

- New SLRC Coaches
- Boathouse Update

- Fall Racing
- Booster Activities

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# The St. Louis Rowing Club News

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## President's Report

I have so much good news to report and should save it up for several sequential newsletters, but I really need to start on a more somber note. By now, many of you know that Colin Allsop died while rowing.

Sunday morning, September 13, Colin collapsed without warning while sitting quietly at 2 seat in a quad with Chuck Schagrin, Dave Bentzinger, and Brent Benjamin. They had just finished a 1000 meter piece doing a 10, 20, 30 stroke pyramid and were discussing the piece while turning the boat. Colin fell backward unresponsive. The boat rowed to shore and started CPR immediately, but he could not be resuscitated. Our hearts go out to his wife, his daughters, and to those who knew him.

This unfortunate event brings several issues to the fore, especially since this is the second such tragedy within a year.

The first questions you might reasonably ask are, "How safe is this sport? Should I really be doing this?" Here are a few facts. There is increased risk of sudden death during or immediately after intense physical activity. However, the absolute risk in well-conditioned individuals is very low. Sudden death occurs in 1 of about 12,000 masters athletes, 1 in 10.6 million exercise hours, according to one study. The risk in conditioned individuals is also much lower than in sedentary individuals. Our activity is reasonably safe, and exercise decreases the risk of death from cardiovascular disease.

There is another side to this coin. Exercise does not make you immune to heart disease, particularly if you have other risk factors:

- (1) male sex
- (2) increased age -- male > 40, female > 50
- (3) hypertension (even if currently treated)
- (4) lipid (cholesterol) abnormality
- (5) tobacco use
- (6) history of coronary artery disease in a first degree family member, age < 60
- (7) diabetes.

Current recommendations from the American College of Cardiology follow:

"It is recognized that the absolute risk of a major event during physical activity is small in asymptomatic patients without known cardiac disease. Nevertheless, it is recommended that those masters athletes having a moderate-to-high cardiovascular risk profile for coronary artery disease, and who desire to enter vigorous competitive situations, undergo exercise testing. Specifically, this risk profile would include men more than 40 to 45 years old or women more than 50 to 55 years old (or postmenopausal) with 1 or more independent coronary risk factors. These include the following: hypercholesterolemia or dyslipidemia (total cholesterol >200 mg/dL; elevated low-density lipoprotein [LDL] cholesterol >130 mg/dL; low high-density lipoprotein [HDL] cholesterol [<35 mg/dL for men; <45 mg/dL for women]); systemic hypertension (systolic blood pressure >140 mm Hg or diastolic pressure >90 mm Hg); current or recent cigarette smoking; diabetes mellitus (fasting plasma glucose = or > 126 mg/dL or treatment with insulin or oral hypoglycemics); or history of myocardial infarction or sudden cardiac death

in a first-degree relative <60 years old. In addition, an exercise test is recommended for those masters athletes of any age with symptoms suggestive of underlying coronary disease and for those = or >065 years old even in the absence of risk factors and symptoms.”

Finally, DON'T IGNORE SYMPTOMS. If you have a concern, please talk to your physician.

--Steve Giddings

## New SLRC Coaches

Now for some good news! We have an outstanding corps of new coaches.

John Wetzstein has agreed to be our head coach. We just hope his immigration papers go through without a hitch. I will keep you updated.

Almost all the other squad coaches are SLRC alums. I have watched these coaches in action, and the fall practices are off to a great start. I don't know who is more enthusiastic, the rowers or the coaches.

The list of new assistant coaches and their credentials follows:

### **Ben Boyd--Varsity Men**

Rowed at SLRC 2 years  
Boston University, 2001-2003

### **Jonathan Buchanan--Novice Men**

McCallie School 3 years  
Washington University

### **Olivia Giddings--Varsity Women**

Rowed at SLRC 3 years  
Dartmouth Varsity 8, 1996- 1998

### **Anne Williams--Novice Women**

Rowed at SLRC 4 years  
University of Virginia  
Varsity Lightweight 8, 1999-2000,  
Heavyweight 8, 2001

### **Erin Gladding--Assistant, Women**

Rowed at SLRC 4 years  
University of Wisconsin Varsity 8, 2001-2003

### **Greg Powell--Assistant, Men**

Rowed at SLRC 4 years  
Northeastern  
Rutgers Varsity Lightweight 8

Let's look forward to a great fall season.

--Steve Giddings

## Learn to Row

Eighty-two people participated in the club's Learn-to-Row and Youth Camp programs this summer. Many of these

new rowers have joined the Intermediate squad or will row in one of the novice junior squads.

The Intermediates routinely have an 8, a 4+, and several singles on the water at each practice session, and they expect to enter boats in some head races this fall.

These additions to our ranks wouldn't have been possible without the hard work of Ron Suermann, Jay Lyons, Bob Eilers, Jim Scalzo, and their able assistants: Courtney Everson, Linda Gibbons, Tina Kelly, Eric Miller, Kate Patterson, Donna Bresler, Kathy Bosin, Colleen Schulte, Michael Adrio, Matthew Myers, Bob Guss, Lou Aliperti, Jackie Roewe, and Becky Pfeiffer. Thanks to all of you for helping to introduce new people to rowing.

--*Scott Allison*

## **Boathouse Update**

As you may have noticed (sort of like having an elephant in the room) the new boathouse is rapidly nearing completion. The roll-up doors with their translucent panels are completed, the roof is on, and the finish items are shortly going to be installed.

In the coming weeks, new boat racks will be installed, the paving and grading completed, and the present pen demolished (the chain link fence will be recycled into the trailer storage area, and the existing boat racks will be recycled into racks for the public bay).

The Community Rowing Center will have a public bay, 3 bays for Washington University, and 3 bays for SLRC. There will also be an exercise space (with the translucent doors that roll up, we can all erg with a view). Also, there will be an office for the coaches, restrooms, showers, and a drinking fountain.

While the aesthetics and finishes of the facility are on the industrial side of design, the building will provide much needed boat storage, boat repair space, exercise areas, changing spaces, and a focal point for information and organization.

Washington University has provided construction supervision and extended a loan to SLRC for a portion of our costs. Washington University has been an excellent partner and will continue to be a great partner during the operation of the boathouse. But the club does need to pay off our loan to the University. So while you are admiring the building and enjoying all it has to offer, please, please make your contribution.

--*Chuck Schagrin*

## **And more about the boathouse....**

We raised or pledged about \$300,000 of the \$500,000 we need. We simply must get this done. Despite mailings, we have received contributions from only 27 or so club members since the beginning of this year.

Please ante up. You will be getting phone calls from my colleagues or me if you do not. Again, we need to help ourselves before we can reasonably ask for help from others.

--*Steve Giddings*

## **Treasurer's Report**

The cash balance in the club treasury has remained more or less stable since my last report. A number of new rowers have joined the club as a result of their participation in Learn-to-Row this summer. Their dues payments have helped our cash position. Dues invoices will be sent to new and returning junior rowers soon.

Donations to the boathouse fund amount to about half of the total required to pay for our share of the facility. Most of these donations were made before this year. So far only about 20 of the nearly 100 adult members of the club have contributed to the fund.

If you haven't made your contribution or pledge to the Community Rowing Center fund, now is the time to do it.

--Scott Allison

## Masters' Travel Accounts

Reminder to SLRC Masters:

Deposits are due to Nancy Hazelwood two weeks before regattas. Make checks payable to SLRC Master Travel Accounts.

## Fall Race Results

### Head of the Des Moines

The Head of the Des Moines Regatta, was on September 27. More than 600 rowers competed in 62 different races from the Botanical Center to Prospect Park in Des Moines.

St. Louis was well represented. The SLRC entered 18 boats and won 3 gold medals, 5 silver medals and 1 bronze medal. SLRC tied Des Moines Rowing Club for fourth place overall. St. Louis University crews entered four boats. They won one gold and one silver medal.

Two trophies were awarded to St. Louis boats: The Tom Rosborough Junior Women's Trophy for the fastest junior women's time and the Sue Voeglin Cup for the mixed master 8 winner.

Complete race results can be found online at [www.desmoinesrowing.org](http://www.desmoinesrowing.org).

## Fall Race Schedule

### October 12, 2003

Head of the Rock  
Rockford, Illinois

### October 18-19, 2003

Head of the Charles  
Boston, Massachusetts

### November 1-2, 2003

Head of the Hooch  
Gainesville, Georgia

## SLRC Indoor Championships

The St. Louis Indoor Rowing Championships is scheduled for January 31, 2004 at the Washington University Athletic Complex.

The cost to compete is \$10.00, waived for Wash U students. This event raises money for the club. Participation also increases the likelihood of St. Louis becoming a satellite regatta location for Concept 2 in the future.

Every club member who is not injured or sick should compete. There is no need to feel embarrassed if you are not in peak condition. Chances are you will beat somebody.

Non-members can also compete. Some people who own an erg for fitness have never been in a boat. In fact, one of the competing categories will be *Never Rowed Before*.

More on sign-ups for this event later.

Contact John Mason if you have questions:

[Masonje@aol.com](mailto:Masonje@aol.com)

(314) 872-8705

--John Mason

## Unitard Orders

Uni orders can be placed directly to JL at [www.jlrcing.com](http://www.jlrcing.com). JL has the design.

With at least four uni requests, the minimum required for a discount, Donna Harper has offered to place orders.

Give Donna your measurements, and pay her. You can contact Donna at her home email address:

[dlharper2003@yahoo.com](mailto:dlharper2003@yahoo.com).

## SLRC Boosters

### Information Day

This year, boosters held the first annual Information Day at Creve Coeur Lake. This event introduced prospective rowers to crew. We had 17 girls and 7 guys attend.

Kevin Curran organized the event. There were boats on the water, varsity rowers to show folks around and answer questions, coaches to explain our philosophy, and registration forms to complete. Participants were even invited to sit in a boat.

We are still recruiting; so, if you know anyone interested, please tell him or her to contact one of our coaches.

### Winter Break Trip

Junior parents, mark your calendars. We are planning a winter break trip during the Christmas holidays for the juniors. The "rowing camp" bus will leave St. Louis on Monday, Dec. 29 and return on Sunday, January 4.

Hopefully, we will find the necessary accommodations somewhere in Florida. We will let you know cost and destination as soon as possible.

### Parent Handbook

If you have not received your parent handbook with all the latest contact numbers, coaches' biographies, rowing terms, etc., please call Val Adrio at 314-567-6188. This is one of your benefits from SLRC Boosters.

--Pat Hoye

## Rowing Websites

### Rowing Training and Physiology

Helps rowers design training programs. Outlines physical characteristics of elite rowers. This is the site for rowing, specific training, performance, and physiology. [www.krs.hia.no/~stephens/rowing.htm](http://www.krs.hia.no/~stephens/rowing.htm)

## **FAQ – Physics of Rowing**

From the Department of Atmospheric Physics at Oxford University comes this scientific look at the techniques involved in the activity of rowing.

Creator: Dr. A. Dudhia

[dudhia@atm.ox.ac.uk](mailto:dudhia@atm.ox.ac.uk)

Dept. Atmospheric Physics

Oxford University

[www.atm.ox.ac.uk/rowing/physics](http://www.atm.ox.ac.uk/rowing/physics)

## **SLRC Executive Committee**

### **St. Louis Rowing Club**

President: Steve Giddings

Vice President: Jan Adams

Secretary: Barbara Dite

Communications Sec'y: Kelly Vogel

Treasurer: Scott Allison

Captain: Rein Zeidler

Lieutenant: Jay Lyons

### **St. Louis Rowing Club Boosters**

President: Pat Hoyer

Communications Secretary: Patty Hunter

## **Recent Events**

### **Births**

Laura Fisher announces the birth of her daughter, Lilian Alda, born 8/19/03.

John & Mary Mason announce the birth of their son, Patrick Edward, born 9/23/03.

### **Weddings**

Debbie Geison will marry Jeff Hall on Saturday October 4, 2003 at Union Church of Northeast Harbor. Best wishes.

### **Deaths**

Colin Allsop's family asks that contributions, in lieu of flowers, be mailed to the charity:

Colin Allsop Children's Scholarship Fund

c/o Bank of America

500 Chesterfield Ctr. Drive

St. Louis, MO 63107

## **About the Newsletter**

Thank you for contributing to the SLRC newsletter. Articles are published as submitted, with a few exceptions. To submit an article for the 2003 November/December SLRC newsletter, attach a file to an email message to:

[VogelKellyA@msn.com](mailto:VogelKellyA@msn.com)

The deadline for submissions is October 20, 2003. Please be certain submissions are in final form.