LWRC

Making Waves

The LWRC Quarterly Newsletter

Vol. 4, No. 4
December 2018

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Regattas, Regattas, Regattas:

Great Showing in Boston!

LWRC Struts Its Stuff at HOCR

Late this October, more than a dozen Lake Washington Rowing Club (and Martha's Moms!) rowers made their way to Boston to compete in the 54th Head of the Charles Regatta. Not only did we compete in more races than in other recent years, we did well enough that many of our rowers will be able to go back next year.

Here are the results:

Elizabeth Runde (aka Wispy) of Martha's Moms started things off with a fourth place in the Women's Veteran singles. She started at bow #48, so she got to pass a lot of people on the way.

In the same race but a different event, **Susan Kinne** took first in the Senior Veteran Women's single category. She beat most of the people rowing in the younger age category as well. Susan has won the Head of the Charles so many times it almost isn't a big deal to her anymore. (It is to the rest of us!)

KC Dietz and **Kelly Johnson** teamed up with some former teammates of KC's, rowing un-

HEAD OF THE CHARLES REGATTA

My HOCR

Jordan Tigani tackles the country's premier head race—and lives to tell about it.

If there is a race that can quickly recalibrate your ideas of what fast rowing is, it is the Head of the Charles. After all, the guy who had won this year's world championships took *third* in the men's championship singles. Of course, the over-40 categories are not nearly as competitive, but if you find out there is a former Olympian in your race, it certainly helps soothe your wounded ego.

Racing in a single is terrifying. There is no one to push you to row faster, no one to point to if the boat isn't set, no one to carry you if you're not in as good shape as you'd hoped, no one to share the blame if you get passed.

The only cure for that terror is to just sign up and do it. On the bright side, rowing a single means you never have to worry about coordinating schedules, or what happens when your boat-mate goes on a three-week vacation, or whether you should row bow or stern. And there is no seat racing.

If you've never rowed at Head of the Charles, stop what you're doing, look up the registration date for next year, and mark it on your calendar. People come from all over the world to compete, and the entire city seems to revolve

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Great Showing in Boston, *continued*

"Depending on where you were on the winding course, the wind might blast you in the face or merely nudge you toward shore."

der the "Early Lights" name (a reference to their former Lightweight National team status). They took seventh place in the Senior Master Women's fours, retaining the automatic entry they have kept going for decades now.

Next up was **Jordan Tigani** in the Men's Senior Master single, coming in 17th out of 35. He passed the Lake Union rower, which was all that really mattered, and finished high enough in the order to have a chance at re-enrolling next year.

The final LWRC entry of the day was the Men's Club four, with **Brooke McCulloch** at cox and **Alex Lund, Bennett Shultz, Eric Buescher,** and **Joey Domingues** on the oars. This was a difficult category, with a number of collegiate teams and no age handicap. Our rowers came in 26th out of 55, which is fast enough to earn a guaranteed entry next year (seat racing starts this spring!).

The last race of the regatta, on Sunday afternoon, was the Director's Challenge mixed eight. Lake Washington's entry featured **Megan Northey, Rachel Wong, Alex Weatbrook, Andy Rees, Gavin Gregory, Jordan Tigani, Allison Thomas, and Amy Hildebrandt,** with Brooke McCulloch again in the cox seat. The highlight of this race was undoubtedly passing the Pocock boat in front of the Cambridge Rowing Club. We finished 11th out of 35 boats

My HOCR, continued

around rowing for a brief weekend. Walking down the banks of the Charles, you can find the vendor for virtually every rowing brand you've ever heard of, and some that you haven't. Many of them are small businesses and are happy to talk.

Last year we had beautiful, 70-degree sunshine, but this year felt a bit like Seattle: chilly, drizzly, with a stiff headwind. The winds were around 15 miles per hour, but they were gusting much higher. Depending on where you were on the winding course, the wind might blast you in the face or merely nudge you toward shore.

We were able to secure trailer space with Lake Union Crew to ferry most of our boats to Boston. This made transportation pretty easy, as long as you don't mind a couple of holes in your boat by the time it gets there. Luckily, my single was nestled somewhere in the middle and escaped any damage. Our eight was not so lucky: a tree took out a few inches of the hull near the stern.

Lake Union was on top of it, though, and dropped off the boat at Community Rowing International, the nicest boathouse in the world (if you're a fan of glass cubes). The CRI boatman patched up the *Steed* in a jiffy, rendering it rowable with 24 hours to spare.

Friday was the main practice day for most crews, so all day you saw boats of all types paddling up and down the Charles. There are three turns to port and two to starboard, so it's a big help to know which one is coming up next. There is also a nice, mile-long straightaway in the middle—a great place to pass if you don't run into a bridge.

I was nervous about steering, so was anxious to get out and practice. You aren't supposed to cut across the river on practice day; instead you're expected to row the entire course and back to where you started. This meant that between my single and my mixed eight, I ended up rowing 22 kilometers the day before the race. That was a lot more than I wanted to do, but the alternative was to not get any practice in

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Great Showing in Boston, continued

"My number was third from last, which was reassuring, since there was almost no way I'd get passed by more than two people."

(eighth on the water, but it was age-handicapped). The CrossFit boat finished well behind the pack, showing there is more to rowing than running around the block carrying strange objects. The Harvard boat did not finish, despite their home court advantage, after running full-speed into a bridge. This is yet more evidence that attendance at a prestigious Ivy League college doesn't always mean that you're smart enough to avoid running into stationary objects.

—Jordan Tigani

Pass the Word

Has an LWRC member done something worth recognizing, on or off the water?

Help us share the news!

lwrcnewsletter@comcast.net.

My HOCR, continued

steering the course.

I went out for my practice row on the course in my single. On the way to the starting line, it was hard for me to focus, since I was distracted by memories of the place. I rowed under the bridge that I used to cross every day to rugby practice, and also the bridge where I first kissed my future wife on our first date. I could see the path I used to rollerblade along early in the morning to wake me up after pulling an all-nighter on a problem set. I got my head in gear once I got to the starting area and scoped out the start. Most of the buoys were up, so I got to work on taking the turns without letting my hull go over the buoy line. I stopped rowing in front of the bridges so I could figure out the best line to take through them.

My race would start the next day at a civilized 11:30 a.m., but boats must launch over an hour earlier so as to have time to go single-file down the course to the start. It was cold, and it was windy, and along the way I got to size up the competition. I saw a guy I'd rowed against at Canadian Regionals, who had an impressively low bow number. My number was third from last, which was reassuring, since there was almost no way I'd get passed by more than two people.

The start area is in the wider, more exposed area of the river, and the wind made things bouncy. They bring the boats up two by two, in an attempt to keep a consistent spacing between starts. When you row in a single, they don't call you by your club, they call you by your name. "Mr. Tigani, please approach the start." Last year, in the men's four, we had overtaken a boat by the first bridge and then got clogged up trying to pass under it without hitting the other crew or a piling. Having learned this lesson, I gave the boat ahead of me some extra time to get ahead.

I caught up to my first boat around the first big turn. You're expected to give way for the faster boat, and the rower ahead of me kindly moved to the outside so I could take the inside line. After the turn, the wind

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Regattas, Regattas, Regattas

Trolls!

Left: Evan Jacobs and Karin Rogers; below: Janet Walker, Dave Rutherford, Susan Kinne; bottom: The fearsome Blue Men (who are they?) (Karin Rogers photos)

My HOCR, continued

picked up, and the next thousand meters were made extra unpleasant by a strong headwind. I caught up with a couple more boats by the River Street Bridge. One of them saved me from running into the bridge by calling out that I was about to hit it.

The other competitors were, in general, super nice. I had been inching up on another boat, finally getting close, coming up on the big turn after Soldiers Field. He moved out, giving me the inside. Of course, this meant that I had to pass quickly. I brought the rate up to a 36, trying to get by him. It didn't work, and it took me a couple of minutes to creep ahead of him, at which point I didn't have much left in the tank.

Remembering the turn after the Eliot Bridge, I angled through it. But the turn wasn't close enough, and I nearly ran into a dock. There was a line of buoys in front of it, and I managed to stay just on the fair side of most of them. The judges must not have seen the one I missed, since I didn't get docked any time. Or perhaps they gave me the benefit of the doubt because I was getting forced outside by another boat.

The finish line was maddeningly far from the bridge, but there was no thought of slowing down: the last few hundred meters are lined with rowing fans. Having seemed so far away, the finish line came up on me suddenly, but I wasn't complaining.

I finished 17th out of 35—one place higher than needed to be able to enter the lottery again next year. (Sculling events give guaranteed entries only to the top 25 percent of finishers, and preference to the next 25 percent.) This was a much better showing than I had hoped for, so I was quite happy with the result.

I'm looking forward to next year; I'll see whether I get in. If not, I can always seat-race for a place in the men's four or try to find some other category that will get me back to Boston. Hopefully, LWRC can take the energy from a successful race this year and send even more boats next time.

—Jordan Tigani

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Regattas, Regattas, Regattas:
FISA Masters Worlds

Though modest in numbers, the LWRC contingent at FISA Masters Worlds acquits itself with distinction. John Alberti describes the action.

For me, it started with an invitation from three other lads I had rowed with at the World Masters Games in Auckland, New Zealand, last year to row an I M4+. I gladly accepted, and, in a subsequent conversation, **Helen Newman** and I decided to try our honor in the G Mx2x.

Helen boldly added the F W1x to her dance card for good measure. Later, I would accept an invitation to race in an H M4+ with a boatmate from the I M4+ and two of his mates from Adelaide University.

At USRA Masters Nationals, we learned that boathouse-mate **Wispy Runde** would com-

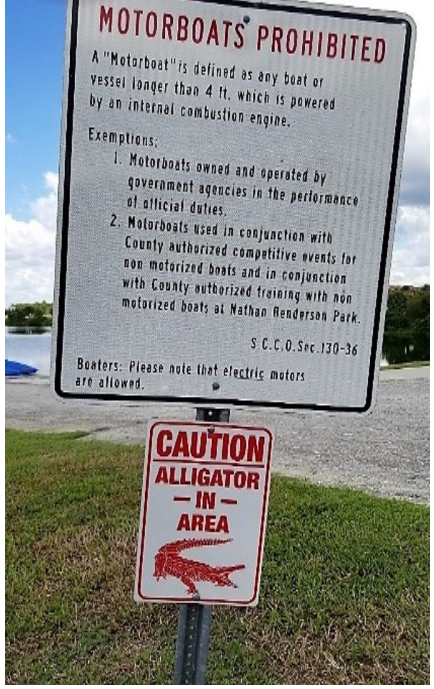
Take advantage of the espresso machine! It's in the meeting room at the top of the stairs.

© Lake Washington Rowing Club 2018

Photos, clockwise from top: Unfamiliar hazards (John Alberti photo); Helen Newman's F W 1X race (Sport Graphics photo); Wispy and Joan Pendleton launch their pair (John Alberti photo).

pete in Sarasota under the Martha's Moms aegis and in various composites.

Nathan Benderson Park, in Sarasota, Florida, is an outstanding rowing venue. Carved from an abandoned gravel pit, it features a breakwater next to the race course; this greatly reduces wave action, even in strong cross-winds. Although the organizers were kind enough to protect us from waves and power boats, they couldn't entirely protect us from from alligators.



Wispy, launching in her pair without (left), added impressively to her already prodigious trove of plundered precious metal and street cred (or should I say rowing venue cred?) with the following captured treasure in women's events. In her understated words, "It was a good outing at Worlds."

Silver: F single
Gold: F double, F pair, E pair (all with Joan Pendleton); E quad (with Masters International)

Helen's F W 1X race started inauspiciously when another boat drifted into her boat, pushing one of her sculls under the start platform and capsizing her. However, she wins the intrepidity prize for climbing back in and making a spirited run, dripping wet, and capturing fifth place in a fast field.

My H M 4+ race started very well. We drew the fast heat and led from wire to wire.

The drama began when we cruised up to the awards dock to claim our plunder. We had switched coxswains and had not updated our entry, so were DQed for an "unregistered coxswain" (say again?).

Only the intercession of the FISA gods overturned the ruling on the field and restored the medals that we had plundered fair and square.

My I M 4+ race had only one heat, so by definition, we drew the fast heat. We were slow off the start with steering problems, rowed our hearts out, and ran out of course before we could hunt down the first-place boat, finishing two seconds back in second place. Alas!

As usual, the mixed races were held on Sunday, the last day of the regatta. This was Helen's and my first FISA Worlds, and the G MX 2x provided a long-anticipated opportunity to test ourselves against the best.

We started among the leaders, maintained a more aggressive pace than at Nationals, but finished second—seconds from gold. Alas and alack!

FISA Masters, continued

We had again drawn the fast heat and would have won either of the other heats by open water, but such is racing. That said, we know we rowed hard and well. We also know we could have found three seconds somewhere in those fateful 120 strokes.

I suppose that is why this is such an obsessive sport—and why we will be back . . .

—John Alberti

Pirate crew with illegal, unregistered coxswain and plundered gold. John Alberti is at left. (John Alberti photo)

Editor's Note

As the end of the year approaches, Suze and I realize that we are now putting together our 16th issue of *Making Waves*. We thank you for taking time from your busy lives to read about LWRC's role in local, regional, national, and international rowing developments. We can all be proud of what we have accomplished, both as a club and as individuals.

This newsletter would not happen without the efforts of our contributors. In case you haven't noticed, we have some very talented writers among our members! I am personally grateful to each and every one of them—they have taught us so much.

As you read each issue, please make a mental note to thank that person whose writing opened a new door to you. I know they will appreciate it!

We wish you the best for the coming holidays and for an outstanding New Year.

—Roberta Scholz, Editor

—Suze Woolf, Graphic Designer

Designer's Reminder

Making Waves is meant 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

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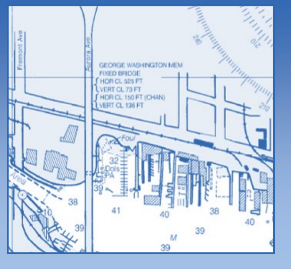
Regattas, Regattas, Regattas:

Head of the Lake!

Below: Persephone and Paige Ellingston admire their father's gold medal from Head of the Lake (Damon Ellingston photo); right: LWRC women's quad (KC Dietz photo)

Harbor Patrol
206-684-4071
The number is posted on the bulletin board in the boathouse.



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Moms Welcome New Members

Above: Kathy Clowery; below: Gunilla Luthra

Kathy Clowery joined the Moms this spring, straight off Virginia's Occoquan River, where she rowed with the Northern Virginia Rowing Club and took part in July sprints, Nationals, and fall head races—including one fun 11-miler up to Bull Run. As with the Moms, the Northern Virginia Rowing Club took off about 18 years ago when high-school daughters' rowing inspired parents to ask the coach for lessons. Kathy was a founding member.

She's ping-ponged across the US three times, growing up in Southern California and then doing stints in the Midwest, where her husband Grant completed graduate studies. Then it was on to DC for work at American University and raising two kids. She and Grant recently returned to the West Coast to be near their son and daughter and now live on Bainbridge Island. They look forward to babysitting their young grandchildren a few days each week, but we hope to see her back often.

Marathon runner, hiker, and sailor **Gunilla Luthra** is the Moms' first Swedish rower. Her family home sits by the water in Borstahusen, Sweden, just across from Denmark.

Lured by LWRC lessons and Lakeside connections, Gunilla joined the Moms late in 2017 and already serves as team secretary, taking meticulous notes. Easy to see why: an excellent communicator with an MBA from Milan/Cornell, she's worked for major companies and has run her own consulting business.

After three kids in five years and a move to the Northwest, she suspended her career and focused on family and avocations. With her husband Vidur Luthra, from New Delhi, she spans the globe annually to meet family in Dubai, Sweden, Hong Kong, and other ports of call. When home, Gunilla is an avid Mountaineer hiker and supporter of chamber music and the Seattle Symphony. She's "grateful to have found the Moms and to be part of such a talented group of women. Go, Moms!"

Brodie Bain's Moms roots go deep – a fitting metaphor for a young woman who studied environmental sciences and then design behavior in architecture school. Her early Moms connec-

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Above: Brodie Bain;
below: Helen Newman

Martha's Moms, *continued*

tions include Gretchen Hull's son, Lakeside classmate Page Crutcher, and childhood friend Tory Laughlin Taylor. A high school rower, she's come back to the sport in the midst of a hefty career, despite a spate of recent bad luck.

Now principal and partner in a 2,000-strong architectural firm, her practice centers on higher education with a special interest in designing for diversity—such as student housing/support at a state university where 75 percent of the students are non-white and first in the family to attend college.

A bike accident derailed Brodie shortly after she joined us in late 2017. She returned, only to have a fire damage the vacation home she and her husband are building. She returned to practices once again, but in October, a psychotic man aimed a massive chair at her and a colleague. Brodie fell and broke a rib in the getaway.

All Moms look forward to Brodie's return and will watch over her closely. Meanwhile, she says she's excited to be part of a fit, competitive community of women and plans to "row through retirement."

Many women are multi-faceted, but **Helen Newman** actually *facets*—she cuts stones for the fun of it. Perhaps this hobby is an extension of her fascination with the structure of things. Helen's got a PhD in biological structures and has worked at the Red Cross and the Puget Sound Blood Center (now Bloodworks Northwest), managing operations at their tissue banks.

Through a friend, Helen linked up with a pioneering veterinarian who was banking tissues for orthopedic surgeries. He encouraged her to start a veterinary version of a tissue bank. Helen founded Veterinary Transplant Services, soon humming along in Kent.

During this entrepreneurial venture, Helen raised two kids in Covington and kept alive her interest in windsurfing and sailing. Three years ago, Helen started rowing at LWRC. She and her doubles partner John Alberti earned silver in the mixed G double at Nationals this summer, where Wispy Runde recruited her to the Moms. As of late fall, she's a Martha's Mom, enjoying sweep rowing and appreciating the team spirit and camaraderie.

—Ann Vandor

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President's Message

Change Is Good

December marks the first six months of Holy Names' return to LWRC. They've completed a facility life cycle. For a brief time in early 2000, HNA rowed out of our boathouse. Once the Lake Union Crew floating facility was completed, they moved in, staying there until that boathouse was sold to College Club in 2013. LUC then relocated to a new facility on the Westlake side of Lake Union, and HNA moved over as well. Now they are back with us, largely due to their need to expand to accommodate 100 junior rowers. Their affiliation with our landlord, Suzie Burke, esteemed HNA alumna, helped us begin the negotiations. We are delighted to see so many juniors training in the afternoon. Our mission to promote rowing in the Seattle area now reaches a large population of junior girls.

A little bit about our arrangement with HNA. They have signed a seven-year lease with the option to renew for another ten years. We are housing their 26 boats, 99 sweep oars, and 50 sculling blades (along with supplies), primarily in the middle bay. They are also renting exclusive space upstairs for their "Cougar Den," where their RP3 dynamic ergs and other equipment reside. They have priority use of our boat bays, gym, and locker rooms weekdays from 3:00 to 6:15 p.m.

The school year runs from September to June, but HNA plans on running summer camps. Our arrangement is governed by both the lease and a Boathouse Facility Agreement. A committee of four (two HNA and two LWRC representatives) oversees the BFA, meeting twice yearly. The LWRC committee members are chosen by the president of the board of directors. For the first couple of years, Janet Walker and I serve on the committee. So far, so good!

It was hard to let go of our LWRC school-year junior program at the Fremont boathouse to accommodate Holy Names . We felt the new arrangement was the best alternative to sustain rowing activities at our club. To accommodate some LWRC junior rowing, we ran a short fall program at the Garfield boathouse. Andy Rees and Meghan Ricci coached six juniors Tuesdays, Thursdays, and Saturdays, concentrating on technical skill development in singles. We may run a similar program in the spring and will continue to offer junior camps in the summer.

—KC Dietz, President
LWRC Board of Directors

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The Next Generation

Boats off Gas Works Park in October fog (Rebecca Stedman photo)

Youth Rowing Captures the Northwest

If you haven't paid much attention to local youth rowing, you may be surprised to learn it's thriving. LWRC member Rachel Wong plays a critical role in recent developments.

Within the past century, the rowing scene in Seattle has gone from being virtually nonexistent to being one of the most popular destinations in the country. Even after the UW varsity men's crew's famous win at the 1936 Berlin Olympics, the first recreational rowing program didn't get off the ground locally until over a decade later, in 1948, with **Green Lake Crew**. **Lake Washington Rowing Club** followed closely behind Green Lake, beginning men's competitive programs in the late 1950s and women's programs in 1963. Many clubs came even later still, with most of the larger clubs in the area starting up in the 1980s and 1990s. Just on Lake Union and Lake Washington alone there are eight boathouses, many of which host multiple programs of all ages. Youth rowing, in particular, has not only expanded into multiple clubs, but has become a hotspot for national championship prospects.

"Several large youth programs in Seattle prove to be formidable forces every year at both the regional and the national levels."

Several large youth programs in Seattle prove to be formidable forces every year at both the regional and the national levels. **Seattle Rowing Center** has medaled at Junior Nationals every year since its second official season as a club. The **Green Lake** varsity women's eight is always slated as the likely regional champions, and teams such as **Holy Names Academy** and **Pocock** are always sure-fire bets to send at least one boat to compete at the Youth National Championships. However, recent years have seen an uptick in the number of smaller programs with greater emphasis on sculling.

Seattle Rowing Center opened its doors in August 2010, launching junior-high and middle-school programs with an emphasis on early learning and small boats. In spring 2015, **Seattle Preparatory School** launched its junior rowing program out of the College Club boathouse. In January 2018, head coach **Richard Parr** made a sudden departure from the **Vashon Island Rowing Club**'s junior team to found **Northwest Rowing Center** and the **Burton Beach Rowing Club** on Vashon. Parr's split from his previous club inevitably drew several talented athletes over to BBRC with him. They have had remarkable success within only their first year as a club, winning titles at Head of the Lake, Brentwood, and Northwest Youth Regionals. Small youth programs such as Burton Beach have had strong competitive

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"… the increasingly larger pool of competition seems only to enhance the best parts of Seattle rowing."

showings in recent years—with excellent coach-to-athlete ratios and plenty of practice in small boats. Young sculling programs are the ones to watch this season in Seattle.

Most recently, the **Seattle Scullers** team took up residence on Lake Union, filling the vacancy left by Holy Names in its move from College Club Seattle to LWRC. **Seattle Scullers**, a high-performance U23 team, operates as a subset of Long Term Rower Development, a company offering services such as college consulting, private coaching, and video capture and review. Seattle Scullers was founded after head coach **Matt Zatorski** split from College Club and the Seattle Prep men's team, where we worked together. I was hired on as the LTRD Athlete Coordinator just a few days after his last day at CCS. And I wasn't the only one to follow Matt over to our new club—with us came 14 junior athletes who had been coached by us at Seattle Prep. Our story mirrors that of Burton Beach in more than a few ways, and it's reassuring to look at Parr's program and know that even against great odds, young athletes can take on the challenge of a new team and thrive.

The thing about youth rowing in Seattle, and rowing in general, is that there never seems to be a shortage of seats for those who truly love what they do. As much as the local rowing landscape continues to evolve and new clubs continue to form, the increasingly larger pool of competition seems only to enhance the best parts of Seattle rowing. Within our first few months as a club, I've watched our Seattle Scullers athletes trading unis with opponents, swapping erg test strategies, and seeking out friendships in the rowers who just defeated them—or vice-versa. My athletes, most of whom are in high school, get excited to race the best of the best, even if their chances of victory are slim. And while this certainly isn't the case for every young athlete, youth rowers—from my perspective—are often able to look past the medals toward the bigger picture and simply enjoy rowing for what it is.

Even just 50 years ago, Seattle was an entirely different place when it came to rowing. The current boom in popularity of the sport is mirrored by the increasing number of teams in the area; these days, it's rare to row on Lake Union without encountering another crew. It can feel like crowded quarters at times: where there are junior programs, there are almost always masters rowers sharing those same boats and oars. But it's important to remember that the strength of junior rowing in the Pacific Northwest is inextricably tied to the strength of masters rowing at those same boathouses. As junior rowing continues to grow in Seattle, so does masters rowing , including our own tight-knit community here at LWRC. And even though masters often have the advantage of experience over youth rowers, there is still plenty to be learned from these young athletes whose passion for the sport has helped transform Seattle into the rowing mecca that it is today.

—Rachel Wong

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Learn to Row!

(Teri Thomson Randall photo)

If you came to LWRC from another club, you may not be aware of how we teach the art and skill of rowing. Here, LTR coach Teri Thomson Randall describes the program.

> *Four scullers can learn to row a four much more easily and quickly than four oarsmen can learn to scull a quad. It is easy to see why. The sculler has two trained hands to apply to rowing on either port or starboard, where the rower has only one hand that is skilled at turning the oar. Indeed, many oarsmen never change sides …. Good sculling technique adapts very easily to good rowing. In fact, the preparation of rowers ought to begin with sculling.*
>
> ***—Frank Cunningham,***
> **The Sculler at Ease**

If you've ever wondered why LWRC starts its beginning students in singles, **Frank Cunningham**'s words above might shed light. As a Learn-to-Row (LTR) instructor, I have seen Frank's wisdom unfold with my own eyes. Recently, the LTR students I'd been teaching to scull for less than one month hopped into the *Lethocerus* (a coxed six)—having never held a sweep oar in their lives—and took off (rowing by all six!) down the lake so fast I had to hit the gas in the coach's launch to keep up.

For ten sessions before that astonishing row, however, these students had been perfecting their technique and their feel of the boat in singles, in doubles, and on the ergs (when smoky conditions grounded us for three sessions). By the time they stepped into the six, they had a strong foundation—or, shall we say, a stable platform—from which to row.

But perhaps the best explanation for their progress is that they'd had an excellent mentor (and I'm not referring to myself). Truly, there is no better teacher than a single scull: it gives us immediate feedback with every stroke and rewards our smallest improvements.

LWRC offers LTR Sweep, LTR Sculling, and LTR Express classes. Except for the LTR Sweep class, all LTR students start in wherries, then progress at their own pace to Aeros and then to Bays. The LTR Express curriculum aims to familiarize students with both boat types: students start out sculling and then move to sweep rowing. All classes follow detailed syllabi developed by LWRC program coordinator **Amy Hildebrandt**.

LWRC caps the number of students in each class at six, keeping the ratio of instructors to

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Learn to Row, continued

students very high. In any given class, it's not unusual for students to benefit from the guidance of one to two instructors, often in two launches, and one to two experienced volunteers.

Volunteer assistants play a critical role in the success of our classes. In a typical class, a volunteer might take out a single to demonstrate proper technique on the water, row in bow seat in a double with a student in stern, stroke a four or six, or cox a four or six. They also help students get the boats on and off the water.

During spring and summer seasons this year, LWRC offered 11 Learn-to-Row classes, with a total enrollment of about 68. Ultimately, we hope our LTR students will fall in love with the sport and enjoy it in whichever way their hearts may lead—whether competitively or recreationally.

The next time you encounter any LTR student at the boathouse, go out of your way to make that person feel welcome. You might well be meeting a future teammate—or a new friend.

—Teri Thomson Randall
LTR instructor and novice/ intermediate sculling coach

Volunteering for an LTR class can be a great way to solidify your knowledge of the sport, explore whether you enjoy coaching, and pay it forward. To volunteer, contact the LWRC Office at office@lakewashingtonrowing.com.

(Teri Thomson Randall photos)

Member Profile:

Mike Rucier

Mike Rucier supports LWRC, his home away from home, in numerous ways.

Anyone within the Lake Washington Rowing Club community knows that our club stays running smoothly due to the help of dedicated members. **Mike Rucier**, a longtime member and active community leader at LWRC, stands out from the crowd. You can catch Mike at the boathouse in the early mornings, often in a double or pair with **Andy Rees**, one of our coaches. Mike is also known for being one of the club's most dedicated volunteers—he's always one of the first to donate his time, whether it's setting up the buoys for Head of the Lake and other head races or just keeping things tidy around the boathouse.

Mike has been at LWRC for many years, but his rowing career began long before he moved to Seattle. Like so many of us, he discovered rowing in college, during his freshman year at the University of Puget Sound. It was through the UPS rowing team that Mike met some of the most important people in his life—his future wife, **Jen**, rowed on the women's team, his stroke seat from the 1996 lightweight eight would be one of his groomsmen, and his roommate (who introduced him to the sport) would become his best man.

Even in these early days of his rowing career, Mike was busy donating his time to help others. During his senior year at UPS, he was working out twice daily, writing a thesis, interning in Seattle, and coaching the men's novice team. But to Mike, it's about the community, not the time: "Being a role model for those guys was one of the neatest things I've done in life … crew really is a big family." Even with his long list of responsibilities, he managed to contribute to a successful racing season during his senior year, bringing home a silver medal from the Pacific Coast Rowing Championships as bow seat in the lightweight men's eight.

Following their graduation in 1996, Mike and Jen landed jobs in Seattle and began looking for a place to row near their home in Greenwood. They toured LWRC and were immediately hooked. It's easy to tell from speaking with him how much Mike loves the club. He describes LWRC as his "home away from home" and says that his closest friends are part of the LWRC community. And in typical Mike Rucier fashion, he volunteered with the Head of the Lake buoy crew within his first couple of years as a mem-

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Member Profile, continued

Mike Rucier

(Helen Newman photo)

ber; this is one of the most notoriously difficult and time-consuming volunteer positions at LWRC. After a few more years, he took over lead supervising duties for the buoy work and has been in charge of this task ever since.

Setting up the Head of the Lake buoys is a big job all on its own, and it's even more impressive considering that Mike often races in that same regatta. Earlier this month, he won his event at Head of the Lake in the men's masters C–D quad—and by no small margin. It's not rare for Mike to make his way into fast boats, though: everyone at the club who knows him knows he is a strong, efficient rower—with wicked fast hands out at the finish! He stroked our Opening Day mixed eight to victory in 2017, his third time racing at that particular regatta and his second time claiming gold.

As for his future at LWRC, Mike has no plans to lessen his involvement in the community or the local competition. He's also excited to watch the club grow and evolve. With a recent uptick in new membership, LWRC has started reviving its men's and women's competitive teams, the former of which Mike often rows and competes with. "I'm very excited to see new enthusiasm around the club and interest among new folks taking leadership positions in the club and building the same kind of life-long friendships that I've formed." Mike's commitment to maintaining and growing LWRC's community, in addition to his competitive attitude, is a great representation of what our club is all about. Not only does he devote countless hours to LWRC, but he also continues to pass along his knowledge to younger members, ensuring a bright future for our club.

—Rachel Wong

Check out our programs!

http://lakewashingtonrowing.com/home/programs

Calling All Artists

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

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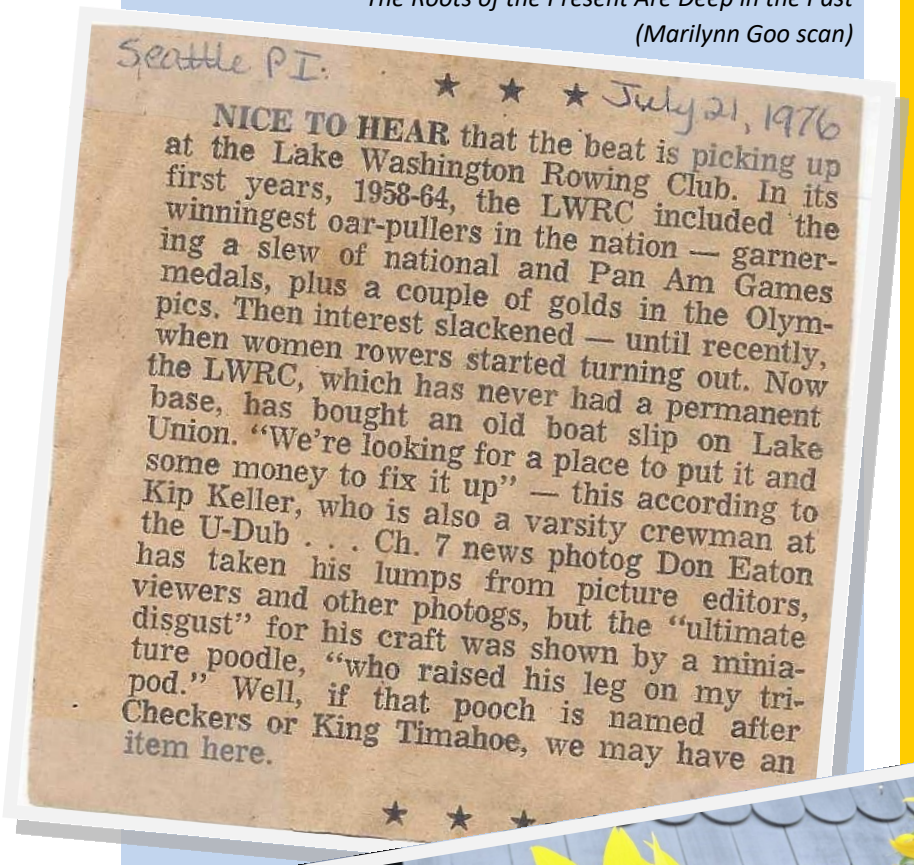
The Roots of the Present Are Deep in the Past
(Marilynn Goo scan)



Seattle P.I. ★ ★ ★ July 21, 1976

NICE TO HEAR that the beat is picking up at the Lake Washington Rowing Club. In its first years, 1958-64, the LWRC included the winningest oar-pullers in the nation — garnering a slew of national and Pan Am Games medals, plus a couple of golds in the Olympics. Then interest slackened — until recently, when women rowers started turning out. Now the LWRC, which has never had a permanent base, has bought an old boat slip on Lake Union. "We're looking for a place to put it and some money to fix it up" — this according to Kip Keller, who is also a varsity crewman at the U-Dub . . . Ch. 7 news photog Don Eaton has taken his lumps from picture editors, viewers and other photogs, but the "ultimate disgust" for his craft was shown by a miniature poodle, "who raised his leg on my tripod." Well, if that pooch is named after Checkers or King Timahoe, we may have an item here.

★ ★ ★

Summer into Fall

Page Crutcher Tells Why She Decided to Bring Sunshine to Our Neighborhood

I planted the sunflowers for a number of reasons. First, I knew the spaces between the wonderful Italian cypress trees would make a great backdrop for a row of sunflowers. What's more, this relatively narrow bed adjacent to the sidewalk would not invite pedestrians to trample the flowers. Second, as a landscape architect, I focus on "activating" spaces and being a good neighbor. Finally, I am all about encouraging people to be outside and love their community spaces—so a sunflower garden can go a long way toward this end.

Sunflowers are easy to grow and deliver such a cheery presence that I knew they would be a good addition, bringing smiles to us and others who walk or bike by. They add to the wonderful waterfront corridor. And even though I am relatively new to the LWRC boathouse, I know that many people continuously give of their time to make it such a great place in both an architectural and a community sense. Over the summer, many members helped keep the sunflowers watered and protected. As the plants drooped with the autumn rain, we gradually pruned them out and composted them.

We hope to repeat the effort next year, ideally collecting water in a cistern to avoid using potable water. Stay tuned!

—Page Crutcher, Martha's Moms
Crutcher Landscape Architects

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