



# LWRC

**NEWSLETTER** September 2007

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

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## The Blackburn Challenge

(or How I Learned to Stop Worrying and Love Open-Water Rowing)

*Evan Jacobs*

The Blackburn Challenge is a 20-mile circumnavigation of Cape Ann in Massachusetts. All types of human-powered boats take part in the race around the fishing town of Gloucester which was immortalized in the Sebastian Junger book, *The Perfect Storm*. This year marked the 21st edition of the event that calls itself "America's premier open-water race" and over 220 human-powered boats were treated to a beautiful day with fairly flat water conditions (where fairly flat means moderately light wind until the last 7 miles and 3-foot swells instead of 8-footers).

Included in the entries were two representatives of LWRC: Tyler and I in the "Sliding Seat Racing 2x" and Howard "Blackburn" Lee in the "Sliding Seat Racing 1x". Since the Blackburn Challenge was also doubling as this year's North American Open-Water Rowing Championships, the rowing events were particularly well-subscribed and the competition was outstanding.

I won't bore you with a race recap (does anyone really care about the outcome of a race that they weren't in?) so I'll just summarize by saying that we were all proud of our results.

If you've grown a bit weary of the same regatta schedule year after year I would highly encourage you to give open-water rowing a try. It is normal to be a bit apprehensive at the thought of competing in a small boat miles away from dry

land with wave after wave throwing you around and crashing over your bow while dodging tankers and other large vessels but you will be greatly rewarded for your courage. Since open-water racing is not bound by the requirement to have six lanes of straight, flat water the race organizers are able to choose locations that are more varied and scenic.

I think all open-water races were started with a conversation that went something like this:

Person A: "I wonder how long it would take to row across that sound/bay/harbor or around that island/cape/point?"

Person B: "We should have a race to find out!"

Person A: "Brilliant!"

Person B: "Brilliant!"

Once you begin competing on the open water you really feel a liberation from the restrictions that flat-water rowing places on you. You can typically compete in anything that floats, you don't have to belong to any national governing body and you can actually be friendly toward your competition. In fact, after a while it is easy to begin thinking of flat-water rowing as being a bit contrived and restrictive.

So if you're looking for a new challenge just remember that the world isn't flat and neither are some of its best rowing races.

# Building the Right Workout

*John and Kate Brooks*

Athletes employ many different lifting methods to gain strength, power and muscular endurance; you can too. When planning a workout, it is important to first specify your goals. Do you want to get stronger? Do you want to increase your muscular endurance? Do you want to gain muscle mass? Your answer to those questions may change with the seasons (racing seasons, that is). We believe that the well-trained athlete will focus on all three of those outcomes throughout the year. You must also decide how many days per week you can lift. All of the plans below are generally for beginners, but can easily be tweaked for a more advanced lifter. We emphasize simple, compound (multi-joint) lifts.

**Limit Strength** is all out maximal strength. It is the ability to move a significant amount of weight, for 1-3 repetitions. It does not correlate to as significant gains in muscle mass as hypertrophy training. The gains are generally caused by our central nervous system becoming better able to coordinate existing muscle mass. Benefits to rowers of gaining limit strength are the ability to apply more force on the end of the handle each stroke with minimal weight gain.

**Hypertrophy** comes from the Latin root which roughly translates to "over fed." Hypertrophy training in combination with a caloric excess causes gains in muscle mass, as well as minor gains in limit strength. When used in a coordinated program that alternates limit strength with hypertrophy training the most significant gains in strength can be made. Without a caloric excess this type of training can help an athlete to maintain strength which can be literally digested by large amounts of endurance activity. This type of training is ideal for a rower in the early phases of a build-up to a major race.

**Muscular Endurance** is the ability to move a significant amount of weight for an extended amount of time, with limited rest.

### The Workouts

**Limit Strength:** Complete any of the below workouts according to how many days per week you plan to lift:

Work (reps): 1 - 6; Sets: 4 - 6; Rest: 90" - 3'		
A	B	C
Squat	Dead lift	Weighted Lunge
Bench Press	Bench or Dumb bell Chest Press	Bench / Chest Press
Bent-over Row	Overhead Press	Bent-over Row
Overhead Press	Pull-ups	Overhead Press
Chin-ups	Dips or Push-ups	
	Lateral Raises	

**Hypertrophy:** Complete workout "A" for once-per-week lifting, "B" and "C" for twice-per-week, and all three for a three-day split.

Work (reps): 6-12; Sets: 2-4; Rest: 60" - 90"		
A	B	C
Squat	Dead lift	Bench Press
Bench Press	Dips or Push-ups	Bent-over Row
Bent-over Row	Pull-ups	Overhead Press
Overhead Press	Lateral Raises	Weighted Lunge
Pull-ups		

\*\*If you are lifting three days per week, complete all three workouts.

**Endurance:** Complete any of the workouts below, as many times per week as you'd like (allow 48 hours rest between workouts). Complete all exercises consecutively, according to the prescribed number of reps (for a greater challenge, increase the reps, then the weight) without rest, in a circuit. At the end of the each circuit, rest 90" to 2'. Repeat 4-5 times. Short erg sprints can be added to these as well.

A	B	C
Chin-ups - 5	Chin-ups - 5	Chin-ups - 5
Dead lift - 10	Push-ups - 10	Dips - 10
Push-ups - 10	Lunges 10 each leg	One-Leg Squats 10 each leg
Yeats Rows - 10	Push-press - 10	Yeats Rows - 10

\*\* "C" can be done at most jungle gyms or parks.

*Do you have a question about this routine or your routine? Kate and John are here to help. Send questions to Kate (her contact info is on the front of this newsletter) for publication in an upcoming newsletter.*

**LWRC 2007 Head of the Troll**  
**6:30 a.m. September 22**  
  
**Ballard Bridge to Green Can at Gasworks Park**  
**Costumes Optional**  
**Potluck Breakfast**  
  
 Sign-up sheets located at the Fremont Boathouse

## Pair Extravaganza!

Josh Proctor

In case you did not see the TV commercials, the skywriter we hired or the writing on the bathroom stalls, Friday August 3 was the LWRC Men's Pair Extravaganza. The idea for this, as with many great ideas I am sure, began while waiting in line at the Chicken Shack in the absolute pouring rain in Vancouver, Wash. just following the cancellation of small boat races on the last day of Masters Regionals. Joe Tynan and I were standing in line next to one of the pairs from Everett that I saw about to launch, and we started talking about how great it would be to have a henley-style pair race in the Fremont canal. The vision was to invite pairs from Everett, Lake Union and Pocock to the event for some friendly scrimmaging and preparation for Canadian Masters Championships in Victoria.

Although they were interested in the idea, the other clubs were "unable" to attend this prestigious event. Nevertheless, we had strong interest from within and were able to recruit 6 LWRC boats for some intra-team competition.

The format was three 1,000-meter pieces in the canal. The first piece was head to head (with randomly selected matchups), the second was the winners of the first round and the non-winners of the first round racing (3 boats across), and the final round took the top 2 boats of the winners round and the top 1 of the non-winners to form the Grand Final. The remaining boats comprised the Petite Final.

The racing went quite smoothly, well except for the HUGE wake that all boats had the good fortune to experience - and the phantom sailboat waiting for the drawbridge to open (and directly in our course). There were no broken boats and everybody was in good spirits afterwards, so I would consider it a successful event. We may try and have more events like this in the future, so stay tuned.

Here are the results of the event (note that Byrl Thompson did not have a partner because he decidedly has the strength of two men):

Round 1:

Joe Tynan & John Brooks vs. Doug Banks & Carl Russell  
>> Winner: Doug and Carl

Byrl Thompson vs. Matt Crouthamel & Rick Tarbill  
>> Winner: Matt and Rick

Josh Proctor & Evan Jacobs vs. Tyler Peterson & Andy Reese  
>> Winner: Josh and Evan

## Come to the Big Party

Marcie Sillman

What could be more fun, on a late September Saturday, than dinner, drinks and celebration with your friends from LWRC?

The Board of Directors invites you to be our guests on Saturday, September 22nd at 7 p.m. at the boathouse for the first Board of Directors' Dinner and Awards Ceremony. We'll be honoring two people who've given time and energy to the Club over the years: Susan Kinne and Ben Porter.

And we'll also come together to help purchase a new Pocock carbon-fiber double for the boathouse. If you've ever set your alarm clock a half hour early so you can be the earlybird who gets dibs on the Twisp, it's your chance to help us buy a second fabulous boat. Six illustrious rowers have agreed (with some arm twisting) to donate a chance to row with them...all you have to do is make the winning bid.

Please RSVP to Rachel McGovern, so we can get a head-count for food and drinks. Did we mention it's free? Hope to see you Saturday, September 22nd at 7 p.m.!

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### Pair Extravaganza, *continued from page 1*

Round 2:

Joe & John, Byrl, Tyler & Andy

>> 1) Byrl 2) Joe & John 3) Tyler & Andy \* (ABS - Attacked by Sailboat)

Josh & Evan, Matt & Rick, Doug & Carl

>> 1) Matt & Rick 2) Josh & Evan 3) Doug & Carl

Round 3:

Petite Final:

Joe & John, Doug & Carl, Tyler & Andy

>> 1) Doug & Carl 2) Tyler & Andy 3) Joe & John

Grand Final:

Josh & Evan, Matt & Rick, Byrl

>> 1) Matt & Rick 2) Josh & Evan 3) Byrl

## Captains' Corner

KC Dietz and Rachel McGovern

### Head of the Troll:

On September 22, 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 continental 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 next to the downstairs bathroom 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

### Head of the Charles:

After soliciting interest and feedback from Club members, LWRC will enter the lottery in the Women's 40+ 4 event, and hope for an entry. More information will be forthcoming if that entry is offered.

### Time Trials:

Throughout August, many members have been completing the 6K time trial course from the Locks to the Red Can. Enjoy the challenge of going out with a group or individually. Please continue to record results in the notebook near the sign out desk. Soon we will have a solid database of times for different members and boat classifications.

## Watercat's success at U.S. Masters Nationals

BJ Connolly

Under extremely sunny skies, unrelenting heat and humidity with temperatures in excess of 110, (we LOVE rowing in the Northwest!), Rachel Alexander and I continued our winning streak in Oakridge, Tennessee this past August with gold medal performances in the Women's C and D Fours (with team members Ute Wagner and Rosemary Whidden), Women's D Pair and the Mixed E-4 and Mixed E-8 events with friends from Occoquan International.

It was also the first time that USRowing incorporated static officiating and it was fabulous. Imagine rowing an 8 or 4 without the noise or waves of a chaseboat. There were some concerns before the regatta with this FISA format, but it went off without a hitch and both the competitors and officials loved it.

Plan your calendars for next year's US Masters Nationals to be held in....Long Beach, CA!

### More LWRC Results:

**Green Lake Summer Extravaganza** (Green Lake)

August 4  
W Mst1x, 8th  
W Mst2x-, 4th, 7th  
W Open1x, 4th  
M Mst4+, 3rd  
Mixed Mst4x, 4th  
Mixed 2x-, 6th  
W Open2x, 3rd  
Mixed Mst2x, 7th

**The Great Cross Sound Race** (Sound Rowers - 7 miles)

August 25:  
Evan Jacobs, :51:59 M1x-RIII (1st in class)  
Rainer Storb / Todd Silver, :52:07, M2x (1st in class)  
KC Dietz/ Theresa Batty, :55:50, W2x (1st in class)  
Tyler Peterson, :59:58, M2x-RI (1st in class)  
Amanda / Howard Lee, 1:00:06, Mx2x (3rd in class)  
John Pappenheimer, 1:10:31, M1x-RI (3rd in class)  
John Robinson, 1:11:17, M1x-RIII (9th in class)  
Beverly Sheridan, 1:12:45, W1x-RIII (1st in class)

Please see page 6 of this newsletter for results from Canadian Masters Nationals in Victoria.

# 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  
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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.

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

## Victory in Victoria

*Josh Proctor*

I believe every Northwest rower should race in Victoria, B.C. at least once in their rowing career. Victoria is a fantastic place for a regatta; with temperate weather, great scenery, and a beautiful city with lots to do off the water - there are many reasons to make the trek up there to race. With the Canadian Masters National Championships hosted in Victoria this year, I figured it was a great excuse to indulge in the spoils of late-summer Victoria, in addition to putting the mid-year training to good use by competing against some Canucks.

The races took place on expansive Elk Lake, and had an unusual course arrangement for the race by having the starting line RIGHT next to the shore, and the finish line in the middle of the lake. I can't think of another race I have attended where the course was arranged in this way, but it turned out to be kind of a nice change of pace. It is also much more entertaining to watch as a spectator because there is a greater chance of something cool happening like boats crossing lanes or even crashing into each other. More on that later.

Evan Jacobs and I, who have been rowing the pair on a regular basis for over a year now, had planned early on to use this event as a capstone to our pair training for the spring and summer. We also entered in the Mens A 2x, and each entered in the Mens A 1x, and I entered in the A lwt 1x as well.

The pair event proved to be the most exciting (for the spectators at least), as the boat next to us attempted the "kamikaze" approach to racing by trying to take us out on the start. With an elevated stroke rate and some extra adrenaline, we managed to get out of harms way and into first place after the start. We led the rest of the way and finished with a victory. We also managed to be victorious in the Mens A 2x, as did Evan in the Mens A 1x, and myself in the Mens lwt A 1x.

Overall, LWRC was well represented even with the limited number of entries. Other club member results included: Mens C 1x - Byrl Thompson 1st Place; Mixed E 4x - Susan Kinne 1st Place (composite with Corvallis); Mens B 1x - Byrl Thompson 1st Place; Mens A 2x - Byrl Thompson 2nd Place (composite with Deep Cove).

*Members! You're invited to attend the*

### *LWRC Gala*

*where we will honor the recipients of the  
Board of Directors Award*

*Susan Kinne*

*&*

*Ben Porter*

*Bid on the opportunity to row with some of LWRC's finest scullers.  
Proceeds go towards the purchase of a new Pocock Double for the club.*

*September 22*

*7 p.m.*

*Fremont Boathouse*

*RSVP: Contact Rachel McGovern, captain*

## 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

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

www.lakewashingtonrowing.com

## This Month at LWRC

### Race Calendar:

FISA World Masters, Sept. 6-9  
Bainbridge Island Marathon (Sound Rowers), Sept. 8  
Budd Inlet (Sound Rowers), Sept. 15  
Row for the Cure, Sept. 16  
Head of the Troll, Sept. 22  
Lake Samish Salmon Roe (Sound Rowers), Sept. 29  
Head of the Dog, Oct. 2  
Medina - Mercer Island (Sound Rowers), Oct. 6  
Tail of the Lake, Oct. 7

### At LWRC:

Board Meetings: Sept. 6, Sept. 20  
Head of the Troll: Sept. 22  
LWRC Gala: Sept. 22

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

## Learn to Row Schedule

### Beginning Sculling:

Saturday/Sunday, 10 a.m. - noon  
Sept 8 - 30; Oct. 6 - 28

Monday/Wednesday, 6 - 8 p.m.  
Sept. 10 - Oct 3

### Beginning Sweep:

Tuesdays/Thursday, 6 - 8 p.m.  
Sept. 4 - 27  
Oct 2 - 25



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