

Lake Washington Rowing Club

est. 1957

newsletter | may 2009

President's Report | marcie sillman

The days are finally getting longer, the ideal time of year for early morning and evening rowing! I hope you all have had a chance to take advantage of the weather.

One big change is in store this summer for LWRC. After more than two years on the job, club manager Conor Bullis leaves Lake Washington Rowing Club on June 15th. He plans to continue coaching at Lakeside School, and to spend more time with his family. Conor has helped untangle LWRC's complicated finances. He has provided a steady hand when facilities start to implode, and he's been a friendly and welcoming entry point for many new rowers and club members. We'll miss Conor's calm presence and knack with the budget. Good luck!

The board has chosen three people to work as facility manager, office manager and Learn to Row coordinator. Andi Day will continue renting our upstairs facility, take on more responsibility

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Captains' Corner | jeny potter

Flip Test

Missed the May flip test? Your next chance is June 13th at 9am! Can't make it? Let Ginny or Jeny know and we'll schedule a private time to dump you in the drink.

Boathouse/Waterway Courtesies

Summer is fast approaching! Here are a few reminders to keep yours trouble-free: 1) Be prepared to launch. Make sure you've got lights, oars, water, and everything you need before heading to the dock. Be quick on the dock so that others can get in and out too. 2) Be quiet on the dock! 5 a.m. is not the

standard wake up call for the surrounding houseboat dwellers. Turn down cox boxes and lower your voices until you're clear of our neighbors. 3) Clean up! Don't leave shoes, oars, water bottles, etc. in the middle of the dock – especially during busy times! 4) Make sure you're rowing a boat that you are allowed to row! Yellow tags on boats mean they are privately owned and not up for grabs. Pink tags mean the boat usage is restricted and you must have a captain's permission to row it.

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maintaining the boathouse and assist with the Head of the Lake. Jen Rucier, long time member of LWRC, will manage the office, acting as the point person for membership, accounting and related tasks. Elizabeth Burke, another long time member, will coordinate the Learn to Row program. All three will report directly to the board and work together to keep the boathouse humming along. Please welcome them in their new roles!

As we ease toward summer, our ongoing ground lease talks with Fremont Dock Company continue. In April we met with appraiser Anthony Gibbons. He provided us with a draft report on the property value. We plan to use this information in our negotiations. We have advised FDC they should engage the services of their own qualified appraiser. As per the terms of our lease, our appraisers will meet to discuss their findings. If necessary, a third appraiser will come in to resolve the matter in a binding arbitration process. We still hope we can avoid arbitration, and that FDC will be able to meet with us to work out a reasonable solution to our rent situation.

LWRC President Receives National Endowment for the Arts Fellowship | kc dietz

Marcie Sillman is off to the American Dance Festival in Durham, North Carolina from June 19 to July 13. She is one of a handful of journalists from across the country currently writing or reporting about the arts, specifically dance. You may have heard her on National Public Radio, local KUOW this spring featuring stories on local artisans, from prominent chefs to aging ballerinas.

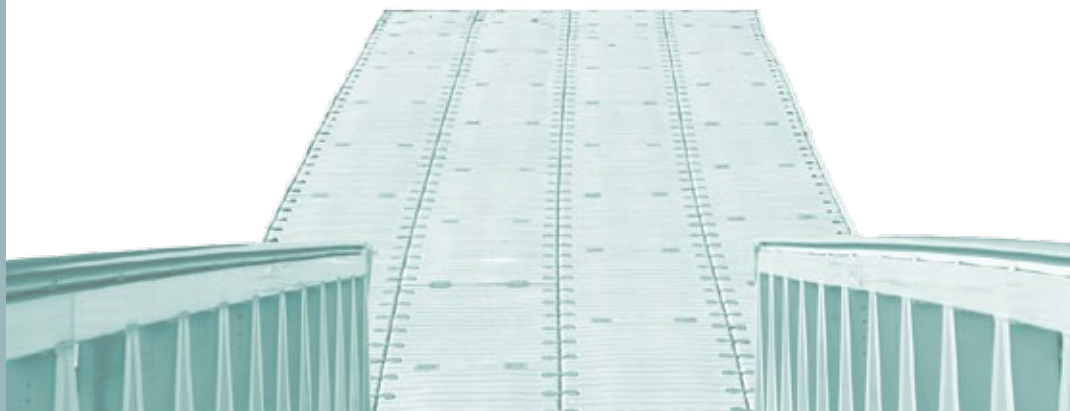
The NEA fellowships are granted each year for in-depth study of dance, theatre, music and opera. Marcie and up to 12 colleagues will converge at Duke University to reflect on dance. She will spend her time attending lectures, workshops, discussions and even experience movement first hand from esteemed choreographers and dancers. She will also try to find a local boathouse from which to row.

Marcie, have a great time! We will hope to hear all about your journey when you return.

LWRC Office Needs Your Help!

The manager's office needs a new computer(s) to run internet, Quicken and other office software. It should probably be no older than two years old and one bonus would be an updated operating system!

If you have such a computer that you would like to donate, please contact KC at dietzkc@hotmail.com



Outlaw Series #2, April 25 | hugh lade

Eleven boats battled through relatively slow conditions, with the men's Opening Day 50+ crew (most of it) handily posting the day's best time of 15:02. Rick and Matt chose a pair this time, and were punished for their overconfidence with 2nd place, 1:47 off their course record, and a couple of blistered hands. A strong women's straight 4, R-3K (Rachael A., KC D., Kim W., Kari P.), were not far behind the pair, and Robert Meenk rowed the first 1x to 4th place.

Enough drivel; let's talk about this 13:43 course record. First, Tyler and Evan have to man-up and challenge the Tarbill/Crouthamel 2x. Additionally, Byrl, Josh and Robert M. could each be part of a record-breaking crew. You older folks want a crack at it? I smell a fast quad surprising these kids.

The day's heros include John Brooks, Doug Nelson, Sheila Maher, and Karin Rogers (alternate), who controlled the start and made sure you got timed. Thank you to all.

Stay tuned for results from the May 30 edition of the Outlaw series.



All photos
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Captains' Corner from p.1

Boat reservations

Wanna race? Need a boat? Reserve one on the captain's board! This is only for racing, not for daily practice reservations. All reservations must also be approved with a captain's initials before they're official!

Regionals

Regionals is just around the corner! Start thinking about what you want to race and how you're going to accomplish your goals. LWRC has an extraordinary amount of talent and can be very successful! If you would like to use a club boat (singles all the way to eights!), email Jeny Potter (jeny.potter@gmail.com) to request your reservation. Requests will be honored on a "first come first served" basis, and all efforts will be made to get you the boats you need!

As a reminder each rower is only allowed to compete under one team affiliation.

Masters Sweep Camp

Again this year, UW is hosting the USRowing masters sweep camp. The dates are June 18-21. Bob Ernst will be the head coach with help from other UW coaches. The camp fills up fast - registration form can be found here:

http://www.usrowing.org/uploads/docs/2009nwmcampregistrationform_2EVG22.pdf



Left The Martha's Moms crew fights through a competitive field in the Womens 50+ event. **Below** The LWRC Mens 50+ cruises to a third place finish.



Left Melissa Hayes, Rachel McGovern, Kate Brooks, Andrea Liljegren, Kim Lawrence, Meg Barry and Cheryl Channing (AWOL: Lisa Oswald) sport their first place medals. Congrats, ladies! Photo courtesy of Meg Barry. **Above** The LWRC Womens 30+ boat leads the pack through the final few hundred meters of the race.

Opening Day | jeny potter

As is the standard, Opening Day was plagued with clouds and drizzle in the morning. The women of LWRC weren't deterred though - they lined up along side Portland Women's Rowing, River City Rowing Club from California and arch nemesis LUC. After a speedy alignment, which was praised by the referee as done "much better than the boys," the boats were off and running. LWRC got out front quickly and stayed ahead all the way to the finish line, beating Lake Union by 7.7 seconds! The whole crew agreed that it was a great piece and a great race.

Joe Tynan, Dale Peschel, John Alberti, Liam Lavery, Steve Goodman, Bob Thoreson, Kirk Clothier, Howard Lee and cox Joe Petrelli represented LWRC against Victoria City, Vashon and Willamette in the Mens 50+ eight.

Programs and Skills | hugh lade

In their March training clinic, LWRC's coaching staff discussed what skills a rower should acquire in each level of program the club offers. The resulting list allows us to objectively determine whether a program or LTR class has met its obligations to the participants, and provides a guide for rowers to judge their areas of competence or weakness. This list of skills was created by the active coaches and LTR instructors, and it assumes a starting point

of no rowing experience. None of the skills requires unusual athletic talent. They do, however, acknowledge that rowing is a physical activity, that technique plays an important role, and that we row racing boats.

Most novices can advance to the Rowing/Sculling 2 level rather quickly, and we expect most club members to qualify for those programs within a year. If you participate in a class or program and do not

feel you have achieved your target skill level, discuss with your coach or other coaches your concerns and how you might focus on the weaker areas. You do not have to match speed and skill with the club's top rowers in order to join a level 2 program, just be well grounded in technique and dedicated to an above-average level of conditioning.

Rowing Skills

To graduate from LTR lessons, i.e. participate in Rowing 1 or Sculling 1:
Move and handle a boat safely, protecting both equipment and rowers.

1. Know the nomenclature of boats and gear.
2. Approximate the proper coordination of back, legs and arms.
3. Recognize most commands and what is expected of the rower.
4. Carry boats and oars properly to and from the rack and to and from the water.
5. Know the procedure for recognizing and reporting equipment damage.
6. Maintain an awareness of position and course, correcting while rowing.
7. Know the necessary rules of the road.
8. Be able to enter and leave all boats by stepping into them and out of them, maintaining control of both boat and oars.
9. Demonstrate competence in taking a boat away from the float and returning to same, without using the oar as a setting pole.
10. Know the technique of backing a boat of any size.
11. Stop the boat at speed (not by backing the blades against the water) and perform a backing stroke.
12. Turn the boat by dragging one blade, controlling rigger height.
13. Row ten strokes in small boats without looking around and keeping blades clear of the water most of the time.
14. Know boathouse etiquette. [continued on p.6](#)

Rowing Skills from p.5

To qualify for Rowing 2 or Sculling 2:

*Row competently, confidently, and in unison in a team boat.
Be prepared for race training.*

1. Demonstrate the proper holds for sculls and oars.
2. Ply the blade at the proper depth consistently.
3. Row with correct timing of entry and release, and body movement coordinated with the crew.
4. Row over the keel.
5. Push equally with both feet from catch to release.
6. Make turns in any boat without destroying the set.
7. Understand how to balance a boat, correcting and preventing rolling.
8. Row forward and backward alternately with no pause in between.
9. Pull an erg time equal to or better than the 50th percentile of world rankings for gender, age and weight, either 1K or 2K.
10. Perform the bow oar steering and command duties of a pair/double, straight 4 or quad.
11. Perform a racing start and a finishing sprint in-synch with crew.
12. Demonstrate basic rowing rhythm.
13. Row any boat sideways.

Practice session goals of Rowing 2 or Sculling 2:

Maximize propulsion, minimize resistance with proper technique and effective conditioning.

1. Maximize effective length of stroke
 - Catch at full reach quickly; maintain pressure, proper blade depth and angle for full arc; release blade toward bow.
2. Avoid disturbing run and set of shell
 - Minimize vertical movement of body and oars; quickly transfer weight toward stern during recovery to keep hull on design line; minimize stern check; maintain constant rigger height off water.
3. Maximize physiology
 - Properly set lower back; initiate stroke with quick, hard leg drive, not shoulder lift; relax all muscles not in use for driving the boat forward; engage all drive muscles immediately, finishing legs, back, shoulders and arms at approximately the same time.
4. Subtleties
 - Counter-motion at release and catch; sculler's catch, light hold, supple wrists; rhythm.
 - Conditioning: achieve erg score equal to or better than 75th percentile (gender, age, weight adjusted) for 2K; employ weight lifting, Pilates, cross-training, training cycles, proper rest.

Work Party and Going Away Party for Conor

Saturday, June 13

8:00 a.m.

We rely on the generosity of our members to keep our grounds, boat bays, weight area, ergs and bathroom clean during the busy rowing season. Please join us on the 13th to get a few chores done, then bid a fond farewell to Conor.

Any questions regarding volunteer opportunities should be directed to Andi Day at andi@lakewashingtonrowing.com



Dear members of LWRC,

On June 15th I will depart the club for travel and family. I leave part of my duties to Jen Rucier and the other parts to Andi Day and the board of directors. I have worked for a little over two years now and have hit a point where I must get outside and travel. I will also spend more time with my father who is on a transplant list to receive a liver.

It has been on my list to ride a bicycle from San Diego to the San Juans for many years as well as hike parts of the Pacific Crest Trail, if not the entire thing. I am interested in cycling in the national parks of the U.S. and Canada as well. This winter I will be traveling to South America with a few friends to see the coast of Brazil and Chile. These trips are going to take me some time and planning and I can't wait to get started.

My father and I are planning a few smaller trips around the Northwest, maybe fly-fishing and sightseeing by car while he waits for his transplant. He currently has 5 percent capacity of his liver and while he seems normal in person, he sleeps constantly and cannot move around for long without a rest.

It has been wonderful working with you all over the last years on the many projects that have developed. Thank you for being so wonderful and generous with your time and patience while I discovered the ways of the club and office. I am proud to be a part of the history of LWRC and wish you all the best. I will still be based in Seattle and coach rowing for the Lakeside School in the fall and spring. I hope that I can row with LWRC some day and help win more medals for the club.

Sincerely,
Conor

Sculling Program Changes

Our sculling program has changed! We have combined Sculling 1 and Sculling 2 instruction, which means you don't have to be an 'elite sculler' to join us on Wednesday at 5:30 a.m. or Saturday at 6:30 a.m. If you have never sculled this is not for you, check out our Learn to Row classes.

The cost per season (roughly 3 months) is \$100, a real deal! Our team of coaches, Bill Tytus, Hugh Lade, Frank Cunningham and Doug Nelson, will be available to help you improve your stroke and meet your personal rowing goals. Don't hesitate - join us today! If you are on the fence, email Hugh Lade for more information at blade1x@comcast.net