



Making Waves

The LWRC Quarterly Newsletter

Vol. 2, No. 3

Late Summer 2016

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Experiencing Regionals

Through the Eyes of a First-Time Competitor

Quick start: Attention, row! I started rowing at Lake Washington Rowing Club a year and a half ago. I was relatively new to the rowing world but found myself quickly immersed in it and, of course, looking forward to the thrill of racing. Green Lake's Spring and Summer Regattas got my feet wet and allowed me to feel out the experience of sprint races. At short distances but such high intensity, they were over almost in the blink of an eye. With these experiences behind me, I wanted to take on the challenge of rowing at Northwest Regionals.

Arriving at Regionals in Vancouver, I felt slightly intimidated. I thought to myself: Had I arrived at the Olympics? Clubs from all over the Northwest (including Canada), California, and even Arizona were spread out across the grass under their tents.

The familiar Pocock shells placed in slings, volunteers inspecting boats before the rowers headed to the start line, athletes warming up on ergs in the sun before races, and breathless rowers finishing the last strokes of their race on the water. Officials yelling "quick start" and rowers waiting in anticipation to propel themselves off to start their 1,000-meter adventure.

This well-organized and exciting experience

was, finally, very real.

What made this experience even more memorable was having the support of my teammates from the mixed masters program—welcoming me with their warm smiles and good spirits. Our diligent efforts to train for this event had brought us here, and we were excited for the challenge.

Some have called this sport a symphony in motion. You could see exactly that reflecting off water at this event. Hours of effort and dedication had been put into this race to make it look so easy, so effortless—not only by the athletes but also by the regatta organizers. This experience was one that I will never forget, and I am looking forward to it again next year. I hope that newcomers will accept the challenge as well—it is well worth it.

—Stephanie Thrasher



Extravaganza: Valerie Holland, Heidi Berge, Jean Lee, Stephanie Thrasher, and Brooke McCulloch walked away with first place in the masters women's quad.

Rowing in Italy

Ever get tired of rowing to the Ballard Locks? Is rowing in Canada not quite “international” enough?

Then it’s time to consider a [rowing vacation](#).

One of the programs offered by Eliza Camp, the director of RowingVacations.com who formerly rowed out of the LWRC boathouse with the Bush School, is a week of rowing in Tuscany at her home club in San Miniato.

Each day is a perfect balance of culture, rowing, and wine tasting. There were trips to museums, villas, wineries,

and more. Wine with lunch is customary—consumed sparingly, however, in anticipation of the afternoon row. The dinner hour provided more time to continue with the consumption of wine bottled by the Agriturismo hotel which was our base.

One of the day trips

took us to Florence to row at Canottieri Firenze, a rowing club started in 1836, with boat storage under the Uffizi Museum on the Arno River. Besides teaching us some amazing history, this experience provided us with a classic photo opportunity: rowing under the Ponte Vecchio.

An even bigger thrill came after we trailered the boats to Venice to row in the Vogalonga. This 42nd annual row included 1,700 boats of many varieties from around Europe.



Navigation can be a challenge in the Vogalonga. Don't do this if you're claustrophobic.

I rowed in a coxed four with Coach Enzo (Eliza’s husband) as coxswain, another American, a Canadian, and a Frenchman. The 30-kilometer course started near St. Mark’s, then snaked around the islands of Murano and Burano and back through the Grand Canal to the finish.

Simply amazing.

—Alex Parkman

If you've survived the Vogalonga, you deserve a reward! The delectable wines of Tuscany await you.



Alex Parkman explores the Arno River, rowing under the Ponte Vecchio.

Meet Your Staff

Amy Hildebrandt, LWRC Office Administrator—and Coach



Amy Hildebrandt got hooked on rowing as an undergrad at Pacific Lutheran University in 2001. She raced in fours and eights as part of the PLU team all through college. After graduation, she briefly moved back home to Medford, Oregon, before returning to Tacoma in 2006. She coached for a while as a volunteer at PLU. Then, in fall of that year, one of her friends talked her into joining LWRC. At first she commuted from Tacoma to row as part of John Tytus's mixed sweep team, but eventually she moved to Seattle in 2007.

From 2008 to 2011, Amy attended graduate school in Massachusetts; she then returned to Seattle. In 2013, Amy began coaching our Learn to Row classes and was also one of the coaches for the first Race Camp. Currently, she coaches the mixed masters group, gives private lessons, and works in the LWRC office. Using her master's degree in exercise physiology, she also runs group training

classes for the boathouse, which are a real workout! She rows with the competitive women's team and has been highly successful, often placing among the top three finishers with her partners.

When she is not rowing or coaching, Amy's favorite activities are reading and playing with her two dogs, Zoie and Lily. Some of you may already have seen Zoie around—she loves to ride in the launch with Amy!

—Joani Harr



Joani Harr

Editor's Note

Collectively, our members offer a wealth of experience in a variety of endeavors. In this issue, **Brooke McCulloch** shares her coxing philosophy with us and recommends some outstanding apps we can use to enhance our rowing—and coxing—experience. **Stephanie Thrasher**, an experienced oncology nurse, deals professionally with stressful situations on a daily basis; here, she describes how it feels to participate in Regionals for the first time. Speaking of stress, **Alex Parkman** became part of a most unusual race in Venice, Italy.

—Roberta Scholz



Designer's Note: *Making Waves* is designed to be read on-screen. Printable on letter-size paper at 94% size, 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.

—Suze Woolf

President's Message

Your Board at Work: Busy!

Summer is here, and we're busy around the boathouse: **Race Camp**, **Learn to Row**, **Junior Camps**, plus our regularly scheduled programs—we're close to full capacity. I'm excited to see so many rowers on the water, new and old. I hope this finds you enjoying the summer both on and off the water.

I'm happy to report that the club continues to save money. To direct our planning for the next 10 years, the board of directors is placing revenue into these three key funds: legacy, capital, and equipment. The **legacy fund** will ensure our future at the Fremont site, primarily by saving for the 2023 reappraisal adjustment to our lease payment and the potential land purchase. Our **capital fund** paid our mortgage and also funds capital improvements. In a few weeks, the Fremont boathouse will be painted and stained. This year, the Garfield floating boathouse and its docks will be fitted with flotation devices to level it and improve access. We've got a new refrigerator and water fountain (waiting to be installed).

The most exciting fund, in my view, is the **equipment fund**, which allows us to add to and

improve our club equipment. New this year are two Maas 27 singles, two Bay 21 singles, and—most recently—a Hudson heavyweight single. We've acquired new sculling oars and new racks, and we've kept our launches in good order.

In the shop, check out the new triple being built out of an old Vespoli four! In addition, **Susan Kinne** and the Sow's Ear team have put new foot stretchers into our racing eights and new riggers onto the *Moclips* and the *Boo*. They've repaired damaged shells and repainted and spruced up some of our older equipment and oars. I can't stress enough how special it is to have these learned members volunteer their time to keep our equipment in workable order. Please thank them!

To ensure that we continue to meet the equipment needs of our members, the board of directors is developing a long-term equipment upgrade and replacement plan. Its priorities will be decided based on information gathered from the recent equipment survey, the boat logs, program requirements, and assessment of our existing equipment. The 75



of you who responded to the survey indicated that singles are a first priority, followed by a bow-loader four. Most respondents indicated a double/pair as their second choice. More of our programs are using small boats to develop boat-handling skills. Thanks for sharing your wishes with us!

It was gratifying to see that many who filled out the equipment survey are willing to help us secure funding. It is my hope that each member, especially those who benefit from the use of club equipment, will donate before the end of the year. We could not have purchased the *Ozette*, our new quad, without this dedication. It's to your advantage to contribute!!

As always, thank you for your membership at LWRC.

—KC Dietz

Wanna Cox?

An experienced coxswain—and coach—shares thoughts on effective coxing

I started coxing six months after joining the women's rowing team at Seattle University my freshman year of college. With my brief background in rowing, I had an idea of what a coxswain can do and say in order to be as helpful as possible in practice rows as well as races. As I spent more time coxing boats, primarily eights

lineup: six days a week in a Division I program really inspires rapid progress.

Now that I've graduated and have begun coxing for masters teams, the days of rowing a similar lineup every day are usually a luxury of the past. This aside, coxing masters is my new favorite thing. Being in different boats with people who have been rowing for longer than

Brooke
at HOTL
2016
(Joel
Rogers
photo)



and bow-loaded fours, I became more comfortable and confident in how to handle a boat on the water; steering to keep going straight became as easy as walking, and making specific calls to help my crew became a natural thought process. What helped me the most to develop coxing skills was the amount of time I spent in a boat with a consistent

I've been alive has pushed me to become a better coxswain in ways that I would not have predicted when I joined my first masters team. Every row is now a lesson in adaptability for me. Lately, I've started to really listen to what I say in the boat—and how I say it—as an attempt to refine how I make calls that everyone can clearly understand so we can all sync up and have a great row. Coaching for



the mixed masters team has improved my coxing by giving me a different perspective on how rowers move together, helping me to explain changes so they are quickly understood.

Favorite Go-To Coxing Calls to Bring a Boat Together

- Set: Pull in high to our marks, tap down together, and lead the body away with level hands.
- Swing: Hands lead the bodies out of the bow together; feel for the rebound as our shoulders move out of the bow.
- Ratio: Sit up out of the hips, swing the

Wanna cox? continued from p. 5

bodies out of the bow together, and hold knees down until we are set forward. Be patient as we move up the tracks, controlling the movement of the seats as we relax up into the catch.

- Length: Hold on through the release, sending the stroke through the stern and keeping the shoulders relaxed as we swing into the bow.
- Staying relaxed: Focus on breathing up the recovery; keep the shoulders loose and relaxed throughout the stroke. Find connection in the footboards and hang through the back. Sit up, support with the core so chests stay up at the catch.
- Racing: Direct catches to lock on to a powerful step together. Swing through and hold on. Stay in control, find the rhythm, and run with it.

These reminders will help your crew row its best.

—**Brooke McCulloch**
Seattle University
coxswains coach
LWRC masters coach



High-Tech Coxing

Brooke's Favorite Apps for Coxing, Rowing, and Coaching

I often use apps on my phone to aid me in helping my boats. Three favorites have functions similar to those of the NK Stroke Coach. These apps provide data that help me understand changes in boat speed, enabling me to tell when I make effective calls by seeing live splits and check factors. With the help of a waterproof case and creative methods of securing my phone to a foot stretcher, I also use these apps when rowing in small boats.

Sports Tracker

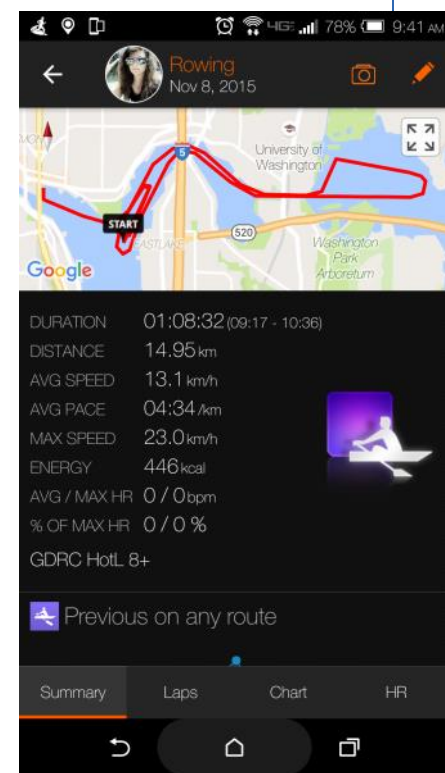
Best for: Coxing, rowing My go-to app while coxing, it can use either cellular data or the

phone's GPS to track location and speed. (I generally use only the GPS so the hours spent on the water don't eat through my data.) The user may choose from several activities (including running, cycling, hiking, and skiing, to name a few), making

it ideal for the cross-training athlete. My favorite feature on this app is its ability to track my course and save it. This has helped improve my steering by allowing me to examine closely the courses I've taken, comparing them

where I went straight or took a turn well. It also records distance and speed (in km/h), so you can see where you gained or lost speed over a workout. When using this app, I let it run in the background and rarely interact with it while on the water.

I've also used this app while rowing, to track distance and course. After stopping and exit-



High-Tech Coxing, continued from p. 6

Brooke's Favorite Apps for Coxing, Rowing, and Coaching

ing a workout, you have the option to leave a comment, so I generally note what type of boat I was in, what workout I was doing, or whether conditions were poor. As a user, you can share workouts with your Sports Tracker friends—a feature I've used to create some friendly competition with some of my friends

by comparing courses and speeds.

BoatCoach Best for: Coxing, rowing, coaching

BoatCoach is a great app for tracking speed in terms of 500-meter splits. Its display is almost identical to that of one of the newer Concept 2 erg

displays—providing stroke rate, elapsed time, distance (m), and stroke count as well

as a total average 500-meter split and an average split recorded over your last ten strokes. Through the settings menu, you can specify the type of boat you're rowing. Tapping an easily accessible button on the bottom of the main screen allows you to record individual pieces within a workout. Workouts are then stored in a "log book" for later viewing. Each workout can be titled.

Whether coxing or rowing, I leave this app open and on the main screen, hooked to the boat somewhere, so I can easily see it and press the "start/stop piece #_" button. I use this app while coaching to keep track of distances.

CrewNerd Best for: Coxing, rowing

I recently found this app and now use it nearly every time I'm in a boat. Though similar to BoatCoach, it has additional features such as programmed workouts that start and stop on their own, based on boat speed. It's great when I'm rowing because I can set it to a piece and needn't worry about pressing a start or stop button at the beginning or end of my pieces. This app is great for coxing for the same reasons: it

allows me to focus on my crew while also providing me with easy-to-understand data I can use to help my crew row as fast and as hard as possible. Like the BoatCoach display, the home screen on this app records stroke rate, total average 500-meter split, current 500-meter split, elapsed time, and distance. You can name your workouts and leave comments on your pieces. In terms of live data, this is my new favorite app.

If you'd like to discuss app specifics with Brooke, you can reach her via the LWRC office: office@lakewashingtonrowing.com.



LWRC Goes to Regionals

This year proved to be a big one for the Northwest Masters Regional Championships. Not only were there more than 1,000 entries over the course of the three days of competition, but also the brand-new course buoy system was unveiled. And with a much less complicated system of keeping stake boats in place, it seemed like a good year for racing before the first boat even set its hull on the lake!

It was almost as if our club had somehow known that such conditions would prevail: there was a much greater presence from almost all the programs under the LWRC banner—from the Moms to the OGs to the mixed masters, and to those rowers who train independently and/or with coached programs. It was great to see this resurgence in our numbers, especially after witnessing how small our contingent had become in 2015. As is always true at Regionals, it's fun to get to

know one another better between the mad rush to get yourself launched, help others with their equipment, or provide encouragement from the beach to those racing. Even when the winds kicked up and turned the water into something more typical of an open-water event, I



*Clockwise from top:
Ann Kulecza, Tom
Ahearn, Rachel Alex-
ander and Janet Walk-
er, John Alberti and
Roberta Scholz,
Matthias Broecheler
and Cody Jenkins, Sam
Surath and Brooke
McCulloch*

don't think anyone was sorry they had made the journey down. For quite a few members, this was their first year competing at Regionals; given the level of racing and ever-present camaraderie, I don't think it will be their last ... or anyone's!

Congratulations to everyone who raced!

—Andy Rees

Upcoming Regattas

September 18

Row for the Cure

(Lake Union, Seattle)

October 2

Tail of the Lake

(Lake Union, Seattle)

October 22–23

Head/Tail of the Gorge

(Victoria, B.C.)

November 5

Frostbite

(Green Lake, Seattle)

November 6

Head of the Lake

(Lake Union/Lake Washington, Seattle)

Please contact club captains [Alex Parkman](mailto:alex.parkman@gmail.com) (alex.parkman@gmail.com) and [Melissa Hayes](mailto:coxswain01@gmail.com) (coxswain01@gmail.com) for more information.

Martha's Moms

Regionals and Beyond

Our Martha's Moms rowing team achieved success at the Northwest Masters Regionals Regatta, winning three gold, four silver, and five bronze medals. Almost the entire team was represented at the regatta, and most rowers raced in three or four events. For experienced Moms, the regatta provided an opportunity to assess their race training by competing with other West Coast rowers. The Moms were well prepared for Regionals, thanks to head coach **Aidan Hennessy** and assistant coach **Shane de Leuw**, who have guided the Moms

since the start of the 2016 season.

Since Regionals, the Moms' coaches have been emphasizing small-boat experience. A typical practice includes rowers boated in singles, doubles, pairs, triples, quads, and fours. Every Thursday is "race day," when rowers compete in timed distance pieces.

The Moms are currently preparing for the longer races of the fall head-racing season. And a number of our rowers are doing off-day workouts in small boats this summer to gain more sculling experience.

—Kim Manderbach

Way to Go! LWRC, Moms Shine at Regionals

LWRC rowers medaled in eight events at Regionals, and the Moms brought home another 11 medals. Here's the breakdown:

LWRC

Gold: Mixed C 4X, Men's AA-B Novice 1X, Mixed E 2X, Mixed G+ 2X

Silver: Men's B 1X

Bronze: Mixed F+ 4+, Mixed C 2X, Men's AA-B Ltwt 1X

Moms

Gold: Women's E 1X, Women's E 2-, Women's D 2-

Silver: Women's E 4X, Women's AA+ Ltwt 2-, W E 4+

Bronze: Women's G-H 4X, Women's AA+ Ltwt 4+, W F+ 2-, W D Ltwt 4X, W F 2X



Summer Fun at Green Lake

Once again, LWRC rowers made their mark at the annual Extravaganza. Our summer camp members launched their racing careers surrounded by the beauty of Green Lake, and our veterans supported them in their efforts. The weather was optimal, making for great racing.

Several LWRC boats placed in the top three finishers in their races:

- 1st Men's Open 2-, Men's Masters 4X, Men's Masters 4+, Men's Open 1X, Men's Masters 2X, Mixed Masters 2X
- 2nd Men's Masters 1X, Mixed Masters 4X
- 3rd Men's Masters 4X, Men's Masters 2X



(Top) Race Campers; (R) Tom Ahearn, Stephanie Thrasher, Jean Lee, and Matthias Broecheler placed second in the masters mixed quad; (Above) Christian Roth and Rachel Alexander show why they came in first in the masters mixed double. (L) Family support!



Rat Island Romp

On Saturday, June 25, while many LWRC rowers were sprint-racing at NW Masters Regionals in Vancouver, Washington, a strong contingent of LWRC rowers headed to the Olympic Peninsula to participate in the [Sound Rowers](#) Rat Island Race.

A wide variety of boats left the beach at Fort Worden State Park on a beautifully calm and sunny day to cover the 7.8 miles across the bay, around Rat Island, and back.

Fifty boats left the starting line—eights, ocks (eight scullers), outrigger canoes, kayaks, stand-up paddleboards, and dories to accompany the single and double scullers.

Place	Time	Boat	Rowers
1	56:25	Custom 4x	Teresa Batty, Rainer Storb, Adrian Storb, Steve Chapin
2	59:00	Maas OW 2x	Paul Grigsby/Garrett Dieckmann
5	1:00:31	Bay 21	Tyler Peterson
8	1:01:31	Maas OW 2x	Susan Kinne/KC Dietz

It's quite a sight and quite a feeling to be rowing in the middle of the bay along with a flotilla of boats, watching the ferry pass by (hopefully behind you).

Also contributing stellar performances were **Jeff Bernard/Howard Lee** and **Kimberley Nevala/Alex Parkman** in open-water doubles, **Liam Lavery** and **Dave McWethy** in open-water singles, and **Sara Poor** in a dory. Every LWRC entry finished in under one and a half hours!

The modest race fee included a sumptuous lunch of grilled salmon and many fine salads, so everyone was a winner. You can enjoy the following upcoming Sound

Rowers races:

August 27: Great Cross-Sound Race (seven miles from Alki to Winslow and back) and September 17: Budd Inlet (eight miles; Olympia).

—*Alex Parkman*



Pass the Word

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

Animal Exemplars

Rowing is generally regarded as a graceful sport. Yet often, despite our best efforts, our strokes look stitched together—not surprising, when you consider that we're told to “do this, do that.” What's lost is the essence of a good stroke: seamless-ness. To achieve this sense of continuous motion, the rower might do better to depend upon appropriate imagery rather than on a series of particular moves strung together like beads.

A trip to the zoo or, better still, watching a wildlife film might be instructive. Here we see the perfect response of a living thing to a call to action: lightning quickness and the smooth, supple play of bone and muscle. Their movement is unencumbered by conscious thought and thus superlatively graceful. It's better to keep such images in one's mind than to follow directions. However, undeterred by my own good advice, I now offer one more set of directions.

In order to achieve gracefulness (and thereby efficiency) in my own rowing, I incorporated into the stroke what may be called *counter-motions*—simple gestures that run oppo-

site or counter to the direction the body is moving at a given moment. These were taught to me a long, long time ago.

The first occurs just as the handle approaches the body, when the stroke is to be completed and the body returned without any consequent interruption in

the speed of the boat. Draw the handle home with the shoulders, squeezing the shoulder blades together while the back is being arrested at the end of the swing. The back then travels through the shoulders on its way out of the bow. The easiest way to master this move is to row with the feet out of the clogs/shoes. In order to maintain contact with the stretcher, or to get your weight back onto them as quickly as possible, you must keep the entire weight of your body on the handle as long as possible.



Without counter-motion, the thing is impossible. Practice will in time produce a nice, continuous flowing motion out of the bow.

(Joel Rogers photo)

Another useful counter-motion positions the body preparatory to the catch and helps control slide speed through the latter half of the recovery: rotate the hips as soon as the back returns through the perpendicular. This relaxes the stomach muscles, and the belly falls between the thighs as the back pivots at the hips. As you approach the catch, the torso

Animal Exemplars, continued

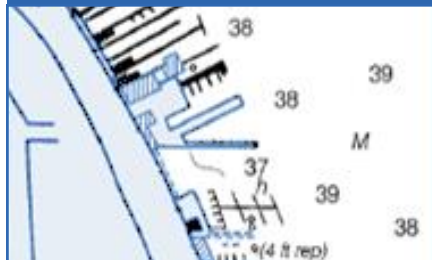
compresses against the thighs while the back relaxes and rests. Remember to keep the head up and the back long.

These two moves impart a sinuous quality to the stroke and promote efficiency while bringing the rower a little closer to the perfect grace of animals.

—*Frank Cunningham*
*Adapted from a text
provided by Bill Tytus*

206-684-4071 Harbor Patrol

The number is posted on the bulletin board in the boathouse.



(More) Lessons from Nature

One of Frank's many coaching successes was the LWRC masters women's group of the early 1990s.

Their respect and admiration for Frank knew no bounds. Taking his animal analogies to heart, several visited the Woodland Park Zoo to watch the orangutans as they gracefully, and without premeditation, demonstrated the prescribed counter-



motion—hurling their bodies toward the next branch while drawing the current branch toward themselves, then closing their hands on the next branch with the exact motion that would comprise a perfect catch.

The women also attended the ballet to

study the dancers' graceful body mechanics in order to emulate it on their "balletic" sternward journey along the slide.

It must have worked. On Opening Day 1993, they famously defeated a prohibitively favored Seattle Yacht Club crew while rowing a heavy wooden shell (the *Swetnam*) propelled by old-style Macon oars that Frank had cut

down to fit the crew.

—*John Alberti*



Rachel Alexander and John Alberti at Green Lake Extravaganza, [see story p.10.](#)



Volunteers Welcome!



Lake Washington Rowing Club continues to exist because its members perform volunteer activities that keep the club going. This keeps expenses low so we don't have to raise dues every year. Volunteering also provides excellent opportunities to meet fellow club members.

Each of us is expected to contribute at least ten hours per year, but many members put in more than that amount each month. Check the volunteer board next to the boat-bay bathroom to find any posted jobs you can help with.

This summer found Board President **KC Dietz** and Board Member **Damon Ellington** hard at work pruning the tall cypresses on the south side of the boathouse in preparation for painting the boathouse next month. They'll complete the task in August, after the baby birds have flown away.

Damon has also worked on improving the curb appeal of the wherry dock, and KC has worked with WSDOT to mitigate the impact of the planned Burke-Gilman Trail closure. Board member **Melissa Hayes** cleaned up the launches that became covered with paint

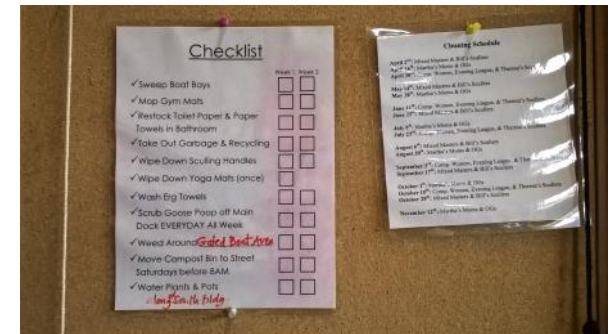
flakes from the Aurora Bridge work.

Melissa also came up with the idea of putting a buoy line around the main dock to reduce unwanted boat traffic on the Fourth of July. She coordinated with the neighbors, and—with lots of help from **Alex Parkman**—the plan was executed and worked even better than expected. Thanks, Melissa and Alex!

Finally, Treasurer **Janet Walker**—with a lot of expert help from **Cindy Anderson**—has revised our accounting practices. As a result, we haven't had to employ a bookkeeper for more than a year. Thanks, Cindy and Janet!

The board continues to seek ways to engage more members in volunteer activities and is considering forming a few task teams. As with the **Sow's Ear Boatworks** crew, these teams would take on specific activities such as staging club events, moving launches, caring for the landscaping, or planning new club programs. Members are needed to lead these teams. Please contact board@lakewashingtonrowing.com to help or to comment. In addition, we have ongoing individual volunteer opportunities, as described at right.

—Marilynn Goo

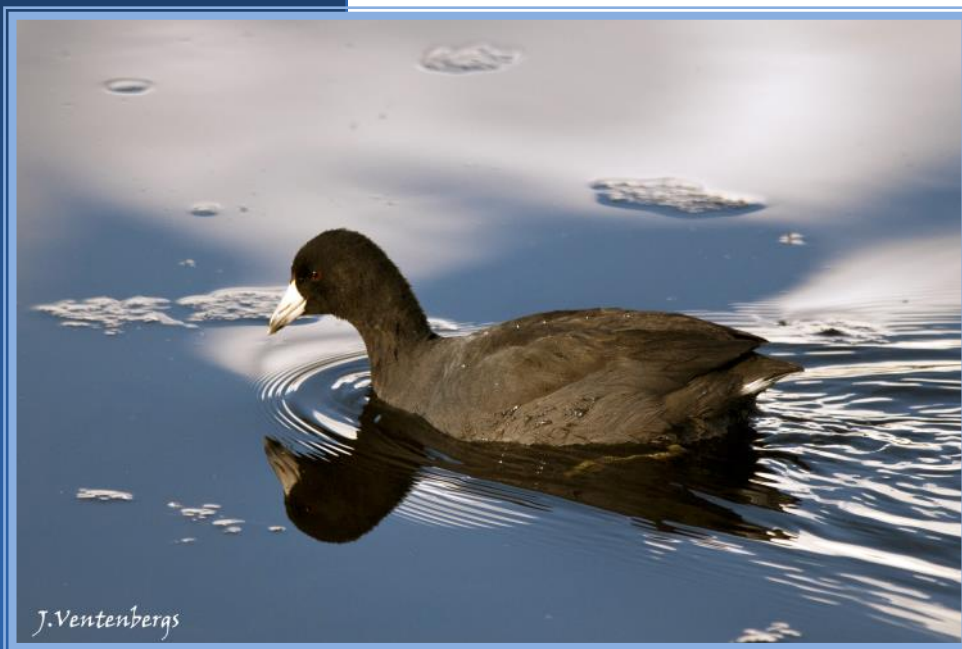


Learn to Row (LTR) LTR classes began in April and run through at least September. Coaches and assistants are needed to help. Contact LearnToRow@lakewashingtonrowing.com.

Welcome Committee Be a buddy for new and trial members. Take them 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.

Head of the Lake LWRC has been conducting this regatta since 1982, and it gets more prestigious every year. The November 6 HOTL regatta is approaching, so be on the lookout for the annual call for volunteers. We need approximately 300 people to perform a wide variety of tasks before, during, and after the regatta. We have both outdoor and indoor positions. Volunteers don't need to be rowers, so encourage your family and friends to help out! It's never too early to help with advance work: contact board@lakewashingtonrowing.com. (Continued on page 17)

Water Fowl Revisited



Except for the coot, rowers are more likely to see these ducks in Portage Bay or Union Bay than to the west of LWRC's boathouse.

Top left, cinnamon teal (male); top right, wood duck (male); bottom left, American coot or mudhen; bottom right, wood duck (female).

All photos by Jim Ventenbergs

Water World

More Rowing Art from Niki Sherey

WRC member [Niki Sherey Keenan](#) describes herself as “a landscape painter working with rowing and water imagery of the Pacific Northwest.” She uses “the language of Impressionism to convey the dreamlike experience of rowing ... paying particular attention to pre-dawn and early-morning light.” Niki rowed for the University of Oregon, received the Pac-10 All-Conference Award in rowing, and competed at the national level in single sculls. She has worked for 13 years at Pocock Racing Shells. (All paintings are acrylic on board.)



Regatte de l'Arc
24" x 36" (upper right)

Downtown Row
24" X 36" (left)

See <http://nikisherey.com/portfolio/>
for more work.



Calling All Artists

To our talented artists and photographers: We'd like to feature your work. Please share your creations with us!
lwrnewsletter@comcast.net

Notes from the Towel Guy



We are awash in towels. I know—all the better to be dry, but we now have two full bins of towels along with all the ones out on slings and the drying racks. (Not to mention my secret stash of even more towels!)

Please don't bring any more of your old towels to drop off at the boathouse. Take them to Goodwill or the Union Gospel Mission, or drop them off for distribution to homeless folks.

A couple of other reminders:

- Don't leave wet towels lying around in a heap or on the slings and racks. They start to smell and

mildew pretty quickly, especially in hot weather. Take a moment and spread them out on the racks so they dry more quickly.

- We all like a clean towel for a shower now and then, but **DON'T LEAVE THEM IN THE LOCKER ROOM!** Remember: Your mother doesn't live here (though you may be living with your mother), so please take home any towels you use in the locker room and wash them yourself.
- The Towel Guy doesn't do sheets or underwear. Do them yourself.
- Find a volunteer job around the boathouse where you can be helpful. We're a great community, especially when everyone pitches in and helps.

Here's to dry bottoms!

—The Towel Guy

Check out our programs!

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

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Boathouse Tours Prospective members often want a tour of the boathouse. The board is considering offering tours on Saturday mornings. To help start this new program, please contact board@lakewashingtonrowing.com.

Boat Bay Cleaning Help keep LWRC beautiful! Our coached programs are scheduled to clean the boat bays on Saturday mornings. Independent rowers are asked to join in whenever they can. This approach has been working well. Ongoing tasks include sweeping, dock cleaning, weeding, bathroom cleanup, and much, much more. It's a great way to meet fellow members!

Building Committee A small cadre of members performs minor maintenance of the boathouses and docks. If you have carpentry, painting, or other useful skills and want to help out in this area, please contact board@lakewashingtonrowing.com.

Development Marcie Sillman chairs a committee focusing on long-range planning to ensure that LWRC endures for many years to come. If you're interested in working with Marcie, contact her at board@lakewashingtonrowing.com.

Say something about rowing or LWRC Submit a contribution or a story suggestion for a future newsletter to lwrcnewsletter@comcast.net. Thanks to Roberta Scholz, Suze Woolf, and all contributors for the wonderful issues they've produced since the newsletter was revived in 2015!