



LWRC

NEWSLETTER Winter/Spring 2010

Web site: www.lakewashingtonrowing.com

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Land Lease Dispute - Resolution!

Marcie Sillman

After more than a year of conversation, negotiation and arbitration, LWRC is finally close to a resolution with Fremont Dock Company in the matter of the ground lease. As I mentioned at the Annual Meeting in January, because LWRC and FDC were far apart in their individual appraisals, we were required by our lease to hire a third appraiser to come up with an official valuation for the land we lease under the Fremont boathouse. The appraiser, Mike Murphy, issued his report in February, and we were quite happy to learn that his findings were very close to those of our own appraiser, Anthony Gibbons.

I'm happy to provide you a copy of this third appraisal, but in a nutshell, Mr. Murphy's opinion is that the land should be valued at \$500,000, putting our monthly rent at just over \$4,700. Until last year, we paid approximately \$2,600 per month, so this is a significant increase. However, Fremont Dock Company's appraiser had come up with a land value almost twice that of Murphy's. Under his valuation, we'd be required to pay about \$9900/month. So, we're very pleased with the outcome of this dispute. Just to give you an idea of where we started this process: in November, 2008, FDC notified us by mail that it was time to establish a new base land value, per terms of our 90 year lease. At that time, FDC president Suzie Burke estimated our monthly rent should be \$33,000. We've come a long way.

I must add here that Fremont Dock Company disputes one section of Mike Murphy's report. He has based his valuation, and our rent calculation, on 14 thousand square feet of property. FDC believes we should pay rent for and

additional 4,000 square feet of encumbered property that is in the Burke Gilman Trail easement area. Both Murphy and Anthony Gibbons believe we should not pay for that land, as we cannot use it. As of this writing, I'm not sure if FDC will challenge this finding in court. We will proceed with our own budgeting based on the Murphy appraisal.

LWRC has paid \$22,000 in back rent, retroactive to November, 2008. We have also paid in full our 2010 real estate taxes, \$12,000. Thanks to the members who were able to take advantage of the multi-year up front dues offer.

Unfortunately, we still carry significant debt. LWRC owes more than \$10,000 in legal and appraisal fees. And we are still in arrears with our back real estate taxes. We have challenged FDC's contention that we owe both taxes and interest going back 13 years. We contend, as we were never billed for the taxes, that we owe only six years worth, and we believe we have the legal leg to stand on in this dispute. Six years of back taxes, without interest, totals approximately \$30,000. Thus, we owe a total of more than \$40,000.

This is significantly less debt that we'd anticipated, and we're thrilled. But it is still debt. I believe we can work out payment plans for the legal and appraisal fees. However, Fremont Dock Company is most anxious that we pay all back taxes owed as soon as possible. We need to come up with at least \$30,000 in the next month or so, in order to discharge what we see as our obligations to FDC.

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Land Lease Dispute - Resolution (continued)

Marcie Sillman

Please contact me, Rachel Alexander, KC Dietz or Jen Rucier if you want to help with this.

This is not the end of the story for LWRC. In 2023, we face another property revaluation that could have a serious impact on the Club. Per the terms of our ground lease, the land will be considered at full, developable value. And that figure will be significantly higher than \$500,000. Suzie Burke made a verbal commitment to consider selling us this

property before that time. Unfortunately, she would not confirm that commitment in a written document. Whether LWRC has the opportunity to purchase the land or not, we think it prudent to plan ahead for the future. To that end, the Board is reactivating the dormant Advisory Committee. If you'd like to contribute to Long Range planning, please contact Rachel Alexander.

High Drama For Novice Women's 8+ at Greenlake

Kirsten Gantenbein

The introduction to racing for the LWRC Novice Women 8 team, led by coach Bill Skilling, at Greenlake last Saturday contained all the elements of racing drama and excitement: from crashes and crabs to recoveries and chases.

The competition in their heat was the Lake Union Crew (LUC) and Mount Baker Junior Crew (MBCJ). After MBCJ spent several minutes trying to line up in their lane, there was a rushed start from the officials. As soon as LWRC finished their start and moved into their high stroke piece, the bow of the MBCJ boat rammed into the oar of lead stroke, Kirsten Gantenbein. Kirsten was almost ejected from the boat, but instead flew backward taking her seat with her.

As she struggled to free her oar from the water and get her seat back onto the track, the rest of the boat continued rowing with Roberta Downey taking over lead stroke duties. Despite the commotion, LWRC was catching up to LUC, who looked strong and steady. The rest of the LWRC crew, Kathryn Del Becarro, Cindy Anderson, Susan Arnold-

Aldea, Bunny Schmidley, Suzi, and Pati Casebolt, rowed on in a dauntless fashion under the direction of their cox, Asia Casebolt, who was encouraging them forward. (The Novice Women injured reserve, Kathy Wilson and Sally Thompson, cheered from the sidelines.)

Kirsten rejoined the group after 250 meters, with her seat back on the track. They continued with their race plan as they chased down LUC. Ultimately, LWRC finished second. Because of the interference at the start, the Greenlake judges presented LWRC with two options at the finish line: they could declare a protest or share first place if LUC agreed. LUC did agree and the novice team was awarded with medals. The judges also complimented the LWRC crew on their recovery.

The novice women team is hungry for their next racing opportunity to show off what they do without being crashed into.

Rigging on the Cheap

Frank Cunningham

Here is an easy way to find the correct spread for your rigging and the appropriate dimensions for your oars. It is reasonable accurate, convenient and simple.

To begin with, you will need to assemble the following materials:

1)A corner from a cardboard box, about 10" on a side. This will provide you with the 90 degree angle that is the basis from which all the dimensions are derived. For arcs greater and less than 90 degrees, a little extrapolation will produce acceptable results.

2)A broomstick which will serve as an oar.

3)A skateboard for a sliding seat plus a few city telephone directories to achieve the appropriate seat-above-heels distance.

4)An orange crate, or the like, as a support for the box corner (which needs a hole in the apex for the broomstick).

5)A bit of 3/4" tape will be necessary to mark the inboard length of the broomstick. The tape will be placed close to the hole and will account for the distance the collar of the oar is separated from the center of the pin by the wide part of the lock.

6)A six foot length of string to be taped or pinned to the floor or carpet to serve as the centerline of the boat.

7)A measuring tape.

If several people participate in this experiment, they can serve in various capacities - to block the rower's feet, to guide the rower down the centerline and to help him or her reach from the hips, to take measurements, and so forth.

After the correct inboard dimension has been found, it can be substituted for the inboard of the oars the rower is accustomed to, in the ratio of inboard to overall length that indicates the load, letting stand for the proper length in place of the length of the selected oar.

Knowing the proper dimensions of one's rowing equipment should help rowers less than six feet tall to search out the rigging and oars that suit them best. Further, it should be clear that such equipment will never become available until rowers demand it.

Big Climb 2010

John Alberti

You get the perspective from the balcony at the boat-house. On a clear day, you can look across Lake Union at the city, where the tall, black shape of the Columbia Tower, tallest building in the region, stands above the other man-made objects. In the background, many times taller and more grand, stands Tahoma, the mountain that was God – as ancient legend tells, reminding us of our place.

As we approach we cannot see Mt. Rainier and the Columbia Tower looks tall, indeed, and, like the other 6,000 who will test themselves against it that day, we wonder what possessed us to sign up for this.

We know the reasons very well, of course. The event is a fund-raiser for the Leukemia and Lymphoma society of Washington. I and thousands of others owe our lives to research thus funded; many team members and sponsors have lost a family member to blood cancers.

This is the fourth year in a row that team Lake Washington Rowing Club has taken on the Big Climb, and, as we do, one of our own, Jeff Berkman is in the fight of his life against Acute Myelogenous Leukemia. Jeff has been through induction chemo twice (The photo at the Right was taken during this the first induction phase.), high dose (ablative) chemo and an allogeneic stem cell transplant. The transplant has fully taken, and he is producing healthy white blood cells, and there is currently zero detectable Leukemia-again. He is back home, now with the immune system of a newborn infant, albeit heavily suppressed to minimize its attacks on him, maintaining his severely depleted weight and strength but getting stronger doing very well. I am no doctor, but it looks like he has open water over his opponent, albeit with some distance to go – steady as she goes, Jeff.

When you run into the stairwell, full of energy and eagerness for a personal best, it seems unimpressive for such a high rent address, a small, reinforced concrete walled shaft with reinforced concrete steps and utilitarian painted pipe hand rails – 10 steps to a landing, then 9 more to the next floor; repeat as required. It grows on you.

On the first landing, was a nice, life-size photo portrait of a man and some words and no time to read them. On



Team LWRC, showing their stripes.

Kroeger's dad. Each of them once heard the same diagnosis I heard 5 years ago and Jeff heard last fall. There but by the grace of God and targeted therapies...

Natalie McCarthy could not see the photos, but understood as we all did. I closed my eyes for a few seconds to get an idea how it would feel – spooky for someone used to seeing, but, obviously, it can be done blind -- I was impressed with her courage and glad that Alden Byrd was staying close by her.

We finished well, 9th of 227 teams, with many fine individual performances: There were 3,086 total competitors in the timed stairwell and about 3,000 more in the untimed stairwell.

Thanks to our sponsors who have already donated a record \$7,222. You are the heroes who are sponsoring life-saving research as you sponsor us. Our goal of \$8,000 is within reach.

One last thing: **Get well and get strong, Jeff!** We are saving a place for you next year!



Jeff Berkman, while in chemo

the next floor a young woman's face, and so on, each floor thereafter. These were a few of the many who lost their fights with blood cancers.

We focus on pace and technique and splits and encouraging faster team mates as they pass, but the people whose photos watch in silence are never out of mind. There are others that we know, too: Tyler's Uncle, Barb Smith's husband, Mel

The Frank Cunningham Living Memorial Boathouse - Repairs Needed!

Dave McBee

The boathouse is largely intact. Thanks to the scarcity of storms, this winter didn't really challenge it. Among the items that should be addressed:

- The walkway along the outside;
- The float left by the Eastlake Community Group
- Art's float
- The old LWRC float.

The walkway along the outside.

If we get the necessary materials to continue the walkway around the north side and the lake side of the house, painting the lake side of the house will be possible.

Whenever I take hammer and nails in hand, people always mock the results (something about my disregard for straight lines; it's not a character defect, it's just something I'm not too good at...), so we'll need a lot of help with the laying of planks. If we complete the walkway, we'll need some kind of gate to keep strangers out. The problem has been described to me before. Basically, the walkway has no railing, so if some naive stranger wanders out along it and falls in and injures and/or drowns himself, he or she can sue.

The float left by the Eastlake Community Group.

It's been there for three years or so. The cedar planks that had been brought in on it have been used or stolen, so now the float is just an eyesore that looks like it belongs to us. I do have a contact number for one of that group, if we'd like to open a dialogue. I have no idea what sort of arrangement, if any, was made when we agreed to let them tie up there; I believe Linda Pruitt may have been

in charge of that deal (is she still around?).

Art's float.

Been there just about as long as the other one. I presume he's finished his work on the house. Does he want his metal contraption back? If not, should we sink the sucker and salvage the logs for flotation?

The old LWRC float

Crammed between the shore and our float, it's gradually falling apart, shedding chunks of styrofoam as it does so. Having that old float has forced a change of the angle of the float we *do* use, relative to the house (a minor matter; it's no longer a straight line between the two). Having the other float out of there would also make it a lot harder for strangers to reach the float from the inside walkway (have you ever been down there on the 4th of July? The boathouse is COVERED with people).

There - that's pretty much all of my rant. I think it's a great place, funky though it is. It's a great place for rookies in wherries; the slip (the water between Lake Union Dry Dock and what has been NOAA) is a huge stretch of protected water, a perfect place to learn and refine sculling skills. Why, with a walkway along the outside for an instructor, it would work well! There is currently only one wherry at Garfield, but with a little juggling, a couple more could be put outside.

And remember: it's actually not simply "Garfield." It's the "*Frank Cunningham Living Memorial Boathouse*," and the "*Frank Cunningham Living Memorial Clipboard*" still commands a place of honor hanging from one of the locker doors.

OAR Northwest, Redux in December 2011!

Jordan Hanssen

Hello! I'm not exactly a new member, but I have been scarce the past few years after I took some time away from rowing after myself, Greg Spooner, Brad Vickers and Dylan Le Valley, all LWRC members at the time, rowed the North Atlantic in 2006.

Last summer, Rick Tarbill came to me and told me that if I was ever going to do another ocean row then he wanted to be a part of it. His confession matched my own growing desire and conclusion that the only way to get over an ocean row was to do another one. Brad and Dylan had made it pretty clear that the next time they got on the ocean it would be with a sail. I told Greg we were "getting the team back together." After a big sigh, he agreed.

Our fourth was a man I had recently met at an open water race in San Francisco last spring: Adam Kreek. Having rowed with Canada in Beijing '08, and bringing home an Olympic Gold to match more medals of the same color in his treasure chest at his home in Victoria, I figured he would be a long shot. Turns out, he wanted to round out his rowing

career with an ocean row!

So now OAR Northwest is crewed up for another ocean rowing race from the Canary Islands to the Caribbean in December of 2011. We were overwhelmed with the support we got from the club last time around, and it would take an entire newsletter to cover all the particulars. Before we left, and while out on the water, getting your texts of support while rowing 24/7 for 72 days was incredible. It inspired us when we thought we had nothing left.

This time around we will have much more of a web presence as we prepare and invite you to follow us along through the good times and the hard times as we make our bid to break the 36 day four man record across the Mid Atlantic Ocean. You can find us on face book at Ocean Adventure Racing Northwest and twitter at <http://twitter.com/oarnorthwest>. Our new website at www.oarnorthwest.com will be up and running soon. Thanks for following us and looking forward to see you on the water and the erg.

Opening Day, Quick Recap

Kilroy

Another year, and another Opening Day! This year's course was a perfect reminder of the Pacific Northwest - near-optimal course conditions tempered by a brooding sky.

The inaugural race for the day was the Mixed 40+ coxed quad, with Matt & Karen Crouthamel, Theresa Batty, Dave Rutherford, and Nemesio Domingo, leading the way, our stalwart compadres combined their forces to create a juggernaut of a team. However, victory was snatched from them by the merest of margins, and our dynamic quartet of five fell to Sammamish by a paltry few increments of time. Sadly, Powerhouse Timing's results were not accurate as of press-time; apparently in their staunch support of LWRC, they observed our quad finishing ahead of Sammamish! That's why the official times are from the finish line, folks - not the line for the bar. A Herculean effort, none the less!

While the fickle hand of fate robbed us of eternal club glory in the coxed quad, our chance for redemption lay a mere 4 minutes in the future; the mixed 50+ 8+ surged

forth with a zeal unmatched in the other ships of near pensioners (on average). As if the hounds of hell were nipping at the stern, our band of warriors plied their trade upon the waves, liberating with bent oar and cracking back from the pack, having clear intent, and made their mark upon the cut with a commanding victory by open water. In their glory, we will remember their names for at least 2-3 more sentences: Rachel LeMeiux as cox, Rachel Alexander and BJ Connolly in stroke pair, Josh Proctor, Susan Kinne, Damon Ellingston, Carel Maske, Kirk Clotheir, and KC Dietz, whose various positions in the boat will be left as an exercise for the reader.

And let us not forget the valiant and well earned 3rd place of the Martha's Mom's 60+ 8+, holding a comfortable lead over 4th placed Victoria City (at least, comfortable for the author, who was sipping a tasty beverage upon shore).

Verily, this will go down on record as being the best 2010 Opening Day in all of 2010, and will remain unmatched by any future Opening Day regattas that occur in 2010.

Buy, Sell, Trade, Announce!

Our Web Site

Past issues of the newsletter are available on the Web site at www.lakewashingtonrowing.com. If you have anything you would like posted, updated, or deleted, send an e-mail to Tina Cha at tina.cha@gmail.com.

We are always looking for photos for our site, either from practice, regattas, or just hanging out in your shell. E-mail Tina your digital images, or leave a disc in the Secretary's Box at the Boathouse.

Host your next event at
Lake Washington Rowing Club

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

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

Yoga For Rowers

<http://www.YogaForRowers.com>

With testimonials from an Olympic coach, FISA World gold medalists, National gold medalists, an Oxford Boat Race champion, Head of the Charles competitors, and more!! This book shows targeted poses for each phase of the rowing cycle in large full color photos, and outlines specifically what these poses do for rowers. Practicing them will dramatically improve your oaranship:

- * Increasing your length of stroke
- * Improving power
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- * Exponentially developing flexibility and core strength
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A minimum of 15 minutes a day is all it takes to ohm your way to gold next season!

The price of the eBook is \$15.99 and can be downloaded immediately after payment. Download time is approximately 3 minutes. Yoga For Rowers is 65 pages and includes suggested workouts and calendars. Payment via PayPal, Visa, MasterCard, AMEX or Discover.

10% of all proceeds are being donated to the LIVESTRONG Lance Armstrong Foundation to help promote cancer awareness and research.

Buy, Sell, Trade, Announce!

Easy Fundraising!

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

Pocock Wooden Single & Oars

SN# GPRCS178M81B

Hull: 26'6" x 12" Western red cedar

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Midweight Competition (125-180lbs)

Very good condition. Stored past 15 years.

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Ericson 26

Has mainsail, 3 headsails (120%, 150%, reacher)

Evenrude 9.9 outboard

2 anchors, VHF, knotmeter, compass

autopilot, galley stove, barbecue

\$3,000

George Pocock Built Wooden Single

George Pocock Built, 1960s vintage red-cedar hull single. Owen riggers were put on as an upgrade, I do not have the originals. In excellent condition, previous owner was the boatman of the San Francisco Rowing Club. While he owned it, he replaced the washboards and added a third cross-brace.

The single is in Coeur d'Alene, ID

Asking \$3000, contact Chuck Tasca at chuck@contractorsnorthwest.com

