

Lake Washington Rowing Club

est. 1957

newsletter | april 2009

Lease Negotiations Continue | marcie sillman

As many of you know, LWRC is in the midst of renegotiating the ground lease we have with Fremont Dock Company (FDC). I want to give you an update on those negotiations, but first let me remind you of some of the basics.

While LWRC owns the Fremont Boathouse, FDC owns the land on which the boathouse sits. We have a 99-year ground lease with Fremont Dock Company, which stipulates regular rent increases based on the Consumer Price Index, then periodic major revaluations. We are in the midst of the first of these major revaluations. Last November, FDC owner Suzie Burke proposed a substantial increase in the amount of money we pay to lease this land. We disputed her figure, and subsequently set up a meeting to discuss the matter. We had hoped to be able to reach a mutually agreeable figure, but that hasn't been the case. [continued on p.2](#)

Captains' Corner | jeny potter

Opening Day

LWRC will be competing in the Men's 50+ and Women's 30+ races. The selection process is well underway and we'll be showing our speed come May 2nd. Come cheer on your fellow club members and take part in a great boating tradition!

Boat Storage

Boats are on the move in the Fremont boathouse again. Please don't panic if the one you want to row isn't in its usual spot. Just look a rack or two nearby and you should be able to find it!

Flip Tests

Because who doesn't like jumping into murky, cold water? The first group flip test of 2009 will be **Saturday, May 9 at 9 am**. You are required to do a flip test before taking out any club singles or pair/doubles. It's also highly recommended that you do one annually to keep your skills sharp!

Lightweight Women Unite!

If you're thinking about going to regionals in June, sign up on the captain's board to race the lightweight division! LWRC has a lot of small and fast women - band together and show your stuff!

Contents

Lease Negotiations	1, 2
Captains' Corner	1
Outlaw Race #1	3
Big Climb Report	2, 5, 6
San Diego Race Report	4
Ask Frank	3, 4
New Shoes on the Dock	5, 7, 9
Postcard from Paradise	7

Lease Negotiations from p.1

Reminder!

Board meetings are open to all members of the club, so please join us at least once! The board meets the **second Wednesday of every month at 7 p.m.** in the Fremont Boathouse boardroom.

In February, LWRC hired Anthony Gibbons, an appraiser, to give us a solid assessment of this property's value. His initial report is due in late April. We will use that information to enter into arbitration with Fremont Dock Company. We have also hired a land use attorney, Brian Lawler, to advise us throughout the appraisal/arbitration process. This process is both time consuming and costly, something we anticipated when we asked the membership to approve a dues increase in January.

The board's big dream is to purchase the property from FDC. We have the right of first refusal, should FDC decide to sell the land.

Although it would be a huge investment for LWRC, we believe owning this parcel of land is the best way to secure the club's future. We have proposed this purchase to FDC, but as of this writing, have had no response.

If you have any questions, feel free to contact me or KC Dietz.

Big Climb | john alberti

"To give anything less than your best is to sacrifice the gift."

The quote is overused, but draws moral weight from its author, distance running legend Steve Prefontaine.

March 22, 2009: My teammates and I waited in line for the start of the Big Climb of the Columbia Tower, a fund-raiser for the Leukemia and Lymphoma Society. We would start individually at about 3-second intervals. The team score is the combined elapsed times of the fastest three runners, regardless of age, gender, creed or national origin.

Our strategy put the fastest runners at the back of our lineup. Thus, the rest of us could provide a clear path for them and cheer them on their way.

For rowers, the Big Climb is a lightweight's revenge. In the horizontal world of rowing, tall open weights have a theoretical advantage (not always realized on the water). In the vertical world of the Big Climb, however, short, strong legs are better geared for climbing than lanky ones and body mass is definitely not your friend.

As I was, by far, the oldest and heaviest member of the team, and my teammates included such outstanding athletes as Tyler Peterson; Tyler's brother-in-law David Peabody; Evan Jacobs; Tyler's brother, Ben; Rachel Alexander; Kari Page; Dorothy Kim; Tyler's sister, Rachel Peterson; Kari's sister Annie Peterson (no relation to Tyler); and Howard and Amanda Lee, I put myself at

continued on p.5

Outlaw Series #1, March 28 | hugh lade

This year's monthly race series saw a NEW COURSE RECORD posted by Rick Tarbill and Matt Crouthamel in a 2x, 13:43. Way to go, dudes! It may take a good quad or 8+ to better that, but somewhere in our club there's a combination that will get below 13:30. Your next chance is April 25, 7:45 on a Saturday morning.

Hard rain, flat water, chilly temps...what more could you want. Bob Thoreson and Karin Rogers led off the parade and beat all other doubles, except the above-mentioned record breakers. Susan Kinne, in a rare 1x racing appearance, whupped, or nearly whupped, all women and some men, who are relieved we didn't make it worse by age-handicapping this thing.

Without whom, none of this would have happened: John Robinson and Sheila Maher organizing the day and recording finishes, John Tytus, Doug Nelson and Frank Cunningham controlling the start. Marcie Sillman helped compile this report and complained about the rain.

The Outlaw Series offers all club members an informal, fun opportunity to get racing experience and compare conditioning and technique progress against themselves and others. We've seen some serious speed from our top rowers. Everybody has a chance to go for a PR each month (usually the last Saturday), or just enjoy the excitement of gathering at a start line and blasting the first twenty strokes. Make the Outlaw a monthly ritual; just show and go.

Get a Move On

The next Outlaw race is this **Saturday, April 25**. Start at the Locks at 7:45 a.m., finish at the Fremont bridge.

Ask Frank | frank cunningham

Q: What does rowing a dory have to do with rowing a racing shell?

A: Plenty. It's the quickest way to learn how to use an oar and a scull effectively, and how to get your body back in balance when you finish the stroke. In a racing shell it is obviously necessary to control the waterline. Propelling your body up and down the slide alters the waterline and increases wave propagation and skim friction, most especially at the end of the stroke. It is essential to bring the body back to that position in the boat that returns the boat to its waterline load.

Rowing a dory requires a long backswing. Returning to the upright position using the abdominals is very hard work. Instead, the dory rower uses his arm and shoulders and returns to the upright position while his blades are under water. At the end of this effort the blades come free already heading toward the bow. This is made possible by setting the blades at negative pitch, say 20°; the exact angle can be discovered in just a few trials. [continued on p.4](#)

San Diego Crew Classic | jeny potter

The LWRC women were victorious at the Crew Classic early this month! Rachel McGovern, Kate Brooks, Jeny Potter, Ruth Frantz, Kim Lawrence, Andrea Liljegren, Lisa Oswald, Cheryl Channing and Melissa Hayes comprised the lineup that took gold (and a rather large trophy) in the club race. The club race is run using staggered starts, so that the oldest crews start first and the younger crews need to catch up; this way the final times across the finish line are pre-handicapped. The women handily won their heat Saturday afternoon, even starting 25 seconds after the

first boat in their race. Sunday morning they did it again – this time only starting 13 seconds down to the fastest crew, and passing the field within the first 1,000 meters of the race. With a final time of 7:37.22, a margin of nearly 15 seconds separated LWRC from the 2nd place boat from Rocky Mountain Rowing Club – a group of women that beat out our girls by less than half a second last year. The Thalia Kelly Considine Cup was

awarded to the women, and Thalia herself congratulated them for their hard work as athletes and role models to young women. The team is shown here with the Considine family – or as many of Thalia's 11 children, 47 grandchildren and 8 great grandchildren that would fit in the frame! The crew also raced the Masters A event, but even with a great piece, came in second to the women from Austin by 2 seconds.

From left, Lisa Oswald, Kim Lawrence, Ruth Frantz, Andrea Liljegren, Kate Brooks, Cheryl Channing, Rachel McGovern, Jeny Potter and Melissa Hayes (center, trying to steal the trophy from another small person) celebrate their victory in the club race with the large family of the trophy's namesake, Thalia Kelly Considine.



Ask Frank from p.3

Until a century and a quarter ago the oars and sculls in racing shells were simply confined between two holes. (Look at the picture of the Biglen brothers in the meeting room upstairs in the boathouse.) They controlled the pitch of their blades intuitively. At present, the use of swivel locks and elaborately designed sleeves has encouraged rowers to think that the oar is not turned under water but only in the air. A little experimentation will show that the oar can be turned easily at the end of the stroke to allow the rower to pull himself upright with his shoulders and arms as the stroke is completed.

Big Climb from p.2

the front. Michael Cheung had planned to climb the untimed stairs, but, at the last minute, decided to run the timed stairs with Conor Bullis' timing chip in Conor's absence. My brother, David, and niece, Lindsey, climbed the untimed stairway.

For all of us but the fastest three, our times would not affect the team standing and the world would little note nor long remember how we did. Still, it was an unspoken article of faith: each of us would do this as fast as we could. Each of us had climbed many thousands of steps in preparation for the 1,311 steps that we would climb in the coming minutes.

There was a point to be proven: that one could come back strong from cancer. The yellow "LIVESTRONG" band on my wrist that my granddaughter, Katie, had given me was a quiet reminder.

There were memories to be honored: Barb Smith's husband, Jim; Melody Kroeger's dad, Jim Fewell; K. C. Dietz' friend, Ron Domondon; Larry Godden's wife and Tyler Peterson's uncle.

There were those who appear to be winning their fights with blood cancer, whose success needed celebrating: Dorothy Kim's sister, Burt Redmayne's friend, Sidong Ma, and Marilyn Goo's friend, Ryan Riggins – and me.

And, there was the gift – the privilege of being here and able to do this – that was not to be sacrificed.

Michael started first, then the starter waved me forward. I started my watch, then swiped the RFID chip on my right wrist across the start sensor – game on!

The Big Climb has a mean streak. The first four flights are

short and it seems very easy for a minute or two. Beware! — or she will seduce you into over-pacing early, then mock you as lactate-sodden quads and glutes struggle to carry your gasping carcass up the last 50 - 60 floors. This was my third climb and I would not fall for THAT again.

My goal was to break 15:00 – 16 seconds off last year's time. The splits written on my forearm were calculated for 14:40, just to be sure (and because training had gone well).

The first quarter, from the start on floor 4 to floor 22, is where you can easily blow the whole race so I held the pace in check with religious zeal, cheering most of the faster team members past. At the end I was 5 seconds ahead of pace and feeling good – so far so good. I came to realize that I could increase the pace and ended up in 14:02, 1:14 off my PB.

continued on p.6

New Shoes on the Dock | compiled by Julie Smith

Laura Tuite

Hi, I'm glad to be part of the club. I've always been interested in rowing after years of seeing rowers smoothly move along the Charles River in Boston – it seemed so effortless and graceful, yet speedy. Then when I moved to Seattle about a year and a half ago and saw the action on Lake Union I got the urge to get out on the water again.

I had taken some sweep classes before LWRC but it was really when I took Joe's Learn-to-Row sculling classes last fall that the technique started to make sense. With 'suggestions' on how to improve, I enjoyed sculling even more than I thought I would. Hugh's sculling technique classes added to this, and I now know the effort it takes to look effortless!

So you could say that my shoes are glad to be on the dock and I'm glad to be on the water. See you out there!

For now, you may see Laura sculling around 5:30 p.m. on Wednesdays and Thursdays and around 9 a.m. on Saturdays. Her plan is to keep practicing sculling and also to take sweep classes.

Big Climb from p.5

Tyler led with a very fast 09:18, not his best, but pretty quick for a new dad who hasn't been getting much sleep lately and 5th in his age division. Kari was the fastest woman on our team at 12:10 and 4th in her age division, in her first attempt.

Our team finished 6th among 233 teams and most of us posted new personal bests.

My brother, Dave, and niece, Lindsey, climbed the untimed stairway (along with about half of the roughly 6,000 participants). They did very well. Human nature being what it is, they timed themselves in under 20 minutes, all the while claiming to eschew competitiveness.

It was a good day's work, but most of us left some room to improve next year.

Michael Cheung was our top fund raiser with \$1,837. Overall, we raised \$5,490, a new team best, and an honor we gladly share with our sponsors.

Follow the link for photos of the start:

http://www.backprint.com/view_event_photos.asp?PID=bp%18%7EA&EVENTID=49012&PWD=&START=109&SHOW=36&CAT=193831&SUB=61482

Thank you to the many generous friends, family, colleagues, and anonymous sponsors and to the following known or suspected LWRC members, past and present who sponsored us:

Jill Ashman

Hugh Lade

Liz Calouri

Nancy McFadden

Catherine Crain

Mel Morgan

Katherine Dietz

Josh Proctor

Marilynn Goo

Burt Redmayne

Sally Jandrall

Dave Rutherford

Aaron Kaufman

Barb Smith

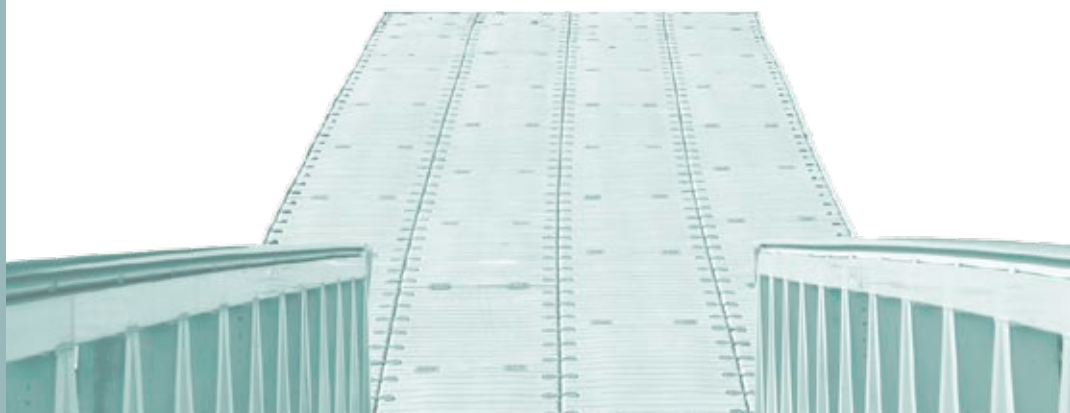
Susan Kinne

Rainer Storb

Dave and Mel Kroeger

Opening Day

LWRC will be competing in the mens 50+ and womens 30+ races, and Martha's Moms in the womens 50+. We'll be showing our speed on Saturday, May 2. Come cheer on your fellow club members and take part in a great boating tradition! Racing begins at 10:20 a.m.



Postcard from Paradise | ellen alexander, a martha's moms rower, reports from new zealand

Ellen is rowing with a "small masters club of about 18 men and women who row out of a high school boat house on a tidal river in the middle of beautiful green farmland. Mostly sculling. I am highly experienced compared to most of the rowers, but people work hard at it. The coach is very good. It's recreational, unbelievably supportive attitude. Novices join regularly. Sometimes they are in a 'slow' boat or on their own, sometimes the 'experienced' rowers take them on. Lots of coaching from fellow rowers, but it's nice. 'Slow your slide' is appreciated advice. The coaching is more individual than boat-oriented. People seem to learn fast. It's so laid back compared to the Moms."

To be specific, it's the Bay of Plenty Coast Rowing Club in Tauranga, New Zealand on

the Wairoa River. Ellen and her husband, Tom, are mostly aboard their sailboat but are also spending time ashore.

As for her rowing, Ellen says, "It is the sunshine of my life.... Everyone tries hard and works hard and learns and has a positive attitude. Learners are mixed in fairly well (The hot ambitious rowers end up in singles and doubles) Mostly it's sculling and I appreciate the opportunity to improve my skills.

"Also to make big mistakes in a place where people are unfailingly nice. For example, I coxed a boat with dual steering (from the stroke or as a bow loader with cox) for the first time in a regatta, the steering was reverse and did I screw up! Then there was the practice in the double the night after a huge storm on a roaring river where we ended up in a willow snag along the

bank and had to be rescued by the coach boat. ! It turns out my partner's neighbor had drowned in a similar situation.

"The coach has me rowing for miles with my feet out of the stretchers (familiar?). I'm learning how to steer with my foot stroking a quad. I'm enjoying mixed boats. The laid backness is sometimes frustrating...standing around 30 minutes waiting for someone to figure out the lineups and the equipment is sad compared to ours, but I'm very happy with it."

Ah, sounds like paradise.

Those interested can follow Ellen's adventures at

<http://www.rasamanis.blogspot.com>

New Shoes on the Dock | compiled by Julie Smith

Colby Vorhees

Colby started rowing in college at WSU in '93 and '94 and fell in love with the sport. After finishing college he rowed competitively and coached beginning rowing with Lake Sammamish in Redmond. After a 10-year hiatus from rowing, Colby is excited to join LWRC and get back into a boat.

Colby's wife, Kori (Sosnowy), is a former UW tennis player ('94-'98) and transplant from Cameron, Texas. They have a two-year-old daughter, Sydney, and live on Queen Anne hill.

The plan is to be at the boathouse Tuesday, Thursday and Saturday mornings. Colby doesn't plan on joining any teams just yet, as he's still (in his own words) knocking the rust off and getting back into shape.

Norma and George Andreadis

Norma and George Andreadis (pronounced "an-dre-A-dis"), new members of LWRC as of March, recently moved from Los Gatos, CA where they rowed for the Los Gatos Rowing Club, both as scullers and competitive sweep rowers.

Norma, who joined Martha's Moms, is a Seattle native, having left after high school, but having always kept the Pacific Northwest in her heart. She became a serious athlete as an adult, turning a quick run around the neighborhood into several marathons (including Boston) over the next 20 years. When her knees said "enough", she turned to rowing at the suggestion of a friend, much to the horror of her teenage

son who had become a crew addict. In addition to rowing competitively for LGRC, Norma was the Booster Club president for the LGRC Junior Team, served on the LGRC board of directors, and in 2006 became the LGRC executive director of operations, a post that she held for over two years. (Editor's note: No surprise that Norma's agreed to be the Moms' liaison with the LWRC board.)

George spent most of his early years in and around the Washington, D.C. area, moving to California in the early 1980's. He was an accomplished track star in junior high and high school and played competitive tennis for many years, including a several year stint as a

tennis instructor. George also quickly took to rowing as a competitive sport, rowing successfully in regional and national events. Over the past two years, he became the "rigger" (boat repairman) at LGRC and will no doubt soon be found in the repair bay at LWRC looking to help in any way possible.

George and Norma have two children, a daughter (and grandson) in Boston, and a son at UW. They are both "semi-retired" from the high tech industry and hope to spend more time travelling and rowing. As soon as George and Norma get their singles rigged, they hope to enjoy some sculling as well.



Christi Nagle

Christi grew up in Seattle and went to Roosevelt High School. "I went to Cal thinking I might play soccer, but upon getting cut, I fell into rowing. A crew highlight was stroking the Cal freshman boat that beat the Huskies in Opening Day!

After living in San Francisco for awhile and meeting my husband (a fellow Cal grad), I moved back to Seattle in fall 2000. I still love to play soccer (much more fun for me than coaching my daughter's team) and look forward to playing tennis when I have more free time. My two daughters go to Laurelhurst Elementary while their little brother hangs out at home with me."

Christi is rowing sweep with Martha's Moms.