



Making Waves

The LWRC Quarterly Newsletter

Vol. 2, No. 1 Early Spring 2016

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Made to Last

Our beautiful boathouse was dedicated 20 years ago this month.

Today, our spacious Fremont boathouse is a jewel among its peers in the Northwest. To truly appreciate this, it's worth taking a look at the history of the Lake Washington Rowing Club—especially its modest beginnings.

In the year prior to the 1959 Pan American Games, a group of rowers headed by Conn Findlay and Dan Ayrault formed the Lake

Washington Rowing Club to train for the event. With Stan Pocock as coach and Harry Swetnam as trainer, these men won the 2-, the 4-, and the 4+ at the games. The following year, they sent four boats to the Rome Olympics, taking gold in the 4- and bronze in the 2+. They placed fifth in the 2-. Their “clubhouse” consisted of a lean-to adjacent to the University of Washington’s Old Canoe House; the Canoe House still stands today at the eastern end of the Montlake Cut.

LWRC at that time had a wonderful reputation rowing-wise, and all of a sudden you come and look at their boathouse and you were appalled. It didn't exist.

During the UW’s restoration of the Canoe House in the mid-1960s, the lean-to was destroyed. LWRC shifted its quarters to the university’s Conibear Shellhouse, but Frank Cunningham soon noted that the club was losing its autonomy. In the mid-1970s, he bought a small floating boathouse and moored it next to the Pocock shop at the north end of Lake Union—a building adjacent to Ivar’s Salmon House that now houses the studio of noted glass artist Dale Chihuly. He convinced the club to “remove their spirit, boats, and equipment” from the university. Cunningham noted this as a turning point:

At that moment, they became a different rowing club. From that point on, the club had

more integrity. They began to talk about “our club” and “our boathouse.” They said “we,” and I found that very exciting.

The floating boathouse was not big enough for eights. Work parties constructed a floor in the space intended for yacht moorage and used it for a few fours. They painted it and spiffed it up in other ways. For the next ten years, this was home to the Lake Washington Rowing Club, and during this time membership grew from 30 to 80. By 1984, the club had 200 members. Clearly, a larger facility was needed. The search was on.

There had been previous searches for appropriate sites. In the early 1960s, an attempt to secure property near the Museum of History and Industry (then located near Foster Island) proved futile. In the early 1980s, the Seattle



East view, LWRC boathouse

Parks and Recreation Department declined to sign off on another site. In 1985, bonds were sold to finance the purchase of a boatyard on the eastern shore of Lake Union; however, insufficient funds were raised and the property was subsequently sold. The \$135,000 realized from this sale was invested for a future purchase, and the search continued.

In March 1987, Fremont developer Suzie Burke graciously agreed to lease the club a 7,000-square-foot warehouse on Northlake Way for ten cents per square foot—the same price as for an asphalt parking lot. LWRC now had a home, albeit a temporary one. With no heat and no toilets, it was not particularly cozy. But it had ample space for eights and for plenty of private shells—and it came with a five-year lease.

Prior to the 1980s, there were no other active adult rowing clubs in Seattle. Green Lake had junior programs only; Mount Baker had not been born yet. Then things exploded: Green Lake started an adult program in 1985; Seattle Yacht Club and the Ancient Mariners became contenders by 1988. Masters women’s programs appeared: Dick’s Chicks (later known as Conibear), Martha’s Moms. Now there were other places to row.

With the increased competition for space near the water, LWRC regrouped to work with the George Pocock Foundation, legacy of Seattle’s great boatbuilder and coach. Initially this

joint rowing community collaborated in pursuing its mutual dream, an “umbrella” facility for the clubs, schools, and unaffiliated rowers and clubs. The Foundation decided to locate on Lake Union’s University Cut, beneath the I-5 bridge. For a time, LWRC joined in this effort, but legal challenges and lack of storage space jeopardized the enterprise. And some members had second thoughts about the advisability of a joint venture:

The reality dawned on some of us that there simply wasn’t going to be room in the Pocock facility for everybody—plus Lake Washington Rowing Club.

Meanwhile, the Cinderella lease in Fremont was nearing its expiration and the rent was to be quadrupled. LWRC stepped up the push toward a permanent and independent home.

Suzie Burke once again saved the day. She had acquired a railway right of way platted before Washington became a state. The city’s plan to extend the Burke-Gilman Trail created



Nelson Miller

a remnant of this right of way, one that could be used as a boathouse site. Oddly shaped, but 65 feet in width, it was just large enough for a three-bay boathouse. LWRC worked out an agreement with Suzie



Salute!

Twenty years ago, LWRC President John Alberti offered this toast to the dedication of our boathouse.

The boathouse is a thing of beauty and a source of pride.

It was built as much from the energy and dedication of the members of this club as from the bricks and lumber that you see.

It is an asset that we will put to good use.

It is the home from which Lake Washington Rowing Club will serve the rowing community for the rest of our rowing careers and long thereafter.

It is part of the legacy that we leave to the next generations of rowers.

In this, it makes our efforts significant and worthy of our pride.

—John Alberti, 24 March, 1996

to lease the land, and she enjoyed referring to the club as her “Fremont Navy.” Most of the next two years were consumed with legal challenges and permit processing, all of which were decided in LWRC’s favor. During this time, fundraising efforts continued. Eventually, construction began.

When the building started to go up, you could really feel the excitement among the member-

ship. That’s when those who were unable to contribute cash began to contribute labor. Besides, despite the somewhat monotonous tasks, the work parties were a fine chance for the membership to get to know each other better.

Boathouse architect Nelson Miller makes one thing very clear: our boathouse would not exist today without the volunteer labor of our members—both women and men. John Alberti echoes these sentiments:

There was a great sense of community at the time, and the boathouse would not have happened without many individuals’ contributing astonishing quantities of time, enthusiasm, and money. We did what we had to and succeeded, but the debt and land lease have challenged us ever since.

The Lake Washington Rowing Club boathouse was dedicated on March 24, 1996. As far as we know, it is still one of the largest non-university boathouses in the country.

—Roberta Scholz

This narrative was adapted from an article by Joel Rogers that appeared in the March/April 1995 issue of American Rowing and was reprinted in the March 24, 1996, dedication issue of the LWRC newsletter. Thanks to Margaret Berg and Nelson Miller for providing it. Thanks also to Nelson and to John Alberti for their helpful comments.

From the Editor



Twenty years ago this month, our

beautiful boathouse was dedicated and LWRC finally had a permanent home. Or so we thought. In this issue, we take a retrospective look at how our early members—especially Nelson Miller—persevered, under trying circumstances, in finding the resources to build what is perhaps the finest private boathouse in the country. In the coming years, the club will explore ways to ensure its future.

Tyler Peterson retraces his path toward participating in the 2003 Pan Am games with lightweight double partner Evan Jacobs—one more example of the stellar accomplishments of LWRC rowers. Speaking of which, John Alberti represented us with an outstanding performance at the C.R.A.S.H.-B. Indoor Rowing Championships in Boston last week.

If you’re intrigued by the wildlife surrounding us, check out what Dale Peschel has to say about local waterfowl!

Finally: Our members are typically very modest about their accomplishments. If you know of someone’s noteworthy feat, please send us a tip at lwrnewsletter@comcast.net.

—Roberta Scholz

Cody Jenkins

Cody Jenkins moved with his family to the Puget Sound area from Ohio in 1997 and eventually settled in on Bainbridge Island. In high school, after trying



Cody and Amanda

out several sports including lacrosse, he became interested in swimming. He took to it like—well, you know!—and placed second in the state championships in the 400-meter freestyle relay. He continued swimming competitively while attending Bates College in Maine, where he majored in biology and minored in Spanish and education.

As a junior, he took on crew as his second varsity sport. His novice coxed four won the New England Championships and finished second at ECACs (Eastern College Athletic Championships). As a senior, Cody rowed in the first varsity boat at Head of the Charles.

Cody's first job out of college was as swim coach and substitute teacher at Eastside Catholic. Now he works as a lab tech at the UW's Fuller Lab, which studies vaccines for HIV and influenza. He previously interned at NOAA's research facility and at Seattle Genetics last summer ("a wonderful opportunity").

He joined us last fall after moving to Fremont and now recalls, "I could not have been more excited to join LWRC!". Because he works mostly in the evenings, he is able to row most mornings. Currently, Cody rows

New Shoes on the Dock

with Theresa's sculling group, Bill and John's sculling group, and the OGs. Whew!

Cody further states: "After joining LWRC, I am amazed at the breadth and depth of rowing knowledge of everyone at the club—coaches and rowers alike. It is so inspiring to be around so many people who love rowing. LWRC for me has offered an environment filled with camaraderie and fun, but also an opportunity to compete in regattas, which I am very excited about."

He comes with a genetic tendency toward long-term athletics. His grandfather, George Roudebush, turned 90 last May and is currently ranked first in the world among masters athletes for the high jump, hurdles, steeplechase, and hammer throw; he also holds four titles in swimming and was named Ohio's MVP track and field athlete at last year's Masters National Championships. Cody says: "He is an incredibly focused athlete, and I could not be more proud of him. My long-term goal is to be able to compete like him. I have enormous respect for athletes who are able to continue to be active as they age."



—Joani Harr

From the President: A Note from KC

It's a new year!

I'd like to thank Marcie Sillman, our outgoing president, for her leadership throughout 2015. With her knowledge of club business, we were able to get a good start to position the club for the future. Marcie will chair the Endowment Committee in 2016, helping us with the visioning necessary to move forward. We plan to consider how to generate additional sources of income to offset future increases in our land lease and to steward our existing LWRC endowments. We welcome members to participate in this process, especially if you have professional skills in real estate, finances, and the law.

Good news

In 2015, we focused on our finances and were able to save a significant amount of money. We will place a large chunk of those savings in an operating reserve fund; the rest will be spread among our other funds—equipment, building, and general. Treasurer Janet Walker presented the details at the recent annual meeting. (Feel free to request a copy if you weren't able to make the meeting.) These savings were realized in part by

fully implementing MindBody, our online scheduler which also functions as a sales and membership database. Developing these reliable, easy systems and training our staff to use them will help us stay on track in the future and simplify transactions. Special thanks to Cindy Anderson for volunteering her time to assist with the bookkeeping!

What's in store for 2016?

The new board of directors met in early February to plan and budget for the coming year. Our primary focus is to support our rowing activities. Amy Hildebrandt was hired to oversee member services and can help you navigate MindBody, explain our programs, and lead you in the right direction to discuss a particular issue. We plan to hire a bookkeeper in the near future.

The coaching staff, made up in part by volunteers, will continue offering technical and conditioning opportunities for all members. We are experimenting with Learn to Row classes, offering fewer and focusing on quality. We are building our junior program and a competitive women's team. Additionally, we will continue to enable everyone to be as independent as



possible by creating and communicating clear guidelines and schedules for equipment use! The club continues to need volunteers to actualize our full potential. Help us by volunteering your time in any way you can! Also, feel free to join us at any board meeting or share your thoughts, concerns, and visions for our club. Stay in touch! Visit our website and Facebook pages. Read the eBulletin, the "hard copy" bulletin boards and this great newsletter.

I look forward to a year of cooperation!

—*KC Dietz*

Pass the Word

Has an LWRC member done something worth recognizing, on or off the water? Help us share the news! lwrnewsletter@comcast.net.

Our Path to the Pan Am Games

“...people were picking us as the favored boat...”



Tyler Peterson

LWRC's own Tyler Peterson and Evan Jacobs consistently set the bar high. Here, Tyler describes their journey to the trials for the 2003 Pan Am Games.

It all began in the summer of 1998 at the elite USRowing championships in Indianapolis. Evan and I met there by chance as we both raced for our respective clubs: he for LWRC, and I for Humboldt. Fast-forward to the summer of 2000: I made my way up to Seattle to join my then-girlfriend (now my wife) and continue my training at LWRC. Evan and I began training together, rowing a double to race at Nationals and Canadian Henley in the summer of 2001. After moderate success that summer, we made the decision to commit all our efforts to making the U.S. National Team in the lightweight double.

The summer of 2003 was a busy one for elite rowing: it was the year of the Pan Am Games and the year before the Olympics. We were presented with several opportunities for various paths to the national team, but we figured our best chance for victory was at the Pan Am trials to be held in late June on Eagle Creek in Indianapolis. Training had been going well, we were pulling the fastest erg times of our careers, and we had just taken delivery of an incredible new Pocock double (now the *Silk Purse*).

Evan drove the boat cross-country, and I flew out. We arrived a few days prior to racing to get a feel for the course and acclimate ourselves to the weather—humid and in the mid-80s. We stayed with some old family friends of my wife in a nice home about 20 minutes from the race course. Let me say that for us to get to the point we were at in our rowing careers, it took the help of countless family mem-

bers and friends—including many of our LWRC members. It is impossible for anyone to achieve success in this sport without help on many levels.

After one of our pre-race shakedown rows, I remember a conversation with a few friends of ours who were rowing in different events. I recall them saying that people were picking us as the favored boat and we should do well. We knew we had the potential to win this race, but there's something different when you hear it from your contemporaries rather than from your mom!

Racing began for us on Saturday with heats. The winner of the heats would go straight to the best-two-out-of-three finals and have a day off, while everyone else would race in the repêchage the next day. Here is the recap of the first day of racing for our event, as posted on Row2k:

The second heat of the lightweight men's double sculls was considerably faster than the first, as Lake Washington Rowing Club's Tyler Peterson and Evan Jacobs clocked a 6:39:12 to finish more than seven seconds ahead of Undine's A boat of Greg Kaplan and Tom Sullivan. Undine's B boat of Jon D'Alba and Sean Maloney stroked a 6:47:10 to win heat one, joining Peterson and Jacobs in Monday's first final. Kaplan and Sullivan, along with the crews from Ann Arbor Rowing Club, Cincinnati Rowing Club, and the unaffiliated duo of Tamas Toro and Evan Gibson, advanced to tomorrow morning's repêchage.

The rest of the racing will be detailed in the next issue of this newsletter—stay tuned!

—Tyler Peterson

ERGO MANIA 2016

*“...the Open
Hour of
Power...just
as tough as it
sounds.”*



When I started rowing in 1964, it was called Sand Point Naval Air Station, and a row up Lake Washington was often serenaded by the deafening roar of a flight of Douglas A-1H (“Spad”) Skyraiders, their Curtiss-Wright R-3350 radial engines spewing long tongues of flame easily visible on a bright day. Now it is named Magnuson Park, but the building is still Hangar 30.

As I walked in, Ergomania (Northwest Indoor Rowing Championships) was under way. Leslie Zavisca and Evan Jacobs toiled away through the Open Hour of Power—which is just as tough as it sounds. Each won a fourth-place finish in their respective women’s and men’s divisions (no

age divisions) on a day that would see a new women’s world record. As I warmed up, Bill Pitlick—my long-time friend, teammate, and arch-nemesis in matters ergometer ever since those days of wooden shells and piston-

engine war birds—walked in. He and Dale Peschel would row with me in the 70–74 Division. While Dale won the lightweight division, Bill and I duked it out as heavyweights.

It was not our first match. But this time, I was lucky enough to finish first in 07:14.1, beating the C.R.A.S.H.-B. qualifying time by 16.5 seconds, so was offered a free trip to Boston for C.R.A.S.H.-B. Worlds on February 26, courtesy of

Concept 2. Having never had this opportunity, I accepted.

It is truly an honor to compete with and among the best, and C.R.A.S.H.-B. Worlds provided an amazing opportunity to do that. Among 2300+ competitors from around the world, I met people I had only read about: the Dreissigacker brothers, who founded Concept 2; Carrie Graves of “Red Rose Crew” fame, who won the W 60–64 (7:39.6); hot-shot qualifiers in my own division (M 70–74). An older gent warmed up, his walker parked behind his erg: he would go on to post a new world record in M 95–99. (OK, he only had to finish.)

Among masters, there’s a wholesome generational trend of increasing numbers of athletes who have stayed in shape for years, maintaining outstanding fitness to surprisingly ripe ages. This is surely an encouraging step forward for mankind, but not necessarily for every man.

I posted a 7:12.4 2K, 1.7 seconds off my qualifying time. Last year, that would have earned second place in M 70–74, and first or second place in each of the preceding seven years or more. In the inflated athletic currency of 2016, it fetched only fifth place behind a new world record and three present and former world-record holders.

<http://www.concept2.com/indoor-rowers/racing/world-irc/2016/results/15>

That left it up to Shannon McIntyre to plunder some precious metal for LWRC in the form of a silver medal (her third straight) in Lightweight W (50–54) in 07:42.7. Brava!
<http://www.concept2.com/indoor-rowers/racing/world-irc/2016/results/21/>

—John Alberti

Volunteers Welcome!

Year after year, Lake Washington Rowing Club thrives because the members perform volunteer activities that keep the club going. This means that paid staff can be kept to a minimum. Volunteering also provides an excellent opportunity to meet fellow club members. Each of us is expected to contribute at least 10 hours per year, but many members put in more than that amount *per month*.

Over the years, several members have been recognized as “Volunteer of the Year,” their names engraved on an oar hanging in the boat bay. Congratulations to **Melissa Hayes**, the 2015 Volunteer of the Year! Melissa was instrumental in organizing, maintaining, and streamlining our fleet of launches, the boathouse, and the boatyard. She handled the purchase of life jackets to allow us to take out people who haven’t completed a float test. Without her care and concern, we would not have been able to run our programs and classes so successfully. To top it off, she set the bar high in communicating respectfully with members and tried hard to give everyone what they needed when they needed it. We are fortunate to have



John Robinson and Melissa Hayes

her support. Thank you, Melissa!

The newly elected board is now looking for ways to engage more members in volunteer activities. In addition to requesting individual participation for the activities listed below, we’re considering forming volunteer teams. As with the Sow’s Ear Boatworks crew, these

teams would take on activities such as staging club events, moving launches in and out of the water, caring for the landscaping, or planning new club rowing programs. Members are needed to lead and participate on these teams. Please contact board@lakewashingtonrowing.com to volunteer or to comment.



—*Marilynn Goo*

Ongoing Needs

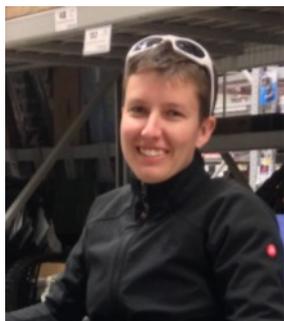
UW Regatta Operations Once again, the UW has asked us to provide regatta support this year and offers compensation of \$1,000 per regatta. The four regattas are:

Class Day	March 26
Husky Open	April 2
UW/WSU/OSU	April 9
Opening Day	May 7

If you want to experience high-level college rowing up close, this is the way to see it. Please contact Dave Rutherford at djrford@comcast.net to sign on. [\(continued on page 9\)](#)

Regatta News: Time to Race!

We are excited for the 2016 racing season, and plans have already begun for Opening Day and the Green Lake Spring Regatta. The club will be sending a trailer to the Green Lake Spring Regatta (March 19),



Lake Stevens Spring Regatta (April 9–10), NW Masters Regionals (June 24–26), and the Green Lake Summer Extravaganza (August 6). Depending on interest, we may also send a trailer to the Cascadia Masters Championship Regatta (July 16–17 in Burnaby, B.C.) and Head/Tail of the Gorge (October 22–23 in Victoria, B.C.). Please contact club captains Alex Parkman and Melissa Hayes for more information.



Equipment

We're pleased to continue supporting club interests with regard to equipment needs and storage. Please contact us regarding equipment questions, needs, or private boat and private oar racks.

—Melissa Hayes (coxswain01@gmail.com)

—Alex Parkman (alex.parkman@gmail.com)

Volunteers Welcome, *continued from page 8*

Learn to Row (LTR) LTR classes begin in April and will run through at least September. Elizabeth Burke is planning some changes in format from previous years. Coaches and assistants are needed to help. Contact LearntoRow@lakewashingtonrowing.com.

Summer Rowing Race Camp Once again, LWRC will conduct the summer camp on Tuesdays and Thursdays from 6–8 p.m. and Saturdays from 8:30–10:30 a.m. The camp starts June 7 and ends with the Green Lake Summer Rowing Extravaganza on August 6. Camp volunteers are needed, both as coxswains and rowers. To help, please contact Melissa Hayes at coxswain01@gmail.com.

Head of the Lake LWRC has been conducting this regatta since 1982, and it gets more prestigious every year. Even though the event doesn't take place until November, some planning and marketing activities take place throughout the year. If you want to help with advance work, contact board@lakewashingtonrowing.com.

Development We need assistance in developing the next steps for building the LWRC 20/20 fund and the 2023 land fund. To help, please contact board@lakewashingtonrowing.com.

Say something about rowing or LWRC Submit a contribution or a story suggestion for a future newsletter to lwrnewsletter@comcast.net.

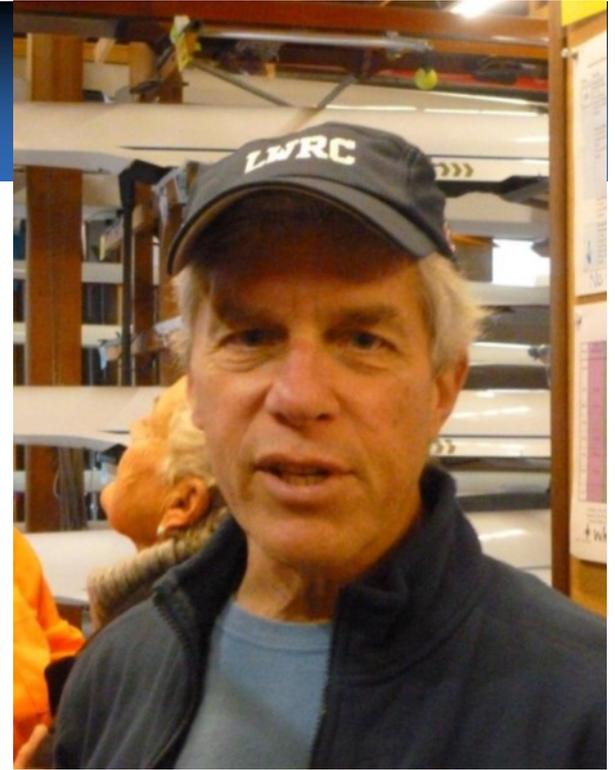
(Continued on page 13)

Check out our spring programs!

<http://lakewashingtonrowing.com/home/programs>

Coaches' Corner

What can the ergometer do for your technique—other than ruin it?



Weather and time permitting, always choose a boat ride over an erg workout. That said, you *can* squeeze technique benefits out of those C2 beasts. Move as if you were in a single; don't simply hammer out kilometers. A side-view mirror is a great help. Stay mentally active, constantly assessing your form.

- Don't use the foot straps; row feet-out, forcing yourself to stay in balance.
- Row with a loose, hooked-finger hold: no palm contact with handle.
- Utilize a straight ("set") lower back, sternum up, to maximize your catch reach. Extend your normal reach position by another inch or two.
- A glance in the mirror will tell you whether this long reach also creates a legs-first drive rather than a back-then-legs sequence.
- Check your shoulder and elbow positions as the hands reach the body.

To appreciate these last two points, try this experiment:

Tucked away in the north boat bay is an old (Model B?) erg with a scale attached to its handle. This machine will demonstrate your power advantage when using a legs-*before*-back drive sequence. Insert a stick or metal rod through the cage to prevent the wheel from turning, and then pull as hard as you can with your slide near the catch, the body *upright*. Have someone read the peak force on the scale display. Now repeat this measurement with the body *leaning well forward*, legs driving against a *set back*. Be sure you have thoroughly warmed up and that your spine is straight, not curved, for both positions.

In a similar experiment, compare the force developed at the end of the drive with the elbows wide (chicken-winged) versus with the elbows close to your sides, shoulders squeezing the handle to the body.

In both the back and the elbow experiments, expect a 25% power difference.

Fine-tuning your technique:

Many of us mistakenly consider our work done at the end of the drive. Using the mirror again, and a damper setting of 10, move your head slightly sternward *before* the hands reach the body. Feel this motion as bringing the body into fore-aft balance with a strong shoulder squeeze. (This is Frank Cunningham's counter-motion, currently taught as a follow-through.) Yes, you might look silly for a while. You should, however, return very quickly to that magic position mid-slide where the boat runs [*\(continued on page 13\)*](#)

Martha's Moms:

Gearing Up for a New Season

San Diego Crew Classic

Selection and training for the women's F eight started in January. Jan Chow, Page Crutcher, Susan Gulick, Diana Holman, Ann Kulesza, Elizabeth (Wispy) Runde, Barb Smith, and Julie Smith will represent the Moms in San Diego this spring.

New board members

The following officers were approved for 2016:

Captain	Elizabeth Runde
Past Captain	Susan Gulick
Secretary	Ann Vandor
Treasurer	Tory Laughlin Taylor
Regatta Coordinator	Connie Crosby

New coaching staff

New assistant coach Shane de Leuw, along with head coach Aidan Hennessy (profiled in the previous issue of Making Waves), completes the Moms' coaching staff. Currently a competitive masters coach and junior novice girls' coach at Sammamish Rowing Association, he comes from a family of rowers. His brother also coaches at Sammamish, his

mother rows for Sammamish, and his sister rowed for University of Washington. Shane's response when asked whether his mother had offered him any advice about coaching masters women:

My mother has not offered any direct coaching advice for masters women, but one lesson I learned from her early on is that it is always important to bring positive energy to the table.

I have come to learn that being positive and passionate is essential for boat speed. Because of this, positive energy has become one of the key characteristics that I bring to my teams and try to stimulate in my rowers and peers.

A senior majoring in public health at the University of Washington, Shane plans to apply to the Evans School of Public Policy and Governance within the next few years. He looks forward to bringing a health-oriented undergraduate experience to his graduate training. His hobbies are hiking, sailing, and yoga.

Shane is "very excited to get to know the

team and become a part of the community and power that the Moms embody."

New and returning members

The Moms welcome Christine Rossen, who joins us this year after participating in Mt. Baker's LTR.

The team also welcomes reinstated members Diana Holman, Celeste McDonell, and BJ Connolly.

After rowing with the Moms for two years, Diana took a leave of absence last year after starting a new job at Microsoft which involved travel. Diana formerly rowed for UW.

Celeste took a leave of absence in summer 2014 and now looks forward to being back on the water. Prior to rowing with the Moms, Celeste rowed for Green Lake Crew for over 10 years.

BJ joined the Moms in 2013, then took a break after Regionals last year to row the summer and fall with Sammamish Rowing Club. She rowed at UW for four years and has been a masters rower for over 25 years. BJ is excited to be back rowing with the Moms under coach Aidan.

—Kim Manderbach

Big Climb 30: March 20, 2016

“So even though the Big Climb is sold out, you don’t have to feel left out...”

In two weeks, 28 members of the Lake Washington Rowing Club Big Climb Team will join 5,972 other hardy souls to spiral our way up the 1,311 steps, 138 flights, 138 left turns, and 69 floors to the top of the Columbia Tower.

This will be my (and Team LWRC’s) tenth ascent. I blame Tyler Peterson entirely for this bizarre addiction. In 2007, I was a year out of chemo after a duel with diffuse large B-cell lymphoma and wanted to sponsor him in his annual Big Climb, a fundraiser for the Leukemia and Lymphoma Society. With my brain obviously addled by the six broadsides of R-CHOP that it had absorbed, I foolishly agreed to join him.

When I was a kid, a diagnosis of blood cancer was a sure death sentence. Nowadays, we do much better than that—but nowhere near well enough.

We lost Jeff Berkman in the fall of 2014 to complications of acute myeloid leukemia. In 2010, he was our team champion; now we remember and honor him—this is not how it was supposed to go.

We likewise remember and honor Jeannie Czesla’s, Darcy Greene’s, and Brooke Ike’s dads; Tyler Peterson’s uncle; Barb Smith’s husband, Jim; KC Dietz’s friend, Don; and many others claimed by blood cancers.

Current research into targeted therapies that train the immune system to attack cancer cells is already showing success without the toxicity of traditional chemo. This research is the pathway toward doing better, and supporting it is a fitting way to honor those we have lost.

So even though the Big Climb is sold out, you don’t have to feel left out or suffer from burning-quad/scorched-lung envy. We’re still looking for a few good sponsors, and we would be honored to have you support us here:

http://www.llswa.org/site/TR/Events/BigClimb?team_id=63015&pg=team&fr_id=1510

Or just Google “Big Climb Seattle.”



The LWRC Big Climb 2015 Team (as many as we could round up for a picture)

To sponsor the team, just click the “DONATE” button in the upper-right corner or the “DONATE NOW” button at the top center. Team donations are credited equally to

Big Climb, continued

Jeff Berkman on chemo



each team member.

To sponsor an individual, click on the person's name under "Roster" to go to the individual's website.

By the grace of God and rituximab, I have the good fortune to be able to do this and am thankful to the researchers and previous generations of fundraisers and their sponsors who made it possible. I am honored to join my teammates in this climb, and we are all grateful to you for sponsoring us.

—John Alberti
Team Captain

Ongoing Volunteer Opportunities, continued from page 9

Welcome Committee Take new and trial members out on a row, show them around the boathouse, and answer any questions. This is a great way to meet new members! Contact Joani Harr, welcome committee chair, at joaniharr@aol.com.

Boathouse Tours Prospective members often want a tour of the boathouse. To help, please contact board@lakewashingtonrowing.com.

Boat Bay Sweeping Help sweep out the three boat bays on the first Saturday of every month. Group assignments are posted above the log book, but anyone is welcome at any time. It's a great way to meet fellow members.



Designer's Note: *Making Waves* is designed to be read on-screen. It can be printed out on letter-size paper, but to save trees, it has been laid out in monitor-proportions (landscape format), the text size is large, and underlined links are live. Use the [full-screen setting](#) in Adobe Acrobat Reader for the most legible view.

—Suze Woolf

Coaches' Corner, continued from page 10

most freely. Most importantly, do not allow the hands to pause even briefly at the body.

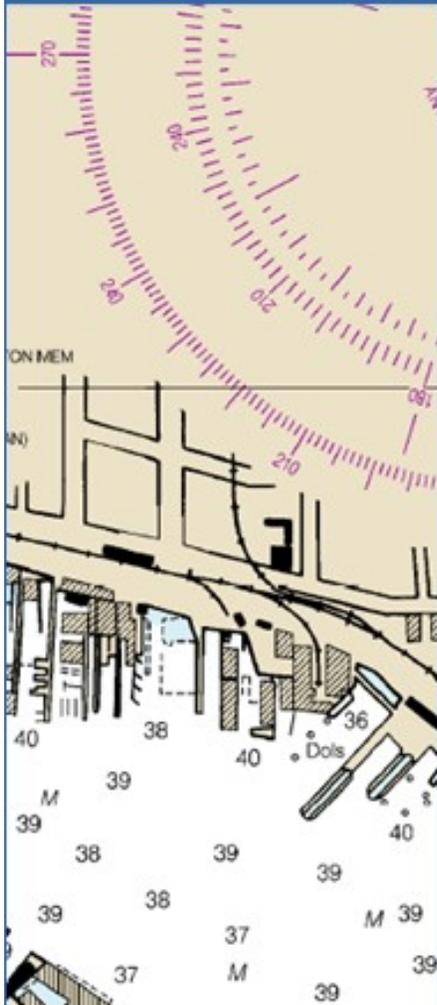
As a bonus, experience a few sculler's catches on the erg by rotating the handle about 60 degrees so that the ring where the chain attaches is pointing somewhat upward. A quick stab of the legs at the catch will spin the handle in your hands, simulating what the water does when the blade enters optimally. Allow your fingers to react by curling around the handle as it turns. Wrists remain flat.

Finally, the newer ergs that display the acceleration curve are great for trying to move that power spike closer and closer to the start of the stroke. You can never pull too hard or too quickly.

Now, get off that machine and into a single, just as your mama said!

—Hugh Lade

Water Safety



Safety Scenario: What do you do if you're on the water, hit a submerged log, and realize that your hull is taking on water?

If you have a phone with you (this is an AMAZING and potentially lifesaving tool and can be safely secured in a waterproof pouch), call Harbor Patrol at 206-684-4071. Although they may need some guidance about what to do with your boat, they will be able to make sure YOU get out of the water safely and receive medical treatment if necessary.

If you don't have a phone with you, try to row to the nearest extraction point *even if that is not your home boathouse*. Yes, it will be an inconvenience if you have to leave your boat or if you have to walk back to your car, but remember: the goal is to get YOU to shore safely. A boat that's taking on water is not going to be safe for long, especially when the weather is cold and you are wet.

Primary Extraction Points

Ship Canal

- Lake Washington Rowing Club
- Seattle Pacific University dock
- Seattle Rowing Center (just east of the Ballard Bridge)

Union Bay

- Old Conibear (brown building at eastern entrance to Montlake Cut)

- UW Conibear Shellhouse

Lake Union

- Lake Union Crew
- "Old" LWRC boathouse (Garfield Street, at southeastern end of the lake)
- College Club
- Pocock Rowing Center

But you can also "dock" along a shallow shore, such as at Gas Works Park or Magnuson Park —though hopefully you aren't rowing out to Magnuson by yourself without a phone.

If you spend time rowing alone, it's a smart safety plan to carry a phone in a waterproof pouch. You can clip it to the rigger or foot stretcher with a carabiner so that if you flip, the phone stays with the boat.

—Courtesy of Pocock Rowing Center

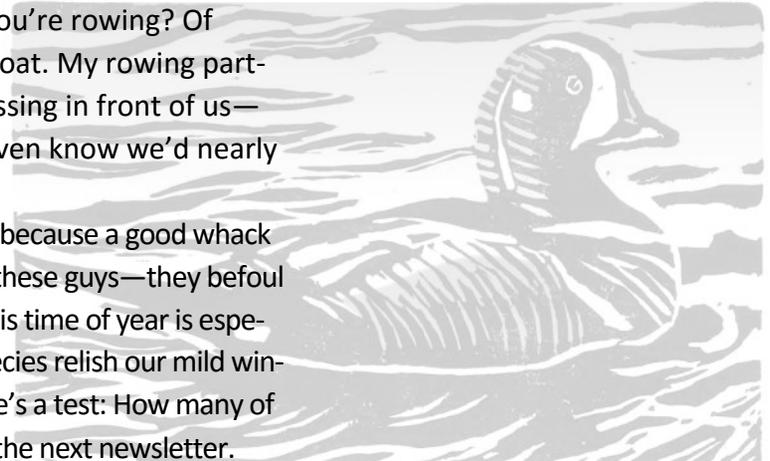
Wonderful Copenhagen

This year's FISA World Masters Rowing Championships will be held in Copenhagen, Denmark, September 8 – 11. FISA especially wishes to encourage older masters rowers to participate and is organizing multinational crews in older age categories. For more information, contact Art Wright at artwright79@gmail.com. Also check out <http://www.worldrowing.com/news/calling-all-octogenarian-masters-rowers>.

Habitat: Local Waterfowl

Okay, rowers. How much do you look around when you're rowing? Of course, you don't want to run into a piling or a tugboat. My rowing partner and I once ran into a fishing boat that was quietly crossing in front of us—the collision broke our nose, and the fishing boat didn't even know we'd nearly sunk him.

Likewise, most of us don't want to run into a Canada goose, because a good whack with an oar might even flip you in a single or a pair. We know these guys—they befoul our dock. But how many of their cousins do you recognize? This time of year is especially rich with waterfowl and aquatic birds, because many species relish our mild winters and calm waters in Lake Union and the Ship Canal. So here's a test: How many of the following birds can you identify? You'll get the answers in the next newsletter.



These two might be easy to confuse, but look into the eyes of the guy on the right—they're *golden*.



Both these guys fly underwater. The one on the left is floating comfortably, but when you look again, he's gone—fishing! He's likely to be *western*, but he also could be *horned*, *eared*, or *red-necked*! When not fishing, the guy on

the right likes to hang out in the trees along the Ship Canal. He's probably *double-crested* but might be *pelagic*, which means "open-water."



These guys are cousins, sharing a last name, but one is more *common* than the other. The one on the right could be a monk—he's *hooded*!



If you like duck confit, one of these guys is excellent; the other tastes like mud, hence his nickname. Some rowers go

Habitat:
Local
Waterfowl,
continued

by the same official name as the guy on the right, usually preceded by “old.”



The guy on the left is now found in big flocks in the Ship Canal. Sometimes he’s *lesser*, and sometimes he’s *greater*. Can you tell the difference? The guys on the right are more likely to be found in salt water, and they have bright red feet! But you definitely won’t find them in parks like their named cousins.



This guy is in a class of his own. He flies along the Ship Canal, shrieking his presence. He’s a good fisherman; in fact, he’s the *king* and he’s either *belted* or *ringed*!

These wonderful birds accompany us when we row, so have a look around. Maybe you can spot some more that aren’t pictured above. If so, let us know!

—Dale Peschel

