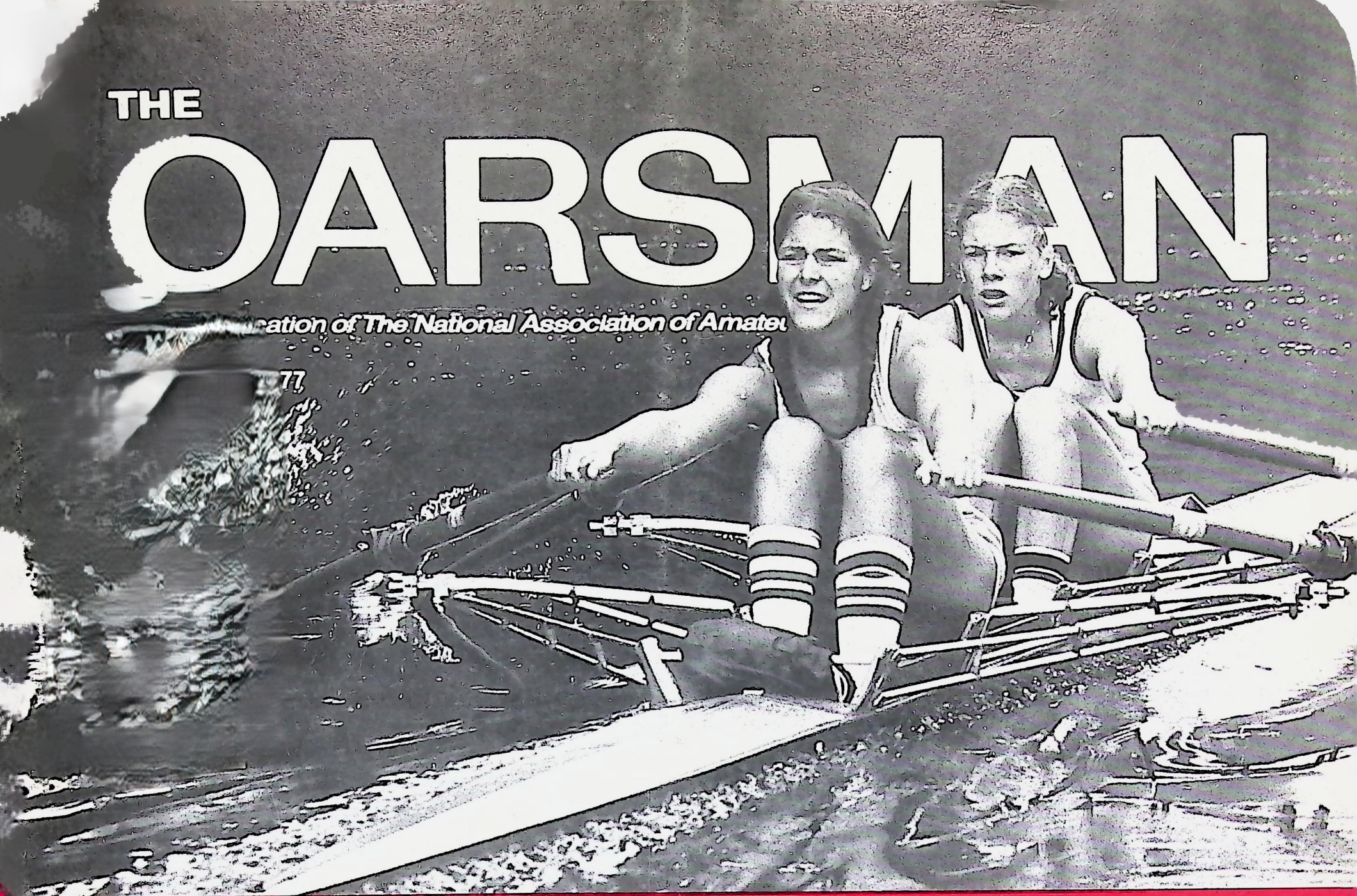


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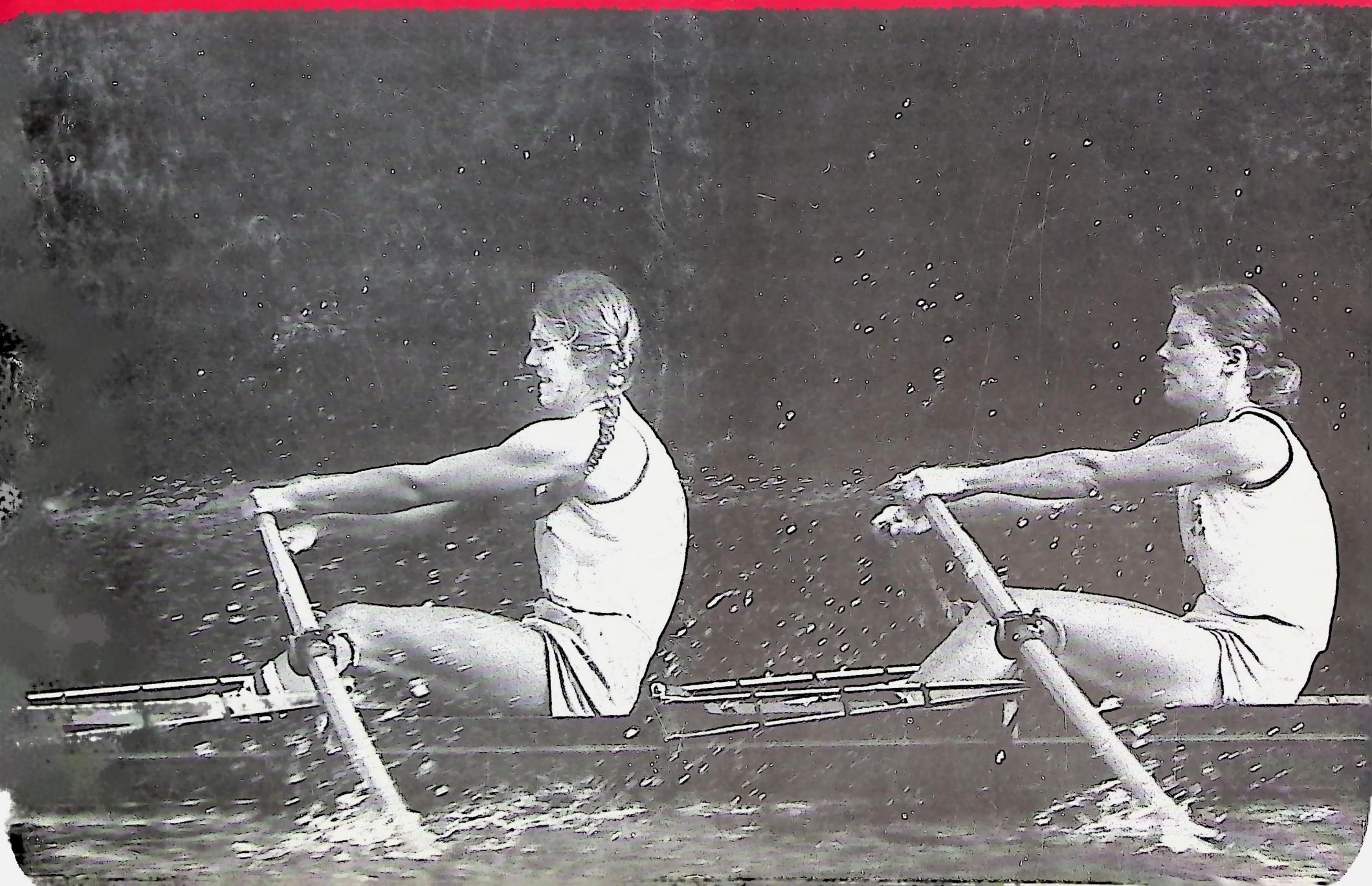
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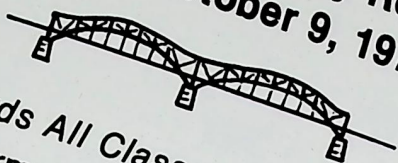
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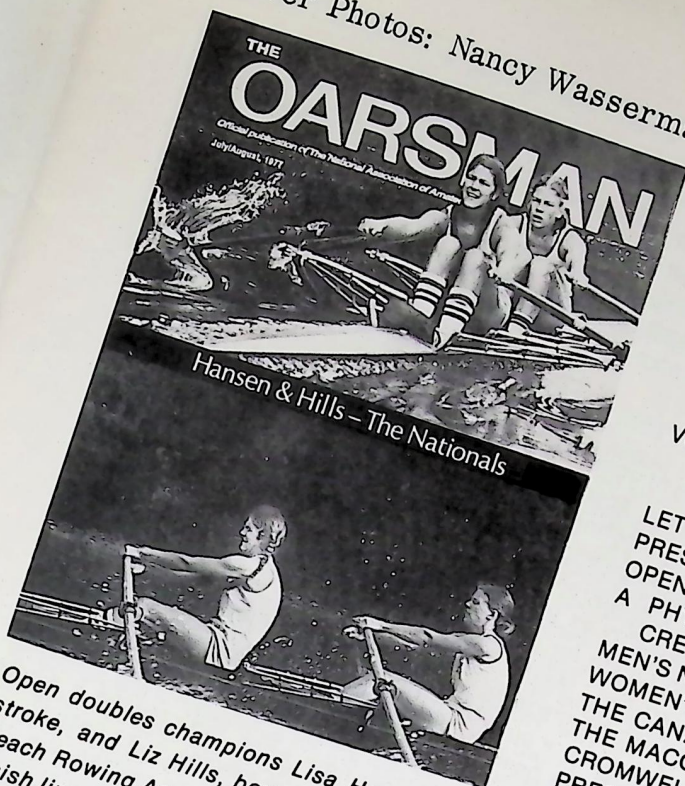
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Open doubles champions Lisa Hansen, stroke, and Liz Hills, bow, of the Long Beach Rowing Association approach the finish line at the National Women's Rowing Association's championships. Hansen and Hills later qualified as the U.S. representatives at the World Championships in Amsterdam this August. Both Hansen and Hills were members of the U.S. quad at the Olympics. Hansen has been in the quad for the past three years.

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THE OARSMAN®

July/August, 1977

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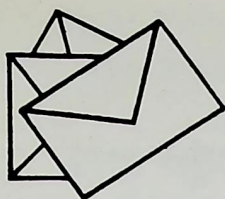
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Letters To The Editor

Your comments on any issue related to rowing are welcome. Address all correspondence to Peter Raymond, Editor, *The Oarsman*, 105 Beacon St., Apt. #6, Boston, Ma. 02116.

This is in regard to a letter sent in by Coach Robert Traum of Berkeley High School which appeared in the May/June 1977 issue of *The Oarsman*. In his letter Mr. Traum referred to a picture on page 40 of the September/October 1976 issue of *The Oarsman* which depicted the Marlin Junior Crew heavy eight as the 1976 Junior West Coast Champions. Mr. Traum claimed that the Berkeley High heavy eight should have been pictured as the 1976 champions on the grounds that it had defeated the Marlin boat on two occasions prior to the Junior West Coast Championships held in Klamath Falls, Oregon.

I wish to point out to Mr. Traum that his heavy eight was not present at the championships. There were, however, several outstanding crews from many west coast locations. For Mr. Traum to say that his eight would have defeated them all is not enough to claim a championship. If he wished to make such a claim he should have sent a boat. He was invited to do so.

Sincerely,
Paul Bueren
Corte Madera, Ca.

Year after year Americans and visiting oarsmen and spectators suffer through the most disorganized affairs imaginable: the Men's National Championships. I am aware that too few people are asked to do much too much, but there is absolutely no excuse for such a degree of incompetence. In almost every area except timing (which was abysmal), the NWRA National Championships were so much better run as to beggar comparison.

For how many years will lightweights have to weigh in on a bathroom scale? When will there be enough programs printed up for competitors and spectators? When will heats and repechages be made up according to the FISA system and posted sufficiently ahead of time? When will there be adequate toilet facilities? When will officials realize that the competition is more important than the Regatta? The list goes on and has all been said before.

There seems to be an attitude of complete neglect: official's launches sped past and gave wakes to competing crews, often not out of any compelling reason, but rather out of inattention. They did this with such regularity as to make one consider how fortunate for a Pertti Karppinen (*The Oarsman*, May-June 1977, p.15) that his Olympic medal did not depend on such guardians or our courses, for he surely would have been washed out at 500 meters.

When will the Men's Nationals become a respectable regatta?

Gordon Hamilton
Charlottesville, Va.

June 29

First let me say that this is another letter concerning the lightweight weighins. I have read all of the published articles appearing in *The Oarsman* the past few years on the subject of lightweight rowing. These include the numerous entries of Dr. Frederick Hagerman and Scott Baker, and most recently Greg Kubicek. Like many people I feel something is wrong with the system. May I offer a partial solution?

In my three years as a lightweight oarsman (two in high school, one at Yale) I have observed many times a crew may weigh-in 10-20 lbs. under its total limit brought about by the 155 lbs. or 135 lbs. average, while one or more of the eight crew members may have to resort to extreme weight loss techniques to make the maximum limit of 160 or 140 lbs. Why is it necessary for the bigger members of a lightweight crew to go to extreme measures to make the upper limit when the crew as a whole can make the average quite easily?

My proposal is to remove the 160 lbs. upper limit while maintaining the 155 lbs. average. I feel this is a valid solution for the following reasons:

-Weight loss will tend to be spread more evenly among all eight members of the crew, hopefully limiting the cases of extreme measures.

-155 lbs. rowing will be open to more oarsmen, both bigger and smaller, than at present. More 175-170 lbs. men, too small to be successful as heavyweights, could row as 165-168 lb. lightweights, than at present. Also, a man weighing 145 lbs. and sufficiently skilled as an oarsman could become more of an asset to his crew and have a

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better chance for a varsity seat, because he may make it possible for a larger man also to row with the eight.

There are no perfect solutions; light-weights will always have to face weigh-ins, and not all crews make weight with so many extra pounds to spare. But I feel that over all and in most cases this simple change in the rules would be a step in the right direction.

Sincerely,
Andy Bacas
Washington-Lee HS 1976
Yale 1980

After carefully reading my latest copy of the *Oarsman*, I can only come to the conclusion that once again I am, in fact, being discriminated against. It is time for me now, to speak out against this injustice in my relentless hope that such a condition will not continue for the rest of my prime competitive years.

What condition you ask? Surely it would be obvious to all those working oarspersons who must train before dawn's early light or after the twilight's last gleaming in their pursuit of rowing excellence that I am speaking of night rowing; of competition under the stars

without the frivolous advantage of daylight. I'm sure I speak for hundreds of oarspeople across the country who row guided only by the constellations above them; who use Orion's belt to steer their 500 meter pieces and whose fortunes wax and wane with the quarters of the moon.

It is time that we unite in our cry to have races scheduled when they were meant to be rowed: in the clear unpolluted air of a predawn morning or in the still evening air under a canopy of stars.

As it stands now, I race in conditions that are generally unknown to me; where spotting the star lighted glint of a buoy means nothing, where having the skill to steer off a point 6 light years away is of no advantage, or where the ability to talk my way out of countless citations for rowing without proper lights means nothing.

We, as a group, are easily spotted. We are the ones who find it necessary to race in welders goggles to feel comfortable on the course. We are the ones that smile when we arrive at the race course at 8pm the day before the race and must row over the course with nothing more to guide us than a distant beacon flashing its message of "liquor" on the horizon.

Surely, it is the time to proclaim our dissatisfaction with the status quo and demand that our position be recognized by those people in authority who are responsible for scheduling the various regattas across the country. As a charter member of the now forming "D-A-R-C" (Dedicated Aphotic Rowers by Choice) organization, I am seeking support from all nocturnal oarspeople to rally against the oppression we have felt for too long and press for the kind of racing we are prepared to excel at.

Thank you for this forum.

Jill McIntire
L.B.R.A.

June 27, 1972

The Clinic last week was very helpful. I have gone to many coaching clinics (football and basketball) and have paid fees that were two to five times larger, but I do not feel that I got half as much from those clinics as I did from the N.W.R.A. clinic. I have written to Dan Bakinowski, but I hope you will express my appreciation to the others responsible for organizing and putting on this clinic.

Sincerely yours,
Duane Daentl

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To: Executive Secretary, NAAO, No. 4 Boathouse Row, Philadelphia, Pa. 19130

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ANNOUNCEMENT

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(The boats are always rotating so applications are welcomed anytime. If there is not a boat available at the time, we will hold your application for future consideration.)

The President's Message

Boyle



From time to time our Directors bear the brunt of the criticism that the Board is too occupied by affairs that relate solely to competitors at the Elite or Olympic level. The critics ask that more time, thought and effort be devoted to the interests of other competitive groups at both ends of the age spectrum, i.e. Masters and Juniors (and younger), other levels of capabilities such as Seniors and Intermediates, and to those who really enjoy rowing more for recreation and its social side than for competition at all. Since the NAAO numbers among its constituents many people and organizations which tend to fall into one or more of all these categories, the criticism is frequently justified, and I'm sure our Board members wish we could initiate and/or financially support programs of a broader nature than we have been able to heretofore.

The reason we've been unable to is simply that our sources of financial support have chosen to focus the limited funds they could provide on competitors who were already, or were on the very verge of becoming, of international stature.

First of the purposes listed in the National Rowing Foundation By-Laws is "to promote the participation of American oarsmen in international competition." Even with the continual tightening of Time Standards required to qualify for support from that source, the addition of Women's and Lightweight International championship regattas has strained the abilities of the NRF to the breaking point. For example, roughly two-thirds of this year's four National Teams qualified for support on the basis of having met or exceeded a fourth place Time Standard. To support them, even after asking that each competitor provide the first \$100 of his costs, required over \$70,000 — only about \$30,000 was available.

During the last quadrennial, the other chief source of funds, the United States Olympic Committee, was able to grant only one-sixth of what we feel was needed to support important and viable programs, and required that we direct those funds only into projects with the greatest near-term payoff.

So, in the absence of substantial and available funds of its own, the NAAO Board has been constrained to spend its time rather exclusively on reviewing, assessing and seeing to the implementation of plans brought to its attention by Subcommittees charged with conceiving and developing programs for which supporting funds could be expected.

I've chosen this topic for my message because *I believe we may be, for the first time, on the threshold of a period of great*

and rapid change in this regard. What are the sails on the horizon which signal that our ship(s) may be coming in?

In the forefront is the prospect of dramatic changes in the nature and scope of Olympic Committee support for rowing. Almost five times as much money will be spent on Olympic Development during this quadrennial compared with last, and we are being allowed, even urged, to consider its availability for a broader range of purposes. Consideration of "grass roots" projects can now be given a somewhat higher priority, for example. And we shall be allowed to provide financial support directly to our coaches, in addition to expenses, a step which I feel will more likely ensure our ability to harness our best resources, not just our most eager or affluent. And we may more broadly request Olympic support for the purchase of much needed equipment.

Secondly is the prospect of new income from corporate support. With the approval of the Board, I have signed on behalf of the NAAO a contract for the services of the American Sports Development Service to initiate a fund-raising campaign aimed at selling corporations on the benefits of giving us money. I reported at more length on this development in the last *Oarsman* issue, but I can here repeat my optimism that these efforts will meet with success in the coming months, certainly in time to see the results during this quadrennial.

And lastly, with the likelihood that one or both of the above sources may be able to provide the support to international competitors previously given us by the NRF, the Foundation in the future may well be able to donate to other worthy projects (such as developing programs for Masters, for example).

(Of course, the heightened activity on these three fronts is just one of the many reasons why the Board has felt it necessary to establish and hire into the new position of Executive Director. This in turn has led to consideration of the dues increases necessary to fund the position, as Boyce's letter published opposite clearly points out.)

So the prospects for broader development of all aspects of our sport have never seemed brighter, in my view! The first step in that direction will be taken early in September when the NAAO will submit to Olympic House its request for Development Funds for the rest of this quadrennial. I'm sure you all join me in the hope that it will be well received, and if so, that it will form the groundwork upon which we can begin significantly to expand our interests in all phases of our sport.

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An Open Letter to the Board of Directors (and to the NAAO at Large)

FROM: H. Boyce Budd

August 4, 1977

Most of us have been Directors of the NAAO for many years and if we are realistic, we must admit that the kind of performance we would like to see from the NAAO, its Board, its headquarters and its committees has frequently been spotty. The NAAO's constituency — oarsmen and women, coaches and other friends of rowing — would probably rate the NAAO's output over the years as slightly better than mediocre. It is time we take a key step into the future, and organize the NAAO's efforts by hiring a full-time professional Executive Director. Instead of the cynicism that many of us feel at the conclusion of our meetings where hours are wasted in debates on subjects about which we have insufficient information, the Board could do what Boards are supposed to do, namely to make policy decisions — with an Executive Director handling details, getting supporting facts, implementing decisions and pushing NAAO committees to function.

You've heard all this before and you're probably tired of it, but we may have the distinction of being the only major Olympic sport which does not have a salaried Executive Director, and we stand to suffer from that in terms of our day-to-day coordination and involvement with the United States Olympic Committee and other organizations. I ask that you come to the September NAAO Board meeting prepared to make the key decisions on the issue of the appointment of an Executive Director.

Part and parcel of a decision to appoint an Executive Director is the decision to increase NAAO membership dues. An official mail ballot will be circulated to you shortly, and the purpose of this memorandum is to ask you to vote in favor of the dues increases which Ernie Bayer put forward at the semi-annual meeting as being

approximately what would be required to fund the Executive Director appointment at a reasonable salary plus expenses. Current NAAO membership dues are ludicrously low when compared to almost any other sport or organization, especially in view of the quality and frequency of *The Oarsman* magazine (six per year now, remember, no longer five) which every member receives. Despite that fact, I do not feel that a dues increase can be justified unless we, the Board, do something significant to increase the effectiveness of the NAAO, namely to appoint an Executive Director and then begin the process of making the NAAO deliver services to the membership — promote the sport, push for better, fairer regattas, get media coverage of our major events etc., etc., etc. — you know the whole list.

At the semi-annual meeting after we had lost our quorum due to the lateness of the hour, we had a ten to one vote in favor of a dues increase of \$4 to \$7 for competing, \$10 to \$15 for sustaining and to recommend that organization membership dues be increased from \$50 to \$75. If we can reach a positive decision by mail ballot on this issue, the decks will be cleared at our next meeting for constructive discussion and decision-making on an Executive Director appointment and other important matters. Everyone always worries about loss of membership (sales) whenever there is a dues (price) increase, but historically this rarely happens. Membership attrition rates remain constant whether dues go up or not. Anyone looking at NAAO dues levels and the infrequency of our increases in the past, can only conclude that we have failed to keep up with inflation, never mind providing for any additional services by the NAAO.

I ask you to vote in favor of this increase so that we can make our organization viable and effective.

NAAO ANNUAL MEETING

The next annual meeting of the NAAO member organizations will take place at the Langford Resort Hotel, Winter Park, Florida, during the period of December 1 through 3. Reserve the dates on your calendar now!

The annual banquet on Saturday night will conclude the

activities and we are very fortunate in being able to present as our principal speaker for the evening, Mr. Robert J. Kane, President of the United States Olympic Committee.

Further details will be mailed to all organization members.

A Physiological Analysis of the 1975 National Lightweight Crews

by G.R. Hagerman, F.C. Hagerman, J.A. Gault, W. Polinski

Extensive physiological studies have been conducted in recent years with international class oarsmen (4, 5, 7, 8, 10, 11, 13, 14, 15, 18, 19). These studies have dealt with elite heavyweight oarsmen and, to our knowledge, little or no physiological data are available for lightweight oarsmen. Some data have been reported for Japanese oarsmen, many of whom might physically classify as lightweight oarsmen but compete internationally against much taller and heavier athletes (T. Ishiko, M.D., personal communication).

We had the opportunity during the summer of 1975 to study candidates for the National Lightweight Rowing Team as they competed for seats in the 8 and the 4 during tryouts at Dartmouth College. The purpose of the study was to determine a physiological profile of elite lightweight oarsmen and to compare their responses with those of heavyweight oarsmen studied previously.

Methods

Fifteen rowing camp candidates served as subjects for this study. They were a mixture of oarsmen from colleges, universities, and rowing clubs around the U.S. Personal characteristics of the subjects are shown in Table 1. Percent body fat was calculated

from a series of 5 skinfold measurements taken from the right side of the body (3,20).

Each subject was asked to row a Lyons-type mechanical rowing ergometer for a 6 min. duration with the resistance held constant for everyone and set at 4.5 lbs. The exercise was designed to simulate rowing a 2000 m race and the oarsmen were requested to row the 6 min. piece in a competitive fashion and attempt to achieve a maximal performance level. All subjects were required to "make weight" prior to their test and thus be in the same kind of physical state they would reach prior to actual race conditions.

Respiratory and metabolic functions were determined by open circuit spirometry following procedures described in earlier rowing studies (4,7,11) and these functions were measured during each minute of exercise and again during a 15 min. sitting recovery period following work. Venous blood was withdrawn at 5 min. of recovery for the purpose of lactic acid determination. Heart rate was monitored throughout the entire testing procedure via direct electrocardiography. The following maximal parameters were measured and/or calculated for each subject; power output on the ergometer (hp); pulmonary ventilation ($\dot{V}_E$ BTPS); O_2 uptake, both absolute ($\dot{V}O_2$, ml/min STPD) and relative ($\dot{V}O_2$, ml/kg.min STPD); heart rate (b/min); lactic acid concentration (mg %); and total exercise $\dot{V}O_2$ and O_2 debt. Metabolic measurements (O_2 uptake) during exercise and recovery permitted us to determine not only the total O_2 cost of the exercise but also to discern the relative contributions of aerobic and anaerobic energy sources to the exercise. Assuming that 1 liter of O_2 is equal to 5kcal, kilocaloric equivalents were also calculated and utilized to represent the relative expenditures of energy. Knowledge of energy (power) output and total energy (O_2 or kilocaloric cost) input permitted determination of maximal mechanical efficiency.

Results and Discussion

Physical Characteristics When compared to elite heavyweight oarsmen, the subjects in this study were leaner (8.5% body fat vs 11% body fat for the heavyweights) and also slightly shorter (185.5 cm vs. 192 cm). There was a large difference in body weight as the lightweights averaged 71.3 kg while the heavyweights were 17 kg heavier. Heavyweights are only 10% taller than their lightweight counterparts but are over 20% heavier with both groups exhibiting low body fat percentages. Leanness of lightweight oarsmen is obviously a very important factor as they must meet certain weight limitations. Their % body fat falls between those measurements for heavyweights and those measured for middle and long distance run-

TABLE 1
Physical Characteristics of Subjects

Subject	Age (Yrs)	Height (CM)	Weight (KG)
E.A.	22	193.04	70.9
S.C.	20	185.42	71.4
R.C.	19	187.96	70.5
D.D.	24	187.96	73.9
J.D.	19	182.88	72.0
J.Du.	23	190.50	75.5
S.H.	20	184.15	72.7
B.H.	20	172.72	71.4
R.J.	25	177.80	70.9
G.N.	23	185.42	72.0
E.R.	20	190.50	69.5
S.R.	20	182.88	66.1
L.S.	21	185.42	73.6
J.S.	20	186.69	70.5
D.V.	26	189.23	68.6
N = 15	15	15	15
X	21.46	185.50	71.30
S.D. $\pm$	2.23	5.15	2.26
Range	19-26	172.72-193.04	66.1-75.5

ners and cross country skiers (3-5%). However, lightweight oarsmen are generally much taller than the runners and skiers and are not exceeded significantly in height by the heavyweights. We noted several lightweight candidates who appeared to have skeletal frames capable of supporting much more lean body mass. These subjects were extremely lean for their height and frames with an obvious absence of subcutaneous and peritoneal fat. This observation probably reflects the significant weight trimming that many of these athletes habitually practice. Although no controlled studies have been conducted, it would be interesting to compare physiological capacities and performance levels of lightweights at their "normal" weight and again after a period of fasting and dehydration, a practice commonly used by many lightweight oarsmen in order to "make weight" prior to a regatta. It was apparent that most of the subjects were in a fasted and somewhat dehydrated condition prior to the maximal exercise test on the rowing ergometer. Recent research with smaller animals and humans has demonstrated that crash diets or those where caloric intake is significantly reduced have produced rather startling weight losses in a short time. However, under those metabolic conditions it is surprising to learn that it is not the fat storage depots or compartments that are reduced but instead lean body mass or muscle tissue. In 10 days on a starvation diet obese men lost an average of 20 lbs., but fat tissue accounted for only 35% of the weight loss while lean mass contributed the rest. Since muscle mass is working metabolic tissue, the crash dieters are losing the "tools" for human power production. Evaluation of blood profiles (biochemistry) of the lightweights should be conducted under acute fasting and dehydrated conditions. It is our hypothesis that blood samples would reveal a significant kilocaloric imbalance, a lack of energy sources, and perhaps a decrease in important electrolytes. It is already well known that these physiological debilitating factors can adversely affect performance. Exercise can raise the metabolism of skeletal muscle 50-100 times resting level, placing the most severe of stresses on the human body. Compound the stress of exercise with the addition of voluntary fasting and dehydration and there can be no greater physical insult to the body.

Maximal Oxygen Uptake $\dot{V}O_2$ max is an excellent indicator of aerobic capacity (1,6,14). Since aerobic metabolism contributes approximately 80% of the total energy to a 2000 m rowing performance (4), high aerobic capabilities are very important to oarsmen. In addition to the assessment of metabolic capacity, the maximal exercise test aids in assessing circulatory and respiratory function.

Our lightweight subjects achieved very high oxygen; $\bar{x} = 5.07$ l/min. This value is often referred to as the absolute $\dot{V}O_2$ max

since it is the actual measured $\dot{V}O_2$ and is not based on body anthropometry or other physiological factors that could influence $\dot{V}O_2$. The average lightweight absolute $\dot{V}O_2$ max when compared with the mean $\dot{V}O_2$ value for the heavyweights was only slightly lower (mean heavyweight $\dot{V}O_2$ max = 5.39 l/min). However, when the mean oxygen consumptions relative to body weight (relative $\dot{V}O_2$ max) were compared for the 2 groups, the lightweight oarsmen attained much higher values; 71.1 ml/kg min as compared to 61.8 ml/kg min for the heavyweights. The lightweight oarsmen appear to have higher aerobic capacities than the heavyweight candidates when body weight is considered and this may be a factor in moving the boat; but since the body is supported in the boat the absolute values may become more significant. This would be in contrast to runners and cross-country skiers who must support their body weight and thus the relative $\dot{V}O_2$ values would be more important. It is well known that heavyweight crews generally row 2000 m faster than lightweights and it appears that increased muscle mass, increased strength, and perhaps higher absolute aerobic capacities account, at least in part, for this difference.

The largest volume of air that the lightweight subjects breathed per min. during the exercise was termed the maximal ventilation volume ($\dot{V}_E$ max) and in most cases this volume was recorded during the final min of exercise. The mean $\dot{V}_E$ max of 189 l/min for the heavyweight oarsmen. Ventilation volumes are significantly affected by body size and the differences in height and weight between these two groups might explain this difference.

It is well known among rowing coaches and oarsmen that power output in rowing is very important, not only the ability to sustain power for 2000 m but also to exhibit explosive power at the start and at strategic points in the race. Although only a simulation of rowing, the mechanical rowing ergometer has been a useful apparatus in assessing the power output of oarsmen. The mean power output for the lightweight subjects was 0.416 hp. Average power output for 20 subjects of the 1975 heavyweight camp was 0.485 hp (18). Again the body mass difference probably accounts for much of the difference in power measurements between the heavier and lighter subjects. We have demonstrated similar differences between college football players and cross country runners on a bicycle ergometer. Although the cross country runners were superior in cardiorespiratory endurance, the localization of muscle groups for cycling favored the greater muscle mass of the football players. However, when weight had to be supported and more general involvement of muscles occurred such as in treadmill running, the runners were able to produce far more power than the heav-

(Cont'd on next page)

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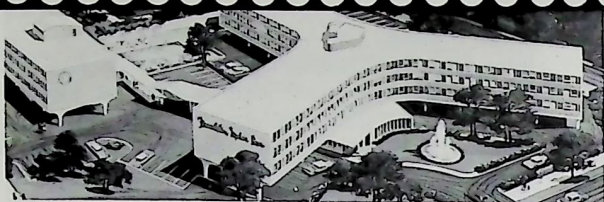
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ler athletes. As might be expected the power differences on the bicycle ergometer favoring the football players were significantly less than the power differences noted for treadmill running which favored the cross country runners.

The concentration of blood lactic acid is an important variable for indicating the severity of work and the athlete's tolerance to a fatigue related substrate. The fate of lactic acid during exercise and recovery has not been fully explored. However, venous lactate concentration seems to be an excellent yardstick of the degree of anaerobic metabolic involvement. The mean venous lactate value for the lightweight subjects was 164 dl (164 mg/100 ml blood). Åstrand (1,2) considered lactic acid levels exceeding 100 dl indicative of heavy or exhausting work.

The stress placed on the cardiovascular system may be assessed by observing heart rate and blood pressure responses. Heart rate is relatively easy to measure either by direct electrocardiography or via telemetry. Blood pressure is more difficult to assess because of excessive muscular movements of the upper extremity. Heart rate is a highly variable datum and differs among individuals. Usually, trained athletes will have lower resting heart rates and will always show a lower exercise heart rate for a given level of exercise. This is a result of a training effect which demonstrates optimal cardiovascular adjustments; i.e., increased venous return, lower venous pressure, increased distensibility of the heart and blood vessels, increased cardiac contractility, and lowered peripheral resistance; all leading to an improvement in cardiac output. Increased cardiovascular efficiency is also helped by the facilitation of brain centers and autonomic nerve pathways controlling cardiovascular functions. The mean maximal heart rate for the lightweight oarsmen was 179 b/min compared to 185 b/min for heavyweight subjects (11). Untrained subjects working at equivalent workloads showed less work time and higher heart rates; 210 b/min (12). The former comparison demonstrated the effects of size and increased h.p. output by the heavyweights while cardiovascular fitness favored the trained subjects over the untrained.

Total energy expenditure was calculated for the 6 min. ergometer exercise by measuring the total O_2 consumed during the exercise (aerobic component) and during recovery (anaerobic component). The total net energy cost of the exercise in O_2 would be: O_2 consumed during work + O_2 consumed during recovery (O_2 debt) - O_2 consumed during rest for exercise and recovery time periods. Oxygen measurements can then be converted to kilocaloric equivalents assuming (1 liter) $O_2 = 5$ kcal if R.Q. = 1.00. Total kcal consumed by the lightweight oarsmen was 27 kcal/min as compared to 30 kcal/min and 36 kcal/min reported previously for heavyweight subjects (8,18). These

comparative values reflect the greater energy expenditure needed by heavyweight oarsmen to perform work on the rowing ergometer. Anatomical size of the heavyweight subjects probably accounted for increased energy expenditure. The lightweight athletes compared favorably with the heavyweights in energy cost data if body weight was considered. The lightweight oarsmen produced slightly more energy per kilogram of body weight than their heavyweight counterparts.

Aerobic and anaerobic energy contributions to the exercise were also determined. It was determined previously that the relative contributions of aerobic and anaerobic energy sources to a maximal rowing ergometer performance of heavyweights were 75% and 25% respectively (7). This lightweight study indicated a ratio of 80% to 20%, also favoring the aerobic energy source. These values compare favorably with data obtained from other studies which have evaluated energy cost during simulated rowing or estimated energy expenditure during actual rowing (4,18; and H. Pohltz, personal communication, German Democratic Republic). The highly developed aerobic component of oarsmen is essential in maintaining the high energy steady state during the body of the race and permits the oarsmen to work for at least 5 min at 97-98% of maximal aerobic capacity. Although less of an absolute energy contributor, the anaerobic component serves as the major energy producer during the first minute of exercise when the vigorous rowing start demands large quantities of energy, and because of the human organism's physiological limitations this energy can be supplied only by anaerobic means. This particular energy system will hopefully not be called upon again in any significant manner until the sprint for the finish. It is clear that anaerobic pathways are less efficient and produce fewer ATP molecules but the use of anaerobiosis comes at strategic and critical times during an oarsman's performance and to underestimate its importance would be disastrous for the competitor and coach.

The continuing emphasis on national team selection has necessitated the gathering of all subjective and objective information that might facilitate the selection of our best athletes. Very little physiological data have been reported for the lightweight competitor and thus we are grateful to have had the opportunity to conduct these studies. We are hopeful that future testing may be carried out and that the data will prove useful in team selection, in recognizing potential, and in providing pertinent information for training and competition.

ACKNOWLEDGEMENTS

The authors would like to express their appreciation to the

coaches and coxswains for their help. Certainly the lightweight oarsmen deserve special thanks for their outstanding cooperation throughout the testing procedure. We are grateful to the NAAO and U.S. National Rowing Foundation for their support and to Dartmouth College for use of their facilities.

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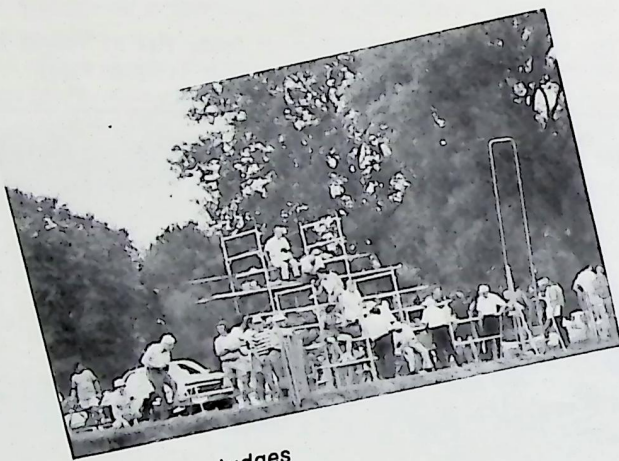
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MEN'S NATIONALS



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Penn A.C.'s Elite Four without chases Potomac



RACE RESULTS FOR SATURDAY, JULY 9, 1977

MASTER'S FOUR 1. Cambridge 5:53.2, 2. Vesper 5:54.4 **INTERMEDIATE DOUBLE** 1. Detroit (Mark Hawley, Paul Uhl) 7:03.1, 2. Malta "A" 7:08.0, 3. Malta "B" 7:13.4, 4. Mexico 7:14.4, 5. N.Y.A.C. 7:17.3, 6. Undine 7:22.9 **LT. QUARTER MILE** 1. NYAC (Klecatsky) 1:18.3, 2. Prov. National Bank (Belden) 1:19.3, 3. Potomac (Adams) 1:19.8, 4. Malta (Dulling) N.T., 5. Duluth (McVann) 1:25.2, 6. Undine D.N.S. **INTER. FOUR WITH COX** 1. Wyandotte (Gerry Myrand, Gary Gurney, Mark Kroll, Gary Kroll, Rob Kret) 6:50.0, 2. Ecorse 6:52.8, 3. Vesper 6:57.9, 5. Viking 7:26.0, 6. Fairmount 7:41.2 **ELITE LT. FOUR WITH COX** 1. N.Y.A.C. (Frank Pisani, Brian Lynch, Ted Bonanno, Robert Lynch, Steve Quagliano) 6:41.7, 2. Brockville 6:45.7, 3. Yale 6:52.9, 4. Mission Bay 6:54.6, 5. Mexico 7:00.7, 6. Vesper 7:18.3 **ELITE FOUR WITH COX** 1. Univ. of Penna (Alex Cook, Rich Paczewski, Walter Demers, Otto Stekl, John Chatsky) 6:26.7, 2. Penn A.C. 6:38.3, 3. Dartmouth 6:40.2, 4. Florida A.C. 6:45.2, 5. Potomac "A" 6:49.9, 6. Vesper 6:57.5, **INT PAIR W/O** 1. Duluth (Thomas Perry, Daniel S. Bryant) 7:13.3, 2. Mexico 7:16.5, 3. Ecorse 7:29.6, 4. New Haven 7:33.3, 5. Viking 8:27.3, 6. Princeton/Kent - Scratched **ELITE LT. SINGLE** 1. N.Y.A.C. (Klecatsky) 7:10.9, 2. Prov. National (Belden) 7:17.9, 3. St. Catharines (Thorn) 7:18.1, 4. Potomac (T. Adams) 7:41.5, 5. Undine (J. Arnold) 7:49.9, 6. Univ. VA (J. Meyer) N.T. **INTERMEDIATE SINGLE** 1. Univ VA (Fulweiler) 7:31.1, 2. Detroit (O'Brien) 7:31.3, 3. Potomac "B" (McEntee) 7:36.5, 4. Potomac "A" (Anderson, A) 7:42.0, 5. Harvard (Howes) 7:45.3, 6. Cambridge (Stuart) N.T. **ELITE PAIR WITHOUT** 1. College (Bob Ibbotson, Tim Watchpaugh) 6:47.5, 2. Potomac 6:49.3, 3. Penn A.C. 6:57.8, 4. Boston/Princeton 7:14.2, 5. Syracuse 7:18.6, 6. Detroit 7:34.3 **ELITE LT. EIGHT** 1. St. Catharines (Tim Purcer, Lou Schenck, Ashley Lambert, Ken Wakulich, Joe Howard, Rob Thom, Tom Kent, Paul Edmonston) 5:58.1, 2. St. Catharines 6:02.8, 3. Potomac 6:03.1, 4. NYAC 6:04.1, 5. Ecorse 6:08.5, 6. MBRA/Crescent/Vesper 6:09.4 **LT. QUAD** 1. N.Y.A.C. (John Sonberg, Mac Good, Michael Verlin, Larry Klecatsky) 6:05.2, 2. Malta 6:08.6, 3. Vesper 7:02.1 **ELITE SINGLE** 1. Undine (S. Drea) 6:58.5, 2. NYAC (J. Dietz) 7:01.5, 3. Potomac (E. Meyers) 7:15.6, 4. LBRA (B. Lewis) 7:20.2, 5. L.B.R.A. (S. Nowinski) 7:22.5, 6. N.Y.A.C. (Sulger) 8:06.3 **INTER. EIGHT** St. Catharines (DISQ.) 6:08.8, 1. Wyandotte 6:11.7, 2. West Side 6:20.6, 3. N.Y.A.C. 6:20.8, 4. Viking 6:35.1 **SENIOR QUAD** 1. Detroit (Mark Hawley, Mark O'Brien, Dan Knecht, Chris Richard) 6:19.0, 2. Undine 6:23.0, 3. Vesper 6:25.0, 4. NYAC 6:42.5, 5. Malta 6:44.5.

SUNDAY RACE RESULTS - JULY 10, 1977

MASTER'S SINGLE 1. Hillsborough (M. Vega) 9:41.0, 2. Union (L. Martin) 9:45.0, 3. Vesper (C. Colgan) 10:14.8, 4. Pequot (G. Wiswell) 11:44.3 **MASTER'S SINGLE** 1. Malta (Finnigan) 10:47.0, 2. Malta (Braceland) 11:03.1 **SENIOR DOUBLE** 1. Malta (Stan Depman, Fran Sutter) 7:36.8, 2. N.Y.A.C. 7:46.7, 3. Detroit 7:49.6, 4. Vesper 7:50.5, 5. Ecorse 7:53.7, 6. Undine 8:04.9 **QUARTER MILE SINGLE** 1. N.Y.A.C. (J. Dietz) 1:17.8, 2. Fairmount (Castellan) 1:20.2, 3. Potomac (Meyers) 1:20.5, 4. Undine (Foltz) 1:20.6, 5. N.Y.A.C. (Killen) 1:20.7, 6. Union (Keating) 1:24.5 **SENIOR FOUR WITH** 1. Wyandotte (Mark Kroll, Gerry Myrand, Gary Gurney, Gary Kroll, Rob Kret) 7:47.2, 2. Detroit 7:56.1, 3. Fairmount 8:04.8, 4. N.Y.A.C. 8:06.5, 5. Vesper "B" 8:06.9, 6. Mexico 8:22.5 **ELITE FOUR WO** 1. Potomac (J.J. Forster, Mark Borchelt, Paul Knight, Fred Borchelt) 6:49.0, 2. Penn A.C. 6:52.1, 3. Vesper 7:07.4, 4. Dart. Comb 7:08.8, 5. Univ. of Penna 7:22.9 **SENIOR PR W/O** 1. West Side (Richard Griffin, John Cartus) 8:12.8, 2. Mexico 8:18.5, 3. Syracuse 8:22.6, 4. Fairmount 8:24.6, 5. U.C.I. 8:27.2, 6. Vesper 8:29.9 **ELITE DOUBLE** 1. N.Y.A.C. (Larry Klecatsky, Jim Dietz) 7:28.2, 2. Potomac 7:37.8 **ELITE PAIR W/COX** 1. CBO (Tim Watenpaugh, Bruce Ibbotson, John Chatsky) 8:35.0, 2. Potomac 8:42.4, 3. Vesper 8:57.0, 4. Dart/U of Mass 9:01.2, 5. Penn AC 9:13.9 **ELITE LT. DOUBLE** 1. Malta (Fred Dulling, Stan Depman) 7:26.3, 2. N.Y.A.C. 7:37.6, 3. Undine 8:16.3 **SENIOR SINGLE** 1. Riverside (Ted Van Dusen) 8:18.5, 2. L.B.R.A. (Lewis) 8:23.3, 3. L.B.R.A. (Nowinski) 8:24.3, 4. Vesper (Baker) 8:39.2, 5. N.Y.A.C. (Good) 8:53.1 **ELITE LT. FOUR W/O** 1. L.B.R.A. (Dave Tumquist, Scott Roop, Chick Leonard, John Fletcher) 7:06.8, 2. N.Y.A.C. 7:09.8, 3. Brockville 7:11.0, 4. Mexico 7:22.5, 5. Cambridge 7:25.2, 6. Wyandotte 7:50.1 **ELITE LT. PAIR W/O** 1. Duluth (Thomas Perry, Daniel Bryant) 8:18.0, 2. N.Y.A.C. (Loneragan) 8:34.0, 3. N.Y.A.C. (Sonberg) 8:26.0, 4. West Side 8:33.4, 5. Detroit 8:39.8 **SENIOR EIGHT** 1. Viking (Robt. Lennon, Gene Tunney, Mark Spencer, Mitch Silver, Phil Guenther, Dave Potter, Jim Millar, Steve Brown, Tim Maguire) 6:39.1, 2. Vesper 6:41.7, 3. Wyandotte 6:53.0, 4. Detroit 6:56.4, 5. West Side 6:57.3, 6. N.Y.A.C. 7:07.4 **QUADRUPLE SCULLS** 1. N.Y.A.C. (Larry Klecatsky, M. Verlin, S. Killen, Jim Dietz) 6:38.3, 2. Malta 6:46.1, 3. Undine/FRA 6:51.3, 4. Potomac 7:02.9, 5. Vesper/LBRA 7:10.2 **ELITE EIGHT** 1. Penn A.C. (B. Johnson, T. Galsford, P. Brook, J. Everett, J. Mathews, G. Plantadosi, M. Teti, D. Vreugdenhill, J. O'Connor) 6:32.1, 2. Potomac 6:34.8, 3. Dartmouth Comb 6:39.4, 4. Vesper 6:49.4, 5. Potomac (lane 4) 6:50.7.

U.S. MEN'S NATIONAL TEAM

Single — Gregg Stone

Double — Jim Dietz, Bill Belden

Quad — Brad Lewis, Casy Baker, John Bannan, Ted Van Dusen

Coxed Pair — Kevin Sauer, Kirk Howard, Fred Crumlish

Coxless Pair — Mike Teti, Darrel Vreugdenhil

Coxed Four — Chris Well, Ross Parker, Mark Miller, Dan Sayner, Mitch Miller

Coxless Four — Fred Borschelt, Paul Knight, Mark Borschelt, Jat Forrester

Eight — Bruce Ibbotson, Bill Purdy, Mike Hess, Chip Lubson, John Brock, Mark Umlauf, Kurt Sommerville, Tiff Wood, Bob Jaugstetter

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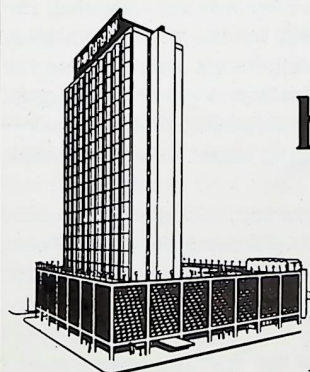


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Members of Vesper's victorious 1977 eight receive congratulations from members of the PGRC women's crew of 1952 [left to right] Coach John Hooten, cox C. Byron, stroke Sue Morgan, Nancy Storrs, Marie Jonik, Anita DeFrantz, Jackie Bachman Zoch, M. Leonard, Jane Cashin and Barb Franks.

WOMEN'S NATIONALS

by Pattie Pinkerton

College Boat Club's lightweight four, stroked by Colleen Fuerst, approaches dock to receive its first place medals.



The National Women's Rowing Association, an organization run by and for its competitors, paid a tribute to the foremothers of competitive rowing in the 12th Annual NWRA Championships held in June in Philadelphia. Women were featured in the racing, the officiating and the awards presentations.

Martha Ferguson, the first and only American woman to become a FISA Judge Arbiter, acted as the Head Official. The regatta also featured the debut of the Master's Single event, open to women over the age of 30.

In the premier event, the 1942 National Champion Eight was on hand to award medals to the 1977 National Champion Eight. Vesper, absent from the 1976 Long Beach championships, held off an experienced Wisconsin crew to win the Open Eight and re-establish themselves as the overall national team champions.

Vesper swept the Open sweep events, winning the Pair with a combination boat of Olympians Anita deFrantz and Ann Warner from Yale, winning by three seconds over a College Boat Club entry. DeFrantz and Warner went on to win the Pair Trials the following weekend, rowing unopposed for a berth on the National team. A Vesper Open Four was also destined for the National squad. After qualifying for the finals through a series of heats, repechages and semifinals that narrowed a field of 25 entries down to six finalists, Vesper once again defeated their hometown rival and defending champion, College Boat Club. The Trials the following weekend were just a rerun, with Vesper again victorious.

CBC did not go home empty-handed, successfully defending their titles in the Lightweight Pair and the Light Four. Cruising to easy victories in both qualifying heats, CBC's Colleen Fuerst stroked the Four and the Pair to open water victories in the finals.

Philadelphia women dominated the Senior sweep events, winning five of six races. San Diego's Mission Bay Rowing

Association prevented a monopoly by winning the Light Eight, high-stroking through two-time champion Boston University to win by six seats. University of California, Berkeley finished third, adding more bronze medals to their third-place finish in the Light Four.

West coast women, led by powerful Long Beach Rowing Association, turned it around in the sculling events, and San Diego's ZLAC Rowing Club had a field day in the Junior events. LBRA qualified five of six finalists in the Open Single and the Open Dash. Only a third place finish by Vesper's Judy Geer in the Single prevented a Long Beach sweep in both events. Olympic medalist Joan Lind won the Single and the Dash. Lisa Hansen, also of LBRA, finished second in the single, then teamed up with Liz Hills to win the Open Double and eventually, the Doubles Trials. In the Mixed Double, Lind teamed up with John Van Blom to win by six seconds over DeFrantz and Jim Dietz of New York Athletic Club. Completing the collection of Open sculling titles, LBRA won the Open Quad, with a combination LBRA/ZLAC entry second, and LBRA's Barbara O'Reilly won the Intermediate Single.



Anne Warner, stroke, and Anita DeFrantz, bow, members of 1976's Olympic bronze medallist eight, combined in a pair that won the National Women's Rowing Association championships and qualified, without opposition, to represent the U.S. at the World Championships in Amsterdam this August. The pair will depart after DeFrantz takes her bar exam. Warner stroked the Yale eight, which finished third at the nationals but which won the women's "Eastern Sprints" among colleges in May. Warner is also a distinguished sculler who won the Head of the Charles Regatta last October.

Joanne Lennox of Lake Washington dominated Lightweight sculling in the same way Lind dominated Open sculling. Lennox defended her title in the Light Dash, finishing ahead of LBRA's Jill McIntyre and LWRC teammate Sally Brumley. Lennox and Brumley finished one-two in the Light Single, then combined to beat Pattie Pinkerton and Susi Luftner of Mission Bay in the Light Double. The two champions teamed up with LBRA to win the Light Quad, with Vesper and MBRA/ZLAC finishing second and third, respectively. Mary Seelaus of Bachelor's Barge Club provided the only East Coast sculling victory by winning the Light Wherry, but Mission Bay's Meg Fraser won the Open Wherry.

ZLAC Rowing Club teamed up with Mission Bay juniors and finished first and second in every Junior event but the Junior Single. Kris Neegard of Remex RC in Florida upset defending champion Ann Benton of ZLAC, winning by open water. 

RACE RESULTS FRIDAY, JUNE 17, 1977

JUNIOR SINGLE FINAL 1 Remex (Neggard) 4:23.5, 2 ZLAC (Benton) 4:26.9, 3 ZLAC (Lee) 4:28.9, 4 Potomac (Schlinder) 4:41.2, 5 Minneapolis (Ohme) 4:43.9.

INTERMEDIATE SINGLE FINAL 1 LBRA (O'Reilly) 4:24.1, 2 Vesper (Schaper) 4:26.0, 3 Vesper (Zuzello) 4:35.8, 4 Lake Wash. (Baker) 4:35.9, 5 PGRC (Flynn) 4:42.6, 6 Potomac (Cain) 5:04.8.

JUNIOR DOUBLE FINAL 1 ZLAC (Benton) 4:18.8, 2 ZLAC (Hewitt) 4:21.6, 3 Bachelors (Konopka) 4:30.2, 4 Oakland Strokes 4:35.2, 5 Bachelors (Maloney) 4:37.1, 6 PGRC 4:46.6, 7 Bachelors (Sicalides) 4:52.8.

RACE RESULTS - SATURDAY, JUNE 18, 1977

LIGHT QUAD 1. LBRA/Lake Wash. 3:48.1, 2. Vesper 3:57.8, 3. ZLAC/Mission Bay 3:58.9, 4. Potomac 4:10.8, 5. PGRC 4:47.5 **OPEN SINGLE** 1. LBRA - (Lind) 3:57.2, 2. LBRA - (Hauson) 4:00, 3. Vesper - (Geer) 4:04.7, 4. LBRA - (Pelchikoff) 4:07, 5. LBRA - (Hills) 4:07.4, 6. LBRA - Rozowski 4:20.3 **LIGHT NOVICE WHERRY** 1. Bachelors - (Selous) 4:49.1 2. Berkeley - (Sacconogli) 4:54.9, 3. Yale - (Ryan) 5:14.9, 4. PGRC - (Radich) 5:36.9, 5. PGRC - (Woodward) 5:55.6, 6. Bachelors - (Brandfast) 5:55.9, **LIGHT PAIR** 1. CBC 4:08, 2. Lake Washington 4:14, 3. Loyola/Marymount 4:15, 4. Yale 4:21.2, 5. Boston U. 4:24.1, 6. Minnesota 4:34.1, **HIGH SCHOOL EIGHT** 1. ZLAC "A" 3:36, 2. ZLAC/MBRA 3:40, 3. Upper Merion B 3:45.2, 4. PGRC 3:50.1, 5. Upper Merion 3:53.7, 6. Upper Merion 4:16.7, **OPEN QUAD** 1. LBRA "A" 3:36.2, 2. LBRA/ZLAC 3:41, 3. Vesper "A" 3:48.5, 4. Potomac 4:41.6, 5. Bachelors 4:46.8, **LIGHT SINGLE** 1. Lake Wash. - (Lennox) 4:23, 2. Lake Wash. - (Brumley) 4:31.2, 3. PGRC - (Flynn) 4:36.6, 4. Radcliffe - (Colker) 4:37, 5. LBRA - (Gausewitz) 4:45.1, 6. Cambridge - (Cortese) 4:46.6, **OPEN PAIR** 1. Vesper/Yale 3:54.7, 2. College 3:58.2, 3. FTU 4:03, 4. Lake Wash. 4:03.3, 5. Mexico 4:06.5, 6. Yale 4:35.5, **LIGHT EIGHT** 1. Mission Bay 3:29.2, 2. Boston U. 3:32, 3. Berkeley 3:32.7, 4. Radcliffe 3:33.4, 5. Yale 3:35.6, 6. Minnesota 3:40.4 **MIXED DOUBLE** 1. LBRA "A" 3:23.6, 2. Vesper/NY 3:28.8, 3. Vesper/Malta 3:38.5, 4. Vesper 3:39.6, 5. Virginia 4:28.6, 6. PGRC/Vesper 4:34.6, **JUNIOR QUAD** 1. ZLAC "A" 3:55.5, 2. ZLAC "B" 3:57.8, 3. Bachelors 4:02.5, 4. PGRC 4:14.7

RACE RESULTS - SUNDAY, JUNE 19, 1977

MASTER'S SINGLE 1. Univ. of Minneapolis (Baer) 4:36.3, 2. Bachelors - (Mynagh) 4:37.6, 3. Cambridge - (Tyra) 5:24.3 **OPEN FOUR** 1. Vesper 3:35.2, 2. College 3:39.8, 3. Lake Washington 3:40.4, 4. Yale 3:42.8, 5. Univ. of Wisconsin 3:44.6, 6. Dartmouth 3:46.2, **LIGHTWEIGHT DASH** 1. Lake Washington - (Lennox) 1:34.8, 2. LBRA - (McIntire) 1:35.1, 3. Lake Washington - (Brumley) 1:36.8, 4. Radcliffe - (Colker) 1:38.9, 5. Cambridge - (Cortese) 1:39.6, 6. Potomac - (Cain) 1:43.4, **OPEN NOVICE WHERRY** Mission Bay - (Fraser) 4:42.0, 2. PGRC - (McGilllin) 4:46.5, 3. Vesper - (Thebert) 4:46.6, 4. Minneapolis - (Erickson) 5:01.7, 5. Mission Bay - (Sullivan) 5:03.5, 6. Mission Bay - (Newall) 5:05.0, 7. Yale - (Deric) 5:13.1 **HIGH SCHOOL FOUR** 1. Zlac "A" 3:52.0, 2. Zlac "B" 4:00.6, 3. Upper Merion 4:01.3, 4. PGRC 4:18.0, **OPEN DOUBLE** 1. LBRA "A" Hanson 3:34.2, 2. LBRA "B" Rozowski 3:42.6, 3. Mexico 3:52.8, 4. Vesper 3:53.8, 5. Blood Street 4:11.5, 6. Potomac 4:17.3, 7. Ecorse 4:23.6 **LIGHTWEIGHT FOUR** 1. College 3:59.2, 2. Rutgers 4:01.1, 3. Cal Berkeley 4:02.5, 4. Wellesley 4:04.0, 5. Yale 4:07.0, 6. Univ. Minnesota 4:09.7, **OPEN DASH** 1. LBRA "A" - (Lind) 1:25.0, 2. LBRA "B" - (Palchikoff) 1:25.4, 3. LBRA "E" - (Rozowski) 1:28.8, 4. Vesper - (Geer) 1:31.3, 5. LBRA "C" - (Hilliard) 1:31.4, 6. LBRA "D" - (Reilly) 1:32.5 **LIGHTWEIGHT DOUBLE** 1. Lake Washington 3:45.4, 2. Mission Bay 3:54.1, 3. Vesper 3:56.8, 4. LBRA 4:01.9, 5. Minneapolis 4:07.2, 6. Cambridge 4:08.1 **OPEN EIGHT** 1. Vesper 3:15.8, 2. Wisconsin 3:17.2, 3. Yale 3:19.0, 4. College 3:10.6, 4. College 3:19.6, 5. Cal. Berkeley 3:23.1, 6. Lake Washington 3:26.7

APPLICATIONS FOR WOMEN'S TEAM MANAGERS, COACHES AND BOATMAN - 1978 TEAMS

The U.S. Olympic Women's Rowing Committee invites applications for the positions of manager (2), boatman (1), and national camp coach (1 sweep, 1 sculling). We are currently considering both a European tour in June-July 1978, and the New Zealand World Championships in November-December 1978, although it is too early to tell whether both trips will be sponsored. The above positions will be required on both teams.

Applications should list position applied for, all pertinent data and qualifications, and *must* indicate whether they are available for one (specify which) or either contemplated trip. Applications *must* be received by October 20, 1977, and should be mailed to Peter E. Lippett, 407 Sansome St., San Francisco, California 94111.



Roses to the victors, the St. Catharines R.C. Senior 155-pound Eight, winners at the U.S. Nationals and Canadian Henley for the past two years in succession...same boating. The crew also rowed in the Thames Challenge Cup at Henley this year.

Coach Ted Nash and his winning Penn Senior Coxed Four.

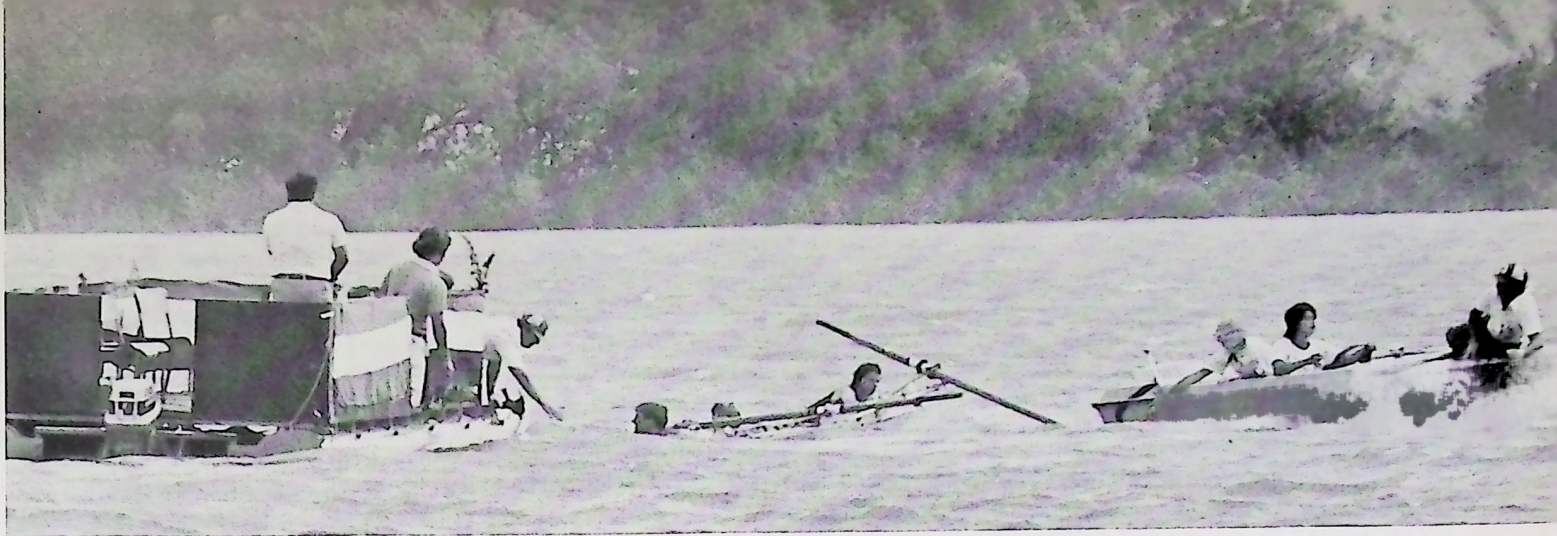
The Canadian



Photos: St. Catharines Standard



Gary White, 44, of Winnipeg, the Senior 145-pound singles victor.



That sinking feeling in your stomach is not always psychologically-based. St. Catharines R.C. Senior Pair swamps in Henley Sunday's high winds.

Henley Regatta

By Craig Swayze

Windy and Wet

If there was anything unusual about the 95th Royal Canadian Henley Regatta, it took five days to surface.

As has been the norm for the past 17 years, the host St. Catharines Rowing Club won the points title. And as usual, the New York Athletic Club made off with most of the senior sculling medals. Even the Wyandotte Boat Club, in a return to form, made a big splash on the senior lightweight scene.

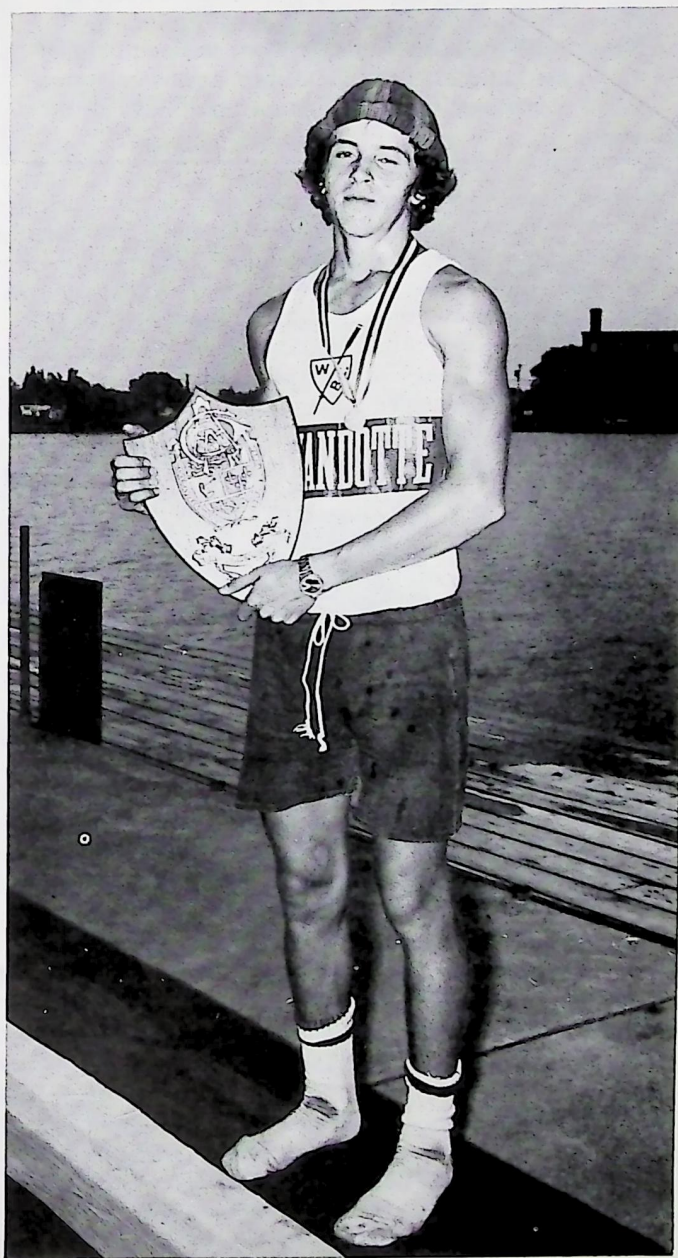
Despite all this, the 1977 Canadian Henley may go down in history as the regatta that paused.

For the first time since the national championships chose St. Catharines as a permanent home in 1903, the weatherman got into Sunday's colorful 18-race finale. Gusting winds blowing directly down the usually placid Henley Course whipped up two-foot whitecaps and forced a three hour delay in the concluding senior program.

But just as suddenly as the wind had come up, it dropped around 6 p.m. and Regatta Chairman Claude Saunders re-scheduled the remaining eight events at five-minute intervals. It successfully concluded a regatta which had attracted a record 1,126 competitors from 64 clubs in Mexico, the United States and Canada for 532 individual entries in 139 races over 22 hours of rowing.

The gold medals for Henley's 47 finals were well spread this time, despite St. Catharines' march to a 17th consecutive regatta crown. In all, the youngsters in Cerise and Blue scored 11 firsts over the five days of competition, including such headliners as the Championship and Junior Eights, the Women's Coxed Four, the Junior and Senior 155-pound Eights, the Senior 145-pound Eight and Senior 155-pound Four.

It was all good enough for a record 476 points, a whopping 337 up on second-place Hamilton Leanders which took home only the Eights Dash and the Junior Four. A boatload of near misses added up the points. (Cont'd on next page)



Mike Bozenski of Wyandotte, winner of five gold medals.

NEW GROUND BROKEN

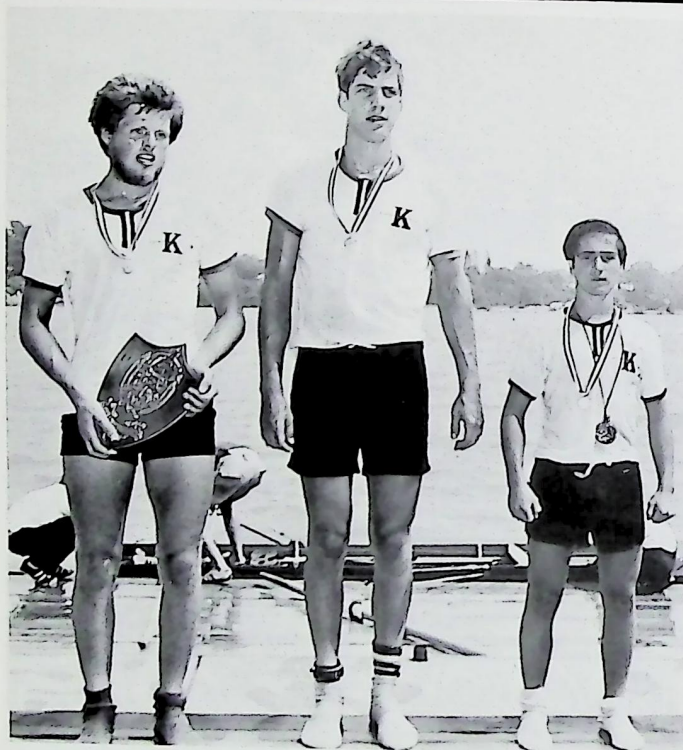
New ground in Canadian-American rowing co-operation was broken at this summer's Canadian Henley.

Coach Peter Gardner brought his newly-formed U.S. National Eight to St. Catharines for a couple of head-to-heads with Coach Alan Roaf's Canadian national boat. And even the lightweights got into it, the 150-pounders squaring off in the eight and four. It was a test of strength designed for the mutual benefit of all concerned.

"Let's hope it's just the first of a series," was the way Tudor Bompa, Canada's national team co-ordinator, put it. "This is the sort of racing the Europeans get every weekend. We both need lots of it."

The Canadian crews, boated several weeks longer than the U.S. candidates, won five of the six back-to-back tests over three days. But the outcome wasn't important...rather the fact that it was happening.

And with the 1978 Worlds in New Zealand coming late in the fall, next year could lend itself to a whole series of national team outings on both sides of the border.



Ridgley Johnson, Tom Kiefer and Cox Neil Jackson won the Junior and Senior Coxed Pair for Kent.

Wyandotte came next, just eight points behind Leanders for a third-place finish in the chase for the Maple Leaf Trophy. And much of the Michigan club's success this Henley could be directly attributed to 19-year-old Mike Bozenski. Alternately rowing and sculling, Bozenski was directly involved in five Wyandotte wins. He stroked Wyandotte's winning Junior 145-pound and Senior 135-pound Eights, joined with Mike Kretz for the Junior and Senior 145-pound Doubles and then wound up his sparkling one-man show by capturing the Senior 135-pound Single.

As usual, the major sculling titles went to New York AC this Henley. And they were good enough for 105 points and

fourth place in the Maple Leaf chase.

Big Jim Dietz and lightweight Larry Klecatsky led the New York charge in the Senior Double, splitting up so Dietz could win his eighth Championship Single and Klecatsky his eighth Senior 155-pound Single. Then Dietz picked up the Open Dash and Klecatsky the Lightweight Dash before combining with Ted Bonanno and Chuck Viren for the Senior Quad.

Just four points off the NYAC pace was the Victoria City Rowing Club, a relatively new British Columbia organization devoted to sculling and coached by former Olympic Leif Gottfredsen. They did it on five sculling victories.

Thirty-one-year-old Mike Cullen won the Association Single, then watched as two of his pupils — Pat Walter and Ken McRae — took the Junior Double and Bruce Ford added the Junior Single. Sandi Kirby earned VCRC the Women's Single and then combined with Katie Burke for the Women's Double.

Kent Crew, making its first Henley appearance, had Ridgley Johnson, Tom Keifer and cox Neil Jackson grab the Junior and Senior Coxed Pair while Thunder Bay Rowing Club scored in the Senior Four and Senior Pair, both medal crews containing veteran coach Bill Scollie. And Kennecabasis Rowing Club from Renforth, N.B., won its first Henley medal when Mark and David took the Junior Pair.

Rene Veroin and Letitia Davis, late cuts from the U.S. National Camp, not only cut revealing figures in their Dartmouth Rowing Club robin's egg blue tops, but rowed well enough to win the Women's Pair too.

Toronto's Hanlan Rowing Club, with only nine competitors on hand, swept the Junior and Senior 145-pound Four finals. It was the best showing by the smallest Canadian entry at the regatta.

And to top off this 1977 show, 44-year-old Gary White of Winnipeg, a perennial also-ran at Henleys, finally pulled it off. He edged Larry Klecatsky of NYAC and junior winner Tom Hazeltine of Lake Washington RC in the Senior 145-pound Single for his first national sculling title.

Not to be outdone, Buffalo West Sides showed signs of battling back from that disastrous fire which levelled their clubhouse by taking the Senior 135-pound Four and the Detroit Boat Club re-entered the winners' circle with the Senior 145-pound Coxed Four while Ted Nash took the Senior Coxed Four with a boatload of Pennsylvania heavies.

Woodstock, a new Ontario club, scored its first Henley win as well, taking the Women's Eight.



Presentation of the Maple Leaf Trophy for points to the St. Catharines Rowing Club for the 17th Henley in a row. [l. to r.]: Club President John Dewar; Iona Campagnola, Canada's Minister of Fitness and Amateur Sport; CARA President Craig Swayze; and St. Catharines Captain Jim Anderson.

**A near-sweep
for the U.S. Team
at the**



1977 U.S. Maccabiah Team: Back [l. to r.]: Mike Bernstein, Jack Plackter, Don Rose. Front [l. to r.]: Murray Lukoff, Elliot Sussin, Hanley Bodek, Scot Fisher, Dick Grossman.

Maccabiah Games

by Dick Grossman

Although the United States had successfully competed in the Maccabiah Games four times prior to 1977, we had never before entered a complete team, due to a combination of inadequate funding and an insufficient number of competent oarsmen from whom a squad could be selected. This year shortage of funds compelled us to select a team of six oarsmen and a coxswain from over 60 applicants, but the experience and versatility of the team enabled us to enter every event, with each man competing two or three times. The result was a near sweep of all six events by the U.S., missing the gold in the sixth only by the length of a broken rigger.

The team began training in two groups on June 20. Scullers Jack Plackter (Malta B.C.) and Don Rose (N.Y.A.C.) alternated workouts between singles and the double in Philadelphia, while the sweep oarsmen assembled in Hanover, N.H. to train with coach Dick Grossman. After several workouts, it was determined that Hanley Bedek (Penn), Elliot Sussin (Syracuse) and coxswain Murray Lukoff (Syracuse) would row the pair with cox, while Mike Bernstein (Columbia) and Scot Fisher (Princeton/Undine) would row the pair without. The two pairs would combine to form a four, and in addition, Fisher and Bernstein would combine with Rose and Plackter in the quadruple sculls. Since we were training in two locations, our experience in the quad was limited to two workouts in Philadelphia the day before our departure for Israel.

Upon arrival at Tel Aviv, we walked over to the Yarken River to view the ancient 1500 meter, two-lane course. We found that the Tel Aviv Rowing Club contained the same boats which our 1973 team had rowed and most of which were now about 16 years old. Our new Donoratico four, ordered in February, failed to arrive in time for the regatta. Consequently, our first four days was the crews rowing 20-30 minute workouts in the various boats, while Dick Grossman, and Don Rose (when not rowing the double), rigged, glued, taped, and generally tried to make 12 boats rowable. From our observation of other crews, we were aware that our success would depend primarily upon the equipment.

Although eight nations took part in the rowing competition, only the singles event included more than four boats (7). Few of our races were closely contested. The single, double, pair without cox and quad all won gold medals with

substantial margins of victory in each of their two-boat finals. The pair and single were particularly impressive, the pair beating Israel in a boat that looked like a casualty of the Six-day War, and Jack Plackter rowing a 12 year old boat to four straight victories, including the final against an Australian who was racing his own new, custom-made single.

The finals of the pair-with and four proved to be the most exciting races of the regatta. The U.S. pair had a good start against Israel, and had gained a four-length lead in the first 1000 meters; but by that time, several checks had opened up in the old boat which had been broken in half in a recent accident, and improperly repaired. In this case, however, the Israelis were not to be the "chosen people." A miracle caused the U.S. shell to stay afloat for the last 500 meters, and the Yanks hung on to win the gold by one length. In the four, we were not as fortunate. The 8:00 A.M. final against Argentina was postponed in order to weld two broken riggers in the U.S. boat, and the two crews did not reach the starting line until 6:30 P.M. Argentina gained a half-length lead immediately through the use of a questionable start, but the U.S. pulled even after 250 meters, and continued to move out to a lead estimated at 9-10 lengths with 400 meters to go. At that point, Scot Fisher's rigger, one of the two that had been repaired, cracked at the welded joint, and his oarlock fell off. As the three remaining oarsmen struggled to reach the finish line, Argentina gained steadily, and passed the U.S. in the last few strokes to win by a half-length. Despite our frustration after this event, it added a silver medal to our five golds, and permitted the United States to set a record for rowing medals that could only be broken by a clean sweep of rowing events. The oarsmen's performance was recognized by the U.S. Committee who selected Jack Plackter to represent them by carrying the United States flag at the closing procession, in which the teams of 34 nations marched through the streets of old Jerusalem.

The U.S. Maccabiah Team extends its thanks to Dartmouth College, Malta Boat Club an Undine Boat Club for the use of their facilities while we were training, and to Dartmouth, Yale and the U.S. Olympic Committee for making equipment available to us. We are also grateful to Julian Wolf for his constant efforts over the past year which helped make this experience possible. 

First Annual

Cromwell Regatta

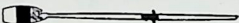
by Bernard S. Horton

On July 17, 1977, the Riverside Boat Club quietly started an annual sculling regatta in honor of the club's most successful elite oarsman, Seymour Cromwell. This first staging of the Cromwell Regatta had a wide range of events, covering nearly everything from a novice gig (wherry) race through junior 135-pound singles to doubles races and a quadruple sculls race (which was cancelled because one of the two entries was waiting the return of a boat from out of town).

The feature event of the regatta is an open singles race for which a permanent trophy is awarded in honor of Sy's efforts in elite singles events. This year's race was won by Stephen Dull of Riverside. The accompanying photo shows Mrs. Gail Pier-son Cromwell, Sy's widow, presenting Steve Dull with a temporary "trophy" which she donated, the real thing not being ready. The permanent trophy organized by the club is a plaque with spaces for each winner; a medal or cup is given each year to that year's winner.

The entries for the first Cromwell Regatta pretty much represented only Charles River clubs plus the Narragansett Boat Club. It is hoped that much wider representation will be possible in future years when more advanced scheduling will permit greater publicity and the avoidance of conflicts with U.S. team trial regattas.

All races, except the 1/4-mile dash, novice gig and veteran's single, are a 3/4-mile distance on the straight course running downriver in the Charles from near the Weeks foot bridge through the Western and River Street bridges to Magazine Beach. the novice gig and veteran's single are at approximately 1000 meters.

Thanks go to Dr. Francis Bane and his four rowing sons (and friends) and his wife for organizing and running the regatta as well as providing refreshments and supplying a goodly number of the competitors. As the results show, the Bane boys do well on the water. 



RESULTS OF FINALS OF FIRST ANNUAL CROMWELL REGATTA

Junior 135-lb Single: Michael Bane, RBC, 5:12.2 2nd T. Sgouros, NBC. **Junior Novice Single:** 1st C. Welch, RBC, 5:23.1 2nd R. Shea, RBC 3rd R. Thompson, RBC. **Veteran's Single:** 1st Ed Lynch, CBC, 4:12.4 2nd S. Proctor, CBC 3rd L. Wase, CBC. **Open Single (Cromwell Plaque)** 1st S. Dull, RBC, 4:26.9 2nd S. Bane, RBC 3rd W. Mahoney, U.Mass 4th P. Gross, NBC. **Senior 1/4-mile Dash:** 1st R. McKenna, RBC 1:19.5 2nd P. Gross, NBC 3rd R. Doxey, RBC. **Junior Single:** 1st Brian Bane, RBC, 5:02.1 2nd F. Bane, RBC. **Junior Double:** 1st RBC (B. Bane, F. Bane), 4:56.0 2nd RBC. **Intermediate Double:** 1st RBC (B. Bane, S. Bane), 4:27.1 2nd CBC 3rd RBC. **Novice Gig:** 1st, T. Maulstag, RBC, 4:09.6 2nd R. Thompson, RBC. **Intermediate Single:** 1st Stephen Bane, RBC, 4:51.9 2nd R. Jamara, RBC 3rd E. Smith, CBC.

13th ANNUAL MID-AMERICAN COLLEGIATE ROWING ASSOCIATION REGATTA

May 7, 1977, Marietta, Ohio

HIGH SCHOOL GIRLS NOVICE 1. Parkersburg 3:13.55, 2. Parkersburg Catholic 3:15.45 **COLLEGE WOMEN NOVICE** 1. Mercyhurst 3:12.5, 2. Grand Valley 3:14.2 **HIGH SCHOOL NOVICE** 1. Mt. Carmel 4:13.1, 2. Roosevelt 4:15.4, 3. Riverview 4:19.6, 4. Parkersburg 4:27.6, 5. Brooke 5:08.8 **COLLEGE FOUR WITH COX** 1. Marietta "B" 5:46.5, 2. Notre Dame 5:49.3, 3. Morris Harvey 5:51.1, 4. Marietta "A" 5:56.3 **HIGH SCHOOL GIRLS VARSITY** 1. Marietta "A" 2:56.58, 2. Parkersburg 2:59.18, 3. Parkersburg Catholic 3:03.8, 4. Brooke 3:11.28 **COLLEGE FRESHMAN NOVICE** 1. Marietta 5:58.6, 2. Notre Dame 6:10.6, 3. Michigan State 6:22.6, 4. Grand Valley 6:20.5, 5. Mercyhurst 6:14.8 **COLLEGE WOMEN FOUR** 1. Michigan State 3:34.34, 2. West Virginia 3:37.34,

3. Marietta 3:45.34, 4. Notre Dame 3:54.24, 5. Mercyhurst 4:42.24 **COLLEGE JUNIOR VARSITY** 1. Marietta "A" 5:13, 2. Marietta "B" 5:21.1, 3. West Virginia 5:28.8, 4. Grand Valley 5:31.1 **HIGH SCHOOL JUNIOR VARSITY** 1. Mt. Carmel 4:01.3, 2. Marietta 4:01.7, 3. Roosevelt 4:08.2, 4. Riverview 5:10.1 **COLLEGE WOMEN VARSITY** 1. Notre Dame 3:00.6, 2. Marietta 3:01.1, 3. Mercyhurst 3:06.2, 4. Grand Valley 3:10.1, 5. West Virginia 3:19.1, 6. Michigan State 3:27.3 **HIGH SCHOOL VARSITY** 1. MTTA 4:23.42, 2. PCHS 4:33.42, 3. PHS 4:34.36, 4. Brooke 5:30.02 **COLLEGE VARSITY** 1. MTTA 5:10.31, 2. Grand Valley 5:25.01, 3. Mercyhurst 5:32.31, 3. Tie. Morris Harvey 5:32.31, 5. Notre Dame 5:37.21, 6. Michigan State 5:43.31.

President's Cup Regatta

by Lloyd B. Martin

On 26 June, 1977 the Washington Rowing Association sponsored the twenty second annual President's Cup Regatta on the Potomac River at Washington, D.C. The host club for the event was the Potomac Boat Club while the city of Washington, D.C. lent support in the form of the Walter Thompson Water Sports Center from which many crews launched their shells.

A total of thirty events were rowed comprised of men and women of all competitive levels from novice to elite and including masters. A minimum of twenty-one schools, colleges, and clubs participated with over 100 entries in the various races.

While no point trophy exists for this regatta the Potomac and Vesper Clubs produced an excellent series of match events in the elite sweep races as well as a number of sculling events.

Masters National Champion Milo Vega gave an excellent winning demonstration in the masters single in anticipation of the U.S. Nationals.

The Potomac Junior Eight which was disappointed in its bid for the U.S. Junior National eight oared standard came back in the latter part of the President's Cup Regatta and won the Senior eight oared race over Buffalo and Vesper.

This was one of the largest regattas run in recent years on the Potomac River and many comments expressing satisfaction were heard.

For its part, the members of the Washington Rowing Association were very satisfied with the results of the regatta and offer an invitation to all to return to our twenty third annual regatta next summer.

PACIFIC NORTHWEST REGIONAL CHAMPIONSHIPS Greenlake, May 21-22, 1977

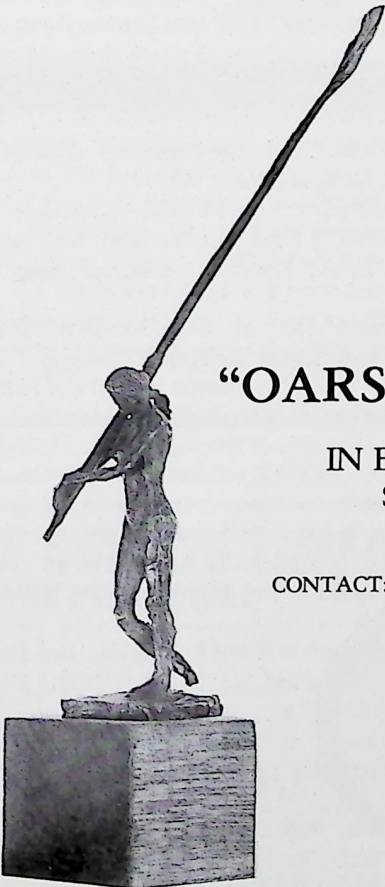
NOVICE EIGHT 1. University of Wash 4:12.8, 2. Overlake School 4:34.3, 3. Greenlake 4:43.5, **HIGH SCHOOL SINGLE** 1. Greenlake 5:39.5, 2. Greenlake 5:57.9, 3. Lakeside 6:01.0, 4. Calgary Rowing Club 6:12.1, **LIGHT QUAD** 1. Lakeside 5:00.0, 2. Greenlake 5:02.0, **OPEN SINGLE** 1. VCRC 4:44.3, 2. LWRC 4:51.8, 3. LWRC 4:58.3, 4. Calgary Rowing Club no time, 5. Seattle Tennis Club no time, **FLY PAIR** 1. SPC 5:02.1, 2. Univ of Wash. 5:47.7, 3. Lakeside 6:29.3, 4. UBC (exhibition) 5:41.5, **LIGHT NOVICE WHERRY** 1. Lakeside 6:13.0, 2. Greenlake 6:22.4, 3. Greenlake 6:31.6, 4. SPU 8:32.6, **HIGH SCHOOL EIGHT** 1. Greenlake 4:19.1, 2. Overlake 4:21.2, 3. Greenlake 4:27.1, 4. Lakeside no time, **LIGHT PAIR** 1. SPC 5:05.3, 2. LFRC 5:09.6, 3. Univ of Wash 5:19.8, 4. Lakeside 5:30.9, **OPEN QUAD** 1. LWRC 4:22.8, 2. Lakeside 4:33.7, 3. Calgary Rowing Club 4:56.0, **OPEN PAIR** 1. LWRC 4:36.5, 2. SPC 4:49.6, 3. Lakeside 4:55.5, 4. Univ of Wash 5:15.4, **HIGH SCHOOL QUAD** 1. Greenlake A 4:5.8, 2. Greenlake B 5:16.1, 3. Lakeside 5:26.5, **LIGHT EIGHT** 1. SPC 4:03.0, 2. Univ of Wash. 4:04.15, 3. PLU 4:30.0, 4. Greenlake no time, 5. Lakeside no time, **FLY FOUR** 1. PLU 4:12.3, 2. U.W. 4:14.0, 3. SPU 4:14.3, 4. UPS 4:18.1, 5. GLC 4:18.4, 6. Lakeside **INTERMEDIATE SINGLE** 1. LWRC 4:25.6, 2. VCRC 4:30.6, 3. Lakeside 4:43.9, 4. 5:13.9, 5. LWRC 5:15.4, **HIGH SCHOOL DOUBLE** 1. CRC 4:08.5, 2. LERC 4:24, 3. GLC 4:45.7, 4. Lakeside 5:04.7, **OPEN FOUR** 1. LWRC 3:44.1, 2. PLU 3:50, 3. GLC A 3:54.7, 4. SPU 3:55.2, 5. UBC 4:01.9, 6. GLC B 4:05, **LIGHT SINGLE DASH** 1. LWRC 2:08.3, 2. LWRC 2:15.7, 3. GLC 2:25.6, 4. GLC 2:27.6, 5. Lakeside 2:50.5, **OPEN NOVICE WHERRY** 1. CRC 5:11.3, 2. GLC 5:16.3, 3. Lakeside 5:19.1, 4. UW 5:26.6, 5. SPU 6:05.2, **HIGH SCHOOL FOUR** 1. GLC B 4:04.7, 2. GLC A 4:09.0, 3. Overlake 4:11.8, 4. LERC 4:18.8, 4. ?SB 4:54.8, 6. Lakeside 4:27.1 **OPEN DOUBLE** 1. LWRC 3:39.3, 2. VCRC 3:45.5, 3. LWRC 3:58.8, 4. Lakeside 4:12.8, 5. CRC 4:22.1, **LIGHT FOUR** 1. ULRC 3:46.0, 2. SPC B 3:47.6, 3. SPC A 3:47.8, 4. UW 3:54.1, 5. GLC 3:55.9, 6. PLU 4:00.4, **OPEN SINGLE DASH** 1. VCRC 2:11.5, 2. CRC 2:13.7, 3. STC 2:16.9, 4. LWRC 2:20.0, 5. GLC 2:28.1, 6. LERC 2. 56.4, **LIGHT DOUBLE** 1. LWRC 3:51.0, 2. Lakeside 4:32.4, 3. CRC 5:07.4, **OPEN EIGHT** 1. LWRC 3:28.0, 2. GLC 3:30.7, 3. UW 3:33.6, 4. SPU 3:34.8, 5. UBC 3:48.6.

TOTAL POINTS

Lake Washington Rowing Club 173, Green Lake Crew (High School) 147, Seattle Pacific. Univ. 98, Lakeside School, 70, Univ. of Washington 67, Calgary Rowing Club 41, Victoria City Rowing Club 40, Pacific Lutheran University 36, Overlake School 26, Lake Ewauna Rowing Club (H.S.) 11, Seattle Tennis Club 4, Univ of Puget Sound 3, Univ of British Columbia 0.

PRESIDENT'S CUP REGATTA RESULTS

Inter. Glig 1. Undine 6:33.1, 2. Potomac 6:56.5 **Men's Sr. Eight** 1. Vesper 4:14.1, 2. Buffalo 4:16.6 **Women's Double** 1. Minneapolis 5:55.4, 2. Potomac B 6:09.9, 3. Potomac A 6:13.2 **Men's Sr. Double** 1. Vesper 4:48.4, 2. Undine A 4:52.5, 3. Undine B 5:11.7 **Men's Inter Lt. Single-B** 1. Ecorse 5:27.4, 2. Vesper 5:28.8, 3. Mexico 5:38.5, 4. Malta 5:43.7, 5. Potomac 5:45.9 **Inter Quad** 1. Fairmount 4:38.9, 2. Vesper 4:41.1, 3. Undine 4:54.1 **Men's Inter Double** 1. Undine A 4:57.3, 2. Malta 5:02.2, 3. Potomac 5:05.1, 4. Undine B 5:14.2 **Men's Inter Eight** 1. Potomac 4:21.0, 2. Buffalo 4:22.2, 3. Vesper 4:33.0 **Masters Single** 1. Hillsbough (Vega) 6:03.3, 2. Vesper (Ignas) 6:11.2, 3. Potomac (Fawcett) 6:26.5, 4. H.R.A. (Heffernan) 6:48.5 **Men's Inter Lt. Double** 1. Malta 5:01.8, 2. Undine 5:02.8 **Junior Champ Eight** 1. St. Catharines 4:17.1, 2. Potomac 4:25.0, 3. Blood St. 4:30.6, 4. Crescent 4:34.0 5. Vesper 4:51.3, 6. Penn A.C. 5:54.6, **Men's Elite Pair With** 1. Vesper B 5:19.0, 2. Potomac A 5:27.7, 3. Potomac B 5:29.4, 4. Vesper A 5:33.2, **Women's single** 1. Minneapolis A 6:20.7, 2. Potomac a 6:24.2, 3. Minneapolis B 6:37.9 **Men's Lt. Eight** 1. Potomac 4:20.0, 2. Vesper 4:22.9 **Men's Inter Lt. Single - a** 1. U. Va. 5:20.7, 2. Undine 5:21.5, 3. Mexico 5:31.1, 4. Malta (NT), 5. M.I.T. 6:14.7 **Men's Inter. Four With** 1. Potomac 4:57.8, 2. Buffalo 5:02.7, 3. Vesper A 5:06.0, 4. Vesper B 6:07.4 **Junior Champ Quad** 1. Fairmount A 4:58.1 2. Mixed 5:05.8 **Men's Elite Pair w/o** 1. Potomac B 4:51.8, 2. Vesper 5:01.8, 3. Potomac C 5:13.6, 4. Potomac A 5:26.0 **Men's Lt. Four w/o** 1. Potomac 4:40.2, 2. New Haven 4:44.0, 3. Mission Bay 4:45.5, 4. Vesper 4:41.2 **Men's Inter Single-A** 1. Potomac A 5:18.4, 2. Potomac B 5:23.7, 3. Fairmont A 5:39.3, 4. Union 5:42.2 **Men's Inter Single - B** 1. Marin R.A. 5:27.1, 2. Fairmount B 5:33.7, 3. Potomac 5:34.3, 4. Navy 5:45.4 **Men's Sr. Single** 1. Potomac A 5:16.6, 2. Vesper 5:20.3, 3. Potomac B 5:41.6 **Lt. Pair** 1. Potomac 1:09.7, 2. Union 1:14.0 **Women's Single** 1. Potomac 1:25.9, 2. Minneapolis 1:28.4 **Men's Open** 1. Potomac 1:11.1, 2. Fairmount 1:18.5, 3. Union 1:21.1 **Men's Sr. Pair w/o** 1. Buffalo 5:10.5, 2. Groton 5:14.4, 3. Mexico 5:35.0 **Junior Champ Double** 1. St. Catharines 5:52.1, 2. Fairmount 6:07.0, 3. NYAC 6:07.7, 4. Riverside 6:09.0 5. Blood St. 6:21.9, 6. Narragansett 6:24.0 **Elite Four w/o** 1. Potomac 4:26.9, 2. Vesper 4:33.7 **Junior Champ Pair With** 1. Argonaut 5:21.5, 2. St. Catharines 5:25.0, 3. Buffalo 5:33.6, 4. Potomac 5:35.5, 5. Blood St. 6:09.5 **Elite Four With** 1. Potomac a 4:43.0, 2. Potomac B 4:46.9, 3. Vesper 4:50.1.



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WEST COAST JUNIORS

by Robert Cumming

WEST COAST JUNIOR REGIONAL CHAMPIONSHIPS, GREEN LAKE, SEATTLE, JUNE 4, 1977

This Regatta was sponsored by the Lakeside School and Green Lake Jr. Crew of Seattle, Washington.

The Marin Junior Crew of Larkspur, California represented the San Francisco Bay Area, and sent a contingent eighteen schoolboy oarsmen and coach Bob Cumming via United Air Lines to Seattle.

Lake Ewauna R.C. of Klamath Falls, Oregon was also entered in nine of the ten events which consisted of Single-sculls, Double-sculls, Pairs-without, Fours-with, and Eights, in Lightweight and Heavyweight Divisions.

Racing started at 9:00 a.m. with a light rain falling, but water conditions were perfect. The course was 1,450 meters.

Lakeside School won the Heavy Pairs, two lengths over Marin and five over Lake Ewauna. Times 6:25.5, 6:31.5, 6:50.0 Green Lake Juniors won the Lightweight Fours in 5:55.0, with Marin second (5:58.25), and Lakeside third (6:20.0). Green lake also won the Lightweight Eights in 4:46.3; Marin was second. The other seven events were won by the Marin Juniors. The point-score was: Marin 73 1/2, Green Lake 57, Lakeside 40 1/2, Lake Ewauna 27.

Coaches are: Lakeside School, Frank Cunningham; Lake Ewauna, Doug Herland; Green Lake, Gil Gamble; Marin, Bob Cumming. Mr. Greg Miller was the official Starter-Referee.



Marin Rowing Association's Heavy Four-with: Cox Willi Schmitt, Brett Powell, Chris Luis, Matt Praetzel, Bow John Bettinger.

BAY AREA ROWING LEAGUE CHAMPIONSHIPS, OAKLAND ESTUARY, MAY 21, 1977.

Six Bay Area Schools participated including Redwood of Larkspur, College Preparatory School of Oakland, Mt. Tamalpias Boys School of Ross, Berkeley, Oakland, and St. Josephs of Alameda.

The ten events consisted of Single-sculls, Single Wherries, Fours-with, and Eights in both Lightweight and Heavyweight Divisions. The racing started at 8:00 a.m. sharp with the Varsity Lightweight Single-sculls and continued at twenty-minute intervals throughout the regatta. Ed Lickiss of the Oakland Strokes R.C. was the official Starter-Referee.

Redwood won eight of the ten events, losing only the Varsity Heavy Wherry to College Prep and St. Jos. Berkeley won the Varsity Eights by .03 seconds over Redwood in one of the best and closest races of the entire program. Winning time was 4:55.0.

According to the International Point system, the point-score was as follows: Redwood, 71; College Prep, 27-1/2; Berkeley, 24; Mt. Tam, 17-1/2; St. Jos., 7-1/2; Oakland, 7.

Wherry events were over 1,000 meters, other races 1,500 meters. Water conditions were perfect, but against a slight ebb tide.

Coaches are: Oakland, Pat Lickiss, also President of B.A.R.L.; Berkeley, Bob Traum, also Sec'y-Treas. of B.A.R.L.; College Preparatory School, Giancarlo Trevisan; Mt. Tamalpias School, Eric Gray; Redwood, Bob Cumming; St. Josephs School, Joe Mees.

MARIN ROWING ASSOCIATION OF LARKSPUR, CALIFORNIA JUNIOR SCULLER PARTICIPATES IN JUNIOR TRIALS, JUNIOR NATIONALS, AND PRESIDENT'S CUP REGATTA AT WASHINGTON, D.C.

Chris Louis of Tiburon, California of Redwood High School Crew and Marin Junior Crew, represented the Marin Rowing Association of Larkspur, California taking second place to Gregg Montesi in the International Trials for single-sculls. Winning time was 5.48.3; Louis' time 5.51.4.

In the Junior Nationals, Louis turned the tables on Montesi, beating him by two lengths. However the title and the gold medal went to the Canadian sculler with Louis taking the silver and Montesi the bronze.

The following day, Louis entered the Intermediate Singles in the President's Cup Regatta at Washington, D.C. winning the 2,000 meter event.

Unfortunately Chris Louis' eighteenth birthday is next November 18th, which makes him ineligible next year as a Junior oarsman.

DAD VAIL ASSOCIATION MEETING

Due to the conflicting date with the N.A.A.O. Meeting, the annual Dad Vail Association meeting will be held at 10 a.m. on 10 December 1977 at #4 Boathouse Row in Philadelphia. There will be an ad hoc coaches meeting at 8 p.m. on the Friday night before in the same building.

Front row (l. to r.): John Gaebler, Berkeley H.S.; Tim Carroll, Redwood H.S.; Chris Wilson, College Prep School; Hans Baldauf, Mt. Tamalpais School. Back row (l. to r.): Robert Cumming, Redwood H.S.; Robert Traum, Berkeley H.S.; Eric Fuller, Berkeley H.S.; Eric Gray, Mt. Tamalpais School; Giancarlo Trevisan, College Prep School; Pat Lickiss, Campolindo H.S.



Breitenbach Memorial Award

by
Robert Cumming

In 1965, Salesian High School in Richmond claimed the fourth best varsity fours-with-coxswain crew in United States prepdom after finishing a strong fourth in the National Schoolboy Rowing Championships on the Potomac River in Washington, D.C. Salesian was the smallest school ever to enter the race, with an enrollment of 350; its team was defeated by three schools with student populations each in excess of 4,000.

The Chiefs were the only team in the field of 18 crews that hadn't had a practice run on the choppy wind-and-rain splattered one-mile Potomac course. It was their first experience with staggered starts, fresh water and the type of currents in the Potomac. The Salesian crew averaged 171 lbs. per man against an average of 189.6 lbs. among the larger opposition schools. With all these disadvantages added to a leaky boat, the Chieftains qualified second in their first day

race with Lakeside High School of Seattle, the final winner. The next day, they went on to place fourth in the final run.

The team consisted of Bill Delevatti, coxswain, and oarsmen Pat Selway, Bob Daniels, Mike Feyder and Bernard Breitenbach, who had just been voted the most valuable rower of the year.

When Bernard Breitenbach was killed in Vietnam in 1968, the other members of this outstanding team set up a memorial award in his name for the most valuable rower of the year in the local high schools.

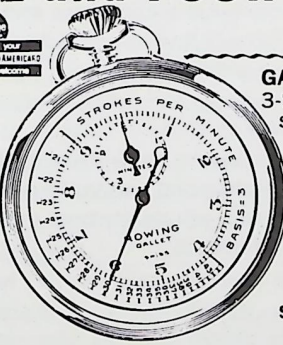
For the first time since its inception in 1969, the 1977 Breitenbach Trophy was awarded to dual-recipients; Chris Wilson, of College Preparatory School, and Tim Carroll, of Redwood High School. This Award is presented annually through the auspices of the Berkeley Exchange Club of that City, Michael J. Healy, President.

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Editor's Note: We are not certain how we came in possession of this rather maudlin epistle. It is reprinted here not to regale our readers with a typical example of aging egos, but rather to recount one man's experience rowing in a women's boat. The writer, Clark, and the recipient, Budd, had their brief moment in the rowing sun way back in '64 when they provided ballast in Vesper's Eight and earlier won the Nationals in the coxed pair.

WOMEN'S ROWING —

The Final Step

Spring River Farm
Metamora, Michigan

July 15, 1977

Dear Boyce:

I know that you have been worrying about your expanding waistline and sagging muscles for some time now, and, while I have not found a solution for that inevitable result, I believe I have discovered a method by which you can relive some of that old glory in which we used to wallow.

No, I do not suggest that you return to Mother Yale and take a turn in the six seat. You never moved the boat there anyway, and there is little doubt it would prove embarrassing after the first 500 meters at 38. Rather, I would have you repeat an experience I had the other day which was terrific for the ego and resulted in only a few glorious blisters. As you know I have for some time been doing research into the phenomenon of women's rowing — one still difficult to comprehend for the likes of you — but up to this point I have only listened, observed, pondered — not participated.

Due, I suppose, to my enduring charm, the opportunity came when I was invited by the girls (women) of the Northfield Mount Herman crew to row in their eight. That the invitation was for 5:00 a.m. made it appear more in the nature of a challenge, but as you surely recall from the days of our male chauvinism such a challenge was never refused. In fact, a good deal of what motivated us in those days had a female challenge behind it. Remember chasing a train four stops in your car that time in New Jersey just to catch a glimpse of a girl you were afraid to talk to when she finally got off?

But I digress. The Connecticut River was glassy as I sprinted (a last minute fitness program) down to the dock, a beautiful mirror meandering through the green mountains of western Massachusetts over which a red morning sun, weighted down by heavy cloud, was struggling to rise.

For a time only one coxswain (male) and one oarswoman were present as I drank in the silence thinking of countless other early mornings on other rivers. But soon a whole gaggle of little young bodies (none with your heft) appeared, male and female, and the boat house came alive with the usual pre-work-out goings, comings, stretchings, wakings up. The talk was of exams and all-nighters (that used to mean parties, but here, inexplicably, it involved studying — life is apparently more serious now) and even though I can still quote some Vergil and remember a few things about the Hundred Years war, I thought I had better let my oar do such talking as was done.

I know you are eager to learn how I fared but I will not, in the interest of conserving resources (paper), give you a stroke by

stroke analysis. Suffice to say that I did not die in the 200 hard strokes they allowed me to do — I did not even have to cheat very much, although I was prepared to come in over my ankles and out at the knees. In fact, those girls had that boat set up well enough so that I was able to joyously hang it on, moving my usual mountain of water. Nobody said anything but I am sure they were impressed (even if my puddle was a bit frothy and occasionally I was late out of bow). The girl in the six seat in front of me had on a Yale shirt, but did not look anything like you, being altogether more agreeable to row behind.

Actually I think Coach Chuck Hamilton and his eight went out of their way to be kind to me. They never went over a 34 except for one frantic 10 stroke piece during which I managed to fake it rather well — something like those jazzy starts we used to make in the pair when I would pull you around and it would take 500 meters to get straightened out.

Two hundred hard strokes turns out to be just about right, but even though you are a bit younger, I wouldn't try more than 150. That is plenty to feel it in the legs, work up a few good blisters and start the old heart pounding. If you stop then, you will leave thinking, "My God that was fun, why am I not rowing if it still feels so good?" As you reflect further the answer will become abundantly clear in a hundred ways and you will be satisfied with the occasional invitation (challenge) to savor the old feeling with a host of delicious aches and pains.

So overcome your male chauvinist tendencies, suppress your licentious inclinations and climb into a boat with eight girls. You will find that they bury their blades, come out cleanly, move nicely out of bow, set the boat up well, work hard, swear sweetly, and if their puddles are not quite as gurgly and their oars don't bend quite as much as yours, be grateful.

Please let me know if you have trouble wangling a satisfactory invitation and I, as in the past when you had problems with the fair sex, will do my best to help. I expect you feel there is still a difference.

Yours in truth,
Your old social director
and bow man,
Emory

Oklahoma is the land of cowboys, dust storms and oil wells. From dawn to dusk, cowboys are in the saddle riding the range, working hard, gaining the satisfaction of a job well done.

Stereotyped? Yes, but... there is an unusual group of "cowboys" — from Oklahoma State University — who are in the "saddle" at dusk and dawn, who are also getting that peace of mind from giving it all they've got.

The usual "range" is one of three lakes near campus-based Stillwater and the saddle is a rolling platform in a four- or eight-man shell. The "Cowboys" comprise the OSU crew.

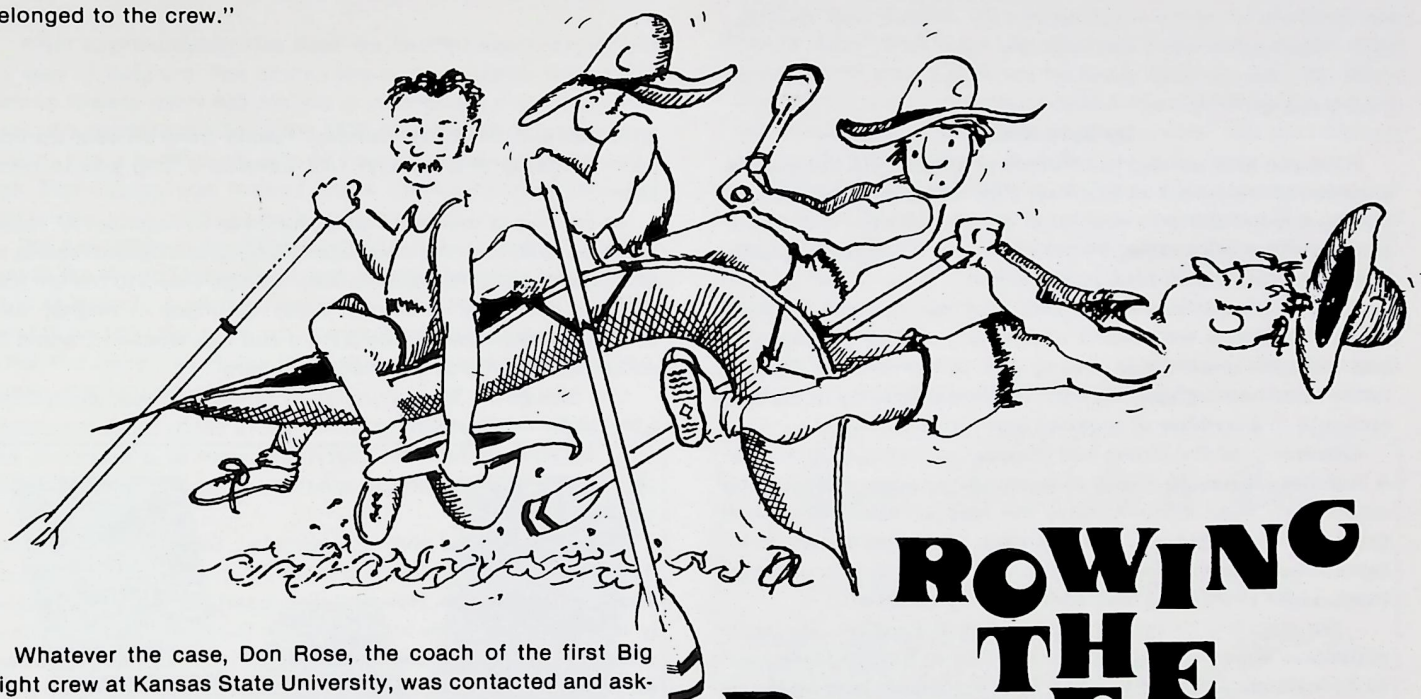
How the crew, now completing its fourth consecutive competing season, originated is somewhat of a mystery, according to O-State rowing club president, Peter Russy.

"Organization and planning began sometime in 1972 by a student and a graduate student," the third-year oarsman related. "Ironically, this student apparently never rowed or belonged to the crew."

an effort to raise funds for new equipment, crew members sold submarine sandwiches in campus residence halls and Greek houses. In selling the subs, they also sold interest on crew. By the beginning of the spring semester, the team had increased from the minimal eight men to 23, 15 men and eight women. And through an organized membership drive this past academic year, the club has expanded to approximately 45 members.

"I came down here not knowing there was a crew, but had been interested in them as a kid," Russy, a Wisconsin native, said. "One of my friends was then on the team and I said I'd go out with him one night, thinking we would be going to some lake."

Instead, Russy found himself at Lewis Field, the O-State football stadium, meeting eight guys running up and down the stadium steps for training.



Whatever the case, Don Rose, the coach of the first Big Eight crew at Kansas State University, was contacted and asked to help establish a third conference team. Currently, there are still only three authorized crews in the Big Eight — KSU, Nebraska and Oklahoma State, established in that respective order.

Two years later, in the spring of 1974, the OSU rowers faced their first foes of a regularly scheduled season. And as with all surviving, growing organizations, they improved with time.

Competing in donated equipment (one eight-man shell and a set of broken oars) the Cowpokes lost all their regattas, both at home and away.

"There were only one or two actual regattas," Russy stated, "we're not sure. But we know we didn't win any."

The next season brought an expanded schedule of competitors, including a well-established University of Alabama crew. Individual races were sporadically won, but the agony of defeat was prevalent.

"One of our biggest problems was morale," explained Eric Strickler, a second-year man, and second in longevity on the OSU crew. "This has been a problem in recruiting because of the way things were done in the past."

However, in the summer of '75, the tide began to turn. A four-man team from OSU, consisting of Rick Carter, current OSU coach, Jim Glass, Rick Botchlet and Jeff Brown entered a Canadian meet and won. In the fall, membership grew also. In

ROWING THE RANGE

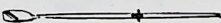
by Amle Schenandoah

"There was a feeling there of comradeship — a bunch of guys who gave a damn about what you did," Russy continued. "Later, I found out that it was true."

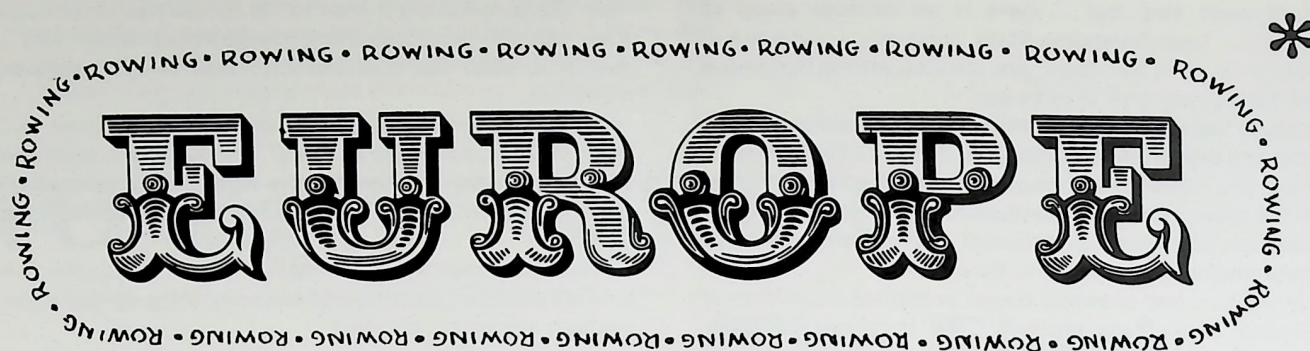
Comradeship is what is pulling OSU into a crew on the move. "This year for the first time we've had enough people interested in crew and rowing to drive the crew forward," Russy explained.

With this season rapidly winding down, plans for next year are in the making. The most notable change will be to begin competition earlier in the year — during the fall months in the first semester. Another step will be to head north and east against universities with traditionally winning crews, according to Strickler.

"Being a new crew and being from a part of the country where this is fairly new, there is a lot of competition among crew teams," Strickler stated. "We want to improve and show them that we are, and will be good."

"Everytime we get out on the water, even though we may not cross the finish line first, we haven't lost," Russy concluded. "We improve." 

International Rowing: Not just for National Teams



by Dave Allen

Have you ever wanted to compete in Europe, but not had the experience, training, and whatever else to make the USA team? Do you have a desire to see much of the world but simply not have a million bucks to shell out? It can be done very inexpensively. In fact, it was done last summer.

Bill Doherty (Cornell '75), Steve Unterman (Cornell '77) and I (Ithaca '75) knew we weren't of Olympic caliber yet, but still had a desire to continue rowing and to compete in Europe. While none had high-paying jobs, all were able to fly to Europe, compete in a number of regattas and travel extensively.

Obviously, all the racing had to be set up through the NAAO. A number of people made everything possible, but nothing could have been done without the help of Hart Perry, then president of the NAAO. Through Hart, letters were sent to international regatta directors to register and arrange accommodations. Later everything was confirmed by telegram.

We decided to race in Denmark and Sweden. The least expensive airline (about \$400 round trip) to Europe turned out to be Icelandic, meaning a short stop in Iceland, landing finally in Luxemborg where we rented a car similar to a Datsun, with good gas mileage. The final cost for the car was approximately \$550, split three ways. We drove through Germany towards Copenhagen and Denmark, with a short stop to look at the international race course in Essen.

In Copenhagen we contacted the International Regatta Director, who went out of his way to make us comfortable. As arranged ahead of time, he also had a decent pair with for us. We brought our own oars, taping them on a luggage rack mounted on top of the car.

We stayed right at the race course at the Bagsvaerd Roklub. In fact, during the entire trip we never spent a penny for lodgings. On the road, we simply pulled to a rest area or side road and slept. People often invited us to dinner in the evenings and in the mornings we went to bakeries; evenings, when free, we went to inexpensive restaurants.

The Copenhagen International Regatta proved both competitive and exciting. There were two single-day regattas, one on

Saturday and the other Sunday. Teams from all over Europe (from England to Germany) had traveled a long way to compete.

At the end of the weekend we had won two senior "A" races and placed third in the elite race. It's quite a different feeling to line up at the start without familiar college crews to the left and right, but, rather, Norway, West Germany, Holland, and Sweden. Many new friends were made that weekend, some of whom we ran into at regattas elsewhere.

We brought a large number of shirts with us, everything from eight "Cornell/Ithaca USA" shirts each, to an incredible array of college T-shirts. Everything went at a premium, especially the Cornell-Ithaca specials, since we were the only crew from the US.

Next, we headed north to Halmstad, Sweden, where there had been some kind of mixup in the telegrams and they had no boat available for us. However, the regatta director immediately located a pair with for us back in Denmark, and gave us a truck to drive back down to pick it up that evening. Again we stayed at one of the boathouses (Halmstad Roklub), with a TV and even a small kitchen. And it got even nicer when a young lady Swedish sculler arrived to train at the club in preparation for the regatta with us! As in Copenhagen, people invited us over for dinner; one family even went so far as to do all our laundry . . . and there was a lot. A week and a half later we competed in the Swedish International Regatta (Senior A) held in Simlagensdalen, not far from Halmstad, and came away with gold medals once more.

We returned to Denmark once again for our last international regatta in Soro. This was another two-day regatta, but Saturday was Denmark's national championships, and the international crews were allowed to compete only on Sunday. By this time the Olympics were over and the teams had returned from Montreal, forcing us to face a different field; but the elite Olympic entries notwithstanding, we surprised ourselves. Because we were a little late for the start and were issued an automatic false start, we hesitated for a split second after the commands to make sure we wouldn't be disqualified. Even though most of

* Rowing Around Europe

the crews were rowing by the world "Pres," we had one of those rare perfect starts and blasted out to more than a full length lead by the 800 meter mark. To say the least, we were going nuts! Later two crews passed us toward the finish, and we placed third.

All in all, we were very happy. We had placed third twice in the elite races and won three gold medals in as many Senior A races. The experience was immeasurable.

After a few days we left Denmark to travel throughout Europe and see various other international race courses. We drove first to Ratzeburg, Germany and then to Amsterdam. The course there, the Bosbahn, is completely man-made with a large permanent grandstand and reeds grown along the shore to dissipate any launch wakes. They were in the process of rebuilding the boathouse for the World Championships this summer. We had asked a taxi driver where all the boathouses were and again, it was no problem to stay as long as we wanted.

After approximately five days we headed south to Munich by way of Belgium. The course there is awesome; man-made, timing towers each 500 meters, a permanent grandstand the size of a race track's from the 1500 meter mark to beyond the finish, and a boathouse with 36 bays jammed full of Empachers. The course was filtered like a swimming pool and was home to a lot a goldfish swimming around.

We saw most of the Olympic facilities before moving on to watch the World Lightweight and Junior Championships being held at Villach, Austria where we really surprised a couple of people on the USA team who never expected to see us there! After the racing we drove through Austria and northern Italy, eventually arriving at Innsbruck.

After taking in all the Winter Olympic facilities we moved on through Lichtenstein to Lucerne, Switzerland and stayed at the Rotsee international course for a full week, traveling throughout the mountains during the day. One could write pages on the little villages tucked away among the massive peaks. From Lucerne, we drove through Switzerland, across the French border to Vichy, site of the '67 European Championships, then north to Paris and finally back to Luxemborg.

We passed through eleven countries in all and competed in five international regattas. The cost including the Icelandic flight and an awful lot of food came out to about \$1,400 per person for the two months. If you're in school, \$1,400 may be particularly difficult to raise, but there are ways: have the local newspaper run a series of articles concerning your trip and preparation for it. People become interested and might be willing to help out, especially sporting goods store owners who would benefit from the publicity as a form of advertisement. Also, contact your alumni. You never know when an alumnus who rowed many years back and who has a few extra bucks might just want to help out. Every bit really adds up. Half the round trip flight ticket or something would mean a tremendous birthday or graduation present from the parents, too. And there is always the possibility of a raffle.

Competing in international regattas and traveling wherever we wanted throughout Europe was an experience that none of us will ever forget. We made friends everywhere and are looking forward to seeing them again. But the experience of international competition was immeasurable. Even if you aren't of national team caliber quite yet, or if you just missed qualifying in the trials, you *can* compete internationally and mix travel and fun, very inexpensively. 



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**SPRING DELIVERY OR BEFORE ON ORDERS BY
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cox · swain (*kok's'n, swān'*), *n.*
[cock (a small boat) + swain], one
who steers a boat or racing shell.

Oh Yeah? COXING? (AND THEN SOME)

by Peter Büttner

Becoming a good cox takes practice, patience and a supportive coach. Becoming an outstanding one requires personality traits and skills that are difficult to acquire if one doesn't have a good dose of them to begin with. Don't worry just now whether you have what it takes to become an outstanding cox, very few do, in my book. If you have a reasonably outgoing personality, are sensitive to and thoughtful of others, yet capable of being assertive — and are fairly light (≥ 125 lbs) — you can learn to be good. And a good cox and eight (or four, or two) good rowers working well together can win races.

The notes that follow should help get you started. Most of the advice reflects my own experience and observations. As you master the basics you will also be picking up tips from others and developing your own style. That's the way it will always be, because coxing is at least as much art as it is science.

The cox is the captain of the boat. Each of the crews (e.g. the frosh heavies) may elect a captain and every boat has a "stroke" at any given time (both roles are also important), but within the boat on a daily basis and particularly as a specific crew of eight rowers and cox work up to a race the cox must be a leader in every sense of the word. Although a few of the reasons for this are obvious to anyone (who else could steer without getting a stiff neck?) and the rest become obvious to every cox, rowers are sometimes harder to convince. Consequently, in order to lead effectively one has to earn the respect of the rowers.

How does one do that? Well, here are my suggestions, and I'm sure you can add your own from experience in other activities:

- Learn all you can about rowing and particularly the techniques being taught by your coach. The ultimate success of you and your crew will depend on *how well you can coach* each rower individually and the crew as a whole whenever the coach isn't working directly with your boat (which will be often during workouts and always prior to and during a race).
- Learn how to handle the boat well, both in and out of the water. You have to anticipate moves and give clear, concise, timely commands.
- Develop and instill a sense of precision, not only for the rowing itself, but in all aspects of handling the boat — whatever the movement, if everyone isn't working exactly together, the results are just as ineffective as a mis-firing engine.
- Get to know and take a genuine interest in every member of the crew. Remember that each rower wants to

master the sport and win as much as you do; the encouragement and suggestions you can provide, if you've been doing your "homework," can be invaluable.

- Polish up your sense of humor. In addition to being extremely hard work and very often discouraging, rowing can be deadly dull. You will encounter many situations in which a light touch will accomplish what would be impossible by any other approach.
- Help your crew to be honest with itself. Encouragement is always important, particularly in the beginning. But it is just as important to set high expectations early and not settle for mediocre effort if you want to develop into an excellent crew with at least an even chance against the really tough competition. Perfection must be the standard at every step along the way: general conditioning, mastering the individual skills involved, putting it all together with great precision, and being psyched up to win. A crew that hasn't consciously worked all season to perfect itself in every detail will usually find that it cannot hold together under the pressure of a race and will forfeit the unique feeling that comes with rowing a race well.
- Learn to row (scull), yourself.
- Above all, have and show the same respect for your crew that you hope to earn from them. Remember, they're doing all the *really* hard work and you're just going along for the ride. Of course, you're doing more than just riding along, but the point is never get carried away with your own importance. No one is more unappreciated than a condescending, order-barking cox'n, and there's nothing more unpleasant than listening to one (unless perhaps it's recalling that maybe you used to sound like that before you learned better).

If you succeed in all of these things, you should indeed become a good cox'n, provided you get plenty of opportunity to practice things like coaching. That will depend on your own initiative and on the personality and style of your coach. Most coaches are former rowers (I don't happen to know if cox'ns have been more or less successful in proportion to their numbers) and as such they don't have a cox'n's-eye view of the world. Nothing wrong with that of course, except that you'll want to be sure to develop a good working relationship with your coach and jointly to work out routines that give you the chance to develop your skills. The more skillful you become the more you'll be entrusted with a share of the responsibility for developing a first-rate crew. 

The Thomas Eakins Head of the Schuylkill Regatta



Thomas Eakins, "The Biglin Brothers Racing" (National Gallery of Art)

October 29, 1977 Philadelphia

- Entry forms and detailed regatta information will be mailed in early September to schools, colleges and clubs throughout the U.S. and Canada.
- Inquiries may be addressed to: Head of the Schuylkill Director, University Barge Club
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Virus Holds Montesi from World Rowing Competition

July, 1977

by Kristin Kohl

Even though 18-year old Greg Montesi once again qualified for the Junior World Rowing Championships, he was not among the young rowers who on Monday boarded the plane for Tampere, Finland where the event is being held this week. Since mid-May, Greg has been fighting an energy sapping virus which has hampered his training and ruined his chances to compete effectively in the international competition. Doctors have diagnosed the virus as a type of mononucleosis.

After talking last week with his coach, Albin Moser of the Narragansett Boat Club, Greg decided not to travel to Finland where he was convinced he would turn in a second-rate performance in the single scull competition.

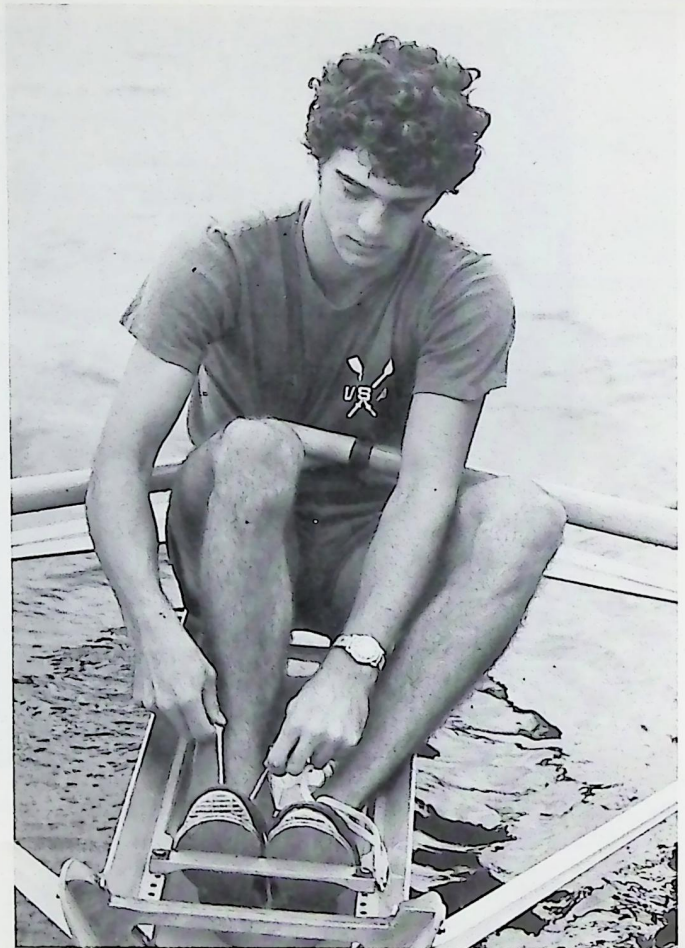
"I just haven't been able to pull at all during training," says the Barrington High School student who placed third in the world championships last summer in Austria. As a 17-year old, Greg crossed the line behind two 18-year olds from East and West Germany.

This week's event would have been Greg's last crack at the 18-and-under world title. Coach Moser believes his protege's chances of winning the championships would have been excellent if he were healthy. Nevertheless, Coach Moser advised Greg against going to Finland. "For Greg to go through a series of races in his condition, without hard training in the past few weeks, just wouldn't make sense. It would be unfair to Greg for him to feel pressured into going to Finland knowing he wouldn't do well. "This is only one year in the life of Greg Montesi," Coach Moser continued. "We have to look to his future — and he has a darn good future in rowing. I can't, in good conscience, send him over there. It would be a struggle for him to make it to the finals."

Coach Moser considers Greg's success in qualifying for the world championships a "super-human feat." At the trials on the Potomac River in Washington, D.C., at the end of June, Greg beat three other rowers on a 1500 meter course. He then traveled to Princeton, N.J. to officially satisfy NAAO requirements by racing against the clock — difficult even under normal conditions, according to Coach Moser. By matching the NAAO's qualifying time of 5:35, Greg was entitled to foundation sponsorship in Finland and \$300 in traveling expenses.

The Barrington single sculler was the only junior in the country to beat the qualifying time. Other U.S. rowers competing in Finland are paying their own way and will try to earn reimbursement by beating the qualifying time this week.

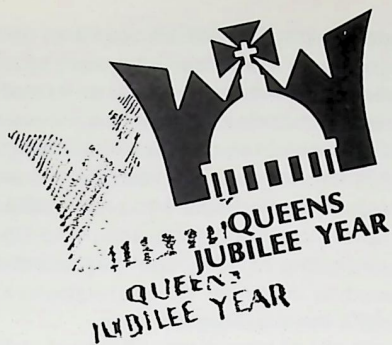
After the grueling trials, Greg immediately entered the National Junior Rowing Championships in Princeton, N.J., an event which he won last year along with the New England Schoolboy Senior Singles. This year, the virus took its toll, causing him to finish third out of nine. Greg's experience at the nationals convinced him his chances of doing well in Finland were slim.



Although he has been preparing for world competition all year, Greg admits he is somewhat relieved not to be rowing in Finland this week. He wouldn't have wanted to disappoint all his supporters who expected him to do well, he explained. Besides, it isn't the end of his rowing career, Greg says. Next year he hopes to compete in the "elite" class for 18-year olds and over.

Son of Mr. and Mrs. Edward Montesi of 183 Mathewson Rd., Greg is planning to transfer to Salisbury School, Salisbury Conn. for his senior year of high school. Salisbury, a top rowing school, was recommended to Greg by Coach Moser who will be freshman crew coach at Brown University next year.

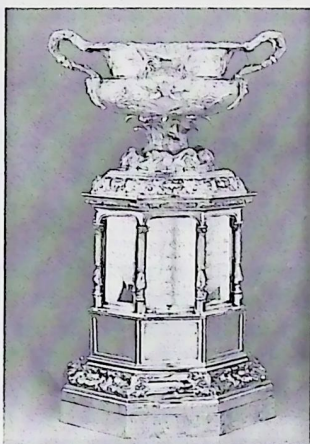
Greg will also participate in the cross country program at the prep school. During his first season in cross country competition, the Barrington High School junior was top runner in the Class C Division.



The Henley ROYAL REGATTA

by Hart Perry

The Grand Challenge Cup



— Cox John Stillingma —
 Str. Mike East 4 Mark Miller
 2 Steve Franklin 3 Ross Barker
 6 Terry Park 5 Mark Sawyer
 3 Mark Lindsay Row Row Lockman

STAFF
 Richard Erickson Coach Frank Cooke Coach
 Harry Overman Tutor Stan Pook, Neil Reddie
 10 Nathan Smith Editor
 July 5, 1977

Amidst the color and pageantry of the Queen's Jubilee, a Royal Visit to the Regatta, near perfect weather and record crowds, the 1977 U.S. invasion of the Henley Royal Regatta provided a series of good races and although our victories were not numerous, Washington's win in the Grand, the first for the U.S.A. since 1959, gave us all something to be proud of.

The End of an Era

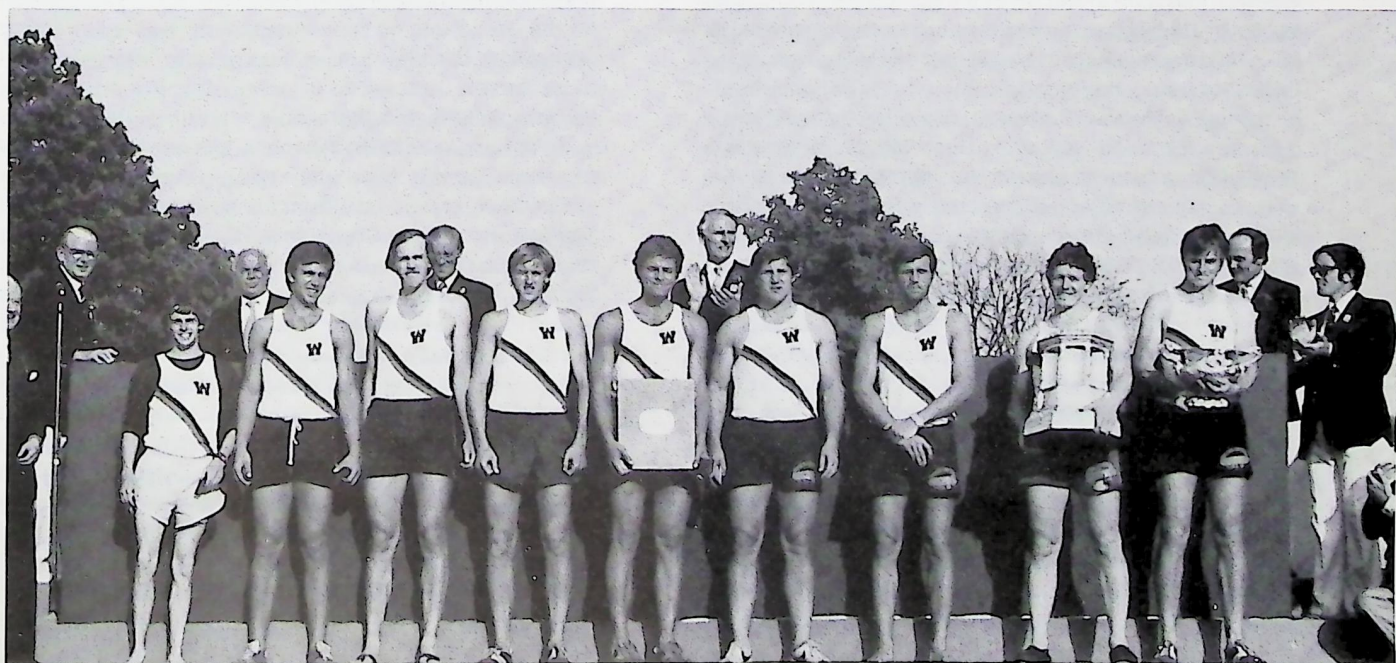
Mixed feelings accompany John Garston's retirement as Chairman of the Committee of Management. His efforts at Henley are seen in every detail of this ultra-efficient "happening," and to him we of the NAAO owe countless thanks. He has given us all an experience we shall always treasure. On the other side, John has earned a rest and a chance to view rowing from the chair of an elder statesman. We wish him well but we shall miss him.

Royalty at the Royal Regatta

The visit of Princess Anne and her voyage in The Royal Barge, rowed by a crew of winners of the famed Dogett Coat and Badge, gave the crowd a taste of the splendor of British tradition.

In broad terms, the Regatta entry was disappointing. The European crews stayed away and without the North American crews and a few from Australia, the Stewards were quick to admit it would have been a two-lane championship of Great Britain.

(Cont'd on next page)



The Grand Challenge Cup

Regardless of the "standard," the premier event produced some thrilling races by some good, solid crews. The appearance of the three American champions (IRA, Pac-8 and EARC) set the stage for what was anticipated as a face-to-face series to determine the real U.S. Collegiate Champion. However, the draw and the speed of the other crews kept the Americans apart from opening to final day. Harvard had looked unsettled at Nottingham, although their lane was a factor, but seemed to have pulled it together as they led Garda Siochana (the British police) at Barrier and at Fawley. Shortly before the mile, however, Garda charged, took the lead, and at the Enclosures held off a Harvard sprint to win by 1/4 of a length. Oxford, with Al Shealy at stroke and Ken Brown at six, fell to the British National Eight in the other opening heat. The semi-finals produced two thrillers. The British Nationals had their hands full with Cornell, who repeatedly attacked, and in the end were only 1/4 length ahead of the IRA Champs. Washington edged Garda and gave firm notice for Sunday's finals as their times were significantly faster than the British over the early parts of the course. The Final was delayed twice

— first, broken equipment in the British boat and second, a flotilla of Canadian geese on the course who were most reluctant to move even when spoken to and bribed by a sandwich-armed Steward on shore. Finally, they were off and from the first stroke Washington seemed more aggressive, solid, and confident. Snatching an early lead the crew settled nicely behind Mike Hess and were ready to answer the British spurts all the way up the course. By the mile and 1/8 it was clear the Huskies were going to do it, and they increased the margin to one full length at the finish. Congratulations and well done Dick Erickson and the Washington crew.

The Ladies Challenge Plate

There were four American entries in this event but their competitiveness was hard to judge before the opening day — two New England, a Florida and a California crew, however, covered the extremities of the U.S. rowing community. Florida Tech beat a composite Oxford in a come-from-behind, all out effort. Unfortunately, Orange Coast and Williams College were drawn to meet on the opening day. The Californians took an early lead and built it to a solid 1 1/4 lengths at the finish. Elliot

The Henley

by Norman Erik Hildes-Heim

If aficionados of the Henley Royal Regatta have sensed a growing Americanization of this uniquely English event, the 138th rowing of this year's "Jubilee" Regatta went far toward confirming their impression that Henley is turning into an Anglo-American reunion. The United States accounted for 26 of the 39 "Overseas" entries, and Canada, the other colonials, as the British delight in calling their North American brethren, contributed four more. The only foreign, i.e. non-English speaking, as opposed to "Overseas" entry, was an eight from Belgium which had the dubious distinction of rowing a royally watched second round loss in The Thames Challenge Cup to The London Rowing Club. The Belgians loss occurred under the royal gaze of Princess Anne, who followed the race in the umpire's launch and had no difficulty in abiding by one of the sacred rules of the Regatta — "No expressions of support or coaching from spectators following the umpire's launch will be tolerated."

Princess Anne's "Jubilee" visit to Henley, the first by a member of the Royal Family since The Queen Mother's 1964 visit, was only one of the highlights that contributed to the special delights this oldest of all rowing events annually affords its participants. The weather, always a topic of concern, started the week more appropriate for frost biting than rowing, but warmed coincidentally with Princess Anne's Friday visit, and produced sun bathing weather and record crowds for Saturday and Sunday's concluding rounds.

While the English gentlemen and their bonneted ladies sipped champagne and Pimms in the Bridge Bar, the American spectators focused their attention on how their favorite crews were progressing through the draw. The Grand Challenge Cup had attracted the Varsity Heavyweight Crews of Harvard, Cornell and Washington, winners of the Eastern Sprints, the I.R.A. and the Pac-8 Championships, respectively. Aside from Cornell and

Harvard's meeting in mid-May at the Eastern Sprints, no one of these crews had raced either of the others during the regular racing season, so the Grand Challenge Cup became the event that would decide which of these three crews was the fastest U.S. collegiate eight of 1977, with the winner claiming title to U.S. rowing supremacy.

The weekend before Henley, at the Nottinghamshire International Regatta, Harvard and Washington had met in a five boat final which saw Harvard row one of the worst 2000 meters in Harry Parker's coaching tenure, finishing 5 seconds behind second place Washington. Cornell had not journeyed to Nottingham, preferring instead to practice in isolation at Henley, adding to the American anticipation for the Grand, if indeed any further build-up could be generated. With six crews entered for the Grand, and no crews "selected," Henley's version of seeding, the draw added even greater interest to the race. Cornell was placed in one half of the draw, while Harvard and Washington were in the other half. Cornell and Washington drew first round byes, leaving Harvard to race Garda Siochana Boat Club, the Dublin Policeman's crew, in the first round of the Grand. Should Harvard win against Garda, the Crimson would then race Washington the next day, a prospect that had Dick Erickson drooling, for, as he was telling anyone who would listen, Harvard had cancelled out on a prearranged four mile race with the Huskies in New London in June — a race which had taken place with Navy instead.* A match-up with Harvard at Henley would give the Huskies a chance to prove a point. That chance never came. Harvard rowed a strong race, but pulling into a headwind, could not sustain its early lead and lost by a quarter boat-length to the heavier Dublin crew. The next

**Editor's note: A race between Washington and Harvard had not been scheduled for 1977.*

House fell to First and Third Trinity, Cambridge by 3 lengths. Durham University reduced the U.S. representation to one crew as they beat Florida Tech by 2 1/4 lengths. Both the quarter and semi-finals were rowed on Saturday and Orange Coast fought its way past Imperial College, London into the semis where they faced Pembroke, the Head of the River crew from Cambridge. Despite a solid effort, the Americans went down by 1 1/2 lengths. In the final, Trinity, Dublin came home 3 1/4 lengths in front of Pembroke.

Thames Challenge Cup

Another four U.S. crews went to the line in the hot Thames Cup competition, with Syracuse frosh and the Washington lights "selected" (seeded). In the opening round, Washington trounced Midland Bank to win "easily," Williams came home "easily," and St. Anthony Hall of Penn outdistanced Cygnet "easily." Syracuse had a bye. Friday was not a good day for the U.S.A. as three of our crews were eliminated. Vesta disposed of St. Anthony Hall by 1 1/2 lengths, and a short while later Thames R.C. came home 1 3/4 lengths in front of Williams. A strong Kingston R.C. edged Washington by one length but

Syracuse showed good form as they handled Quintin B. C. by 2 1/3 lengths shortly after they had been presented to Princess Anne. Saturday's quarter-finals proved a disaster as the experienced University of London eight thrashed the first year Orangemen by three lengths. London R.C., the British National Lightweight eight, were most impressive as they posted the fastest times each day. The final outcome was in little doubt as they crushed Leander by 2 1/4 lengths to take the Cup. They should be a real factor in Amsterdam.

Princess Elizabeth Challenge Cup

Once again the University entrance exams kept many "home" crews away and once again the winner was from 3000 miles to the West. However, the event produced some of the best racing of the Regatta even though Ridley was declared the winner before the first race. A relatively unknown (because they normally row fours) crew from Buckingham-Browne and Nichols proved a very worthy entry as they trounced Ridley's second eight in the opening round and then extended the selected Eton crew to the very end, losing by only 1/2 length. Eton seemed to have everything under control in the early

(Cont'd on next page)

Another Perspective

Concentrating on the Grand Challenge Cup

day, Washington defeated Garda by a half-length, while Cornell lost by a quarter-length to the then current make-up of the British National Team, rowing under Leander colors. In its first round race, the British Team had beaten Oxford University, which could hardly be considered American, though it was stroked by the U.S. Montreal Olympian Alan Shealy, and had Shealy's sometime U.S. National teammate Ken Brown in the six seat.

After defeating Garda, which had defeated Harvard, and seeing Cornell lose its race, Mike Hess, Washington's stroke said "I guess it's clear now who's the best U.S. crew." Washington was through to the Grand final, but should it lose to the British Team by more than Cornell did, questions would still remain as to which crew was the fastest.

Sunday arrived with ideal racing conditions, but going down to the start, the five man on the British Team broke a rigger, postponing the final. Back to the Boat tents came the two crews, with the British seers saying the postponement would psychologically affect the younger and more inexperienced American crew more than the British squad. As Washington waited for its rescheduled race, it watched the other finals and saw its four without coxswain, made up of the Huskie spares, win the Visitors' Challenge Cup.

As events turned out, Washington was to achieve the only American victories of this year's Henley. Three hours after its initial scheduling, the final of the Grand Challenge Cup was again set to start, when a further delay was necessitated by a flock of Canada geese who chose that moment to paddle across the course. Once the race did get away, Washington had a few shaky moments, but after settling, drew even with the British, and then began to inch away. At the Mile Post, trailing by three quarters of a length, the Britishers put on a final

spurt in a vain attempt to overtake Washington. Though the National Boat cut its deficit to a third of a length, Washington was not to be denied, and pulled away to win the Grand convincingly by one boatlength. After the race Mike Hess said "We just decided that if we ever got the lead, no one was going to beat us" — and no one did. Without saying any more, Washington also laid to rest any doubts about which was the fastest U.S. eight of 1977.

There were other U.S. moments at Henley. Kent School, marking the fiftieth anniversary of its first appearance at Henley, joined Buckingham-Browne and Nichols School in the Princess Elizabeth Cup for schoolboy eights. The event was eventually won in a come-from-behind victory by Ridley College of Canada. Florida Technological University, making its first appearance at Henley, competed in the Ladies' Challenge Plate along with Dave Grant's Orange Coast College crew. Though this was Orange Coast's fourth trip to Henley, the Californians achieved their first victories ever, advancing to the semi-finals before losing to Pembroke College of Cambridge University. Jim Dietz, again a finalist in the Diamond Challenge Sculls, again saw victory elude him, this time to England's Tim Crooks who was making his first attempt at this most famous of all single's races.

Commenting on Syracuse's Freshman in their first visit to Henley, Bill Sanford summed up the feelings of his squad when he said "I've been told by many what a unique experience Henley is. But seeing is believing Henley's beauty."

For an oarsman, the sheer joy of competing at Henley is the personal memory that remains long after the results of a particular race fade. For those at Henley this year, as for those in year past, it was a grand experience just to be there.

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stages but B-B & N attacked and in the final moments it looked as if they might pull it off. But Eton held on — great effort! Eton went on to push Ridley to their limit but were outgunned by 3/4 length. Kent, "selected" on their NEIRA performance, was marking its 50th anniversary and 22nd appearance at the Regatta. After a bye on opening day, they overpowered Shiplake on Friday and went on to meet a small but impressive Hampton in the semis. Kent led at Barrier but never really settled. They failed to answer a Hampton spurt at Fawley and Hampton broke through to win by 2 1/3 lengths. In the final, Hampton extended Ridley, leading them at Barrier and Fawley. At the finish, however, Ridley's size and power spelled victory by one length.

Prince Philip Challenge Cup

A disappointing entry, with Thames Tradesmen clearly the class of the four-boat field. University of California made a game effort against Garda Slochana (part of their Grand eight) but fell short by 1 2/3 lengths. Thames Tradesmen demolished Magdalen, Oxford "easily" and had little more trouble in the final with Garda.

Wyfold Challenge Cup

U.S. crews from California, Potomac, and Harvard provided a solid challenge to the "home" entry. All three drew byes on opening day, but on the second day our contingent powered their way to victory. After trailing to Fawley, California put together a series of drives that broke through Kingston to win by 2 3/4 lengths. Potomac's veterans gave a great account as they rowed down Worcester R.C. — the verdict "easily." Tom Charlton was a winner in the most venerable oarsman class. Harvard disposed of Walton R.C. by 1 1/2 lengths to move to a showdown with California on Saturday. University of London

(contenders for G.B.'s entry in the FISA Lightweight Championships) had their hands full with Potomac's old guard — Potomac leading at Barrier — but youth won out by 1 1/2 lengths. California led all the way in their confrontation with Harvard — 2 1/2 lengths at the finish. In the semis, the eventual winners, City Orient, took advantage of some shaky California steering and held off the aggressive but rougher Golden Bears. City Orient, after a tough battle in the early stages, won the cup by 2 lengths.

Visitors Challenge Cup

Washington's opening race with St. Catharines, Cambridge, was their toughest as the losers led past Fawley. With constant pressure the Huskies rowed through to win by 2 1/2 lengths. The collapse of the St. Catharines stroke at the finish caused momentary concern, but he recovered shortly. Downing College went down "easily" on Friday as did University College and Hospital on Saturday to Washington as they advanced to Sunday's final against LMBC. In the race Washington established a 1 length lead at Barrier. From there, the U.S. boat pulled steadily ahead to give Washington the first non-British win in one of the Regatta's oldest events. A great victory for Dick Erickson's men — well done.

Silver Goblets and Nickalls Challenge Cup

The U.S. entry was large in number — Wayne State's IRA Champions, Cashin and Mickelson of International fame, Syracuse, a mixed Cornell/Dartmouth pair — but none were really matches for world class "home" entries. Cashin had to withdraw with illness and Wojdyla and Brennan lost a heart breaker by 1/2 length after leading well past Fawley. The Syracuse and Cornell/Dartmouth pairs went out easily.

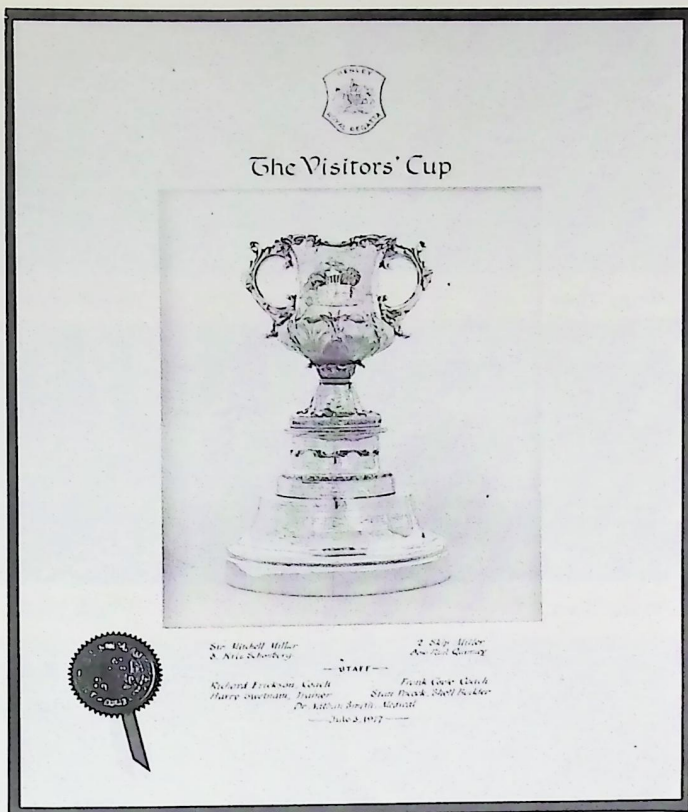
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Double Sculls Challenge Cup

Although "selected," Stone and Wood of Harvard faced a mammoth task as they approached the finals against Olympic

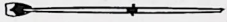
Silver Medalists, Hart and Baillieu. The U.S. double had done a fine job at Nottingham and after an opening day bye, they demolished their Friday opponents. On Saturday, they were against the "holders," Prentice and Spencer — a solid effort and the Americans were in the finals. On Saturday, rough water was a factor but the outcome was in little doubt. The verdict was "easily" but Stone and Wood are to be commended. These two newcomers to the sculling scene have added significantly to the U.S. effort. (Stone has now become our Single Sculler for Amsterdam's World Championships.)

Diamond Challenge Sculls

Perhaps the most international event of the Regatta, the Diamonds featured Olympians from Australia (Hale, '76 Diamonds winner) and the U.S. (Dietz) and Tim Crooks of Leander, the early-season hot shot of the European circuit. The three were "selected" and quickly showed this action was justified. Dietz, after an opening day bye, won easily on Friday and he repeated this in Saturday's semi-finals. Crooks and Hale met in the other semi in a fine race. Hale never lost contact and was a solid racer right to the end. Sunday saw Dietz lead in the early going, but Crooks applied the pressure shortly after Fawley and drew away to win by 3 1/2 lengths.

Other Events

Tideway Scullers captured the Britannia Cup for coxed fours, London R.C. won the Steward's Cup in a row over and St. Edwards won the Special Race for Schools.

Lord Killanin gave the prizes as the 1977 Henley Regatta drew to a close. Words are difficult to find that do justice to this unique, colorful and majestic event. Thank you John Gar-
ton. Thank you Henley Royal Regatta. 

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Christine Scheiblich's Personal Data: Christine was born on December 31, 1954, in Wilsdruff. At 22 years of age she was 171 cm tall and her weight was 65 kg. By profession she is a maintenance woman for business machines. Her club affiliation is Sport Club Einheit in Dresden.

The Art of

It came as a surprise to no one when Christine Scheiblich collected her first Olympic gold medal at the Montreal Olympics. She could have stayed at home and had her medal delivered to her by post with no objection from her opponents (but Joan Lind) I am sure. Christine's vast rowing experience and sensational international successes of the past few years coupled with a near-perfect sculling style contributed to her complete dominance in the single on the Ile Notre Dame Olympic rowing course. And, of course, Christine Scheiblich is from the German Democratic Republic (GDR).

The accompanying sequence shots demonstrating her superb sculling are self-explanatory. Therefore, only the major features of her style will be commented on.

Christine is obviously aiming for a long sculling stroke at both ends, the catch and the finish, as demonstrated in Photos 1, 5 and 12. This is quite a common observation in all GDR women's and men's crews, not only in sculling but in sweep rowing as well. Her back at the catch is naturally curved and her body is bending over her knees with an intention of being long. Her arms are straight and shoulders are pushed forward (Photos 1 and 9). At this point, her blades are completely squared and ready for entry. As soon as the blades get hold of the water, the legs start pushing with body remaining in almost unchanged position (Photo 2). Hands are sharply raised here and demonstrate a firm grip with the thumbs placed across both ends of the sculls. Wrists are kept flat and arms are kept straight exhibiting an effective transmission of leg thrust onto the sculls (Photos 2 and 3). Her body, however, soon starts the action (Photo 3) and is accelerating quickly (Photo 4) to catch up to the powerful leg drive. Arms start pulling in the second half of the stroke when the body is already over the vertical (Photo 4) and the seat is approaching the back stop. When leg drive is completed and the body is in far back position, arms continue the action thereby finishing the stroke by themselves (Photo 5).



Photo One

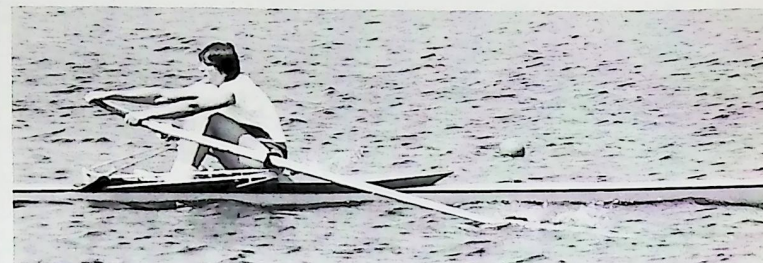


Photo Two



Photo Three



Photo Four



Photo Five



Photo Six



Photo Seven



Photo Eight



Photo Nine



Photo Ten



Photo Eleven



Photo Twelve

Competitive Experience: Olympic champion 1976; World champion in 1975 and 1974; GDR champion in single 1974 to 1976; GDR junior champion in single 1969 to 1971. She also won Junior Spartakade championships in 1970 and 1972 and was GDR champion in doubles three times.

Christine's Sculling

Photos and Text by Dr. Peter Klavara

At the release, the hands are pushed down and away from the body (Photo 6). At the same moment, blades are feathered by quick wrist action which brings both wrists down. Wrists remain in this position throughout the first half of the recovery (Photos 6 and 7). Her body immediately follows her hands' action when they start moving astern (Photo 6), and assumes a vertical position when her hands move over the knees and gradually sets into the catch position as the seat is approaching the front stops (Photos 7, 8 and 9). This is another unique phenomenon demonstrated by most GDR crews.

Blades are kept very close to the water surface throughout the recovery. They rest completely feathered on the sill of the oarlock until hands arrive on top of the shoes. At this point, Christine starts turning her sculls (Photo 8) and only gradually takes them off feather.

The last four photos demonstrate well the other features of Christine's sculling usually not observable when watching from the side. At the catch (Photo 9), knees are open and placed under the armpits or nearly so. Arms are completely straight and the sculler looks straight ahead as blades are entering the water. Arms remain straight throughout the first half of the drive (Photo 10) and hands sharply raised at the catch (Photo 2) remain very high throughout the drive (Photos 3, 4, 10 and 11) until the end of the stroke (Photos 5 and 12). The sculler obviously demonstrates a determination to pull high thus maintaining great depth which is another unique feature of the GDR crews. Again in Photo 12, Christine exhibits great length as the scull handles are brought to the side of her body when finishing the stroke.

Knees that were apart at the catch (Photo 9) gradually come together. Elbows are not kept close to the body at the finish, but are raised somewhat to allow for this extraordinary length at completion of the drive phase. 



Olympic Development and Selection Committee Meeting

The Men's Olympic Development and Selection Committee met at the Sheraton Inn, Syracuse, New York on Saturday, June 4, 1977 at 7:00 a.m. Julian Wolf was the chairman. In attendance were Jack Frailey, Bill Miller, Todd Jesdale, Peter Gardner, Bill Austin, Dietrich Rose, Tim Mickelson, Larry Gluckman and Mike Vespoli. Larry Gluckman was named secretary.

The following business was addressed:

1. United States Olympic Committee Funding

- a. Jack Frailey submitted a budget for approximately \$200,000.00 to the USOC for the rowing year of 1977. The USOC granted a budget of \$25,000.00 for that same time period. \$19,000.00 is available for use this year. The remaining \$6,000.00 is allocated for past unpaid accumulated expenses amounting to approximately \$5,000 and \$1,000 for committee operation expenses.
- b. Jack Frailey suggested selling the Olympic Development singles. There are six such singles. Jack informed the committee that he had already conditionally sold two of the shells. There was some concern as to the conditions associated around the sale of equipment and who ultimately had the final approval for such transactions. The committee decided by a show of hands that no boats will be sold and those that were sold will be recalled. The committee felt that the singles represented an important investment and their replacement cost would be prohibitive in the future. In addition, selling the boats would be contradictory to the development posture the committee appears to be taking.
- c. It was further decided that a committee of Harry Parker, Dietrich Rose and Larry Gluckman would develop a set of criteria for renting the singles and the quad (which is now on loan to a club in Philadelphia).
- d. Julian Wolf suggested that a sum of \$220.00 per year be accessed to the borrower of a single. This included \$100.00 for insurance and repair and \$120.00 for rent at \$10.00/month for the year.

2. The National Sweep Camp for 1977

- a. \$12,000.00 was allocated for the camp. The coach in charge will be Peter Gardner of Dartmouth College. Some committee members voiced the opinions that no camp should take place and in fact no team be sent abroad this summer. Julian suggested that all available monies be directed toward developmental programs and teaching and coaching aids. However, other opinions stressed the developmental nature of the camp and the necessary role it provides in helping identify prospective and current elite level oarsmen. The allocation will cover room and board for 52 men for six (6)

days and twenty-two (22) men for twenty-two (22) days at \$15.00/day. Gas and incidentals will be included in the \$15 daily amount per man.

- b. There were considerations of allocating money for the winners of the trials if a 4th place time standard was met. This money would not exceed \$750.00 and would be used for expenses to Amsterdam. Jack Frailey felt that the NRF would raise the money for sending a team. Therefore the \$3,000.00 allocated for this purpose should be directed into other areas.

(The underlying feeling throughout the meeting was lack of time and money to act effectively on all the necessary programs for the summer of 1977. This is a result of the reorganization of the USOC for the new quadrennial. It was decided to maintain the camp concept for the eight and begin planning and study on improvement and development of more and better coaches. The remaining allocations reflect that posture.)

3. Other possible areas for Funding

Regional Development centers, Sculling Development, Coaching and Oarsmen/Scullers Clinics, National Quad Camp, Regional Assistance, Youth Rowing and Testing Centers.

- a. It was suggested and agreed upon that \$3,000 be allocated for development of teaching and coaching materials. Included in this expenditure would be funds for video tape preparations of the rowing and sculling sequence from beginner to competitor and other material that would enhance a coach's professional expertise. It was indicated that the women were also interested in this area and they would consider combining funds. Bill Austin of Marist College mentioned that a group of Dad Vail coaches had already had a meeting concerning coaching development and this area was presently under study.

4. Elite Olympic Clinic

- a. Clinics similar to those run by Hugh Foley, Bob Ernst, Pete Raymond, et al. in past summers will again be funded. The committee approved an allocation of \$4,000.00 for two clinics.
- b. Bill Austin will coordinate this effort.
- c. The clinics will be comprised of twelve (12) oarsmen/scullers, two (2) coxswains, twelve (12) coach-participants, and six (6) staff (coaches, physiologists, M.D.s, riggers, etc.). The tentative dates are August 7-13, 1977 at Princeton, N.J. after the quad and four-with trials. The second will possibly take place on August 21-27, 1977 at the Squaw Valley Olympic Training Center, California.
- d. Bill Austin indicated that his participation in the first clinic would be limited due to his involvement in the Marist Rowing Camp.
- e. Larry Gluckman volunteered to prepare the request for space at the Squaw Valley Center for the second clinic.

5. Future Meetings

- a. National Meeting in Camden, N.J. on July 10, 1977.
- b. Men's Olympic Development and Selection Committee meeting on Sept. 10, 1977 at the New York Athletic Club, downtown New York. The agenda will be directed toward identifying program areas for development and funding priorities for the next three years up to '80 Olympics.

6. The meeting was adjourned at 10:30 a.m.

Submitted by Lawrence Gluckman, Secretary, June 10, 1977

Gold Medal Reunion

'32 CAL CREW GOING STRONG

by Bill Center

They were Cal's crew in Cal's Olympics — the most golden of the Golden Bears. The year was 1932 and they were one of the best eight-oar shells ever and Olympic gold medalists.

And 45 years has done nothing to erode their achievement, their memories or their friendship. But, that is the nature of rowing, the collegiate sport. It tends to bind lives. After sharing a shell with seven men for two, three or four years it is not easy to say goodbye and make it stick. And rowers, surveys show, tend to outlive most human beings. That could be, in part, because rowers tend to become very successful businessmen. A good portion start out from above average backgrounds.

All those points were brought out recently when California's 1932 crew gathered for its 45th reunion. The No. 1 topic was where to hold the 50th. "I don't know where exactly our camaraderie springs from," says San Diego optometrist Harold W. Tower, the No. 2 oar on the crew. "A lot of crews didn't have it, although I think rowers stay closer together than participants in most other sports. But we all look forward to these meetings."

"All" is impressive by itself. The eight oarsmen, the coxswain, two of three alternates, the team manager and the coach survive. The rowers are between 64 and 67 years of age. The coach, Ky Ebright, is now 83. This was the second of his three Olympic gold medal eights. As a crew, they still have a goal.

"During the 50th reunion of the Yale 1912 Olympic crew the oarsmen had their picture taken...in the boat," says Tower. "We'd like to try that in '82."

Most oarsmen feel rowing is a secret to longevity. "There was a study made several years ago that showed crew way down the list for early demise," said Tower. "Long distance running and swimming were at the bottom, too. Basketball and baseball were very high in the mortality side."

While few still row, most of the '32 crew remain active. Tower lifts weights. Some jog. More than half play tennis. But the common denominator seems to be success.

"We were all homegrown," says Tower. All were Californians. "We did very well as a crew and we did very well in our private lives, all turned out to be very successful people. I think crew has something to do with that. The sport demands sacrifice, patience and stamina, much the same ingredients you need in the outside world. It's a good start."

Bow oarsman Ed Sallsbury is executive chairman of Pacific Fruit Exchange. No. 7 Bud Blair is the retired head of a grower's association. No. 6 Duncan Gregg headed Kaiser Aluminum's sheet stock division. No. 5 David Dunlap is an attorney and rancher. No. 4 Bert Jastrum was chief architect and engineer for Standard Oil. No. 3 Charlie Chandler was chief comptroller for Moore Business Forms. Tower is an optometrist. And No. 1 Winslow Hall headed Pacific Molasses. Alternate Hayes McClelland is a leading builder in the Los Angeles area and coxswain Norrie Graham headed a Southern California welding supply firm. In 1971, the California crew of '32 was voted into the Helms' Foundation Hall of Fame in New York. At least one of its rowing records still stands.

"We rowed a four-mile course in 18 minutes and 20 seconds," recalls Tower. "A five-minute mile is supposed to be outstanding. We were well under that."

Earlier in '32 the Berkeley bunch went north and beat western-co-power Washington by 72 seconds, 63 boat lengths or a quarter-mile (which ever way you want to score). In the U.S. Olympic Trials it ended Penn Athletic Club's 29-win string to gain the berth for the Los Angeles Olympics. In the gold medal race, the University of California finished 12 feet ahead of Italy.

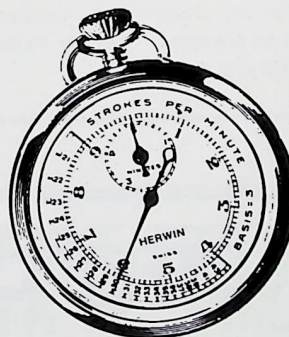
"We didn't see each other for a about five years after that," says Tower. "Then we began bumping into each other. We held our first reunion in '37. Now we try to meet annually, but we make a special event of the five-year celebrations."

The Cal crew is 45. And counting.

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A REPORT FROM THE UNITED ATHLETE'S ADV

The United States Olympic Committee's Athletes Advisory Council (AAC) met at the Olympic Training Center, Squaw Valley, California on April 1-3, 1977. Representing rowing were Anita DeFrantz, Larry Hough, and Larry Gluckman. Also in attendance was Jim Dietz, who discussed the development of the Olympic Sports-Medicine Training Centers, a privately run organization headed by Dr. Irving Dardik. Jim explained that potential world caliber competitors could train and work in the centers and solve the problem of job availability near training sites.

Jerry Lace, USOC staff member, indicated "...that the work of the AAC has been effective in implementing large changes within the USOC and that the AAC should take as its goals for the next four years to demand the same changes within each of the National Governing Bodies. These changes will effectively force accountability similar to that that has been demanded of the USOC and its Board of Directors" (Drum, pg. 2).

Doug Dunlap, USOC staff member, reviewed the USOC Training Center concept. These centers were discussed in the March/April, 1977 *Oarsman*, page 11.

Ed Williams (Biathlon), chairman of the AAC, appointed a committee (one of several to develop policy statements for the AAC) to study the priorities of needed facilities at the training centers. The AAC was concerned about duplicating facilities at developing sites when existing facilities are already available. This committee prepared a statement that was passed by the AAC which will be presented to the USOC Standing Committee on Development and USOC Board of Directors. The statement read:

"It is the consensus of the Athletes Advisory Council that the USOC establish sport facility priorities at the Squaw Valley, California Training Center and at other fu-

Drum, Loren H. [Secretary of the Athletes Advisory Council], "United States Olympic Committee, Athletes Advisory Council's Minutes of Meeting," Squaw Valley Training Center, California, April 1-3, 1977.

ture Olympic Training Centers. These priorities shall be established by adhering to the priorities established in the recommendations of the President's Commission on Olympic Sports (PCOS) concerning underdevelopment and emerging sports" (Drum, page 8).

The first five sports were luge, speed skating, cycling, kayaking and canoeing, and biathlon. Rowing is considered in the second level and has been defined by PCOS as a less developed and emerging sport. In addition the AAC recommended that "...when the National Training Centers are fully implemented, should situations arise as to which teams shall use the facilities, that priority will be given to the lesser developed and emerging sports" (Drum, page 8).

Larry Hough reported on a meeting held in Washington D.C. that was attended by Ed Williams and Anita DeFrantz at the office of Senators Culver, Stevens, and Stone. The Senators said that they intended to introduce legislation proposed by the President's Commission on Olympic Sports in early May 1977 (Drum, page 3). The legislation will include a National Law for the Athletes Bill of Rights.

Anita DeFrantz gave a summary of the changes made in the Bill of Rights as it finally emerged in the PCOS Report. To summarize, the Bill of Rights would give an athlete the right to decide what competitions would best suit his training and performance goals. A New York Times article (March 13, 1977) cited that certain sports governing bodies threatened to put an athlete and his/her respective school or club on probation if the athlete participated in certain events not sanctioned by the governing body. (For instance, the NAAO might conceivably prohibit competitors from racing in the Nationals if they had participated in a regatta that was refereed by non-NAAO officials.) Hopefully, this bill of rights would give the athlete a legal recourse if the aforementioned did occur.

An athlete's code of conduct is being considered by the AAC. A committee recommended that "...Athlete

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STATES OLYMPIC COMMITTEE'S SORRY COUNCIL

liaisons from the AAC shall meet with elected team captains (not appointed by the coach or manager) of each sport which is represented at the Games to promote a dialogue on the following discussion topics:" (Drum, page 7)

- a. Dope (marijuana and other illegal drugs)
- b. Alcoholic beverage consumption (time, place and amount)
- c. Smoking (courtesy to others)
- d. Ticket Selling (Scalping and avoiding police problems)
- e. Curfew Times
- f. Conduct (in respect to foreign countries' customs and regulations)
- g. Black Marketing
- h. Methods to use to assure whereabouts of team members
- i. Identification (proof of citizenship, card credentials and passports)

It was resolved that "...the AAC elected members of the USOC Board of Directors shall work as required to attain the minimum athlete representation of twenty (20) percent active athletes elected by athletes to serve on the new restructured USOC Administration and Executive Board which will be voted upon at the quadrennial meeting of the USOC membership, April 29-30, 1977" (Drum, page 7).

After consideration the AAC voted to issue the following statement on topic of distribution of Development Funds:

"The Athletes Advisory Council recommends that any *increase* in Development Funds and/or Games Preparation Funds that become available over and above the amounts available in the 1972-76 quadrennium, be allocated as follows:

- a. All sports would receive the same amount of funds received during the 1972-1976 quadrennium.
- b. Excess funds available over those budgeted amounts would be divided on a percentage of the entire *additional* (over the 1972-1976 actual expenses)

ditures) funds available. Additional funds would be split as follows:

1. Major sports would have their budget amounts increased by ten (10) percent.
2. Emerging sports would have their budgets amounts increased by thirty (30) percent.
3. Underdeveloped sports would have their budget amounts increased by sixty (60) percent." (Drum, page 10)

When the AAC expressed a desire to review the Budget Submittals from the various National Governing Bodies, Jerry Lace agreed that the AAC should have that opportunity. (Jack Frailey has already made available the budget request for the Men's Rowing Program for this year).

The AAC agreed that committees should continue to work on their respective responsibilities and report to the council at the next meeting regarding clothing for the games, the conduct code, development and publicity. The date and site of the next meeting wasn't determined.

After the meeting was adjourned, Anita, Jim and I visited the proposed rowing site on Donner Lake about a twenty (20) minute ride from the Squaw Valley Training Center. The lake is just three miles long and several hundred yards wide. The water conditions and motor boat traffic vary throughout the day. All three of us felt the site had good potential for an altitude training area. It was indicated to us that the women scullers and sweepers from the Long Beach R.A. were coming to use the site in the following week.

I hope these minutes have been helpful and I encourage those of you who are concerned, to use *The Oarsman* as a forum or to contact the people mentioned in this report regarding your feelings and thoughts about the issues discussed here.

Yours for rowing,
Larry Gluckman,
Mens AAC Representative



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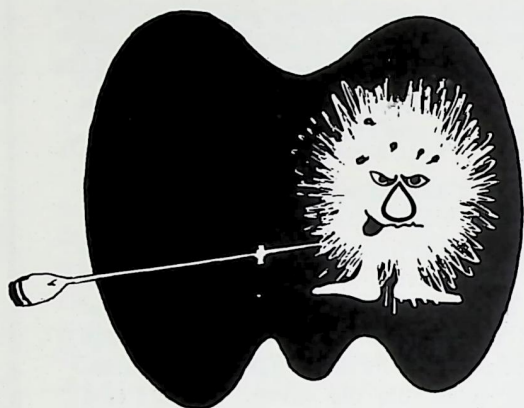
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March, 1978

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First place crew, University of Western Ontario, arriving at Chateau Montebello and [below] their trophy.



ONTEBELLO ARATHON

by Peter C. King



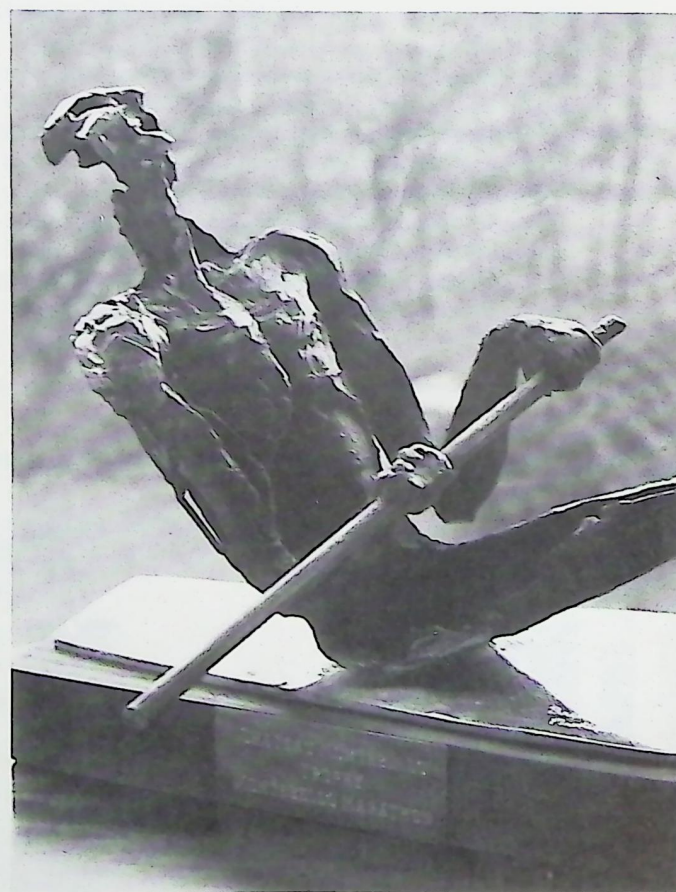
What can one really say about a 42½ mile race in 33°C (92°F) weather? The initial reaction of most oarsmen and coaches predictably ranged from "sounds interesting" to "you're nuts." A very definite "don't call us, we'll call you" response. Even so it seemed like a challenge, and perhaps that's all that's needed to get something off the ground.

Long rowing events do exist. The Boston marathon in England is 31 miles long, but has portages, while in the famous row to St. Catharines organized by Bill Stowe in 1970 there was no racing involved. Still — 42½ miles of racing? The mind revolts at the thought of hours of high powered endurance coupled with sore hands and backside.

Well, it is different; and it's a challenge; and no one else does it. The Guinness Book of Records mentions the longest row, the greatest distance sculled but is silent on the subject of the longest rowing races.

Having made the decision to go ahead, several details needed to be resolved. Such as where to finish, what safety precautions, what prizes and what publicity is needed. After the decisions comes the search for support.

In the early seventeenth century, the great French explorer Samuel de Champlain was the first westerner to travel along the Ottawa River, and described it in terms of beauty and suitability of the countryside for farming. Later in 1832, the English artist and traveller William Bartlett similarly dwelt on the sylvan beauty of the great river when he described and sketched the early Canadian countryside. His engravings are



now eagerly sought as objects d'art. An ideal setting for a long race, particularly if the river is full spate with the spring run off.

Verbal entries had been received from a number of clubs, but on the day only seven clubs showed up. The American entries came from Cambridge B.C. (Jerry Olrich and Chuck Roth) and Potomac B.C. (Fran Middendorf). A last minute telephone call that Jimmy Dietz of NYAC had found a partner and was coming never materialized — but the thought was there anyway.

Safety is always a problem, and for this race the problem had a somewhat larger dimension, due to the length over which the race was to be rowed. However, with support of the police forces of Canada, Ontario, Quebec (the RCMP, OPP, QPF) and the Ottawa Power Squadron, all boats were continually under surveillance. This proved a godsend when heat and thirst became noticeable and water and soft drinks were handed out to expiring crews.

The trophies were all commissioned works of art by well known Canadian Sculptors. The trophy for the fastest boat was commissioned by the Canadian Pacific Hotels and executed by Bruce Garner. The fastest women's shell trophy was donated by York Galleries of Ottawa and executed by sculptress Lise Martin. The Four Seasons Hotels, and the Hotel Seigneurie each donated works by sculptors Gerry Laforce and John Matthews. The City of Ottawa donated a shield for the fastest lightweight eights. Gillian Wall sculpted the mixed doubles trophy. Renault Canada donated the Veteran double sculpture created by Bruce Garner.

The starting line was established at the Ottawa Rowing Club, Canada's oldest established continuing club, and the start itself began under the eaves of the clubhouse, now Canada's oldest rowing clubhouse structure.

As the crews and the support personnel mingled in cheerful chaos and confusion, the area took on a festive air of expectancy. Crews were cheered as they embarked, and personalities were pointed out (although the description and praises didn't always match with the identified individual). Stentorian commands amplified by newly acquired megaphones rolled across the river, echoing off the banks, cliffs and bridges, adding to the sense of expectancy. Soon a flotilla of boats of all shapes and sizes was moving on the river towards the starting line and the great beyond.

The finish line was established at the Chateau Montebello — the Canadian Pacific Luxury Hotel — for several reasons, all related to the superb facilities and service available there, and the enthusiastic response of the Hotel Manager, Dave Smith.

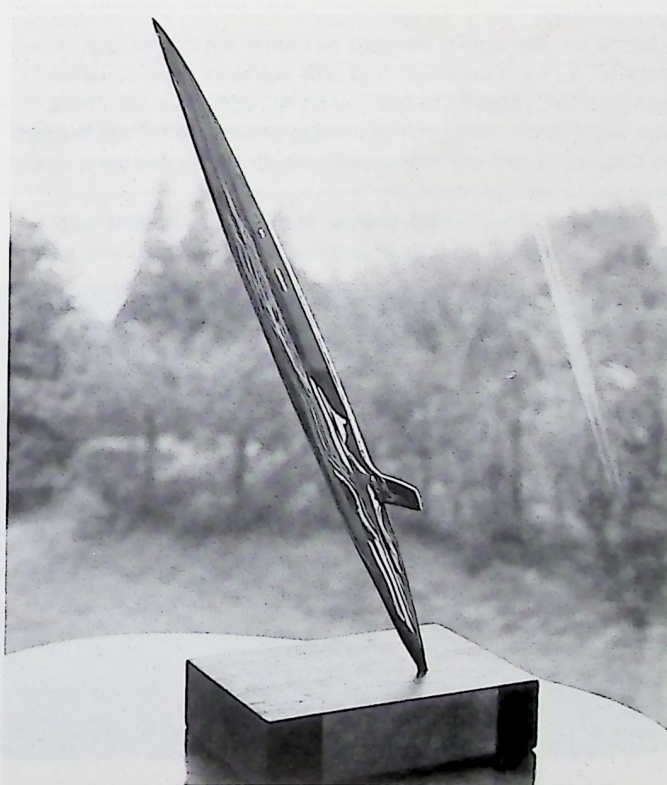
The highest fears the organizers had were based on what could happen in the event of a stiff easterly wind. The absence of meteorological data on what to expect did little to allay the fears. However, for this occasion there was no problem, and the day remained sultry but calm.

But what of the race itself? For many it will remain as a memory of endurance, of a refusal to give up when common sense said "enough." (A feeling not restricted to 42½ mile events.) A memory of dry throats, itchy sunburn, raw palms and seats. A memory of relief at finishing and at the efficient cool comfort of the CP Hotel reception. There was none of the exhilaration which exists after a tough exciting hard won 2,000 meter sprint, or even the 3 mile head style race. For most of the competitors there will be the benefit of knowing that the human body is capable of withstanding considerable punishment and that they were able to rise and meet the challenge. In the best tradition of watermen, they covered the course and went on again

(Cont'd on next page)



Fastest Veteran Double, Chuck Roth and Jerry Olrich of Cambridge B.C. and [below] their trophy.



July 8, 1977
159 Harvard St.
Newtonville 02160

"Yes, but have you rowed to Montebello?"

The Ottowans have done it again. Not content with running a late September Head of the River race on the picturesque Rideau Canal, the Ottawa Rowing Club has filled in the other end of the rowing calendar with the "Montebello Marathon." Touted as "the world's longest rowing race," 42½ miles along the lovely pastoral Ottawa River, this 5 hour effort overshadows the epic row of Jean Pierre Attager in his legendary escape from Devil's Island.

This new dimension in rowing will challenge rowers for generations to come. It is demonstrably a race to be respected but not feared. Major credit for this daring coup must go to Ottowan oarsmen David Carlisle and Peter King who organized and successfully competed.

Much has been said on the pages of *The Oarsman* of the perils of government support to amateur athletics. I wish some of these pontificators would explain how Canadian athletes manage to demonstrate such initiative, originality, imagination, and spontaneous joy of rowing despite such financial support, not to mention such fringe benefits as three (3) magnificent F.I.S.A. race courses and financially guaranteeing qualified Canadian athletes the right to compete.

The Montebello Marathon staggers our imagination and gnaws at our conscience. And inevitably, when the question is asked, "What do you do for an encore?", we can only hope that somewhere, someone will organize a Head of the River race where a contestant will row seven (7) consecutive events without getting out of his or her shell.

Jerry Olrich
Cambridge Boat Club

Some of the crews showed extreme desires to continue. Cornwall, a new club which had only started to row some three weeks earlier, refused to stop, even though three members of their eight were taken out with heat prostration. Two men in the Ottawa mixed eight stopped rowing for 45 minutes when cramps proved too much.

But even a tough slog evokes some lighter moments, like Jerry Olrich and Chuck Roth passing Jean Rouleau and Peter

King of Ottawa, and encouraging each other with a loud "They've had it." My own thoughts were centered around the memory that even galley slaves were relieved every hour.

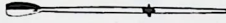
The waterborne forces were sympathetic to the oarsmen's plights and passed helpful comments such as "we don't know how you keep it up" — (did they think we knew?) — or, "rather you than us" (a sentiment which we were quite ready to adopt ourselves).

To prepare himself for the race, Jerry Olrich had gone for advice from Sy Cromwell only to be told "don't enter it, you'll fall asleep." Some sleep!!

At the finish line, the tired crews were welcomed by a warmly cheering, clapping throng — and all of a sudden it was real — the longest race was over! Oarsmen had rowed continuously for four hours or more and survived!!

Predictably Jerry Olrich and Chuck Roth performed magnificently (or as my partner put it "Well, they probably have more experience than we do"). I suppose so — but it took more than experience to finish as they did. Fran Middendorf pushed a tired regatta chairman David Carlisle across the line in a mixed double to be the first woman to finish. (Who says they're the weaker sex?)

What of the future? The race was well organized and run. There was lots of publicity, and the day was good for rowing, albeit somewhat warm. Those who rowed expressed pleasure at having done so, and perhaps that is the greatest accolade one can give an organizer.

There really isn't much to say about a 42½ mile race, or is there? 

RESULTS 1977 MONTEBELLO MARATHON

Pos'n	Type	Crew	Time
1	8	Univ. of Western Ontario	4 h:39.38 mins
2	8	St. Peters High School, Peterborough	4 h:49.23 mins
3	2x	Ottawa/St. Catharines	4 h:51.09 mins
4	2x	Cambridge BC	5 h:07.22 mins (adj)
5	8	Ottawa Lightweights	5 h:08.43 mins
6	8	Adam Scott High School Peterborough	5 h:11.56 mins
7	2x	Ottawa	5 h:27.06 mins
8	8	Laval R.C.	5 h:27.10 mins
9	2x	Ottawa/Peterborough	5 h:34.26 mins
10	2x	Potomac/Ottawa	5 h:38.55 mins (adj)
11	8	Ottawa	6 h:10.04 mins
12	4x +	Laval	6 h:35.18 mins
13	8	Cornwall	6 h:55.03 mins

University of Western Ontario Crew: Tony Davidson, Mike Tait, Don Damstrom, Max Steinkopf, Don Coatsworth, Morris Hutchins, Jurgen Kaschper, Larry Kormos (stroke), Fred Williamson (cox). Winners of Chateau Montebello Trophy.



Fran Middendorf (Potomac B.C.) congratulations David Carlyle (Ottawa R.C.).

U.S. OLYMPIC MEN'S ROWING COMMITTEE

Official Ergometer Performance Record

A principle indicator of the usefulness of the ergometer has been found in the National Camp selection process. Three years of experience has shown that weighted ergometer scores correlate more strongly with ultimate selection for the National Team than does any one of the other physiological factors for which we have tested, or any combination of these. It is for this reason that weighted ergometer scores will be stressed more than ever before as an indicator of eligibility for Olympic Development Programs, including not only the National Camp, but the Special Development Camps, and the Sculling Development and other Projects as well.

The following is to be used to document an official score to be used as an aid in the selection of the applicant to an Olympic Committee sponsored project. The test itself should be reported in section 2; completion of parts I, II and III is mandatory to provide the information necessary to calibrate the actual machine used for the test, thus allowing valid inter-comparisons between machines.

SECTION 1: GAMUT ERGOMETER CALIBRATION

Part I - Flywheel/Brake System

A. Procedure

1. Make sure a) enough time is on the clock to complete the test, b) there is four and one-half pounds on the tray.
2. Manually pull the sector with the brake shoe away from the frame so that the brake shoe separates from the flywheel, bring flywheel to a speed of 750-800 rpm. Oarsman should then return to a resting position.
3. Zero the counter and hold zeroing switch depressed.
4. Slowly allow sector to return under the influence of the weights until brake shoe is fully engaged to flywheel; the tachometer will indicate slowing of the flywheel.
5. As needle passes through the 650 rpm line, start the stop watch and release the counter simultaneously.
6. The flywheel will slow down and then stop. Stop the watch exactly when the flywheel stops.
7. Record time from stop watch and count from counter.
8. Make a total of seven measurements just before the test piece begins (recommended as a warm up for applicant) and another seven tests just after the piece (another oarsman can be used).
9. If several oarsmen take this record test in quick succession, succeeding pre-test measurements can be made during their warmup, and these then can also serve as post-test data for the previous oarsman.
10. Record these data below:

Pre-Test		Post-Test	
Time (sec)	Count (rev)	Time (sec)	Count (rev)
1.			
2.			
3.			
4.			
5.			
6.			
7.			

Part II - Spring System

A. Required Apparatus

A "fish" scale, such as those used by anglers to weigh fish. One capable of reading up to 20 pounds will be required. The ZEBCO Company, for example, makes a pocket size model, which they call a "De-liar". Their model #228 includes a three foot tape measure, will read up to 28 pounds and sells for about two dollars at most hardware and sporting goods stores.

B. Procedure

1. Disengage spring from bolt inside main square steel tube under slide, attach to scale. The spring is under tension and care should be taken that it does not slip from your grasp.
2. Hold scale frame so that spring end is kept adjacent to bolt in the same manner as if it were still fastened there.
3. Have oarsman sit at full reach position, take reading from scale
4. Have oarsman sit at release position, take reading from scale.
5. Record these data below:

Spring Force

Reach _____ lbs.
 Release _____ lbs.

Part III - Other High Ergometer Scores

For this brake weight and time (5 ½ pounds on the tray, 6 minutes), the three highest scores ever achieved on this machine are:

Score	Oarsman	Date

SECTION 2: ERGOMETER TRIAL

5 ½ Lb. Brake Weight

Some ergometer users claim a higher score can be attained after the machine is "warmed-up." The calibration procedure described inside this booklet is designed to account for this effect, if it exists. But, if time permits, we highly recommend that the oarsmen to be tested use the ergometer to warm up for 20 minutes or so, as he would before a race, except that the machine should never be rowed at cadences above 36.

NAME _____

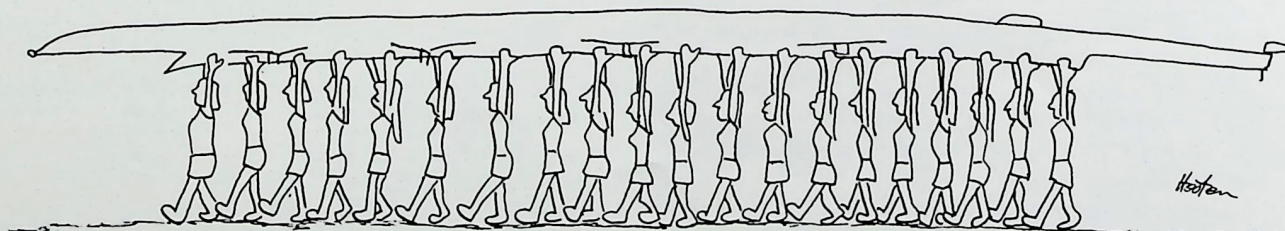
ORGANIZATION _____

HEIGHT _____ WEIGHT _____ AGE _____ PORT _____ STBD _____

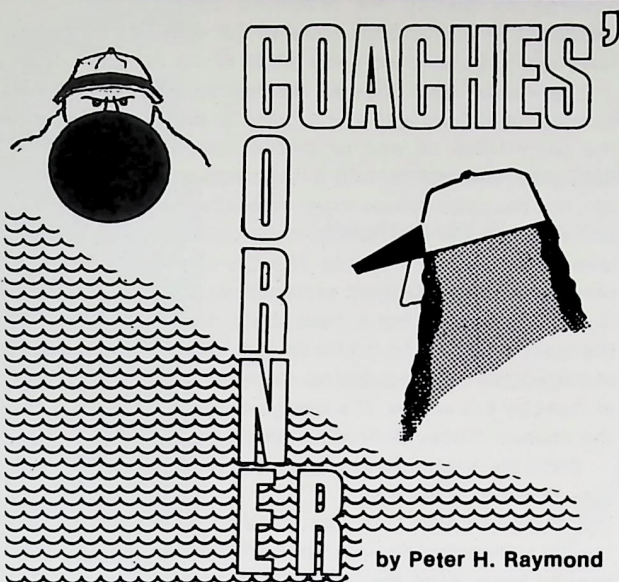
Cumulative Revolutions	Revs Each 30 Seconds	Cadence	Remarks
0:30			
1:00			
1:30			
2:00			
2:30			
3:00			
3:30			
4:00			
4:30			
5:00			
5:30			
6:00			

Coach's Summary Statement _____

Print Name _____ Signature _____ Date _____



The Novice Eight



THE NOVICES' FIRST WEEKS OR NIPPING IT IN THE BUD

During the first weeks and even months, because rowing will afford little conditioning, land training should begin immediately but gently: light weights, absolute minimum of pull-ups, push-ups, sit-ups, 1/2 miles to 1 1/2 miles of running. It's a challenge to devise a program which won't win the scorn of the experienced athletes and overwhelm the total novices; success here depends upon the coach's ability to lend encouragement where and when needed. Because most novices are also newcomers to their schools, individual attention from the coach is likely to outweigh unavoidable inequities in the program. After the first two weeks the land training can accompany individual abilities and enthusiasms if minimum-maximum levels are assigned for each exercise, such as posting a run of at least a mile and not more than three. It encourages the good runners without discouraging the turtles, who might be able to max on some other exercise.

Resist the tendency to find out who's good by testing them early and centering on what appear to be real gems — too many things can happen to people in one year — mononucleosis or a sudden accumulation of 20 lbs. of beef — to warrant such early culling. Encourage them all and let them decide who's going to stay with it.

Put them in the boat, barge, tank or whatever with an oar in their hands, and remembering that they want to *do* something, let them spend more time rowing — much more — than you spend talking.

Because the hands are the most difficult and the feet the easiest to control, go through the body in that direction, starting with the hands, after defining your terms and equipment parts.

For the first week or so, row on the square. Nothing screws up the hands, the catch and release as much as feathering. The little finger of the outside hand should stay on the edge of the oar-end, the back of the outside hand parallel to the water always, especially when feathering, and a line through the large (middle) knuckle should be straight through the wrist to the elbow until the arm begins to break. The inside hand should be around six inches from the other hand, its back also parallel to the water. Without using any slide or forward body angle, let them paddle, watching to see that the hands stay flat and that they allow the oarhandle to pivot in the outside hand at the finish end so that as the elbow drops in bending and the outside wrist flexes and breaks sideways, the hand itself is still pulling straight toward the body. Let them practice some with just the outside hand; make them be their own coaches. Emphasize a definite downward motion to lift the blade from the water.

When the last half of the stroke seems acceptable, position them at full reach at the catch, arranging the inside knee vertically between the arms, the outside knee as close to the outside shoulder as possible and not wildly splayed out. Check the hands again to see that the wrists are flat and straight with the oar handle having pivoted on the crook of the middle finger, then adjust the inside elbow's bend so that the inside shoulder isn't forced up into an ear. This is difficult stuff; by emphasizing relaxation and adjusting each individual, however, you might eliminate the hunch-shouldered tightness that could plague them for years. Don't worry excessively about other parts of the stroke until they *understand* what is right for the hands, the arms, and shoulders, etc., then go to the coordination of the back and legs. Advice on a quick catch, explosive power, power curves, the third 500, etc., is all wasted and counterproductive. They have to learn to hold the oar before they can pull it, and how to move with it before they can stress themselves.

A good way of teaching athletes how to move sometimes is to teach them how *not* to move; the back-leg coordination is a

(Cont'd on next page)

GAMUT ENGINEERING will permanently close on 31 December, 1977. The plans and tooling for the Stanford Ergometer are for sale. Cut-off date for all orders is 1 November, 1977.

Signed/Robert Immergluck

perfect example. Have them sit at the catch and drive their legs, holding the oar but not moving it. Say "No-no." Then have them sit at the catch and lean back without moving their slides, and say "No-no" again. These two extremes of over-accentuating the back and shooting the slide for some reason are never forgotten. Tell them that what is needed is somewhere in between; just where that is is still being contended among coaches, but most good oarsmen seem to drive only the legs in the first few inches after the catch, transferring that pressure through the back and arms to the oar, before beginning the back lift through the stroke. What finishes where and when is also up in the air — some gold medal crews finish arms, legs, and back together, while others finish the legs before anything happens in the back lift at all. A style that isn't going to slow a boat is a straight-armed (but not rigidly so) catch, initial legs, back opening smoothly through the continuous leg drive, arms breaking just before the knees, legs down, back finishing and arms bringing the handle in the rest of the way.

Control the extent of their forward reach, using the inside leg in the middle of the chest as a front stop (which they shouldn't *hit*, but touch, controlling their upper body weight). Don't allow the upper body to pivot around the leg, either, but maintain a good upright relaxed posture with both shoulders low in their sockets, level, and facing as directly aft as they can — this too, requires flexibility in the inside elbow, which straightens on the drive as the oar comes back over the toes, then with the outside arm begins to break over the knees.

Control the layback, too, and make them keep their shoulders back as the oar comes in toward their sternums, and as it goes away on the recovery. If the crew appears to be doing abbreviated sit-ups, they're laying back too far. Practice strokes one at a time out of the back end (finish) to emphasize the priority of arms out, then the shoulders, and then the slide. Then start them with their arms already extended so that their first motion is with the shoulders.

When they can roar along pretty nicely, thinking about their hands, keeping their shoulders level and low in their sockets, their heads reasonably over keel and high, you are prepared to throw it all down the drain.

Feathering for the novice is like Ice Nine to Kurt Vonnegut's ocean: one little bit and the whole thing freezes up. Knifing, late roll-up and hanging, late body angle, outside hand slipping off at the catch, lousy finishes, hitting the water over the knees, skyling, lunging...my God, it's no wonder they tried to design automatically feathering oars around the turn of the century, and that Conn Findlay sanded his handles smooth and

squared by pulling his feathered oar into the water and feathered by pushing his squared oar out. Or so they say. Unfortunately, he only won two golds and a bronze.

The inside hand does all the feathering and squaring. The outside hand does just what it used to do, except that now that the oar rotates as well as pivots inside it. When the oar is feathered, the inside hand's fingertips remain in place on the oar, but the palm comes away, releasing tension in the forearm and allowing the oar handle to be carried lower over the legs (see Mike Vespoli's article *The Oarsman*, Jan/Feb. 1977 for photographs and detailed explanation). To assure the preservation of the outside hand, have them row one stroke feathered, the next squared; to preserve the inside hand, insist on an outrageously early square-up over the knees if necessary, but at least by the ankles. It's always easy to square later, later in the season, if they're holding their oars properly.

Don't be discouraged when after the first day of feathering they revert to Day One.

Get miles under them, as many as you can, but make sure they're concentrating — address them individually and if that doesn't work, stop the whole boat and try it again. Drills are great focusing devices if you don't talk too much. A brief quick word to one or two and another when they've corrected themselves is all that's necessary. And prefix what you're saying by the name of the person or people you're talking to. Groups don't listen when there are ducks and trees and other boats to look at.

DRILLS

Hands — One stroke square, one feathered. Bow four and stern four can do this together, alternating out of sync to keep the boat stable. Also, because people always have better catches when they're rowing square, it's a good catch exercise.

Recovery — one stroke at a time from a) the release, b) arms extended, c) arms just beyond the knees.

Catch — one stroke at a time starting a) feathered, just before ankles (first motion is to square), b) squared, 1/2-slide, just after toes, letting arms rise as the slide finishes.

Early body angle — one stroke at a time, starting with last 8-12" of slide left, oar squared, moving only the slide and lifting the arms in approaching the catch.

Release — rowing square. Nothing forces an oarsman to press his hands down more than fear of getting it stuck.

SUBCOMMITTEE FORMING FOR SELECTION OF GIRLS FOR INTERNATIONAL COMPETITION

The NWRA International Selection Committee (also known as the Olympic Women's Rowing Committee) plans to form a subcommittee concerned with the selection of girls to represent the U.S. in international events. FISA is considering adding girls' events to the youth championships next year.

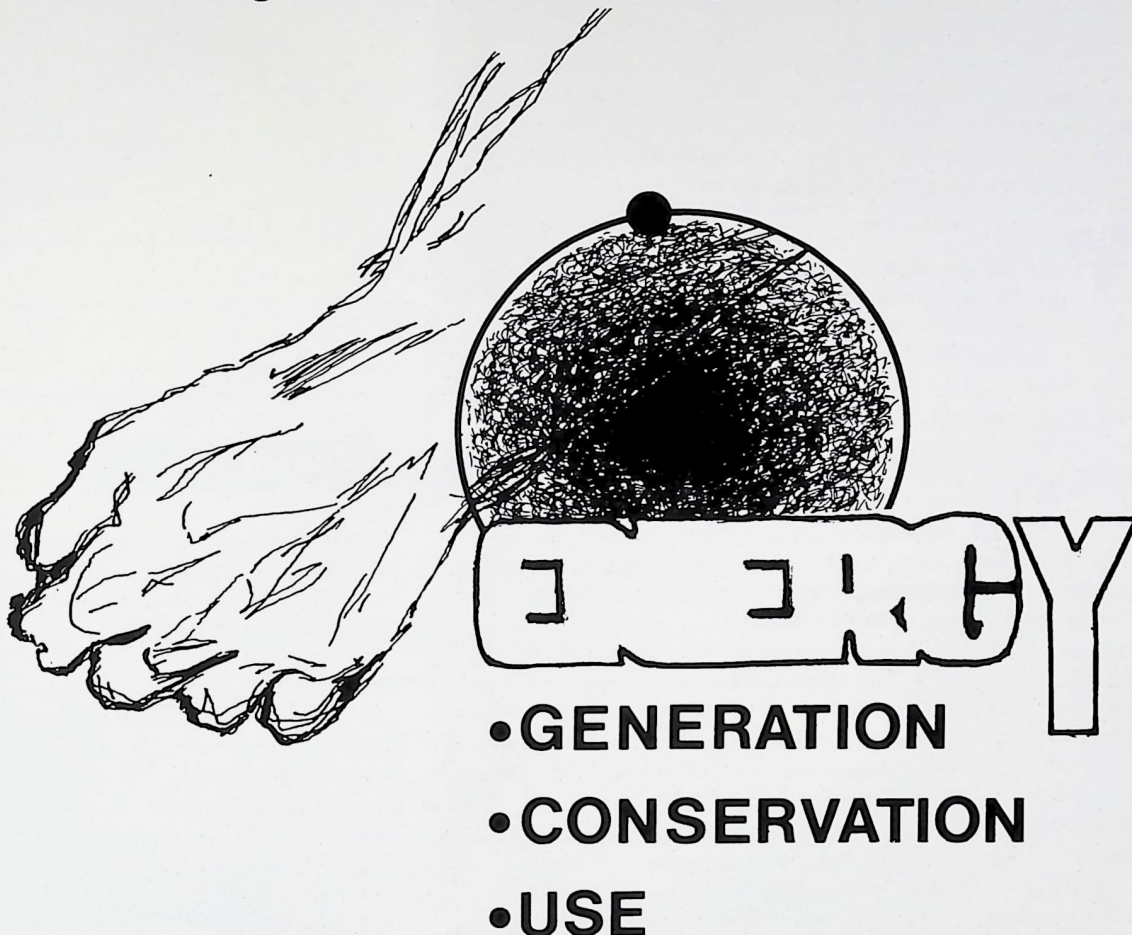
Anyone interested in being selected for this subcommittee should detail their interest/involvement in girls' rowing and their views on how to implement U.S. participation. Please send to Molly Upton, 92 Charles River Road, Watertown, Mass. 02172 within 15 days of receipt of this notice.

INTERNATIONAL OLYMPIC ACADEMY

During three weeks in July each year since 1961, athletes from around the world have met near the village of Ancient Olympia in Greece (about 200 miles west of Athens) to discuss the purpose of the Olympic Games, to explore the values of sport and to emphasize the need and opportunity for international cooperation.

Seven such participants may be selected from the United States. To be eligible, candidates should be 18 to 35 years of age and be related to one of the designated national Olympic sports groups. Transportation costs must be paid by selectees, with other costs covered as part of the program. Applicants will be accepted from September 15 through November 15. More detail about the program and application procedures may be acquired by writing to: J.H. Frailey, 66 Martha's Point Rd., Concord, Ma. 01742.

*The greater world is learning a subject
the rowing world has known for years . . .*



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Rowing from the Bottom Up (Bodine) \$4.95

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ROWING SHORTS: Preparing directory of sources for rowing shorts. Need names and addresses of designers, makers, and suppliers of cotton, wool, and synthetic shorts. Also good and bad feedback on makers. Contact Michael McGrath, Cambridge Boat Club, Gerry's Landing Rd., Cambridge, Ma., 02138. Tel days (617) 495-2264.

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FOR SALE: Shells from several European manufacturers ordered for the 1976 Olympics. Requests for more detailed information should be mailed to: F.Q.S.A., 12,500 de Serres, Montreal, Quebec, H4J 2H4.

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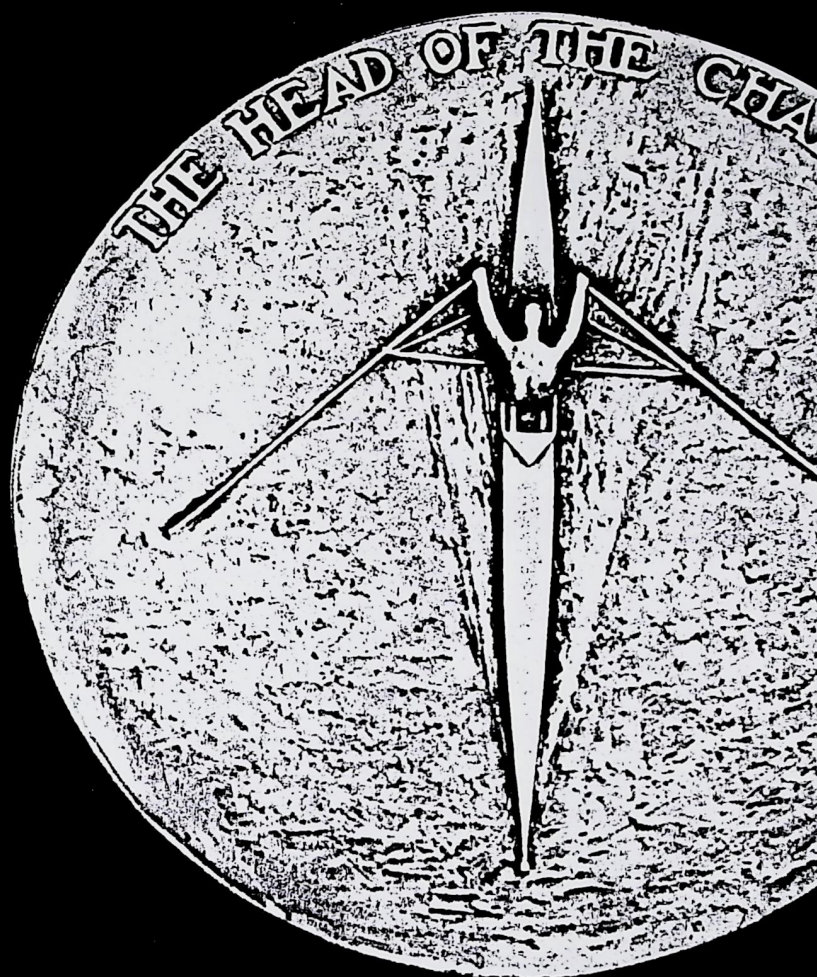
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**SATURDAY,
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1977**



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Events: Singles (Novice, Veteran, Lightweight, Women, Open); Double (Mixed, Veteran, Open); Pair (Women, Open); Coxed Four (Mixed, Lightweight, Women, Open); Eights (Mixed, Veteran, Lightweight, Women, Open).