



LWRC

NEWSLETTER Summer 2010

Web site: www.lakewashingtonrowing.com

President	Rachel Alexander	rachelalexander@verizon.net
Vice-President	KC Dietz	kcdietz56@gmail.com
Co-Secretary	Norma Andreadis	normaandreadis@yahoo.com
Co-Secretary	Joe Tynan	joetynan@gmail.com
Co-Treasurer	Bob Thoreson	laserviews@msn.com
Co-Treasurer	Ada Chen	saamyatgau@yahoo.com
Captain	Emily Simonds	captains@lakewashingtonrowing.com
Office Manager	Jen Rucier	jen.rucier@lakewashingtonrowing.com

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Robert Meenk Jr. was the fastest single in Port Townsend. He was the first individual and third overall in both the Rat Island Regatta and open water championship races. Photo by Joel Rogers.

Rat Island Regatta and Open Water Racing

Kirsten Gantenbein and Joel Rogers

Port Townsend was a busy place on June 19 and 20. The city hosted two back-to-back regattas over the weekend: the Rat Island Regatta and North American Open Water Rowing Championship (NAOWRC).

According to the *Port Townsend Leader*, there was a record turnout of 63 boats for the Rat Island Regatta on June 19. Forty boats competed in the fifth annual NAOWRC race on June 20.

LWRC had a fantastic showing. For NAOWRC, Sound Rowers/Lake Washington Rowing Club rowers Tyler Peterson and Evan Jacobs won the men's double class and had the overall best time. Robert Meenk took the first in his class. KC Dietz and Susan Kinne were the first female team to finish, were 11th place overall, and first in their class. Rick Tarbill and Jordan Hanssen were 2nd in Men's 2x, Theresa Batty and her partner Rob O'Brien took 2nd in Mixed 2x, Amanda and Howard Lee 3rd in the Mixed 2x. Rainer Storb and his partner Todd Silver came in 3rd in Men's 2x. Josh Proctor participated in the Men's 1x. Mike Young rowed in the Rat Island Regatta on Saturday

For a complete listing of results, visit [page 6](#).

Joel Rogers was on hand capturing photos of the event. His photos are listed in the NAOWRC gallery on [page 9](#).

The Course

The Rat Island Regatta course was an approximate eight nautical mile loop starting at the Port Townsend landing north around Point Hudson to Point Wilson (the entrance to Strait of Juan de Fuca) and west toward Protection Island. From this point, the course turns back to repeat the course outboard. The NAOWRC course was a 15-mile version.

At the turn of the Point Wilson outer leg, a broad tide rip, two-to-four foot pinnacle waves, cross currents, fog, and general confusion created a complete challenge to all rowers, save all the wherry crews. There was also a uniquely crowded maritime convergence of: at least five container ships; one full-speed whale watching vessel; two beautiful schooners; four sloops; one tug and barge; a few salmon

rollers; and one reported whale and or nuclear submarine—neither of which could be verified.



1st row: KC Dietz, Wendy Young, Theresa Batty, Amanda Lee, Howard Lee, Tyler Peterson, Jeff Knackel, Rob O'Brien (crouching)
2nd row: Mike Young, Evan Jacobs, Susan Kinne, Robert Meenk, Rick Tarbill,
Back row: Jordan Hanssen, Greg Spooner

Rowers are required to know how to self rescue. Three safety boats were on hand patrolling the 50-degree water. Of the all the rowers and kayakers racing over the weekend, there were no capsizes.

For more information about the NAOWRC, visit <http://naowrc.wordpress.com/>.



Tyler Peterson and Evan Jacobs row past the Point Wilson lighthouse. Photo by Joel Rogers.

NW Masters Regionals Highlights

This year, NW Masters Regionals took place at Lake Stevens, WA. The weather cooperated for the most part, and in between races, spectators got to enjoy the spectacle of numerous bald eagles fishing in the lake. Overall, LWRC took home several US Rowing medals and participated in some exciting races.

Harrowing Moment: Natalie Luke and Brittany Foxley qualified out of their heat of the Womens B 2X. Unfortunately, a frightening accident occurred after a double going the wrong direction collided with the team during their finals warm-up. Wishing Natalie a speedy recovery!

Many Thanks: Thanks to members who contributed to the planning and organization of sending LWRC down to Regionals:

- Captain Emily Simonds and Jeny Potter for organizing race entries, boat reservations, and trailer loading.
- Coaches who attended: Bill Tytus, Bill Skilling, Howard Lee, and Molly Zeaske
- Driving the Trailer: Joe Tynan and Chris Martin
- 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 Lake Stevens.



Top from left to right: Rebecca Cheung, Bill Gibson, Bob Thoreson, Don Kuehn launching for the Mens F 4+ race, and Ada Chen returning from the Womens A 4+ race. Bottom from left to right: Kim Wuckland, Marie Hagmna, Karin Rogers, and Kari Page after the Womens C 4x first place finish. Photos by Marie Hagman



Summer Regatta Results

Finals only

NW MASTERS REGIONALS

Mixed C 4x	Womens D+ Ltwt 4+
2nd Evan Jacobs (4)	3rd Martha's Moms
Robert Thoreson (3)	Melissa Hayes (Coxswain)
Marie Hagman (2)	Jan Chow (4)
Karin Rogers (1)	Julie Smith (3)
	Kim Manderbach (2)
	Chrissie Marshall (1)
Womens A +Ltwt 2	Mens E-F 2
4th Natalie McCarthy (2)	2nd Kirk Clothier (2)
Jannie Curtin (1)	Dale Peschel (1)
Mens D+ Ltwt 2x	6th Nemesio Domingo (2)
4th Nemesio Domingo (2)	Don Kuehn (1)
Dennis Williams (1)	
Womens F+ 4x	Mixed B 8+
6th Martha's Moms	3rd Rebecca Cheung (Coxswain)
Karen Bolin (4)	Paul Grigsby (8)
Margaret Berg (3)	Liam Lavery (7)
Julie Smith (2)	Jeff Bernard (6)
Norma Andreadis (1)	Don Linnertz (5)
	Megan Berry (4)
Mens E 4+	Kirsten Gantenbein (3)
1st Nemesio Domingo	Ada Chen (2)
(Coxswain)	Jannie Curtin (1)
Damon Ellingston (4)	
Liam Lavery (3)	Mens C 1x
Kirk Clothier (2)	5th Damon Ellingston
Dale Peschel (1)	
Mixed E+ 4+	Mens AA-A 4+
5th Nemesio Domingo	2nd Leah Downey (Coxswain)
(Coxswain)	Chris Countryman (4)
Rachel Alexander (4)	Andy Rees (3)
BJ Connely (3)	Mike Rucier (2)
Dale Peschel (2)	Josh Mackler (1)
Kirk Clothier (1)	
Womens D 4+	Mixed D 8+
1st Melissa Hayes (Coxswain)	2nd Melissa Hayes (Coxswain)
Rachel Alexander (4)	Rachel Alexander (8)
Barbara Connolly (3)	Barbara Connolly (7)
KC Dietz (2)	Dale Peschel (6)
Kari Page (1)	Kirk Clothier (5)
	Damon Ellingston (4)
Womens E+ 2	Susan Kinne (3)
2nd Martha's Moms	Carel Maske (2)
Julie Smith (2)	Kari Page (1)
Susan Gulick (1)	
Mens C 4+	Mens AA-B 8+
5th Leah Downey (Coxswain)	4th Leah Downey (Coxswain)
Paul Grigsby (4)	Chris Countryman (8)
Howard Lee (3)	Andy Rees (7)
Liam Lavery (2)	Paul Grigsby (6)
Don Linnertz (1)	Josh Mackler (5)
	Mike Rucier (4)
	Liam Lavery (3)
	Mark Tonelli (2)
	Don Linnertz (1)
Womens C 4x	Womens E 4+
1st Kim Wicklund (4)	5th Melissa Hayes (Coxswain)
Marie Hagman (3)	Heidi Barrett (4)
Karin Rogers (2)	Kim Manderbach (3)
Kari Page (1)	Lynne Sweeney (2)
	Jan Chow (1)

continued on page 6

Results, *continued from page 5*

REGIONALS, *continued*

Womens F+ 4+

- 2nd Martha's Moms
 Taryn Langois (Coxswain)
 Karen Bolin (4)
 Margaret Berg (3)
 Norma Andreadis (2)
 Susan Gulick (1)

Mens A 1x

- 1st Matthew Crouthamel

Mixed E+ 8+

- 5th Leah Downey (Coxswain)
 Lynne Sweeney (8)
 Heidi Barrett (7)
 Nemesio Domingo (6)
 Damon Ellingson (5)
 Dennis Williams (4)
 Don Keuhn (3)
 Susan Gulick (2)
 Chrissie Marshall (1)

Womens A-B Ltwt 2x

- 2nd Kim Wicklund (2)
 Kari Page (1)

Womens F+ 2x

- 5th Martha's Moms
 Norma Andreadis (2)
 Karen Bolin (1)

Mixed A 2x

- 1st Matthew Crouthamel (2)
 Karyn Crouthamel (1)
 6th Josh Mackler (2)
 Ada Chen (1)

Mixed D 2x

- 2nd Robert Thoreson (2)
 Karin Rogers (1)

Womens A 1x

- 5th Marie Hagman

Womens A+ Novice 8+

- 5th Rebecca Cheung (Coxswain)
 Roberta Downey (8)
 Kathy Del Beccaro (7)
 Cindy Anderson (6)
 Kirsten Gantenbein (5)
 Suzanne Lasherheid (4)
 Alexis Gilbert (3)
 Pati Casebolt (2)
 Sally Thompson (1)

Mens F 4+

- 5th Rebecca Cheung (Coxswain)
 Nemesio Domingo (4)
 Don Kuehn (3)
 Robert Thoreson (2)
 Bill Gibson (1)

Womens F+ 8+

- 3rd Marthas Moms
 Melissa Hayes (Coxswain)
 Heidi Barrett (8)
 Susan Gulick (7)
 Lynne Sweeney (6)
 Kim Manderbach (5)
 Karen Bolin (4)
 Julie Smith (3)
 Margaret Berg (2)
 Jan Chow (1)

Mens C 8+

- 3rd Leah Downey (Coxswain)
 Paul Grigsby (8)
 Andy Rees (7)
 Liam Lavery (6)
 Carel Maske (5)
 Jeff Bernard (4)
 Howard Lee (3)
 Mark Tonelli (2)
 Don Linnertz (1)

Womens AA-A 4+

- 6th Rebecca Cheung (Coxswain)
 Ada Chen (4)
 Kirsten Gantenbein (3)
 Megan Berry (2)
 Natalie McCarthy (1)

Note: For a complete listing of results including heats, visit www.racetrak.com and select "2010 USRowing Northwest Masters Regional Championships"

**NORTH AMERICAN OPEN WATER
 ROWING CHAMPIONSHIP & RAT ISLAND
 REGATTA**

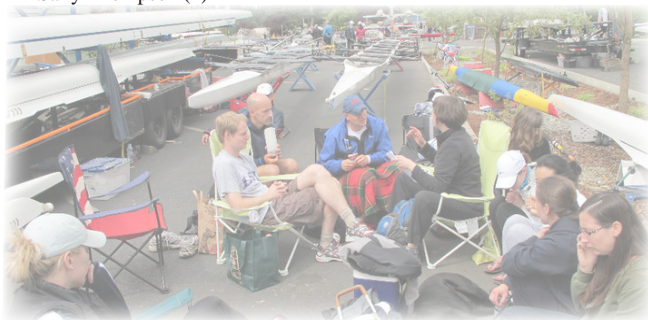
Place	Name	Time	Class	Place in Class
1	Tyler Peterson/ Evan Jacobs	1:45:30	M 2X	1
2	Jordan Hanssen/ Richard Tarbill	1:55:13	M 2X	2
3	Robert Meenk	1:55:31	M OW II	1
11	KC Dietz / Susan Kinne	2:04:01	W 2X	1
12	Theresa Batty/ Rob O'Brien	2:04:35	MX 2X	2
15	Josh Proctor	2:07:10	M OW II	8
16	Howard Lee/ Amanda Lee	2:07:14	MX 2X	3



Top: Bob Thoreson and Karin Rogers after the Mixed D 2x race.

Bottom: Matthew and Karyn Crouthamel at Regionals.

Left: In between races at Regionals near the trailer. Photos by Marie Hagman



Pulling Together for Fund Raising at LWRC

Kathleen Wilson

Most of you have probably noticed the fund raising/matching grant “thermometer” in the boat house by now. Our goal was to exceed matching gifts of \$5,000 to pay for the two new Maas Aero’s, some new cox boxes, a new launch motor, etc. We met our goal and thanks to everyone for their donations!

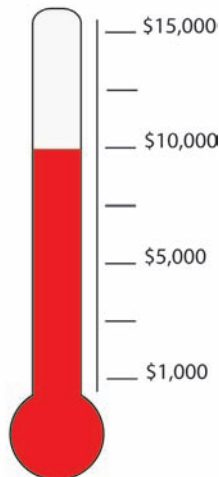
Although we need to repay some of the debt we recently incurred for real estate tax issues and increased rent, the club felt that it was important that immediate investments were needed to ensure that the rowing experience at LWRC is a great one for our new members as well as existing teams. Who hasn’t cursed an uncharged cox box or a dead launch motor!?

We plan to follow these efforts up with some fund raising events that, if successful, may be annual and regular opportunities to shore up our credit line. We are working on at least two concerts, including a Brazilian jazz concert on October 15th at the boat house...stay tuned, as well as event nights. Some ideas so far: Texas-hold-em night, game night, family BBQ, etc. and open to lot more creative ideas. If we can get popular events up and running 1-2 times/quarter, we can have some fun and provide for intermediate term fund raising.

Lastly, when the economy allows, we will look at a capital campaign to support longer term financial security. The last major fund raiser was done in 2002 for the main dock. Looking ahead, this may be something the club explores in the next two-to-three years. Planning immediate, intermediate and long term fund raising will allow us to budget, rather than be forced to react to a need and pay later!

So how do we make this really easy. Many of us mean to write that check, but we forget or find that now is not a good time. Therefore, **Jen Rucier is setting up some automatic payment plans** where you can designate how much a month you would like to contribute and for how many months. For example, \$10 a month is a lot less painful than a check for \$50 or \$120, don’t you think?

GOAL: \$15,000



Recent donations from Martha’s Mom’s and scullers for boat naming rights, along, a matching gift of \$5,000, and additional donations from other members have boosted our donations! Club members are continuing to think of creative ways to raise additional funds.

Whether you are a team rower or an individual rower, the health of the club benefits us all and keeps dues down. If you are fortunate enough to be able to help, please contact Jen. And remember, your contributions are tax deductible!

THANK YOU TO ALL WHO DONATED!

1	Anonymous (Matching Gift)	\$5,000
2	The Seattle Foundation	
3	Cindy Anderson	
4	Michael Cheung	
5	Ronna Agree	
6	Dave Rutherford	
7	Anonymous	
8	Jim Bender	
9	Molly Corrigan	
10	Pati Casebolt	
11	Genevieve Olivarez-Conklin	
12	KC Dietz	
13	Roberta Downey	
14	Peter Bigelow	
15	Liam Lavery	
16	Kim Wicklund	
17	Evan Jacobs	
18	Bob Thoreson	
19	Susan Kinne	
20	Poo Penrose	
21	Jan Chow	
22	Marcie Sillman	
23	Barb Smith	
24	Nancy Serratore	
25	Lynne Robbins	
26	Penny Lewis	
27	Diane Magyary	
28	Jane Harder	
29	Cosette Harms	
30	Chris Marshall	
31	Karin Bolin	
32	Ann Vandor	
33	Krista Fay	
34	Steve Suor	
35	Marie Hagman	
36	Kari Page	
37	Emily Simonds	
38	Heidi Barrett	
39	Pat Pesando	
40	Bill Gibson	

Total Donations to Date: \$ 10,536.45

The Program Challenge - \$2,000

Attention all participants in the following programs: Men’s, Open Women’s, Evening League, Senior Women, Novice Sweep and Sculling Groups. If everyone on these teams can give a generous donation of \$25-\$50, we can meet our \$2,000 program goal. All donations go toward program equipment for your use.

Please send your pledges to Jen Rucier at jen@lakewashingtonrowing.com.

Have other ideas for fund raising? Contact KC Dietz and/or Kathy Wilson at kmwils88@gmail.com

Luke Rogers Remembered

KC Dietz

On June 23rd a significant group of family and friends gathered at LWRC to christen the “Luke Rogers”, in memory of member Karin Rogers’ son. The ceremony was simple and personal. Guests circled the boat, sharing their thoughts and wishes with Karin and her family.

Marcie Sillman made special note of Karin’s deep spiritual connection to rowing and the water, where Luke will now be found gliding effortlessly along with her. Karin then poured water from the lake over the bow to properly christen the boat. Our gift not only remembers Luke, but reminds Karin that her rowing community is there to support her anytime she needs to lean on us.

Note: The MAAS single was donated earlier in the year by Linda Gromko. The naming rights were guaranteed with donations from Karin’s friends, LWRC scullers and members of Martha’s Mom’s. As a boat, the “Luke Rogers” is a great intermediate single, like the Ariel and Puck. The boat was built by MAAS boat builders, but is not suitable for open water, like our Aero’s or MAAS doubles. You will find wiring for a speed coach and fancy lights for the winter. The boat is currently located in the south bay, way back, on rollers. Keep it clean and safe. We hope that the LWRC membership will enjoy rowing the boat.



Terry and Karin Rogers.



Karin christening the boat.



Cara Beth, Luke’s sister, inspects the beautiful writing.

Adaptive Rowing

Frank Cunningham

It should by now be fairly obvious that changes in the description of the rowing stroke are simply adaptations to the real or perceived limitations of a large majority of modern rowers, that is, male rowers.

Not long ago I ran across a photograph in Joel Rogers' calendar of the U.S. national team eight. Before I read the caption I assumed that the crew was made up of middle-aged, over-the-hill rowers. They were close to the catch position and looked extremely awkward and uncomfortable as they attempted to reach. Their seats were drawn under them and their backs were strongly bowed. Were they compelled to row this way or was it just the best they could do?

About forty years ago, forty-two years ago to be precise, a German coach, Karl Adam, confronted by a considerable number of athletes who experienced a great deal of difficulty bending from the hips which is an obvious necessity of the rowing stroke, hit on the idea of lengthening the tracks to allow his rowers to slide well past the pin and to recover the part of the arc that had been lost. Of course, this caused the rowers' legs to come down hard on the track ends and to be galled – painfully so. In time the tracks in boats were spread wide enough to let the calves pass between them.

But sliding so far made it impossible for rowers to keep their feet flat on the clogs; their feet slid up and over the heel cups. Hence, the appearance of running shoes fastened only under the ball of the feet. Not long afterward I saw a university eight capsized with its crew in the water struggling to get their feet free. Enter the tie-downs.

It wasn't long before we saw a great increase in injuries to the lower back. In response coaches abandoned the forward body angle of traditional rowing which alleviated the problem somewhat. But the new look of the stroke became rationalized as the correct way to row. A young rower of mine, whose brother rowed at the university, showed me something I had never seen before; just before the catch his knees rose up to go down again after his blade took the water. I marveled at it for a few minutes and then asked him why he had lifted his heels off of his clogs. He answered that his brother had told him that at the university the rowers were told to catch off their toes. This from a boy who had never had any difficulty keeping his heels down.

For the vast majority of women this sort of tinkering with the rowing stroke to adapt it to men is completely unnecessary. For them it is easy to perform the stroke in its most economical, graceful and safe manner. Greater flexibility in the hips and an understanding that grace is economy of motion and effort make them eminently suited to the sport. Why, then, are they expected by so many coaches to row like men?

The Origin of the "Little Pig"

Hugh Lade

LWRC recently acquired two Maas Aero (aka Little Pigs) open water boats (bid for naming rights!), joining our very popular "Little Pig" Aero. The name "Little Pig" is synonymous with this model of shell around our boathouse; but, you ask, whence cometh the name?

About five years ago, upon receiving our first Aero, Susan Kinne and the Sow's Ear bunch had to wrestle with its ridiculously high rigging to bring it within normal rowing range. This is not a simple job, but Susan finally announced that "that little pig is ready to row". I suggested that she had just hit upon a good name, and soon the "Little Pig" graphic appeared on the bow deck. Susan is also responsible for naming all the dwarf wherries, and, of course, her personal wherry Wilbur. If you are bidding to name an Aero, think swine. They do, after all, sort of look like little pigs.

Homemade "Peanutty Energy Bar"

Looking for an alternative to expensive energy bars? Make your own with this recipe, courtesy of the Healthy Husky blog developed by the University of Washington.

Hand on time: 15 minutes

Total time: 1 hour 15 minutes

Makes: 16 squares

One-half cup salted dry-roasted peanuts
One-half cup roasted sunflower seeds
One-half cup raisins
Two cups uncooked old fashioned oatmeal
Two cups toasted rice cereal, such as Rice Krispies
One-half cup peanut butter (smooth or crunchy)
One-half cup packed brown sugar
One-half cup light corn syrup
One teaspoon vanilla

In a large bowl, mix together the peanuts, sunflower seeds, raisins, oatmeal, and toasted rice cereal. Set aside.

In a medium microwaveable bowl, combine the peanut butter, brown sugar, and corn syrup. Microwave on high for 2 minutes. Add vanilla and stir until blended.

Pour the peanut butter mixture over the dry ingredients and stir until coated.

Spoon the mixture into an 8-inch by 8-inch pan coated with cooking spray. Press down firmly. (It helps to coat your fingers with margarine, oil, or cooking spray.)

Let stand for about an hour, then cut into squares.

Refrigerate bars, loosely covered with plastic wrap.

For nutrition information and more recipes, visit:
<http://healthyhusky.blogspot.com/>.

“Loving Kindness”

Jen Rucier

For those of us who have been at this sport for a long time, we can easily lose sight of what it was like to be a novice. Most of us also don't really understand what it means to be a non-athlete since we have spent most of our lives involved in some athletic endeavor. I received the following note via email from one of our Learn to Row graduates. She granted me permission to reprint in the newsletter. I wanted the membership at large to read her note because we aren't just about producing the fastest crews on the water. Part of what we are about is teaching the public about rowing and, at the minimum, fostering an appreciation for the sport. Along the way, if we enhance some self-confidence and turn a former non-athlete into a rower then kudos to us for providing the service and kudos to the rower for giving it a try.

Jen,

I don't know you very well, but (regardless of what happens for me in the future with rowing) I wanted to thank you for supporting adults who want to learn to row at LWRC.

If you've been athletic all your life, you might not understand what a big deal this is for some of us.

I was a fat kid, a fat adolescent, (usually) a fat young woman, and am now usually (though not at this particular moment) a fat middle-aged woman. But even more consistently than being overweight, I am clumsy, and I always will be. I just couldn't catch or throw a ball if you put a gun to my head. Whatever part of the human nervous system allows people to play ball sports is missing in me. And of course I was always the slowest kid in any group.

So, of course, in school, I was always picked last for kick ball, softball, volleyball, etc. I never got to play on any teams in high school. I grew up thinking sports just weren't for me, and I was really ok with that. I'm good at a lot of other things.

But so anyway, this last year, at age 44, I started having some issues with depression and anxiety, and I embarked on a program to correct these problems. Among other things, I meditate, I read Buddhist philosophy, and I take rowing lessons.

I can't tell you how helpful rowing has been to my mental health. I think it's been more helpful than any other single thing. I didn't understand how participating in a sport could benefit me mentally (even more than physically) because I just hadn't had much experience with sports (except sweep rowing with that mean coach in my 20s who among other things made fun of me for being fat). (I wasn't even that fat at the time!)

So once, during a recent meditation (ok, laugh at this if you want, I don't mind, it is kind of silly) I was meditating on the idea of kindness, and I got this image of universal loving kindness filling the world at all times. (I don't believe in god but hey, what can I say, that was my vision.) The image of “loving kindness” looked like rippling, sunny, shimmery, bouncy water that was buoying me up all around. The message was, “This is real, it's here, it's all around you. Relax, you're safe.”

(Again, I don't believe in this stuff, but whatever, it was pure joy. I'll take it.)

Anyway, I realized afterward that the reason the image came to me in that form was that that's what it feels like when I row, with the light all around me, the shimmery water buoying me up, happy and safe (well, safe so far, in a wherry, with someone else keeping track of where my bow is headed.)

So, I don't know if you realized this, but when you, Niki, Theresa, Anna, Jeny, and Emily support adults who are learning to row, you are helping people like me. It's more than just a sport. I am really glad LWRC does this. Thank you.

-Anonymous

North American Open Water Rowing Championship 2010 Photo Gallery

Joel Rogers



Theresa Batty and Rob O'Brien



Susan Kinne and KC Dietz



Josh Proctor



Tyler Peterson and Evan Jacobs



Jordan Hanssen and Richard Tarbill



Howard Lee and Amanda Lee

“Sprucing up the Shoreline”

Kirsten Gantenbein

You may have noticed that the shoreline along the ramp is undergoing a transformation, thanks to the efforts of evening league rower, Jim Roe. Since this spring, Jim has been busy removing blackberry bushes, moving rock and dirt, and collecting nearly 20 gallons of trash—mostly Styrofoam, plastic bags, cans, bottles, rope, and an oarlock spacer or two.

Jim is building out the area to create a slight curve and focal point between the “W” and “R” on the LWRC sign (below). This design will help to trap flotsam to aid in cleanup. He reports that the expanded hardscape should be laid down by end of July. He will use wood chips to fill in remaining areas. When water levels drop in the late fall, there will be new opportunities to clean up more trash from the shore and plant new vegetation, including rosemary, lavender, and sage. Jim hopes to have the shoreline looking its best by next spring.



A fleeting glance of the Fremont beaver, a frequent visitor to the LWRC shoreline.

There is still a lot to be done. Anyone wanting to help clean up our small stretch of the shoreline or join in landscaping efforts, contact Jim at JamesMRoe@hotmail.com.



LWRC Picnic!

August 8, 4 p.m.

Meridian Playground in Wallingford

4649 Sunnyside Ave N, Seattle, WA 98103

Marie Hagman and Evan Jacobs have reserved a picnic space for a club get together! Bring something delicious to share and your significant other, kids, rowers you like from other clubs, friends you've been trying to get into rowing, etc. There will be games in the grassy area and a whole lot of grillin' going on. This is the event of the summer people, don't miss it!!!

Contribute to the Newsletter!

Have something you want to share with the club? A rowing tale, training tip, or restaurant review? We welcome articles, photos, editorials, personal ads, or news items.

Please send submissions to Kirsten Gantenbein at kirsten.gantenbein@gmail.com, or leave handwritten or typed material in the office at the LWRC boathouse.

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. Email Tina your digital images, or leave a disc in the Secretary's Box at the Boathouse.

Easy Fundraising!

Buy books through Amazon.com and Amazon gives a percentage of the sale (5-15%) back to LWRC! Every time you enter the Amazon site, remember to go through the LWRC link (www.lakewashingtonrowing.com) and LWRC will make money on whatever you buy at no additional cost to you. Try it!

Ada Chen, Megan Berry, Natalie McCarthy and Rebecca Cheung at Regionals.
Photo by Marie Hagman



Host your next event at Lake Washington Rowing Club

Available for parties, banquets, weddings,
receptions, meetings and more

For inquires please contact:
Event Coordinator: Krista Simmons
E-mail: events@lakewashingtonrowing.com

Learn to Row Schedule

LTR1:

Saturdays and Sundays, 8:30 - 10:30 a.m.
Aug 7 - 29, Sept 11 - Oct 10, Oct 16 - Nov 7

Tuesdays and Thursdays, 7 a.m. - 9 a.m.
Aug 3 - 26, Sept 7 - 30, Oct 5 - 28

Tuesdays and Thursdays, 6 - 8 p.m.
Aug 3 - 26, Sept 7 - 30, Oct 5 - 28

LTR2:

Mondays and Wednesdays, 6 - 8 p.m.
Sept 7 - 30, Oct 5 - 28

Beginning Sweep:

Tuesdays and Thursdays, 6 - 8 p.m.
Sept 7 - 30, Oct 5 - 28

Experience Rowing:

Saturdays, 9 a.m. - noon
Aug 21, Sept 18 & Oct 9



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

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