



Fifteen Years and Counting

Celebrating the 15th anniversary of our main dock



Before the dock

Laying the Groundwork

Prior to the opening of the boathouse in 1994, most of our equipment was stored in a warehouse where the Adobe complex is now located. Rowers either carried their boats down the path to what is now known as the wherry dock or transported them on carts. The area for today's main dock was a mess of blackberries.

Building the dock was an ordeal that lasted nearly a decade, beginning in 1994. Here, **Ben Porter** recalls the challenges the club needed to overcome to complete the project.

First, we had to get the waterway zoning changed to allow uses like ours. We had

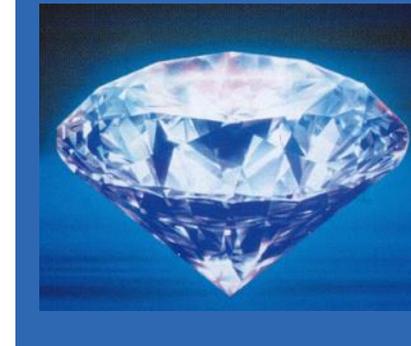
already obtained a zoning change for the boathouse construction, but the zoning for the area between Northlake Way and the waterway had not been rezoned. So we had to go through the whole process of getting a “spot” zoning change, including a hearing before the Seattle Hearing Examiner and an ordinance signed by the Seattle City Council.

With the zoning change complete, efforts to obtain permits could proceed.

We received a permit from the Washington Department of Ecology (DOE) under the Washington Shorelines Management Act, but a neighbor appealed the DOE's action to the Washington Shorelines Hearing Board. The board confirmed that DOE had correctly issued the permit.

Then the City of Seattle required us to obtain a street-use permit to cross the Northlake Way right-of-way to the water. The City granted the permit subject to conditions: putting in a curb and sidewalk on the south side of Northlake Way, building a public viewing area, repairing the street, redirecting some surface water to a new sewer line, allowing public access to our dock, and installing a railing to prevent people from falling off the viewing area. The

Happy Birthday to Us!
This year, Lake Washington Rowing Club celebrates its 60th anniversary. Enjoy!



Making Waves

The LWRC Quarterly Newsletter

Vol. 3, No. 2

Early Summer 2017

In this issue:

[LTR in Princeton, page 6](#)

[World Masters Games, page 9](#)

[Adaptive Rowing, page 11](#)

[LWRC Juniors, page 15](#)

neighbor appealed the street-use permit; after a trial, King County Superior Court ruled in our favor. The neighbor appealed this ruling to the Washington State Court of Appeals. We won, again.

Before obtaining a permit from the U.S. Fish and Wildlife Service, we were required to survey the waterway's lakebed. We hired a scuba diver to explore the lake bot-

tom. His finding: one abandoned out-board motor, no marine aquatic life.

At one point, we also needed approval from two agencies with entirely different opinions on what types of plants were required along the water's edge. One agency wanted willows that would drape over the water to provide shade for the smolt on their

way to the ocean. The other agency prohibited us from planting anything that would shade the water, which would allow bass cover to prey on smolt.

Finally, in March 2002—after spending \$60,000 and countless hours volunteered by **Ben Porter, Sue Nelson, Nelson Miller, Craig Webster, Will Stelk** of Preston Gates and Ellis, and **others**—the permits were in place.

Meanwhile, \$150,000 needed to be raised for construction of the dock. Thanks to a variety of fundraising activities, the club had already raised \$60,000 by the time the permits were in place, with the majority coming from cash donations. Knowing that the new dock would help build membership, generous club members loaned the balance to move the project forward.

Construction Begins

Construction began on April 8, 2002. Ben Porter recalls that installing the dock and ramp brought its own challenges.

The dock pontoons were built in eastern Washington and trucked to Seattle. We planned to launch the floating sections at the Ballard boat ramp and tow them to a site where they would be assembled like pieces of a jigsaw puzzle. In the belief that we were obstructing boaters' access to the boat ramp, someone called the cops. An officer arrived and told us to stop using the boat launch, believing our use was commercial rather than recreational. We persuaded the officer to let us proceed, promising to stop our activities to allow boaters to launch their boats. But no one tried to launch, so the remaining pontoons were offloaded and ferried to our site.

Then there was the ramp, custom-made in Bellingham and trucked to Seattle. A large crane lifted it from the truck bed, gently placing it onto the fittings that secure the ramp and float to the upland. It soon became apparent that the railing was too high: often boats would get their riggers tangled in the railings. So another ramp was custom-built with 42-inch-high railings, the minimum allowable height. We sold the original ramp to the contractor making repairs to the Tacoma Narrows Bridge.



Ben Porter and Frank Cunningham cut the ribbon

Check out the picture of Frank Cunningham as the Troll, painted by Susan Andrade in late 2012. It's under the ramp, so you might have to clean out the morning glories!



Final Touches

In parallel with construction, a Finish the Dock campaign proceeded in earnest. Among other inducements, Regatta Rails (brass oar blades in various sizes) were offered as incentives for cash contributions. In late August, the dock was completed, and on September 7 in a grand opening ceremony, **Frank Cunningham** and Ben Porter cut the ribbon as club president **Beverly Sheridan** coordinated the

festivities.

The funding campaign continued in full force. In November, the club still owed those generous members \$140,000. Brass oar blades continued to be purchased and eventually ended up in the upstairs hallway. An auction in September 2003 raised more than

\$20,000, and fundraising continued well into 2004.

(Meanwhile, the neighbor continued to sue, but a final ruling in June 2004 allowed us to keep both dock and gate.)

Today

Dock cleaning and maintenance are frequently needed. If you notice that the waterfowl have decorated the dock, take a few minutes to wash it off. Pull some weeds or pick



At sidewalk level, you'll find the bench installed in September 2015 in memory of long-time member and super volunteer **Jim Roe**. ([See page 4.](#))

up trash from the landscaping laboriously created and maintained by the late Jim Roe, current president KC Dietz, and others.

This summer, a new gate will be installed at the dock to deter unauthorized activities such as swimming, bike riding, parties, and power boats. The public is welcome to use the dock for launching non-motorized watercraft on a non-interference basis when the gates are open. Enjoy the dock and boathouse, remembering it's a privilege to have them. They exist only through the dedication and generosity of past and current members.

—*Marilynn Goo and Ben Porter*

Check out our programs!

<http://lakewashingtonrowing.com/home/programs>



*Last summer, a group of dedicated members cleaned up the area above the dock, on the west side. What had previously been a dumping area for yard debris and other discards morphed into a beautiful site featuring a commemorative bench in honor of longtime LWRC rower **Jim Roe**, who passed away in 2015. Jim spent countless hours, over several years, transforming the embankment above the dock into a showcase for native vegetation. In the process, he used these plantings to anchor the embankment and guard against slippage. Jim viewed the beaver population as a particular threat to our dock area!*

KUDOS!

LWRC IN KIWILAND

The Cascadia composite team represented the Pacific Northwest at April's Masters World Games at New Zealand's Lake Karapiro in April. LWRC members **John Alberti** and **Rachel Alexander** were part of the team.

Cascadia came home with 11 gold medals and 21 silver medals. Way to row!

LWRC VICTORY IN OPENING DAY RACE

Congratulations to our super-fast crew, coxed by **Abi Wells**: first in the 30+ eight!

Mike Rucier

Andy Rees

Teddi McGuire

Joey Domingues

Jordan Tigani

Amy Hildebrandt

Evelyn Pinder

Rachel Wong

Cody Jenkins and **Stephanie**

Thrasher rounded out the practices.

Thanks to **KC Dietz** and **Theresa Batty** for their superb coaching!

Fundraising Success!

Save the Date: **July 15**

Thanks to the generosity of our members, **we've exceeded the \$35,000** fundraising goal to purchase four new shells, new oars, a replacement gate, and several other equipment items.

The new boats will be christened July 15 at 10 a.m. Join in the excitement—food and libations will be served.

A **huge** thank-you to everyone who contributed to this campaign!! You have helped create a lasting legacy.



Editor's Note

So many of our members have contributed to this issue that there's hardly room to name them all. A special shout-out goes to **Joani Harr**, who has introduced new members to our readers in every one of our ten issues



since January 2015. Thanks, Joani!

This issue is especially rich in personal observations on our favorite sport, from the exhilaration of Opening Day racing to the excitement of competing in New Zealand to the excellence of training opportunities in proximity to the national team camp in Princeton. We also learn more about the exploits of our juniors and the exasperations of installing our dock 15 years ago.

Read on!

—**Roberta Scholz, Editor**

Designer's Note: *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**

Member Spotlight

O, What a Place to Learn to Row

On my wall at home hangs a print of a poster promoting an art exhibition that ran for several months during 2006 in the Milberg Exhibition Gallery of the Harvey S. Firestone Memorial Library at Princeton University. The exhibition was titled *O, What a Place for a Lake: The Centennial of the Construction of Loch Carnegie* (better known now as Lake Carnegie). I had run many hundreds of miles on the towpaths that surround Carnegie during the five-plus years since moving to Princeton, training for road races of every distance up to and including marathons.

By the summer of 2003, I had run my last competitive road race due to a congenital hip condition that was exacerbated by the constant pounding of my high-mileage running exploits and whose symptoms I did not start to feel until too much damage had already been done.

I needed a new sport.

To my good fortune, that last race took place just a stone's throw from venerable Lake Carnegie in Princeton, New Jersey, where, just over a year later—after recovering from hip surgery and hanging up my running shoes—I would pick up a sweep oar and discover the sport that would get me out of

bed at the crack of dawn and rekindle my competitive spirit.

Rowing with the Carnegie Lake Rowing Association (the Lakers) is a unique experience in a very unique sport. The club rows out of the Shea Rowing Center on Carnegie Lake, home to the Princeton University crew and, at various times, the U.S. national team. CLRA offers an amazing Learn to Row program that runs every fall from September

through Thanksgiving. As part of the partnership between the club and the university, CLRA employs Princeton's junior coaches. Most of those coaches are just starting their careers as unpaid interns, but most also go on to bigger and better things. (My main learn-to-row coach is now the head varsity men's coach at Columbia University.)

Sharing boat bays, an erg room, and a fairly small lake built specifically for rowing was both intimidating and inspiring for a masters-age athlete who had never rowed before. The overall experience is immersive and goes beyond just learning to pull an oar through the water. There



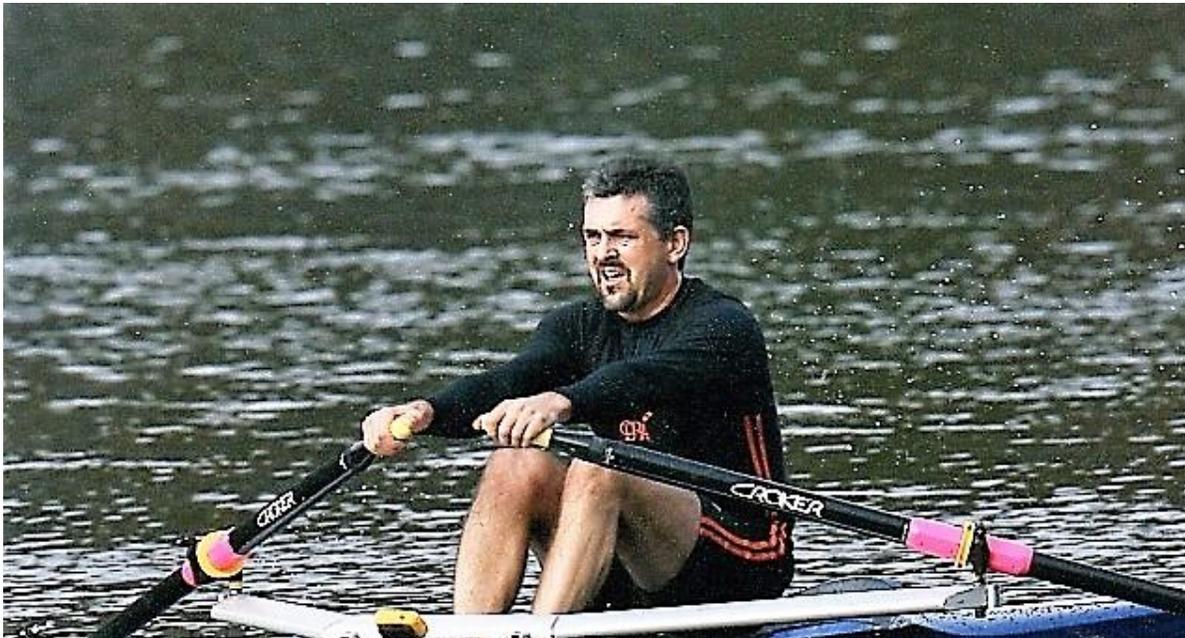
O, What a Place to Learn to Row, *continued*

were many volunteer opportunities to help run both Princeton's collegiate races and the many national team time trials and selection regattas that took place at both Carnegie Lake and nearby Mercer Lake. The boathouse facilities, like the town, are small and cozy, so you can't help but get to know many of the collegians and Olympic hopefuls that you see on the dock almost daily during the season.

I feel very fortunate to have discovered

rowing when and where I did. I feel equally as lucky to have moved to a place like Seattle and found that, although the rowing community is much larger (and the waterways a little busier), the same generous spirit, sense of camaraderie, and love of rowing exist just the same. Thank you, Lake Washington Rowing Club, for becoming my new rowing home.

—*Graham Hill*



Pass the Word

Has an LWRC member done something worth recognizing, on or off the water? Help us share the news! lwrnewsletter@comcast.net.

Oars to Sell??

If you're thinking of replacing your trusty oars with a newer model, please contact Roberta Scholz (lwrnewsletter@comcast.net). She has some friends who are looking for used hatchet oars for taller rowers—say about 6' 3".

HA-HA-HAs

Where do you take a broken shell? To the doc ...

Do or not do, there is no try — may the fours be with you ...

206-684-4071

Harbor Patrol

The number is posted on the bulletin board in the boathouse.

Keeping It in the Family

Gretchen, Keith, and Oliver Carlson are recent new members of LWRC. Their experience with rowing began when Oliver joined the junior sculling program at California Yacht Club in Marina del Rey, near Los Angeles, with coach Craig Leeds. He continued to row competitively while at Lewis and Clark College in Portland. Because of his involvement, Gretchen and Keith were



inspired to start rowing recreationally. After graduating, Oliver moved to Seattle to work as an EMT. His older brother, now a UW Law School student, also lives in Seattle. Since Gretchen and Keith had always wanted to live in the Northwest, they decided to join their sons here last year.

Oliver rows his single at LWRC. Keith has taken out a wherry a few times. Both he and Gretchen are waiting until later in the spring to join one of the recreational sculling groups. They are all “very happy to be members of such a great club.”

—Joani Harr



The Zen Master of Rowing

“Each stroke moves the Earth further behind you”

“Rowing is life ... we see clearly where we’ve been but have no idea where we’re going.”

Have Oars, Will Travel!

Rachel
Alexander
Races in
Kiwiland

Who doesn't have "visit New Zealand" on their bucket list? Well, I for one did, so when the opportunity came along to go to New Zealand to race at the World Masters Games, I decided this was my chance to do something I love while exploring a country I had always wanted to see. What could be better?

The World Masters Games are held every four years and offer competition in a lot of different sports. Masters athletes from around the globe participate in these games with varying degrees of skill. There are teams that come as a unit to compete and individuals as well. Then there are the composite teams—for which masters rowing is renowned.

The rowing course, on Lake Karapiro, is about two and a

half hours from Auckland by car and is located just outside Cambridge. It is beautifully nestled between lush green hills, a lovely world-class venue where the Kiwi national team trains.

It was early fall in New Zealand, and so the mornings and evenings were cool and the days warm and sunny. After leaving our soggy Northwest, it felt like summer! The racing officially began on Monday, April 24, and wrapped up the following Friday. One of the added challenges of participating in a regatta so far away is that—for our group at least—we had to rent the shells we raced in from a boat pool. So not only were we jumping into boats with lineups and folks we hadn't raced with before, but we were also using rented equipment.

The Pacific Northwest was represented by our composite racing team, including **John Alberti, Norma Andreadis, Jill Gardner, Charlie Hamlin, Ed Ives, Larry Yaffe, and me.** John, Ed, and Charlie competed with Kent Mitchell Rowing while Norma, Jill, and I were part of a group formed specifically for the WMG. We called ourselves "Cascadia." This group consisted primarily of women (about 16) and men from the Vancouver, BC, area and from California and Seattle. (We did have a few women from the East Coast join us.)

The organization of the regatta as a whole was excellent, and the volunteers were really amazing. Incredibly friendly, they were happy to help in whatever way was needed. The wonderful part, the bonus, of participating in a regatta like this is the opportunity to meet all sorts of people and make new friends with rowers you may very well meet again at another regatta—and perhaps race with someday. You begin making and building rowing "connections."



Rachel
Alexander
Races in
Kiwiland,
continued

Virtually all of us who went had the opportunity to compete with rowers that we normally would not have had the chance to race with. That is fun! You quickly discover how wonderful the common bond, the shared passion for our sport of rowing is. When it came time to race, everyone in the boat would just tune into “race mode,” blast off the line, and head down the course. Our small Seattle group of seven did bring home some significant “pirates’ plunder” (as John Alberti would say): 21 gold medals and 11 silver medals.

I encourage club members, or any rower for that matter, to consider attending an international regatta someday if at all possible. You will find that, like many of us who have had this experience, you will want to do it again and again. It is a wonderful way to see the world.

Have oars, will travel.

—Rachel Alexander



Moms get it done

Moms SWEEEEEEEP at Covered Bridge Regatta!!

Four stalwart Moms made their way south to the CBR in Eugene, Oregon, the weekend of April 22—23.

With an assist from her handicap, captain **Wispy Runde** took home the gold in the women’s

masters single.

Our two doubles (**Wispy and Tory Laughlin-Taylor, Marcy Hefernan and Sara Harmon**) brought home the gold in their respective age categories—in spite of gale-force winds, I might add!

Last but certainly not least, **their quad** won gold with the fastest raw time of all three flights of rowers!!!!

The ladies report that the venue was beautiful and the regatta very well run. Everyone was friendly and extremely helpful.

This would be a nice regatta for LWRC to consider sending a trailer to next year? Just a thought ...

—Pati Casebolt



Carpe Remum

At the end of April, Seize the Oar wrapped up a productive indoor spring training season at Lake Washington Rowing Club. As the premier adaptive rowing team in the Pacific Northwest, Seize the Oar includes rowers of all abilities and skill levels. The team's training season at LWRC ran every Sunday from mid-February through the end of April, concluding with one final workout and a thank-you potluck to boot!

Seize the Oar was founded in 2013 by one tetraplegic rower looking for lessons and one coach who said, "Yes—let's!" Four years later, the team is over a dozen athletes strong and is rapidly expanding in access, reach, and equipment. Their training year consists of indoor/land conditioning from November through April; throughout the indoor season this year, they participated in several events. Seize the Oar had a strong showing at NW Ergomania in January, attended a development camp with Rowing Canada Aviron at Victoria City Rowing Club in mid-March, and saw a new rower

participate in her first race for the Spring Sprints Invitational at Lake Stevens in April. The team even got to participate in Concept 2's virtual World Indoor Rowing Challenge in early March. Two of our athletes, **Erin Martin** and **Amy Ruby**, placed second and third in their division!

Throughout their spring training at

LWRC, athletes had the

opportunity to focus on 1K, 5K,

and 20-minute pieces as well

as on interval training and

technique, with a

comprehensive strength

and conditioning

component. In addition,

because of our central

Seattle location, we

grew the team by

another four athletes,

including a veteran from

an outreach event at the

VA Hospital in Seattle.

Special guests this season

included Adaptive Yoga NW,

which led the team through a

restorative and strengthening session.

Another highlight was a visit from **Natalie McCarthy**, former LWRC member and now a U.S. National Para-Rowing team member; she presented her experiences and advice as an elite para-rower.

What's next? In early May, the team shifted its focus to



**Carpe
Remum,
continued**



Erin Martin, Seize the Oar Team Member since 2015, with her HOUR OF POWER medal from Ergomania 2017

on-the-water training down at Renton Rowing Center. Seize the Oar has an exciting season ahead and will participate in regattas and scrimmages this summer, including the

Cascadia Regatta in British Columbia. Thanks to Seize the Oar and partners Rowing Canada Aviron and Rowing BC, this regatta now has the largest adaptive presence on the West Coast, and Seize the Oar will be there—ready to race!

After that, we will host a development and racing camp out of Vancouver Lake in August. Many Seize the Oar athletes are especially excited for our local head-racing season and plan on participating in Row for the Cure,

Tail of the Lake, the American Lake Fall Classic, and the Head of the Charles.

Thanks to the amazing LWRC community support, we are going into summer training stronger and faster. We hope you'll follow our adventures on Facebook and Instagram @SeizeTheOar. Contact us anytime about athlete/team sponsorship opportunities and about ride-alongs, referrals, or volunteering at practices, regattas, and outreach events. We would love to see you!

—Erin Jean Martin

Regatta Update

LWRC has had solid representation at regattas in the area this season. Starting with Lake Stevens in early April, our members have been leaving it all out there on both lake and Sound water. The season hit a high note when LWRC's mixed eight claimed first place in their race at Opening Day last month. (See [Rachel Wong's piece on page 13.](#))

Bringing back gold to the boathouse instilled excitement and kicked training for the upcoming Masters Regionals into high gear. **KC Dietz**, **Theresa Batty**, and **Bill Tytus** have been running Regionals Boot Camp to get our members trained and ready to bring home more medals from Vancouver. It has been a steady mix of technique and hard workouts to achieve well-rounded focus going into the racing weekend. KC has also been operating as our racing matchmaker, connecting rowers to each other in order to help form boats ranging from quads to eights.

Quick on the heels of Regionals is the Green Lake Summer Extravaganza on August 5. The club always looks forward to this fun, warm-weather race and getting some of our newer members out on the course for a taste of racing before fall head races. If you are interested in racing at Green Lake, contact me!

I am pumped to see what LWRC can accomplish at Regionals, wrapping up an awesome spring season and sending us into a beautiful summer.

—Teddi McGuire, LWRC co-captain
teddimcguire@gmail.com



Opening Day

Bringing Home the Gold

At this year's Opening Day regatta, LWRC entered a mixed eight in the 30+ age category. After several rounds of seat racing, coaches **KC Dietz** and **Theresa Batty** set the final

Pinder and **Rachel Wong** serving as bow pair. **Abi Wells** led the charge as our coxswain.

In our few weeks of training, the coaches helped the boat maintain a focus on efficient, clean speed.

With many physically strong rowers in the boat, there was no question that we could pull hard—but we needed to be precise in our form in order to be successful. So, no less than twice a week, we met at the boathouse at 5 in the morning, ready to work. Initially, we had some challenges getting each rower's style to align as one. But by the time we reached

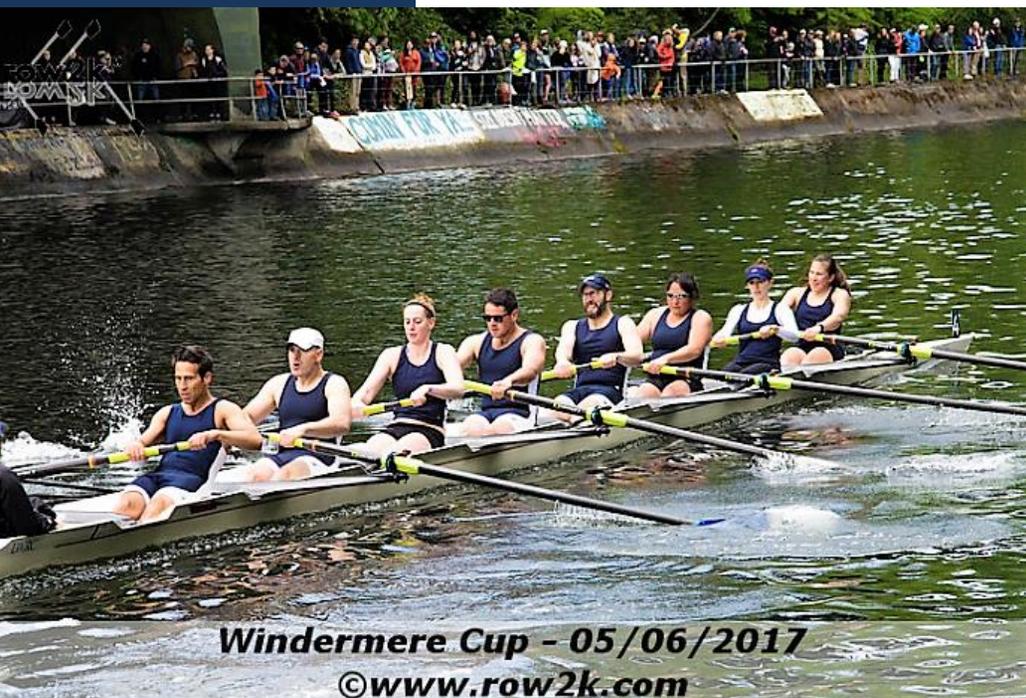
be. With plenty of encouraging words from our coaches and other LWRC members in our minds, we headed toward the start line.

Right off the start, we fell a little short of the three other crews—Sammamish, Pocock, and Everett. However, our length and patience paid off and, for most of the race, we gained and maintained a substantial lead. Within the last 500 meters, Everett took back a few seats. The final 200 meters saw an intense battle for first place, but Everett couldn't quite muster the comeback they needed—and we edged out a win of less than a second.

As good as it felt for us individually to bring home a gold medal, we relished most of all being able to bring the news of our win back to LWRC. To feel so appreciated through the emails, pictures, and congratulations on the club website made all those early mornings more than worth it. I can speak for everyone in the mixed eight when I say that we truly couldn't have accomplished what we did without the help and support of everyone in the LWRC community.

Thank you all, and we'll see you at Regionals!

—*Rachel Wong*



lineup—**Mike Rucier** and **Andy Rees** as stroke pair, **Teddi McGuire** in 6, **Joey Domingues** in 5, **Jordan Tigani** in 4, **Amy Hildebrandt** in 3, and **Evelyn**

our final practice, we felt the unmistakable swing that can come only from a cohesive, unified boat.

When race day finally arrived, we felt about as prepared as we could

What to do when you see an oil slick

Oil spills on the water are familiar to all of us who row down to the locks. Every spill is a serious matter: recent research shows that their environmental impact is more toxic than earlier thought. As rowers, we are in the best position to observe and report these spills, often before others see them.

I usually carry a phone in the boat for GPS data, so I report while on the water—holding my handles in one hand. Reporting from land, back at the boathouse, is just as good. In reporting my first spill, I was surprised to learn how seriously the federal government takes the problem.

To report a spill, I call **800-424-8802** to reach the National Response Center (NRC) in Washington, DC. A Coast Guard representative answers and asks where the spill is. I say, “Ship Canal, Seattle,” but none of them has heard of the “Ship Canal.” However, when I clarify that the spill is in the vicinity of Fishermen’s Terminal, they usually recognize that location because many spills start there.

They ask when the spill was spotted and how big it is. This is often hard to estimate, but I give a guess. They ask my name—optional, but I tell them, and I give them my phone number. I try to define where the spill is—i.e., “west of the Ballard Bridge, where the megayachts tie up.” If I can, I try to pinpoint a source or at least the area of the source. They will ask characteristics of the spill: it may be “light oil with a multicolor sheen” or a “thick covering of oil over a large area, smells like diesel.” This is important. The former probably can’t be recovered; the latter may trigger

a cleanup—in which case, I urge a speedy response.

Next, the NRC assigns a case number and makes two calls: to Washington state’s Department of Ecology and to the US Coast Guard. Usually, the Coast Guard is closer and responds sooner—often in about five minutes—requesting more detailed information. Not every report will trigger a full response, but I want to be sure that the serious spills do. The Coast Guard loves it if you can take photos and email them. They will furnish an email address.

If I see a pattern of spills—even minor ones—over a few days, I report this.

I have learned that the Department of Ecology and the Coast Guard have two responsibilities. First is the immediate response, and spill recovery when possible. Second is determination of the source of spill, followed by serious fines. Almost always they do not find the source. When I report a spill, I do my best to point them in the most likely direction. (Photographing a spill in progress is ideal, but that rarely happens.) Over time, I have come to believe that almost all spills come from the pumping of bilges.

I hope it can become a part of your rowing routine to report these spills, making an effort to protect the quality of our waters. Enter “Oil Spills” on your phone addresses, and 800-424-8802. The NRC will take you through the steps, and you will know that you’re playing an important role in taking care of our environment.

—Dave McWethy

Starting Young:

Coach Andy Rees Helps Guide Our Juniors Program

Oars are grabbed, boats are assigned, muscles are stretched, and warm-ups are done to varying degrees of effectiveness. Energy levels range from the tired to the ready-to-go. Will it be an open-water single, a double, possibly a quad, or maybe even a sweep boat? In other words, it's just another afternoon here at 910 North Northlake Way. The only difference is that all but one of these athletes were born after the turn of the new millennium.

The Lake Washington Juniors program is relatively new to our club, but that doesn't make it any less important than any of our more established groups. These young athletes range in age from middle school to high school, from those that want to compete to those looking to fulfill a physical education requirement. But the one thing they all have in common is an appreciation for this sport. Like the adults that I've been fortunate to coach in the past, the juniors continue to grow in their expertise. The biggest difference from their adult counterparts, other than their obvious age, is that the juniors seem to have fewer inhibitions about trying something new—they are quite fearless. Choppy waters ... no problem!



LWRC Junior rowers on the water in the Ship Canal and on dry land

Our Juniors Program, continued

Rowing a Bay single ... which one? Land training ... how long a run?

This May, we were able to take four of our athletes to compete at Northwest Junior Regionals. Given that it was our first year at competition, medals weren't necessarily in our grasp. But what this trip allowed our young competitors to gain was insight into the level of competition in our region, and to set plans for next season.



Yes, there are a handful of practices when a tough day at school warrants a bit more of a personal check-in followed by a more re-energizing warm-up. But I don't think fellow coach Theresa Batty nor I would change our decision to work with our juniors. Not only do we get to watch them learn and improve their rowing skills, but we also witness them turning into the fine young men and women they have become. As their coaches, we both feel fortunate to have this opportunity.

And with any luck, we may be able to pass along some of the insights that Frank bestowed on us.



LWRC Junior rowers at Junior Regionals

