



# LWRC

**NEWSLETTER** February 2006

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

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## 2006 Annual Meeting

*Karin Rogers*

The 2006 LWRC Annual Meeting, held on January 15, was well-attended and provided a great kick-off to the new year. Here are the highlights.

Outgoing President Don Kuehn opened the meeting and thanked everyone for all efforts that have made this past year successful in many ways at Lake Washington Rowing Club.

Treasurer Ben Porter reported on financial highlights from 2005 and goals for 2006:

**Boathouse Loan Refinance:** In 1996 LWRC took out a 10-year loan to pay for the construction of the second floor and pay off loans to build the first floor. To obtain the loan, the bank required eight club members to personally guarantee it. By last fall the loan was paid down by nearly half. In 2005 we refinanced the unpaid loan balance at a lower interest rate, with no personal guarantees.

**Head of the Lake:** This is the first year that LWRC obtained sponsorship funding for HOTL. August/September was late to start this process, as sponsorship budgets for several large sponsors were already committed. However, using Powerhouse Timing for entries and timing; creating a new solid medals; the changed racecourse, and using a professional event sponsor were good steps moving forward.

**Second Floor Rental:** Rental income was disappointing in 2005. Our association with a rental management company did not result in the level of income that we enjoyed in the past. Advisory Board member Barbara Colven has made several good suggestions regarding improvement of the second floor appearance and rental. Our goal in 2006 is to significantly increase income from rental of these rooms.

**Dues Increase:** Dues were increased two years ago to \$470.00 (before tax) for regular members. Dues make up only one-third of LWRC's gross income. Ben proposed increasing dues to \$500 for 2006. This is a 6.4% increase over 2005. This was voted on and passed before the close of the meeting.

These amendments to the by-laws were offered for vote:

- 1) Increase the number of Board officers to include one or two captains, and one or two secretaries, bringing the potential number of officers to seven.
  - 2) Remove the job of club historian from the secretary description. Add Club Historian as a separate office.
- The amendments were voted on and passed.

Club Captain Hugh Lade reported on major developments during 2005: The Felix has a new motor; we are in the process of purchasing a used boat trailer, and have a buyer for our old one; and rack space is tight but still available. In general, the facilities are in pretty good shape. He reminded us to make

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## 2006 Annual Meeting

*(continued from page 1)*

sure we make timely payments for our regatta entries and that we pick up discarded water bottles and clothing left around the boathouse. The Garfield Boathouse was hit by a tugboat last spring, and member Linda Pruitt has agreed to oversee the repair process now underway.

Nancy Otterholt, 2006 Captain for Martha's Moms, gave an overview of highlights from 2005. One of the most enjoyed activities was a ham 'n'egger with the LWRC MST last fall. The Moms would like to do this again and more often.

Hugh Lade reported on the Old Recs Sunday Rowing Group. Those who rowed with this group had a great time, got coaching from Frank and Hugh, and had some very good rows. This group is not meeting this winter, but will reconvene around March 1.

Hugh also commented on the Technical Sculling Group, which has had good participation throughout the year. There is a strong winter group showing up now, two mornings a week.

Ada Chen reported for the Evening League. The team competed more last year than in previous years, and has retained more rowers. The group is currently meeting on Tuesdays and Thursdays 6:30-8:00 p.m. for conditioning.

Matt Crouthamel represented the Competitive Scullers, and reported that they are still out there, getting better and rowing faster.

Karyn Crouthamel reported on the Juniors Program. This next season the varsity group will increase to four days a week. There is still a need for more girls to form a novice squad. Andi Treadman has been hired to coach the novice girls, and will also serve as assistant to Karyn, who will coach the varsity girls.

Kate Brooks and Josh Proctor reported for the Mixed Sweep Team. Both men and women had many successes during 2005. Head Coach John Tytus received the 2005 Northwest Coach of the Year Award, an accomplishment that the MST is very proud of. John and some rowers appear in a USRowing-produced video for coaches, which will be used to demonstrate rowing technique. Kate and Josh introduced MST Captains for 2006: Rachel McGovern and John Brooks.

Beverly Sheridan gave an overview of the Four F's (Frank's Fabulous Friday Fillies). This group has been sculling in small boats on Friday mornings, coached by Frank Cunningham. The focus of the sessions has been improving technical skills, rowing better together and having fun. This group will

reconvene in March.

Jill Ashman introduced a project, originally meant to compile the "Ask Frank" columns from published newsletters. In the process of working on this, Jill realized an opportunity to document history, and create a fundraiser for the Frank and Jane fund. Please see the article on page 3 in this newsletter.

Karyn Crouthamel gave the Manager's report with these highlights:

Assistant Kim Leinstock was hired this past fall to help with manager duties. This has been very helpful, especially with HOTL tasks.

Andrew Jaffrey and Jack Bautsch will take over launch maintenance duties.

There is still a need for a volunteer to take charge of LWRC merchandise. Tasks include helping to choose, order and coordinate sales.

Manager's Volunteer Awards for 2005 were presented to Stuart Jackson and Mike Young. Congratulations to Stuart and Mike!!

Nelson Miller provided interesting information, gleaned from conversations with the Harbor Patrol. Our rowing shells are not bound by law to vessel lighting regulations. Without question, the main concern in our situation is safety and visibility to others on the water. The Harbor Patrol overwhelmingly suggests that "bigger and brighter is better" when considering lighting our shells for dark-hour rowing.

Susan Kinne reported for Sow's Ear Boat Works. Susan asked that members do their own minor repairs such as replacing screws, tightening bolts, etc. The Sow's Ear is involved in a mixture of work right now, with earnings donated to the Frank Cunningham Fund, specifically created for purchase of club equipment. Dennis Williams was inducted as the newest member to join the Sow's Ear enterprise.

Jordan Hanssen and Greg Spooner gave a report on the progress of their OAR Northwest adventure, a 3000-mile cross-Atlantic race they and two other teammates will be starting this summer. If you are not aware of the details of their race preparation and progress, and their charitable association with the American Lung Association, please visit their Web site at: [www.oarnorthwest.com](http://www.oarnorthwest.com).

Lastly, Don Kuehn presented the Board of Directors voted in for 2006: Karin Rogers, President; Matt Crouthamel Vice-President; Ben Porter, Treasurer; Mike Young and Ken Smith, Co-Captains; Kate Brooks and Tina Cha, Co-Secretaries.

## “Ask Frank” Book and Fundraiser

Jill Ashman

About a year ago, when I completed the volunteer section of my LWRC membership application, I checked “other” and specified: “collect ‘Ask Frank’ columns into a fundraiser booklet.” Back then I hadn’t given it much thought; it just seemed a good idea. Naively I envisioned a quick ‘cut and paste’ from the LWRC files, a trip to Kinko’s, staple the whole lot together and voila!

I set about obtaining electronic files from the Web site and past club secretaries, but when Frank - delighted with the idea - gave me a large grocery bag with his entire collection of LWRC newsletters dating back to 1998, I soon realized I had only gathered the tip of the electronic iceberg. The project now appeared daunting! It also dawned on me, as I discovered the depth and breadth of material contained in all those columns, that this could and should be a bigger, better book worthy of LWRC and a tribute to our head coach, Frank Cunningham.

The book will contain a collection of Ask Frank questions and answers from the newsletters (1998 - 2004), peppered with “Frankism” quotes, anecdotal rowing history, pen and ink sketches, and one or two photos. A book that will hopefully interest LWRC members as well as rowers from outside the club.

A preliminary estimate for printing 500 good quality, nicely bound, paperback copies is approximately \$3,500. In order for the entire proceeds of sale to go to LWRC, I would like to request member contributions to cover printing costs in full. If sold at \$15 to \$20 a copy, this project has the potential to raise \$7,500 to \$10,000 for the club. Frank has requested that all proceeds go to the Francis Cunningham Endowment Fund. Contributors will be acknowledged in the book. Any contribution is welcome, however large or small. Those contributing \$200 or higher will receive a complimentary copy signed by Frank. Please make checks payable to LWRC “Ask Frank” Project and send Attn: Ben Porter.

Additional help needed: A fast typist to copy approximately five pages of hard copy into Word (no electronic versions of 1998 newsletter have been found). Anyone out there with a Zip drive and Pagemaker capability? The 1999 newsletters are saved as Pagemaker files on a Zip disk. Also, if you have skills in the area of design and layout I could certainly use help preparing a printer-ready PDF file. This is all uncharted territory for me, but I’m willing to learn.

### Next Month:

Frank Cunningham reveals the story of Atlantic-crossing rowers decades before LWRC’s Atlantic-crossing rowers were even born

## Recipe of the Month

Sheila Maher

This dish was the darling of the Jingle Bell Row. I couldn’t make enough copies for everyone clamoring, so I promised to get it to the newsletter to have it available en masse.

There is no copyright on the recipe, so reproduce it with abandon, gusto, and the clear understanding that a major carb load is coming your way.

### Peach French Toast Supreme

(6-8 servings)

#### SAUCE:

1 29 oz can peach slices  
1 small can apricot nectar  
¼ cup brown sugar  
¼ tsp almond extract  
½ tsp cinnamon  
1 Tbsp brandy \*  
3 Tbsp cornstarch

#### FRENCH TOAST:

5 eggs  
1 ½ cups milk  
1 tsp. vanilla  
1 stick (½ cup) butter  
1 cup dark brown sugar  
2 Tbsp water  
12 slices thick French bread

Mix together the eggs, milk and vanilla in a bowl, set aside. In a sauce pan, mix butter, brown sugar, and water. Heat until the mixture bubbles; when you stir it, it gets foamy.

Pour the mixture into a 9 x 13 pan or lipped cookie sheet.

Drain peaches and set liquid aside.

Place drained peach slices on top of brown sugar mixture.

Cover fruit with slices of bread.

Pour milk mixture over the bread.

Cover and refrigerate overnight.

Next day, uncover, and bake at 350 degrees F for 40 minutes.

While the French Toast is baking...

In a medium saucepan, mix cornstarch into peach and apricot juices with sugar and cinnamon.

Whisk in almond extract and brandy\* (\*Some people think this is an optional ingredient; fortunately none of them eat breakfast with me!)

Heat and stir until thickened.

For each serving, pour the hot sauce over two slices of French Toast. Top with a dollop of sour cream. Best served with your favorite breakfast sausage.

Note: We served this dish faithfully for 11 years as owners of the Bayberry Inn in Ashland, Oregon. It richly repays the minimal effort that goes into its simple preparation. Some folks might be tempted to forego the sour cream, but trust me, it adds the final dimension to the great ‘mouth hit’ of this breakfast. I’ve never served it that everyone at the table doesn’t rave about the marvelous mingling of smells, tastes, and textures.

## Manager's Scoop

Karyn Crouthamel

Invoices are due no later than Feb 28. New this year will be a late fee on any invoices past due, so get yours in on time. ACH monthly debits will start March 15 as usual. Please restart this every year with a new voided check and down payment.

LWRC NEEDS YOUR HELP. As we are only in our second year of the Junior Girls program, the word-of-mouth influence ("Hey where can my 14 year-old daughter row") is not really there. People know Green Lake and Mt. Baker, but many do not know that LWRC has this new program.

Alongside spreading the word to friends who want to try rowing, we need your help recruiting by posting flyers at grocery stores, gyms, coffee shops. So if someone sees a flyer for Lake Washington Rowing Club and is asked, "Where can I, or my kid, learn to row?" the answer is "Oh, I saw a flyer for Lake Washington Rowing Club."

Same with LTR. When I send emails saying rowers needed for a class, I get triple the numbers from you. You know people who want to row; please continue to use word-of-mouth to help. LWRC does some advertising, but on a small budget.

Think about this: "Two-thirds of all economic activity in the U.S. is influenced by shared opinions about a product, brand or service." (Source: EMarketer)  
"Word-of-mouth behavior among 'familiar' trumps all forms of advertising and is more trusted than news or 'expert commentary'...In addition, positive word-of-mouth from a personal acquaintance carries just as much impact as negative word-of-mouth." (Source: www.intelliseek.com)

Juniors start Feb. 13 (Mon., Tues. and Thurs. 3:30-5:30 p.m.)  
We can extend the start date for new girls if need be.

### Dates to remember

**Winter Gala:** Feb 11. No RSVP needed, but guaranteed to be fun with great music and no business agenda! This party is for you, LWRC-devoted members. Bring your friends!

**NW Awards Banquet:** Feb 25. Visit pocockrowing.org for more details and registration. Mike Teti is the guest speaker.

**Dues** and paperwork deadline: Feb 28.

### Volunteers Needed:

**Try Rowing Bash:** Feb 18, 10 a.m. -1 p.m. 5-8 volunteers plus a Leader are needed. If you've led a Bash before consider kicking the year off. If you're interested in leading, consider being mentored.

**Merchandise Chair:** Help set up and sell merchandise at events (Try Rowing Bashes, Winter Gala, Head of the Lake)

**Big Boat Lighting Fix-it Person:** 1-2 needed to keep an eye on and fix lighting issues on big boats. If 2 or 3 are interested it will spread the eyes and hands further. We have one so far!

## Captains Corner

Ken Smith and Mike Young

Greetings from your newly elected Co-Captains, Mike Young and Ken Smith. Why two co-captains? Well Hugh did such an outstanding job that no one person could fill his shoes. Instead we are splitting the duties. Mike's emphasis will be the singles and small boats while I (Ken) will address issues in support of larger boats, 4s and 8s. This includes regatta entries, flip tests, seat selection, boathouse storage, trailer use, and boat-use policy. Common topics to both of us are maintaining the Captain's Message Board, safety, housekeeping, and policy or process. These have been solidly established in the past; our role will be a continuation of those.

Mike will be around more than Ken who commutes from Auburn on weekends. We will strive to coordinate and speak as one. Your topics of concern should be forwarded to the appropriate Captain if they pertain to either small or large boats.

### Lights

While it is still dark (yes, the days are getting longer!), and unless you have an intrinsic glow about you, remember to keep your lights in good working order.

Club Policy: All boats leaving the dock in low light conditions must be lit, bowward and sternward. The type, number, color, and disposition of the lights are up to the individual boat owner, but we strongly suggest a steady white light at both bow and stern. The Captains will be more than happy to help with ideas and suggestions. PLEASE use the brightest lights you can get; your safety is at stake here. Large boats with permanent affixed lights like the Dunster must be well maintained.

### Regattas

San Diego Crew Classic is in early April and always a fun trip. I have a short list of interested rowers: D. Kuehn, M. Rucier, J. Tynan, & A. Chartouni for men; S. Jandrall, K. Wicklund, S. Dandridge, N. Sherey for women. If you are not on this list and want to go, notify me soon. Once MST practices start, we may find more interest. Due to logistics and the need to get on the water with seating assignments for practice, I want to firm up selections for a Club 8 by mid-February or thereabout. Also, be thinking about Opening Day and let me know if you are interested. We depend upon the Yacht Club to indicate what races are available. Seating is limited.

### Flip Tests

If you are new or just want to refresh yourself (pun intended) and yearn for that pucker-up feeling, notify Mike or Ken to schedule. Often the captains or Karyn are also available. Then make sure we (err, rather, Mike, Mr. Small Boat) is notified that you are ready to scull. He can review the club singles with you.

# 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](mailto:info@oarsprogram.com) for more information.

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

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## **Junior Girls Rowing Team Spring Program**

The LWRC Spring program will teach the basics of rowing and racing in a team environment. This class teaches boat-handling skills, safety, and emphasizes good rowing technique. No prior experience is necessary and all girls ages 13 to 18 are encouraged to participate.

- Practice Times: Monday, Tuesday, and Thursday 3:30-5:30 pm
  - Cost: \$390.00 per participant (family discounts available)
- Location: LWRC Fremont Boathouse, 910 N. Northlake Way, Seattle
  - Contact: (206) 547-1583, [lwrcmanager@yahoo.com](mailto:lwrcmanager@yahoo.com)
  - Start date: February 13; Parents meeting at 5:30 pm
- Spring season: Ends May 25 and includes 2-3 Saturday or Sunday regattas

# Marketplace

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## Pocock 1x for sale

2000 K series, heavyweight with aluminum riggers. Size 10 men's shoes. Wired for speed coach. Excellent condition.

**\$3,300.**

Call Laurie at 802-785-2790 or e-mail [lauriepfalzer@att.net](mailto:lauriepfalzer@att.net).



Coldwell Banker Bain *gives back*  
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If you sell or buy your home with Coldwell Banker Bain Realtor® John Stewart, he will donate 10% of his commission to the Lake Washington Rowing Club.

For more information about this partnership call 206.729.0243



## 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 for a very small montyly fee? Got training tips? Want to share a story about 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 Tina Cha at [hey\\_cha@hotmail.com](mailto:hey_cha@hotmail.com), or Kate Brooks at [kbrooks@thevilla.org](mailto:kbrooks@thevilla.org), or leave handwritten or typed material in the secretary's box at the Fremont Boathouse. In advance, thank you.

## Mid-Weight Fluid Design For Sale

Color: RED

Weight Class: 165lbs.+/-15lbs.

Weighs: 28.8lbs

**\$5000 or best offer**

(Includes new Wintech Carbon Ultra-Light sculls)

Must sell, due to a heavy travel work schedule.

Seller/Current Owner: Jason Lock

History of the shell:

- In 2002 the boat was sold to a coach at Georgia Tech, and was traded in for a new one spring of 2004.
- The shell was subsequently rented to a lightweight sculler who came in second at the Canadian Henley in senior B lightweight and won the University championships fall of 2004.
- The shell was totally upgraded before Jason bought it in December, 2004 with new rigger and hardware.

If interested in viewing/rowing the boat, please contact Karyn Crouthamel at 206-547-1583, or [lwrmanager@yahoo.com](mailto:lwrmanager@yahoo.com).

## 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.

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

# Rowing Groups

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## Rowing Programs

The rowing programs are available to all club members who are interested in receiving coaching. Coaching fees are \$25 per month. This monthly fee allows you to participate in either the sweep or sculling program or both for the same fee.

## 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.

### Practice Times

5:30 AM Monday through Friday

6:30 AM Saturday

Coached practices are on Wednesday and Saturday

### Contact

Karyn Crouthamel at 206-547-1583

## Evening League

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 often go out to a local Fremont establishment for social hour. Come join us - you'll be glad you did.

### Practice Times

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

### Contact

Karyn Crouthamel at 206-547-1583

## Martha's Moms

The Moms have a 20 year history of rowing competitively. Women 27+ years of age with some rowing experience may try out for the team.

### Practice Times

5:15 AM Tuesday, Thursdays

6:00 AM Saturday

### Contact

Nancy Otterholt at 425-821-7545

notterholt@comcast.net

## Mixed Sweep Team

The LWRC Mixed Sweep Team, coached by John Tytus and Doug Nelson, with help from Frank Cunningham, 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

## Old Recs Sweep Squad Featuring Frank Cunningham

Mixed sweep rowing and instruction each Sunday morning at 7 AM. We will NOT prepare for racing, but everything you learn will improve your racing. All ages invited. Line-ups change each row, and you may alternate sides. You can expect a good workout, a decent row, and top-rate instruction from Frank Cunningham and staff. Some sweep experience required, as this is not a beginners' class. We would like to know by the previous Saturday if you want a seat, just to speed setting line-ups and launching. OK to just show and row. The Old Recs will resume around the first of March.

### Practice Times

7:00 AM Sunday, March through November

### Contact

Hugh Lade 206 524-7591

## Sculling Technique

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.

### Practice Times - Winter Schedule

6:15 AM Tuesday

7:30 AM Thursday

No reservations necessary. Just show up.

### Contact

Hugh Lade 206 524-7591

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

[www.lakewashingtonrowing.com](http://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](mailto:lwrcmanager@yahoo.com)

## LWRC Coaching Staff

**Frank Cunningham** - started rowing as a schoolboy in 1937. Stroked during his years at Harvard, winning numerous races. His heavyweight 8+ at Harvard was inducted into the Rowing Hall of Fame in 1975. Coached Seattle Junior Crew, Lakeside School Crew, and many LWRC crews. Currently, as Head Coach at LWRC, Frank primarily coaches with the MST and the Competitive Sculling group.

**Hugh Lade** - rowed at college and Masters levels. Won several US and Canadian Masters Nationals titles. Coached several novice and intermediate sculling classes. Currently co-instructor for continuing twice-weekly intermediate sculling group.

**Doug Nelson** - rowed in college, and at National Selection Camps. Won medals at Elite Nationals, American Rowing Championships, US Olympic Festivals. Head coach at PLU 1991-2000; Coached at US Lightweight Development Camps 1993, 1994. Currently coaching pairs, and coaching the Men's Sweep Team.

**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. 4<sup>th</sup> 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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