards@aol.com](mailto:nrichards@aol.com)

### **Mixed Sweep Team**, (John Tytus, 206-251-4789; Conor Bullis, 206-547-1583)

The LWRC Mixed Sweep Team 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 Tuesday, Thursday; 6:00 AM Saturday

### **Evening League** (206-547-1583)

The Evening League program welcomes people with some skill who want to row recreationally and have a good time. The group is perfect those who want to stay in shape, receive coaching, and might want to try racing. After Thursday rowing we often go out to a local Fremont establishment for social hour.

Practice Times: 6:30 - 8:15 PM Mondays, Tuesdays, Thursdays

Lake Washington Rowing Club  
910 N. Northlake Way  
Seattle, WA 98103-8831

[www.lakewashingtonrowing.com](http://www.lakewashingtonrowing.com)

## This Month at LWRC

### Race Calendar:

Canadian Henley, Aug. 7 - 12  
Masters Nationals, Aug. 10-13  
Great Cross Sound Race (Sound Rowers), Aug. 25  
FISA World Masters, Sept. 6-9  
Bainbridge Island Marathon (Sound Rowers), Sept. 8  
Row for the Cure, Sept. 16

### At LWRC:

LWRC goes to the Mariners Game: Aug. 3  
Board Meetings: Aug. 16, Sept. 6  
LWRC Time Trials: Aug. 15, 18, 31  
Head of the Troll: Sept. 8

Manager/Boathouse Rental/Voice Mail (206) 547-1583  
Boat Bay (206) 547-2668 Fax: (206) 547-3549  
E-mail: [conor.bullis@lakewashingtonrowing.com](mailto:conor.bullis@lakewashingtonrowing.com)

## Learn to Row Schedule

### Beginning Sculling:

Saturday/Sunday, 10 a.m. - noon  
Aug. 4-26 (FULL); Sept. 8 - 30

Monday/Wednesday, 6 - 8 p.m.  
Aug. 6 - 29 (FULL); Sept. 10 - Oct 3

### Beginning Sweep:

Tuesdays/Thursday, 6 - 8 p.m.  
Aug. 7 - 30  
Sept. 4 - 27



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