



LWRC

NEWSLETTER November 2007

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Medina Mercer Island Sausage Pull 2007: Autumn Winds

Rainer Storb

Medina Beach Park, 10/5/07 - Leaves tumbled from the trees. It was breezy with south winds forecast at 15 – 30 mph. After eying the waves, crews from half a dozen boats passed on the race and turned their attention to the sausages. Mass start of the remaining 48 crews was at around 10 a.m. We headed into the waves. The shore crew saw rowers and paddlers struggle without moving off the start line, like cars spinning their wheels on icy roads. Todd Silver (stroke) and I led from the start. On port were fleet-footed Zeegers, Chapin, and Spooner/Tarbill; on starboard Robert Meenk and Knakal² (2x). As we approached I-90 East Channel Bridge in lee of Mercer Island, the water turned flat.

Most crews opted for the short course (six miles), doubling back to the Beach Park after doing 180's around a bridge pier. The LWRC 2x of KC Dietz/Theresa Batty clinched first place in 51:16 min, 33 seconds ahead of Steve Chapin (M 1x RIII). Geoff Briggs/Tom Aukai (OC-2), were third at 55:06 min and Shane Baker and Duncan Howat, both HPK, tied for fourth at 58:15 min. This year's spread on the short course was wide, probably owing to conditions. The last boat, Gibbs Yim's OC-1, clocked in at 1:52:32 hr.

At Barnaby Point, a short distance past the I-90 Bridge,

flat water ended, and long course (14 miles) crews faced gusty south winds and waves. The LWRC 2x of young Greg Spooner/Rick Tarbill gradually closed in on and eventually passed us at the island's southeast corner. Meenk, Zeegers, the Knakals, and others were falling behind. The row along the island's south shore was challenging due to obstructing piers, mooring buoys, parked boats, side chop from port, and backwash from seawalls. Once past South Point, the race became exhilarating. Wind and waves came from astern. We hugged Seward Park and headed for the eastern high rise of Mercer Island Floating Bridge. Boats behind us were out of sight. Spooner/Tarbill came into sight. We got closer. Exhilaration made me forget the cold (rowing bow, I got soaked on the upwind leg; feet were icy from water sloshing in the cockpit; several fingers went numb).

We flew through the bridge span, past Faben Point, and then two miles across the open water toward a big white mansion just east of Medina Beach Park. "We are closing in," Todd yelled. The finish horn sounded too soon. Greg/Rick bested us by 16 seconds, clocking in at 1:46:11 hr. Knakal² was third at 1:54:15 hr, Meenk (1x) fourth at 1:54:20 hr, and Zeegers (HPK) fifth at 1:57:43 hr. The last boat finished in 3:47:00 hr.

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Sausage Pull *cont'*

Despite breezy, cool conditions, the post-race mood was buoyant. Four tents protected us against rain that didn't fall. Brent Myers excelled in his 16th year as Sausage Pull cook. I had 6 of them (sausages). We cheered the shore crew volunteers, the Mercer Island Marine Patrol (wake-less this year), and the chase boat of our friends Gail Teramura and husband Roger. Leaves kept tumbling through the air

Looking Ahead

Marcie Sillman

The 2007 racing season is over. Even as you read this, the days are getting shorter, darker, colder, wetter...you get the picture. Winter is knocking on our door. Many LWRC members, equipped with good lights and warm clothing, will row all winter long. Others will take advantage of the long nights to get more sleep, or pursue other sports. But despite what might appear to be a quiet boathouse, there's a lot of work going on this winter.

Your LWRC board is working on a new system that we hope will make it easier for club members to find their volunteer niche at LWRC. In past years, you've filled out surveys indicating where you think your strengths lie. But we haven't always followed through in matching those talents with the (many) tasks at hand. We're now creating a more organized committee structure that we hope will help you get involved in the club. As we never tire of saying, we're a collectively run organization. And we run most smoothly when everyone works together. We hope to roll out this new committee system at our annual meeting.

Speaking of which, the next annual meeting is tentatively scheduled for Sunday, January 13th, 2008. It's a great time to catch up with your fellow club members and enjoy a potluck meal. But more than a party, this is also time for us to conduct some important business. We'll approve the 2008 budget, take a look at some proposed changes to our boat storage fee structure, and elect officers for the new year. Please mark this date on your calendars!

If you're thinking of pursuing the incredibly lucrative and rewarding career of an LWRC board member, why don't you drop in on the next board meeting: Thursday, December 6th at 7 p.m.

Head of the Lake Quick Facts

Head of the Lake Regatta is this weekend. Get educated, and tell your friends and family to watch. See you there.

History

Founded in 1981 by Paul Enquist, an Olympic gold medal rower from Seattle, the Head of the Lake Regatta hosted by the Lake Washington Rowing Club has grown to become the largest fall rowing regatta west of the Mississippi with 2,000 rowers and some 400 boats competing in 40 separate events.

Where & When

Seattle, Washington
Sunday, Nov. 11, 2007
Racing from 8 a.m. to 3 p.m.
Best viewing at Gas Works Park

Participating Athletes and Crews

2,173 athletes pulling oars in 412 rowing shells from Washington, Oregon, Idaho, California, Arizona, Minnesota and New York, British Columbia and Alberta, Canada and Japan.

By the Numbers

History	27th year (founded 1981)
Regatta Course	3 miles
Competitors	2,173 (53 percent women)
Entries by County	United States (62), Canada (14), Japan (1)
College Entries	81 boats / 641 athletes
High School Entries	106 boats / 689 athletes
Club Entries	225 boats / 843 athletes
Sweep Entries	165 (40 percent) (116) Eights, (49) Fours
Sculling Entries	247 (60 percent) (93) Quads, (17) Triples, (71) Doubles, (66) Singles

The Course

The modern three-mile Head of the Lake course begins at the east end of the Montlake Cut and takes crews through the Montlake Cut, Portage Bay, around the spectator viewing area at Gas Works Park, and to the finish line just west of the Fremont Bridge in the Lake Washington Ship Canal. From 1981 – 2003, the original course was set in the reverse direction with crews starting along the east shore of Lake Union, rounding a mark in Union Bay and finishing at the UW's Connibear Shell House.

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Chillier Weather Ushers in Chili Season

from the American Institute for Cancer Research

Colder weather, head-racing season and chili seem to go together naturally. Chili is an easy-to-make comfort food and has the potential to be quite healthful. This week's recipe capitalizes on the healthiest aspects of traditional chili – the beans and vegetables. It's so satisfying, you could easily forgo the turkey and make the dish totally vegetarian.

There are hundreds of different versions of chili. In the United States, we frequently think of Texas-style chili, commonly referred to as "a bowl of red." Loaded with ground beef and piled high with cheese, this favorite of the Lone Star State is heavy in calories and saturated fat. Our version keeps the rich flavor of traditional chili while avoiding the unhealthy components.

This chili's hearty bean base is flavored with plenty of garlic, onion and spices. Affordable and easy to prepare, beans are a great source of fiber. Diets that feature foods high in fiber have been associated with improved blood sugar management as well as successful weight loss programs. There's also evidence to suggest that eating fiber-rich foods may lower your risk of certain types of cancer.

While this recipe contains a long list of ingredients, it is surprisingly simple to prepare and can be adapted easily to highlight any of your favorite flavors. Chili is great for a big crowd and keeps well in the refrigerator. Serve this hearty and satisfying meal to warm your friends and family on the coolest autumn nights.

Note: This recipe can be found in AICR's New American Plate Cookbook, available in bookstores.

Three-Bean Chili with Corn and Turkey

2 Tbsp. canola oil
2 cups chopped onion
2 garlic cloves, finely chopped
1 large red bell pepper, seeded and coarsely chopped
2 Tbsp. chili powder
¼ tsp. cayenne pepper, or to taste
1 Tbsp. ground cumin
1 tsp. dried oregano
½ tsp. cinnamon (optional)
3 cans (15 oz. each) of 3 different types of beans (such as kidney beans, black beans or chickpeas), rinsed and drained
1 cup frozen or drained canned corn

1 can (28 oz.) crushed tomatoes
1 cup low sodium tomato or vegetable juice
Salt and freshly ground black pepper, to taste
3 cups (about 1 lb.) diced cooked turkey
Hot sauce (optional)
4 cups cooked brown rice

In a large, deep pot, heat the canola oil over medium-high heat. Stir in onion, garlic and bell pepper. Sauté about 4 minutes, stirring often, until the onion is translucent, the garlic is golden and the bell pepper is softened. Add the chili powder, cayenne, cumin, oregano and cinnamon and cook for 30 seconds, stirring constantly. Stir in the beans, corn, tomatoes and tomato juice. Bring to a boil, reduce the heat to medium-low and simmer gently, partially covered, for 45 minutes, stirring occasionally. Season to taste with salt and pepper.

Stir in the turkey and simmer until heated through. Adjust the seasonings by adding more salt and pepper and hot sauce, to taste. Serve over cooked brown rice.

Makes 8 servings.

Per serving: 435 calories, 8 g total fat (1 g saturated fat), 62 g carbohydrate, 29 g protein, 13 g dietary fiber, 581 mg sodium.

The American Institute for Cancer Research (AICR) is the cancer charity that fosters research on diet and cancer and educates the public about the results. It has contributed more than \$82 million for innovative research conducted at universities, hospitals and research centers across the country. AICR also provides a wide range of educational programs to help millions of Americans learn to make dietary changes for lower cancer risk. Its award-winning New American Plate program is presented in brochures, seminars and on its Web site, www.aicr.org. AICR is a member of the World Cancer Research Fund International.

Race Results

Tail of the Lake, Oct 7

Men's Masters 8+
4th LWRC (Higgins)

Women's Masters 8+
3rd, Martha's Moms (Hareler)
4th, Lake Washington Rowing Club (Tytus)

Men's Masters 2x
2nd Lake Washington Rowing Club (Dolven)

Women's Masters 2x
1st, Corvallis/LWRC (Linse)
4th Lake Washington Rowing Club (Lang)
9th Lake Washington Rowing Club (Serratore)

Women's Novice 8+
3rd, Martha's Moms Novices (Page)

Flights 2 and 3 cancelled due to inclement weather

Head of the Charles, Oct 20-21

Senior-Master Fours Women [50+] – out of 20 crews
1 Watercat Rowing Club (Kari Page)
9 Martha's Moms Rowing Club (Jane Jacobson)

Senior-Master Doubles Men [50+] out of 31 boats
13 Lake Washington Rowing Club (O'Brien, Rutherford)

Senior-Master Doubles Women [50+] out of 16 boats
1 Lake Washington Rowing Club (Linse, Kinne)

Master Doubles Women [40+] out of 21
12 Lake Washington Rowing Club (Wicklund, Dietz)

Championship Doubles Women out of 29
6 Lake Washington Rowing Club/ Unaffiliated (Hochman, Shery)

Senior-Master Eights Women [50+] out of 24
9 Martha's Moms Rowing Club (Nancy Richards)

(Did we miss your race results? Submit your results to the captains or newsletter editor!)

Fremont Four-Miler, Nov 4

Mixed Masters Eight
DQ 29:19.27 886 LWRC

Women's Masters Four/w
2nd 29:51.00 18 MM

Men's Masters Eight
2nd 25:37.85 28 LWRC

Women's Masters Eight
1st 28:32.61 40 LWRC
DQ 28:56.51 39 MM

Mixed Masters Quad
1st 27:17.86 34 LWRC

Men's Masters Double
2nd 31:52.21 84 LWRC

Women's Open Eight
1st 26:56.03 97 LWRC

Men's Masters Four/w
1st 27:08.66 114 LWRC A
5th 30:49.81 115 LWRC B

Women's Novice Eight
2nd 34:38.94 119 MM

Mixed Masters Double
6th 38:35.50 126 LWRC

Great Job, LWRC!

Congratulations to all rowers for
another fun and successful year of
rowing and racing.

See you at the start line!

Captains' Corner

KC Dietz and Rachel McGovern

Rowing Web Gems, Part 2

Tina Cha

Fall Racing:

Most race registration deadlines have passed, but captains are here to assist you, if needed. Please be sure to:

- Sign a USRowing waiver @ usrowing.org. (Some races will still require a paper copy of the waiver.)
- Reserve Club Boats in Advance. Captains will assign boats (except 4-8's) on a first come, first served basis. Sign up can be found on Captains' Bulletin Board (to the left of the daily log). Please email Rachel if you are interested in reserving a "big boat" for Fremont Four Miler or HOTL. Contact .KC if you need a small boat.

Regatta	Date	Registration Deadline	Where
Frostbite Regatta	10-Nov	19-Oct	Seattle, WA
Head of the Lake	11-Nov	31-Oct	Seattle, WA

REMEMBER, On the dock...

Be quick: Remember to gather up what you will need in the boat BEFORE you get hands on! Once at the dock, move quickly to retrieve oars, count down and push off! We are especially busy on Tuesday, Thursday and Saturday between 5 AM -7AM.

Be quiet: Houseboat occupants are asleep in the early morning. Please honor our neighbors by lowering your voice, your cox box and reducing any other extraneous noise.

Club Boats & Boat Storage:

- Garfield will soon be ready to store private boats. Contact the club manager or your captains for details.
- Consider putting your boat in cold storage (up high in the racks) if you aren't rowing. Reduce your fees and provide an accessible space for private boat owners who row frequently.

Locks to Can Fastest Times To Date:

Women's Single: Theresa Batty

Men's Single: Matt Crouthamel

Women's Double: Kim Wicklund / KC Dietz

Men's Double: Matt Crouthamel / Rick Tarbill

Mixed Double: Susan Kinne / Dave Rutherford

Women's Pair: Rachel Alexander / Kari Page

With many of you now reading this newsletter online, I'm offering up a few more Web gems to get you through winter hibernation.

Australian Olympian **Drew Ginn** shares thoughts on rowing, training, racing, and living. Visit him at drewginn.blogspot.com.

Food journals are often key to successful weight control. There are a number of free sites which allow you to track your caloric intake, and even your workouts.

Examples: CalorieLookup.com and FitDay.com

LWRC is on **Facebook**. Facebook is a popular social-networking site, designed to connect you with your friends on the Web. To join the Lake Washington Rowing Club Facebook group, you must sign up for a free profile on Facebook.com. The group is designed to share photos and links, plus exchange notes to each other, all online and in public. (Search "Lake Washington Rowing Club under "groups")

YouTube is chock-full of unnecessary and videos that waste your time. It is also a library of rowing archives that you can watch at your leisure. It's simple. Go to YouTube.com and search using a combination of keywords such as rowing, Olympics, World Championship, Four, Eight, etc. to find some races. Type in particular keywords if you have a specific race in mind, for example "Paul Enquist" or "Olympic Rowing 1984." Try it out and see what comes up.

Do you have a favorite rowing-related Web site? Share it with us!



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



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866.599.OARS www.oarsprogram.com

Lake Washington Rowing Club *wins*

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

If you make a referral, 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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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!

Our Web Site

Past issues of the newsletter are available on the Web site at 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.

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.

Host your next event at
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For inquires please contact:
Facility Manager: Andi Day
Phone: (206) 714-5087
E-mail: AndiDay1@aol.com

LWRC Coaching Staff

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

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
Nancy Richards, Member Liaison, ntrichards@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
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Seattle, WA 98103-8831

www.lakewashingtonrowing.com

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

Head of the Lake *con't*

Spectators

Spectators can view the Head of the Lake Regatta free of charge from anywhere along the 3-mile course. However, best viewing is at Gas Works Park on the north tip of Lake Union where crews enter the final mile of the race. In 2005, regatta officials estimated that over 5,000 spectators attended the regatta.

If You Attend

Spectators will want to take advantage of the free shuttle running from parking at Husky Stadium to Gas Works Park and the finish line in Seattle's Fremont district. While at the finish line area, be sure to experience the Rowing Sports Exposition with everything you need to know about rowing and visit the Fremont Sunday Market – just a short walk away.

Parking

Free parking is available at Husky Stadium (Lot E-12) with a free shuttle running every 15 minutes to Gas Works Park and the finish line in Fremont. The shuttle runs from 6 a.m. to 6 p.m.

Save the Date:

**Lake Washington
Rowing Club's**

**Potluck Dinner
and
Annual Meeting**

January 13, 2008



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