



# LWRC

**NEWSLETTER** October 2007

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

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## Susan Kinne and Ben Porter: Thank You!

*Tina Cha*

On Sept. 22, 80 club members gathered to celebrate two club members who have demonstrated the highest level of volunteerism. For their dedication, Susan Kinne and Ben Porter were honored with the Board of Directors Awards.

**Susan Kinne** has become one of this club's greatest assets as chief boatwright. She is the doctor that has healed just about every club shell in the boathouse. Her efforts have been felt across the water, and across the region as she has influenced several other clubs, and the Sow's Ear Boat Works has taken in work from various rowing clubs. Perhaps the highlight of honoring Susan was the serenade the Shop Elves sang to her. Credit Deb Rutherford for the lyrics, sung to the tune "Drunken Sailor":

*What shall we do with a battered double?  
What shall we do when the erg's in trouble  
What if the varnish sprouts a bubble?  
Call on Maestro Susan...*

(If I had more room I'd print the entire song. It's a zinger).

Actually, the highlight was the surprise announcement that the new Pocock double that the club is purchasing will be named the Sue Kinne.

LWRC's Treasurer for 20 years, **Ben Porter** has shown passion for the club, and at times has carried it on its back.

His accomplishments were expressed in the words of club members Frank Cunningham, Marilyn Goo and the late Craig Webster:

"When we talk about contributions to the Lake Washington Rowing Club, Ben is at the top. Some people donate money, others donate time. Ben has donated more time and more money than most of the rest of the members combined. Without Ben, we wouldn't have our boathouse or dock." (Marilyn Goo)

"His patient, thoughtful, reflective and persistent work, promoting, supporting and personally sponsoring LWRC has been an inspiration to all the membership, setting a high standard for us all to follow." (Craig Webster)

"At a critical time in the history of the Lake Washington Rowing Club, Ben demonstrated his whole-hearted devotion and his considerable capacity for leadership..." (Frank Cunningham)

In addition to being awarded the Board of Directors Award, it was announced that the Head of the Lake Men's Open 8+ Trophy would be named the Ben Porter Trophy.

*continued on page 2*

## Shaw Island Race 2007: Sinking Feeling

Rainer Storb

“There is something happening here, what it is ain’t exactly clear” - 1960’s Rock Classic

Shaw Island, August 11, 2007 -- Come race start, race director Mike Reid hadn’t shown up because he missed the ferry. At this point, Theresa Knakal took the initiative; all racers signed one waiver; a member of the Day family, I believe, volunteered to start and time the race from a moored power boat, and off we went, counterclockwise.

I rowed with Al McKenzie from the Pocock Center (stroke) who was new to Shaw. We took a quick, slim lead. Leaving Indian Cove, I gave wide berth to the reef off Picnic Point knowing it was low tide. Others followed lemming-like. Some, including Robert Meenk and the Knakals were inshore from us. Suddenly, only ½ mile into the 14-mile race, we hit ground and noisily plowed through a narrow stretch of underwater rocks. The speed coach went dead. The Knakals also touched bottom and so did another boat, I believe. The Knakals portaged across the rocks. Robert, on our inside, came through unscathed. Others stopped in their tracks and then detoured.

We resumed rowing, gradually increasing our lead. Power boat wakes tossed us around in unusual ways; the boat fish-tailed. “The fin’s gone!” Upon rounding Hankin Point and entering Harney Channel, Robert began catching up. He passed us between Point Hudson and the ferry landing. “Long strokes,” Al said as I tried to keep the bow on distant Broken Point.

Before we reached the Point, the Knakals passed. Our shell was riding low. “The hull’s punctured! Will the flotation bags hold?” Wasp Passage was calm and serene. We heard faint cheers from friends on a Crane Island beach but didn’t think there was much to cheer about. San Juan Channel was rough owing to rip tides which began right after rounding Neck Point. Joost Zeegers paddled by us in the big bight before Point George. Dean Bumstead passed next, dipping deep into Hicks Bay to avoid oncoming tide.

By this time we struggled, the boat was getting buried beneath rip tides, the bailers couldn’t cope with water breaching the gunnels, and the oars didn’t clear well on the recovery. Even so, Al remained unruffled and coolly estimated our rate to be 24. Before lining up on the final straight-away into Indian Cove, two LWRC doubles with Sue Dandridge/Robin Clark and KC Dietz/Susan Kinne went by, riding high on top of the waves which we envied. The last 1 ½ miles were a challenge in steering. Our course resembled a string of bananas randomly placed on their sides. Son Adrian/Rob O’Brien and John Day came closer. The finish horn sounded

pleasing. At 1:59:20 hrs we were 7th, more than 12 minutes slower than the winner, Robert Meenk.

It turned out that, before leaving us, the fin had cut a five-inch gash into the hull astern from the fin box. By the end of the race, the hull was more than half-full with water. After removing the riggers it took five men to turn the boat and drain it. The Maas Boat Company said the 2x’s hull could hold 70 – 80 gallons of water. With eight pounds to the gallon, 300 – 400 extra pounds were sloshing around inside. No wonder our shoulders felt sore. We were grateful the race wasn’t longer. Al said he was “significantly tired” that night. I commended the Maas Company on the flotation bags but thought they should put break-away fins in their boats given the reefs and tidal amplitudes in Puget Sound and the navigational skills of some of their customers.

Someone might ask how I felt about the 2007 Shaw race. The words of the philosopher Wittgenstein come to mind, “Whereof one cannot speak, thereof one must be silent”.

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### Susan and Ben, *continued from page 1*

The night was capped with a successful and entertaining auction. To raise money for the new carbon-fiber double, members were given the opportunity to “bid” on a chance to row with some of the club’s elite rowers: Susan Kinne, Nicole Sherey, Dave Rutherford, Kim Wicklund, Byrl Thompson and Evan Jacobs. In addition, each rower came with a bonus item. Dave Rutherford will have the honor of breaking in the Sue Kinne (the boat), while rowing with Sue Kinne (the rower). Kim will be teaching John Robinson how to juggle. Susan Tytus will receive a custom-made dessert from Niki. Dave will provide Amy McGhee a homemade flag. Byrl will present Howard Lee with sausage from a hunting trip. And Evan will be buying breakfast for his winners, KC Dietz, Kari Page, Karin Rogers, Nancy Serratore and Ginny Sinear.

So much fun was had that we auctioned anything that wasn’t nailed down. A launch ride with coach John Tytus. A private lesson with coach Bill Tytus. We even auctioned off our auctioneer, Tyler Peterson.

In all, the club raised over \$7,000 towards the Sue Kinne, a boat which costs over \$10,000. The Twisp is the most often rowed club shell. For anybody who has rowed the Twisp and wishes the club owned more 2x/2-’s like the Twisp, please consider contributing to this cause. Any amount is welcome, much appreciated and tax-deductible. Contact Conor if you’re interested.

## Head of the Troll 2007

Photos by Marie Hagman



See more photos from  
Head of the Troll on the  
LWRC Web site!

Below: Bob Thoreson and Marie  
Hagman, err, Mario, that is,  
prepare to compete in the Men's  
Double event

Clowning around: Above, Katie Peichel, stern and  
Jill Frank in bow, take their doubles racing seriously.



For the first time in Fall Challenge  
history, sweep boats and specifically  
8s were invited to row the course.  
If you were practicing on the mens'  
sweep team, you were "invited" to  
row the course twice.

Above, Mike Rucier at stroke and  
Carl Russel in seven seat of the  
mens' sweep team 8+.

Left: Martha's Moms 8+.



# Captains' Corner

KC Dietz and Rachel McGovern

## Fall Racing:

Time to get ready to row! Here are a few dates to remember. Captains are here to assist you, if needed.

- Please register for your own races except the Head of the Lake and Head of the Gorge/Elk. We will do that for you.
- 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).
- Reserve trailer space for the Head of the Gorge/Elk with Howard Lee.

Regatta, Date	Reg. Deadline	Location
Head of the Dog, Oct 7	Sept. 29	Portland, OR
Medina/MI Sausage Pull, Oct. 6	none see Web site	Medina, WA
Tail of the Lake, Oct 7	10/1	Seattle, WA
Head of the Charles, Oct 20-21	Closed	Boston, MA
Head of the Gorge/ Elk, Oct 27-28	TBD	Victoria, BC
Cascade Distance Race, Oct 27-28	none see Web site	Renton, WA
Fremont 4-Miler, Nov. 3	Oct. 19	Seattle, WA
Greenlake Frostbite, Nov. 10	Oct. 17	Seattle, WA
Head of the Lake, Nov. 11	Oct. 31	Seattle, WA

## Head of the Troll:

Thank you to all rowers and volunteers who made the Head of the Troll a fun and competitive event. Special thanks to Hugh Lade for resurrecting the club race so many years ago, giving it a fantastic new name and overseeing the timing crew.

## On the Dock, "Be Quick, Be Quiet" Campaign:

Be quick: It is getting dark and cold. Please be respectful of all other members wishing to dock and get going. 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 Friday between 5 AM - 7AM.

Be quiet: Houseboat occupants are asleep in the early morning. We have had complaints! Please honor our neighbors

by lowering your voice, your cox box and reducing any other extraneous noise.

## Club Boats & Boat Storage:

You may have noticed that we have been moving club boats around. The triple 'Lazarus' can now be found in the south bay on the floor near the door.

The Garfield Boathouse will soon be ready to take boats. If you are interested in moving your single or double to Garfield, please talk to one of the captains. We will also be contacting members in order to move boats around the Fremont Boathouse. If you haven't been rowing, you might consider storing your boat up high (lower fee), so that frequently rowed boats can be stored lower.

The chain-linked area to the west of the boathouse has been cleared and awaits new racks for more outdoor storage.

## Locks to Can Or Bridge to Bridge:

When was the last time you recorded your Locks to Red Can time? We have some fast people out there! We've had great participation and hope to gather times from the Ballard Bridge to the Fremont Bridge after the head season. These times are a great way to show your stuff, challenge yourself and learn how to race in small boats. Here are our present record holders.

Men's Single Matt Crouthamel

Women's Single Theresa Batty

Men's Double Matt Crouthamel and Rick Tarbill

Women's Double Katie Peichel and Jill Frank

Mixed Double Susan Kinne and Dave Rutherford

Women's Pair Kate Brooks and Rachel McGovern

**This Month at LWRC:**  
Board Meeting, Oct 18

**Learn to Row:**  
Beginning Sculling  
Sat/Sun; 10 a.m. - noon  
Oct 6 - 28 (full)

## Manager's Scoop

Conor Bullis

### 2007 Learn to Row Report

#### The Plan

For my first shot at running the Learn to Row program I decided to bridge the gap between taking a beginning class and joining the club. I developed a simple plan to offer an intermediate class in each category of sweep and sculling. Each rower that participated in a beg. and int. class would have 16 hours of instruction over a two month period, giving each rower enough experience to take a wherry out by themselves to continue their progress as a member. This worked for 21 people, most of which have joined the club this year.

In order to get people into the club and out on the water safely this plan worked. To integrate each rower into the current programs offered by the club, this plan did not completely work. There are exceptions where intermediate class graduates mixed well with Tehcnical Sculling and the Evening League. People are allowed to take each class if they are interested in getting more time and instruction but most people want to row in the morning and be a part of the membership so they did not take the class twice.

#### Marketing

In March and April I marketed with small flyers and hoped to use word of mouth. From May through September I found that word of mouth was strong and most people that take a class are motivated to find a place that offers what they want. Every single sculling class we offered had a waiting list of at least 3 people and no marketing. It was not valuable to open another class and find an instructor and time period, most classes had drop-outs and the waiting list came in to play.

In the future marketing will play a large part in getting more people into our sweep classes. If there are not enough people, I am forced to cancel a class, thus our sweep classes ran 7 times of the available 14 classes.

#### Next year

Using the data from this year and experience of running the program I will produce a plan this winter to improve the Learn to Row program at LWRC to build to larger numbers and more net income and hopefully better rowing of the incoming rowers. In the next column you will find participation numbers and figures from 2007.

Total number of class participants: 145  
Total number of Try Rowing Bash Participants: 49  
Total number of Beginning rowers: 95  
Total number moving from TRB to beginning classes: 6  
Total number of Intermediate rowers: 32  
Total number moving from beg. to int.: 21  
Most popular class: Beg. Sculling

Total class revenue: \$17,038.09  
Try Rowing Bash gross revenue: \$1475  
Beginning class gross revenue: \$12,299.79  
Intermediate class gross revenue: \$3,263.30  
Instructor costs: \$5,960  
Net Income; classes: \$11,078.09

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### Eastside Prep @ LWRC

Marcie Sillman

No doubt you've noticed a few more boats and oars at LWRC. They belong to Eastside Prep, an independent secondary school located in Kirkland. And the rowers who use these boats, Eastside Prep students, are LWRC's new "Juniors-In-Residence".

The Board of Directors decided that a good way for the Club to expand its mission to promote the sport of rowing would be to solicit proposals from independent Juniors programs who might wish to co-locate at LWRC. MST coxswain Melissa Hayes, who has been an active Juniors coach in the community, approached us with the idea of bringing her brand new Eastside Prep program to our boathouse.

LWRC has hosted other programs in past years, most notably Seattle University. Because Eastside Prep and Melissa are just starting the rowing program, we have contracted a one year agreement, to be re-examined next summer. Eastside Prep rowers and coaches will use the boathouse and a launch Monday-Friday, from 3-6 p.m. They will store an eight, two fours and two sets of oars.

Although the boathouse is usually fairly empty at this time of the afternoon, should you see a group of young rowers hanging about, be sure to say hello.

# 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 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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### 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)

## 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](mailto: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

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

www.lakewashingtonrowing.com

## Head of the Lake - First Call for Volunteers

Hello, all Lake Washington Rowing Club members, friends and families!

We're hosting the 2007 Head of the Lake Regatta in one month on Sunday, November 11. You're invited to row and/or volunteer for LWRC's big event that draws 2,500 participants from across the country and Canada. It takes more than 200 volunteers to stage this regatta.

Your presence is respectfully requested! You can sign up from now to November 1. Job descriptions will be posted in the boathouse and online at <http://www.headofthelake.org/volunteer.html>.

Stay tuned. And please contact volunteer coordinator Julie Smith at [jsmithkirkland@comcast.net](mailto:jsmithkirkland@comcast.net), phone 425-828-0205.

Thanks!



**Lake Washington Rowing Club**  
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