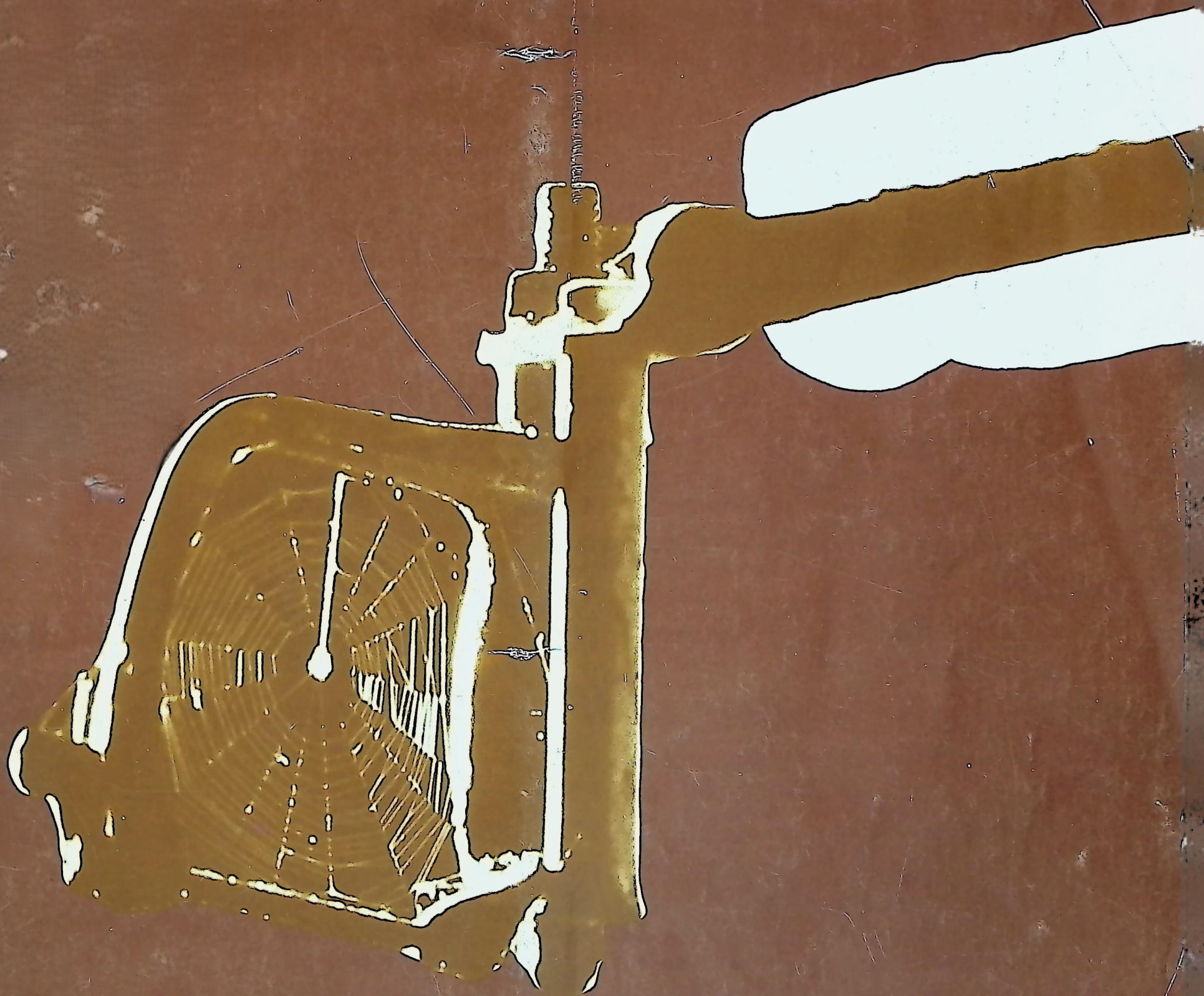


THE

OARSMAN

Official publication of The National Association of Amateur Oarsmen

March/April, 1977



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THE OARSMAN®

Volume 9, Number 2

March / April, 1977

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THE OARSMAN magazine is the official publication of the National Association of Amateur Oarsmen, an incorporated association founded in 1872.

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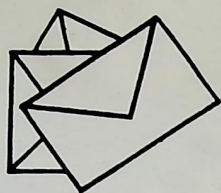
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Letters To The Editor

Your comments on any issue related to rowing are welcome. Address all correspondence to Pete Raymond, Editor, *The Oarsman*, Department of Athletics, Harvard University, 60 Boylston St., Cambridge, Ma. 02138.

February 5, 1977

Recently I had an ad in *The Oarsman* for a coaching job stating I was the best available. I mean just that. Two of the three leading coaches I have not met, so must go by the statements they have made. One purports to teach the Ten Eyck methods, yet confuses the "Old Man" with Ned and does not even mention "Young Jim" Ten Eyck, the greatest coach of the three. I rowed under Young Jim and knew the Old Man and Ned and received advice from all three. I doubt if any one now living is as familiar with the Ten Eyck ideas of rigging and training as I am.

The other coach I read about is an advocate of "seat racing" and apparently convinced himself and others that he can tell the difference in an 8 by changing one or more men. What bunk! Seat racing is one of the great errors in selecting recent crews. The coach who cannot judge an oarsman without such means is not much of a coach. The other point is that in seat racing men must be rigged alike; which shows a lack of knowledge of how to rig each man to suit his build, etc.

The third "top" coach rowed on my squad at the Detroit Boat Club for one year and must have absorbed some of my methods, yet I did not teach him, or anyone else, for that matter, how to rig a boat.

The Ten Eyck's kept records of each man's rig and when the man was transferred to another set his rig was set accordingly. I doubt if there is an American Coach who knows how to go about rigging to suit each oarsman.

I believe my "scrub 8" was the best 8 oared crew at the Olympic Trials in 1956. It consisted of my 4, double and single who made the team and a 145 pound single sculler. They were all well conditioned and skillful oarsmen, but a small part of the credit should go to the fact that each man was rigged properly.

Recently, on National Television, I saw and heard a "Western" coach telling of the importance of meticulous

coordination he thought necessary in an 8, while in the background one of the oarsmen was "shooting his tail" on every stroke, one of the few unacceptable mistakes in form, while the other crewmen were rowing the "Connibear" stroke, which should have been abandoned 40 years ago, with its soft, slouched over finish and sloppy blade work.

It is regrettable that in spite of the wonderful material available, no one is able to put together a winning combination and I blame this on a lack of knowledge by present coaches and officials as well.

I blame the lack of success partly on the fact that coaches have gone off on tangents such as weight lifting, ergometer tests and seat racing. It is doubtful if any bar-bell work is beneficial in an endurance sport. If any must be used, I would suggest only the lift to waist high, and that a repetitious exercise with no more than 80 to 100 pounds. Ergometer tests without considering the weight of the man, mean nothing. A table should be worked out that shows the energy units per pound of weight of man, and even that is not the answer without consideration of blade work and form. Since when is power more important in rowing than skill?

I am sorry this letter has such a derogatory tone but it is warranted by the dismal failure of American crews in the last two Olympic games. I should like to see American rowing restored to the dominance it once enjoyed and for that reason I am willing at 81 to drop all other matters and devote full time to the sport I love.

Sincerely,
Walt Hoover

Ed. Note: Mr. Hoover first rowed in Duluth's Junior Eight in 1913, held the 1/4-mile dash record for 47 years, winning in 1915 in 1:08. He won Henley's Diamond Sculls in 1926, was named the outstanding American athlete that year, and was the alternate sculler in the Amsterdam Olympics. He coached crews in the 1952 and 1956 Olympics.

In regard to Mr. Hughes letter about *The Oarsman's* coverage of Scholastic regattas and Henley, I too, think the coverage was poor.

As for Holy Spirit High School's success in Henley Englands Regatta, the area press voted them "Team of the Year." After-all, what other high school has ever won a world cup? If the area press and the people who helped raise the \$20,000 needed to get the crew and boat over care enough to publicize it, why can't you?

Also, I would like to mention that H.S.H.S.'s new Head Coach of Crew is Larry Connelli, with Stan Bergman moving on to Univ. of Penn. We at H.S. know that this new coach is not only qualified, he cares. Cares enough to keep us at the top!

Sincerely,
D. Wayne Rutley

January 23, 1977

I cannot believe that, with fully five months to perfect your coverage and a thorough knowledge of the sacrifices involved, your article on the World Lightweight and Youth Championships failed to mention the names of the young men who represented our country in 1976.

No wonder large numbers of Youth squad members fail to move on to elite competition when the nation's rowing chronicle overlooks them, yet includes the names of the victorious "Open Double" in the Head of the Rideau Canal.

The coverage from Villach in Great Britain's *Rowing* magazine was superb, including both action and behind-the-scenes photographs.

What are our priorities? Can this be rectified?

Thank you,
Ken Dreyfuss
Chestnut Hill Academy

Ed. Note: There is no excuse. The error was rectified in the January/February issue where the names of the squad were published.

I found Mr. Cromwell's "F.I.S.A. Championship Match Racing" article of the January/February issue rather interesting. I totally agree with his point that lane conditions can vary and thus affect the outcome of the championship. The luck of the lane draw can af-

March 14, 1977
TO: All Interested Oarsmen and Cox'ns
FROM: Peter Gardner
SUBJECT: National Camp

BULLETIN #2

I realize that many of you are formulating your plans for the summer now. I encourage any of you who have International aspirations to build your plans around the National Team. We will start getting people together after the Nationals which are scheduled for Camden on July 7-8-9 and will get all candidates in one place after the small boat trials in Princeton on July 15-16. I will try to identify places where you can get together to row after your season ends if you don't have definite plans of forming small boats already. In my next bulletin I will give you specifics about this.

Helping me will be three very able and enthusiastic coaches . . . Rick Clothier of the Naval Academy, Pete Holland of MIT, and Bob Ernst at Washington. I encourage you to contact these coaches or myself if you wish further direction.

Funding for the camp this summer is still uncertain — I will let you know what to expect in this area as soon as I know myself.

Finally, let me point out that this is the year to get started. The majority of last year's Olympic Team made their mark in 1973.

Peter Gardner
Rm 115, Alumni Gymnasium
Dartmouth College
Hanover, NH 03755
Telephone Home: 603-643-3915
Office: 603-646-2450

LIGHTWEIGHTS

In Amsterdam, Holland for August of this year, the U.S. Lightweight Eight, Coxless Four, and Single Scull will compete in the 1977 World Championships. The U.S. Eight will be selected from an open camp, similar to those of recent years. Likewise, the Eight will not be challengeable.

Todd Jesdale, Lightweight Coach at Cornell in the 1860's and Head Coach at Cornell from 1971-1973, will coach this year's Eight. He will be assisted by John Higginson, Harvard Lightweight Varsity Coach. Selections will begin on July 11th, following both the Nationals, July 7-10 and the Trials for the Lightweight

coxless four, July 7 and 8.

Prospective lightweight oarsmen should know that F.I.S.A. weight requirements are 70 kilos (154.3 pounds) average and 72 kilos (159.9 pounds) upper limit.

Any Camp aspirant who anticipates a scheduling conflict with the Camp dates ought to get in touch with Todd Jesdale. Any questions about the Camp or about plans for this summer's Lightweight Eight should be directed also to:

TODD JESDALE
Groton School
Groton, Massachusetts 01450

fect the order of finish. It has happened in the past, as in Moscow, particularly the single and pair finals. However, I feel there is a fourth possibility to be considered.

Conduct all the FISA championship

regattas on a course that is proven to be consistently fair.

One location that comes to mind is the Rotsee course in Lucerne, Switzerland. This course is not only consistently fair, but the conditions

are usually close to perfect a high percentage of the time. This eight-lane, natural course is nestled between high hills, making it an oarsperson's dream course.

There are many arguments supporting the idea of a permanent location for these championships regattas.

a) The complexities of managing a team would be greatly reduced, since the team management would be returning to the same place each year.

b) The FISA regatta committee would also have gained experience at managing the regatta at the same location.

c) The facilities could fully develop over a number of years rather than watch less fair courses benefit from great sums of money.

d) The repeating athletes would be familiar with the course and its procedures.

If we want to increase the possibility of having fair conditions at the FISA championship regattas, why not pick a course that has consistently fair conditions, and stick with it?

Bill Miller
USA Rowing Team
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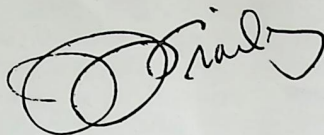
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The President's Message




The NAAO Executive Committee met in Cambridge, Massachusetts on March 9 to deal with a long and varied agenda of business items. This year the Board is comprised of the following members: Hart Perry, Jack Franklin, Bill Knecht, Ernie Bayer, Boyce Budd, Anita DeFrantz, Tim Mickelson, Tony Johnson, Harry Parker, Pete Gardner, and, of course, myself. Let me take this opportunity to report to you some of the highlights of this meeting.

We were particularly anxious to select Standing Committee Chairmen for nomination to full Board approval, because these people are so vitally important to our effective and productive operation. Without their initiative and perseverance, progress is rarely made and time for significant accomplishments is frequently lost. We are all particularly pleased with the following roster of these chairmen.

International Regatta Committee—Hart Perry
 Judge Referee Committee—Jack Franklin
 Junior Committee—Charlie Butt
 Lightweight Committee—Dave Vogel
 Medical Committee—Dave Gundy
 Committee of Coaches—Bill Austin
 Master's Committee—Chuch Colgan
 Sculling Committee—Harry Parker

At its meeting in January, as reported in the last issue of *The Oarsman*, the Board of Directors voted to transmit to FISA for consideration at this year's Congress, a plan for match racing at the World Championships submitted by Sy Cromwell. Subsequently, Jack Franklin has developed a different plan basically aimed at achieving the same result, i.e. fairer racing. It is chiefly concerned with a change in the FISA progression system while maintaining the six-lane feature now in use. The Executive Committee voted to submit this plan, too — so that both will now be discussed. It is certainly to be hoped that one of these is adopted; the memories are still all too clear of Tokyo, Munich, Moscow, and Nottingham, to mention only a

few International Regattas which were clearly marred at one time or another by patently unfair racing conditions.

Also at the January meeting, the Board voted to develop job descriptions for a Public Relations post and a salaried NAAO Executive Director's position, the latter particularly important, in my view. The Executive Committee reviewed these descriptions, and you will find them both in the boxes opposite this page. Funding the Executive Director's position, and filling it with the ablest candidate available are very high on the priority list of projects the Board hopes to accomplish this year.

We discussed the site for our next meeting, which will be held early in December this year rather than January next. Proposals had been heard from a number of applicants at the January meeting, and the Board had decided then to limit the choice to two, Tampa, Florida, and San Diego, California as further concrete indication of its desire to continue fully "nationalizing" the NAAO by moving the annual meeting site around the country. The Executive Committee voted to award this prestigious event to Tampa, Florida, contingent on their continuing interest and demonstration of the necessary capabilities, and, of course, full Board approval.

There is, of course, much yet to be done before this year's efforts can be effectively planned and implemented. The logjam at the moment is that we have no idea how much money will be available to us from the USOC and the NRF to support the many highly worthwhile projects listed by both the USOMRC, USOWRC and the NAAO Board at the January meeting. The USOC will meet the end of April to make this determination, and the Foundation will know its situation by then too, we believe. The next meeting of the Executive Committee will follow very soon thereafter to make final decisions regarding the National Technical Panel, Executive Director, Quad and Eight Camps, and the several other projects we hope to support in 1977.

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POSITION: Executive Director of the NAAO

REPORTS TO: President of the NAAO

FUNCTION: Chief Administrative Salaried Official of the NAAO

Nature and Scope

- A. The Executive Director shall be nominated by the Executive Committee and confirmed by a majority vote of the Board of Directors, and shall serve until his successor is elected. He may be removed at any time with or without cause by majority vote of the Board.
- B. The Executive Director shall devote his entire time and services to the affairs of the NAAO and shall not engage in any other profession or employment. He shall receive such salary and other benefits as may be recommended by the Executive Committee and approved by the Board of Directors.
- C. The Executive Director shall not have the status of an officer of the NAAO but shall be a non-voting member of the NAAO and of all its committees.
- D. The Executive Director shall be in full charge of the NAAO headquarters. He shall, as directed, organize and direct staff services at the site of any official NAAO functions, including but not limited to NAAO clinics, the annual meeting and the National Championships.
- E. Under the direction of the officers, and subject to the policies of the Board of Directors, the Executive Director shall be responsible for the organization and coordination of all the membership, promotion, and fund-raising programs of the NAAO, the latter in close coordination with the NRF.
- F. The Executive Director shall receive all correspondence addressed to the NAAO and he shall be responsible for prompt reference of such correspondence to the appropriate officer or committee chairperson. He shall discharge such other duties as are assigned to him by the Board of Directors of the officers.
- G. The Executive Director shall submit a quarterly operating budget to the Treasurer and Executive Committee for presentation to and approval by the Board of Directors. With the approval of the officers, he shall nominate, for appointment by the Board, the chief assistants he may require for the efficient performance of his duties. He may also within the limits provided in the budget, employ such clerical and other assistants, and make such other disbursements as from time to time may be necessary.
- H. The Executive Director shall coordinate the efforts of and provide administrative service to Team Managers for all NAAO International Teams.

Letters and resumes should be sent to: Jack H. Frailey
66 Martha's Point Rd.
Concord, Ma. 01742

POSITION: Public Relations Director
National Association of Amateur Oarsmen

REPORTS TO: President of N.A.A.O.

FUNCTION: Responsible for planning, developing and administering through key volunteer leaders and experts in the communications field a comprehensive program of public relations for the sport of rowing.

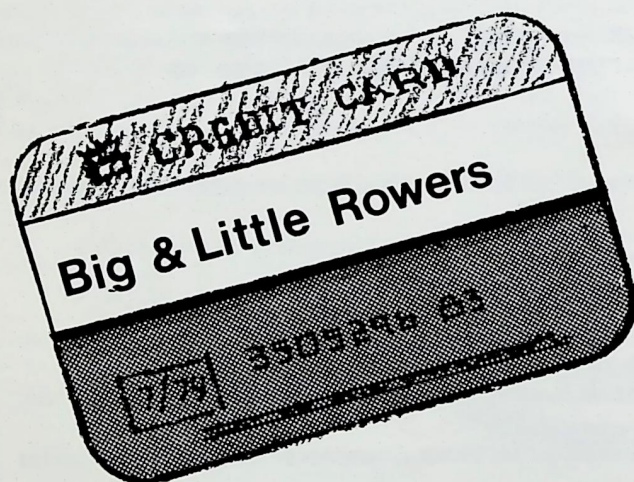
Nature and Scope

- A. The PR Director is an ex-officio member of the N.A.A.O. Board, its Executive and Olympic committees, serving without compensation.
- B. Compile, and keep current, a master media list of:
 - 1. National media outlets
 - 2. Regional media outlets for major rowing areas for use by Director or N.A.A.O. member organizations.
- C. Prepare and disseminate media information for National Championships in coordination with the regatta chairperson.
- D. Prepare and disseminate media information for N.A.A.O. Annual meeting and Awards Banquet in coordination with Annual Meeting chairperson.
- E. Prepare and disseminate media information for U.S. Teams selected for World Championships or Olympic Games in coordination with Team Managers and Chef de Mission.
- F. Prepare and disseminate materials and methods for increasing media coverage of rowing activities to Regional Editors of *Oarsman* magazine and N.A.A.O. member organization.
- G. Coordinate media program and related materials for use by National Rowing Foundation.

Nothing but credit,
and lots of it to

THE "CHARGERS" OF SYRACUSE

by Paul Jirak



Syracuse's ever-present clouds broke open just in time to douse the spectators and competitors watching the last event, the masters eight, of the second annual Syracuse Charger Regatta. The August regatta culminated the fourth summer of rowing for Syracusans, from beginners to elite oarsmen, involved in what should be a model program for the rowing community in America.

The importance of the Syracuse Chargers lies in its ability to combine a high level junior and elite competitive program with broad community-based instruction and recreation. It provides an elite program on par with the Vesper and Potomac type clubs in conjunction with an original instructional program.

Two aspects of the Charger program, unique in themselves and examples for other clubs, are the Charger philosophy, based on a pyramid concept, and the organization of the club's administration.

The pyramid concept of the Charger program, which includes rowing, swimming and track, requires a large base of recreational beginners in a learn-to (row, swim, run) program which supports and is aided in return by a progressively narrower membership through the Junior competitive oarsmen in the middle of the pyramid and the elite oarsmen at the peak.

The Charger's administration takes advantage of a wide variety of community resources. The Chargers draw from as many sources as possible, primarily from parents, the City of Syracuse, Syracuse University and area businesses. This shared responsibility allows the greatest growth in the shortest period of time, increases the resources open to the club, and benefits everyone involved.

Each of the three sports is administered by its own parents group. Tim Welsh, the Charger coordinator who oversees the city's involvement through the Department of Parks and Recreation, said, "The parents groups are the key to the program." The rowing parents have successfully raised funds for operating and travel expenses and a coach's salary. Aside from their involvement with the solicitation and row-a-thon which raised money, the parents have supervised trips, assisted with intramural races and housed all the visiting oarsmen who participated in the Charger Regatta.

While the parents are essential for the success of the program, they are not alone. The crew program would be left high and dry if Syracuse University did not donate the use of its boathouse and equipment. SU also provides free housing and half-price food for students who participate as instructors.

The City of Syracuse is most heavily involved in the swimming and track programs but it does pay the salaries of the elite oarsmen hired as instructors. The business community has been helpful in providing money and services.

The 1976 Charger rowing summer began in late June, four years after its inception, and ended with the Charger Regatta in August. The several hundred registered kids from 8 to 16 years old are grouped according to age, sex and experience. There are as many girls as boys participating and although some people drop out in the course of the summer, a large group of faithfuls arrive at the boathouse five days a week. The kids get an hour of rowing a day, making the boathouse a dispatcher's nightmare as one group waits impatiently for the previous group to return to dock the shells.

At the same time this activity is taking place at the SU boathouse, a small group of city kids row daily. In a

bottle-strewn pond, two elite oarsmen instruct as many kids as show up on a particular day. The number varies anywhere from 8 to 25 kids but there is usually a regular group of eight.

While many of the kids are first timers, for others with some experience the emphasis is as much recreational as it is competitive. The older kids, many of whom compete for local Liverpool High School, comprise the middle of the pyramid's junior competitive group. The juniors not only row but also help the elite oarsmen instruct the daily recreation and novice groups.

Next in line are the masters. This mixed batch consists of males and females, beginners and experienced alike. They are 20 years old and above and row in the evenings after work. The masters participate for many reasons. Some row for the exercise and some parents row because the non-stop talk of their children has aroused their curiosity. Two of the five elite instructors work with the masters after a hard day of practice and instructing the youngsters.

At the tip of the pyramid are the elite oarsmen who have two functions. First, they channel their activities back to the base and teach the young children. They share their abilities and perpetuate the beginner-junior-elite cycle. Of the eight elite oarsmen who participated this past summer, five instructed at the SU boathouse, two worked in the city and one worked as the Charger photographer. Their second function is to represent the Syracuse Chargers as a top level club. Victories against senior and elite competition at Philadelphia and the Canadian Henley these past two summers attest to the success of this aspect of the program.

Mike Plumb and Bill Purdy are proof that the Charger pyramid works. Plumb, a curly haired giant at 6'6" and at least 225 pounds, was introduced to crew through the Syracuse Chargers four summers ago. After rowing for the Chargers and then Syracuse University for two and a half years, Plumb left school in a bid for the Montreal Olympics. He earned the right to represent the United States in the coxed four several weeks after Purdy, another Charger product, helped the Syracuse University Freshman Eight win the IRA championship for the first time in 20 years. Both Plumb and Purdy have worked as instructors for the Charger instructional program.

Competitive success has not been limited to the crew club. The Syracuse Chargers swim team has a male and female swimmer in the top ten in the nation in their respective events. The Chargers continually produce the best age group teams in New York State. The track club also has the finest girls cross country team in the state and in 1975 they won the Women's National AAU Cross Country Championships.

The Charger success is due to its large membership and its ability to produce fine athletes through a systematic program. They have been able to do this because anyone is allowed to compete regardless of his or her ability. This gives a person more of a chance to develop, it makes the club less exclusive to the benefit of those who may not otherwise afford club participation and it allows less athletically gifted kids to participate in a desirable program.

The recent United States Olympic effort and our apparent inability to produce high caliber oarsmen has raised a cry for new programs and new money. The Syracuse Chargers, largely through the efforts of SU crew coach William Sanford, has the program the American sports effort needs. While far from perfect, it is more than a step in the right direction.

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A REVIEW OF THE 1976 MEN'S OLYMPIC ROWING EFFORT

Part Two

by Bob Jaugstetter

This second installment dealing with the men's sweep effort in the summer of the twenty-first Olympiad will not be as long as the first. It need not be. The reason is a happy one, or as happy as could come from a situation so sad: the report of the findings of Julian Wolf and Boyce Budd. Their compilation of results of the questionnaires was excellent not only because of the careful examination and interpretation of responses of so many competitors, coaches, and support staff members of our recent national teams. It is excellent on a second level: it has had some effect.

In part, this is due to the commitment of the powers-that-be which commissioned the report and acknowledged their responsibility to stand by its findings. It is also due in part to the authors — to Julian Wolf for his presentation to the national meeting which was at once both objective and moving, and to Boyce Budd's polite yet forceful insistence at the NAAO Board of Directors meeting the next day that the important business at hand, as outlined by the report's recommendations, be returned to whenever the proceedings bogged down.

Followup interviews with oarsmen and coaches of the Olympic team, most of whom had read the Budd-Wolf report and the first installment of this piece, indicate that there are two major topics from the selection of the team until racing at the games which may still need some airing. First, the controversy over the assistant coach for the sweep boats, and second, the Pre-Olympic Regatta in Montreal where the Vesper small boats combined to race in an eight against the camp boat, are subject that many feel should be mentioned.

I. The Assistant Coach

"When a national team boat states a clear performance for a certain coach, it is hard to imagine circumstances in which a committee of the NAAO or USOC would not honor the wishes of that boat."

The quote is from the Budd-Wolf report. Its immediate reference is to the imbroglio this past summer of whether F. Wood Fischer or Ted. A. Nash should be selected as assistant coach for the 1976 team.

"Without Woody I don't think I could have run the camp," insists Dietrich Rose. Fischer had been Rose's assistant at Vesper throughout the winter and helped with the straight four camp once it began. "He was necessary and valuable to me all year, and I think a lot of people forgot how much he helped them after they made the team," Rose said. "Some of the trouble about his being the assistant coach was because people who were still mad about the four camp were trying to use him to get even with me."

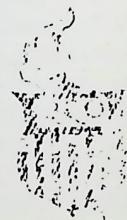
Many of the oarsmen involved disagree, and say that there was a growing dissatisfaction over a long period which convinced them to choose another coach. "We weren't getting anywhere from anybody at Vesper," Cal Coffey maintains. "After the straight four was chosen Dietrich and Woody decided which crews they thought would win the trials and concentrated on them. The rest of us were practically ignored."

Staines and Coffey made clear that they, and the eventual winning coxed four, approached Nash for help. "Ted didn't steal us away," Mike Staines asserts, "it was simply a matter of going where we could get some help. We weren't getting it at Vesper."

At the trials the pair asked Nash to provide them with scouting reports on other crews and cadences on themselves. "Woody wasn't watching us carefully and Dietrich was covering all his bases with the crews he thought were contenders," Coffey said. "Until the race was over I don't think either of them every thought we might win. Ted not only accumulated the information we asked for, he had suggestions for us on tactics, too. We were doing it all ourselves up to that point."

"Right after the race we put on our forms that we wanted Ted as our coach," Coffey continued. "Woody and Dietrich found out only after the coxed four won and did the same thing. All of us thought that with such a clear majority (the coxed pair designated Fischer as coach) Ted would naturally be selected as assistant coach."

Even members of the straight four disagreed with Rose when he insisted to the USOMRC that Fischer be the assistant. "We told him he shouldn't be mad at the pair and four," said Gary Piantedosi, "because those of us in the straight four generally agreed with their position." Piantedosi continued that when the straight four went to Luzern



for racing experience immediately after selection they were angered that Fischer, and not Rose, accompanied them. "I personally don't think it affected us that much, because we just went off on our own," he said. "We knew how important the matter was to the others, though, and we thought they were right."

Dietrich Rose has his own interpretation of why many of the oarsmen seemed to turn against Fischer. "Woody told the truth and it got people angry," Rose claimed. "He said some things that needed saying, and a lot of people didn't like to hear it. He was very blunt with people in evaluating them and their chances at the camp, more blunt than I could ever be."

Rose also denies that any crews were given preferential treatment before the trials. "We tried to help everyone," he said. "We offered help to anyone who had participated in the four camp or who wanted to row at Vesper. We had been helping them all winter and spring — the people who chose Ted conveniently forgot that it was Woody who helped bring them to the point that they could win the trials."

"I would pick him again if I had to run another program," Rose maintains. "He was of great help to me in Philadelphia and Montreal. Four eyes are better than two, and Woody worked well with me coaching the four at the Olympics."

Ted Nash's position is that he was gladly trying to help competitors who asked him for assistance. "Nine people — the two men's boats and the women's pair — were adamant about wanting to work with me," Nash said, "and I'll always be grateful for the way they went to bat for me. I told the men they could still consider themselves Vesper if they wanted; all that was important was that every team member be given every opportunity to perform to the best of his or her ability."

"Naturally I was flattered when they thought I could be of help to them. I didn't want to knock Woody Fischer out of his place on the team once he was designated instead of me. All I wanted was a chance to work with a superb group of athletes that had asked for my help."

According to Nash, there was enough opposition to him personally on the USOMRC to keep him off the team regardless of the competitors' wishes. Only an energetic letter and telephone campaign convinced the USOC that the rowing committee should include him in the delegation, to be available to the three boats that had designated him.

Even then things did not go smoothly. "The USOC instructed the USOMRC to provide me with the credentials I would need," Nash said, "but when I arrived they had nothing for me. I had to go over their heads again to USOC for credentials. Afterwards, the USOMRC belatedly gave me some credentials, but only part of what I needed to function properly."

"Without question, if I had been properly supplied with the necessary papers from the start I could have operated far more effectively, and the results might have shown up in the crews' performances."

II. The Pre-Olympic Regatta

Several weeks before the Olympics, on the same weekend as the coxed four trials, was the pre-Olympic regatta in Montreal. The straight four, coxed pair, and straight pair from Vesper each raced in their own event. Earlier in the day, however, they had combined to form an eight, and finished a close third to Al Rosenberg's national camp eight, which in turn was a close second to New Zealand's Olympic crew.

(Cont'd on next page)

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"Dietrich's main purpose in going up there was to beat Al," Mike Staines said. "He wanted to show him up if he could. There was nothing positive to be gained in racing them — if they had beaten us badly we had the ready-made excuse that we hadn't rowed an eight in so long, but if they didn't handle us it could hurt them psychologically."

"That may have happened. It's possible that after the race instead of looking ahead and seeing themselves so close to New Zealand they looked back and saw us so close to them," Staines continued. "I don't think it was right for us to set up that kind of no-win situation for them."

"I didn't want to go at all," John Mathews said. "Our coxed pair had already been to Europe for racing experience and then we seemed to be racing constantly once we got back to Philadelphia. I wanted to get out of the idea of constant competition and set our sights on the one race we were supposed to be aiming at — the Olympics."

Mathews agrees that there was a certain amount of hostility in the preparations for the regatta. "There was a feeling that this was a 'chance to put them down' for a while, but it died out by the time we got there. It certainly couldn't have helped the idea of all the boats being one team, though."

"We wanted to go, but just to row our pair," claims Cal Coffey. "Dietrich wanted to take a shot at Rosenberg's eight, but I said in a team meeting that we were interested only in the straight pair, and not in the private fights of coaches."

"Others agreed with me at the meeting and later," Coffey said. "There was nothing positive we could accomplish by racing, only negative."

Piantadosi asserts that "We wanted to go but to race in our four, not the eight. I don't think racing Al was Dietrich's

sole purpose in going up, but it figured in there."

"It was counterproductive," he continued. "On the personal level I wanted to win, wanted to beat them. But I really didn't want to beat the U.S. eight. There was just something inside me that didn't like the concept."

Mike Hess, who rowed in that U.S. eight, admits there was some hostility on the other side as well. "But once we got to Montreal," he said, "we looked around and realized we were all friends. After that we got along fine; I think the tension had been caused mostly by rumors and the attitudes of the coaches."

Hess claims that "Personally, I never thought about Vesper during the race. I was only interested in New Zealand. Even after the regatta I don't believe it affected me that Vesper had come so close. Other problems were certainly more important."

Eight cox Dave Weinberg thinks that "It was encouraging to race with New Zealand like that, and be near them. We knew we could go faster than we did that day. Whether the Vesper boat's being close counterbalanced the positive aspects, whether it planted a seed of doubt in some people's minds, is not for me to say. I don't think it disillusioned me — after all, we knew they had good personnel."

For his part, Dietrich Rose agrees that he wanted to row the eight, but "the oarsmen did too. No one ever told me they didn't want to row it — they wanted a crack at them. Sure, I wanted it; I wanted to race Al, but no more than the oarsmen did."

"I think it helped the eight," Rose continued. "It should have shown them they needed more work, had to find a little more speed. It was a good experience for all of the oarsmen in both boats." 



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USOC Training Sites

A meeting was held by the USOC on March 19 to present the new Olympic Training site in Squaw Valley to a member of each sport governing body. A presentation was made on the available facilities and there was a tour of the possible rowing sites. Jack Fralley and Debby Ayers represented men and women's rowing. The following is excerpted from the materials provided by the USOC.

TRAINING CENTER CONCEPT

The USOC at its Executive Committee Meeting December 5, 1976 approved a national and regional training center concept. This decision was, in part, a response to these problems:

1. Historically, athletes preparing for U.S. Olympic Teams, have suffered economic and related hardships.
2. Many sports on the Olympic venue participated in by U.S. athletes have not had adequate training facilities.
3. Most lack the fund-raising potential to conduct complete programs, and
4. All require technical and financial assistance to reach their full potential.

Regional Training Centers—

The USOC is planning to open three regional training centers by the end of 1977. Squaw Valley, California, has been selected as the initial center with other sites being considered in the East (Lake Placid) and Midwest (Colorado Springs). The regional training centers will be self-sufficient units that will be able to accommodate a number of sports simultaneously. Training facilities, room and board, staffing and the necessary services will be under the control of the USOC.

Athletes will be selected from all levels of ability (elite, juniors, novice) and they will be screened at the pilot project level for participation in a training center. Athletes of a center will be largely from the center's particular region, unless, of course, a particular regional training center is offering a program that other centers are not. Then the center will become a National Training Center for athletes from all regions.

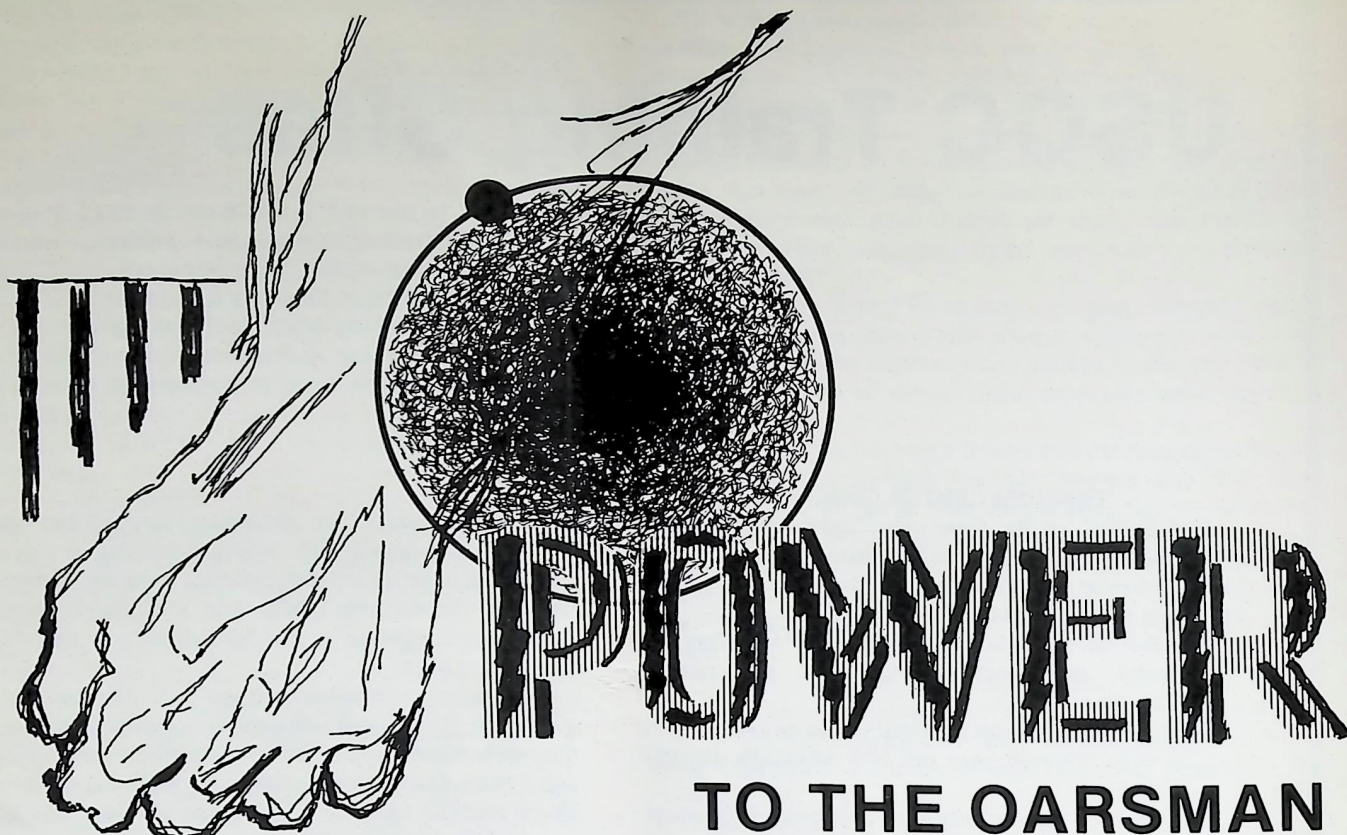
The program potential of the training centers is unlimited. While the initial emphasis would be placed on using the center for training of selected athletes from various sports disciplines, it is envisioned that for full utilization of facilities, the introduction and training of aspiring amateur athletes would be an integral part of the training center concept. Activities that will be encompassed within the training center concept are: short-term intensive training of athletes who are members of teams readying for competition; clinics with practical experience opportunities for athletes, coaches, judges, and officials; specialized de-

velopment camps for athletes; competition (both domestic and foreign) for athletes training at the site; serve as a base for athletic training research; provide a meeting site for the USOC and National Governing Bodies; and provide a site for exhibitions and fund-raising projects.

The regional training centers will be the hub of gathering and disseminating information related to the newly introduced USOC Sports Medicine Program. The Sports Medicine Concept, operated out of the regional training centers, will include studies, research, and programs in exercise physiology, biomechanics and kinesiology, nutrition, sports psychology, and medical services (orthopedic and internal medicine). Each athlete training at the regional center will be tested by the medical staff. Subject to the results of the test, a training program will be developed for each athlete and a tracking system established to measure to progress.

Studies and research at the regional centers will provide factual information concerning the use of bee pollen, anabolic steroids, blood doping, and other elements that presumably have a beneficial effect on performance. The Sports Medicine Program at the regional centers will also have the responsibility to correlate the information gathered from various research programs and determine its effects on preventing athletic injuries as well as its effect on preventing disease common to the American public. The Medical staff of the Regional Training Centers will inform the athletic and medical community about their findings concerning training, diet, methods of preventing athletic injuries, and effects of training on preventing diseases.

The USOC is preparing to provide to the National Governing Bodies and the athletes the services necessary to conduct first-rate programs at the training centers. Local transportation, dining services, housing, security, social and recreational activities, program coordination, facility coordination, sports medicine program, and administrative staffing are responsibilities the USOC is prepared to assume. The National Governing Bodies will be responsible for getting the athletes to the site, and for selecting the coach or coaches for each group of athletes.



by Dr. Andrew S. Zolnay

I. Introduction

The title of this article refers to the basic physical concepts of work, power, and power transmission as they apply to the oarsman and his boat. An attempt will be made to define these concepts relative to the final objective of proper application of basic principles to develop faster crews. There will be an emphasis on power and power transmission without a detailed look at the two components that interchange power.

II. Work

To cover the basic concepts in the order mentioned in the Introduction, we begin with mechanical work. Mechanical work, the type oarsmen do, is the force exerted times the distance through which this force acts.

1. force x distance through which the force acts = work done by the force

For example, if you do a leg press with 300 pounds of weight and your foot moves through a distance of 2 feet while exerting this 300 pounds of force, you have done 600 ft.lbs. of work. Interestingly enough, as you set the weight back down, the leg press machine and earth gravity system does 600 ft. lbs. of work on you so that at the completion of the cycle you have done zero net work. This is really not so strange if we take another example. Consider a 200 lb. man who climbs a 5000 ft. mountain. He did 1,000,000 ft. lbs. of work which the mountain graciously allows him to convert to energy of motion — a delightful state of affairs for skiers.

This sketchy definition with some hints of relationships to potential and kinetic energy completes our discussion of work.

III. Power

What is of real interest to the oarsman is that he reach the finish line in the least amount of time. The consideration of time required to do the work naturally leads us to the concept of power. Average power is the work done divided by the time required to do it. We can write a word formula for this.

$$2. \frac{\text{work}}{\text{time}} = \text{average power}$$

Expressing Equation 2 in terms of the units with which we measure force, distance, and time we have:

$$3. \begin{array}{c} \text{pounds} \\ \text{feet} \\ \text{second} \end{array} \times \frac{\text{feet}}{\text{second}} = \text{power}$$

$$4. \text{force} \times \text{speed} = \text{power}$$

The circles and arrows indicate how a special arrangement of the units brings us to the realization that power is also force times the speed with which the machine element exerting the force moves. The product of force and speed at any particular instant gives us the instantaneous power produced.

It really makes no difference how we look at power since a machine produces the same power regardless of our looks or means of measurement. Nevertheless, it is useful to look at power as force times the speed because this viewpoint emphasizes two basic limitations of oarsmen and all other power producing machines as well. There is a maximum force which an oarsman can exert on an oar handle and a maximum speed

with which he can pull it. Reasonably enough, if the conditions for power transfer exceed our force or speed limitations, we cannot deliver as much power.

IV. Impedance

The consideration of power transfer within the force and speed limitations of the machines involved brings us to the concept of impedance and impedance matching which is required for optimum power transfer.

We can measure the force and speed characteristics of a power producing or absorbing machine and assign to it an impedance. We can also, by proper "gearing," alter the input impedance of machines we use to match our own output impedance so that we can transfer the most power. Examples include selecting the proper gear on our 10 speed bicycle, using a jack as an impedance matcher when we raise a car, and selecting the proper rigging, oar length, area and outboard to inboard ratio for our rowing crews. We have an impedance mismatch when we attempt to bicycle up hill in high gear and down hill in low gear.

Now that we have an intuitive feel for what impedance matching is about, let us consider Figure 1 illustrating power transfer between machines with various degrees of impedance mismatch.

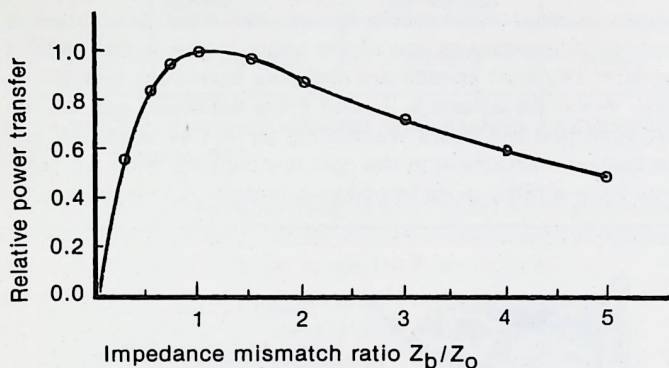


Figure 1. Power transfer with various degrees of impedance mismatch between the oarsman and his boat.

The graph of Figure 1 is normalized so that the vertical axis refers to the power transferred to the boat by the oarsman relative to the power transfer when the output impedance of the oarsman, Z_o , equals the boat input impedance Z_b , that is, $Z_b/Z_o = 1$.

Notice that maximum power transfer occurs at precise impedance match. The mathematical treatment from which this graph is made is given in the Appendix with the analogy to electrical circuits to guide the mathematics.

Having obtained an intuitive feel for impedance and seen a graph which shows how it is related to power transfer, we are ready to look at two ways in which the output impedance of an oarsman can be measured. The first way is apparent from Figure 1. We would test the power production of an oarsman with different input impedance settings on an ergometer. The ergometer impedance at which the oarsman produces maximum power is the output impedance of the oarsman. The second is a static measurement and is defined as:

5. maximum force oarsman can exert
on a stationary oar handle _____ = output impedance
maximum speed an oarsman can pull of oarsman
an oar handle with no load (Cont'd on next page)

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Electrical engineers will recognize that Equation 5 is the mechanical analogue of finding the Thévenin equivalent circuit for a power source. Physiologists will recognize that men with muscles are not machines and therefore these two methods give estimates of a more complex situation. But what is most significant is that it makes good sense to adjust the boat to match the output impedance of the oarsman rather than the other way around.

An estimate of the boat input impedance could be made by taking the maximum force the oarsman can apply and dividing it by the average speed of the oar handle as calculated from the angular motion of the oar required to propel the boat for 2000 meters with a respectable time. We need not be overly concerned with the relevance of the absolute value of the figures we come up with since we can gain a great deal of insight into the problems involved by simply comparing the input impedances of different boats. The final portion of this paper deals with boat input impedance considerations.

V. Input Impedance Considerations

In rowing there are two tragic examples of impedance mismatch. One is the pair, the other is the quad.

The compelling logic is that the rigging and oars of an eight are identical to the pair but the eight is significantly faster. Barring the unlikelihood that supermen row one type and mere mortals the other, we have a serious impedance mismatch problem in the pair.

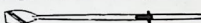
The same compelling logic holds true for the single and the quad. Here, the input impedance of the quad is so low that the oarsmen simply cannot move fast enough. The problem is further compounded with frequent crabs and

knotted forearms.

The solution to the difficulty of poor impedance match can be approached as follows. First, conduct a survey of oarsman output impedance on the ergometer. Next, attempt to match the equipment impedance by proper selection of oar length, outboard to inboard ratio, area, and oarlock distance from the boat centerline.

A first approximation of the changes required can be arrived at by simply comparing boat speeds keeping in mind that the impedance mismatched boats are not moving quite as fast as they should be. The following three equations apply to the single, double, and quad. Similar equations can be written for the eight, four, and pair.

$$\begin{aligned} 6. \frac{\text{speed of single}}{\text{speed of double}} &= \frac{\text{outboard/inboard, single}}{\text{outboard/inboard, double}} \\ 7. \frac{\text{speed of double}}{\text{speed of quad}} &= \frac{\text{outboard/inboard, double}}{\text{outboard/inboard, quad}} \\ 8. \frac{\text{speed of single}}{\text{speed of quad}} &= \frac{\text{outboard/inboard, single}}{\text{outboard/inboard, quad}} \end{aligned}$$

The inboard oar length we keep as standard since that length is most comfortable for us. We must also assume that the impedance of one of the boats in the comparison is correct. The boat speeds are available from past racing history. When Equations 6, 7, and 8 are satisfied, and we are satisfied that the boats are moving as fast as possible, and we feel comfortable with the oars and rigging, then we probably have a fairly good impedance match. 



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Appendix

Consider a two port "oarsman" with output impedance Z_o , and a constant effort variable force producing element f_o . Also consider a two port "boat" connected as a load with input impedance Z_b . A block diagram and table presented below illustrates the situation.

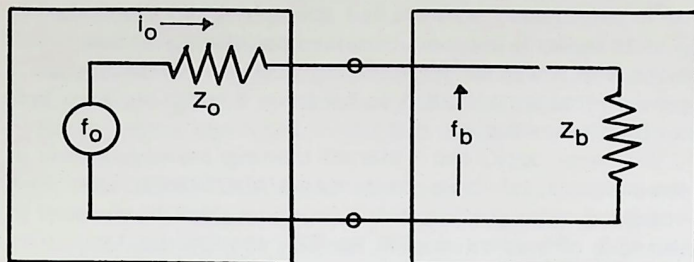


Figure A1. Block diagram of oarsman to boat power exchange.

Effort variable x flow variable = power

oarsman	force f_o exerted by muscles	speed i_o of hand	P_o
boat	force f_b on oar handle	speed i_o of oar handle	P_b
electrical analogue	voltage	current	power

Table A1. Tabulation of variables with analogy to electrical engineering.

Noticing that the block diagram of Figure A1 is strikingly similar to an electrical circuit, we can proceed with a mathematical treatment familiar to electrical engineers.

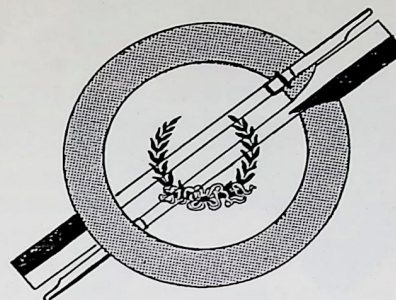
- A1. $i_o = \frac{f_o}{Z_o + Z_b}$ flow variable equals effort variable divided by total impedance
- A2. $f_b = \frac{Z_b f_o}{Z_o + Z_b}$ effort variable division in series impedances
- A3. $P_b = \frac{Z_b f_o^2}{(Z_o + Z_b)^2}$ power delivered to the boat is the product of effort and flow variables found in Equations A1 and A2
- A4. $\frac{2P_b}{2Z_b} = \frac{f_o^2}{(Z_o + Z_b)^2} - \frac{2f_o^2 Z_b}{(Z_o + Z_b)^3}$ partial derivative of Equation A3
- A5. $Z_o = Z_b$ maximizing condition for Equation A3 found by setting the partial derivative to zero

The graph of Equation A3 appears in Figure 1. Result A5 maximizes the power Equation A3.

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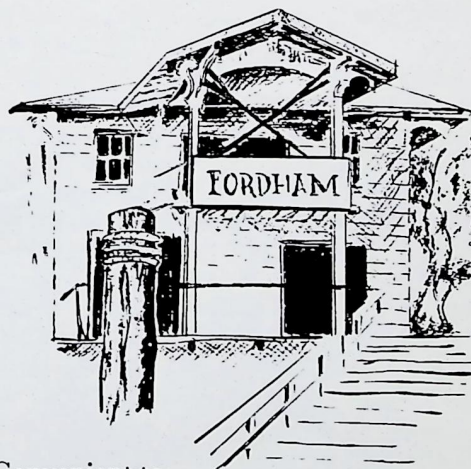
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As the following interview reveals, Joan Lind is a lucky lady—lucky to have found rowing, to have found her coach, Tom McKibbon, at Long Beach, and lucky that when she works at it, she can make a boat move quickly. But the interview also reveals a quality that should guide and encourage the many athletes, male and female, who are shoving from docks right now, thinking of Moscow 1980, or thinking of any race this spring or later: she's as plucky as she is lucky, and as unassuming. Behind her Montreal silver medal is a careful program and a lot of concentrated work.

She's 5'9", 150 pounds. She majored in Physical Education at Cal State Long Beach, graduated in 1975, and now teaches at the Marshall Junior High School in Long Beach, California, the city of her boatclub, LBRA, and her present address.

THE OARSMAN INTERVIEW:

THE OARSMAN: What is your rowing history?

LIND: I started in November of 1970 at Long Beach Rowing Association, sculling in a wherry, when Tom McKibbon showed some interest in coaching myself and Karen McCloskey for the double sculls, so we started rowing in that. My first race was in a quadruple sculls at the Long Beach Christmas Regatta with Melinda Collis and Karen Carver, which we won. And that kind of got me turned on to rowing, to the competitive part of it. I wasn't really sure I wanted to start competing because I hadn't competed in anything, really, and I didn't know what it was about. But Tom started coaching us and around February 1971 we really started training daily, one or two workouts a day. I don't remember, but Tom spent a lot of time with us on the water; every day he'd go out with us in his boat and coach us, drill us on technique. We went back to the Nationals that June in Old Lyme, Connecticut. We just raced the double, that was all, and came in second behind Karen Constant and her partner. We were a little discouraged . . . Tom had gotten us fired up for it and thought we could win, but I didn't. I had no idea what it was, the National Championships, when we hadn't had any races at all except that Christmas regatta in the quad, so I didn't know what to expect. We came back and started training again in August of that summer, Karen and I in the double and also in singles a little more . . . not too much though, because all we had was wherries. Melinda Collis and Carol Simpson and a few others who started rowing with us made up our team in '72 that went to the nationals in Seattle where Carol won the singles, Karen and I won the double, and we won the quad as well. Long Beach won all the major sculling events with really very few people.

Karen and Carol and I decided we wanted to go to Europe, but Melinda Collis was getting married and didn't want to leave to row in the quad, so Gail Pierson [Cromwell] rowed with us in the quad at the European Championships in Brandenburg. We came in eighth there. I was really discouraged; we went to watch the Olympics in Munich, and that's when we found out that women's rowing was going to be in Montreal. I was excited about it, but I didn't decide then to try for it because it seemed so far away and so much work, and it was so discouraging to come in eighth when it seemed that we'd worked so hard; we thought we were better than we ended up.

We came back, and I started training anyway, again, in the single a lot more, with Karen McCloskey, with Tom coaching us. In '72 Tom didn't coach us [McKibbon raced in the U.S. Olympics double in '72], though we had many people training themselves who gave us lots of advice.

In '73 Tom coached us again and we went to the Nationals in Philadelphia where we won the single and double. Carol Simpson, who hadn't been training that year, jumped in the quad with us and Gail Pierson, and we were a second, if that much, behind the winning quad. I decided to go in the single (though I was torn) for the European Championships in Moscow. I came in sixth; it was encouraging and though I hit a couple of buoys, I knew I could do better. '73 was one of my hardest years in terms of training. I did a lot of extra things, a lot of running and bike riding, a lot of long-distance rowing in the fall.

In '74 we went to the Nationals and I won the single and the double with Jane Loomis, and the quad, then rowed at Lucerne in the single. It was pretty discouraging to come in seventh, though I had had bad luck in the draw, with the top three in my heat and the next two in my semi-final.

I came back and trained for '75, but we didn't go to the Nationals; we were boycotting that because of the crummy treatment John Van Blom and Bill Stout got at the Trials in '74, but I went to the trials and rowed at Nottingham in the single, came in fifth, and was very encouraged about that. After '74 I was sure I was going to the Olympics.

In '76 the trials and nationals were here, and I won the single and double in the nationals, and went to the Olympics.

THE OARSMAN: You said you had never been in competition before you rowed. You mean you had never been involved in any other sport before?

LIND: No, un-unh. Nothing. The biggest thing that my family did was go to the beach for body surfing. My dad competes in swimming, but I never did.

THE OARSMAN: How did you discover Tom McKibbon, or vice versa?

LIND: He was just down there with John Van Blom and John Nunn and others rowing out of Long Beach. I had a friend rowing for the Long Beach [Cal State] crew and saw some races, then met Melinda [Collis] through a classmate, and she offered to teach me, took me out in a wherry. Tom saw me and Karen out in the wherries, and showed some interest in coaching us. That's how it all started.

THE OARSMAN: Did you feel you had to overcome any stigmas as a woman competing in rowing?

LIND: No, in fact the people out here were very helpful, which was what made it good; the men already had a lot of respect for the sport.

THE OARSMAN: You certainly lucked into some good coaches.

LIND: Yes, it was very good timing.

THE OARSMAN: So you never trained for sweep rowing, but started out sculling.

LIND: Right. Though I did row in one of those 16-seater barges, which was the first time I rowed sweeps, and after that I just went out in the wherry. But I've raced in the Long Beach eights and fours in the San Diego Crew Classic and the Head of the Harbor.

THE OARSMAN: Why is it that you like the single better?

LIND: It's the freedom, for one thing, the freedom of training and being by yourself. You don't have to depend on anyone else and so it's all on you. If you work hard, it's really going to pay off. But it's also the feeling of the single. It seems much lighter to me, and I like the two oars. I don't *dislike* the eight — I like the team thing too, but as far as the competition is concerned, I like the single better. I may change.

THE OARSMAN: Sy Cromwell said at the NAAO Dinner that there isn't a word in the English language to describe the terror of being on the starting line of an international race in a single . . .

LIND: It's more before the starting line, actually. Many times I wished I just wasn't there, that I could just disappear, but it's all part of it. It happens every time.

THE OARSMAN: Do you think you'll continue competing?

LIND: This year, I think I will.

THE OARSMAN: A lot of women in the country will be sorry to learn that. Beyond this year you don't have any plans?

LIND: No, un-unh. It's going to depend a lot on what happens financially and with myself.

THE OARSMAN: Do you think it's tougher to compete year after year in the single, than, say, in a four or a pair?

LIND: No, I think when you're at a certain level and just competing, at the top level, it's just as wearing in any boat.

THE OARSMAN: Could you give us some idea of the kind of workouts you did for '76?

LIND: Sure. In the fall we did a lot of long-distance rowing, but all of it racing. Almost everything we did was racing. We have an island here that we row around, about two and a half miles, and we may race three of them in all different ways. In the fall we'd just go three islands at a time. If some one is faster, he takes the outside. When I raced with John Van Blom, he went way outside and I took the inside. As the racing season neared, we'd do just one island at a time, maybe one for warmup and then race two separately, one for time and then rest, then go again, trying to get our island times down. That's one of the major things we talk about at Long Beach, in sculling, the island times. Then we began doing sprints — I'd have to look at my logs to see just when, but I know we did a lot of 500's and 750's [meters] — a lot of 750's, maybe four to six a day, back-to-back, or six to eight 500's the same way. But we'd mix it up at other times, 250's, 500's, 750's, 1,000's. Tom was running the program. Before eight o'clock in the morning we can use the Marine Stadium — after that, the dragboats use it. It was built for them, for the Olympics, the '32 Games originally.

(Cont'd on next page)

JOAN LIND



Tom would ride his bike along the course taking times for us when we did the sprint work.

I student taught until January that year, so I did mainly sprinting by myself until January that year, and ran long distance — up to six miles every other day, alternating with weight workouts. We rowed every day. In January we started running hills; we had two hills, the longer one about a minute and a half part way up, or about six minutes to the top. The shorter hill, which we ran a lot, maybe ten trips, was about a minute up and down again. We ran hills twice a week. Until March, when I broke my foot, so I stopped running hills.

THE OARSMAN: Did you just happen to drop a large brick on it?

LIND: (laughing) No, I did it either running or lifting weights, I'm not sure, but I heard it crack when I was doing a leg press. It was a metatarsal, but not really serious — I could still row with it, I just didn't trust it to run.

THE OARSMAN: What kind of weight workouts did you do?

LIND: I used the Universal gym at Long Beach State,

mostly because it was near and more convenient than the free weights. Diane Braceland brought back the East German workout from Darryl [Vreugdenhill] at Vesper, which was one of the programs we did: four exercises, forty-five seconds on and a minute rest. Six sets of those. You did as many as you could in each exercise: sit-down rows, leg presses, sit-ups, and bench press.

THE OARSMAN: What sort of weight could you press, at maximum?

LIND: Oh, not very much. It was a variable resistance one that increases as you lift it up; from 80 at the bottom to 110 at the top. I'm not real good on any of the weights, actually.

THE OARSMAN: Did you stick to any particular diet, have to watch your weight?

LIND: I tried not to eat very much sugar, carbonated drinks, fatty foods, that kind of thing. I eat a lot, but I watch what it is. I tried not to eat very much ice cream — I didn't eat any ice cream last year . . .

THE OARSMAN: How'd you survive?

LIND: It wasn't too bad, I got used to it. No chocolate, coffee, beer, alcohol or anything.

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THE OARSMAN: Was all that your idea or Tom's?

LIND: Well, Tom would encourage it, but if I hadn't wanted to do it, I wouldn't have. It was more my idea, I think.

THE OARSMAN: Could you say what it is that makes you good? If you say you're not good with the weights, then you must have a lot of endurance . . .

LIND: Yes, endurance is pretty good, but I think desire — I have a lot of desire. I think it's one of my major things, with conditioning and technique.

THE OARSMAN: Did it surprise you, having done nothing athletically, to find yourself wanting to do this well?

LIND: Oh yes. Oh, I'd been competitive, but not in sports. I guess I'm a competitive person, although I didn't really admit it, call myself competitive until I started rowing. Yah, it surprised me, because I can see teaching junior high kids that I just wasn't as competitive in running or any of the sports as a lot of these kids are now.

THE OARSMAN: What would you say are your limiting factors?

LIND: A lack of money. I lived at home last year because I felt that in order to train as hard as I had to, I had to live at home, and I did, until last summer. I think that helped me in one way, in that I thought if I'm living at home, I've got to make it look worthwhile. I felt that I really had to work to justify living at home. I'm 24. So I think the major problem was a lack of money. And it's still hard now because I'm working full time; I've moved out and now it's harder to train.

THE OARSMAN: Are you interested in seeing the Olympic Committee's Work-Help program?

LIND: I think it would be good for a lot of people, but I don't know if it would help me any because now I *do* have a career and I want to pursue it. Last year I would have been interested in finding money just so I could train, but now I'm not so sure. I don't know what I want to do, if I want to take off that much time to train — I probably will. This year I don't, but I may want to do it again.

THE OARSMAN: Is there any chance in the world of your trying out for the 1980 Olympics?

LIND: There's a chance.

THE OARSMAN: What about times for 500 and 1,000 meters?

LIND: Well, in Hanover [N.H.] I did great times, the fastest times I've ever done . . .

THE OARSMAN: Of course, that water's moving, you cheat.

LIND: Yah, but it was back and forth, both ways. Doesn't that make a difference? I just felt super good about it, and I don't know what it was. But on flat water in Long Beach, in my own boat that weighs about 42 lbs., I rowed a 1:48, 1:49 500, and in really fast conditions, a 3:40 1,000. But my thousand times are about 3:48.

THE OARSMAN: That's a heavy boat — you didn't race in that, did you?

LIND: I raced it in the trials. But in Montreal I used a Van Dusen that he [Ted Van Dusen] said weighed 26 lbs. I don't know, I didn't weigh it.

THE OARSMAN: What kind of sculls did you use?

LIND: Stampflis — I borrowed Diane Braceland's. They
(Cont'd on next page)

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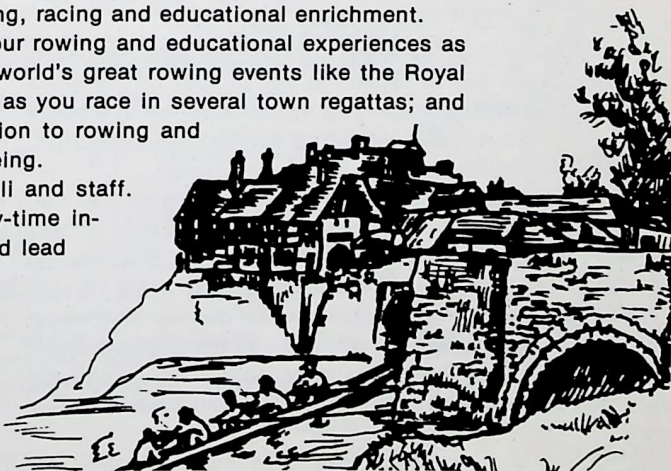
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1977 Rowing Tour of England





were 296cm, but I had a really wide spread, 63 3/4 inches, buttoned at 34 1/2 inches.

THE OARSMAN: What were the trials like for you?

LIND: Well, it was against the people I'd been training with, Lisa Hansen and Jan Palchikoff, but I still won the trials by I think eight seconds.

THE OARSMAN: Was there anyone from the East Coast in that?

LIND: Yes, Karen Constant, Ernestine Bayer . . . also Liz Hills and Sharon Vassier.

THE OARSMAN: Wasn't there some sort of stink about what went on out there?

LIND: Yah, a big stink.

THE OARSMAN: To what degree have you had to get mixed up in the politics?

LIND: I've avoided it pretty well, except for my coaches, who are extremely involved in it. I try to stay out of it completely.

THE OARSMAN: When you boycotted the Nationals that one year, was that your idea, or would you have liked to race?

LIND: Oh, I wanted to race. But it was more a representation of Long Beach, although the Long Beach lightweights went, but they're completely separate from Tom. It was really Tom . . . well, the whole club. We were pretty upset. Tom himself said he'd never go back to race at Princeton, so most of the people rowing under felt the same way about it.

THE OARSMAN: That was when the lake flooded, and the lanes were unfair?

LIND: Yes, but it was the officiating that we were upset about. They went ahead and ran the races anyway when the conditions were really unfair. I know how hard John had trained that year, that he was really going well.

THE OARSMAN: If the same kind of thing had happened at the Olympics, say in regard to the protest of the Third World nations, do you think you would have felt the same way, that you would have wanted to support the institution, say of the United States?

LIND: No, probably not. It's a different thing. If that had been a trial, I probably would have been back there. In fact, I'm sure I would have, but it wasn't something that we had to go to to get to the World Championships.

THE OARSMAN: What sort of feeling do you have about the athlete's say in this kind of thing, on the Olympic level? Do you think the athletes should be polled, about national protests, or should it be something unilaterally handed down . . .

LIND: No. No, it's the athletes. They aren't the ones who

are making those national decisions . . . it's their country, but they aren't involved. I think they should be allowed to compete. They're the ones who trained.

THE OARSMAN: Did you get any feeling from the athletes who had to leave Montreal?

LIND: No, I didn't talk to any of them.

THE OARSMAN: Did you speak with the people you raced?

LIND: Not too much. I think that was one of the most unfortunate things. I hardly got to speak to Christine [Scheiblich, gold medalist], the East German, who I really wanted to speak with. I exchanged shirts with her, and that was it. She really didn't show any desire to talk to me at all. And I don't know, she was being watched and couldn't talk to me, or didn't think she could. But I didn't speak to her or the Russian girl. The Dutch girl didn't show much desire to talk either, and wasn't very friendly to me.

THE OARSMAN: So it wasn't really a very social event.

LIND: No, not at all. That's one of the most discouraging things about it. It's going to happen, but even after the race . . . but the Hungarian girl did come up to me and talk about the medal. I didn't talk very much, so I don't know.

THE OARSMAN: Could you go over your races?

LIND: Well, in the heat I had the East German girl, who the year before had beaten me by fifteen seconds. I knew I was faster than that, but I didn't think I was faster than her. I was four seconds back in the heat; I really pushed the first 500, but when I saw she was ahead, I don't think I really went after it. It was one to qualify for the semifinals, so maybe I should have. I can't remember everyone who was in the repechage, but I won it pretty easily, in a tail wind. I rowed pretty hard, but I didn't kill myself — I wanted to build up my confidence. Then I had two days before the finals.

THE OARSMAN: What was your thinking about the East German girl?

LIND: (Laughing) That she was very fast. I had the highest respect for her the whole time, ever since Lucerne — she cleaned up there, and Tom had spoken about how he thought she was the most perfect rower of any of the men or women . . .

THE OARSMAN: Did that hurt you a little bit, you think?

LIND: (Laughing) Well, I don't think it helped me. I don't know.

THE OARSMAN: Is she bigger than you?

LIND: No, un-unh, she was probably about the same height.

THE OARSMAN: What happened in your race?



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LIND: Well, in the finals the Dutch girl pulled out ahead in the beginning for about 250 meters, then after that . . . it was a strong head-wind, and I was in back for the beginning of the race — I think I was probably fifth until about the 500 when things were getting more spread out, and the East German girl and I were out ahead. I think she had about a length then. I really didn't realize that I was well in contact with her. I was going as hard as I could, but I really wasn't looking for her that much, it was weird.

THE OARSMAN: Have you been kicking yourself for that?

LIND: Yah. Well, I don't know. I was racing every one, but I wasn't looking for her, so maybe I wasn't racing her. I was just trying to get ahead of as many people as I could, but I thought she was out there, and I had no idea . . . in fact, I really didn't know how close she was until I saw it on the time board after the race, about .65 seconds. About half a length?

THE OARSMAN: .65 seconds? that's less than half a length. That's more like a . . .

LIND: It's about a deck.

THE OARSMAN: Must have made you a little mad.

LIND: Yes, it was kind of frustrating. Well, it wasn't really. I was happy, really happy. I was thrilled.

THE OARSMAN: That was my next question, are you satisfied with the race?

LIND: Yes, I was ecstatic.

THE OARSMAN: Is there something you could say to someone starting where you did five years ago, something you wish you'd known then?

LIND: Oh, just a belief in yourself, I think. That's the big

thing.

THE OARSMAN: Did you come by that through experience, or is that something you could have realized then?

LIND: I think I came by it through experience because I really don't think I believed . . . I had a lot better feeling about myself around the Hanover period than I had before, but that may have come with the training.

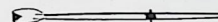
THE OARSMAN: Do you have the feeling for the usefulness of the NAAO to the West Coast — what does it provide you?

LIND: The NAAO? Well, I'm now more aware of the National Women's Rowing Association. Debby Ayers is extremely involved in it politically, and we get all our information from her. But the only think I can see of the NAAO is *The Oarsman*.

THE OARSMAN: In conclusion, what do you think your connection with the sport will be in twenty years?

LIND: Well, before last year, before the Olympics, I wanted to be completely away from it, to be out of it, and yet I don't know now. I've considered coaching but I don't know if I want to do that either. If I'm going to spend the time coaching, I'd rather be competing, right now, since coaching doesn't pay well. But twenty years from now, I don't know, I'll probably still be involved with it.

I stated that desire was a major factor in helping me race well at the Olympics — "fear" is a better word to describe my motivation. Also — perhaps the strongest factor that helped me up to the Olympics was the coaching of Tom McKibbin and the support of John Van Blom and my parents.



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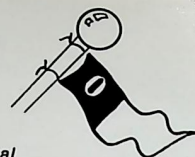
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Regatta Schedule



Special thanks to Ted Hoag who again, at great personal cost in time and finance, has compiled the NAO Regatta Schedule Calendar. He asks that all regatta hosts get their 1978 regatta plans in before Christmas of this year — the sooner the better.

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EXPLANATION OF ABBREVIATIONS

*M Men
W Women
J Junior or Youth
O Open
LT Light Weight
H Heavy Weight
V Varsity
2V Second Varsity
FR Fresh
1X Single
2X Double
2- Pair without
2+ Pair with
4X Quad
4- Four without
4+ Four with
8 Eight

*Regatta Class is shown based on information made available to the Regatta Schedule Committee.

WEEKEND OF MARCH 5-8

3/5

O Fanny's Rowing Club: Jacksonville

WEEKEND OF MARCH 12-13

3/10

M-W-LT B.U. at Alabama

OCC UCSB at Newport

WEEKEND OF MARCH 19-20

3/19

O Deering Cup: Orch. Beach

Penn Class Day: Kelly Bowl

M Tenn. at Citadel

Ithaca—Marletta at Tampa

Loyola at L.B.

M UCLA—UCI at OCC

M Oxford—Cambridge: Thames River "The Boat Race"

WEEKEND OF MARCH 26-27

3/26

O Lord Pell Cup: Orch. Beach

M-W-LT Presidents Cup: Tampa (Yale-Dartmouth-Fia. Colleges)

USC at UCI

UBC International: Burnaby B.C.

St. Joe at Washington Col.

Kansas State at Nebraska

Washburn at Okla. St.

3/31

Kent at Tampa

Minn. at F.I.T.

WEEKEND OF APRIL 2-3

4/2

O Grimaldi Cup: Orch. Beach

Miami Invitational

M-W-LT Conn. Col. at WPI

M-LT-FR URI at USC

M-W-LT Cornell at Ithaca

M-W U. Va.—U. Tenn. at Marietta

M Wichita at Okla. St.

M Villanova—Williams at LaSalle

M Wesleyan at Temple

W Williams—Rutgers at Penn

W Radcliffe at Yale

W U. Conn. at Yale

M-W-LT San Diego Classic

Daffoch Invit. U.P.S.

W-LT URI at Wesleyan

Green Lake Spring Regatta

St. Joe at Georgetown

Washburn at Nebraska

Kansas St. at Purdue

4/5

M-W Morris Harvey at Marietta

Wisconsin at Chicago

Wichita St. at Okla. St.

4/2

THE HEAD RACE: G.B.

WEEKEND OF APRIL 9-10

4/9

O Easter Regatta: NYRA

M-W-LT WPI at Amherst

H-M Princeton at Rutgers

H-M Navy-Col. at Orch. Beach

M-W Yale at B.U.

M U. Conn.—Wesleyan—USCG at Gardners Lake

M Williams-U. Mass at Amherst

LT-M Columbia at Princeton

LT-M Georgetown at Navy

LT-M Yale at U. Conn

J-M-W Cherry Blossom at Wash D.C.

M-W-LT Wesleyan-Holy Cross at URI

W Wellesley at Brown

LT-M Rutgers at Penn

W Princeton at Penn

W Williams-Ithaca-Syracuse-Rutgers at Cornell

M-W Ithaca at Georgetown

M-W Marletta at Purdue

M-W U. Neb.—Minn.—K. State at Wichita

M-W-LT Florida Governor's Cup: Melbourne

M Cal Berkeley—Alumni Day

M USC-St. Clara at Stanford

M Western Invit.: Bellingham

M Loyola at UCSB

M SDSU-UCSD at UCI

M Maritime-USF-USC-St. Mary at Redwood

Washburn-Nebraska at Okla. St.

4/10

M Holy Cross at Williams

W Wash. Col. at Williams

M Villanova-Va. Monmouth-Stock. St.—Maritime

Acad. at St. Joe

WEEKEND OF APRIL 16-17

4/16

O Hughes Cup: NYRA (4.5 MI. L.I. Sound)

M Columbia at MIT

M N.E.—Yale at Rutgers

M Navy at Princeton

M B.U. at Brown

LT-H-M WPI-UNH at Wesleyan

M-W Conn. Col. at Williams

V-LT-M USC at MIT

M-W Ithaca at Marist

LT-M Cornell at Penn

LT-M MIT at Yale

LT-M Columbia at Harvard

LT-M Navy-Rutgers at Princeton

LT-H-M URI at Trinity

M-W-LT WPI at Wesleyan

W Penn at B.U.

W Dartmouth-Rutgers-Cornell at Yale

W Wellesley—at B.U. (Novice)

W Geotown at Marietta

M Nebraska-Notre Dame at Purdue

M Fla Intercol Champ.: Disney World

M-W Tenn.—at Alabama

M-LT-W UCLA at CAL Berkeley

M Loyola at UCI

M L.B.—St. Clara at Stanford

M USC-SDSU at OCC

M-W Corvallis International

Kan. St. Champ at Wichita

M Notre Dame at Nebraska

M-W Kan. St.—Washburn at Wichita St.

WEEKEND OF APRIL 22-23-24

4/22

M-W Harbach Cup: USC-UCLA at Stanford

M-W L.B. Invitational: UC-A-USCB-USC

U.O.—O.S.U. at Dexte

UCSD-SDSU at Loyola

4/23

O General Glover Cup: NYRA

M B.U.—MIT at N.E.

M Brown-Harvard at Columbia

M Rutgers at Syracuse

M Princeton-Penn at Columbia

M Yale-USCG at Navy

M-LT-H URI-UNH at Conn. Col.

M-LT Davenport Cup at W.P.I.

M-LT Penn-Yale at Columbia

M-LT Dartmouth-MIT at Harvard

M-LT Princeton-Rutgers at Cornell

M-LT UNH-U. Conn. at URI

W Syracuse at Penn

W B.U.—Brown-Dartmouth-Cornell-Wellesley at

Radcliffe

W Yale-MIT at Princeton
M-W Williams-Wesleyan at Amherst
J Kent Sch.—W&L at St. Andrews

4/24

Dillingham Cup at Buffalo

M-W-LT WPI at URI

M-LT Yale at Navy

M-W Alabama-Citadel at Tenn.

M-W Marletta-U.S. Maritime Acad. at Ithaca

Stanford-OCC at UCI

M U. W-UBC at Burnaby B.C.

M Brentwood Regatta: Millbay B.C.

4/25

LT-M Conn. Col. at Marist

Blg 8 Champs. at Kansas St.

Washburn at Wichita St.

WEEKEND OF APRIL 30-May 1

4/30

Metro. College Champ: NYRA

M Dartmouth-Rutgers-Trinity at B.U.

M Harvard-MIT at Princeton

M N.E. at Brown

J Groton at St. Marks

M Navy-Syracuse at Cornell

M Columbia-Penn at Yale

M Princeton at Penn

M-LT Yale-Rutgers at Dartmouth

M-LT Columbia-Cornell at MIT

M-LT Harvard at Navy

M Williams-USCG at U. Mass

M-W Kerr Cup: Philadelphia

M-LT USC at Princeton

W Penn at Yale

W Princeton-Brown at Williams

W UNH-Syracuse-Mt. Holy at Dartmouth

W MIT-Rutgers-U. Conn. at B.U.

W U. Conn.-Rutgers at Radcliffe

M-LT-W President's Cup: Poughkeepsie

J-4+ Nobleg-Middlesex at Brooks

M-W-LT SIRA at Stone Mt, Ga.

W Wash at UCLA

M-W Mid West Sprints at Madison

JR Parkersburg H.S. Regatta

5/1

M-LT Newport Regatta: LIDO Channel Cal.—UCLA—

USC—LBS—UCI—OCC

M UPS at SPC

M UCSB-UCSD at USC

M St. Clara-SDSU-West Wash. at Wash. St.

Mothers Regatta at OSU

M Blackwell Cup: Columbia-Penn at Yale 9:00

A.M.

O Head of Potomac (2 MI.)

WEEKEND OF MAY 7-8

5/7

O Father Knickerbacker: NYRA

M Penn-Navy at Harvard

LT Dartmouth-Wisc. at MIT

M Columbia at Rutgers

J Middlesex at Groton

M Syracuse USC at Brown

M Ithaca-Marist-Trinity at Williams

J-4+ St. Marks at Brooks

J-M-W Narragansett (Scully)

W NWRA Mid Atlantic Regionals: Wash. D.C.

W-LT-H N. Eng. Open at Worcester

LT-M Penn-MIT at Navy

LT-M Cornell at Dartmouth

LT-M Columbia at Rutgers

W Princeton at Cornell

W Radcliffe at Williams

W Minn. at Wisc.

M-W MACRA at Marietta

J Wyandotte H.S. Regatta

M Bergen Cup: Philadelphia

M-W-O Wichita Annual at Wichita

M Cal. at Wash.

W UCLB-Loyola-USC at UCLA

UCI-SDSU at UCSB

M-LT UCLA Class Day

USC at LBSU

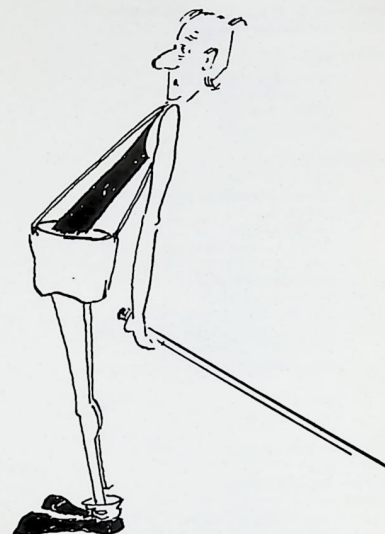
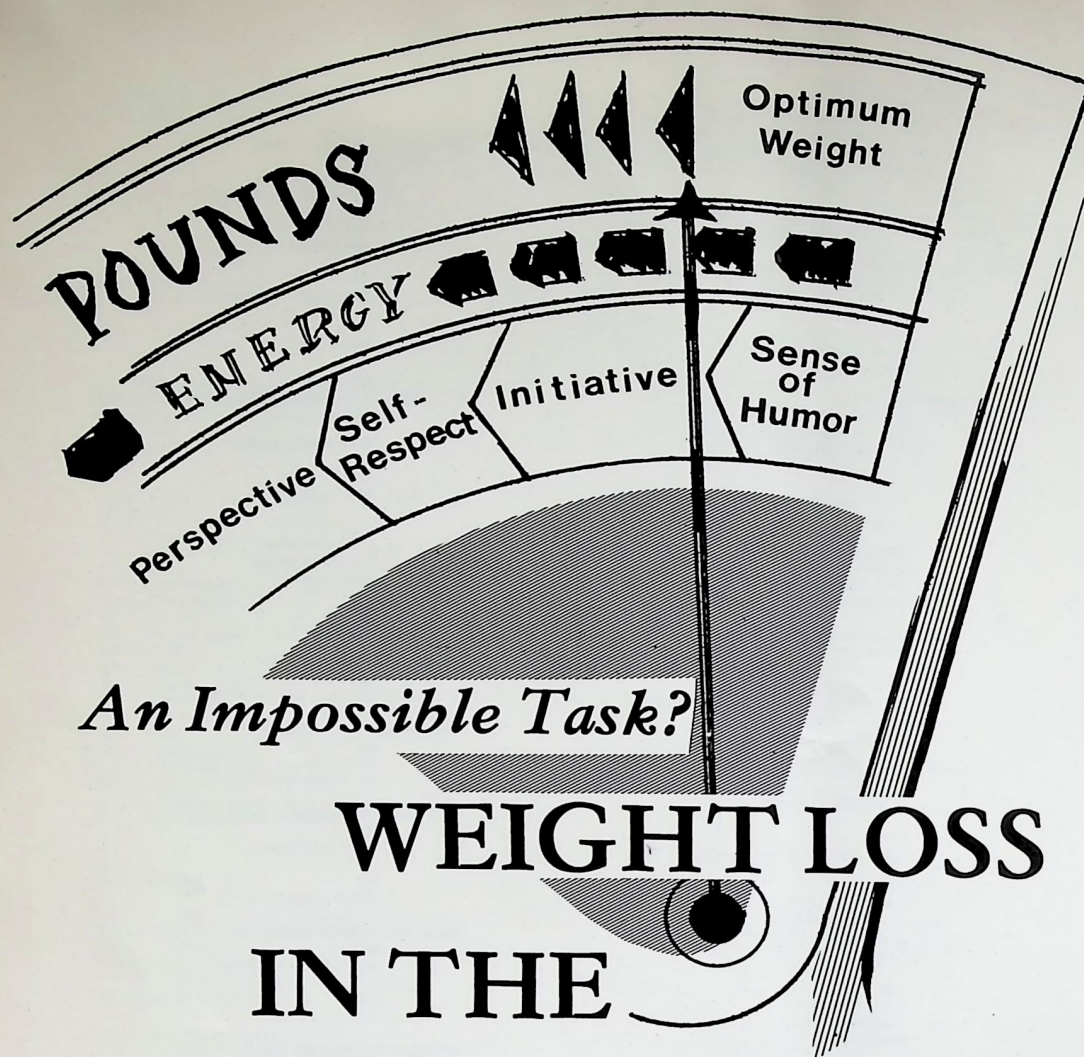
Cal-Wash-UBC-West Wash. at Seattle

Wash. at Wash. St.

Loyola-USF at St. Clara

Metro. Coll. Champ.—NYRA

5/8 M-LT Harvard-Yale at Princeton M Cornell-Princeton at Yale M PLB at UPS M Loyola at Stanford M Green Lake (1400M) J Schoolboy City Champs: Philadelphia GRAND (H-F-E-S-J-PL)	WEEKEND OF JUNE 25-28 8/25 O Inter. Dev. Regatta: NYRA O Schuylkill Navy Regatta W Trials (4+, 2-, 2X, 1X) at Phila. W 8 & 4X Camp Start 6/25-26 J-M Nat. Champ.: Wash D.C. (1500M) O Presidents Cup: Wash D.C. (1500M) 6/25 M Reading Town Regatta: G.B. 6/26 Amsterdam (HFES JR PL) Nottingham (HFES JR PL) Tata (HFES)	8/19 Opening Ceremony—Draw for Heats 8/20 W-LT Preliminary Heats—Daytime 8/21 M Preliminary Heats—Daytime 8/22 W-LT Repechages—Evening 8/23 M Repechages—Evening 8/24 FREE DAY 8/25 W-LT Semi Finals—Evening 8/26 M Semi Finals—Evening 8/27 W-LT Finals—Daytime 8/28 M Finals—Daytime Closing Ceremony Farewell Party 8/29 SPARE DAY
WEEKEND OF MAY 13-14-15 5/13-14 Dad Vall: Philadelphia O New Rochelle Regatta: NYRA 5/15 M-H-LT Eastern Sprints: Princeton W EAWRC Worcester JR-4+ Groton-Brooks at Belmont M Stanford at Cal. M-W Stewards Cup: Seattle J B.C.HS Champ. Burnaby, B.C. J Catholic City School Champs: Philadelphia 5/17 M-W-J No. Va. H.S. Champs: Washington, D.C. M-W-O Wichtennial at Wichita 5/15 MANNHEIM (HFES PL) TAT (HFES) SOFIA (HES) PARIS (Veterans)	WEEKEND OF JULY 2-3 7/1 O Dominion Day at Toronto J 1X Trial (FISA) Phila. 6/30 thru 7/3 Henley Royal Regatta 7/3 Tampere (HFESJU PL) SNAGOV (F) Soro (HFESJUPL) Wien (HFESJU PL) JULY 4 O Independence Day Regatta (Either 7-2 & 7-3 or 7-3 & 7-4) 7/7 thru 7/22 World Maccabiah Games: Tel Aviv, Israel M (4+, 2+, 2-, 4X, 2X, 1X) W (4+, 2X, 1X)	WEEKEND OF AUGUST 27-28 8/27 O Inter. Dev. Regatta: NYRA WEEKEND OF SEPTEMBER 3-4 9/4 Bern (Veterans) Belgrade (HFES J PL) WEEKEND OF SEPTEMBER 10-11 9/10 107th NYAC Open 9/11 Villach (HFES JR PL) WEEKEND OF SEPTEMBER 17-18 9/17 M-W-J Mayors Cup: Narragansett 9/18 Sofia (HFES JR) WEEKEND OF SEPTEMBER 24-25 9/24 O Siwanoy Regatta: NYRA 9/25 Head of the Rideau: Ottawa WALCSZ (F S)
WEEKEND OF MAY 21-22 5/21 J Metro. Scholastic Champ: NYRA M Penn at N.E. M Harvard at Yale M MIT-Syracuse at Dartmouth W Yale at Radcliffe J-4+ Buck-B&N at Brooks J-W Groton at Noble & G M-LT-W Western Sprints: Los Gatos W N.W. Womens Regional: Green Lake J Stotesbury Cup: Phila Minneapolis Invit. 5/22 VICHY (HFE)	WEEKEND OF JULY 9-10 7/7-7/10 Elite 1X Trial: Camden 7/7-7/8 Junior FISA Trials: Camden (4X, 4+, 2-) 7/7 thru 7/10 NAAO National Champ.: Camden Lightweight FISA Trial (4+): Camden St. Kits Invitational 7/10 Lucerne (HFE PL) Poznan (HFES) Bedford-G.B. WEEKEND OF JULY 16-17 7/15 thru 7/17 J Jr. Trials: Princeton (2X, 4-, 2+, 8) LT-M Lightweight FISA Trial: Princeton 2X, 4-, 2+, 2-, 1X) ELITE FISA TRIALS: Princeton 1X, 4-, 2+, 2- 7/17 Klagenfurt (HFES JR PL) WEEKEND OF JULY 23-24 7/23 M-W-J Jr. Scullers-Narragansett O Inter Dev Regatta: NYRA 7/24 Munich (HFE PL) WEEKEND OF JULY 30-31 7/27 thru 7/31 Canadian Henley: St. Kits 7/31 Kopenhagen (HFES JR PL) WEEKEND OF AUGUST 6-7 8/3 thru 8/7 FISA Junior World Championship: Tampere Finland (J) August 6-8 ELITE FISA TRIALS: Princeton 2X, 4+ challenge WEEKEND OF AUGUST 13-14 8/13 O Inter. Dev. Regatta: NYRA O American Henley: Wash D.C. 8/14 Arungen Hadersleben (HFES JR PL) WEEKEND OF AUGUST 20-21 8/20 O Inter. Dev. Regatta: NYRA H-W-LT FISA World Championship: Amsterdam	WEEKEND OF SEPTEMBER 10-11 9/10 107th NYAC Open 9/11 Villach (HFES JR PL) WEEKEND OF SEPTEMBER 17-18 9/17 M-W-J Mayors Cup: Narragansett 9/18 Sofia (HFES JR) WEEKEND OF SEPTEMBER 24-25 9/24 O Siwanoy Regatta: NYRA 9/25 Head of the Rideau: Ottawa WALCSZ (F S) WEEKEND OF OCTOBER 1-2 FISA Veterans Championships: Amsterdam WEEKEND OF OCTOBER 8-9 10/8 O Columbus Day Regatta: NYRA 10/9 O Head of the Connecticut: Middletown WEEKEND OF OCTOBER 22-23 10/22 O College Fall Champ.: NYRA 10/23 O Head of the Charles: Cambridge WEEKEND OF OCTOBER 29-30 10/29 O Head of the Schuylkill: Phila. 10/30 O 3rd Annual Head of the Tennessee WEEKEND OF NOVEMBER 5-6 11/6 O Head of the Harbor Regatta: Los Angeles WEEKEND OF NOVEMBER 12-13 11/12 O Vets Day Regatta: NYRA 11/15 O Election Day Regatta: NYRA WEEKEND OF NOVEMBER 19-20 11/19 Frost Bite Regatta: Phila. NOVEMBER 31 New Year's Eve Regatta
WEEKEND OF MAY 28-29-30 5/28 M-LT-H Penn. at Cornell J-M-W NEIRA: Worcester (1X, 4+ 8) J Shawngnan Lake Canada J Schoolboy Nationals: Middletown, Md. W Midwest Regionals at Minneapolis 5/29-30 W Southwest Regionals at San Diego 5/30 O 108 Memorial Day Regatta: NYRA SABAUDIA (HS) WEEKEND OF JUNE 4-5 6/2 thru 6/4 M I.R.A.: Syracuse 6/4 O Gino Maturo Mem: NYRA 6/4-6/5 Canadian Scholastic at St. Kits Montreal (HFE JR PL) W S.W. Regional Champ.: Mission Bay MOSCOV (HFE) WEEKEND OF JUNE 11-12 6/11 M-W-J Flag Day Regatta: Narragansett O Hunters Island Regatta: NYRA M-W Middle States Regatta: Philadelphia Fribourg (H F E S JR PL) Prague (H F E S) Ratzeburg (H F E S J R) Reading-G.B. WEEKEND OF JUNE 18-19 6/16 thru 6/19 W NWRA Nat. Champ.: Phila. 6/18 O Metro Champs Regatta: NYRA O Ecorse Invitational M Harvard-Navy-at New London 6/19 O Detroit Regatta (138th Annual) 6/19 thru 6/24 W Womens Rowing Clinic: Phila. 6/19 Grunau (H F E S) Bled (H F E S JR) M Marlow: Horseferry G.B.		



An Impossible Task?

WEIGHT LOSS IN THE NON-OBESE ATHLETE

by Frederick C. Hagerman and Gene R. Hagerman

Weight reduction is desirable for all obese individuals who are otherwise healthy. With the possible exception of activities such as bobsledding, long-distance swimming, some classes of weight lifting and wrestling, and non-active sports, obesity in the competitive athlete adversely affects performance. Obesity is not a major problem in most sports and in endurance-related activities the converse is true, since it is often difficult to maintain normal weight under the severe stress of heavy training. But weight loss does become a real part of events in which the athlete must "make" weight, such as boxing, horseracing (jockeys), wrestling, weightlifting, and rowing (coxswains and light-weight crew). In addition, in sports without mandatory weight restrictions, athletes who permit themselves to gain considerable weight in the off-season become concerned with excess weight before regular training begins.

The terms "obese" and "overweight" must be accurately defined. An obese person suffers from an excessive accumulation of fat. An overweight athlete simply carries too much

in the three body compartments: essential vital tissues (muscle, liver, kidney, blood, bones, and glands), fat, and water. Excess vital tissues or body water, or hypertrophy of some organs do not indicate obesity, although stored fat may be greater with these excesses. Many weightlifters and professional football and basketball players are indeed overweight but not necessarily obese. Suggested weight equivalents for specific height standards or even for general body builds are misleading and often inaccurately assess the level of obesity, because such general classifications are not based on scientific data or norms.

The percentage of body fat of large numbers of subjects can be accurately estimated by measuring subcutaneous fat at various body sites with the use of skinfold calipers (Lange Skinfold Calipers, Cambridge Scientific Industries, Cambridge, Md. 21613; approximate cost: \$125.00) and/or girth measurements of extremities (1,2,10,12,17,18,19), and studies have established norms for various sports. The percentage of fat in healthy people is 14-15%, in the average U.S. male approximately 19-21% body fat, and in the female between 22-24%. Research indicates a trend toward obesity in our country, not surprising in view of our current way of life. Extensive anthropometric studies of many different athletes (3,4,5,6,7,8,11,14,15,16) have shown the following per cent body fat averages to be representative of various sports: college football, 15%; professional football, 17%; college wrestling, 9%; distance running, 4%; professional baseball, 14%; college swimming, 8%; college gymnastics, 5%; elite heavyweight crew (U.S. National and Olympic Teams), 11%; and elite lightweight crew (U.S. National Teams), 8.5%. These comparative values show that light-

weight oarsmen and even heavyweight oarsmen are, on an average, very lean athletes and indicate that losing excessive amounts of weight may prove deleterious to their health, and most assuredly will affect performance. Heavyweights are only 10% taller than lightweight but are over 20% heavier, though both groups exhibit low body fat percentages. We have noted several lightweight oarsmen on the U.S. National Team whose skeletal frames seemed capable of supporting much more lean body mass (muscle), who were extremely lean for their height and obviously lacked subcutaneous and peritoneal fat. Some of them actually looked starved; a few may have been in the early stages of starvation. It is well known that prisoners of war and people on long term voluntary fasts have carried out physical feats of strength and endurance for long periods of time while in their debilitated conditions. However, these physical accomplishments can in no way compare with maximal competitive efforts of an individual at top strength or at peak endurance. According to Tchong and Tipton (15,16) the non-obese athlete should not lower his per cent body fat to below 5%; for oarsmen who are generally much taller, this value may prove too extreme. Based on our measurements of % body fat, for lightweight oarsmen the minimal % body fat should be 8%. Every oarsman, lightweight and heavyweight, should have an evaluation of per cent body fat at least 2 months prior to consistent on-the-water training, and lightweights should undergo weekly tests throughout the competitive season. Results should prove useful in making sound recommendations regarding weight losses or gains, diet, water intake and severity and duration of training regimens.

Our research with college wrestlers and that of others have warned of significant strength and endurance decrements due to a 2-4% loss of body weight by excessive fasting or dehydration (6,15,16). In addition, these studies also demonstrated that upon rehydration and eating in the normal time period allowed between weigh-in and competition, the athletes were not able to regain all of the lost weight, nor were they able to attain maximal performance levels for strength and endurance recorded during normal hydrated condition. Recently many state high school athletic associations have adopted the recommendations of the Iowa group (15,16) who suggested that the minimum allowable % body fat be 5% and that each wrestler be required to make weight well in advance of the first match of the season and while permitted to wrestle in higher weight classes, he would not be allowed to drop to lower weight classes once he had been officially certified in the weight class best suited for him. This eliminates extreme fasting and dehydration, procedures also commonly practiced by light oarsmen. After observing lightweight oarsmen for several years, it is our opinion that these athletes are probably in a constant state of negative caloric balance (more kcal expended than consumed) and are often dehydrated or wacillating between near-normal and stress conditions. We are not prepared to discuss thoroughly the acute and chronic physiological effects of a program that dictates acute fasting and dehydration immediately followed by rapid ingestion of food and water, then a maximal physical performance, followed in turn by more eating and drinking (probably something other than water). It would be interesting to observe blood and urine profiles of lightweight oarsmen over an entire season, beginning with pre-competitive training, to determine the fluctuations in

(Cont'd on next page)

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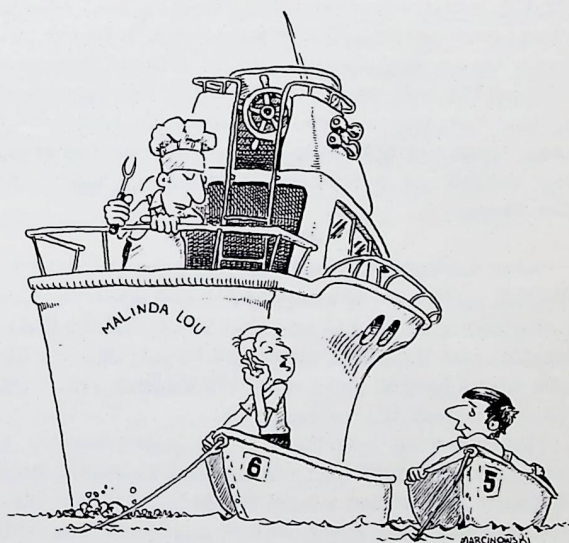
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*"what it is, is the first one fully endowed
in the history of the sport."*

such parameters as glucose, proteins, fatty acids, lactates, pH, hemoglobin, and electrolytes. A recent study conducted with high school wrestlers (20) suggested that at the time of weigh-in all athletes were dehydrated and that the high urinary levels of potassium and changes in other urine parameters indicated the need for a more careful medical examination with special reference to diagnosis of renal ischemia.

The lightweight oarsman must meet a minimum weight requirement and based on research in our laboratory and others, it appears that the safest method of doing this involves a gradual loss of weight from the pre-competitive training period to the first regatta. We suggest that the average weight loss per week be 1-3 kg for the lightweight oarsman and 2-4 kg for athletes with greater % body fat. The lightweight should be within at least 3 kg of the required rowing weight 2 weeks prior to the first regatta and % body fat should not be below 8%. Under no circumstances should a lightweight oarsman be permitted to reduce his body weight by more than 2% over a week's period prior to competition. All weights and skin-fold measurements should be taken when the athlete is normally hydrated and at least 2-3 hours after eating. Perhaps these guidelines could be applied to coxswains as well.

Since the non-obese athlete has very little spare adipose tissue, weight reduction and maintenance should be carefully regulated. The approach to weight loss should be even more conservative and cautious than that suggested for obese people. Other than the extremes of surgery or

chemotherapy, the most widely used methods of weight loss are fasting, exercise, and dehydration. Lightweight oarsmen are expending 5000-6000 kcal/day, so any form of fasting and dehydration will abuse a body that is yearning for calories and water lost through high metabolism and evaporation. Exercise and/or eliminating excess food seem to be the choices for reducing body fat. Other than fat, the only sources available for weight reduction are body water and lean body mass, and to reduce some of one and/or both could seriously affect the lightweight oarsman's performance and maybe his health. Although basic metabolism and suggested weight losses cannot be equated for obese and non-obese people, certain general guidelines for weight loss and maintenance are compatible.

The non-obese athlete should observe the following suggestions:

1. eat a well balanced diet
2. eat smaller, but more frequent meals
3. chew food slowly and thoroughly
4. avoid fasting and fad diets
5. replace water loss
6. reduce carbohydrate intake
7. decrease intake of solid fats
8. keep protein intake up
9. use unsaturated fats and oils
10. emphasize intake of fresh fruits and vegetables
11. snacks should be nutritious too; no junk food
12. supplement diet with vitamins and minerals

LOSING WEIGHT — A Case Study

by Greg Kubicek

FALL

When I graduated from high school, I weighed 178 lbs., never cared about my diet, and was probably a little round, but not fat. After a summer of hard work and play I weighed 173-175, and at the introductory meeting for freshman lightweight crew, where 170 was announced to be the cut-off between heavies and lights, in my mind the difference between 170 and 175 was small. Because the heavies looked awful big and I wanted to make the team, my chances appeared better with the lightweights and that was what mattered. The subject of weight didn't come up again until after Christmas.

PRE-SEASON

After Christmas, weight began to be important, and so did the work-outs. When I tried to cut down on my intake, I felt weak. I needed the calories. Since making the boat, not weight, was the goal I continued to eat, arguing that everyone would have to make weight in the end, and if they could do it, so could I.

Not only was it easier to avoid losing weight, but there was also an incentive, since erg scores were higher for the big men, and to lose weight would seem to hurt my chances for the first boat. I ate believing that my food intake was related to my energy level, and needless to say, my weight stayed high.

Also, as I looked around, I saw other people with weight problems, and since it's always reassuring to have company

when uncertain, I watched what other team members ate and followed suit. Surely, if we all ate the same, our/my problems would go away.

My half-hearted attempts at weight control were not always appreciated by the scale. A missed dinner might not budge the needle, while on other days after eating a lot, the needle wouldn't go up, and sometimes went down. It made little sense, so I decided to leave well enough alone and not get too caught up with weight control while making the boat was still the primary concern.

THE BOAT ANNOUNCED

Weight was suddenly the problem. I had to lose 11 lbs. in eight days. I fasted for the next two days and lost only three pounds. Panic struck. I couldn't keep this up. I needed to eat, at least occasionally. The problem was compounded when other team members claimed similar weight losses while continuing to eat, which highlights one of my major problems: after hearing about sensible, balanced diet reducing, I believed that one could continue to eat and still lose weight. If I had started sooner, this would have worked, but at this late point, only fasting could help.

For the rest of the week, I pretty much fasted. My spirits were high though, because the whole affair was novel and a challenge. Granted, on Thursday night, I experienced the first blackout of my life while walking from my bed to my closet; I somehow managed to end up on the floor. Before the season ended, I blacked out twice more, related directly,

It is obvious from these suggestions that management of weight loss by the lightweight oarsman or other non-obese athletes is not unlike that recommended for the obese individual; these suggestions deal primarily with diet and emphasize decreasing body fat deposits. Obese people are also encouraged to exercise in endurance-related activities. Since oarsmen and oarswomen are already engaged in a vigorous endurance exercise, one important method of weight loss is more than adequately handled. The lightweight oarsman may use routine exercise initially to reduce weight on a gradual basis, but to lose weight acutely by this method just before competition may exhaust valuable energy stores, produce deleterious metabolic substrates, and predispose muscular weakness and fatigue.

Although it is a general recommendation, eating a well balanced diet is extremely important, not so much for the management or maintenance of weight, but more to insure that the body is protected against the metabolic stresses of severe exercise. A group of scientists at Michigan State University (9) have shown that eating more frequent and smaller, well balanced meals per day will significantly reduce body fat and spare lean body mass. Most Americans tend to gulp their food quickly and in doing so do not take advantage of mastication and the early digestive processes. This leaves some food inadequately prepared for its complete digestion and as a result precious nutrients are lost because the food is not fully assimilated.

Many fasting and fad diets do not provide the minimum daily caloric requirements of a sedentary person and are of-

ten lacking in carbohydrates, minerals, and vitamins so necessary for an athlete. Fasting is indeed dangerous for the lightweight oarsmen. In addition to robbing the athlete of needed calories and nutrients, a fasting diet has been shown to significantly reduce lean body mass as opposed to decreasing fat depots and thus decreases the lean athlete's important and viable muscle tissue (13). The claims of fad diets are generally sensational and grandiose. For the most part they use a shot-gun, unscientific approach to dieting and make no allowances for individual needs.

Often the pivotal factor in making weight is the acute loss of body water. Water loss is extremely critical because the deficiency immediately affects circulatory and cell functions, and without adequate hydration, performance deteriorates and the means of cooling the body during exercise is lost. It is difficult for an athlete participating in endurance-related exercise to maintain a normal hydrated state, particularly in hot and humid weather. The thirst mechanism to stimulate rehydration is impaired after heavy exercise, and the athlete must over-drink to insure adequate rehydration, or suffer a water deficit. Some workers have suggested that athletes who are required to make weight become adapted to continuously dehydrated state. This may be true as long as the water loss is minimal, but our research with wrestlers tends to refute this claim as dehydration to 2% significantly decreased performance; even a rehydration period of 5 hours did not permit most athletes to regain normal performance levels, particularly in

(Cont'd on next page)

The case of Greg Kubicek, Harvard '78, illustrates the dangers of mixing an ignorant and irresponsible coach (your editor), a neophyte and determined overweight lightweight, and the desire to win.

I believe, to my weight loss.

Friday at 5 p.m., I made weight. Saturday morning at 9 I was once again 161. I'd gained nine pounds in sixteen hours. This was a pattern that I repeated every weekend. After weigh-in, I ate and ate and ate. Instead of "good" food though, because of my restraint during the week, I desired high calorie sweets: ice cream, doughnuts, pastries, and cheesecake. I wanted and needed food for energy. Well, I got it — and with it the excess baggage that shows so clearly on the scale.

The next week, though needing to lose the pounds all over again, I realized that I had to eat, since fasting was too hard. I sought the best of two worlds by eating a meal and Ex-lax for dessert. My reasoning was this: I needed food, or at least to chew, but couldn't afford the weight consequences. With Ex-lax, I thought, I could eat and still not gain weight.

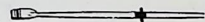
Putting this idea into practice was fine — the first few times, but I found I needed bigger and bigger doses of Ex-lax to work the miracle. Finally I found myself eating upwards of a bar of Ex-lax per day with virtually no results. Though I clearly needed another method to lose weight, I continued with Ex-lax, believing it could only help. I needed the help.

The all-protein diet was my next answer. Basically, this scheme allowed me to eat all I wanted of certain foods (proteins) and still lose weight. What I didn't realize at first was that proteins don't satisfy, or provide enough usable

energy for rowing. Constipation is another complication of the all-protein diet, and both features had a great effect on me.

By this point, I was spending about 16 hours a day in bed, basically getting up only to go to the boathouse. There was no energy left for anything else. In fact, there was little energy for that. My performances slipped badly. I was no longer able to row with much conviction. Rather than enjoying the thrill of good, hard work, I merely tried to survive the practices. I was eating very little during the week — only hard-boiled eggs and cottage cheese, and on weekends only ice cream, doughnuts and other high-caloric junk foods passed through my lips. On top of it all was the Ex-lax.

SEASON OVER

After a number of days of following my weekend pattern (ice cream, etc.), I tried to readjust to normal eating habits, but when I ate, I felt sick, though sweets were still easy to eat; good foods such as vegetables, fruits, salads all left me somewhat nauseated, and constipation was another great problem; during the season I would crap, on the average, once a week after my weekend splurge. That pattern didn't change even after the season. The cure took many weeks. I shifted my diet and ate bran like crazy (only to have it come up rather than go through). I wanted quick results, I wanted the scale to respond to my sacrifices, I wanted to be able to eat and still lose weight. In sum, I looked for short cuts rather than confront the problem directly. 

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POSITION STAND ON
WEIGHT LOSS IN WRESTLERS**

It is the position of the American College of Sports Medicine* that the potential health hazards created by the procedures used to "make weight" by wrestlers can be eliminated if state and national organizations will:

1. Assess the body composition of each wrestler several weeks in advance of the competitive season. Individuals with a fat content less than five percent of their certified body weight should receive medical clearance before being allowed to compete.
2. Emphasize that the daily caloric requirements of wrestlers should be obtained from a balanced diet and determined on the basis of age, body surface area, growth and physical activity levels. The minimal caloric needs of wrestlers in schools and colleges ranges from 1200 to 2400 KCal/day; it is the responsibility of coaches, school officials, physicians and parents to discourage wrestlers from securing less than their minimal needs without prior medical approval.
3. Discourage the practice of fluid deprivation and dehydration. This can be accomplished by:
 - a. Educating the coaches and wrestlers on the physiological consequences and medical complications that can occur as a result of these practices.
 - b. Prohibiting the single or combined use of rubber suits, steam rooms, hot boxes, saunas, laxatives, and diuretics to "make weight."
 - c. Scheduling weigh-ins just prior to competition.
 - d. Scheduling more official weigh-ins between team matches.
4. Encourage local and county organizations to systematically collect data on the hydration state of wrestlers in its relationship to growth and development.

*The services of the American College of Sports Medicine are available to assist local and national organization in implementing these recommendations.

Reprinted from the Sports Medicine Bulletin, July, 1976.

the lower weight classes where body water volume was comparatively less than in the bigger athletes. Water is certainly the most easily manipulated factor to utilize for a-cute weight loss, but it is probably the most dangerous.

Since carbohydrate intake seems to be the determining fat-producing factor in the body (13) its significant reduction in the obese person's diet is imperative. The athlete, however, cannot afford to radically decrease his carbohydrate intake, as it is one of the preferential fuels for energy. If the fasting athlete feels unusually tired, sluggish, and irritable during and after workouts, it could be a sign of hypoglycemia (low blood sugar), for, like body water, the carbohydrate levels in the body, whether circulating or stored, have a significant effect on performance. In order to

keep fat deposits low, it seems logical to reduce the intake of animal and dairy saturated fats and replace them with unsaturated fats and oils.

Among Americans snacking is a common practice and no one loves it more than the athlete in training. Because appetite is often inhibited immediately following a workout, the athlete may want only a light meal until the residual effects of energy depletion make him very hungry a few hours after dinner. This phenomenon very nicely fits the plan of frequent, light meals mentioned previously. The athlete should take care, however, to refrain from "junk" food or foods low in nutritional value, and should choose fresh fruits and vegetables even for snacks, as in all balanced diets.

One of the most controversial subjects in the study of nutrition is dietary supplement. Most balanced diets provide necessary proteins (meat and vegetable) and essential vitamins and minerals. For example, the recommended daily intake of protein for a normal adult is relatively low, 1 g/l kg body weight; recommended quantities of vitamin and mineral intakes are also low, but these dosages do not consider the metabolic stresses of exercise or the catabolic effects of fasting and dehydration in the lightweight. It is our belief that all athletes, particularly the endurance athletes, should supplement their diet with vitamins and minerals with an all-purpose vitamin and mineral tablet. However, it is important to point out that a variety of separate vitamins and minerals in excessive dosages will be of no benefit, and in some cases could be a health hazard. Current research suggests that there is no place in acceptable nutritional practices for megadose vitamin and mineral supplements. Our recommendation for protein supplementation is similar: a conservative approach that calls for an increase in both natural animal and vegetable protein at meal-time as opposed to protein powders or pills. If used, the latter should not more than double the normal daily intake of protein.

Weight loss and weight maintenance involve the complex interaction of many physiological and biochemical factors which magnify when the non-obese athlete loses even a small amount of body weight. There appears to be no safe means of acutely losing excessive amounts of body weight because the methods available to such an athlete (fasting, exercise, and dehydration) will have significant deleterious effects on performance. Prior to the competitive season the athlete should gradually lose fat-weight with the help of a careful "in-house watch dog" program in cooperation with coaches and administrators, to insure that no drastic measures are used for rapid and excessive weight reduction. Though further research in this area is necessary, it is our hypothesis that the lightweight oarsman practicing excessive fasting and dehydration is training and competing under definite physiological and psychological handicaps. It is commonly known that a competitive 2000 m race is one of the most significant physical stresses than can be placed on the body, while training for the race is an even greater stress. To train and compete with a serious injury in any active sport is a health risk and bad medical practice and usually results in poorer performances. An athlete who is constantly hungry, dehydrated, uncomfortable, tired, and has depleted his needed energy reservoirs, is certainly analogous to an injured athlete. Can any sport be genuinely fun and rewarding if the athlete has to be more concerned with the drudgery of weight loss and maintenance than with the rigors of training and the excitement of competition?

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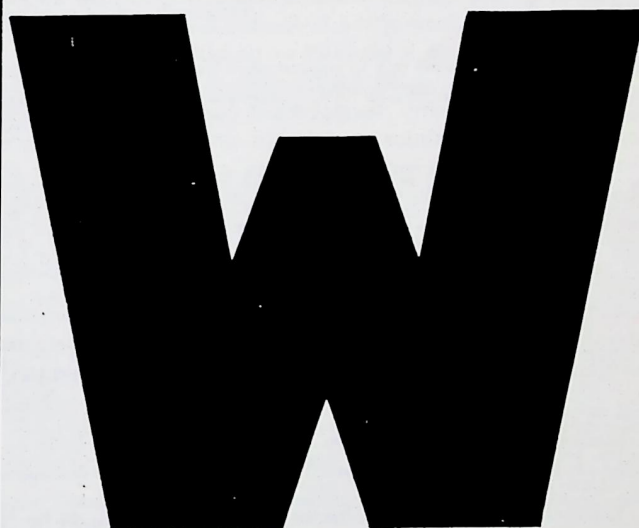
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Madison, Wisconsin

Seymour's Message

by Emory Clark

While the keynote speaker at the NAAO's Annual Rowing Dinner this past January was Donald Petersen, Associate Dean of Agriculture at Wisconsin, the keynote speech was delivered by Seymour Cromwell.

His message was positive in concept, eloquent in delivery. He said simply it is still possible to compete and win through one's own efforts. World class boats, and incidentally those of national and local class, can be developed without government money or, as he put it, feeding at Davy's trough — a reference no doubt to the NRF and its generous patron, Horace Davenport.

Supporting his thesis with a short rowing history lesson, he pointed to what he called the little pockets of strength that seemed to spring up across the country during Olympic years. Going from the Detroit Boat Club in 1956 (silver in straight four), to Lake Washington in '60 (gold in straight four, bronze in coxed pair), to Vesper in '64 (gold in eight), he suggested Wisconsin might well prove to be the next such pocket of strength. Viewed from rowing's hinterlands, struggling clubs, colleges with fledgling programs, schoolboy crews, it is wonderfully reassuring to hear a lone voice, even in the face of the invincible East Germans, saying "Hey, you can do it yourself — go out and row."

In the midst of heated controversy over national camps and technical advisors, development committees and seed money, coaching clinics and youth programs, Seymour's message is welcome indeed. It gives a shot in the arm to those determined oarsmen and women with abundant confidence in their own abilities, the willingness to work as hard as they have to, and perhaps just a touch of scorn for the bigwigs and the politics.

Many will disagree with Seymour as they have in the past (there has to be a master plan, you just cannot beat the East Germans with a haphazard effort), but do not misunderstand me. As I heard him, Seymour neither voiced nor implied criticism for the many and varied efforts of the rowing hierarchy. He simply suggested one need not wait for or count on some official initiative in one's rowing effort.

Cromwell perhaps best illustrates his own thesis as he is a pocket of strength unto himself — competing well, as Davy outlined, in Olympic trials 20 years apart ('56 and '76), and winning five FISA medals in the intervening years, including the Olympic silver in the double in Tokyo.

Present in Madison to be inducted into the rowing Hall of Fame and to urge the NAAO to endorse his proposal for match racing in FISA regattas (which I believe it did), Sy had requested that he might appear in the program only to have those in authority think better of it. Considered something of a maverick by the rowing establishment, some of the bigwigs had feared Cromwell might be more candid than was seemly following last season's international disappointments. But seizing his moment after receiving the Hall of

Fame plaque, Sy allayed their fears at the outset by promising, with a straight face, that he would not reveal any corruption. Nor did he.

I am not sure what made Seymour so impelling. To hear a great competitor talk from the heart about the sport he loves in an unassuming and modest way is enough, I suppose, and when he gives life and color to his remarks with hair-raising tales of his FISA regattas, one would listen all night. Describing the start in a single between Russia's three time Olympic champion, Ivanov, and Australia's renowned chicken sexer, MacKenzie, he said MacKenzie subtly undermined his mental preparedness by yelling over "Hey Yank, you're not ready", then kicked off on the "Etes of the "Etes vous prêts?" and, when the bell rang for the false start, yelled again, "Hey Yank, telephone for you". That, gentle readers, sent chills up your normally cool reporter's spine.

Sy thought there must be a stronger word than "nervous," saying one had to be crazy to subject one's self to that kind of pressure, and suggested that he did not have that quality as he had never won the gold. Most of those who have shared the experience of being at the starting line in a World Championship or Olympics have their own characterization: terror; the desire to trade places with anyone on the bank be he Japanese, Arab or German; the prayer for a last minute equipment break that will cancel or at least postpone the moment of truth. Seymour has been there as much or more than most of us, and certainly no one listening nor any against whom he has rowed would agree that he lacks some essential ingredient of the champion.

There were, of course, other important points of interest of the evening in Madison, most of which no doubt have already been officially reported by your efficient editor.

You should know, however, that with perhaps some gentle nudging from your tactful reporter, the University of Wisconsin's athletic director, Elroy Hirsch, despite an understandable football bias, graciously pledged his staunch and unwavering support for rowing at the University of Wisconsin.

There was a film objectively narrated by Anita DeFrantz depicting Harry Parker in various postures and expressions of agony as his launch followed the '76 National Women's Eight. Billed as an expose of how Harry really feels about women's rowing, the film had, it seemed to this impartial observer, altogether too many shots of Harry's legs.

There were other presentations, speeches and awards, but the evening clearly was Seymour's. I am not sure what being a member of the Rowing Hall of Fame will mean to him, but I know that for every oarsman in the Hall of Fame or who will be inducted, the honor takes on a new and increased significance with the inclusion of Sy Cromwell.

THE HEAD-OF-THE-CHARLES® REGATTA

AMERICA'S FALL ROWING FESTIVAL

October 23, 1977

CHARLES RIVER, BOSTON, MASS. U.S.A.

DISTANCE 3 MILES

INDIVIDUALLY COMPUTER-TIMED

ORDER OF EVENTS

	Points	Estimated Starting Time
1. Veterans' Singles	(30)	10:00 a.m.
2. Women's Fours with Coxswain (White Stag Trophy)	(45)	10:25 a.m.
3. Double Sculls (Cromwell Trophy)	(40)	10:50 a.m.
4. Lightweight Eights (Boston Herald American Trophy)	(70)	11:10 a.m.
5. Elite Fours with Coxswain (Schaefer Trophy)	(50)	11:30 a.m.
6. Novice Singles	(20)	11:45 a.m.
7. Intermediate Fours with Coxswain	(35)	12:10 p.m.
8. Women's Singles	(30)	12:25 p.m.
9. Youth Eights	(60)	12:55 p.m.
10. Intermediate Singles (Louis B. Hawes Trophy)	(25)	1:10 p.m.
11. Pairs without Coxswain	(40)	1:35 p.m.
12. Lightweight Singles	(30)	1:55 p.m.
13. Intermediate Eights (Boston Mayor's Trophy)	(55)	2:20 p.m.
14. Masters' Singles	(30)	2:35 p.m.
15. Lightweight Fours with Coxswain (M.D.C. Trophy)	(45)	3:00 p.m.
16. Women's Eights	(70)	3:20 p.m.
17. Elite Singles (Laurence Curtis Trophy)	(35)	3:35 p.m.
18. Elite Eights (Boston Globe Challenge Trophy)	(80)	4:00 p.m.

Notice of each entry's acceptance and/or final disposition will be mailed as soon as it is known.

Any entry that contains an incorrect statement which results in an unwarranted advantage shall be subject to disqualification.

Veteran scullers' ages (at birthday nearest to Regatta Day) must be at least 40 years and must be shown on the Entry Forms. An eight-second handicap will be granted for each year over 40.

On Regatta Day, all competitors in *Youth Eights* must be less than 20 years old, and *Master* scullers must be at least 30 years old.

No one may enter more than one single-sculling event. The terms "Intermediate," "Senior," and "Elite," are as defined by the NAAO.

Competitors who won medals (top five places) in any Intermediate Event in the 1976 Regatta are not permitted to race in any Intermediate Event in the 1977 Regatta.

All competitors in Women's Events must be females. Organizations that are members of the NWRA, but not the NAAO, may not be represented by male competitors.

Novice scullers must not have sculled in any regatta prior to 1977 nor have won any sculling race during 1977, and must not be Senior or Elite sweep-oarsmen.

Registration will open on Saturday, October 22, 1977, but weigh-ins will be conducted between 6 a.m. and 9 a.m. on Sunday, October 23, 1977. Lightweight scullers must not weigh more than 160 lbs., and each lightweight crew must weigh in as a unit and not average more than 160 lbs., nor contain any individual oarsman weighing more than 165 lbs.

Entries for composite crews (representing more than one organization) will be automatically returned unless signed by the individuals in charge of competitive rowing at each of the organizations represented, and will not be ranked above other entries from any of those same organizations unless clearly indicated by the individuals signing the entry form. Composite crews are not seeded, do not earn any "points" and are ineligible to win any trophy.

All inquiries (other than entries) should be directed to:
REGATTA
P.O. Box 52
Cambridge, Massachusetts 02138, U.S.A.
Phone: (answering service) 617-354-3176

A special medal will be awarded to the fastest sculler in the Veteran Singles Event. A special medal will be awarded to the fastest *intermediate* sculler in the Lightweight Singles Event who did not win an Intermediate medal in the 1976 Regatta, provided that sculler's eligibility to compete for the 1977 medal is properly indicated on the Entry Form. The *Princeton Trophy* will go to the fastest eight representing a secondary school, and the *Paul Revere Point Trophy* will go to the organization amassing the greatest number of "points" in the over-all Regatta.

Entries will be accepted only from organizations which for at least three months immediately preceding the Regatta, are members of the NAAO or the NWRA, or if from a foreign country, are approved by their FISA-recognized governing body.

Entries are limited to forty per event. Single sculling entries are accepted in the order in which they are received — crew entries are accepted on a "per organization" basis. All entries must be submitted on official 1977 Head-of-the-Charles Entry Forms and must be fully paid. Any entry received without the proper fee and any entry received after October 7th, will automatically be returned.

Changes in "boatings" will not be accepted after entries close on October 7th except as permitted by NAAO rules on substitutions. Because any accepted entry may have resulted in another's exclusion, withdrawing or scratching after October 7th is not condoned and may jeopardize the acceptance of future entries from the offending organization.

Entries accepted for racing shells only.

Please do not telephone Regatta officials with inquiries that can easily be handled by mail or wire. Your continued attention to this courtesy is very much appreciated.

SEE ANNOUNCEMENT PAGE 41

Keeping Cox'ns Warm—

by Penny Chuter
reprinted from
Rowing Magazine
Jan/Feb 1974

There must be many coxswains who regularly express the same feeling. They also, no doubt, express it somewhat more forcefully. There is good reason, I believe, to throw a little light upon this state of affairs.

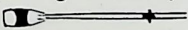
AREAS OF THE BODY MOST SUSCEPTIBLE TO EXPOSURE TO THE COLD

Greatest heat loss occurs where there is no fat protection, namely the wrists, ankles, back of the neck, lower spine and the head. The head constitutes a very large surface area and the skin is very fine. Too few coxswains and oarsmen wear head protection in the winter. It will be noted immediately that all these areas are ones where our normal clothing joins, or, as is usually the case, doesn't join, and one very obvious example is the number of crews seen out training with every member revealing a vast area of lower back where shorts and shirt fail to meet. This is not only an area of great heat loss, but it is also very near the kidneys, which are inclined to malfunction when exposed to extreme cold! Consider also that this area is the most exposed to the wind, and those rowing bow suffer most?

PROTECTIVE CLOTHING FOR COXSWAINS

1. Ensure that the cox is thoroughly warm *before* going out. (Could join in crew warm-up.)
2. Always cover the head, ears and neck. Balaclava type hats, polo-necked jumpers and scarves. In wet weather a waterproof hat as well.
3. The hands must be kept *dry* as well as warm and the wrists must be fully covered. Ordinary household rubber gloves (the lined variety) worn over knitted gloves are the best solution, but any type should have a long cuff.
4. Ankles and feet often get wet in the process of getting into the boat and this should be avoided at all costs. Gum-boots are ideal but should *not* be worn *in* the boat as they mean sure drowning if the boat sinks. Again long socks to protect the ankles.
5. The whole problem is really one of ensuring that no gaps appear anywhere, and this calls for overlaps wherever clothing joins.
6. Several thin layers hold the heat better than one thick layer and wool against the skin is best.
7. All clothing is useless if wet and thus waterproofs are essential.

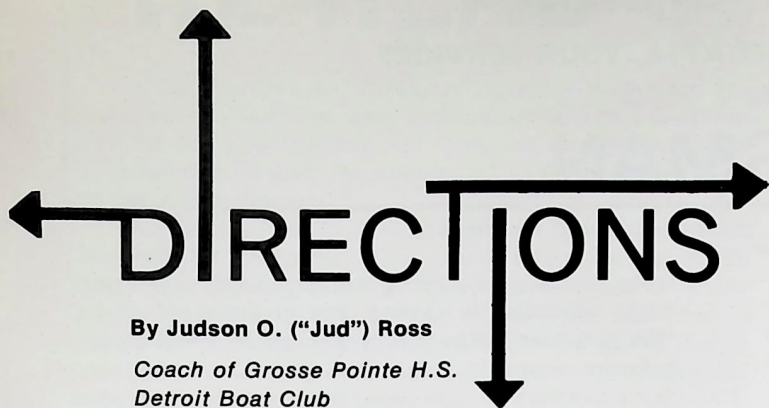
All this may sound like "pampering", but in terms of safety it is essential, and in terms of improved concentration and dexterity it is surely worthwhile. From experience I know that coxes won't wear enough clothing unless continually nagged to do so.

The real answer to the problem of protection and insulation against cold and wet is a wet suit or dry suit, and since canoists, water-skiers and divers have used them for many years now, it is amazing that the "rowing fraternity" has not yet made use of them for coxes. 

not a matter
to be pooh-poohed!

"Nobody knows tiddeley-pom,
How cold my toes tiddeley-pom,
How cold my toes tiddeley-pom,
Are growing."





DIRECTIONS

By Judson O. ("Jud") Ross

*Coach of Grosse Pointe H.S.
Detroit Boat Club*

De La Salle H.S. Detroit

St. Anthony H.S. Detroit

Salisian H.S. Detroit

Wayne State Univ. Detroit — 19 years

Detroit Rowing Club — 1948 to '58

After reading a very lengthy article in a recent *The Oarsman*, it appears we have much confusion and dissension in our efforts to develop crews of hopeful perfection.

Here is the last letter I received from the sage old George Pocock. I was greatly disturbed at the lack of ability of both the United States and East Germany to row in the 1972 Olympics and the lack of improvement since. Both myself and my daughter, Linda, who has spent many hours in a coaching launch observing, noticed the vast difference and wrote to George Pocock about it.

This letter, one of his last, should be of great interest to all oarsmen (box below).

I have been in rowing continuously since 1927, coxing, rowing lightweight and coaching since 1938. The rewarding part is learning so much about the simplicity of good rowing as well as the unselfish dedication of most good oarsmen. The very spirit of crew rowing is a thing that is catching. Great crews are not made up with individual stars. The crew will row its best when they finally know who they row best with.

Here are some suggestions that might deserve some serious thought:

1. It is hard to believe you can pick 8 or 16 men, plus a couple of (very important) coxswains, by experience or strength and expect a winner in a short time. The more oarsmen get in shape, the touchier they become. It is hard for a single coach to take them over.
2. When the thrill and joy of just rowing with your crew has gone, to keep on rowing amounts to dissension! You cannot have forced dedication, *never will*.
3. Special times on the courses, with the current, against the current and wind calculations, the results of great

October 19, 1972

Dear 'Jud',

Many thanks for your letter of 16th. Stan was at Munich and I was not, but he did much observing. He said European rowing had gone downhill a bit, he thought. New Zealand rowed more like American crews used to row. I was over in New Zealand in early March, to see the New Zealand Championships at Wangamanga and they row very similar to what we used to. They picked 40 men to form the training camp and found them jobs at 6 hours a day. Rowed 1 hour before breakfast and 2½ hours before supper, that program for 5 months. They were a perfect crew.

The trouble with modern day rowing in the USA, they have gone away from the 3 R's, which were "ROWING, ROWING and ROWING" and have gone to "RIGGING, RIGGING and RIGGING," which has been the death knell of good crews.

Your daughter was so right in her observation that the U.S. and E. Germans, and all the others for that matter, did not finish their stroke through. Some of it is due to the demand for too stiff an oar. They are utterly wrong on this. Anybody who uses a tool, an axe, a hammer, a shovel, etc., knows there must be a spring to the handle. *An oar is a tool*. Size of blade and length, don't mean a great deal beyond what is proven good, and won more races than you can count: 12'1" over all, 3'7" inboard, 31" spread, 7" blade.

All this adjustable junk worries the oarsman is he rigged right? It gives them an alibi. If they were allowed to think more of their rowing, it would help. Good rowing is what wins races, not rigging. A man is more adjustable on himself than what you can rig him. "Concentrate on rowing" is the watchword.

All crews I have seen in late years wash out. The old professional admonition was "Hold the water." They wash out, and leave their body weight up on the bow, instead of moving their weight out via the blade. My observation of the East German crew was that they were only taking a half stroke, no reach and chopping off the finish. They gave the boat a tremendous thrust or lift, but it stopped between strokes. There was no run between strokes which the command "Hold the water" gives to a boat. Stan noticed something that he had never seen before: there were waves coming from the sides of boat, denoting they were lifting the boat, and dropping it — causing side waves.

The old skills are still the best in my book. I think rowing has got into the hands of non-oarsmen, who use a scientific approach, whose theories would be O.K. if a man was a machine. The stiff oar for instance, a connecting rod to a piston has to be stiff, but a man is not a piston. Good rowing still wins races and the more miles under the bottom of the boat is more important than wasting the time on rigging.

With warm regards,
George

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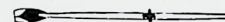
THE OARSMAN

strength with weights or "Ergometers," will not make champions. Only lots of competition when the crews have rowed enough together to reach that inexplorable click, will crews have a chance to win with confidence. This is quite often beyond the coaches' best efforts.

4. Rowing has been too cloistered is the complaint of many sportswriters. Almost as though it was an exclusive secret. Either it is hard to explain, or there are too many petty jealousies among clubs.
5. Coaches get too involved with rigging and styles of rowing, thus consider *themselves* the winners. The simplicity of rowing is a natural thing and only the oarsmen win. This "my crew" attitude of some coaches has prevailed too long.
6. There is such a slight, necessary adjustment difference needed between the right and wrong with rigging. Most boat builders build a shell to the way it should be rowed. Coaches need only to observe the blade through the water and at the catch and finish. Whether the oarsmen

looks natural or is fighting the oar, usually only a very slight correction is needed. The greatest old cliché, "Records have not been broken by boats, it has always been the oarsmen!"

7. Our supremacy of eight oared Olympic crews has faded and even our close losses seemed to have been in a frantic effort. We have had all too few truly great crews. The best heavy crews I have seen in the last 25 years are only four — Navy and Princeton, 1952; Harvard Frosh, 1963; and New Zealand, 1972.
8. The answer to our dilemma may lie in the simple suggestion of George Pocock's letter. Rowing in itself is a great conditioner and "Mileage" as we have always known makes champions in sweep oar as well as sculling. First, good conditioning, dedication, love of rowing, technique and smooth rowing with little disturbance to the shell's progress in the water. Then on to lots of competition, but not until then!



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THE HEAD OF THE HARBOR

As the sun rose on November 14, you couldn't see the L.A. Harbor. The skys were overcast, drizzle was drizzling, and the 850 people scheduled to splash through the water were arriving. It was the morning of the Fifth Annual Head of the Harbor Regatta.

Only once before, in 1973, had Mother Nature threatened the Head of the Harbor. That year it was an attack of fog that made crossing the main harbor basin in search of the course buoys more like a game of hide and seek than a "Head" regatta. The real nemesis of the Head of the Harbor has been man-made, in the form of floating behemoths, as we shall see later.

The more competitors, officials, Coast Guard, Marine Corps (communications network), L.A. County Sheriff's Department (competitors) and L.A.P.D. arrived, the less drizzle Ms. Nature dared unleash upon us until finally, right on schedule, the wet quit falling and the P.A. boys uncovered the equipment and cranked up the music. It was race time.

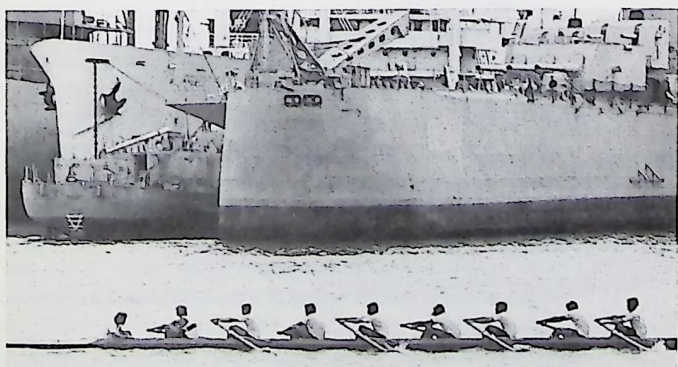
For 1976, two events had been added: Women's Lightweight Eights and Fours. This brought the total to 25 events to be run between 8:00 a.m. and 1:00 p.m. All 170 entries launch and land at the host's U.S.C. Boathouse with shell storage and spectator areas on the adjacent lumber yard dock.

The first event, the Freshman Fours, was launched at 7:40, followed by the Women's Eights events. The start of each event progressed smoothly on schedule. However, the Women's Eights were the first to be forced to accomodate those floating behemoths. A Texaco oil tanker left its berth, bound for the high seas, and was crossing the normal course turn-around point. The officials designated an earlier turn and the first women's boats to reach this point (and overshoot it) were confronted with some improvisational course work.

Things quickly returned to normal as subsequent events were able to negotiate the course they had anticipated. Things also returned to normal at the finish line as the Mission Bay R.A./Zlac took three of the first six events. U.C. Berkeley was holding its own as the Cal women took 1st and 2nd in the Women's Open Eight and Cal finished 2nd and 5th in the Pair w/Cox.

It was about this time that a Matson container/cargo ship arrived from Hawaii and headed for a berth about 1/4 mile down the course. Things were delayed slightly while the tugboats went about their business.

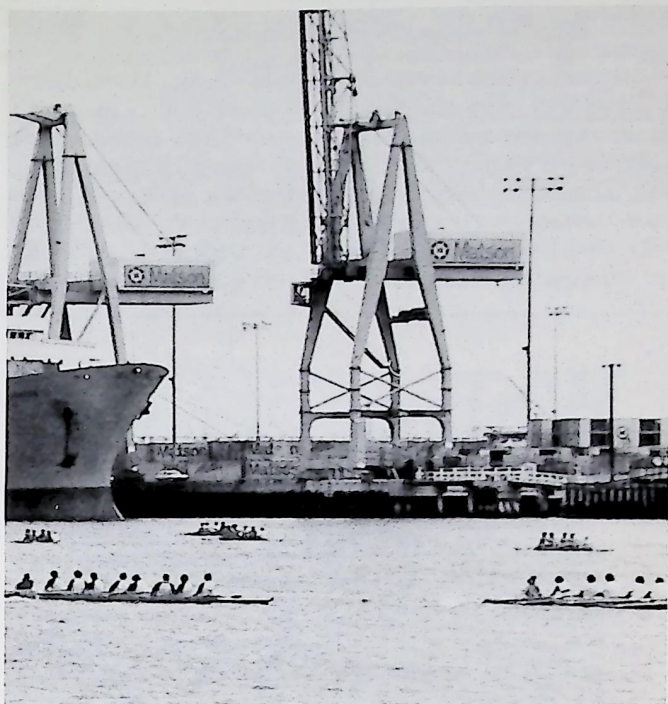
photo: Pat Hadden



OCC's Frosh Eight dwarfed by local residents.

photo: Pat Hadden

by Gregg L. Mayfield



As racing continued, John Van Blom once again dominated the Men's Singles event, in which half of the entries came from the Long Beach Rowing Association. M.B.R.A./Zlac and L.B.R.A. traded 1st and 2nd place finishes for the next seven events except in the Novice and High School Eights race. First and second place U.C. Irvine and U.C.L.A. had a "coming-together" at the finish line in which the U.C.L.A. bowman found himself surrounded by Irvine oarsmen.

Another freighter made its departure at this point. It considerably passed through the warm-up/staging area with a minimum of disruption. The races continued to proceed nicely, as Berkeley won the Freshman Eight, the Trojan Rowing Club took the Straight Pair, Joan Lind once again won the Women's Single, and M.B.R.A./Zlac and L.B.R.A. split the majority of the remaining events.

With 21 entries, six more than last year, the final Open Eight event was the largest of the day. The Motley Rowing Club was eager to avenge its loss the previous year to Cal. A group of University of Washington Alumni made the trip from Seattle to give everyone a run for their money, and U.C.L.A. was all geared for an upset. Unfortunately, none of this came to pass, as the Open Eight was beset with the same problems as the Women's Open Eight.

After the race had started, an oil tanker left its berth, two and a half miles down the course. It was headed out and had to traverse the turning basin in which the course makes a 270 degree counterclockwise turn. The first several eights to reach the turn negotiated the designated course. But as the outbound oil tanker encroached on the proceedings, the officials started turning the boats at shorter points along the course. The result was that nearly every boat in the race rowed a course of a different length, by as much as a half-mile.

(Cont'd on next page)

The decision reached by the officials at the end of the regatta was to declare the race a 21-place tie and list the race times by the order of their start. While everyone was not overly thrilled with this turn of events, it had no real bearing upon the race for the overall points trophy. M.B.R.A./Zlac won the Donohugh Sweepstakes Award handily for the second year in a row, outdistancing L.B.R.A. by over 150 points.

All in all, it was an excellent day of rowing. The competitors also saw more freighter traffic during the course of five hours than one sometimes sees on a given weekday, and easily more traffic than during the whole of the previous four regattas combined. The Head of the Harbor. If you've never rowed alongside a floating behemoth, join us this year. The next annual David-Goliath Regatta is scheduled for November 6, 1977. 

RESULTS

FRESHMAN FOURS (40 points) 1. U.C. Irvine 29:18, 2. Trojan Rowing Club 31:14; **WOMEN'S OPEN EIGHTS (80 points)** 1. U.C. Berkeley "B" 27:07, 2. U.C. Berkeley "A" 27:09*, 3. M.B.R.A./ZLAC 27:22, 4. Lake Merritt R.C. 27:55, 5. U.C.L.A. 28:10, 6. Oakland Strokes 28:27, 7. Cal State Long Beach "B" 29:05, 8. Loyola/Marymount U. "C" 29:42, 9. Stanford Crew Assoc. "A" 29:57, 9. Cal State Long Beach "A" 29:57, 11. Cal State Long Beach "C" 31:33*, 12. Trojan Rowing Club 32:34, 13. Loyola/Marymount U. "B" 32:35, 14. Loyola/Marymount U. "A" 33:41; **WOMEN'S LIGHTWEIGHT EIGHTS (45 points)** M.B.R.A. 28:41; **WOMEN'S HIGH SCHOOL EIGHTS (40 points)** 1. M.B.R.A./ZLAC 29:39, 2. Oakland Strokes 29:54; **WOMEN'S DOUBLES (40 points)** 1. L.B.R.A. "A" 29:44, 2. L.B.R.A. "C" 30:24; **PAIRS W/COX (40 points)** 1. M.B.R.A./ZLAC de Boer 33:15, 2. U.C. Berkeley "A" Piferis 33:53, 3. U.C. Santa Barbara "B" Kehoe 34:18, 4. Trojan Rowing Club "A" Gottschalk 34:31*, 5. U.C. Berkeley "B" Pursell 35:48*, 6. Trojan Rowing Club "B" Bates 37:13, 7. U.C. Santa Barbara "A" Brown 41:13; **MEN'S SINGLES (35 points)** 1. John Van Blom 31:37, 2. Chick Leonard 32:43, 3. Rich Reijnen 33:38, 4. James H. Willis Jr. 33:51*, 5. Bill Stout 34:02, 6. Jim Muenzer 34:28, 7. Andy Kerr 34:42, 8. Richard Laurance 35:45*, 9. Tim Fellows 38:13*, 10. George Horvath 37:48, 11. Mark E. Schultz 39:38*, 12. Ylc Ziegler 42:16*, Rod Freed FLIPPED; **MEN'S WHERRY (25 points)** 1. Steve Estes 17:53, 2. Bob Rogar 18:22, 3. Gilb 18:28*, 4. Vincent Beggs 22:00*; **LIGHTWEIGHT FOURS (35 points)** 1. L.B.R.A. 29:05, 2. M.B.R.A./ZLAC 29:11, 3. Stanford Crew Assoc. 30:56, 4. Cal State U. Long Beach 31:36, 5. Loyola/Marymount Univ. 33:30, Trojan Rowing Club SCRATCH;

Walker of the Weekly (Weakly?)

by Steve Walker

Union Bay, for those of you who don't know, is that putrid inlet on Lake Washington between Webster Point and Husky Stadium. And that body of water I've rowed over hundreds of times. Thousands of times. It laps at what used to be the Montlake Dump, now parking lot, whose pressure squeezing the old dump causes the water of Union Bay to bubble and its islands to move around a lot, which used to give the coxswains problems.

We had all rowed under Coach Richard Erickson, who began coaching at Washington in 1966 and assumed the varsity coaching job in '67. Dwight and Crazy Larry had been part of his first freshman class.

The resentment and fear with which the majority of West Coast teams regard Washington had never really struck me until one weekend in Oregon rowing in Washington's fourth boat (having worked my way up that far) when we lost a photo-finish in a 12-boat field to U. of Oregon, and I heard the crowd on the beach screaming not "Oregon won" but "Washington lost."

My brother still receives *Oarsman* magazine for some reason. A fine journal: I never got mine even when I subscribed. He read about last year's Head of the Harbor Regatta in L.A. and called up a bunch of oarsmen of yesteryear to see if anybody was interested in one more row.

Having spent the better part of five years at a desk, I have come to regard my body with sentiments usually reserved for my automobile: kick it when it stalls and avoid opening the hood at all costs. Two thousand meters wasn't easy *then* . . . yet the ego presses on.

So I find myself behind an oar again recalling favorite blisters. Naden's been rowing a single, still in shape; Byrd is back from coaching at Navy, Crazy Larry has been rowing too, Greg Miller looks like he never stopped lifting weights, Dewey to coxswain,

Dee, Bill, myself, and Fargo who can meet us in L.A. Right, Fargo.

All told, that makes five port, three starboard and we row a giant arc. Now brother Bill breaks the news to us that this race isn't 2,000 meters; it's four and a half miles.

Eight weeks before the race we get together for an optimistic row. Naden goes out in his scull, we borrow a starboard oarsman from our old coach at the University, not to mention a boat and ours.

From the first it was "however much *you* guys want to do . . ." leaving it to somebody else, eventually coxswain Dwight, to call a halt. Nobody was genuinely in shape for this thing but nobody was going to be the first to crap out either.

Two weeks later we try another; Byrd can't make it up from Vancouver. Erickson lends us Dee's younger brother again, and lets us join his Saturday turnout. He gives us a break with a light workout, and we look good on the drills; we know how to cheat better than they do. We run one five-hundred and with a mighty effort edge his fourth boat.

Erickson's oarsmen are referring to us as the "ghost-of-Christmas-past boat."

We get in three more workouts, once in an eight, before race weekend. Naden can't make the trip so we will indeed meet Fargo in L.A. Still short a starboard though, we borrow Mark Umlauf from the University. Umlauf rowed in the last Olympic camp and we're gonna let him row with us. The eight of us wedge ourselves into two deliver-a-cars and Byrd's Vega and head out late Friday night.

Twenty hours later we crawl into a spaghetti and beer last supper. Dwight calls Fargo and tells him we've been doing two-a-day workouts for the last week. He can meet us in the morning.

The course takes a lap across L.A. Harbor and back and includes a loop turn and a chicane. Also it's an open course, which means that officials have failed to obtain permission from the Coast Guard to close the harbor to regular marine traffic, so all are advised to take care. This all seems peculiar to us, but they do

This article first appeared in *The Weekly*, Seattle, Washington.

NOVICE & HIGH SCHOOL EIGHTS (40 points) 1. U.C. Irvine "A" 30:53, 2. U.C.L.A. "A" 31:36, 3. U.C.L.A. "B" 32:14, 4. U.C. Irvine "B" 32:19, 5. Trojan Rowing Club "A" 32:44, 6. Trojan Rowing Club "B" 33:19, 7. Loyola/Marymount Univ. 33:58*, **Oakland Strokes SCRATCH**; **MEN'S DOUBLES (40 points)** 1. L.B.R.A. 30:33-, 2. M.B.R.A./ZLAC 31:23, 3. San Diego R.C. "A" 31:36, 4. Stanford Crew Assoc. 41:59, San Diego R.C. "B" SCRATCH; **WOMEN'S OPEN FOURS (50 points)** 1. L.B.R.A. 31:16*, 2. M.B.R.A./ZLAC 32:50, 3. U.C. Berkeley 35:04, 4. Oakland Strokes 35:24, 5. Loyola/Marymount Univ. 35:46, 6. Trojan Rowing Club "B" 35:50, 7. Mills College Crew Club 35:53, 8. Stanford Crew Assoc. 36:41, 9. Trojan Rowing Club "A" 39:09; **WOMEN'S LIGHTWEIGHT FOURS (35 points)** 1. M.B.R.A./ZLAC "A" 34:28, 2. L.B.R.A. 35:00, 3. Oakland Strokes 36:01-, 4. U.C.L.A. 36:15, 5. Lake Merritt R.C. 37:43, 6. M.B.R.A./ZLAC "B" 38:51-, 7. Trojan Rowing Club 39:17*; **WOMEN'S HIGH SCHOOL FOURS (30 points)** M.B.R.A./ZLAC 45:49*; **FRESHMAN EIGHTS (50 points)** 1. U.C. Berkeley 29:22, 2. Orange Coast College "B" 30:27-, 3. U.C. Irvine "B" 30:30-, 4. Trojan Rowing Club "A" 30:49, 5. U.C.L.A. 30:50, 6. Loyola/Marymount Univ. 31:03, 7. U.C. Irvine "A" 31:08-, 8. U.C. Irvine "C" 32:16, 9. Orange Coast College "A" 33:10, 10. Stanford Crew Assoc. 33:38, 11. U.C. Santa Barbara "A" 33:46, 12. U.C. Santa Barbara "B" 35:58*, 13. Trojan Rowing Club "B" 36:46; **COXSAIN'S WHERRY (25 points)** 1. Keith Wood 19:21, 2. Allan Klear 21:25, 3. Clyde E. Royston 21:44, 4. Dave Marcy 21:49, 5. Allard 21:59; **PAIRS W/O COXSAIN (40 points)** 1. Trojan Rowing Club 39:12-; **MIXED DOUBLES (40 points)** 1. Van Blom, Lind 33:00, 2. Muenzer,

O'Reilly 34:42, 3. Skaalen, Levy 35:23, 4. Rich, Rich 38:40-; **OPEN FOURS (50 points)** 1. M.B.R.A./ZLAC 31:37, 2. Stanford Crew Assoc. 31:59, 3. Mt. Whitney Ski Club 32:47-, 4. Loyola/Marymount Univ. 32:55, 5. Orange Coast College 33:10-, 6. U.C. Berkeley "B" 34:03, 7. Trojan Rowing Club 34:43, U.C. Berkeley "A" SCRATCH; **LIGHTWEIGHT EIGHTS (45 points)** 1. M.B.R.A./ZLAC 27:36, 2. L.B.R.A. 28:22, 3. U.C.L.A. "A" 28:50, 4. Loyola/Marymount Univ. 29:23; 5. Trojan Rowing Club 30:09-, 6. Stanford Crew Assoc. 31:21, 7. U.C.L.A. "B" 31:50; **VETERAN SINGLES (30 points)** 1. Paul Donaldson (36) 44:12, 2. Mario Casatelli (57) 44:49, Dick Lyon (37) SCRATCH; **WOMEN'S SINGLES (35 points)** 1. Joan Lind 35:26, 2. Anne Benton 40:13, 3. Barbara O'Reilly 41:12; **WOMEN'S WHERRY (25 points)** 1. Unidentified 22:14, 2. Susi Caulson 22:36-, 3. Bebe Bryans 23:02-, 4. Margaret Burden 23:11; **NOVICE & HIGH SCHOOL FOURS (30 points)** 1. M.B.R.A./ZLAC 34:49, 2. Loyola/Marymount Univ. 38:11, 3. Oakland Strokes 38:15, 4. Orange Coast College 38:52, 5. Trojan Rowing Club 37:21, 6. U.C. Santa Barbara 38:28, 7. L.A. County Sheriff's Dept. 43:34; **OPEN EIGHTS (80 points)** U.C. Berkeley "B" 26:25, Motley Rowing Club 27:02, U.C. Berkeley "A" 28:49, Stanford Crew Assoc. "A" 28:48, U.C.L.A. "A" 28:12, Orange Coast College 27:22, Stanford Crew Assoc. "B" 28:46, M.B.R.A./ZLAC "A" 28:47, U.C.L.A. "B" 28:59, U.C. Irvine "A" 28:05, U.C. Irvine "B" 28:18, Loyola/Marymount Univ. 28:26, Trojan Rowing Club 28:53, U.C. Santa Barbara 28:14, U.C.L.A. "C" 26:53, Trojan Rowing Club Women 33:27, M.B.R.A./ZLAC "B" 26:56, Mountain Charley R.C. 28:59, Ivy Tech 28:28, U.C. Irvine "C" 26:26, Univ. of Washington Alumni 26:04. ALL EVENTS: (*) Indicates penalty added (-) Indicates bonus subtracted

things a little different in California.

All the same, it's a bigger race than we anticipated; the docks swarm with bulging bodies in contrast to our own somewhat sleek and pale physiques. The race is so big, in fact, that the shell we reserved has been given to another crew.

Fortunately we also get last launch, allowing time to enjoy a Coors while Dwight borrows a slightly patched freshmen shell from Santa Barbara and some oars from U.S.C. It is decided that Miller will row stroke, as we load ourselves into the boat. I am in the four-seat with Crazy Larry behind me and Bill in front. The boats are being released from the start as we clear the dock so our prerace warm-up is abbreviated to a sprint for the starting buoy.

Dwight calls to keep the stroke long. Fargo calls to keep it in perspective. The other boats are already out of earshot when we cross the start, and everybody is wet from our flail to the line, but the balance stables (slightly down on the port gunn'l, but stable).

A little wind off starboard; we lean into it. Some rollers; we dive through them. Dwight says we're closing on a boat and our exhilaration overcomes the fact that we've already gone two miles. We're at the turn and then a peculiar thing happened: I don't know if the captain was a rowing enthusiast seeking a closer seat or just couldn't tell 200 oarsmen in shells from cockroaches or splinters from the bridge of his supertanker, but an immense red wall loomed where the turn had been, cutting off all but the first five boats.

Course marshals appear, direct us to make a 90 and detour; Dwight is trying to organize a "starboard row, port back"; Crazy Larry never does stop rowing. In the chaos there is nothing to do but fix my attention to the back of the oarsman in front of me and concentrate on rowing exactly with him. Navigation is Dwight's problem.

We make another turn. Fargo's chewing his breakfast in the two-seat, but the hysteria of lost time and chaos drives us into catch-up rowing. Past one crew; it's the USC Women. But Dwight says we're closing on another boat. Can't overtake them before the bridgestruts which don't leave room for passing, so we power down to keep from over-running their stern. Fargo crabs, but doesn't go over the side, and

in two strokes he's got his oar back. Another boat is coming into our rearward vision. Gray shirts and oars must be Irvine. All their strained and steaming faces are turned towards us in amazement. I'm a little amazed myself, kids, it's been damn near three miles and my forearms are swollen tight as boiled sausages. Past the stern we can see our sets of puddles; Crazy Larry is leaving whirlpools and I'm afraid the boat will pull to port. Dwight is afraid our power is dropping off and wants us to take up the stroke.

Irvine drops astern while we chop through more rollers and harbor debris: boards, bottles, a blue-bladed racing oar... Dwight thinks we can catch one more boat and announces a sprint. We can hear the other boat yelling: they think we're Washington and want to hold us off. We pull by and open water on them.

And then we were over the finish. Fargo thrilled the fans with his sausage and eggs.

We hear that UCLA made a good run but at 26:04 we had fastest elapsed time. A course marshal in a small cabin cruiser wants to know how long we've been rowing together. Well, 26:04, actually. Since we were the only out-of-state crew in the race, the beach is quiet.

Meanwhile numerous protests are being filed about the supertanker incident. Despite public ranting, no other times are announced. Instead, after three hours of backroom deliberation and argument, the race officials emerged to declare this year's Head of the Harbor Open Eights Competition void so we could all go home undefeated, and the trophy stays right there. Official race results state that "concern was for safety, and due to unavoidable circumstances and course confusion time-adjustments are not possible..."

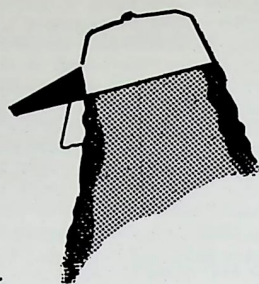
We prefer to think of it as a clear-cut case of us being cheated of an obvious victory, but opinions vary. Ah well, two weeks later the promoter of the San Diego Crew Classic is phoning around Seattle to locate a Union Bay Rowing Club; says a shell and lane will be reserved.

Union Bay 'Peckers, 11/14/76: Dwight Phillips, Greg Miller, Mark Umlauf, Bill Byrd III, Bill Walker, Steve Walker, Larry Johnson, Dick Thompson [Fargo], Dee Walker.



COACHES'

CORNER



THE USOC DEVELOPMENT CAMP PRESENTS:

Drills and Word Images found effective in coaching the four phases of the rowing stroke.

THE RELEASE

Drills

1. Rowing with one arm only, either inside or outside arm.
2. Rowing with blades square to learn downward pressure needed to extract oar from the water.
3. Half drive (from mid-drive position) and finish in stopped boat.
4. One man rowing in pair-oared shows effect of finish dumped into lap.
5. Pick drill with or without feather to develop finish timing.
6. Rowing with inside (feather) hand on varnish.
7. Release and glide.

Comments or Word Images

1. Pull elbows by the body so coach can see daylight in crook of arm.
2. Pinch the shoulder blades.
3. Function of hands...
 - a. Outside hand establishes the limits of the oar handle's movement.
 - b. Inside hand manipulates the oar.
4. Keep hands 3-5 inches apart on handle.
 - a. aid symmetrical power application
 - b. wider grip gives larger control base.
 - c. narrow grip restricts chest cavity and hinders full use of lung capacity.
5. Posture at finish is important, the head should rest over the shoulders and spine, not over chest which causes slump.
6. Pull oar handle to 'mark' on chest that sets the boat.
7. Release is most important part of stroke.
8. Tap the handle away.
9. Squeeze through, down and away.
10. Graze the thumb(s) on the body.
11. Relax at the finish and tap lightly.
12. Keep the spine erect and finish with arms to prevent long layback and lower back slump.

THE RECOVERY

Drills

1. Pause with handle over knees and then at extended back position to demonstrate sequence of body out of bow.
2. Pick drill.
3. Fractional use of slide to develop awareness of control $\frac{1}{4}$,

ERRATUM: Coaches' Corner

The word "diamater" appeared twice in the fourth paragraph of the January/February "Coaches' Corner" and should have read "circumference."

$\frac{1}{2}$, $\frac{3}{4}$ slide.

5. Alternate power and paddle strokes trying to maintain relaxed recovery on power similar to paddle.
6. Ultra slo-mo rowing.
7. Stop on coach's order during recovery.
8. Row with feet out of stretchers.
9. Stroke play at $\frac{3}{4}$ power with strokeman raising and lowering the stroke at will.
10. Turn oar full revolution in oarlock during recovery.
11. Arms away and pause with eyes closed.
12. Vary quickness of recovery (i.e., 3 quick - 3 slo...3 quick, - 1 slo).

Comments or Word Images

1. Let knees rise slowly.
2. Don't move slide until you feel a slight pull on top of thigh behind kneecap.
3. Watch the knees come up.
4. Let the boat run under you.
5. No pressure on the soles of the feet during the recovery.
6. Listen to the wheels on the recovery.
7. Let the oarhandle pull you out of bow.
8. Sit lightly on the seat, feel weightless on recovery.
9. Float forward.
10. Sit on a cushion of air.
11. Keep posture natural.
12. Pivot forward on the cheek bones.

THE CATCH

Drills

1. Start from over the knees position and roll to catch and take the water. Do not complete the pull through. After catch motion remove blade and return to over the knees. Boat is stopped during drill.
2. Row single strokes, starting and stopping over the knees.
3. Pick drill.
4. High stroke pick drill.
5. Whiz-bang — deliberately rushing slide (whiz) into a quick catch (bang). To learn quick entry and prevent slowing of slide just before catch.
6. High Stroke paddle.
7. Row with squared blade and catch on coach or coxswain's command.
8. Intentionally make back-splash at catch to reinforce blades nearest to the water.
9. Use outside (nonfeathering) hand to set the blade.
10. Single stroke from the finish line No. 1 and No. 2 above.
11. Single man rowing in a pair.

Comments and Word Images

1. When coach says 'quicker' at the catch he usually means 'sooner' in the stroke cycle.
2. Roll the wrist up at the catch.
3. Balance of oar makes burying the blade 'automatic' as oarsman merely guides the oar in.
4. The wrist motion at the catch is similar to working a yo-yo.
5. Pick flies off a table-top.
6. Unweight the hands as you approach the catch.
7. Loop the blade in.
8. Put the blade in a slot in the water.
9. Anchor the blade behind a peg.
10. Make sure the wheels are still rolling forward when the

catch is started.

11. With a soda can on its side, place fingers on can and roll can forward until can is in the grip of the whole hand...to demonstrate roll up procedure at catch.

THE DRIVE

Drills

1. Row ½ slide with straight back.
2. Pick drill.
3. Drive with the feet out of the stretchers.
4. Row single strokes with concentration on drive coupling.
5. Hook up and main draw with outside arm.
6. Row with inside hand on varnish.
7. Pull to 'mark' on body keeping boat set throughout drive.
8. Row air strokes — regular rowing but blade is in the air on the drive.
9. Body balance of boat without oar (held loosely) to learn suppleness and relaxation in waist, hips, back.
10. Alternate power and paddle strokes at continuous rowing to achieve same body relaxation on power as on paddle.
11. Single man rowing in pair keeping the boat level on drive.

Comments and Word Images

1. Focus concentration on drive during race.
2. Move the pin by the blade.
3. Uncoil the body on the drive.
4. Keep constant pressure on the stretcher and handle throughout the drive, and during the release.
5. Build the speed of the handle during the drive.
6. Drive the hips into the bow.
7. Pry the boat forward.
8. Let your body weight do the pulling.

ATTENTION ELITE SWEEP WOMEN

Aspirants to the 1977 Women's National Eight who have not received NWRA mailing that details training program for this summer's competition write for details to: Jay Mimier

1440 Monroe St.
Madison, Wisconsin 53706

ATTENTION ELITE WOMEN SCULLERS

Aspirants to the 1977 Women's National Quad Camp should describe their present training facilities and send them to: Pete Cortes

105 Needham Pl.
Ithaca, N.Y. 14850

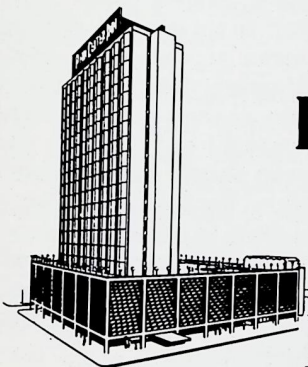
Included in the description should be the following: weight-lifting equipment, shells and sculls, as well as the present training program underway and training intentions leading to the trials.

ATTENTION REGATTA HOSTS

You are reminded to mail all racing results to:

Peter Raymond
60 Boylston St.
Cambridge, Mass. 02138

Results not received by June 8th will appear in the July/August *Oarsman*, if at all. Timeliness is *your* responsibility.



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CARE OF

Blisters are to the rower as adolescents are to society: painful, sometimes unattractive, potentially dangerous, to some extent detrimental to progress, but a necessary stage in growth. While blisters may be inevitable, with care of the hands and oar, they need not be significant.

The human skin seems to change, both while toughening within a season and from year to year, varying its resistance to abrasion. Whether such differences are controllable, say by diet, might be the subject of a medical study. Obviously rowing itself toughens the hands over a 3-4 week period, but often, during that period, makes the hands vulnerable to mild injury.

One precaution against such injury and acute blistering is a smooth oar handle. Roughing the oar or stripping the softer pulp from between the harsher grain lines only increases the abrasive effect on the skin, and does so unnecessarily. There is no need for any friction in the outside hand (See *The Oarsman*, January/February 1977, page 31), and a properly fitted handle at the inside hand position is sufficiently featherable if smooth and frequently washed.

The washing of a wooden handle, with or without soap, scrubbed with a fiber-bristle (not steel) brush, not only prevents the slippery-handle syndrome, but can decrease the possibility of an infected blister. Any open wound in the hands, particularly the base layer of a blister that has lost its covering and has cracked open, should be kept clean with normal soap, and pliable with Vaseline or a hand cream. The deep cracking that is so painful and so long in healing is caused by the tendency of dry young skin to contract and harden, and keeping it soft with a lotion should prevent the whole painful problem.

Infection is potentially very dangerous — at the worst, according to medical theory, it can lead to amputation of the infected limb, though I've never heard of such a case among oarsmen. Sometimes pus is discharged — except for blood blisters, which discharge the usual clear fluid mixed with blood from a broken capillary — the fluid from blisters should always be clear. The smallest bit of cloudy excrescence, especially from an oddly painful blister, demands an immediate trip to an anti-biotic-wielding physi-

cian. Other signs are swelling and faint red traces leading up the wrist — signs that the lymph drainage channels are carrying nasty hand-eating bacteria.

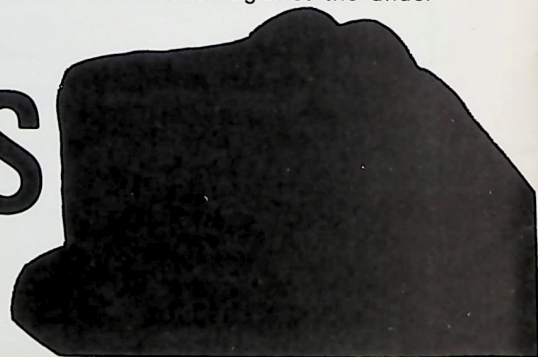
One of the finer bacteria-breeding mediums is the rowing glove, or golf glove. If a glove has to be used, God forbid, it should be thoroughly cleansed with X-ray and cobalt radiation, or more practically, disinfectant, since it absorbs a fecund saline solution from the hands, and bacteria from the hands and river. The tendency of novices to attach themselves to rowing gloves should be quashed. There isn't a gloved hand at the elite level of rowing, and for a reason: the leather between the hand and oar, especially where the glove folds or wrinkles, increases friction and leads to blistering. The glove also inhibits the necessary free sliding of the hands and fingers on the oar throughout the rowing stroke. For some with small hands, however, the glove may be a justifiable, though short-ranged solution to difficulty in holding on to the oar; a better solution is a clean, properly shaved and shaped handle.

The skin itself can produce the equivalent of the glove wrinkle in the form of callus, which is provoked by friction and pressure on the skin, and seems to consist of dead, though hydrated, skin on a site of rapidly growing layers of new skin beneath. While rowers take a certain perverse pride in their calluses (though an oarsman's hand is like a silk glove next to a gymnast's), the aim should be the proper texture and not thickness of callus. Because too thick a lump between the oar and hand is likely to blister or tear off altogether, the calluses should be trimmed and smoothed, either with a cuticle snipper, a flat-bladed fingernail snipper, or even sandpaper until all palpable bumps are removed from the pads of the fingers and palms.

Even with the best care, blisters are inevitable — a change in hand position, in oar handles, in the temperature from cold to warm, all produce a new set of ouchies. During practice, obviously not much can be done, but sometimes it's possible to salvage the skin over a blister: release the fluid by using a pair of fine scissors to cut out (not puncture) a tiny hole in the center of the blister which will allow drainage, and press the skin back against the under

THE HANDS

by Peter Raymond



THE HEAD-OF-THE-CHARLES® REGATTA

IMPORTANT ANNOUNCEMENT:

On or about August 1st, 1977 official Entry Forms will be mailed to all organizations which are members of the NAAO, the NWRA, or the CARA. Two weeks before that mailing, a special *non-transferable* "early" entry form will be mailed to each individual who finished among the top fifteen places in a single sculling event in last year's Regatta and to each organization which finished among the top fifteen places in a crew event. These "early" entry forms can be used only for the same event as last year, except in the case of a single sculler who is no longer eligible to repeat the event. Addresses for the mailing of the "early" entry forms will be taken directly from last year's entries. Addresses for the "main" mailing on August 1st will be taken from the records of the NAAO, the NWRA, and the CARA unless a new address is received by the Regatta Committee before July 1st.

N.B.: See information on page 31 regarding new definition of "Youth Eights" and new "Masters' Singles" Event.

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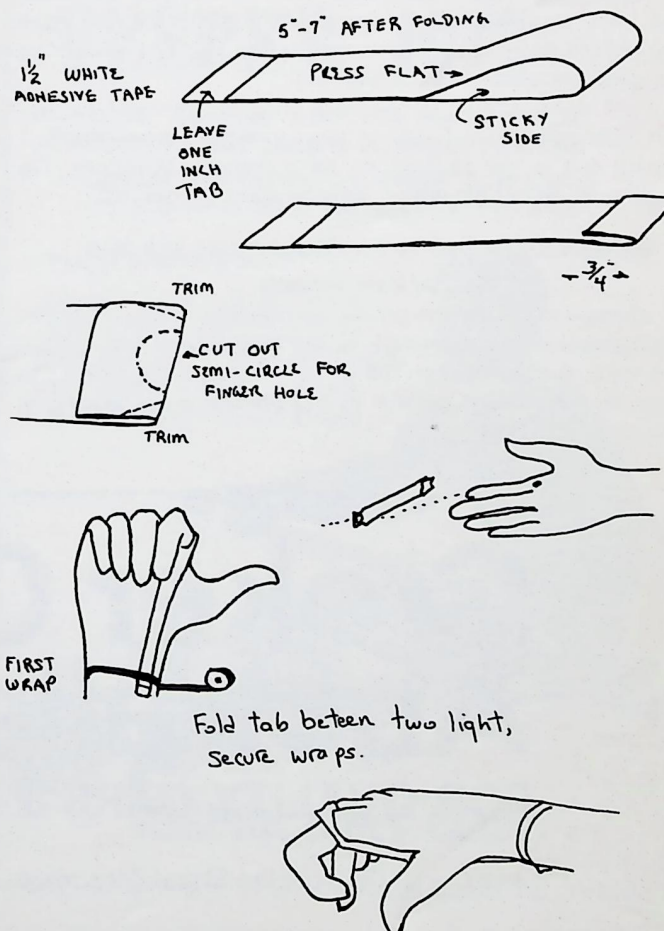
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layers. If the skin takes, it becomes callus within 36 hours, and can be sanded down; if not, it's better protection than nothing, which is what you'll have if the blister remains tumid and gets ripped off in the next practice's warmup. As mentioned before, if the blister covering does rip off, keep the fresh exposed skin moist with Vaseline.

For the most part, oarsmen are over-concerned with their hands, then proceed to neglect them. A pair of hands can get pretty gory before they're a medical problem, which is possible — soft white skin sloughing from every phalanx, oozing clear fluid, the pads torn off . . . sometimes it's necessary to knock off a few days to let them heal.

A common horror is the myth about sticky solutions such as Compound Benzoin Tincture, which serves far more as a redolent reminder of the boathouse atmosphere than as a preventive measure for the skin of the hands. The object of hand care should be to decrease chafing and friction; Tough-Skin and Benzoin contribute only to the mystique of the hardened, gutsy rower, who's greatest discomfort might well be losing the skin that stays on his oar when he leaves the boathouse.

For blisters on the fingers, wrap white adhesive tape (not a bandaid) the width of the blister snugly but not tightly around the finger with one end backfolded and stuck together to place over the blister and keep the skin from sticking to the tape. For palm blisters, horizontal tape wrappings are a nightmare and produce more blisters than they project. The following method stolen from Princeton University's trainers Bobo Holmes and Bob Sinkler, is somewhat complicated, but the only one I've seen or used that works. For almost all but wide, bleeding blisters, however, the less dependence on tape and gloves, the better.



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I. APOLOGIA: A PERSONAL NOTE

As many of you know, I have retired from the coaching ranks. I have stopped coaching because I have realized that I am a terrible coach, and that I should no longer inflict myself on aspiring oarsmen.

I say this openly, because it is the truth. I am responsible for the demise in the UMass crew. Sure, there are circumstances, but I was the bottom line, and I blew it. I will never coach again.

This column has occasionally laid heavy criticism on various coaches. I am offering a partial apology to those people. At the time I made those criticisms I was unaware of how difficult it is to be a good crew coach. I have learned a lesson.

My apology cannot be total, however. As Bob Jaugstetter's chronicles reflect, there has been a predominant tendency among so-called responsible individuals in rowing to blame everyone else for their troubles. I have never in all my days heard such alibi artists. No one will bite the bullet and take responsibility for any of the disasters which have marked the downfall of US rowing in the last two years. We are gold medalists in buck-passing.

I got into coaching to put up or shut up. I did not put up. But although I have failed in my aspirations as a coach, I cannot fail in my aspirations as a person. Therefore, I'm owning up to my disasters. Anyone want to join me?

II. WOMEN'S ROWING — PHYSIOLOGICAL TESTING

by Pam Behrens

Women's rowing has grown immensely since it became an Olympic event, especially at the high school and collegiate level. But along with the growth in popularity there has been no significant growth in the physiological testing of the athletes.

The only study to date on elite oarswomen is the 1973 data collected on a few members of the team that went to Moscow, when only one member of the team reached the finals. This past year, four crews were in the Olympic finals and two medals were won. No studies, however, are available to document any physiological progression.

By referring to the data of proven elite oarswomen, athletes tested would have a better idea of their potential. They could also better train themselves in areas in which they are shown to be weak, and thus we could develop a larger pool of elite oarswomen.

Hopefully, everyone will be able to participate in a testing program in the near future. We are trying to set one up in the "rowing week" after the Women's Nationals. See you there!

III. ATHLETES' A VISORY COUNCIL

Ms. Anita DeFrantz and I have been selected by the Women's and Men's Olympic Rowing Teams, respectfully, to be representatives on the Athletes Advisory Council. This council has been charged with the mission of being a link between the athletes and the U.S. Olympic Committee. It is our responsibility to bring to the meetings concerns of the athletes in our sport.

Anita and I will probably use *The Oarsman* as a forum to disseminate information to all of the rowing community. In turn I would appreciate if those persons who have questions, ideas, and comments related to the Olympic movement please contact Anita or myself.

I am honored to be selected but expect those who chose me to support me by making their needs known. I will represent our sport at these meetings with as much enthusiasm and dedication as I had when I was a member of the various U.S. Teams. So please contact us at:

Mr. Larry Gluckman

307 I Eagle Heights

Madison, Wisconsin 53705

Ms. Anita Defrantz

1825 Carlton

Philadelphia, PA. 19103

Our spring meeting is on the 3rd, 4th and 5th of April so let us hear from you. The meeting is at Squaw Valley and I plan to write a brief report about the facilities.

Yours for rowing,
Larry Gluckman

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Regatta Results

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FINAL RESULTS THE THOMAS EAKINS HEAD OF THE SCHUYLKILL REGATTA OCTOBER 23, 1976

ALDEN OCEAN SHELL (8 sec. handicap for each year over age 40.) 1. Ryan 20:05.044; 2. Landmesser 20:27.964; 3. Addington 21:41.977; 4. Kaplan 28:42.111;
WOMEN'S DOUBLE SCULLS 1. Vesper "A" 16:54.814; 2. Vesper "B" 16:55.563; 3. Bachelors "A" 18:43.673; 4. Potomac 19:11.795; 5. Bachelors "B" 19:40.345; 6. Phila. Girls R.C. 20:37.552; **COLLEGE/CLUB PAIR W/O COX** 1. Potomac "A" 15:23.393; 2. Fairmount 15:28.074; 3. Vesper 15:50.324; 4. Rutgers 16:30.937; 5. Potomac "B" 16:32.044; 6. College Penn "A" 17:12.663; 7. College Penn "C" 18:34.653; 8. College Penn "B" 19:21.593; **VETERANS SINGLE SCULLS** (Times have been adjusted to reflect eight second handicap for each year over age 40.) 1. Riverside Cutler 15:18.066; 2. Malta Finigan 15:30.707; 3. Yale Shealy 16:16.808; 4. Vesper Ignas 16:27.954; 5. Potomac Lax 16:34.062; 6. Atlanta Donohue 17:10.019; 7. Malta Braceland 17:27.174; 8. Princeton Pell 17:41.745; 9. Vesper Schnorr 18:23.679; 10. Vesper Colgan 18:26.751; 11. Univ. Barge Cleaver 18:36.023; 12. Undine Killhour 19:58.446; **GRADUATE SINGLE SCULLS** 1. Malta Dulling 15:57.177; 2. Fairmount Castellan 16:00.464; 3. Northfield Hamilton 16:15.153; 4. Univ. Barge Walker 16:39.615; 5. Fairmount Robinson 17:16.810; 6. Cambridge McGrath 18:13.271; **SCHOLASTIC FOUR W/COX** 1. College Penn "A" 15:05.526; 2. College Penn "B" 15:08.773; 3. Rutgers "A" 15:41.296; 4. St. John's 16:44.332; 5. St. Joseph's 17:28.466; 6. Back Bay Viking 17:32.635; **COMPETITOR SINGLE SCULLS** 1. Undine "A" Belden 15:46.023; 2. New York "A" Dietz 16:04.329; 3. Potomac "A" Meyers 16:18.336; 4. Harvard & Wood 16:27.360; 5. Malta Plackter 16:45.951; 6. Lowell Ruane 16:49.432; 7. Undine "F" Post 16:54.338; 8. University "A" White 17:01.132; 9. Undine "C" — Dalba 17:08.908; 10. Purdue Sauer 17:23.441; 11. University "B" Basinski 17:48.462; 12. Fairmount Watko 17:55.147; 13. Undine "D" Sproat 17:55.541; 14. Undine "E" Bergen 18:27.519; **WOMEN'S EIGHTS** 1. Vesper 14:56.884; 2. College Penn "A" 15:37.398; 3. Upper Merion "A" 16:24.548; 4. Phila. Girls "A" 16:55.113; 5. College Penn "B" 17:15.159; 6. St. Joseph's "A" 17:17.239; 7. Upper Merion "B" 17:27.693; 8. Back Bay Viking 17:36.479; 9. Cornell "C" 18:05.317; 10. Cornell "B" 18:09.633; 11. Cornell "A" 18:27.315; 12. St. Joseph's "B" 23:13.739; **COLLEGE/CLUB FOUR W/COX** 1. Potomac 14:37.413; 2. College Pa. "A" 14:38.162; 3. College Pa. "B" 14:42.816; 4. Rutgers 14:51.151; 5. Hasty Pudding 15:27.006; 6. Vesper 15:27.672; 7. Charles River 15:29.108; 8. Villanova 15:42.371; 9. Washington 15:45.284; 10. Stony Brook 15:51.952; 11. St. John's 16:34.209; 12. Georgetown "A" 16:38.387; 13. Fordham 16:45.232; 14. Rochester 17:20.979; 15. Monmouth 17:22.599; **VETERAN DOUBLE** (Times have been adjusted to reflect eight second handicap for each year over age 40.) 1. College/Vesper 15:27.478; 2. Cambridge/Potomac 15:28.563; 3. Atlanta/Riverside 15:39.370; 4. Fairmount 15:53.415; 5. University 16:02.131; 6. Potomac 16:06.319; 7. Ottawa 16:27.901; 8. Undine 17:57.024; **SCHOLASTIC QUAD** 1. W. Catholic "A" 14:58.062; 2. Chestnut Hill 15:53.077; 3. W. Catholic "B" 17:18.370; **Scholastic Single** 1. Malta Depman 16:45.546; 2. Cambridge Sheetz 17:17.163; 3. Fairmount Quid 18:51.191; 4. Cornell Belcher 19:22.692; **Graduate Double** 1. Potomac 15:47.692; 2. Fairmount 15:54.078; 3. University 16:42.554; **Scholastic Eight** 1. College Penn "A" 13:57.853; 2. Vesper 14:03.341; 3. College Penn "B" 14:12.776; 4. Back Bay Viking 14:43.420; 5. Upper Merion 15:17.899; 6. College PA "C" 16:07.611; 7. College PA "D" 16:11.397; 8. Penn A.C. 16:15.934; 9. St. Joseph's 16:25.875; **Mixed Doubles** 1. Undine/Vesper 16:28.769; 2. Bachelor's/College 16:34.089; 3. Vesper 17:26.103; **Women's Single Sculls** 1. Vesper "A" Constant 18:25.878; 2. Vesper "B" McFie 18:37.967; 3. George Washington Schaper 19:18.098; 4. Phila. Girls Flynn 19:38.425; 5. Vesper "C" Franks 19:55.075; 6. Bachelor's Mynagh 20:01.107; 7. Potomac Middendorf 20:36.431; 8. Phila. Girls Prewitt 22:27.234; **College/Club Eights** 1. College of Penn "B" 13:16.872; 2. College of Penn "A" 13:28.685; 3. Rutgers 13:32.366; 4. St. Joseph's 13:52.341; 5. Georgetown 13:56.979; 6. Washington 15:18.400; **Veteran Eight** (Times have been adjusted to reflect eight second handicap for each year over age 40.) 1. Fairmount/Vesper 14:22.396; 2. New York A.C. 14:46.823.



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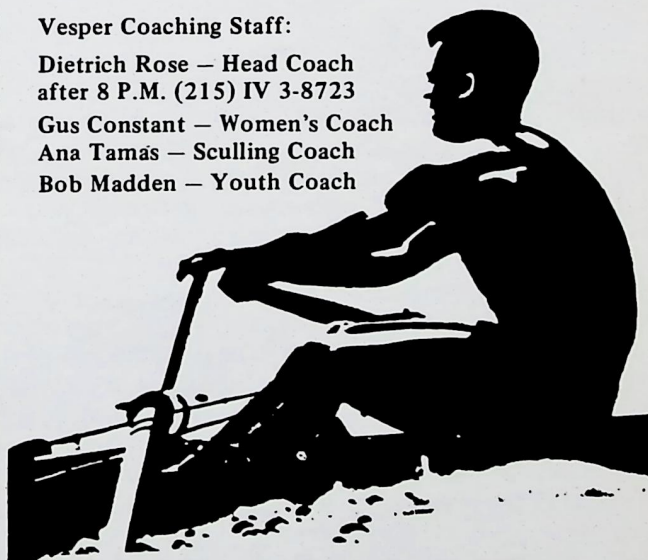
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Editorial

by Peter H. Raymond

This year, in disappointment with the U.S. men's showing in Montreal and on the recommendation of the Budd-Wolf Report (*The Oarsman*, January/February 1977), the NAAO has decided to concentrate on improving the quality of U.S. rowing coaches at all levels, with clinics and perhaps a licensing system like those in Canada and Great Britain.

I hope that this priority will hold for 1978, but not to the detriment of the athletes who can't wait four years for a coach to develop. We still have an immediate responsibility to the athletes, and we may not have met that responsibility to the people training for 1977, who, according to the Budd-Wolf Report, requested overwhelmingly that Harry Parker be the men's National Eight Coach.

The reason Parker was not selected is that he won't coach without pay. Neither will Randy Jablonic, who was also named by the oarsmen as a desired coach. That Peter Gardner, the 1977 National Eight Coach, will work without pay doesn't reflect on his considerable quality as a coach, but, rather, on his eagerness to select and train the U.S. eight. And while Gardner is fortunately a capable coach, who in the words of Jablonic is a superior scholar of the sport, the oarsmen asked for Parker, and they're not going to get him.

The NAAO has little money. Perhaps, if the only way they're going to get the best coaching talent is to pay for it, the NAAO had better do something. The National Rowing Foundation, which provided \$50,000 (\$40,000 salary, \$10,000 expenses) for

our National Technical Advisor Allen Rosenberg in 1975 and 1976, during which time Rosenberg coached the Olympic men's eight, either was not asked to provide a salary for the 1977 coach, or, if asked, declined to.

A national team coach should probably ask around \$5,000 for a two-month commitment to a crew. The NAAO probably could have hired Parker or Jablonic for that, and should have come up with the money. One argument against paying coaches in 1977 was that because there are not sufficient NRF funds to support athlete candidates to the camps, it would be unfair to the competitors if the coaches were paid. The concept of athletes having to pay their own way while the coach earns his living coaching is no more preposterous than a student's paying tuition while a teacher earns his living teaching. It is not just that the coaches are professionals and shouldn't be expected to give away the services by which they live, even with the prestige of coaching a national team; with that prestige goes a formidable responsibility, and a taxing one. For the work and strain of coaching the '72 Olympic national eight and four with, \$10,000 would not have been too much to pay Parker.

But it's more. Only by hiring the coach who seems to be the best, and holding him to his responsibility, can the NAAO demand the excellence in coaching that the oarsmen require, and as dues-paying members of the NAAO, deserve. Volunteerism, for the most part, is amateurism in the pejorative sense of the word, and it is unreasonable to expect the highest degree of commitment from our athletes to train for the highest level of competition without assurances from the NAAO that the very best coaches are being engaged.

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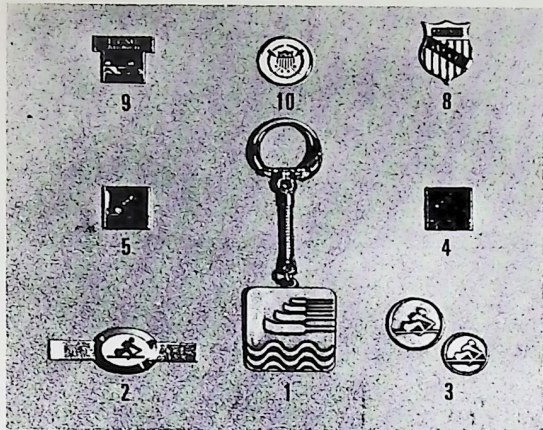
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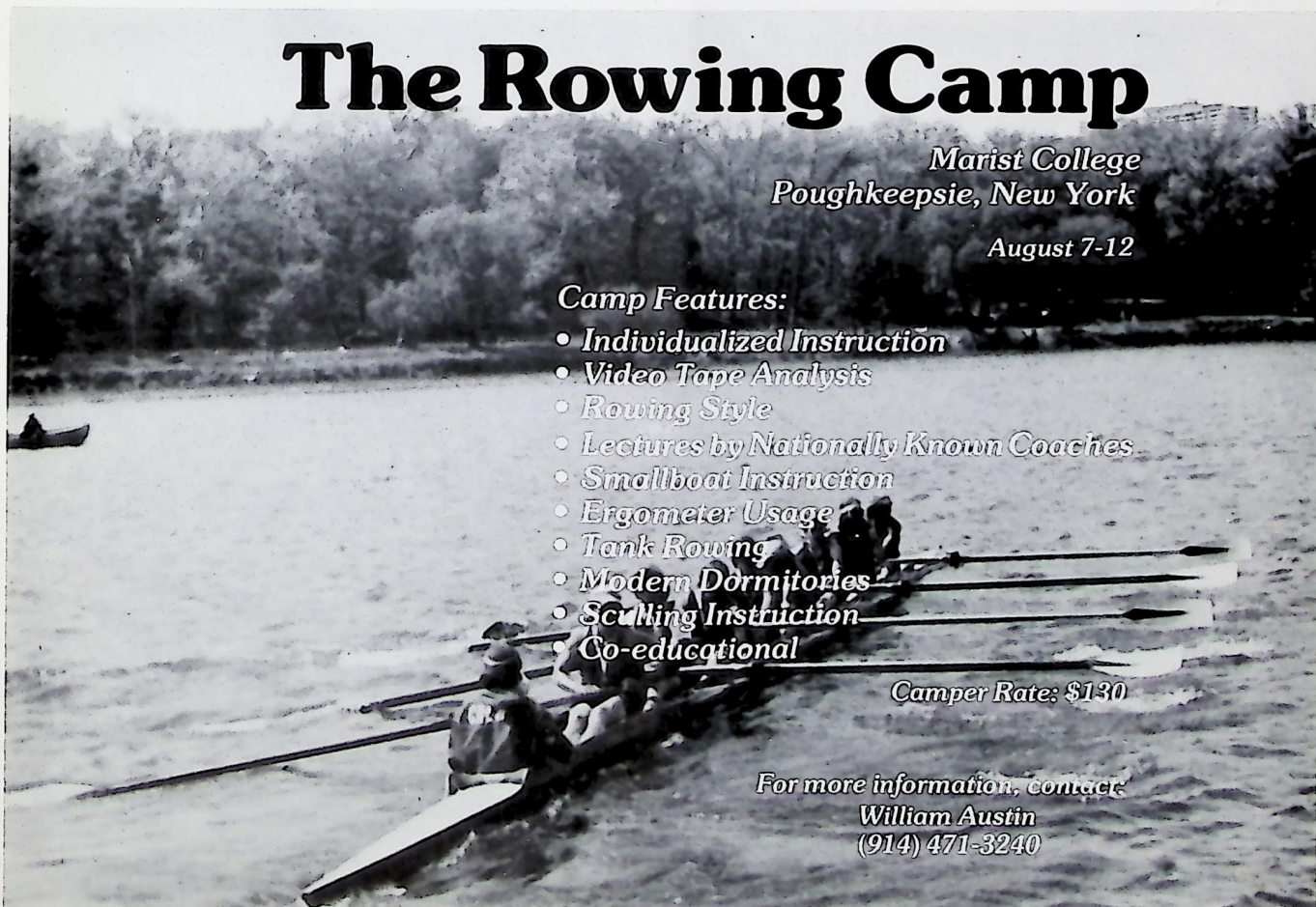
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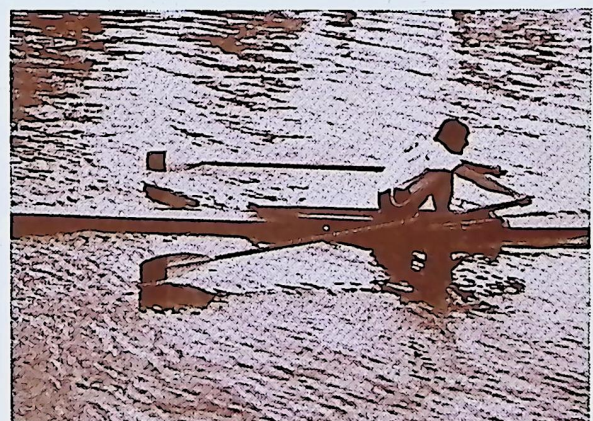
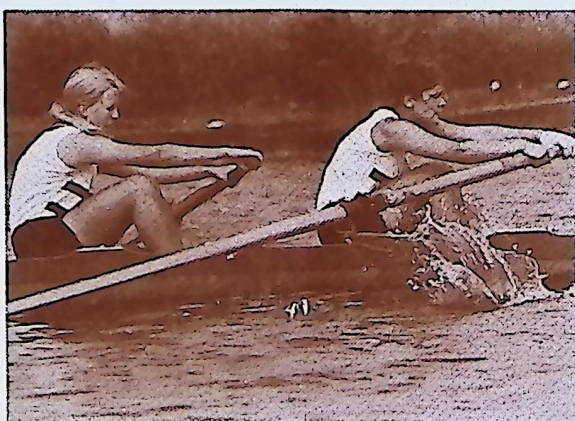
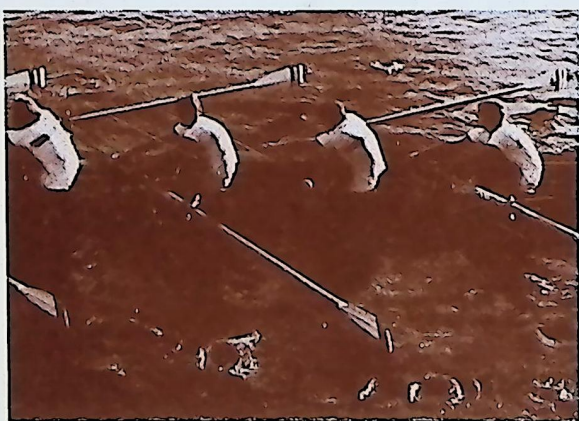
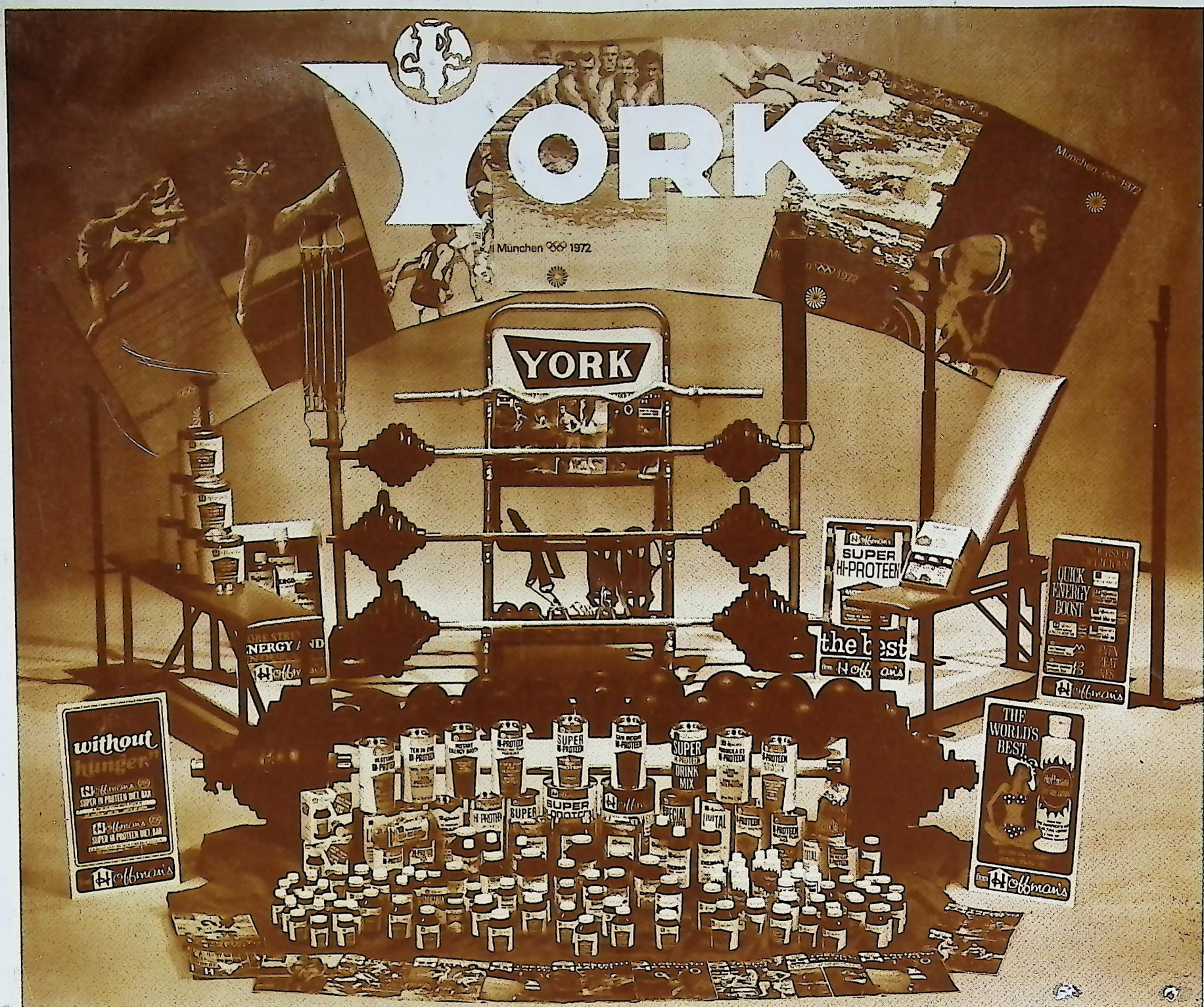
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