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*Editor's Note: Please excuse the mess! More changes on the newsletter coming soon!*

## From the First Door on the Right **Jen Rucier**

In my opinion, our club's greatest asset is the membership. No, this isn't a twinkly lights, warm cup of cocoa, sugar coated holiday sentiment. It's the truth as I see it.

Over the course of the recent months as I've sat behind the first door on the right I have had the pleasure of talking with many prospective, new, and current members.

What has come from these conversations is that the people who call

LWRC their home away from home are not only passionate about the sport of rowing but also about the well-being of their fellow members. As we move into the New Year the health of the club will be determined by the way in which the membership embraces three things: the spirit of volunteerism, the want or need to become a better rower, and unity under the name: Lake Washington Rowing Club.

Volunteering is understood as a membership requirement within the club and the duties are vast and varied. Some tally their volunteer hours by sitting on a committee and making decisions on behalf of the membership. Some pull weeds and whack back the blackberry bramble with great enthusiasm. Some show up regularly to work parties or Experience Rowing Classes. CONTINUED P. 3

## Head of the Lake Wrap-Up **Rachel Alexander & BJ Connolly**

The 2009 Head of the Lake regatta turned out to be a very well-attended and by all accounts a very successful regatta.

Once again the weather Gods or Goddesses smiled on us. As you may recall, the weather was hideous the day before - so horrible in fact that the Frostbite Regatta was canceled. Nothing like a little stress!

The number of entries this year exceeded our expectations and the new awards created and handed out to our winners were a huge hit.

Support from the University of Washington

was fabulous; we could not put on this event without it. However, the BIGGEST thanks should be handed to our wonderful group of volunteers. All of you who helped make this regatta happen are the ones who deserve the credit for the regatta's success.

It is not easy to stage a regatta of this size and the best planned event will fall on its face unless people participate and make it happen—and LWRC did. THANK YOU!

We look forward to the HOTL November 7<sup>th</sup>, 2010.

Mark your calendars

and tell your friends!

**LWRC RESULTS:**  
 W OP4+ 7<sup>th</sup>  
 M OP1x 5<sup>th</sup>, 13<sup>th</sup>, 17<sup>th</sup>  
 W OP1x 10<sup>th</sup>  
 W M1x D-E 1<sup>st</sup>  
 M M8+ B 3<sup>rd</sup>  
 W M8+ 1<sup>st</sup>  
 W M8+ E-F 2<sup>nd</sup>, 3<sup>rd</sup>  
 Mx M3x 2<sup>nd</sup>  
 M OP2x 1<sup>st</sup>  
 Mx M2x 3<sup>rd</sup>  
 W 4x C 2<sup>nd</sup>  
 W 4x D 1<sup>st</sup>  
 W OP2x 6<sup>th</sup>  
 M M4+ C-F 4<sup>th</sup>  
 W M4+ A-H 2<sup>nd</sup>, 4<sup>th</sup>  
 M M2x A-C 3<sup>rd</sup>  
 M M2x D-H 1<sup>st</sup>  
 W M2x AA-C 3<sup>rd</sup>

## The Time Has Come Frank Cunningham

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*“The fact that the compromises women have come to accept simply don’t allow them to row the empirically derived standard arcs seems to have been universally overlooked.”*

As most of you know, the Lake Washington Rowing Club was started by men who aspired to compete in world class regattas. Under Stan Pocock’s guidance they were astonishingly successful for a period spanning ten years. By the end of that time most of them had discontinued racing and gotten on with their careers.

In the years that followed, the club evolved into an organization committed to offering the sport to all-comers and gradually lost its elitist stamp. Women were introduced to the club when the wife of one of the oarsmen, Aldina Nash, persuaded her husband to coach her and a few of her friends. Dinny Paulsen, who rowed with the “Moms” until fairly recently, was one of them. The original members were reluctant at first to accept on equal terms the women who followed

Aldina’s group, but it became apparent that, if the club were to survive, it would have to accept women. Its status as a tax exempt organization under the laws of the state positively necessitated it. Since those early days the club has benefited greatly from its nearly equal representation of men and women.

Through the years the club has acquired a considerable inventory of rowing equipment, all of it, incidentally, more suitable for men than women. This was inevitable for several reasons. The market for this equipment was for years primarily – exclusively – men; boat builders responded very slowly to the demand for properly sized equipment for women because of start-up costs; and women seemed satisfied to row with the available resources of most schools and clubs. After all, they could row with what they

were offered and, since all women rowed in comparable equipment, there were no inequalities to spoil their participation.

The fact that the compromises women have come to accept simply don’t allow them to row the empirically derived standard arcs seems to have been universally overlooked. From my own experiments and those of Stan Pocock I have learned that restoring the proper arc – 85° for sweep, 90° for sculls – always produces improved performance, often dramatically so. At present, on average, the women of the Lake Washington Rowing Club row between 60 and 70° arcs. Isn’t it time, then, for us to equip women to row the way years of experience tell us is the most efficient way and to participate in the sport on a par with men?

## SUMMER 2009: RACING IN PUGET SOUND Rainer Storb

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*“I kept our bow lined up with a couple of notches in Bainbridge Island’s skyline under which I had located the Rock earlier using binoculars, constantly adjusting the course to compensate for the perpendicular ebb current.”*

GREAT CROSS SOUND RACE (7.8 miles)

“Overcast, light NE winds, ebb tide at 0.9 knots N, some rough water”

Alki Beach, 8/22/09. The Great Cross Sound Race begins at 9 a.m. at Alki Beach House and heads west toward Blakely Rock off Bainbridge Island, crossing the Bremerton Ferry lanes. It goes counterclockwise around

the Rock, heads south toward Restoration Point, rounds the Decatur Reef buoy (beware of currents), and backtracks to the Beach House which always is virtually invisible because of haze or sun glare (think “dead reckoning”).

I rowed with a friend, Tacoma’s Todd Silver (57 years; stroke). At the start, we looked over to Evan Jacobs wondering whether we would “get

him” this time (in 2007 and 2008 he bested us by seconds). A long horn blast sent us off (65 boats). I kept our bow lined up with a couple of notches in Bainbridge Island’s skyline under which I had located the Rock earlier using binoculars, constantly adjusting the course to compensate for the perpendicular ebb current. Eventually, the reef

CONTINUED P.3

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## Financials, The Saga Marcie Sillman

As I write this article, we're just a few days shy of the Winter Solstice, and two weeks from 2010. Both are occasions for optimism. The first is obvious: finally, slowly, we'll start seeing a little more daylight in the mornings. As a winter rower, I can't wait. As far as 2010 goes, we can only look forward to the settlement in our long running ground lease negotiations with Fremont Dock Company.

In mid-December, our appraiser, Anthony Gibbons, and the FDC appraiser, Steve Price, each submitted their formal reports to our attorneys and to one another for review. Anthony Gibbons is a principle at Re\*Solve, one of the most respected firms in the region. His 77-page report is a comprehensive look at the property we lease from FDC, including zoning, development potential, shoreline use restrictions, and comparable land parcels. Anthony concludes that LWRC should pay approximately \$4,500 per month in rent to FDC. As many of you know, Steve Price believes the value of our property to be significantly higher (2x higher, to be precise). Both appraisals

have been submitted to a third expert, who will consider this information, conduct his own appraisal, and report on what he thinks we should pay. This process is stipulated in the terms of our 90-year ground lease with Fremont Dock Company.

We expect to have a ground lease value determination by the end of February, as well as a schedule for repayment of back rent and property taxes.

Just to give you all some more figures:

\*up until October 2009, we paid FDC approximately \$2,500/month rent. In October, at the advice of our attorney, we began to pay \$5,000. Whatever final figure we settle upon on February, LWRC will owe FDC the difference going back to November 2008. We anticipate that amount will be approximately \$30,000. FDC has also demanded interest on that figure.

\*Earlier this autumn, FDC sent LWRC an invoice for back real estate taxes, going back 13 years. FDC had never billed LWRC for its share of the real estate taxes. LWRC paid the 2009 taxes (approx. \$5,000). We have consulted our

attorney, Brian Lawler, along with a second attorney. Both advise us to pay back taxes for the past six years. However, FDC has also demanded interest payments on these delinquent taxes. We have not as yet agreed to pay that interest. Six years of back taxes will be approximately \$30,000.

\*Our attorney and appraiser fees for 2009 were \$24,000. We will probably owe another \$10-\$15,000 for 2010, at the very least.

All of this is to say that we have anywhere between \$75,000 and \$100,000 in unanticipated expenses coming up for 2010. We made the decision not to raise dues again this year. However, we do need to figure out how we will pay off this one-time debt. And, we need to plan for 2023, the next time LWRC's ground lease stipulates a revaluation. The Board would like to form a Long Range Planning Group to strategize and advise action on both of these pressing issues. If you've got financial planning, legal or accounting expertise, please contact me or KC Dietz.

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*"All of this is to say that we have anywhere between \$75,000 and \$100,000 in unanticipated expenses coming up for 2010."*

## From the First Door to the Right, *continued.*

FROM P.1 - Whatever you chose to take on as your volunteer commitment in 2009, I thank you for repeatedly spending your free time making LWRC clean, functional, fun, and vibrant! More will be required of you in 2010, which just means that if you haven't been giving your ten hours this will be your year to shine!

Regardless of our familiarity with the sport, rowing requires some level of body awareness - whether it is just getting the oar in and out of the water and staying upright, or maximizing run and

minimizing extra movement throughout the stroke.

Our actions on the water are equally different within the boathouse walls. Members walk through the boat bays ready for the lessons of the day - be they dictated or self-imposed - and our actions are typically methodical; say hello, do a little warm-up, get out the oars, carry out the boat and repeat in reverse fashion on the way back in.

Learn to Row participants and newer members are a little more hesitant in their steps though very eager to

become as savvy and fluid with their routine as seasoned oarsmen. What is wonderful about this club is that we choose to respect the beginner with their wobbly ways as much as we respect the repeat gold medal winners.

We are all here to get better; to improve our stroke and put our efforts to work either down a race course or a lap around Lake Union. We may be at different places in our rowing careers but we are all rowers.

The club's mission reads: *"To introduce the public at large to the sport of rowing;* CONTINUED P.4

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*"Our actions on the water are ...different within the boathouse walls."*

## SUMMER 2009: RACING IN PUGET SOUND *contd.*

FROM P.2  
in my rearview mirror.

Approaching the Rock, we led, followed by Tyler Peterson and then Evan. Blakely Rock consists of one main "chunk" and a number of satellite chunks depending on tide.

Given unpleasant memories of past contact with underwater ledges, we went around all of the chunks. Evan had no such qualms. He took a shortcut right through the opening visible in the photo. Tyler followed his lead. As Todd and I cranked the boat around the last rock outcropping by holding down on port, Evan led, Tyler was

second and we a distant third. "Darn rascals", one of us said, sounding a trace exasperated. The next 0.9 mile to Decatur Reef buoy was against the ebb. We reeled in Tyler. Sea lions, resting on the buoy, grunted and jumped off as Evan approached. Currents bumped Evan's stern into the buoy. We passed him after the turn. Tyler rowed hard but couldn't catch Evan.

While we rounded Decatur Reef buoy, the Victoria Clipper came racing out of Rich Passage at top speed, waking us (Unclear what she was doing there - Apprentice pilot?

Sunspots messing with her guidance system?).

The Bremerton ferry, also emerging from the passage, seemed slow by comparison.

We kept our bow pointed a few degrees west of a large Alki Avenue apartment building that was wrapped in white sheets of plastic and, therefore, visible. We hit the Beach House right on, finishing at 52:24 min, ahead of Evan (16 sec) and Tyler (29 sec). Susan Kinne/Joan Linse were 6<sup>th</sup>, Josh Proctor 7<sup>th</sup>, Howard and Amanda Lee 9<sup>th</sup>, and Rachel Alexander/John Alberti 12<sup>th</sup>. Eventually, sun broke through the clouds. CONTINUED P. 5

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*"Darn rascals", one of us said, sounding a trace exasperated.."*

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*"We won the Club event last year and need to defend our title (and defend our huge trophy)"*

## Ladies' Crew Classic Callout Jeny Potter

LWRC has entries to the Club and Masters A events at San Diego this year. We won the Club event last year and need to defend our title (and huge trophy). This is a

call for all women rowers interested in racing an 8+ March 27-28 in sunny San Diego. Please email Jeny Potter ([jeny.potter@gmail.com](mailto:jeny.potter@gmail.com)) before January 21st if you

would like to throw your name in the hat, or if you have questions concerning the race, selection process or travel arrangements

## From the First Door to the Right, final

FROM P.3 - *to promote member development through coaching and education; to sponsor local and regional rowing competitions; to train elite rowers for national and international competitions; and to promote all facets of the sport of rowing.*"

The first three tenets are the most on-going and regular elements of the mission with Head of the Lake being the premier regatta in the region.

They are those that breathe life into the club day in and day out. Whether you joined the club two months ago or twenty years ago, we are all here because we love to row. We are competitors to some degree, either with

ourselves or against others, and we willingly embrace the physical and mental challenges inherent in the sport. That is our commonality and we should remind ourselves on occasion that we are all here because we are drawn to the sport and its people.

Though we can't please everyone and we don't even have to like everyone, we can certainly be courteous and sympathetic to one another's opinions, experiences and yearnings as they apply to life at LWRC and the quest for the perfect - or at least less bad - stroke!

As we welcome in the New Year be proud of your membership at

LWRC. If you do not like the way something is or is done, then be the change agent! Take out the trash if it's full. Run an Experience Rowing Class if you like to see adults get excited about a new adventure. Teach a Learn to Row class if you do well with a teacher/student environment and are interested in growing our membership. Come to a Board meeting to hear what your representatives are discussing on your behalf.

You, as LWRC's greatest asset, have the ability to affect the value of the club from today forward. Happy New Year!

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*"Whether you joined the club two months ago or twenty years ago, we are all here because we love to row"*

## Gents! It's Past Time - For Glory! Joe Tynan

Fellows! The Time of Reckoning draws near! February 13th is the date to remember, if you're interested in trying out for a boat to head off to the Henley Royal Regatta.

I hope you've been training hard, and working to get the fittest you've ever been! Once we know who's serious and

who's just playin', we'll hash out the details of this epic journey across the pond. This is a once-in-a-lifetime experience, and if you're serious to go, you should be training with a once-in-a-lifetime intensity!

I'll see you on the 13th of February, right here in the Boathouse, 10AM.

Let's tickle the Dragon of Fate with the Feather of Destiny, and defeat the Beast of Difficulty using our Skills of Triumph and Heart of Victory! Or, just sack up and show the hell up on Feb. 13. Seriously. Not kidding now. Show the hell up. Questions? Email me! [joetynan@gmail.com](mailto:joetynan@gmail.com)

**SUMMER 2009: RACING IN PUGET SOUND** contd.

FROM P.3

**'ROUND BAINBRIDGE ISLAND MARATHON**  
(26.2 miles)

"Very sunny, slight northerly winds, flood tide changing to slack"

Bainbridge Island, 9/12/09. The race starts (at 9:30 a.m.) and finishes (times highly variable) at Faye Bainbridge State Park on the northeast end of the island. Sixteen boats went clockwise and one, a US/Canadian crew, counterclockwise (bad choice - they finished last at 5:02:41 hours). Current forecast predicted we would ride the flood through Rich Passage; the fastest boats would fight its very tail end in Agate Pass but slower boats would go through the pass at slack tide, a rare constellation..

Tyler Peterson (stroke) had agreed to row with me. Right off the start, Greg Spooner/Jordan Hanssen began battling Boston's Jeb Besser (former U.S. National Team member) /Bainbridge's Grant Dull. Their two boats surged ahead. My rearview mirror showed them changing leads continually. Behind us, Theresa and Jeff Knakal battled Theresa Batty/Susan Kinne, also changing leads. Tyler kept a steady rate of 24. "Let them exhaust each other"

was his comment. We stayed offshore in hopes of catching favorable currents.

The Bainbridge/Seattle ferry still loaded at Eagle Harbor (sigh). Seals hung out at Blakely Rock. Sea lions lazed enviably on Decatur Reef buoy. While we turned into Rich Passage, rock ledges covered with sea shells flew by close to our hull (scary). We met two car ferries, one Seattle-bound and one for Bremerton. Mt. Rainier and Seattle rose on the eastern horizon. Every half hour, one of us drank while one rowed. Somewhere in Rich Passage, Tyler asked for a bathroom break which seemed to take forever. That done, we cut across the shipping lanes toward a beacon off Point Glover on Kitsap Peninsula and then back to Point White, the southwest tip of Bainbridge. Exiting Rich Passage into Port Orchard, I almost steered us into a large navigation marker off Point White, underestimating the tide. With frantic port pressure, we cleared its barnacles by inches.

We were "swinging" for the next 6 miles to Battle Point despite boat wakes. Rounding Battle Point, we ran into head winds which persisted for 5 miles to Agate Point, the northwest

tip of Bainbridge, and which kicked up substantial waves (last thing you want at this stage). After passing Battle Point, Tyler turned around and said, "There is a double 300 – 400 meters ahead; mind if I raise the rate?" He did raise it; actually we both did, and at the entrance to Agate Pass, we passed Spooner/Hanssen who looked tired.

We rounded Agate Point, wound our way through a sailboat race in Port Madison, and, a few miles later, rounded Point Monroe crossing the finish at 3:13:38 hours. We missed the course record set by Besser/Crosby in 2006 by 53 seconds. Until 2006, the record stood for 13 years at 3:20:33 hours. Besser/Dull re-set the bar at 3:09:01 hours! Spooner/Hanssen trailed by > 9 min, the Knakals by >18 min and Theresa/Susan by 22 min (photo # 5 shows the two cruising underneath Agate Pass Bridge). Tyler's rowing style, rate, and sense of balance in the boat wakes made the row a pleasure. As he stated, "There is something to be said about finishing a marathon and feeling good." He also said the bathroom break was "very necessary".

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*"After passing Battle Point, Tyler turned around and said, "There is a double 300 – 400 meters ahead; mind if I raise the rate?"*

## Board of Members, Applicant Bios

### KC Dietz - VP Candidate

Greetings LWRC members. I have decided to run once again for the LWRC Board of Directors, not because I want to compete with Ben Porter for the longest running board member nor because I am temporarily insane after this crazy year, but for the following reasons:

- I am enthusiastic and can offer some creative problem solving skills for what will be a challenging financial and organizational time for LWRC
- I am invested in our current projects

- I honor the mission and integrity of the club
- I like the family feeling of the place, good times and bad.
- We have a good thing going here that is worth preserving
- I wish to pass on knowledge to the newer board members for continuity sake.
- I have the time now that my kids are in college
- Rachel Alexander won't run unless I do

### Rachel Alexander - President

I have been asked by several members to throw my hat in the ring and run for LWRC Board President so here I am.

This past year as a board member I have had the privilege to work with the other members of the LWRC board all of who

are incredibly committed to the success of this club. It is a daunting time to assume a leadership role at LWRC with all of the challenges we still have to overcome, but I enjoy leading organizations when I know I have a great core group of individuals to

lead alongside of, and with, me.

I believe in the strength and power of our membership working together to make this club all that we want it to be and more. I would be honored to lead this club as your President in 2010.

### Norma Andreadis - Co-Secretary

I am submitting my name in nomination for the LWRC BOD position of Co-Secretary. Although a fairly new member of LWRC (joined Martha's Moms in March 2009), I have attended several board meetings and feel that I understand the challenges facing the LWRC community in the year ahead.

As a former board member and ultimately executive director of a similarly large rowing club in California, I believe that my experience will allow me to contribute positively to the future of LWRC. I hope to have your vote and support.

A very short biography

follows:

Norma Andreadis, a new member of LWRC as of March 2009, recently moved from Los Gatos, Ca where she rowed for the Los Gatos Rowing Club, both as a sculler and competitive sweep rower.

Norma is a Seattle native, having left after high school, but always keeping the Pacific Northwest in her heart.

As an adult, she became a serious athlete, turning a quick run around the neighborhood into several marathons over the next 20 years. When her knees said "enough", she turned to rowing at the suggestion of a friend. In

addition to rowing competitively for LGRC, Norma was the Booster Club President for the LGRC Junior Team of 150 high school rowers, served on the LGRC Board of Directors, and in 2006 became the LGRC Executive Director of Operations, a position which she held for two and a half years prior to relocating to Seattle.

As Executive Director, Norma oversaw a budget of \$1M, supervised and hired the coaching staff of 10, served as Program Manager for master and junior rowing programs, and served generally as

CONTINUED P. 7

**Norma Andreadis, Co-Secretary, contd.**

FROM P. 6 - Operations Manager for the well established rowing club comprised of 150 teens (and 300 parents) and approximately 120 master rowers, including all skill levels from novice to national caliber scullers and sweep rowers. Many of the challenges faced at LGRC mirrored those of

LWRC although they were the result of very different circumstances.

Norma and her husband, George, have two children, a daughter (and two grandsons) in Boston, and a son at UW. Norma retired from IBM in 2006 where she held several positions, most recently as a

software executive supervising the Western Region competitive sales team.

Currently, she is a member of Martha's Moms and spends her time between competitive sweep rowing and sculling.

**Emily Simonds, Co-Captain**

Hi, I have been a member of LWRC for 2 years and a rower (sweep and scull) 10 years. I value this club a lot and I am at LWRC almost every day - sometimes twice a day!

I would like to work with Jenny Potter to organize the boat racks more and make sure that people are able to use and access their boats, or ,in the case of the club boats, in using the correct

ones.

I would also like to help get people working out in the off season to help motivate people to get the most out of rowing.

**Captain's Corner** *Jeny Potter*

Where'd the trailer go? Chris Martin and the fine folks at Clean Scapes are fixing up the trailer for us. New lights, new brakes, new paint job, new flooring. It's going to be a whole new machine!

What about that other trailer? The Eastside Prep trailer is now parked behind the boathouse, storing some wherries on it. This is in place of a set of boat racks LWRC agreed to build for Eastside in the contract. Eastside Prep has about 15 juniors rowing out of the boathouse this year.

**New Members.** We've been pulling in lots of new folks lately, so if you see some unfamiliar faces, introduce yourself and say hi! You might be talking to your new favorite rowing buddy.

**Pesky Reminders.** Sign out, sign in. Bring in the slings and close the bay doors if you're the last one in. Be quick and quiet on the dock. Put a sock on your water bottle to protect the boats. Leave shoes under the ramp on the dock. Call your mother.

**Winter safety.** For

those who haven't noticed, it's gotten cold out. Please stay safe these winter months by rowing with a buddy (either more than one 1x or in bigger boats) or with a coaching launch. Bundle up - you can always take layers off as you warm up. When the weather really gets bad, crank up the tunes and hop on the erg!

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*" Please stay safe these winter months by rowing with a buddy (either more than one 1x or in bigger boats) or with a coaching launch."*

## Classifieds

<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 oarsmanship:

- \* Increasing your length of stroke
- \* Improving power
- \* Allowing you to train harder with fewer injuries

- \* Exponentially developing flexibility and core strength
- \* Fine tuning your sense of balance and sensory awareness
- \* Developing your mental focus and concentration

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.

