



HEAD OF THE SCHUYLKILL REGATTA

October 29-30 2016
Philadelphia, Pennsylvania





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HEAD OF THE SCHUYLKILL REGATTA

OCTOBER 29-30 2016



Executive Director
Jennifer Wesson

Welcome to the Head of the Schuylkill Regatta (HOSR)! The Board of Directors and the Regatta Organizing Committee are pleased to welcome you to the 46th annual regatta — Philadelphia's Fall Festival of Rowing!

Board of Directors

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www.hosr.org

Since our first regatta in 1970 with 180 competitors, we have grown to more than 8,000. However, our founding principle to offer opportunities to all rowers who want to compete in a headrace, still exists today and we are proud to provide a beautiful, well-designed course for competitors of all ages, from novice to newly-minted Olympians!

Sponsor support is what allows us to improve the regatta experience on and off the water, and to create new initiatives to engage rowers and spectators alike. We want to recognize, and thank, NSM Insurance Group, our long-time presenting sponsor, East River Bank, Boathouse Sports, Visit Philadelphia, Cooper Bone & Joint Institute, NovaCare Rehabilitation and Pam and Tony Schneider. Their support allows us to take on new challenges and continue to evolve. This year we are working with a new timing company, HereNow, to improve accuracy and timeliness of results from beginning to end. Live streaming will be seamless, bringing the HOSR to you and yours, no matter where you are. Our first ever Chuck Wagon Cook-Off gives parents and crew boosters a chance to get in on the competition and garner long-deserved recognition for their support on the banks! And, this year we will initiate a Mayor's Cup, given to the first place winners of high school mens and womens varsity eights in honor of Philadelphia's Mayor, Jim Kenney.

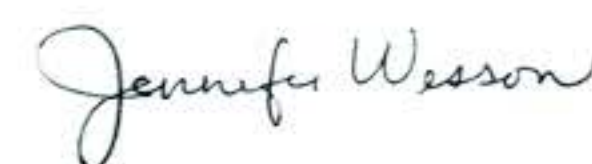
We've watched the exciting growth of high school, middle school, and masters programs and welcome new programs from across the country. We are as excited to feature them, as we are to celebrate elites competing for the coveted Gold Cup. For the third year we will host the storied race and welcome the exceptional singles scullers the Gold Cup Foundation brings to the HOSR. This event continues to shine an international spotlight on the Schuylkill River and its history as a major rowing venue for training and competition.

Our partner, Philadelphia Water, is again supplying reusable water bottles to help us continue to pioneer a path to sustainability. Our combined efforts are leading the way to changing culture and saying no to single use water bottles.

The Head of the Schuylkill Regatta continues to be organized and run by a dedicated corps of volunteers from across the rowing community, from students, to parents, to rowers from every club on Boathouse Row and beyond. We are especially fortunate that Boathouse Sports is again our Official Outfitter. You will be able to identify volunteers because of the fabulous vests they are wearing ... made right here in Philadelphia!

Tireless volunteers, loyal sponsors, supportive city officials and staff, and community partners that share our goal in providing an exceptional experience ... an extraordinary group of people who work together year-round to give back to a sport that has given all of us many rewards ... on and off the water.

Our best wishes for a enriching experience in Philadelphia,

Ellen Carver, *President of the Board & Marketing Director*
Mitchell S. Budman, *Treasurer of the Board & Logistics Director*
Jennifer Wesson, *Executive Director*



CITY OF PHILADELPHIA

Office of the Mayor
215 City Hall
Philadelphia, PA 19107
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JAMES F. KENNEY
Mayor

October 29, 2016

Greetings!

Philadelphia has been host to many important events in recent months, but none more special than the 46th Annual Thomas Eakins Head of the Schuylkill Regatta, America's Favorite Regatta.

It is my great pleasure to welcome thousands of participants, coaches, family and friends who will be competing and cheering for two days. I look forward to awarding the Mayor's Cup on Sunday afternoon to the first place finishers in the highly competitive high school varsity eights.

More than ever, Philadelphia is America's destination city for competitive rowing. We host more regattas each year than any other racing venue in the United States. The Head of the Schuylkill is the City's largest regatta, with well more than 8000 competitors expected this year. There are a growing number of friendly rivalries among high schools, colleges and rowing clubs who come here from as far away as England, Canada, California and Florida.

Once again, the Regatta will host the Gold Cup Challenge, the most storied race in Philadelphia's rich rowing history, with world champions and Olympic medalists competing for a \$10,000 first place award.

The Head of the Schuylkill benefits from the tireless work of over 250 volunteers as well as the support of corporate sponsors, event sponsors, in-kind contributors, vendors and individual donors. Without them, the Regatta would not be Philadelphia's "Fall Festival of Rowing."

While you are here in Philadelphia, please make time to visit our numerous cultural attractions and historic landmarks, while enjoying the warm hospitality of our outstanding restaurants and the independent spirit of our unique retail corridors. For masters rowers with families, for 20 and 30 something singles, for high school and college crews—there are "off the water" attractions for everyone.

Have your most successful Regatta ever, and be sure to return to Philadelphia soon.

Sincerely,

Jim Kenney
Mayor



CITY OF PHILADELPHIA

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Philadelphia, PA 19102-1587
(215) 683-3666
kathryn.ott.lovell@phila.gov

KATHRYN OTT LOVELL
Commissioner

October 29, 2016

Welcome:

As Commissioner of Philadelphia Parks and Recreation, it is my special privilege to welcome competitors from more than half of the United States as well as more than a half dozen countries, their coaches, their friends and families and spectators to Fairmount Park for the Thomas Eakins Head of the Schuylkill Regatta presented by the NSM Insurance Group.

The largest urban park system in the world, Fairmount Park is never more spectacular than it is this time of year. Green, gold, red, orange, yellow and purple foliage provide a perfect backdrop for more than 8000 athletes who will row down the 2.5-mile headrace course.

The Schuylkill River has a long and storied history in Fairmount Park. As the Park's steward, Philadelphia Parks and Recreation is dedicated to providing competitors and coaches with a first class racing venue and the spectators with an experience they will long remember.

We take great pride in Philadelphia's rowing community and we congratulate the Head of the Schuylkill's planning committee for producing the city's largest and most inclusive regatta now in its 46th year. We also thank the Regatta's sponsors, in-kind contributors, donors, partners and, especially its volunteers, for their support. Without it Philadelphia's Fall Festival of Rowing would not happen.

We encourage competitors and spectators alike to embrace the Regatta's efforts towards using reusable/refillable water bottles. The Philadelphia Water Department and the Head of the Schuylkill Regatta are working together to make sure plastic disposable bottles are eliminated from the regatta and eventually, all regattas across the country!

Enjoy the weekend of rowing, and please take time to explore the sculptural works along the racecourse and return to visit Fairmount Park often.

Sincerely,

A handwritten signature in black ink, appearing to read 'K. Ott Lovell'.

Kathryn Ott Lovell
Commissioner
Philadelphia Parks and Recreation



The Head of the Schuylkill Regatta

sincerely thanks its generous sponsors and supporters.
We urge you to support our sponsors, advertisers and vendors!

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Friends

Alex Cook, Clifford Pearlman, J. Pattison, Anonymous

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University Barge Club, Philadelphia Parks & Recreation,
Sport Graphics, Vesper Boat Club, Stradley Ronon

Special Thanks to: Margo Angelopoulos, Dotty Brown, Annelise Smith,
Mindy Speciale, Signe Wilkinson, The Mayor's Press Office

(List complete as of September 25, 2016)

Meet Jen Wesson, the New Head of the Schuylkill

By Signe Wilkenson



AS A RUTGERS UNIVERSITY FRESHMAN, Jennifer Wesson was a walk-on member of the rowing team, port sweep. Four years later, in 1977, she and her team competed in the first-ever women's NCAA rowing championship, held that year in Sacramento California.

This year Jen walked onto a new position, as executive director of the Head of the Schuylkill Regatta. The HOS governing committee is glad to have her. She didn't come as a novice. In addition to her first job as an arcade attendant and then an orthodontist's aide, her full-time work was as a community development grant manager for infrastructure and social services just outside Philadelphia. In addition, Jen coached at area high schools and eventually was appointed assistant coach at Temple University. As a 12-year member of University Barge Club, she also spent many hours volunteering for the annual Head of the Schuylkill which has now grown to the nation's third largest head race with more than 8,500 competitors. It is known as Philadelphia's Fall Festival of Rowing.

Along the way she picked up a husband, Jim Gushue, and their adorable 2-year-old son James who has, alas, not yet learned to scull.

In addition to improving the regatta experience, Jen, with the backing of the HOSR board and UBC, says she is also, "Trying to create more of a community presence. I want to promote benefits not only to rowers but to the surrounding neighborhoods." This includes increasing access to rowing for kids whose schools do not enjoy the benefits of rowing programs.

She's in a good position to take on the challenges because her favorite Philly place is Boathouse Row. An outdoorswoman, she loves to garden, sing, dance and "play music badly". Her exercise routine is "outlasting a toddler, finding the longest walking routes to playgrounds and dreaming about rowing again" — a regime many new parents might recognize.

HOSR board president Ellen Carver says, "We don't care how badly she plays music. She's a great rower, has already made a big impact and will be a great leader for future of the Head of the Schuylkill". Welcome Jen!

Signe Wilkinson is Head Duffer Rower at University Barge Club and editorial cartoonist for the Philadelphia Daily News and Inquirer.

twitter: @signewilk

Facebook: <https://www.facebook.com/Signetoons/>

HEAD OF THE SCHUYLKILL REGATTA

OCTOBER 29-30 2016



Columbia Ave Bridge

Dragon Boat Dock

Adaptive Launch

Amtrak RR Bridge
Girard Avenue Bridge

Twin Bridges

START
40.00.04 N
-75.11.27W

2.5 mi

Strawberry Mansion Bridge

Canoe House
St Joe's
City Dock

Peter's Island

Grandstands

Three Angels Docks
Festival Area
Gold Cup Tent

Gold Cup Course

Boathouse Row

FINISH
39.58.20N
-75.11.26W

0 mi



COURSE MAP

For Race Results and Team Trailer Locator, go to www.hosr.org

Head Racing 101

Frequently Asked Questions About Head Racing On The Schuylkill River

What does a “Head” race mean?

A ROWING HEAD RACE is one in which competitors race the clock over a course typically 2 - 3 miles long – compared to side-by-side sprint races of 1,000 to 2,000 meters. Head races are a format that began in England; the term meant that the winner received the title of “Head of the River.”

Where does the Head of the Schuylkill Regatta start and finish?

THE RACE STARTS above the Strawberry Mansion Bridge near Hunting Park Avenue and finishes above the Viking statue above Boathouse Row.

How long is the race course?

THE HEAD OF THE SCHUYLKILL race course is 2.5 miles or 4,023 meters.

Who rows in the Head of the Schuylkill Regatta? What are the events?

IN 2015, during the two-day regatta, there were more than 8,900 competitors in the Head of the Schuylkill in 1,913 boats.

Events include: Singles (one rower), Doubles (two rowers), Pair with and without Coxswain (coxswains direct and steer the boat but do not row), Quad (four rowers) and Fours with and without Coxswain, Rough water singles and Eights (eight rowers, each with one oar.) Racers compete in events, grouped by such categories as age, sex, high school, college, and more. For a schedule of events see the Program Book or the website at www.hosr.org. The schedule shows the time of each race and the bow number of each boat entered in that race.

What is the best way to follow a Head race?

WATCHING A HEAD RACE is different from watching a sprint race because instead of all the boats starting at the same time and racing side by side, they start one at a time and chase each other down the course. Remember, in a head race, the winning boat is determined by the fastest time, not necessarily by the order in which it crosses the finish line. Incidentally, the Head of the Schuylkill adds a twist to the typical start line procedure.

You can follow a particular boat's progress by noting its “bow number,” which is the large number positioned on the bow (front) of every boat. Basically, for each lower numbered boat it passes, a passing boat will have rowed the course faster by roughly 10 seconds.

Another important viewing tool is the “bow ball,” also located on the front of the boat. It mimics the boat's momentum. Simply put, the bow ball should not bob or halt, but rather travel smoothly. Long and fluid strokes generally make for faster boats.

What if a boat wants to pass another boat?

IF A COMPETITOR is in a passing position, the slower boat must move or “give way” to the side or risk penalty. This is an important aspect of the sportsmanship of rowing.

How can I distinguish each team or rower?

EVERY BOAT in each race is given a number, known as a “bow number.” All bow numbers are listed in the Head of the Schuylkill program book. Many clubs also have identifying marks on their blades (oars) or uniforms – but they may be borrowed equipment from another club or team. Bow numbers are the most accurate method to distinguish competitors.

How is each boat's time determined?

EACH BOAT starts sequentially approximately ten seconds apart, and a start time is noted for each boat as it crosses the Start Line. The clock stops for each boat at the Finish Line. The exact time is recorded the instant each boat crosses the Start and Finish. The final Race Time is stated in minutes, seconds and hundredths of a second (for example: 18:35:33).

How does a boat win a Head race?

THE BOAT that rows the course clocked at the fastest time, after deductions for penalties, if any, wins its event. Deductions may be made for such infractions as interference with another boat, passing on the wrong side of a buoy, steering under the wrong arch of a bridge or unsportsmanlike conduct.

The preliminary times of all boats are posted generally within 15 minutes of the conclusion of each event. Race results can be found at the results station in the Festival Tent and at the Finish Line.

The Gold Cup: Inspiring the Next Generation

By Elle Carolan, Gold Cup Organizing Committee

THE PHILADELPHIA CHALLENGE CUP EVENT, otherwise known as the “Gold Cup,” began in 1920, during the heyday of American rowing. The event pitted the best amateur male single scullers in the world against each other in a sprint race on the famed Schuylkill River course. Philadelphia’s own John B. Kelly Sr. was the first recipient of the title *Gold Cup champion*. The contest, as well as the cup itself, disappeared in the early 1960s only to reemerge in 2011 after a 50-year hiatus.

What many people may not appreciate is *why* the Gold Cup was created in the first place. Many believe it was to celebrate Kelly’s success at the 1920 Olympics in the men’s single sculls. This is partially correct. The other reason, that is not discussed as often, was that Kelly was excluded from participating in the 1920 Diamond Sculls race at the Henley Royal Regatta. While the reason his race application was rejected was complicated, in short, it was because he was a bricklayer and laborers were excluded from participating in this prestigious event. This rejection was what fueled Kelly to go on to win Olympic gold and it also inspired the Schuylkill Navy of Philadelphia to commemorate their hometown hero.

Philadelphia sports fans are notorious. We are loud. We are occasionally rowdy. It’s because we are impassioned about our athletes. And in 1920, John B. Kelly Sr. was our athlete and he was rejected—whether through poor process management or outdated beliefs—as he was about to step on the ship to travel to England! While none of us were around during this time, we can only believe how the Schuylkill Navy felt and they responded by saying, *we can do better*.

So in 1920, the Schuylkill Navy pulled together \$2,500 to create a 14 karat gold trophy—the Gold Cup was born. Philadelphia invited the world’s best male scullers to come compete in our city, on our river, against our boy, Jack Kelly. Kelly proved his believers right. He is the first name engraved on a cup showcasing the rich history of sculling’s biggest legends.

We continue the tradition of celebrating excellence—regardless of background—with the 2016 Gold Cup race. Similar to 1920, the world’s greatest single scullers will be competing on the eve of an Olympic year. Fortunately for us, we recognize and celebrate the excellence and equality of women, so the 2016 Gold Cup is being contested for both men and women. The 2016 Gold Cup will provide spectators with front row tickets to Rio rematches on both the men’s and women’s side ... a once in a lifetime opportunity!



St. James School students following their first practice at the Conshohocken Rowing Center.

Kim Brennan (AUS) and Kjetil Borch (NOR) are attempting to 3-peat at this year’s Gold Cup on Saturday, October 29th during Head of the Schuylkill Regatta. While they are bringing gold and bronze, respectively from Rio, can they hold off their fellow titans?

For the men, will Kjetil’s super sprint be able to hold off an unfinished sprint race between the Rio 1x gold and silver, one-two punch of Mahé Drysdale (NZL) and Damir Martin (CRO)? Will the short-form race play to the strengths of Cuba’s winningest rower, Ángel Fournier Rodríguez of Cuba?

On the women’s side, will it be the lawyer or the doctor claiming the prize? Kim Brennan held off her competition in Rio, but Dr. Gevvie Stone will be looking to cure the US drought for Gold Cup victors. Emma Twigg (NZL) may be seeking redemption for being just shy of the Rio podium. However, we also have the young gun Jeannine Gmelin (SUI) who is the future of women’s sculling, ready to put up a furious fight!

In keeping with the spirit of the Gold Cup and the belief that *we can do better*, the Philadelphia Gold Challenge Cup Foundation, keepers of the Cup, has instituted exciting new programs to engage, inspire and motivate youth to take up rowing, as well as healthy, active lifestyles.

First, through the generosity of our Stewards and corporate donors, the Foundation has launched a Middle School Indoor Rowing Education Program with 20 students





Haverford School and Malvern Prep peer coaches assist the St. James students during practice.

from St. James School. These students exemplify bravery and adventure, by being the first of their peers to sign up for the program, which is hosted at the Conshohocken Rowing Center.

Each Saturday for the next two months, these children will be driven to the Conshohocken Rowing Center for an afternoon of rowing coached by Gold Cup organizers and high school student-athletes from Malvern Prep and the Haverford School. By having both adult and peer coaches, we hope to instill in the students the fact that rowing is achievable and its lifestyle pays off. The goal of the middle school program is to introduce the students to rowing, healthy habits, as well as provide the students a sport to pursue once they enter high school. By being familiar with the rowing stroke, terminology and boathouse mayhem, the students will be empowered to go out for rowing! After the first session, we already saw several young students impress our high school peer coaches with their strength and ability to focus and learn the rowing stroke.

To cap off a season of hard work, Gold Cup contenders will be joining St. James students, as well as high school crew teams from area schools at the Conshohocken Rowing Center to race in some friendly competition on the ergometers. Who knows? We may have future Gold Cup champions among us.

Watch history unfold on Saturday, October 29th between noon and 1 o'clock. Racing begins above the HoSR Festival Tents with the finish lines just above Girard Bridge at the Gold Cup tent.



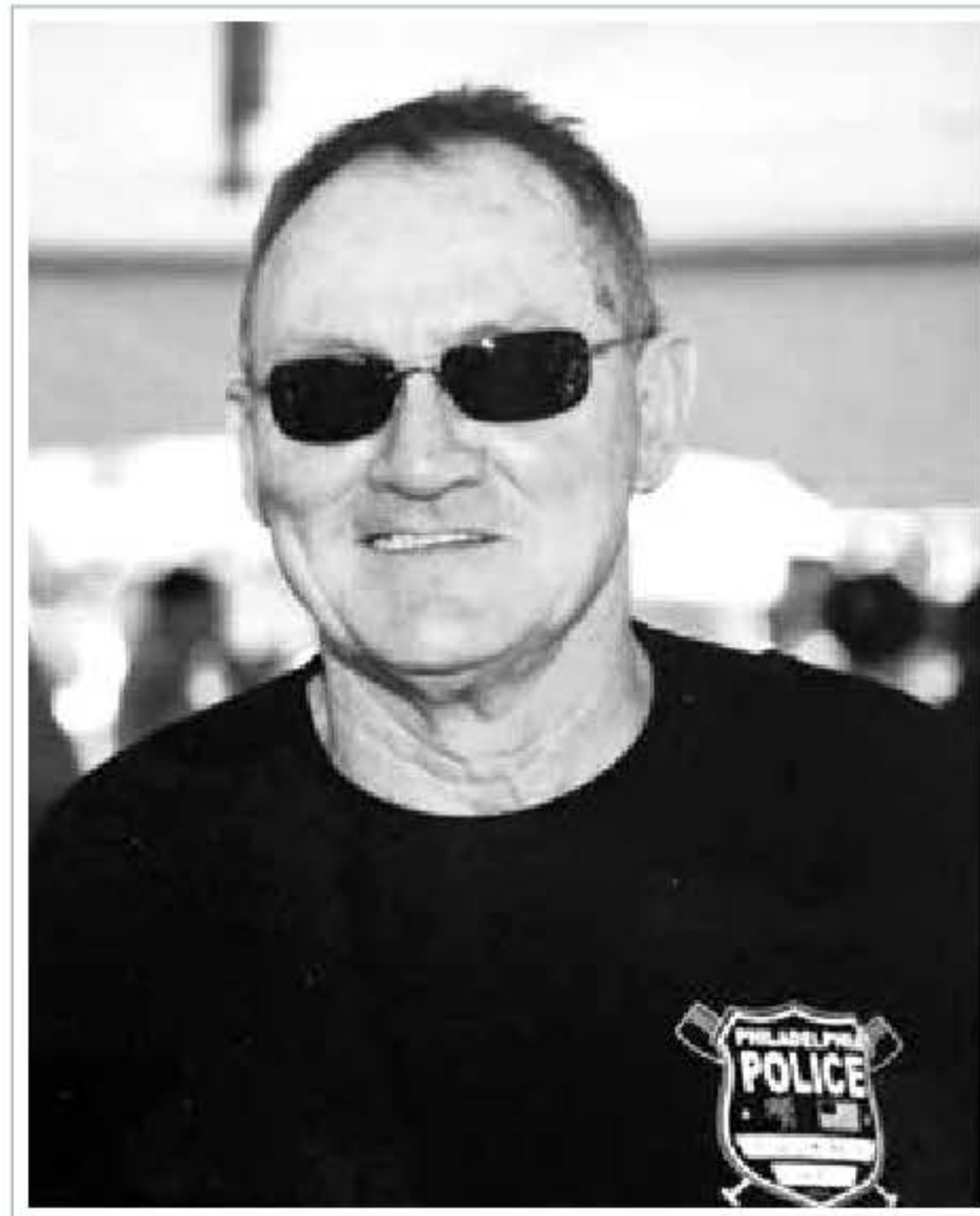
Malvern Prep rowers are watching on in awe as an 8th grader from St. James School pulls impressive 1:30 splits during 20 stroke pieces.

In Memory

John F. Timoney

1948 - 2016

Former Police Commissioner, Philadelphia



May the road rise to meet you,
May the wind be always at your back,
May the sun shine warm upon your face,
The rains fall soft upon your fields and,
Until we meet again,
May God hold you in the palm of His hand.

An Irish blessing

Steering The Head Of The Schuylkill Regatta

By Deborah L. Culhane, Coxswain

IN THE PAST, I have provided an array of technical and practical advice for coxing The Head of the Schuylkill Regatta. This year, I provide details on steering the course itself. Have a great race!

The Start

The race starts about 600 meters above Strawberry Mansion Bridge and finishes about 2.5 miles or 4,000 meters southerly, just before the Viking Statue above Boathouse Row. There is typically a generous chute to the starting line, and boats will be staged and brought down to the line by marshals. Inside the starting chute, boats will be instructed to start either on the port or starboard side buoy line. Get a good start, and make sure you are at full pressure coming across the line, in front of the start tent on the eastern shore. If you are on the port buoy line, you will want to move a bit to starboard, as you are able, in order to get a straighter shot through Strawberry Mansion Bridge. Your goal is to be in lane 6 or 6½ as indicated by the yellow markers on the bridge. Don't put your oars over the buoys as doing so can cause problems, and affords you no advantage.

Strawberry Mansion Bridge

Just before Strawberry Mansion Bridge, you will have gone 500 meters of the 2000 meter sprint course ending just before Columbia Bridge. The beginning 2000 meters are the most straightforward part of the race, so take advantage of it. Get into a good rhythm and point just to the right of Centennial Hall in the distance. This will take you under the right side of the middle arch of Strawberry Mansion Bridge, so that your starboard oars pass close to the bridge abutment, but do not hug the starboard buoy line. Keep pointed just to the right of Centennial Hall.

After you exit the bridge and come past the public dock, you've gone 1000 meters and have 1000 meters to go before Columbia Bridge. There typically are not buoys to guide you on starboard, so do not drift over. Stick to Lane 6 or 6½, but no further to starboard. As you pass under the wire, just to the right of Lane number 6 overhead, mind the tree branches overhead as Peter's Island starts. Do not be alarmed, this is the correct course.

Columbia Avenue Bridge

As you come to the end of the Island, begin pointing on the center of the Lane 5/6 arch on Columbia Bridge. Just before the bridge, you've gone 2,000 meters. Do not be tempted to hug the port side of the bridge abutment as you approach. But as you go through the bridge, steer hard to port in order to pick up the tangent of the port buoys just south of Columbia. This is the downfall of many good races, particularly in blind or straight boats.

The port buoy line consists of a series of smaller turns, altogether about 750 meters, each typically 15-20 strokes, depending on the boat or crew. Each turn is typically marked by a big red buoy with smaller buoys in between. There are usually three sets of straight lines, all turning to port.

As Frank Rowe of Undine Barge Club says, "be ready to crank your starboard blade each mini-turn so you stay parallel as the new line of buoys approaches. Timing is critical for each mini-turn. Turn too soon and you'll hit the first buoy of the new line; turn too late and you'll row a longer course." Rowe advises to count the number of buoys for each line during warm up and use that information, along with an occasional glance over your right shoulder, to check your line and timing of the mini-turns. If you are not launching south of Columbia, consider walking this stretch of the course before the race in order to gather information from the shore.

It can take a few minutes to complete this stretch of the course, so be patient and know that the key is to break it down into manageable parts. According to Race Director Emeritus Christopher I. Blackwall, "you've never truly completed the turn until you are not far short of the Three Angels."

The Three Angels

At the end of the turn, the Three Angels statues and Festival Area will be on your left. Listen for the announcers and cheering on this stretch, and use it to gear up. This is one mile to go! Between the Three Angels and the Girard Avenue Bridges, you should start moving back to starboard a bit. This may seem counterintuitive, as you've just been paying strict attention to the port side buoys for several minutes. Do not be alarmed, the correct course to get over to starboard side. Your goal is to hug the starboard abutment of the middle arch at the approaching railroad bridge.

Girard Avenue Bridges

Many crews start their finishing sprints just before the bridges. From there you have a straight shot to the finish line, 500 meters to go. As you come under Girard Avenue Bridge, you may find it useful to point to the power lines that look like goal posts just to the right of the skyscraper next to Centennial Hall. As you come out of the Girard Avenue Bridge, you have 250 meters to go, so give it all you've got. The finish is just past the sculpture garden on your left, at the finish line buoys downriver of the finish line tent. Make sure you sprint through the finish line, and keep paddling. Stay alert as you cool down and head to Boathouse Row or turn and head back upriver. Well done!

Deborah L. Culhane is a coxswain before dawn, a lawyer by day, and a ballet dancer by night. She began coxing on the Schuylkill River for Villanova University twenty five years ago this Fall. She has since competed nationally and internationally with both women's and men's teams. She is currently a member of University Barge Club, where she coxes various masters crews. She welcomes comments to this article at dlculhane@yahoo.com.

Celebrating 2015 Points Trophy Winners

THE HEAD OF THE SCHUYLKILL REGATTA and its Sponsors proudly present Points trophies each year to the teams winning the most points in their categories. An Olympian has called the regatta 'a racers race' and we continue to become more and more competitive each year. Rowers are able to row multiple times as they push themselves to defeat long-time opponents and their own best times. Our Sponsors recognize the effort it takes to get to the starting line in this grueling sport and are pleased to be associated with rowers of all skill levels who work so hard to compete in the Head of the Schuylkill Regatta. Congratulations to the 2015 overall points trophy winners ... they're the teams to beat this year!



Overall: Collegiate

Sponsored by East River Bank

University of Pennsylvania

Four of the five Penn heavyweight boats entered in the 2015 Head of the Schuylkill Regatta earned medals, led by gold medal performances in the Championship Fours and Club Eights races. In addition, the Varsity showed itself to be the class of the collegiate field, only finishing behind its neighbors racing for Vesper Boat Club.

In the Championship Eights race, Penn's crew was second overall – and the top collegiate entry. While Vesper Boat Club was victorious, the Quakers were the strongest collegiate competitors, finishing 2.01 seconds ahead of Drexel and 3.65 seconds faster than Georgetown.

The Red and Blue won the gold medal in the Club Eights race, as the crew coxed by Lauren Hochman and featuring Torin DiSalvo in the stroke seat were dominant to the tune of a 13.5-second victory over Delaware. Penn's winning time was 12:48.63. Penn's second entry in the Club Eights completion was fifth overall.



Penn women earned three gold medals and four silver medals contributing to the Points Trophy award.

"We were excited to participate in the 2015 Head of the Schuylkill Regatta. The collegiate events continue to be more and more competitive each year, and it's a great opportunity for our athletes to race in multiple events," said Libby Peters, assistant coach womens rowing. The Novice Four, which featured a few recruits and new rowers, won their event. The Champ Fours were comprised of the top eight rowers, who had the opportunity to 'knock heads with each other' and the rest of the field in that event. According to Peters, "one of the best parts of being a Penn Rower is the chance to train on one of the premier rowing venues in the country, and it's very cool that we get to partake in such a big race each Fall that happens to be held on our home course."

**Overall: High School***Sponsored by Boathouse Sports***Saugatuck Rowing Club**

The Saugatuck Junior Team always enjoys racing at the Head of the Schuylkill! With most of the fall season focused on the boats racing at the Head of the Charles, the HOSR offers a chance for the whole team to come back together and have a fun regatta. Some athletes race multiple times and some race in different boat categories. We always know there's going to be good competition in all events and if we can do well then we are showing good speed overall. Both the Women's 8+ and Lightweight 8+ are two time National Champions and the pair of Lucas Manning and Oliver Bub competed at the 2015 Junior World Championships and placed 3rd at the 2016 Youth National Championship. We showed great depth as a team at the 2016 Youth Nationals with entries also in the Women's 4+, Women's Lwt 4+, Men's 8+, Men's 4+, Men's Lwt 8+ and a Men's 1x. This summer Saugatuck rowers, Harry Burke, Grace McGinley and Kelsey McGinley represented the USA at the 2016 Junior World Championships. We look forward to all our athletes leading another strong Saugatuck contingent at the 2016 Head of the Schuylkill!

Overall: Open*Sponsored by NSM Insurance Group***Overall: Masters***Sponsored by Cooper Bone & Joint Institute***Vesper Boat Club**

Vesper Boat Club is one of, if not the best, club rowing teams in the United States. Comprised of 25 athletes of all genders and weight classes, they train in small boats (1x, 2x, 2-) year round to hone their skills while pushing each other to the limit in order to get faster. The 2015-2016 season saw 7 Vesper athletes wear the National Team Uni competing at the Olympic Games and FISA World Championships. The Head of the Schuylkill is a race where you can see them compete in over 10 different categories, many times taking home the gold. The Men's 8+ last year had a slew of competitors from previous and current National Teams setting the HOSR course record, as well as taking home the gold medal

in the Men's Championship 2- (Yohann Rigogne & Tom Peszek), Women's Championship 1x (Lindsay Meyer), Light Women's Championship 1x (Cara Stawicki), Mixed Championship 2x (JP Kierkegaard & Julia Lonchar), Women's Championship 2x (Lindsay Meyer & Nicole Ritchie) and Women's Championship 4x (Nicole Ritchie, Lindsay Meyer, Mary Jones, and Cara Stawicki).

2015 Masters Points Trophy Champion, the Vesper Boat Club in Philadelphia PA has a collaboration of new and old experience that blends together for great performances in practice and racing. Aggressive and enthusiastic, they strive to place well and have fun. In the large number of categories, genders and age classifications, almost any team can win. Vesper is a machine of consistency, grabbing a few golds, but many many many top 5's. 22 of them to be exact! When it comes to performing well, it certainly seems the elder states men and women of Vesper still hold true to their motto of "All Together"

*Contributors to this article:**Libby Peters, Assistant Coach Women's Rowing;**University of Pennsylvania**Sharon Kriz, Director of Junior Rowing;**Saugatuck Rowing Club**Sean Clarke, Program Director;**Masters & Assistant Coach, Vesper Boat Club*

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Milfoil Follies, Tales Of The Not So Deep

By Merrill Hilf, PT, DPT

AS YOU CONTEMPLATE WHAT TO BE FOR HALLOWEEN, I'd like to ramble a bit about the past summer on the Schuylkill River. A summer of heat, sunshine, and the Rio Olympics; sounds like the perfect recipe for total emersion in rowing. As always, early morning rowers arrived before dawn, various summer programs were held, masters rowers prepared for regattas, and a variety of rowers readied themselves for the highest levels of international competition. At first, it seemed like a typical sweltering summer in Philadelphia: row, sweat, hydrate, cold shower, sweat some more. Summer is a time when scullers often row singles, especially after the limitations of cold water in the winter and spring (the old adage, you flip, you die as a general rule of thumb). Being a mediocre, wannabe good, single sculler, I was rowing my single almost everyday, with a coached group of other dedicated masters scullers, like other summers. Then suddenly, with little warning, a gangly, perennial foe emerged from the water, eurasian milfoil!

Eurasian milfoil is an invasive water plant, notorious for choking out native plant species, reproducing at alarming rates, and clogging active waterways throughout the country. The combination of sunny days, little rainfall (Florida seemed to be hogging all the hurricanes), and years of silt build up, created the perfect storm for milfoil proliferation. Gone was the serenity of rowing. It's hard to focus on the run of the boat when evil green tendrils seem to grab an oar without warning. Rowers and coaches alike battled the weeds, as the water seems to turn gelatinous, and the competition for channels of weedless water increased. My coach had little patience for my complaints, and erratic rowing (I think wimpy was the term he used) through the weeds. He was convinced that no one was having trouble with rowing through the weeds (or at least they were smart enough not to scream "the weeds" on a daily basis). He postulated that I had developed a weed phobia in addition to all of my other flaws, and psychological issues. I began to think he was right. I fantasized about planting explosives to blow the weeds up (take that, you scoundrels!). I developed intricate pathways to avoid the thickest patches of weeds, all the while trying to stay out of the way of team boats that seemed to rip through milfoil. Little did I know that launch motors, rudders, and impellers were getting clogged, and steering became a challenge.

I kept rowing. Despite psychotherapy, guided imagery, and anger management, the weeds were winning. By the time August came around, and with the impending return of high school and college crews, it became evident that the weeds might interfere in the head race season. The Schuylkill Navy (the governing body of rowing on the Schuylkill) declared a code red. Al Wachlin, Miss Pippin, and a small number of volunteers, needed help. Miss Pippin was in her golden years, many of the volunteers were retired rowers, and the weeds were relentless. A "special ops" group was formed by Penn AC, and other young, strong rowers that developed a different method to rip the weeds out at the root,



collect them, and remove them from the river. By combining forces, they were making a difference! I decided to volunteer to become a "weed warrior", especially considering the psychological damage this plant had caused me.

I spent several hours with another volunteer raking big clumps of weeds into a launch, and also reaching in and grabbing the culprits by hand. It was hard work, but I found it very cathartic. It wasn't long before we started cursing at the weeds while we piled them up. I wanted to ruin their happy existence in the Schuylkill, as they had ruined mine. I got soaked with weed run off, my skin turned a slight shade of green, and I enjoyed my revenge against the evil milfoil. I realized that without the persistence of these dedicated people, the weeds would win. Not only would we be unable to train for head races, but how could we possibly have them at all?

If you are reading this, during the Head of the Schuylkill weekend, Al, Miss Pippin, the Schuylkill Navy, the Special Ops group, and the Weed Warriors have won. Thank them. Give Miss Pippin a biscuit, give Al a hug, or give the Special Ops guys something to eat. Most of all, get involved. They say it takes a village, but this took an army. An army of people that love the sport of rowing, and love our river.

Merrill Hilf, PT, DPT is a rower before dawn, a physical therapist during the day, a swimmer in the evening, and a keen observer all the time. She is proud to add Weed Warrior to her bucket list.

The Henley Royal Regatta: 20 Years of Life Lessons

By Andrew Kelly

THE ANNOUNCEMENTS CRACKLED from ceiling-mounted speakers every afternoon at the same time, echoing off the painted cinderblock walls of the chemistry classroom on the third floor of St. Joseph's Prep. It was late June, 1995.

I wasn't taking chemistry at St. Joe's Prep. I was there for a Pre-8th grade program, open to boys and girls from the area, to prepare them for the rigors of high school. The program was also an opportunity for those boys to spend six weeks inside St Joe's and at some point over the course of those six weeks casually bring up to their parents, completely of their own volition of course, that maybe the all-boys St. Joe's would be a good fit for them.

For me, attending St. Joe's Prep was never in question. My mother had taught biology at the North Philadelphia Jesuit school since 1978. As far as I was concerned, I was there that summer to play ping-pong and possibly meet a few kids who, in a year, might become my classmates.

But for three consecutive afternoons those announcements split through the din of 7th grade chatter – *"The Prep Varsity 8 won today's race at the Henley Royal Regatta in Henley, England. They will race again tomorrow in the quarterfinal."* The specifics were then doled out – who they raced, how much they won by, who they would race the following day. There was a palpable buzz. And that's how it went that week. Wednesday, Thursday and Friday. Each day that passed, the information became more robust and people talked more, clued the students in on why what was happening was important, why the faculty would happily stop and talk about Henley.

I was hooked.

The Henley Royal Regatta instantly became synonymous with hushed reverence. "Henley" was some mysterious entity and, from the way people spoke about it, represented the impossible. Five days of match racing against the best crews in the world. The 1995 St. Joe's Prep Varsity 8 would ultimately lose on Saturday to Eton College in the semifinals.

The Prep had gone to England a handful of times to compete at Henley throughout the 1980s and 90s, as they positioned themselves at the peak of high school rowing in the United States, finding themselves among typical New England powerhouses like St. Paul's School, Exeter, Andover, and local South Jersey juggernaut Holy Spirit High School, who had won Henley three times in the 1970s and 80s.

The 177-year-old regatta stands alone in terms of prestige within the rowing community – it is undoubtedly the pinnacle of racing – 5 consecutive days of one-on-one racing in front of daily crowds in excess of 45,000. It draws crews from around the globe, melting down all that sport encompasses: political, social, cultural, primal. It pits Americans against British. French against Germans. They are simply rowing races they say, but spectators pull all they can from the gladiatorial matches – divisive social commentary, occasionally sprinkled with some basic rowing quips.

Spectators wear blazers trimmed in pinks and yellows, dresses that hit below the knee. They wear straw hats and carry picnic baskets packed with nothing disposable – fine silverware and champagne flutes. They stand in line for oysters, flip through daily programs filled with competitor names, affiliations and blade colors, while a 10-piece band plays nearby. Yet their attention turns every five minutes as two crews roar by, mere feet separating the opposing blades, both shells contained within long wooden booms and tall white posts, anguish etched on the rowers' faces, diametrically opposed by the lavish party happening on shore.

St. Joe's Prep had lost at Henley in 1995. I was a freshman in 1996. By 1999 I was the coxswain of the Varsity 8, hoisting the Stotesbury Cup and listening as our coach Bill Lamb told parents the Prep would be returning to Henley. That June, I was 17 years old, and walked through the iconic blue and white boat tents a week before racing began. I saw the booms, smelled the perfectly manicured grass, played bow number bingo – *bow 154, who is that? Hampton School? No, can't be. Those guys look like they're in college.* It was rowing fantasyland.





I walked across Henley Bridge – saw the full course stretch out in front of me, a runway I had dreamed about, now rolled out in person. I pulled into the starting blocks and waited, our opponents so close you could hear them shifting on their seats, trying to control their breathing, both crews staring at the red flag about to drop.

But, like in 1995, and as with all prior attempts, St. Joe's Prep lost at Henley in 1999. We'd had an undefeated racing season and a boat filled with talent and motivation. It wasn't enough. Henley is a cruel mistress – she will warmly welcome you into her bed and just as quickly slit your throat. We lost to a crew from Australia. The 1999 crew contained seven juniors, and, after overcoming a year of strife, in-fighting and imploring from coaches and parents, we returned to Henley in 2000.

And we won.

We raced in the final on Sunday against the Groton School from Massachusetts, after dispatching several traditional English schoolboy crews like the Westminster School and Radley College. We won by open water. It had taken 19 years, but finally, St. Joe's Prep Crew had the victory it so desperately sought. Since 1988, only four US high school crews have won the Princess Elizabeth Cup at Henley. So rarely in life do we get to dream and strive for a singular goal, an impossible quest, and accomplish that goal. And to do it with 8 of your closest friends, backed by an alumni core primed to explode at your success, is a special feeling. Henley became the embodiment of that sensation.

Yet life moves on. And so did we – our rowing careers spanning programs at Penn, Princeton, Brown, Yale and the Naval Academy. Rowing consumed me. I went on to Penn, rowed under legendary coaches and spent my summers at clubs on Boathouse Row. I made the National Team in 2003 and won gold at the World Rowing Championships that year. In 2004 I graduated from college and faced a decision that would stay with me for years. I decided to leave competitive rowing, go to graduate school and begin a career.

Over the next several years I remained involved with rowing. I coached, joined a club and coxed sporadically. In 2011 my club, University Barge Club, returned to Henley to compete in the Club event, the Thames Challenge Cup. With little chance of winning, the trip mainly geared at growing the presence of our club and enjoying the experience, we bowed out in the quarterfinals. The trip, while memorable and noteworthy, left a void within me. To go to Henley without that singular, rabid goal somehow felt hollow, an emblematic disservice to what Henley stood for, in my mind.

In 2015 University Barge returned to Henley. The circumstances were much different this time. We had a crew filled with ability, grit, power and want-to. A void that was created over the years since my departure from competitive rowing, dug out by regret and morbid, feckless curiosity, began to mercifully fill. Rowing finally had a purpose again.

We lost to eventual winners Thames Rowing Club from London in the semifinal by 3/4 of a length, in a hard-fought battle of wills, two true club crews duking it out down the fabled Henley course. It would be the best and worst race of my life. It opened up old wounds, urged me to take stock of what rowing meant to me, and forced me to admit and accept my passions in life.

In 2016, University Barge once again headed back to Henley, my fifth time racing. We had been so close in 2015, it seemed shortsighted to not give it one last go. Throughout the training and endless practices leading up to this past summer's Henley, I rarely contemplated losing. We returned 7 members of the 2015 crew and somehow it felt like kismet. For me, the corollaries between the 2016 UBC crew and the 2000 St. Joe's Prep crew were too obvious to ignore. It's funny, though, that you never envision losing until you're losing.

We fell to a crew from Norway on Saturday by 1/3 of a length, once again in the semifinal. There would be no 2000/2016 connection. After the race I expected to be upset, as I had been in 2015, wondering what went wrong. Instead, a feeling of contentment arose. I hugged the guys, hugged everyone who came over to England with us, hugged Emily, my girlfriend. And I knew that I was finished. That I was closing a chapter that every rower, every athlete, at some point, closes.

I was lucky enough to close that chapter surrounded by 8 great guys, coached once again by Bill Lamb, who had joined University Barge in 2015 to help guide our group. What began for me in 1995, sitting at a desk at St. Joe's Prep listening to a garbled announcement, ended over 20 years later, standing on the bank of the Thames River on a typical, cloudy English afternoon.

And while competing at Henley had ended for me, the draw, mystery, and hushed reverence of the world's most famous regatta will always remain.

Andrew Kelly is a member of University Barge Club. A former member of the US National Team and captain of the heavyweight team at the University of Pennsylvania, Andrew has been coxing on the Schuylkill for 20 years. He is a Marketing Manager for Aquent Studios, based in Conshohocken. He lives in Center City, Philadelphia.

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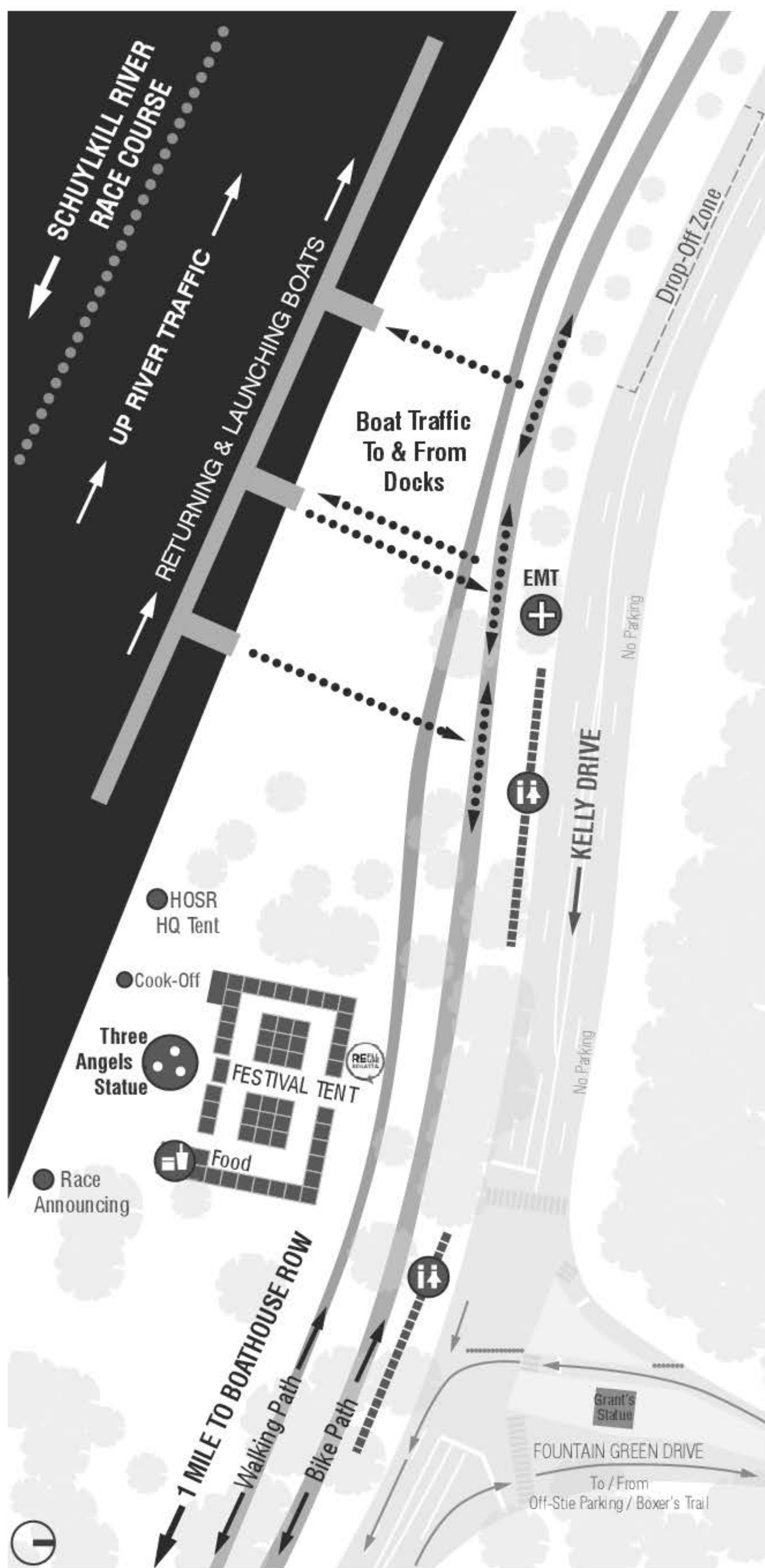
The Three Angels Statues Festival Area is the Official Location for Vendors, Awards Ceremonies, Food, Live Streaming, Race Results, Fun and the Launch Dock for Out of Town Boats

Saturday, October 29

6:00am – 9:30am	Registration: Lloyd Hall
9:30am – 11:30am	Registration: University Barge Club #7 Boathouse Row
8:00am – 4:45pm	Racing Events
8:00am	National Anthem at Three Angels Statues
All day	Official Food Vendor: Festival Foods Sports Rehab Tent: NovaCare Rehabilitation/Sports Medicine Selfie Stations: Festival Tent, Finish Line REfill REuse: Water bottle distribution, several locations
11:30am	PHILADELPHIA GOLD CHALLENGE CUP RACES 2016 Corporate Challenge Sprints featuring: Vanguard, Glenmede, Aberdeen, International Raw Materials, 4id International, Youth Build, Morgan Stanley
12:15pm	Mens Gold Challenge Cup featuring: Kjetil Borch, Mahe Drysdale, Damir Martin, Angel Fournier Rodriguez
12:30pm	Womens Gold Challenge Cup featuring: Kim Brennan, Jeannine Gmelin, Gevvie Stone, Emma Twigg
12:40pm	Lunch Break
1:30pm	Awards Ceremony* at Festival Tent
4:10pm	Alumni Races
5:00pm	Awards Ceremony* at University Barge Club, #7 Boathouse Row Presentation of the College Points Trophy
5:00pm – 7:00pm	Registration: University Barge Club, #7 Boathouse Row
5:00pm – 7:00pm	Masters/Alumni Happy Hour at Vesper Boat Club, #10 Boathouse Row

Sunday, October 30

6:00am – 9:30am	Registration: University Barge Club, #7 Boathouse Row
8:00am – 4:45pm	Racing Events
All day	Official Food Vendor: Festival Food Sports Rehab Tent: NovaCare Rehabilitation/Sports Medicine Selfie Stations: Festival Tent, Finish Line REfill, REuse Water bottle distribution, several locations
11:00am	Awards Ceremony at Festival Tent: includes medals for all participants in the Jim Barker High School Singles: Olympic Gold Medal and World Championship Appearances
1:15pm	Lunch Break: Chuck Wagon Cook-off Challenge (River entrance to Festival Tent)
3:30pm	Awards Ceremony* at Festival Tent: includes presentation of inaugural Mayor's Cup to first place Mens and Womens High School 8+
5:30pm	Awards Ceremony* at University Barge Club, #7 Boathouse Row, Presentation of the High School Points Trophy, the Open Points Trophy and the Masters Points Trophy <i>*Medal Distribution & Photo Ops at The Three Angels Festival Tent from 9:00am-4:00pm; Medal Distribution & Photo Ops at University Barge Club, #7 Boathouse Row, from 5:00-7:00pm.</i>



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Festival Tent/Regatta Activities

Information
 Awards Ceremonies/Medal Distribution
 DJ/Music
 Chuckwagon Cook-off Challenge
 Food Court
 Live Streaming
 US Olympian Athletes Autographing
 Results
 Selfie Station
 WHOSR Sports Desk

(List complete as of September 22, 2016)

Awards & Trophies

Jim Barker: Special medals are awarded each year to every competitor in the high school singles races in honor of Jim Barker, long time coach of The Haverford School. Jim is a legendary figure in the sport of rowing on Boathouse Row and beyond and is a member of the US Rowing Hall of Fame. Jim is also a board member of the Philadelphia Gold Challenge Cup Foundation.

Christopher I. Blackwall Race: Awarded annually to the winner of the women's masters eights and lightweight eights. Christopher was race director of the Head of the Schuylkill Regatta for more than three decades and is still working hard to make a difference on Boathouse Row and the sport of rowing.

Bob Brasler Memorial Race: Awarded annually by friends of Bob Brasler, a former board member of the HOSR, and an 'uncoachable' oarsman who sang better than he rowed. He began each row with his rendition of 'Oh what a beautiful morning' when he launched most mornings from University Barge Club.

Mitchell S. Budman Race: An annual award to honor Mitch Budman, long time treasurer and co-director of the HOSR and the driving force behind the growth and success of the regatta. His efforts on behalf of the entire local rowing community are legend.

Joseph William Burk Memorial Race: Awarded annually in memory of a true rowing legend that left his mark on the greater rowing community, especially the varsity crews he coached at the University of Pennsylvania.

Charles P. Colgan Memorial Race: Awarded annually by the Colgan family in memory of Charles 'Chuck' Colgan. Chuck was a referee, regatta organizer or whatever it took to fun. He was the force of change for rowing in Philadelphia, creating rowing programs for women, inner-city youths and

The Commodores Race: This race honors all who served the Schuylkill Navy since its founding in 1793, current Commodore, and all living past commodores: Bergen, Vince Dougherty, Clete Graham, John H. Meigs, Stephen Orova, don Schnorr, Joseph Sweet and Al Wachlin.

Todd B. Craun Memorial Race: An annual award to the winner of the women's championship eight and lightweight championship eight in memory of

Todd, a long time oarsman who was an essential part of the bronze medal at the 2008 World Championships won by Vesper's lightweight women's quad.

The Fred Duhling Cup: A true legend on Boathouse Row, this annual award honors Fred Duhling, three-time member of the U.S. national team. As a coach, he led rowers to national championships. Overcoming great personal tragedy Fred is an inspiration and serves as a role model for others in the greater rowing community.

The Mayors Cup: Launched this year, this trophy will be given annually to the winners of the high school mens and womens varsity eights in honor of Philadelphia's Mayor, Jim Kenney, and all of the mayors to follow.

Point Trophies: Presented annually to the college, high school, masters and open categories that have the greatest number of points at the end of racing, demonstrating exceptional group skills. The winners are determined by the number of points compiled determined by a pre-set formula. Sponsors for the 2016 Point Trophies are: NSM Insurance Group, COOPER Bone & Joint Institute, Boathouse Sports, East River Bank.

Sir Steven Redgrave Challenge: Open and collegiate single scullers will compete in The Redgrave Challenge. The world's most outstanding rower of all time, former British rower Sir Steve Redgrave, serves as The Gold Cup Honorary Chairman. Redgrave won an incredible five gold medals in successive Olympic Games from 1984 to 2000, as well as a bronze medal. Today, Redgrave devotes his time to the support of rowing and sport globally, as well as philanthropy, through the Steve Redgrave Fund, which uses sport to bring about positive change in the lives of disadvantaged children.

Malta Boat Club: In memory of Sidney Salomon, He was the oldest competitive rower in the world. He died of a heart attack at age 90, in 2004.

Police Race: Friends of the former Philadelphia police have a 10-year commitment to present a trophy to the winner of the 50-59. Commissioner Timoney was a local legend.

University Barge Club in Honor of the Founders: This annual award honors three University Barge Club members who founded the HOSR in 1970; Lyman Perry, J. Pattison IV and the late Paul Betancourt.

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Award Ceremonies,* Race Sponsors & Honorees

Event	Race Sponsor/Honoree
SATURDAY: 1:30PM Award Ceremony at the Three Angels Festival Tent	
1A. & 1B. Mens & Womens Championship Pairs w/out Cox.....	The Founders Race
1C. & 1D. Mens & Womens Masters Pairs w/out Cox	
2A. & 2B. Mens & Womens College Frosh/Novice Fours w/Cox	
3A. & 3B. Sir Steven Redgrave Challenge: Mens Championship Singles	In Honor of Sir Steven Redgrave
3C. & 3D. Sir Steven Redgrave Challenge: Womens Championship Singles.....	In Honor of Sir Steven Redgrave
4A. – 4D. Mens Masters Fours w/Cox (27-39)(40-49) (50-59) & Veterans (60+)	
5A. – 5D. Womens Masters Fours w/Cox (27-39)(40-49)(50-59) & Veterans (60+)	
6A. & 6B. Mens & Womens Championship Fours w/Cox	
7A. & 7B. Mens & Womens College Frosh/Novice Eights	The Commodores Race
8A. Adaptive & Inclusion 2x Half Course (USRowing Classified LTA, TA, AS Athletes)	
8B. Adaptive 1x Half Course (USRowing Classified LTA, TA and AS Athletes)	
PHILADELPHIA GOLD CUP CHALLENGE	
5:00PM Award Ceremony at University Barge Club, #7 Boathouse Row	
9A. Parent/Child Doubles	
10A. & 10B. Mens & Womens Club Championship Eights	East River Bank
11A. – 11D. Mens Masters Eights (27-39) (40-49) (50-59) & Veterans Eights (60+).....	Charles P. Colgan Memorial Race
12A. – 12D. Womens Masters Eights (27-39) (40-49) (50-59) & Womens Veteran Eights (60+).....	Christopher I. Blackwall Race

13A. & 13B.	Mens Championship Doubles.....	University Barge Club in Honor of the Regatta Founders
13C. & 13D.	Womens Championship Doubles	
14A. & 14B.	Mens Masters Doubles (27-39)(40-49).....	The Fred Duling Cup
14C.	Mens Masters Doubles (50-59).....	In Memory of John F. Timoney
14D.	Mens Veterans Doubles (60+)	In Memory of Bob Brasler
15A. – 15D.	Womens Masters Doubles (27-39) (40-49) (50-59) & Veterans Doubles (60+)	
16A. & 16B.	Mens Championship Eights	NSM Insurance Group
16C. & 16D.	Womens Championship Eights.....	Todd B. Craun Memorial Race
17A.	Mens Championship Quads	
17B.	Womens Championship Quads	
18A. – 18C.	Mens, Womens and Mixed Alumni Eights.....	COOPER Bone & Joint Institute

Presentation of the Alumni medals will take place at the Alumni/Masters after-party at Vesper Boat Club

5:00PM Award Ceremony at University Barge Club shall conclude with presentation of College Points Trophy, sponsored by East River Bank

SUNDAY: 11:00AM Award Ceremony at the Three Angels Festival Tent

19A. & 19B.	Mens High School Trainer Singles (Varsity & JV)	
19C. & 19D.	Womens High School Trainer Singles (Varsity & JV)	
19E.	Mens High School Trainer Singles (Frosh/Novice)	
19F.	Womens High School Trainer Singles (Frosh/Novice)	
20A. & 20B.	The Jim Barker Mens High School Singles (Varsity & JV)	In Honor of Jim Barker
20C. & 20D.	The Jim Barker Womens High School Singles (Varsity & JV).....	In Honor of Jim Barker
20E.	The Jim Barker Mens High School Singles (Frosh/Novice).....	In Honor of Jim Barker
20F.	The Jim Barker Womens High School Singles (Frosh/Novice)	
21A. & 21B.	Mens Masters Singles (27-39) & (40-49)	Joseph William Burk Memorial Race sponsored by W. Reed Kindermann, MD
21C. & 21D.	Mens Masters Singles (50-59) & Veterans Singles (60+)	The Sid Salomon Trophy presented by Malta Boat Club
21E. – 21H.	Mens Masters Ltwt. Singles (27-39) & (40-49) & (50-59) & Veterans Singles (60+)	
22A. – 22D.	Womens Masters Singles (27-39) & (40-49) & (50-59) & Veterans Singles (60+)	NovaCare Rehabilitation – Sports Medicine
22E. – 22H.	Womens Masters Ltwt. Singles (27-39) & (40-49) & (50-59) & Veterans Singles (60+)	
23A. & 23B.	Mens High School Fours w/Cox	
23C. & 23D.	Womens High School Fours w/Cox	
23E. & 23F.	Mens & Womens High School Fours	

**NEED TO DISCUSS
THIS SPREAD.
TOO MUCH COPY.**

3:30PM Awards Ceremony at Three Angels Festival Tent

24A. & 24B.	Mens & Womens High School Eights	Mitchell S. Budman Race
25A.	Mixed Championship Doubles	
25B. – 25E.	Mixed Masters Doubles (27-39) (40-49) (50-59) & Veterans Doubles (60+)	
26A. & 26B.	Mens High School Quads (Varsity & JV)	
26C. & 26D.	Womens High School Quads (Varsity & JV)	
26E. & 26F.	Mens & Womens High School Quads (Frosh/Novice)	
27A.	Mens High School Eights (Varsity/First Boats)	The Mayor's Cup
27B.	Mens High School Eights (JV/Lower Boats)	
27C.	Womens High School Eights (Varsity/First Boats)	The Mayor's Cup
27D.	Womens High School Eights (JV/Lower Boats)	

5:30PM Awards Ceremony at University Barge Club, #7 Boathouse Row

28A.	Mens High School Doubles (Varsity)	Daniel. Swartley-McArdle
28B.	Mens High School Doubles (JV)	
28C. & 28D.	Womens High School Doubles (Varsity & JV)	
28E. & 28F.	Mens & Womens High School Doubles (Frosh/Novice)	
29A. – 29D.	Mens Masters Quads (27-39) (40-49) (50-59) & Veterans Quads (60+)	Semanoff, Ormsby, Greenberg & Torchia, LLC
30A. – 30D.	Womens Masters Quads (27-39) (40-49) (50-59) & Veterans Quads (60+)	
31A. – 30E.	Mixed Championship Quads	
31B. – 31E.	Mixed Masters Quads (27-39) (40-49) (50-59) & Veterans Quads (60+)	

5:30PM Ceremony shall include presentation of the High School Points Trophy, sponsored by Boathouse Sports, the Open Points Trophy, sponsored by NSM Insurance Group, and the Masters Points Trop, sponsored by COOPER Bone & Joint Institute.

** Athletes are encouraged to attend the Award Ceremony for their respective event(s). If you cannot attend the ceremony, you may pick-up your medal(s) between 9am-4pm in the Three Angels Festival Tent. The Awards Desk closes at 4:00pm and the medals are then transported to University Barge Club (#7 Boathouse Row). You may collect your medal(s) at University Barge Club between 5:00-7:00pm both evenings.*

Athletes and coaches are welcome to take pictures on the Awards stage at any time of the day; post your pics on the HOSR Facebook and Instagram pages! Fantastic photo opportunities will be available at University Barge Club as well. Medals not collected will be subject to a mailing fee.

THE PHILLY BASICS

Never been to Philly before?

Here are a dozen things you must see, do and taste before you leave town. Can't get to them all? Come back again soon.

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Kelly Drive

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26th Street & Benjamin Franklin Parkway

THE EL

ROCKY ⁷

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26th Street & Benjamin Franklin Parkway

BARNES FOUNDATION ⁶

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LOVE STATUE ⁵

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15th & Market Streets

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SUBWAY



BROAD STREET

READING TERMINAL MARKET **4**

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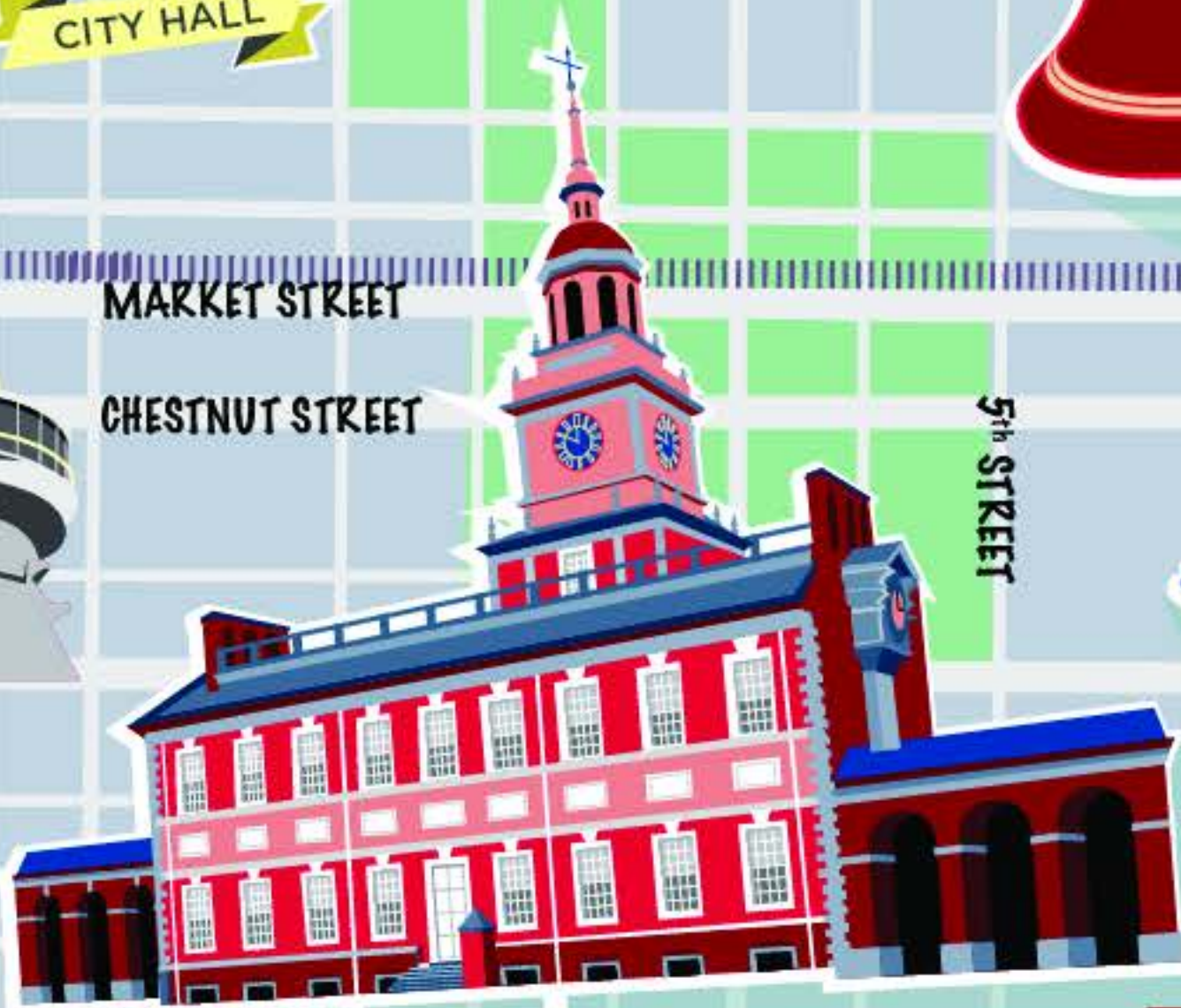
12th & Arch Streets

CITY HALL

MARKET STREET

CHESTNUT STREET

5th STREET



INDEPENDENCE HALL **2**

Where it all began.

Chestnut between 5th & 6th Streets

SOUTH STREET



GENO'S STEAKS AND PAT'S KING OF STEAKS **11**

Across-the-street, rival cheesesteak vendors. Enough said.

S. 9th Street & Passyunk Avenue

PASSYUNK AVENUE



LIBERTY BELL **1**

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6th & Chestnut Streets

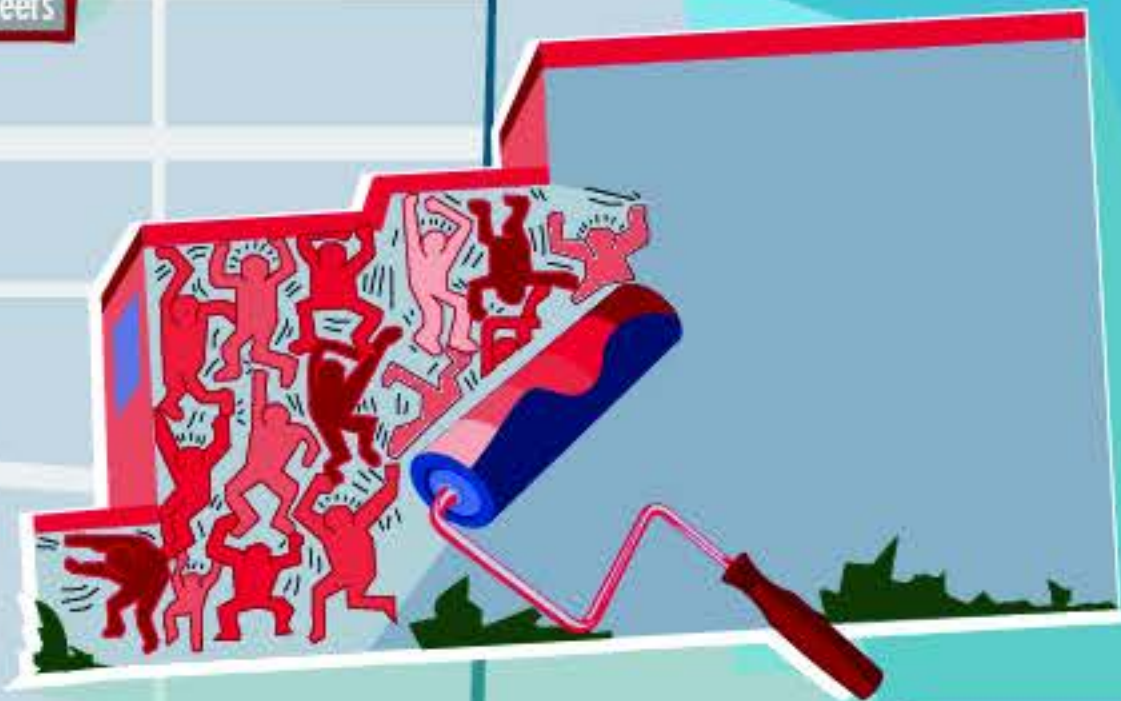
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BENJAMIN FRANKLIN MUSEUM **3**

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MURALS **12**

More than 3,800 and counting. Just look up.

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Fairmount Park Conservancy



THE FAIRMOUNT PARK CONSERVANCY is proud to support the Head of Schuylkill Regatta—one of the most distinctive and storied “head” races in the country.

As the non-profit partner supporting East and West Fairmount Park and all 10,000 acres of the Philadelphia Parks & Recreation system, the Conservancy is passionate about preserving and expanding the long Philadelphia tradition of competitive rowing on the Schuylkill.

Connecting neighborhoods to the joys of open space is what we do. Using the 2014 *New Fairmount Park* plan as our guide, the Conservancy is actively supporting capital investments designed to enhance the legibility and usability of Fairmount Park. Quite often, breathtaking park experiences are closer than we think but roads, traffic, lack of clear signage and fears of safety often thwart our spirit of adventure. It's our mission to provide citizens the resources to explore new park realms, forge lasting memories and grow. From online and paper maps to signage, capital projects to engaging programs we're stitching together the seemingly disconnected zones that make up our massive civic treasure. Often this involves overcoming barriers—both physical and perceptual.

One project in particular seeks to break down these barriers. Currently in planning, our Mander to the River project will create a corridor from the heart of the Strawberry Mansion community to the banks of the Schuylkill. As a vibrant neighborhood hub, the Mander Recreation Center at 33rd and Diamond Streets is

the ideal “trailhead” from which to begin our journey. At Mander, graphics and gateways will announce the beginning of the new corridor. Visual cues and maps will guide residents of Strawberry Mansion along Randolph Creek trail to a spur of the Boxer's Trail and ultimately down to the river. Where this trail terminates at Kelly Drive, a new pedestrian-activated traffic signal will allow safe crossing to the regional Schuylkill River Trail. Additional interpretive and wayfinding signage will guide users through East Park's amenities while emphasizing the interplay between the man-made environment to the natural. Fundamentally, we see this corridor as a learning landscape that can help foster human growth and engender possibility.

We also believe that breaking down barriers between the entities that care for Fairmount Park is just as crucial to our success. Since 2013, the Conservancy has brought park organizations, neighbors and park managers together under the umbrella of the East Park Coalition. Never before had Strawberry Mansion neighborhood councils sat down with representatives of the Schuylkill Navy or Smith Memorial Playground. Through the Coalition, members can share information, cross-promote events and work on projects of mutual interest. It was the Coalition that worked to lessen the neighborhood impacts from regatta parking. Further, it is in the spirit of this organization that the Head of Schuylkill Regatta has generously pledged its financial support for the installation of a water bottle filling station at Mander Recreation Center in 2017.



Often we hear of Fairmount Park described as a civic jewel. But unlike occasionally polishing a jewel, caring for our parks requires constant engagement, struggle and creativity. Too often we work in isolation as our civic assets lose their luster. But we at the Conservancy refuse to accept this trend as given. Further, we encourage all who enjoy this treasure to envision a future Fairmount Park without barriers. Only by breaking down our barriers between park stewards can we erase the physical barriers that keep us from fully enjoying our Fairmount Park.

If you'd like more information on our projects, programs or how to become a member, please find us on the web at: www.myphillypark.org

Fairmount Park Conservancy exists to champion Philadelphia's parks. They are passionate in their belief that open spaces and experiences provide residents of Philadelphia with the opportunity to gather, rejuvenate, play, exercise and explore. Fairmount Park Conservancy and the Head of Schuylkill Regatta are committed to reducing waste from water bottles. They are working together to provide a water kiosk, a much-needed amenity at Mander Recreation Center. Installation planned for spring 2017."



**REFILL
REUSE**
Head of the Schuylkill Regatta

With a number of initiatives underway to improve the quality of the Schuylkill River, East and West Fairmount Park and surrounding communities, the Head of the Schuylkill Regatta (HOSR) is building on its 2015 success and partnering again with the Philadelphia Water Department (PW) to bring reusable water bottles and water refill stations to the HOSR regatta, reducing the amount of single-use water bottles and inevitable litter and solid waste volume associated.

Year round, the Schuylkill Navy River Stewards Committee and PW continue to further this cause with river and bank cleanups, discouraging the use of single-use water bottles on boathouse docks, the installation of permanent refillable water bottle stations along Kelly Drive, use of more trash receptacles during events, and education and advocacy within the rowing and greater community. The permanent water stations have been a great success since they were installed! These combined efforts are making a visible impact and are reaching far beyond the rowing community.

In planning the HOSR's Refillable Water Bottle/Litter-free Schuylkill initiative, we created a visible and catchy logo that will remind you to **REuse** and **REfill** whenever you see it! The icon will be used frequently across all mediums ... and we hope our athletes and spectators, that number in the thousands, will identify with this initiative ... and respect and support its message.

Our primary goal for 2016 is to get very close to 100% use of refillable water bottles by rowers, coaches, officials, volunteers and spectators. A second goal is to greatly reduce solid waste volume and approach becoming a litter-free regatta. Big goals ... and we are helping by providing water bottle distribution tables and water refill stations at the Festival Tent, the Finish Line, the sidewalk upstream from St. Joe's boathouse and the Grandstands, with additional water bottle distribution at Registration and University Barge Club.

We encourage you to join us in pioneering this path to sustainability ... changing the culture, one regatta at a time, one event at a time, within the City of Philadelphia, throughout the region, and maybe even across the country.

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THE EAST FAIRMOUNT PARK COALITION CONGRATULATES THE HEAD OF THE SCHUYLKILL REGATTA - A GREAT EVENT IN THE EAST PARK FOR OVER 40 YEARS

The East Fairmount Park Coalition is an association of institutions, organizations, Park friends groups and community groups in and adjacent to East Fairmount Park. Founded in 2013, the Coalition promotes and supports a vision of East Fairmount Park as a major recreational, natural, cultural and historical asset of the park's adjacent neighborhood and the Philadelphia region.

The Coalition works closely with the Fairmount Park Conservancy and Philadelphia Parks & Recreation. Member organizations include...

Association for Public Art	Friends of Sedgely Woods	Rockland Mansion
Audubon Pennsylvania	John Coltrane House	Schuykill Navy of Philadelphia
Black Women in Sport	Laurel Hill Cemetery	Smith Memorial Playground
Brewerytown CDC	Laurel Hill Mansion	Strawberry Mansion Athletic
East Falls CDC	Lemon Hill Mansion	Strawberry Mansion CDC
East Park Revitalization Alliance	Lemon Hill Neighbors	Strawberry Mansion
Fairmount CDC	Ormiston Mansion	Community Outreach
Friends of East Park	Outward Bound	Strawberry Mansion Museum
Friends of Lemon Hill	Philadelphia Jazz Project	Strawberry Mansion NAC
Friends of Lincoln Statue Park	Philadelphia Museum of Art	Urban Blazers
		Woodford Mansion

The member organizations of the East Fairmount Park Coalition are busy year-round. Coming up in 2016:

- *Schuykill Navy Run (Thanksgiving, November 24th)*
- *Holiday Open Houses in the Fairmount Park Mansions (December)*

And we look forward to 2017 with a full calendar of events including:

- *April: Ergathon Philly*
- *May/June/July: Schuykill Navy Sprint Regattas*
- *September: Strawberry Mansion Day, Boxers Trail 5K Run/Walk, Dance on the Falls Bridge, Jazz Walk*
- *October: Rest in Peace 5K Run, Woodford Mansion Community Apple Fest*

Follow us on PPR News and look for our Facebook page now in development!



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and you!

The Schuylkill Navy of Philadelphia congratulates the Organizing Committee and Volunteers of the 2016 Head of the Schuylkill Regatta.

The Schuylkill Navy is the voice of the Philadelphia rowing community, and works with the community to improve and ensure:

river **infrastructure**

outreach to the wider community

stewardship of the river, regattas and the next generation of rowers, coaches and officials

Boathouse Row's **reputation** as a center of rowing excellence



We look forward to welcoming you to upcoming
Schuylkill Navy events:

The Schuylkill Run – *Thanksgiving Day November 24, 2016*

Awards Presentation and Celebration – *March 2017 (TBD)*

Ergathon Philly – *April 29-30, 2017*

Stotesbury Cup Regatta – *May 19-20, 2017*

Schuylkill Navy Regatta – *June 17, 2017*

Independence Day Regatta – *June 30, July 1-2, 2017*

Philadelphia Youth Regatta – *July 22-23, 2017*

Visit us at www.boathouserow.org and on our Facebook page.



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John Breen, Mitch Budman & Bruce LaLonde*



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The University Barge Club
salutes the Officers and Board
of The Head of the Schuylkill Regatta
for their hard work in putting on
another great weekend of fun
and competition.

We wish good luck
to all participants
in this year's Regatta.



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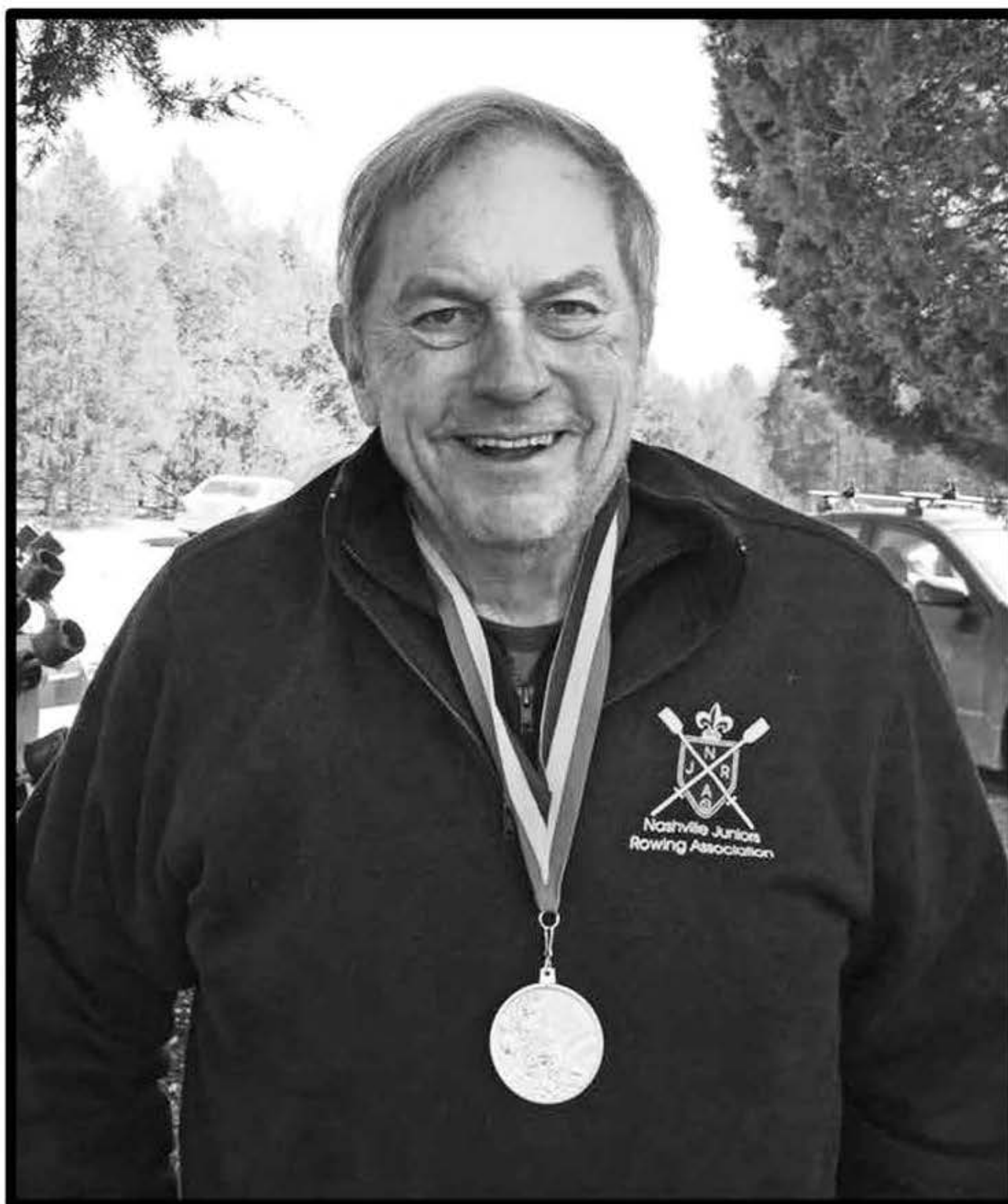


Vesper Boat Club is pleased to announce

A memorial celebration and reception to honor

William “Bill” Arthur Stowe

March 23, 1940 – February 8, 2016



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Our Volunteers Make the Regatta Go!

By Tom Barron

The Head of the Schuylkill Regatta Organizing Committee began preparing for the 2016 regatta the week after the conclusion of the 2015 event. As the days drew shorter and the nights became longer it all kicked off with brainstorming sessions: What did we do right? What could we do better? How can we make next year's regatta even better, friendlier and more fun than last years? Input was collected from participants and spectators and processed by our 350+ volunteer team to come up with those answers. As the year progressed, we met time and again to prepare for this event, the 46th Head of the Schuylkill Regatta.

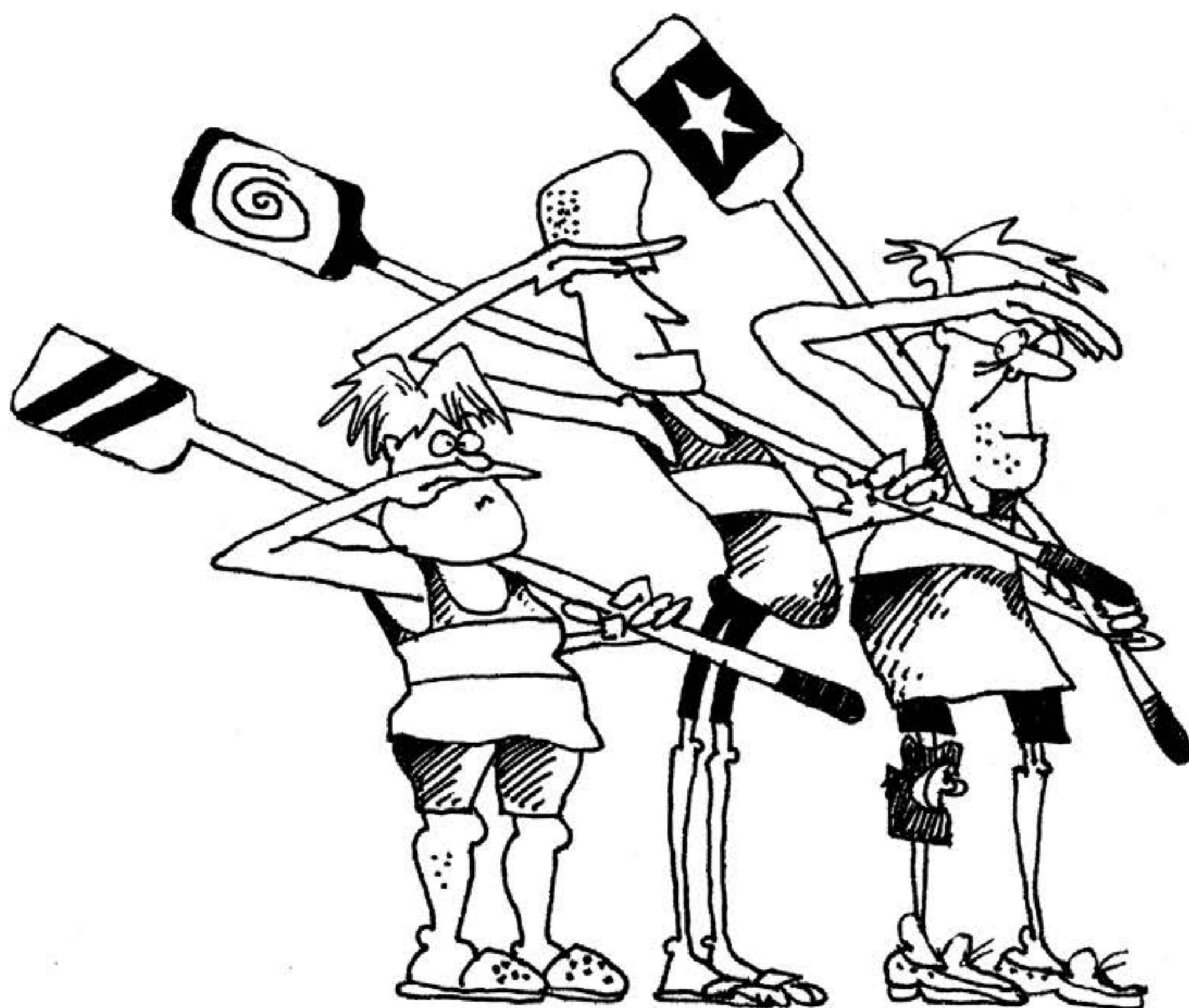
Our volunteers love putting on this regatta! Many have been doing it for over thirty years and it comes along on their calendars like New Year's Eve and Thanksgiving. Many new members will be joining our team this year for the unparalleled opportunity to help rowers and friends of rowing enjoy the city of Philadelphia, the beautiful Schuylkill river and amazing competition for all ages!

We will all know we did our jobs well if you have a great time and we are fortunate enough to see you again in 2017.

If you'd like to join our team of hard working, spirited and fun loving volunteers please contact one of our directors listed below by emailing: HOSRExecutiveDirector@gmail.com

Regatta Captains:

- Executive Director: Jen Wesson
- Chief Referee: Rozanne Everetts
- Dockmaster: Jonathan Kopcsik
- Golf Carts: Kathleen Nieman
- Information: Caroline Galbreath
- Cook-Off Challenge: Clifford Pearlman
- Registration: Kim Cook, Amy Kurland
- Launches: Margo Angelopoulos, Pat Morgan



- Parking: Bart Isdaner
- Point Trophies: Deb Culhane
- Timing & Technology: Mark Dencker
- Race Announcing: John Curtin
- Streaming: John David Franklin, Deirdre Mullen
- Logistics: Mitch Budman, Anselm Sauter
- Referee Liaison: Dan Swartley-McCardle
- Marketing: Ellen Carver
- Intern: Marina Forster
- Social Media: Nicole Wagner
- Alumni Liaison: Rich Baxter
- Festival Tent Coordination: Cindy Bovino
- International Competitors: Alex Cook, John Reiss
- Compliance/Results: Merrill Hilf, Ben Speciale
- Medals Desk: Elizabeth Hanbidge
- Vendors: Teresa Hoberg
- Volunteer Support/Hospitality: Jen Paulosky
- Timing: Courtney Tobinus
- Quartermaster: Jean Mack
- Water Bottle Initiative: Alan Robinson, Mary Pat Wixted

OFFICIALS

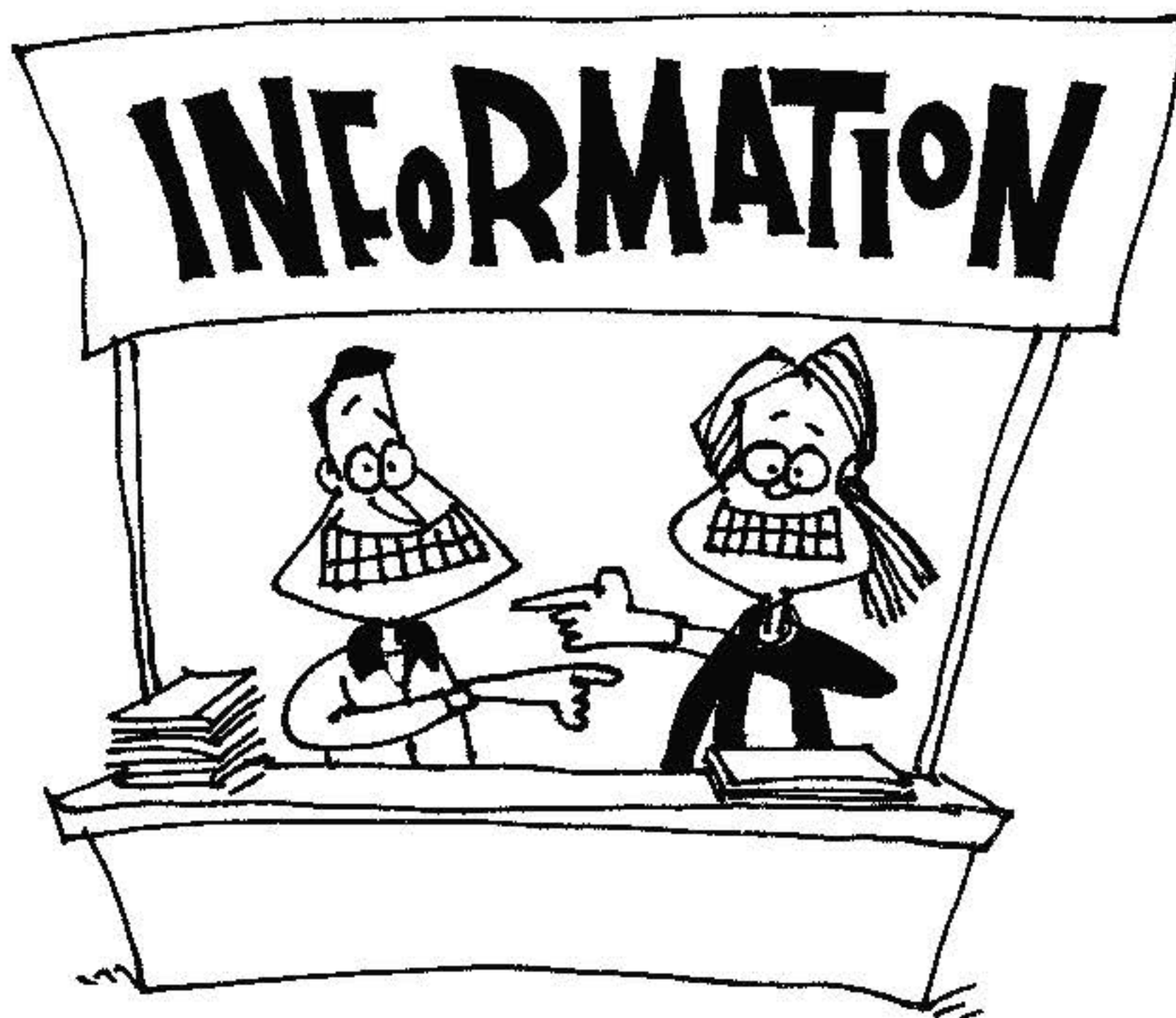
Roxanne Everett, Chief Referee

Michaela Campbell	Nancy Kerr
Paul Caputo	Tim Kerr
Eric Chiang	John Kowal
Sharon Collins	Ward Maier
Arthur Davies	Mac McLaughlin
Alan DeLuna	Barbara Moore
Vicky DeLuna	Michael Murphy
LeeAnne K DiLucca	Jay Newton
Troy Duff	Jay O'Brien
James Dwyer	Nina Spang O'Shaughnessy
Cindy Eichner	Tony Palms
Emily Eng	Jessica Prashaw
Andy Everett	Marc Rotenberg
Sue Farabaugh	Frank Rowland
J. Taylor Gooch	Kate Shapland
Martyn Greenacre	Kim Shilling
Marcia Hahn	Tad Shilling
Peter Hanlon	Dennis Smith
Alexander Hasslacher	Dennis Streebel
Michael Hryshchyshyn	Kate Suyo
Duncan Hudson	Daniel Swartley-McArdle
Parthenia Izzard	John White
John Izzard Jr	William Wilson
Barbara Jones	Leonid Zhelnin
Daniel Jones	



Tom Barron
Head of the Schuylkill Volunteer Coordinator

Images by Signe Wilkinson, who is a longtime Head of Schuylkill volunteer, member of University Barge Club, and the Pulitzer Prize-winning editorial cartoonist for the Philadelphia Daily News.





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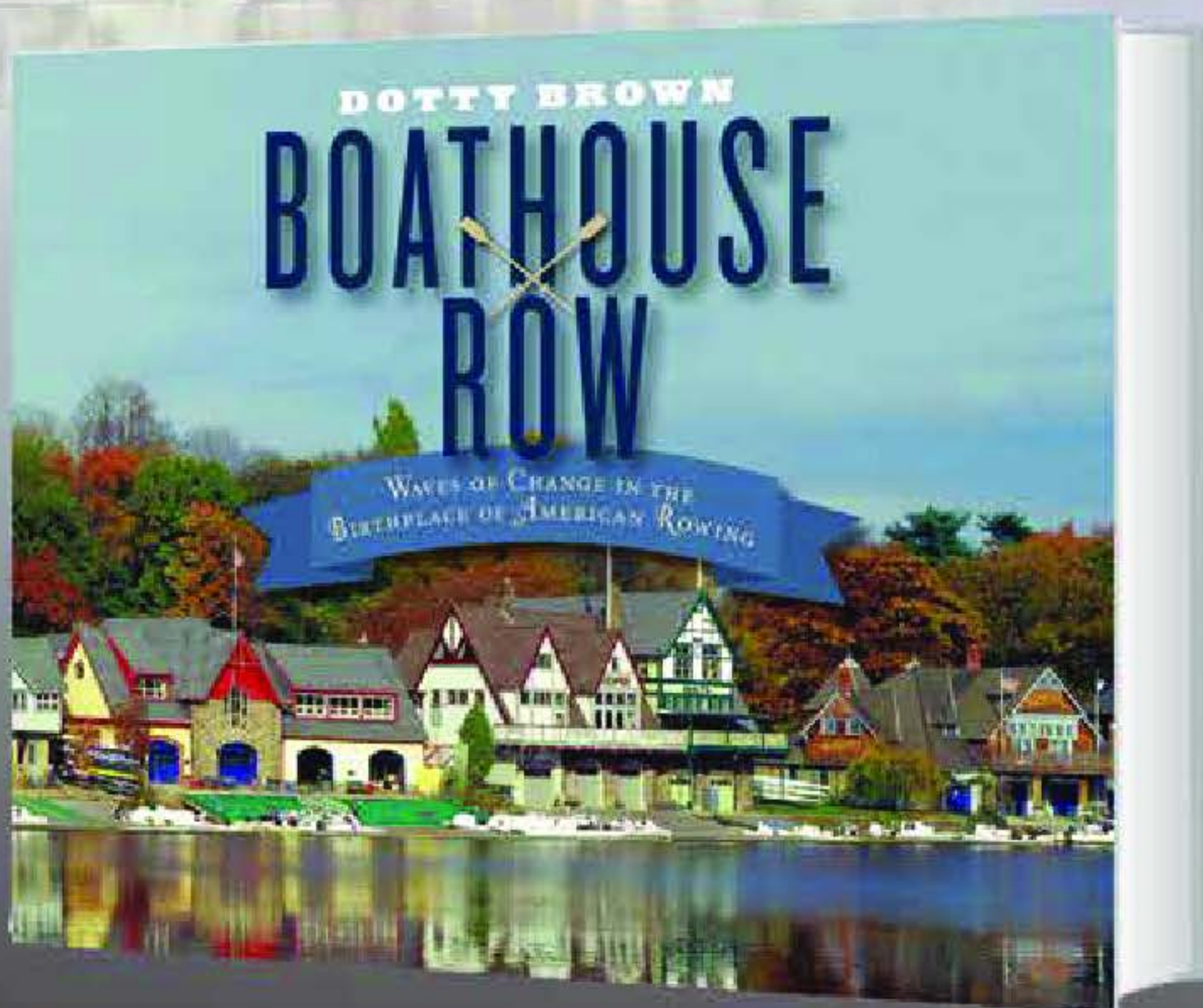
**Margo Angelopoulos, Launch Captain
Head of Schuylkill Regatta**

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