



LWRC

NEWSLETTER Summer 2007

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Craig Webster Remembered

Ben Porter

On June 17, friends gathered at the LWRC boathouse in Fremont to remember Craig Webster, who died May 7 at the age of 56.

Craig joined LWRC in the early 1980s shortly after LWRC completed a campaign to raise funds to purchase property known as "Don's Boathouse", located on the northeast shore of Lake Union, on Fairview near Fuhrman. Don's Boathouse was a steel building on a concrete slab floor. The concrete floor had been poured over an old wood wharf. The wharf became submerged as the lake level of Lake Union rose when the Montlake cut opened. Over the years the wharf rotted away, causing the concrete floor to crack and sink into the lakebed.

LWRC undertook the task of replacing the floor with new footings and concrete slab. Craig was an enthusiastic participant in the work parties. Craig helped with the dirty job of removing the old broken floor and remains of the rotted wharf. He operated the concrete mixer used to mix concrete to build new footings to support the building and floor. Craig took charge of the Bobcat loader to create a foundation for the new floor.

Unfortunately, LWRC was unable to raise enough funds

to complete construction of a new boathouse on the site of Don's Boathouse. That property was sold, and another property was located on Portage Bay. Craig, an architect, created several drawings showing how the new site could be used for a boathouse. Again, the shortage of funds resulted in LWRC abandoning the Portage Bay site.

About that time LWRC leased a warehouse in what was then known as the Burke Industrial Complex in Fremont. Craig again participated in the many work parties to frame in the warehouse entrance with a pedestrian door and two overhead garage doors to create two boathouse bays in the warehouse. Also built at that time was the present dock under the Aurora Bridge and the boat racks still used in the present boathouse. The Fremont Boathouse was a crude affair, with no heat or plumbing. However, it provided LWRC a place to store the first eight purchased by the club, the "Dan Ayrault."

About the time Quadrant started development of the former Burke Industrial Complex into the present Adobe project, Fremont Dock Company purchased the old Burlington Northern right of way parallel to 34th Avenue North. Litigation between the City of Seattle and Fremont Dock Company resulted in the creation of an easement in favor of the City of Seattle for the Burke Gilman Trail. That left a 62' wide strip

continued on page 2

Craig Webster *continued from page 1*

of the old right of way that became the site of the current boathouse.

Craig contributed his skills as an architect to help Nelson Miller design the current boathouse. Craig and others also personally guaranteed the construction and permanent loans used to finance the construction of the boathouse when fund-raising again fell short of covering the costs of construction.

Craig served on the LWRC Advisory Board on the fund-raising committee. In that role, Craig was instrumental in creating the Francis Cunningham LWRC Endowment Fund with the Seattle Foundation. That Fund is designed to be a perpetual fund, the income from which will be used to further the goals and objectives of LWRC. Craig named the Fund as one of the beneficiaries under his will.

Go M's

Conor Bullis

Conor Bullis and Kate Brooks have reserved 40 seats for the August 3rd Mariners vs. Red Sox game. The game starts at 7:05pm. All members, friends, family, and guests are invited to join us!

Tickets are \$20 (all payments made directly to LWRC). We'll have reserved seats in section 332, rows 17-20. The Mariners will even put our name on the reader board during the fourth inning.

Please see Conor to reserve / pay for tickets (conor.bullis@lakewashingtonrowing.com).

Go M's!



Where Do Your Dues Go?

Marcie Sillman

When you punch in the boathouse door code at five in the morning, money is probably the last thing on your mind. But from the key pad, to the light switches, to the club hatchets you're carrying down to the dock, literally everything you touch is paid for by your club dues. Several members have wondered how LWRC spends your money, so we thought we'd take this opportunity to break down the expenses, and give you an overview.

Over the course of the year, Lake Washington takes in approximately \$280,000. This income comes from your annual dues, from boat storage fees, and from rental income from the second floor. We also bring in money from coached programs such as Learn To Row, and from the Head of the Lake regatta (See Fig 1 on page 3).

Right now, the lion's share of that income goes to the boat-house mortgage, the land-lease we have with the Department of Natural Resources, insurance and utilities. Those costs alone average \$11,000 every month.

We have one full-time paid staff member (Conor), who receives a salary and benefits package. No doubt you've also taken advantage of the bevy of paid coaches, whose salaries derive from the program fees. Then, there's gasoline for the launches, general maintenance on this building and the docks, the cost of things like mailings. All in all, we're laying out approximately \$24,000 each month (See Fig. 2).

One of the big questions for LWRC is how to ensure that we meet our monthly expenses. That's particularly challenging, given the fact that the bulk of our income arrives in March, with dues payments. We operate very close to the bone, and by summertime, the busiest season of the year, we often experience cash flow crises. Conor and Treasurer Ben Porter are leading the Board to take a hard look at how to craft a more sustainable method of budgeting and operations.

On the plus side, our \$6500 monthly mortgage payments are being applied to the principal. Our intent is to pay off our mortgage within the next three years. Imagine, if you will, a time when LWRC can think about dedicating money that's now going to mortgage payments to even more exciting things like new equipment!

This is another great opportunity to remind you that LWRC runs not only on your membership dues and rack fees, but on your time and energy. Please send us your input on money, or anything else that's on your mind. And, as always, you're invited to attend a board meeting. They are the first and third Thursday of every month at 7 p.m. at the boathouse.

Figure 1:
2007-8 LWRC Income
Average Month
(\$21,532)

Source: Projected data for an 18-month period

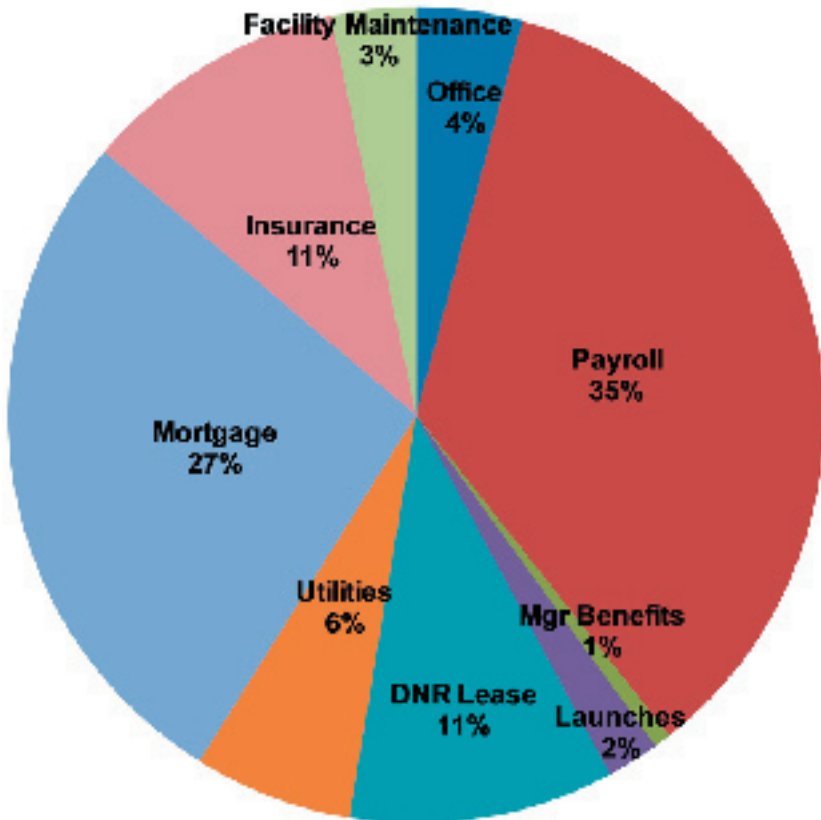
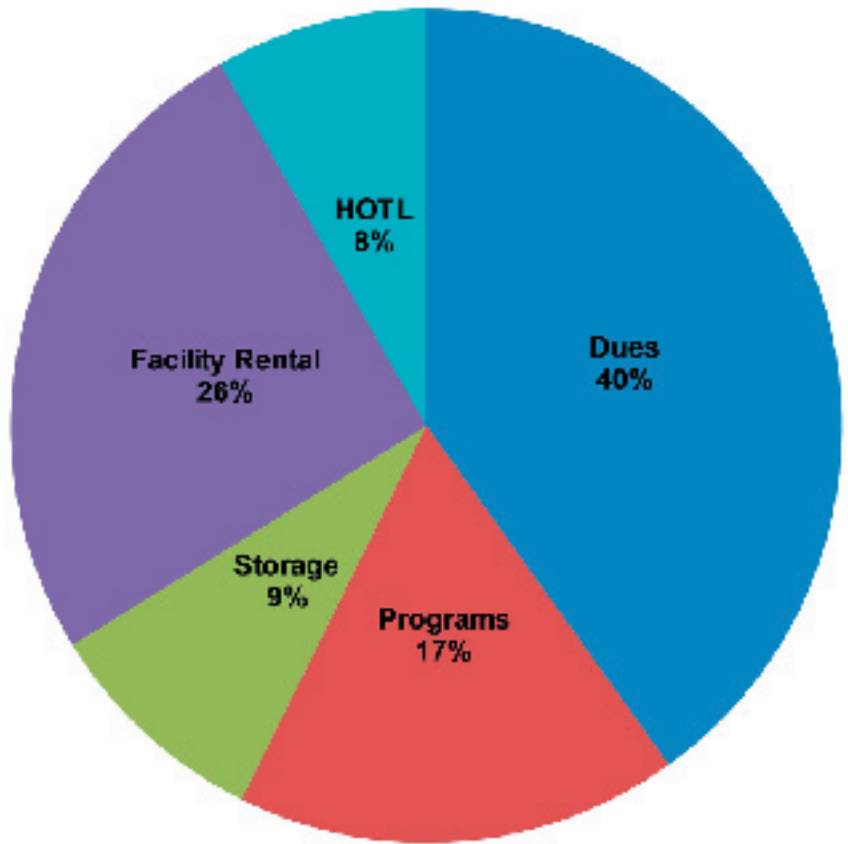


Figure 2:
2007-8 LWRC Expenses
Average Month
(\$23,848)

Source: Projected data for an 18-month period

Racking Up Medals at Regionals

Tina Cha

Northwest Masters Regionals at Vancouver Lake has kicked off another summer of racing. Great weather on Friday and Saturday allowed for the regatta to clip along quickly and on time. A stormy and windy Sunday led to a temporary suspension of racing and the eventual cancellation of the remaining small-boat events. This was the end to an otherwise sunny and comfortable weekend of eating, resting, joking, napping, and story-swapping in Vancouver. Oh, and lots of racing.

The rumor leading up to Regionals was that the regatta was seven hours too long. Yes, that's seven. And sure enough officials soon announced that, to condense the schedule, small-boat events would be timed heats with no finals. The top times among the heats would be awarded the medals.

That is, until officials began handing out medals to the top 3 finishers in EACH heat. In fact, USRowing gave out so many medals, by the time Sunday rolled around many Finals winners arrived at the awards tent only to be told that they'd be getting their medals in the mail.

Some highlights:

Triple-Single: Byrl Thompson performed a hat trick, winning the Men's A 1x; B 1x and C 1x.

Pair-y Successful: Joan Linse and Susan Kinne (E 2-); Katie Peichel and Jill Frank (Lwt A 2-); and Jody Wilhelm and Megan Keyes and Kate Brooks and Katie Schlepp (A 2-) all found success in the Pairs.

Doubles-Trouble: After plenty of trash-talking from both sides, cross-town rivals in the Mixed E 2x category duked it out in separate timed heats. John Alberti and Marcie Sillman rowed smoothly to a silver-medal finish (once you removed the out-of-region rowers in their race), and John Robinson and Ginny Sinear similarly received silver medals in their heat of the same category. Do I sense a re-match this summer through the Fremont canal?

"B" Aggressive: The women's sweep team won the B8+ decisively. The gold was the first in this category for the MST in recent memory. The women also won gold in the A8+, B4+ and placed in the C8+;,A4+ and C4+.

Barn-Burners: Moms ruled the E8+ with a close "beep-beep" kind of finish, edging out Marin by 1.1 seconds. The Men's A 4+ took a move from a definite 4th place and cruised in grab the bronze in a strong finish to their race.

Novices storm the course: Just six weeks into their Learn-to Row program, the Moms' novices showed up for their first

race, nearly a quarter-century older than the competition! Read more about the stormy experience (the weather and the row) on this page of the newsletter.

What could have been: Unfortunately, a quick boat emergency repair and indecision among officials forced a talented Mixed C8+ to scratch in the finals at the last minute.

Many Thank Yous are in order for members who contributed to the planning and organization of sending LWRC down to Regionals:

- Howard & Amanda Lee, alongside Co- Captains Rachel McGovern and KC Dietz for organizing race entries, boat reservations and trailer loading.
- Coaches who attended: John Tytus and Conor Bullis
- Driving the 'Burb: Conor Bullis
- MST Rowers Katie Peichel and Chris Countryman coordinated hotel rooms, arranged dinner reservations, and organized our annual hotel-potluck dinner.
- All rowers who arrived to load trailers and de-rig boats, and especially those who took leadership roles in directing and coordinating the load-ins both at the boathouse and in Vancouver.

Rowin' in the Rain

Marcy Heffernan

Marcy, Martha's Moms novice survivor, relived her first racing experience in a note she sent to friends and family.

Let me tell you about my first boat race. What a hoot! I love this sport. If you get a chance to try it, do. It's so exhilarating. We drove 2 ½ to 3 hours to Vancouver, Wash. through cold pouring rain for Northwest Regionals, which for our novice group amounted to a 4-minute race with our two eight-person boats. I'm pretty sure I was not the only one thinking, "What are we crazy?"

There were several novice boats, and we learned upon our arrival that novice can mean rowing for any amount up to two years. We've been rowing for six weeks. The next most newbie novice team had been rowing for nine months. We also found out that ages are 28+. Our two boats average ages were 53 and 56. (I'm one of the puppies, how about that?)

We were to warm up for 40 minutes on the water ahead of

continued on page 5

Rowin' in the Rain, *continued from page 4*

time. So, we're standing there with the boats on our shoulders while the officials check them out, and one official points over to these very ominous black clouds on the not-distant-enough horizon and says, "See that storm coming in? Twenty-mile-per-hour winds—if it gets here before the race starts we're cancelling."

Then he sends us out. So, we get pretty far out on the lake, and stop to take off jackets, tie our feet in, etc. when the storm makes its grand entrance. All of a sudden the wind whips up furiously; rain starts pelting and quickly turns into hail. Sheets of water poured off the brim of my hat into my lap and we were all so cold and shaking so badly in our fully drenched little matching short-sleeve t-shirts—should have been matching inflatable slickers—and bike shorts that the cox told us our shivers were shaking the boat. Electrical surges made the announcing booth's microphone crackle and die. They decided not to call the race (probably feeling that what didn't kill us would make us stronger or some such Marine-like philosophy) and as long as we were rowing we were okay, but the minute we stopped the shaking started again—and I'm talking uncontrollable whole body shaking. We had a good three inches of water sloshing around in the bottom of our boat which we tried futilely to get rid of with sponges for a brief moment before giving up on that idea.

When it was finally time for the race, we started great—it was so fun blasting off, all of us making that boat fly, and when you're really moving together and feeling like you're flying across the water, the oars moving in the oarlocks make this steady drumbeat sound that goes right along with our hearts beating in the boat—so cool. I could feel myself grinning into the rain like the wild woman you know I am. We were ahead and cruising right along, and then we started catching crabs. One of us caught such a powerful crab that it threw her off her seat. By the time we all got ourselves sorted out, we were way behind and wound up limping our way in with only seven rowers rowing.

When we reached shore, the woman who was thrown from her seat got out of the boat laughing and talking about needing Velcro on her butt for the next race. I do like these funny, spunky gals. It was such a hoot, and we were all happy to have survived without anyone falling out or breaking a nose on a flailing oar.

Martha's Moms had given us all these little toy telescopes and hot tamales before the race, telling us to "remember the F-word" (apparently they meant "Focus"). When we got out of our water-filled boat and were getting ready to hoist it out of the water, one of the women on my boat looked them in the eye and growled, "We were remembering the F-word the whole time."

NW Regionals Results

Finals and Timed Heats only

Womens A+ Ltwt 2- 1st C. Peichel	Mens C 1x 1st B. Thompson 4th H. Lee
Mens F 2x (M F 2X) 2nd J. Robinson	Mens AA-A 4+ 3rd J. Proctor
Mens B 1x 1st B. Thompson	Womens D 8+ 3rd Marthas Moms (S. Jennings) 6th Marthas Moms (C. Crosby)
Womens C Ltwt 1x 3rd K. Page	Mens B 8+ 4th M. Rucier
Womens E 4x 1st J. Linse	Womens E+ 4+ 1st Marthas Moms (S. Jennings)
Mens A+ Novice 1x 4th K. Harlow (Heat A) 1st J. Proctor (Heat B)	Womens F+ 4+ 2nd Marthas Moms (P. McCabe)
Womens C 8+ 3rd C. Jacobsen	Mixed E 2x 3rd J. Alberti 4th J. Robinson
Mens AA-A 8+ 3rd J. Proctor	Mens AA-A 1x 5th J. Tynan (Heat A) 1st B. Thompson (Heat B)
Womens AA-A 2x 5th C. Peichel	Womens AA-A 2- 1st K. Tytus (Heat A) 2nd J. Wilhelm (Heat B)
Womens D 4+ 5th Marthas Moms (C. Alkire)	Womens B 8+ 1st C. Jacobsen
Womens E+ 2- 3rd Marthas Moms (C. Marshall)	Womens F+ 2x 5th Marthas Moms (K. Bolin)
Womens D Ltwt 4+ 2nd Marthas Moms (C. Alkire) 5th Marthas Moms (B. Smith)	Womens C 4+ 2nd C. Peichel 5th Watercat (R. Alexander)
Mixed AA-A 8+ 3rd J. Proctor	Womens A+ Novice 8+ 4th Marthas Moms (C. McCabe-Gag) 5th Marthas Moms (M. Matthews)
Womens E+ 2- 1st J. Linse	Womens E+ 8+ 1st Marthas Moms (S. Jennings)
Mens B 2x 3rd A. Jaffrey	Womens AA-A 4+ 2nd M. Keyes 4th L. Schleppe
Womens A-AA 8+ 1st N. Sherey	
Womens D 2x 6th G. Senear (Heat A) 3rd J. Linse (Heat B)	
Womens AA-B Ltwt 1x 2nd K. Page	
Womens B 4+ 1st L. Oswald	
Mixed B 8+ 6th (L. Lavery)	

Corvallis to Portland Race, or CPR IX

Rainer Storb

June 2 and 3, 2007

“Plurality of causes should not be postulated until absolutely necessary” - Ockham’s razor

So, what caused CPR IX to be the toughest of the 6 CPR’s I have done so far? It is still only 115 miles on the Willamette River, 83 miles on day one and 32 miles on day two. The five legs have remained unchanged: 37 miles to Independence; 22 miles to Wheatland Ferry; 24 miles to Champoeg Park; 20 miles to the Willamette Locks; and then a “puny” 12 miles to the finish at Oaks Park. But have they? At the end of day one, as we slouched around a picnic table at Champoeg, barely upright and someone lying on the table, Robert Lombardi from the Ashland Rowing Club M 2x crew re-lived the hardship in leg three which was made worse by agonizing readings from their GPS.

“Mile 83 came and went, mile 84 came and went, mile 85 came and went, mile 86 ...,” he was interrupted here, and I never learnt when, eventually, they reached Champoeg. At first glance, this seemed improbable but, upon reflection, the GPS might be correct since a boat’s down-river course meandered considerably within the confines of the meandering river banks, while searching for navigable water and favorable currents and avoiding hazards including islands. Even so, greater mileage than indicated in the race flyer should have been a factor in all five preceding CPR’s and not just in Number IX.

In the end, it came down to two likely causes (William of Ockham cringes here), one psychological and the other physical. As for the first, Sound Rowers’ Todd Silver and I had won CPR twice, held the course record, and badly wished for a repeat win, against all odds. The two winners of last year’s transatlantic rowing race, Lake Washington Rowing Club’s Greg Spooner/Jordan Hanssen, two giants in their mid-twenties (Todd called them mega lads), had sent an e-mail earlier this year titled “re-match.” They were bent on revenging their 2005 loss. Another competitor, Robert Meenk, had won CPR VIII and virtually all Sound Rowers’ races in 2007 and, generally, thrives on punishment. There were the Ashland M 2x and many other young and hot crews in 2x’s and 4+/x’s including Willamette Rowing Club’s 4x, Lake Washington’s Tyler Peterson partnering with Nicole Sherey, and my son Adrian teaming up with Sound Rowers’ Rob O’Brien. Todd called it “rowing with a pack of dogs nipping at your heels”. The pressure was “on” the whole time. “Every stroke counts”, Todd said, “we’ll be doing more than 18,000 of them”.

As for the physical cause, it boiled down to one word: Sun.

Saturday’s peak temperature at Salem hit 86 degrees F (30 degrees C). It was hot. Keeping up with fluid losses was a losing battle, given the taste of Gatorade. It was pleasurable to think about a central-venous catheter and an infusion pump hooked up to a bag with half a gallon balanced salt solution, 5% dextrose, and a modest dose of caffeine; personal infusion nurses might become a standard feature of future CPR’s – dream on. Back to the river; in order to keep cool, Todd poured river water over head and back at every drink stop. While rowing he kept me soaked with backsplash from his blades.

The sun’s other side effect was speeding power boats and jet skis churning up the river during the last legs of both days one (24 miles) and two (12 miles). Their relentless side wakes broke our rhythm and over our gunnels. The week before CPR IX, Beverly had heard a TV news report about unusually heavy and dangerous pleasure boat traffic on the Willamette River, brought on by sunny weather.

“So what about age?” somebody might ask. While this is a legitimate question, I can see our 14th century scholastic philosopher friend raise a warning finger from his grave, “Enough causes already.” So, let’s be parsimonious and answer with Mark Twain, “Age is an issue of mind over matter. If you don’t mind, it doesn’t matter”.

The race began at the Oregon State University crew house in Corvallis. The first boat, the 2x of Leslie Burns/Maya Kamoshita, started at 5:11:12 a.m. followed in short intervals by 14 other boats. Those deemed slowest started first and those thought fastest last. Todd and I, in a red BBG Olympia 2x, were second to last and began rowing at 5:28:01 a.m. The Pocock 2x of Greg/Jordan was 35 seconds behind us. We soon passed Robert Meenk’s Pocock 1x, Rob O’Brien/Adrian’s red BBG 2x, and eventually all other boats on our way to Independence. For a mile or two, Greg/Jordan gradually but relentlessly narrowed the gap between us when, lo and behold, we turned tables, pulled away, and finished leg one with a 5:42 minute lead over them (7:35 minute lead over Robert and just shy of 10 minutes over the Ashland M’s Hudson 2x). Our time for the first 37 miles was 3:19:15 hrs which was 2:44 and 1:39 min slower than in 2004 and 2005, respectively.

My navigation was flawless until I ran the boat onto a grass-covered mud island, up to the splash guard. Fortunately the currents helped ease us off the island and, except for an adrenaline rush, a lost bow number, and rich deposits of mud and vegetation on the foreship, nothing happened. Rob’s and

continued on page 7

Adrian's BBG ran up on a (allegedly submerged) log; while it took awhile to get off the obstacle there was, again, no lasting damage.

At Independence and again at Wheatland Ferry, we heard confusing information from shore officials about the length of rest stops and, in the end, most of us wound up with penalty minutes and some didn't. We found out about these after the race – see below.

On day two, Greg/Jordan walked away from us, too little too late, it turned out. In turn, we walked away from Robert and the rest, even though the Willamette Mx 4x, which had experienced injury substitutions since completing Leg Two, had a fast fifth leg with a fresh Tiff Wood (race organizer and former U.S. Olympic and World Championship Team member) jumping in as substitute at the Willamette Locks.

We finished the race with something akin to a power 20 and, on wobbly legs, carried the boat from a wobbly plastic floating dock up the river bank onto the slings, shook hands, and hit the food and beer. Both Todd and I thought this race was the toughest thing we had ever done in our lives.

Knowing how boat crews had performed in individual legs of the race, we were surprised at the awards that Robert was declared first overall, we second, and the mega lads third. Tiff told us afterwards it had to do with penalty minutes. "What penalty minutes???" We were puzzled because of what we had heard at the rest stops and because in 2006 all boats exceeded the allotted 45 min stops at Independence and Wheatland Ferry but none was penalized.

The following Monday night, an e-mail arrived from Tiff Wood saying they had screwed up in a major way and, whether they counted penalty minutes or didn't, Robert was third, the lads second, and we first. Other boats were also re-shuffled.

Finish times were slow. Ours was 12:10:34 hrs, the lads' 12:14:16 hrs, and Robert's 12:16:06 hrs – these included the enigmatic penalty minutes. Without penalties the times were 11:54:40, 12:00:01, and 12:11:55 hrs, respectively.

On Day Two it took us 3:13:23 hrs for the 32 miles from Champoeg to the finish compared to 3:01:50 and 2:58:42 hrs in 2004 and 2005, respectively, owing to sluggish recovery from the exertions of Day One, another hot day, and boat wakes in Leg Five. As for the latter, we were in the second batch of boats going through the locks, ~ 1/2 hr after the

continued on page 10

Captains' Corner

KC Dietz and Rachel McGovern

Welcome to summer! Please continue to be courteous and quick on the dock. We have many members enjoying the beautiful rowing weather.

Flip Tests:

Another "group" flip test is scheduled for Saturday, July 21 at 9:00 A.M. RSVP Rachel McGovern at sheprs@mindspring.com to be included. If you would like to schedule an alternate time, email Rachel as well.

Volunteer Coordinator:

We are soliciting a person(s) to be a Volunteer Coordinator for basic club upkeep such as cleaning the boathouse, taking out the trash, minor erg maintenance, weeding . . . the little things that help keep the Club functioning smoothly. We are looking for someone to post a list of volunteer activities (generated from Conor or the captains), to create a schedule of when tasks need to be completed, to coordinate sign-ups for the aforementioned tasks, and perhaps to check on the completion of tasks. If interested, please email KC Dietz at dietzkc@earthlink.com or Rachel McGovern at sheprs@mindspring.com.

Launches:

Andrew, Jack, and Greg encourage all launch drivers to use common sense and good stewardship toward our fleet of launches. Please continue to complete the sign out/in logs and to remove your trash (empty coffee cups) from the launches.

Suburban and Trailer:

Conor Bullis, Nemesio Domingo, and Amanda and Howard Lee did a great job planning and getting boats to the NW Masters Regional Regatta. Thanks so much for your time and effort.

Racing:

Here are a few popular races coming up:

July 14-15, B.C. Champs Victoria, BC

July 15 Quartermaster Harbor Regatta, SOUND ROWERS: 6 miles

July 18-21, National Championships, Indianapolis, IN

July 28 Elk River Challenge, SOUND ROWERS: 7 Miles

Results:

A full complement of scullers and sweep rowers of all ages from LWRC, Martha's Moms, and Watercat made the trip to Vancouver for the NW Masters Regional Regatta. Participation numbers were the highest ever. See page 5 for LWRC results. For complete results, please go to www.regattacentral.com.

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

New Shoes on the Dock

LWRC's Newest Members

A few more rowers have recently joined the Mixed Sweep Team. Learn more about Amy, Katie and Karen, in their own words:

Amy Hildebrandt

I started rowing at Pacific Lutheran University and stuck with it through my 4 years at college. I enjoyed rowing so much that I knew that I wanted to be a part of the rowing world in one way or another after I graduated. I coached for PLU for a year and a half coaching both the men's and women's teams. I really started to miss actually rowing and decided I wanted to get my hands back on an oar. So after this past spring season, I joined LWRC and have been loving it since.

Karen Pavlidis:

I rowed for the University of Rochester '87-'90. I was fortunate to row with a great group of lightweight women, medaling in many major east coast regattas. I moved to Seattle in '90 and got sidetracked by various distractions such as grad school, career, marriage, babies...so now 17 years later I am finally getting back to rowing. I've been told that rowing

is like riding a bike, but I'm not so sure. Thanks for your patience with me while I work out the kinks and regain all of my old bad rowing habits. LWRC is clearly a great group and I'm looking forward to rowing with you all.

Katie Schlepp

I started to row at Pacific Lutheran University as a freshman in 2002 and spent the next four years on the Varsity Women's team. During my last two years on the PLU team I received All-American honors and spent the summer of 2005 rowing in Washington DC at Thompson's Boat Center and the summer of 2006 at the NW Development camp at the University of Washington. After graduating, I could not stay away from rowing, so upon returning to Seattle in January, I joined up with LWRC and it has been a pleasure to row with the team ever since.

New to LWRC? Introduce yourself to the rest of the club through our recently resurrected column, "New Shoes on the Dock." Send brief bios to hey_cha@hotmail.com.

The Lake Washington Rowing Club Newsletter - Summer 2007

Marketplace

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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Juniors Train at LWRC this summer

Camps run in 2-week sessions, Monday through Thursday from 9:30 - 11:30am.
Limit 8 participants per session.
Cost: \$130 per session.

Session I: July 9 - July 19
Session II: July 23 - August 2
Session III: August 6 - August 16
Session IV: August 20 - August 30

Registration: 206-547-1583
conor.bullis@lakewashingtonrowing.com

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 montly fee? Got training tips? Want to share a stroy 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, or Kate Brooks at kbrooks@thevilla.org, or leave handwritten or typed material in the secretary's box at the Fremont Boathouse. In advance, thank you.

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 Lake Washington Rowing Club

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For inquires please contact:
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E-mail: AndiDay1@aol.com

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) and LWRC will make money on whatever you buy at no additional cost to you. Try it!

first batch, and encountered very lively, late Sunday morning pleasure boat traffic. This year's winning time compared to winning times of 11:19:46 (course record), 11:21:22, and 11:43:46 hrs in 2004, 2005, and 2006, respectively.

Tyler and Nicole were 5th overall (12:54:13/12:42:28 hrs) and Rob and Adrian 7th (13:24:19/13:17:22 hrs), though boats 4 (Ashland M 2x) and 6 (Willamette Mx 4x) had injury substitutions. Boat 15, a Mx 4+ from Station L Rowing Club, clocked in at 16:02:56/16:01:18 hrs.

A weekend after CPR, as I rowed past Lake Washington's Fremont dock, Greg Spooner yelled "we want a re-match; we'll do it in a better hull". I yelled back "no matter how fast a particular hull design, it's the human element that makes a boat a winner". We laughed.

Will we do it again? Last week, 1 ½ weeks after CPR during an extremely pleasing early morning row on Seattle waters, Todd and I were wondering about it and weren't sure.

For Sale? Do it For LWRC

Marcie Sillman

Thinking of buying a new home? Selling one? Or just tossing around the idea with some interested friends? If so, you might want to consider talking to LWRC member John Stewart.

John is a real estate agent with Coldwell Banker Bain, and he's come up with an interesting way to pump some extra money into the Club's tight budget. Each time a Lake Washington Rowing Club member, or friend or relative of a member, buys or sells property with John, he and Coldwell Banker Bain will donate an amount equal to ten percent of the transaction's commission to the Club.

Coldwell Banker Bain agents have donated more than a million dollars to nonprofit organizations since the company started this program in 1988. In the past year alone, John and Coldwell Banker Bain have contributed more than five thousand dollars to LWRC's coffers. This needed financial support will help the Club with everything from debt retirement to utility bills.

John points out that the intent of this program is to support nonprofit organizations such as LWRC. If you've got more questions, please contact him at john@northwesthome.us.

This Age-Old Classic Takes the "Short"-cake

American Institute of Cancer Research

Summer's here, and it's time to take advantage of fresh berries from your local grocery store. This updated recipe, adapted from the American Institute of Cancer Research (www.aicr.org), reduces the saturated fat by replacing butter with canola oil and fat-free milk. Don't forget to use fresh ingredients!

Shortcake Biscuits with Berries

Canola oil spray
1 lb. fresh strawberries, washed
1 pt. fresh blueberries or blackberries, washed
1/4 cup orange juice
3 Tbsp. sugar for the biscuits, plus more for the berries, according to taste
1 1/2 cups unbleached white flour
1/2 cup whole wheat or whole wheat pastry flour
1/2 tsp. salt
4 tsp. baking powder
2 Tbsp. butter, softened
4 Tbsp. canola oil
1 cup fat-free (skim) milk
1 1/2 cups vanilla yogurt, optional

Preheat oven to 425 degrees. Spray a nonstick cookie sheet with oil spray. Set aside. Hull strawberries and slice into a bowl. Add fresh washed blueberries or blackberries. Mix in orange juice and sugar to taste. Set aside 30 to 60 minutes.

In a medium bowl, mix together the flours, salt, baking powder and sugar. Use a pastry blender or a fork to cut the butter and oil into the flour mixture until it resembles coarse meal. Add the milk. Stir until it is just incorporated and there are no lumps.

Form 8 biscuits by dropping well-rounded quarter cups onto the cookie sheet. Bake 15 to 20 minutes or until biscuits are done. (Use a toothpick to test center). Cool on a wire rack. Use a serrated knife to gently slice off the top third of each biscuit. Top with some strawberries and juice. Lay the top third of the biscuit on berries. Top with more strawberries and juice. Place remaining berries around each biscuit. Garnish with yogurt, if using, and serve.

Makes 8 servings. Per serving: 270 calories, 10 g. total fat (2 g. saturated fat), 40 g. carbohydrate, 5 g. protein, 4 g. dietary fiber, 400 mg. sodium.

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. Stoked 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
910 N. Northlake Way
Seattle, WA 98103-8831

www.lakewashingtonrowing.com

This Month at LWRC

Race Calendar:

BC Champs, July 14-15
Quartermaster Harbor Regatta (Sound Rowers), July 15
National Championships, Indianapolis, July 18-21
Elk River Challenge (Sound Rowers), July 28
Round Shaw Row (Sound Rowers), August 11
Green Lake Summer Extravaganza, August 4

At LWRC:

Board Meetings: July 19, August 2
Mariners vs Red Sox: Aug. 3

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:

Saturdays and Sundays, 10 a.m. - noon
August 4 - 26

Mondays and Wednesdays, 6 - 8 p.m.
August 6 - 29

Beginning Sweep:

Tuesdays and Thursdays, 6 - 8 p.m.
July 10 - Aug 2
Aug 7 - 30



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