



Making Waves

The LWRC
Quarterly
Newsletter

Vol. 6, No. 2
June 2020

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Our New Normal?

It's Good to Be on the Water Again!

I loved seeing 38 rowers today: 28 singles, five doubles—in 18 club boats, 15 private boats (plus a paddleboard!).

Thanks to all for practicing good social distancing, wearing masks, cleaning boats thoroughly, and launching and landing efficiently. And thanks to our monitors: Stella and Amy did a great job of shepherding us through the process.

Thanks also to all the reviewers who helped create a solid plan for reopening safely.

If you weren't there today, I hope you can join us soon. Here are some numbers:

- ▶ The week of May 12–16, over 170 club and private boats launched from LWRC.
- ▶ We have capacity for 300 launches a week, using 30 different time slots on five different days.
- ▶ The most popular times to launch are 6 and 6:30 a.m.
- ▶ Thirty-eight club members have been out in their own boats.
- ▶ Seventy-one members used their own oars to help reduce sharing of equipment.



Above: Well-spaced slings and members awaiting their rowing slots (Janet Walker photo)

Below: Cleaning the boat (Karin Rogers photo)



“In all activities, follow an established protocol to keep our community safe!”

LWRC Accepting experienced 1x rowers as new members

- Can you row a single?
- Can you pass a flip test?
- Can you back, stop, and turn a boat with proficiency?
- If you answer yes to all these questions, we would love to have you join our club!

<https://www.lakewashingtonrowing.com/membership>

LWRC's COVID-19 Protocol

It's safe and simple and aligns with state guidelines. In all activities, follow an established protocol and listen to the professionals!

- **Hygiene:** Wash your hands often; wash and disinfect all equipment, both club and private.
- **Distancing:** Limit number of rowers through appointment system (10 every 30 minutes); wait in line six feet apart to enter boat bays. Only two people per bay at a time, only six people on the dock. Monitor sits in separate space.
- **Self-screening:** Do I have any COVID-19 symptoms or live with someone who does? Have I come into contact with anyone who tested positive for COVID-19? If yes, I will stay home.
- **Masks:** Wear masks on the apron, in the boathouse, and at the dock to keep our teammates and staff safe.
- **Cultural awareness:** Use gentle reminders to ourselves and teammates to adhere to the rules. It is easy to lapse, since this is all new. We need to help keep our community safe.

—Janet Walker



Above:
LWRC
Protocol
(Karin
Rogers
photo)
Left: Bat-
man is
back, too!
(Janet
Walker
photo)

President's Message

What a Long, Strange Trip It's Been ...

And still is! I'm writing you today from my quarantined perch in the San Juan Islands. I'm privileged to escape to a rural environment to wait and watch the lethal virus's path unfold. Like you, my emotions are wavering: fear, anger, denial, sadness, grief, and vulnerability. What can I do to help from here?

Well, I'm here to tell you that we've all been doing exactly what needs to be done to save lives. Stay put and help or donate where needed. Adjusting to these added precautions, day after day, is difficult for all of us. We are a healthy population of individuals, but we can still do our part to decrease the spread of COVID-19.

The LWRC Board of Directors has followed our state government's lead and kept our rowing club closed. You may not agree with this path, but the leaders in Olympia and statewide are carefully considering their next move. This is a game no one has played before. Recently we were given permission to open, in a limited fashion, so we have—for

singles and doubles only.

We are lucky to own so many small boats for club members to row. Other clubs, more sweep-focused, do not have this luxury. We are also blessed to have storage space for private boats. We will be able to serve most of our members during this limited reopening time.

I hope you take advantage of these opportunities and follow the new operating procedures. We are so grateful that you continue to pay dues and boat-storage fees. I can't wait until we can lift more restrictions and open the entire boathouse. It may still be a while. Meanwhile, stay safe. Spread love to yourself and to others.

On behalf of the LWRC Board of Directors, thank you for your life-saving behavior and patience.

—KC (KC Dietz, LWRC President)



Board Update: Spring/ Summer 2020

Your Board of Directors has devoted much time and energy toward coping with the COVID-19 crisis over the past few months. Our goal continues to be ensuring the safety and welfare of our members, including safeguarding our fiscal security.

Spring/Summer 2020 Focus Areas

- ▶ Continued focus on developing plans to safely reopen our facilities amidst COVID-19 recovery
- ▶ Evaluation of upcoming summer and fall regatta and club event schedules based on evolving COVID-19 situation
- ▶ Revisiting 2020 plans for developing rowing programs and membership base

As always, the Board welcomes all members to join our monthly meetings. Please contact Gavin Gregory, LWRC Secretary, with any questions (ggregory@gmail.com).

—Gavin Gregory



Editor's Note

Three months ago, none of us had any inkling as to how the following weeks would play out. The pandemic affects each of us differently, but as rowers we all share a common loss: time on the water and the emotional peace that comes with it.

In these pages, **Rachel Wong** and **Stella Willoughby** share their insights and offer ways to cope with the physical and mental challenges that isolation and deprivation from the normal can bring. We also take you to new rowing experiences in Amsterdam (**Rachel Alexander**) and on Whidbey Island (**Ellen Alexander**) plus bygone moments at England's traditional Oxford-Cambridge Boat Race. Nearer to home, read about close encounters on the Ship Canal (**Dennis Williams**) and about activity at the historic ASUW Shell House on the Montlake Cut.

Earlier this year, LWRC lost a pillar of our community. **Steve Suor** left his mark in many ways, and we will miss him deeply.

—**Roberta Scholz**



Letters to the Editor

Many LWRC alumni receive a copy of Making Waves. Recently, several of them responded:

Thanks so much for sending me a copy of *Making Waves*. I had not seen it before. Extremely professional and nicely laid out, and lots of fun to read. I even recognized a few names (Hi, **Marilynn Goo**)!

It's been a lot of years since I rowed, but for about 20 years rowing was the center of my life. I did sweep with Martha's Moms, starting with that group's inception, and helped convince them to go to LWRC when they lost their place at the Lakeside boathouse. At the same time, I was sculling at LWRC long before there was a fancy boathouse. I remember when we felt fortunate to get a large warehouse space just west of the current boathouse; we spent many hours building racks and outfitting the space.

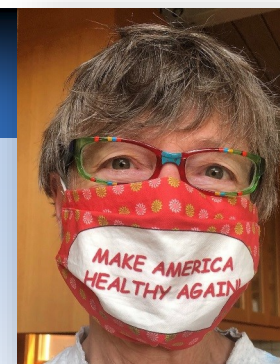
Frank Cunningham and the early Sunday morning rows for scullers are some of my fondest memories of LWRC, but I also remember the wonderful comradeship of the members. Wonderful years. Thanks again for bringing them back. —**Lou D.**

Thanks for sending news to this alum! Excellent reading!!! —**Ellen A.**

Thank you for forwarding this so very interesting newsletter! Lots of memories are coming back, as well as member name recognition. Loved the pictures of rowing in the canal—what a challenge that is, either for a coxswain commanding a four or eight, or as a single rower! —**Annemarie K.**

Designer's Note

Making Waves is meant to be read on-screen. You can print it on letter-size paper at 94% , but it is laid out in monitor proportions (landscape), text is large, and underlined links are live. Use the full-screen setting in Adobe Acrobat Reader for the most legible view.



Harbor Patrol 206-684-4071

Also posted on the bulletin board in the boathouse.



Beer and Rowing

Rachel Alexander describes the vagaries of planning for major regattas

Looking ahead

Earlier this year, I was slated to head to Amsterdam for the 2020 Heineken Regatta on March 14–15. In my group of nine women from all over the U.S., all but one of us were first-timers to this regatta.

The Heineken Regatta (“Heineken Roeyvierkamp”) celebrated its 40th anniversary this year and has a unique format. The two days of racing take place on the Amstel River. Only eights and coxed fours are allowed; categories are senior, lightweight, junior, and masters. Four distances are rowed (except for the masters, who have just three): 250, 750, 2,500, and 5,000 meters. On Saturday, we would race 2,500 meters followed by 250; on Sunday it would be 5,000 meters. (On Sunday, the other boat classes would race 750 meters as well.) Each boat’s finish in each event earns points, and winners are determined accordingly. Each race has limited entries.

On Saturday night, there’s the very popular International Party with plenty of—yes—Heineken beer! Even though the weather is always a bit “tricky” (the regatta has been canceled due to weather before), this is an immensely popular regatta.

We had a terrific lineup of experienced rowers, all with international racing experience. Most of us had rowed to-



(Rachel Alexander photo)

gether multiple times over the past years, even past decades. Once we had our entry accepted, Helen Frykmann (who rows with Long Beach Rowing Association) decided to organize our own “Heineken Race Camp” in early February.

Given the regatta dates, we all know how this story ends. Obviously, an incredible amount of planning and preparation is required to travel to any regatta—let alone one in another country. There are flight and hotel reservations to make, (good) equipment to rent, finding caregivers (for some, a dog-sitter), and so forth. We even ordered vests (now collector’s items) to wear. In the end, all our fixed plans had to be changed and/or canceled.

Just for fun, I put together a timeline of how our planning started and progressed for six months—to its abrupt end.



Prize-winning Valentine's Day costume at "Camp Heineken" in Long Beach, California

"We are all still game to go."

► **September 2019** Email went out to a group of us—did we want to row the Heineken Regatta next March? A unanimous "Yes." Entry submitted October 1.

► **November 2019** Entry confirmed! Hotel reservations made, dinner party reservations made, International Party reservations made, flights scheduled, etc.

► **Feb 1-2, 2020** Everyone flies in for "Camp Heineken" in warm, sunny California! Saturday-morning practice with coaching, head race on Sunday morning—one of the Long Beach Bay Series races. Valentine's Day theme and costume contest. We win! Our boat rowed great together, posted a terrific time. We are psyched!

► **February 24** Coronavirus starts to appear in the US. Unnecessary travel to Europe shut down or limited by most companies. Starting to worry about the regatta.

► **March 3** After more discussion, we decide to table everything and have a group discussion on Friday regarding how we all feel about still going.

► **Friday, March 6** Although some of us have concerns, we are all still game to go. However, our coxswain is now required to stay behind for work-related reasons. (We find a substitute cox the next day).

► **Monday, March 9** One rower drops out with a bad

cold; doesn't think she should risk flying or racing. We scramble to find a substitute who is the right age.

► **Tuesday morning, March 10** We still haven't found a sub. Mainly trying to find a rower who lives in Europe. Concerned! We are all flying out the next day.

► **Tuesday afternoon** Helen, our team captain, learns that the International Party has been canceled; no guarantee regatta will still be held.

► **Later Tuesday afternoon** We decide NOT to go. Pull the plug. We don't have a substitute rower yet, and we are really concerned that the regatta will ultimately be canceled. We are all sad and disappointed.

Looking back

Early Wednesday evening, flights to Europe were canceled. Regatta was canceled. One of our teammates left from the East Coast for Amsterdam that day with her husband—his boat had not yet canceled. She had found herself a coxed four to race with. While in the air, they learned that all future flights to Europe were being halted and that the regatta had been canceled. They landed in Amsterdam and never left the airport. After an exhausting 36 hours, they finally made it back home but then had to self-quarantine for 14 days!

Obviously, we made the right decision. And, not to be deterred, we are all committed to racing next year. Here's to Heineken 2021!

—Rachel Alexander

***“We wade in-
to numbingly
cold water in
February,
March, and
November.”***

Whidbey Rowing

The history of rowing on Whidbey Island goes back to the native Americans who camped, fished, and clammed on its shores. This rich heritage is celebrated in May, when tribes from all over the Northwest join up for the Coupeville Water Festival’s canoe regatta.

Coupeville was also the site of Whidbey Island’s first rowing club. A memento – a 1950s-era Pocock shell – still hangs from the ceiling of Toby’s Tavern, the dive bar that served as the unofficial headquarters for Whidbey Island Rowing

Club. When the club disbanded in 1997, a new group took over the assets – three singles – and moved

them about 20 miles south to Freeland.

Island Rowing is a small, diverse club dedicated to sculling. According to club founder and team captain **Carl Fjelsted**, “Some of our members rowed competitively in college and high school. Some participated in other masters programs before moving to Whidbey. Others took up the sport after a learn-to-row with Island Rowing. We have members who row for recreation, as well as avid competitors and experienced volunteer coaches. What we share is a love of the sport and a commitment to rowing in our community.” In 2019, members ranged in age from 28 to 76.

The club has built a fleet of 14 shells through purchase, partnerships and donations. With no boathouse, the working shells and oars reside on the racks of the club’s trailer, which is parked on Fjelsted’s farm. The boats are



moved to nearby Freeland Park on Holmes Harbor for practices. The crew unloads, rigs, and launches from the public beach and helps hose everything down back at the farm after practice.

One advantage of mobile storage is that if the winds are not favorable on Holmes Harbor, the club can move practices to a

*Above: Penn
Cove Water
Festival
Left: Holmes
Harbor: Is-
land Rowing
Association
Family Row;
Below:
Learn-to-
Row*



Whidbey Rowing, continued



protected freshwater lake or to a bay on the other side of the island. The rule is: “Always check the website before you take off for practice.” Another advantage is low overhead. Dues were \$25 a year back in the early days of the club, but because of increased insurance costs, annual dues are now \$150.

Even with transportation, the club is at the mercy of the elements. Fjelsted says, “We waded into numbingly cold water to practice in February, March, and November. We don’t row in the dark. Personal flotation devices are required. We avoid practices during low tides. The biggest weather issue is wind and waves on the open water, so the rule is no rowing with whitecaps.”

In a usual year, by April the water temperature is reasonable enough for group and individual learn-to-row sessions. Practices are enlivened — or interrupted — by curious seals, floating timber, and recreational crab pots. It’s a far cry from the conveniences of Lake Washington Rowing

Club, but it’s a great place to row in the footsteps of history, in the splendor of nature, in a collegial group.

If you are on Whidbey, you can arrange a drop-in session, space permitting. Practice schedule and signup information is at www.islandrowing.org.

—Ellen Alexander

Ellen Alexander was a member of Lake Washington Rowing Club and Martha’s Moms from 2000 – 2011. Then she moved to Whidbey Island and joined Island Rowing Association. She is now serving as club president and notes 2020 has not been a “usual year”.



Above: Work party on the farm

Left: Wading in from the beach

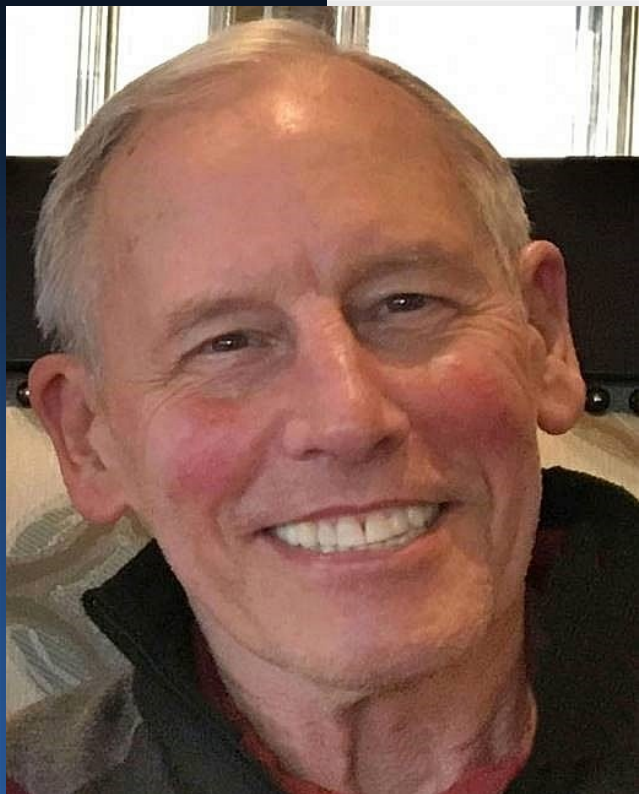
(All photos Ellen Alexander, except where noted)

*Below: Curious harbor seal in Holmes Harbor
(Florian Graner photo)*



April 17, 1940 —
March 23, 2020

In Memoriam: Stephen James Suor



Long-time club member **Steve Suor** died recently after a long illness. He will be remembered by many of us for his beautiful smile and friendly demeanor.

Steve joined LWRC in 1995 and left his mark on the club, especially when it came to the boathouse. He was instrumental in its construction, he spent many hours maintaining it, and he loved working on our boats. Steve had degrees in chemistry and wood sciences, so he understood wood. He was also a fierce competitor. Below, several of our members remember him with respect and affection.

In many ways, Steve set an example for all of us. **Susan Kinne** speaks fondly of her years of friendship with her long-time double partner: "Steve was not just the boathouse and boat life-line; he was a rower and racer as well. He started rowing sweep

with a bunch of guys at SYC and, like a number of them, moved over to LWRC in the mid-1990s. He took up sculling with enthusiasm and eventually had Pocock build him a single, which his wife Judy has donated to the club. When you row *Intrepid*, think of Steve.

"Steve and I raced a double together, including at Masters Nationals. He had a favorite phrase—"down a half," meaning take the rate down just a tiny bit by improving the ratio. It worked, and I still use it with gratitude. We shared the same birthday, so every April 17 we took our Birthday Row, a tradition that ended only when he entered assisted living."

Nancy Egaas recalls Steve's precise instructions to her and Susan as they worked together applying stain to the woodwork in the upstairs meeting room: "Steve was a perfectionist, very precise. He insisted on using the appropriate tools for the job, and he made sure that I stirred the stain before each application so that the pigment would be evenly distributed throughout the job. And his smile was absolutely amazing." Nancy also recalls that Steve and Judy bought a house on the Atlantic Coast that had been ravaged by a hurricane. They spent months renovating it for resale. Once again, he was meticulous in his work.



**Steve Suor,
continued**



and his wife, **Judy**, were rowing with SYC at that point, and Steve was involved with building stuff for them. He also built the first docks for the embryonic Sammamish Rowing Club.

“He became heavily involved with the construction of the LWRC boathouse and was one of the four or five folks that did all of the build-out of the second floor—including all the wood trim and paneling. He was always willing (and even eager) to be involved in any type of volunteer let’s-build-it project—be it for LWRC or otherwise. He owned every tool imaginable and was very skilled at using them. We became a sort of “dynamic duo” on several projects: putting the bumper boards along the edge of the dock, building and installing the platform under the end of the dock ramp, and—the latest—building the trophy case in the board room. If allowed, he could talk for hours about his professional specialty—glue.

“As a partner in the house in France that we shared with some other rowers, he patiently adjusted to the incredible differences in culture, construction materials,

Nelson Miller writes: “My first recollection of being around Steve was in 1993, when a group of rowers from Seattle Yacht Club and LWRC got together and rowed the length of the Thames river in 12 days: 140 miles and 40-plus locks to negotiate. Steve

and techniques as we remodeled that place. As usual when Steve and I worked together on any project, it was always a contest to see who could do the best job at whatever we were doing—thus taking an inordinate amount of time for the task involved.

“To me, Steve was much more than a rower. His continuous smile, generosity, and dedication will be missed. My definition of a friend is ‘someone who asks for your arm and you give it to them without asking why.’ I don’t have many friends. I have lost one of the best, and I will sorely miss him and that eternal smile—as will anybody who knew him and spent any time with him.”

John Alberti remembers how “Steve had a hand in just about every part of the boat house. It may not be widely known that he collaborated on the design of the hanging racks and laid out the pattern for the plywood pieces that cradle the boats, and he cut out every one of them. He also helped hang some of them.

“He was a talented rower and a determined competitor. Several years ago, he and I raced a double at Northwest Regionals. Our boat was too small and the waves too high, so we were halfway swamped by the time we got to the start. The last 500 meters we rowed submarine-style, with decks and blades continuously awash and every wave coming aboard in a cascade of green water. We didn’t win, but we kept pulling to the end and, by the grace of God and Pocock, didn’t drown either.”



*Nelson Miller and Steve
during Board Room ded-
ication in their names*



*Steve Suor,
continued*

**“He just
laughed and
took it all in
stride. He had
the patience
of Job.”**



Sue Nelson describes how “Steve represented the true volunteerism that makes LWRC the successful club that it is. Not only did he spend countless hours during boathouse construction painting, finishing woodwork, building the trophy case, and working on the hanging racks as John describes above; he participated in scheduled work parties over many years. He generously provided the professional paint job on the women’s sweep oars. And Steve was an important member of the dockmaster team directing traffic at Conibear during the Husky Classic, Opening Day, and Head of the Lake: he was my “gatekeeper” at the bottom of the drive, holding boats until we were ready to send them to an open slot on one of the docks.

“Besides his volunteer efforts, Steve was a member of ‘The Boys’—the elder statesmen that I had the pleasure of coxing for many years, sometimes in a big boat but most often in a four—**John Sack, Nelson Miller, Dave Hayworth,** and Steve. We had so much fun together, training several times per week and heading to Voula’s for breakfast after a good, long morning workout. We were a competitive boat at many regattas over the years.

“While it is sad to realize that we will never be graced with his smile and cheerful banter again, Steve will remain forever in our hearts and part of LWRC’s history. I look forward to raising a glass to Steve when we are able to honor him at his wake.”

Barbara Smith remembers her first meeting with Steve: “He was leading Ergomania at the Pocock Center. Several LWRC rowers had been

encouraged to participate, for which we expected to receive some funds for our anticipated new boathouse. Steve was exhorting the rower next to me to push harder. This irritated me, so I started to push harder and ended up with better results.

“Steve spent hours and hours working on finishing the boathouse and sanding and repainting oars. He took the Moms’ new oars to his home, where he applied auto paint (it’s still on some of the oars). Once, the oars came back looking a little orangeish, so he took them back and redid them. Later, when I purchased a somewhat scruffy single, we scraped and sanded it down. I was expecting it would soon be ready for a new deck, but Steve called to say, almost apologetically, that we’d have to do it over because the paint had fisheyed. So we sanded it down again. He took it to his home again and reapplied the paint on a warm, sunny day. Again I expected we’d soon be ready for the new deck, but I got a call saying that a swarm of little black bugs had landed in the paint and we’d have to redo it. Third time was a charm. The boat is still in our boathouse with, I believe, that last coat of paint. Steve never complained about all the do-overs—just laughed (at least on the outside) and took it all in stride. He had the patience of Job.

“His wife, Judy, likes to tell about the time in Boston, after racing was done, that the three of us slept in the same bed. Other rowers showed up unexpectedly, with nowhere to stay. I had volunteered to sleep on the floor, but at their insistence I crawled into bed. Judy slept in the middle, clutching her water bottle, while Steve and I

Steve Suor,
continued

“When we walked in, his face lit up and he had a monstrous smile.”

slept—no doubt sweating and snoring after our hard day of racing.

“It was Judy who suggested that Steve and I row a mixed double. I was always in the bow, trying to learn the LWRC style by watching him. He was a powerful rower. I’m told we rowed well together. It was lots of fun. Steve always had a smile and was generous, almost to a fault, with his time and considerable talent. Often I can see him in front of me, rowing stroke, as we enjoyed so many pleasurable rows in the *Scud*.”

Nelson Miller writes poignantly that he and his wife, **Margaret Berg**, visited Steve about two weeks before he died. “Judy warned us that he would be unresponsive. When we walked in, his face lit up and he had a monstrous smile. He asked, ‘How are you?’—the first sentence he had uttered in a year, Judy said. Tears ran down his cheeks. During our visit, I would tell him some of the stupid things I had been doing or that we had done together, and he would laugh. He understood everything I said but just couldn’t respond. Insidious disease.”

(Steve’s wife Judy states that although he was not Irish and did not drink, it was his wish to have an Irish wake. When conditions permit, she writes, his wish will be granted.)

We raise our glasses to Steve’s memory.

How Rowing Influences Behaviors

Three concepts rowing has taught me — and how I’m applying them during the quarantine



A quarantine is like preparing for a race. It takes a lot of fortitude, rest, and community to withstand it — *fortitude* to tackle the pain, *rest* to recover and recharge, and *community* to strengthen our bonds with each other.

Fortitude Only a handful of Olympic sports, among them rowing, are snug in the apex between strength and cardio in terms of energy output. Rowers must deadlift their body weight plus part of the boat and equipment with each stroke. The resulting pain at the start and at the sprint can cause our lungs to burn in the middle of the piece. As rowers we must manage and overcome it. This is fortitude: courage in the face of pain or adversity. The crew with the most fortitude generally wins.

I have learned how to harness fortitude not only in my sport, but also in other areas of life. During quarantine, our routines change, causing pain in the form of mental exhaustion, depression, or anxiety. We demonstrate fortitude by reaching out to one another, practicing self-care, and leaning in to the moments of joy. We recognize that pain is temporary and that the race will eventually end—and then we can rest.

Rest Both *inactive* rest and *active* rest play a part in recovery. Inactive rest includes both physical rest (naps or a full night’s sleep) and mental rest (meditation or tuning in to Netflix). With active rest, we are [continued on page 13](#)

How Rowing Influences Behaviors, continued from p. 12

still engaged, but at a lower energy level: paddling down after a race, a slow lap after a hard run, stretching after a weight session.

Both types of rest are crucial to succeeding on the water and in life. Currently, I'm taking care of myself both physically and mentally. With reduced work hours, I sleep in more, take rejuvenating walks while listening to a podcast, or catch up on a favorite show. Taking time to rest is as crucial during quarantine as it is during training—so we can stay focused on long-term goals and ambitions. Think of quarantine as a built-in nap for the long-term dreams of life!

Community Fostering community is vital in the rowing world! Our athleticism and our fat erg scores go only so far—until it becomes necessary to bond with our crew in order to race well. Rowers must engage with their teammates in honest, direct, and supportive ways, learning to set aside the little frustrations that crop up during practice.

Understanding and fostering community are equally important during social isolation. We can check on friends and family, via virtual happy hours and long phone calls; this helps us bond with each other. The people we invest time in are the ones we race with, on or off the water. It's important to know that the ones in your boat will be there for you, just as you are for them.

Elite-level rowing has taught me how to withstand hardship—and to do so with others I trust. Guided by our fortitude, recharged by rest, and lifted up by our community, we will be victorious!

—Stella Willoughby, LWRC Membership Services

Never a
Dull
Moment
on the Ship
Canal!

Rowing as a Spectator Sport

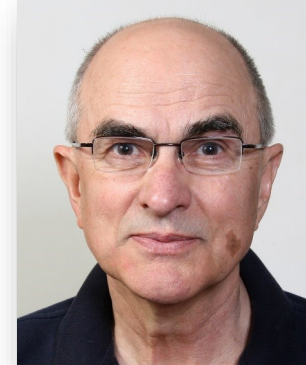
Returning from the Locks on a March morning, our double was forced to keep to the south edge of the Ship Canal due to two Seattle University eights and a coaching launch occupying well over half the width of the Canal. Of course, this circumstance and maneuver were quite familiar to us from previous encounters with University of Washington rowers. (I often joke, “They *own* the lake—it’s named for their school.”) Then the SU crews stopped where they were, awaiting some verbal abuse (read: coaching) while we continued on toward home.

It wasn't long before two UW eights and their coaches came past us westbound, heading directly for the SU eights and launch. “Well,” I thought, “this will be interesting to watch.” UW, of course, gives quarter to no boat (remember, they *own* the lake) and, true to form, they bore down on the SU boats. My double partner and I were making bets as to just what might happen. At first it appeared that UW planned to thread the eye of the needle and pass through the SU boats. But this game of chicken ended when both teams blinked: UW veered off to one side, and SU sheepishly moved their boats to the other. Collision avoided.

I would love to know what passed between the coaching launches during this encounter. But we were too far away to hear

On the water, always expect the unexpected.

—Dennis Williams



Training During Quarantine

Practical approaches to maintaining rowing fitness

As we emerge cautiously from quarantine and return to the boathouse, we face the difficult task of determining how to train while still keeping ourselves and our teammates safe. With all major regattas canceled through the summer, competitive opportunities will be all but eliminated until fall at the earliest. As rowers, where do we go from here, and what is our new reality in the age of COVID-19?

The problem One of the major consequences of the pandemic that many rowers struggle with right now is the loss of competitive drive. For many of us, our training plans and goals center around the peak of the competitive season, whether that's Masters Regionals in June, Head of the Charles in October, or anything in between. Many masters rowers who were not already competing were training with the intention to get fit enough and skilled enough to be comfortable doing so. The loss of those competitive opportunities leaves many of us wondering what it is we should be working toward.

The answer is simpler than you might think—change your goals. If your training plan is centered around a regatta that has already been canceled or is likely to be, there's simply nowhere for you to go. A purposeful shift from *outcome-oriented* to *process-oriented* goals will start you off in the right direction. If you are training for the singular purpose of earning a spot on an awards podium, your plans will be put on hold for several months at a minimum. However, if you set your sights on the process of improving every day rather than on the outcome of a single race, you are guaranteed to make progress, regardless of whether you have the opportunity to compete.

How? One way to shift your focus onto your progress as an individual athlete is to dedicate more time toward rowing the single. Team boats will likely be out of the question for the foreseeable future, which means that sculling is about to see a huge rise in popularity. If you haven't already learned to comfortably row a single, now is the time! Reduced rowing traffic in the mornings and evenings provides safer and more-open waterways, and many of us have more flexible schedules as we work from home. Hours spent rowing a single will teach you more about your stroke than rowing any other kind of shell can, and it will give you a leg up in the competitive field when regattas return.

Other options Since our time at LWRC is limited these days, try to expand your training methods beyond the boathouse. There are tons of gyms, yoga studios, and other fitness programs in the area that have adapted their programs to a virtual format. Many of these virtual offerings are free to the public and accessible to non-members via Instagram Live, Facebook, and other social-media platforms. For a good place to start, check out Orange Theory and Bala Yoga on Instagram, or look up your favorite studios to see what they're offering! And if group classes aren't your thing, get outside and move in a new way—bike, run, hike, swim, or anything else you can think of. Challenge yourself to get outside your comfort zone and try something new to keep things interesting while you train solo.

At the end of the day, there is no right or wrong way to train as long
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Inspiration from the Past

This tribute to the Oxford and Cambridge crews competing in The Boat Race was published in the March 16, 1910, issue of the British magazine *Punch*. The 6.8-kilometer Thames River course has endured since the race was first run in 1845: from Putney to Chiswick, east of London. More often than not, the March weather is miserable. Crews practice throughout the winter months, so they are used to it!

At Putney

When eight strong fellows are out to row,
With a slip of a lad to guide them,
I warrant they'll make the light ship go,
Though the coach on the launch may chide them,
With his "Six, get on to it! Five, you're late!
Don't hurry the slides. and use your weight!
You're bucketing, Bow; and, as to Four,
The sight of his shoulders makes me sore!"

But Stroke has steadied his fiery men,
And the lift on the boat gets stronger;
And the Coxswain suddenly shouts for "Ten!
Reach out to it, longer, longer!"
While the wind and the tide raced hand in hand
The swing of the crew and the pace were grand;
But now that the two meet face to face
It's buffet and slam and a tortoise-pace.

For Hammersmith Bridge has rattled past,
And, oh, but the storm is humming.
The turbulent white steeds gallop fast;
They're tossing their crests and coming.
It's a downright rackety, gusty day,
And the backs of the crew are drenched in spray;

But it's "Swing, boys, swing till you're deaf and blind"
And you'll beat and baffle the raging wind."

They have slipped through Bames; they are round the bend;
And the chests of the eight are tightening.
"Now spend your strength, if you've strength to spend,
And away with your hands like lightning!
Well rowed!" — and the coach is forced to cheer
"Now stick to it, all, for the post is near!"
And, lo, they stop at the coxswain's call,
With its message of comfort, "Easy all!"

So here's to the sturdy undismayed
Eight men who are bound together
By the faith of the slide and the flashing blade
And the swing and the level feather;
To the deeds they do and the toil they bear:
To the dauntless mind and the will to dare;
And the joyous spirit that makes them one
Till the last fierce stroke of the race is done.

—R. C. Lehmann (1856-1929)

Contributed by **Burk Ketcham**, who at age 90 was the oldest competitor in the 2015 FISA World Masters Rowing Championships in Hazewinkel, Belgium. See also <https://www.poemhunter.com/rudolph-chambers-lehmann/>



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as you're keeping yourself and others safe. Different methods will work for different people, and the key to finding your motivation will ultimately be determined by what you want to achieve as an athlete in the coming weeks and months. While it can be difficult to make such large-scale changes to your training routine, we can all take solace in the fact that we are not alone in our experience. Reach out to your teammates, meet up on the water, and let's get through this together—we can be stronger on the other side.

—Rachel Wong



For Sale: Bay 21 with oars, stretchers, boat cover, stroke coach. Used little; perfect condition. 2005 model. \$3000. Can be seen by appointment. Call **Bill Newman** at 425-466-4758.



"Max Schmitt in a Single Scull," 1871—modified 2020 with apologies to Thomas Cowperthwait Eakins

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"Boys in the Boat"

Check out this *Seattle Times* story describing the ASUW Shell House, home of the legendary Husky varsity crew that made history by winning the 1936 Olympic Games in Berlin, Germany. <https://www.seattletimes.com/pacific-nw-magazine/the-rowing-home-that-launched-a-repudiation-of-pre-war-hitler/>

Pass the Word

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

Calling All Artists

We'd like to feature your work. Please share your creations with us!

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