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The St. Louis Rowing Club News



Head Coach's Report

Fall rowing presents us with a time to evaluate the past year and look ahead to the opportunities and challenges of the one that is up and coming.

As we log the miles, we build on what we've learned and prepare for what is to come. We are getting better. Our fitness is better. We have a better understanding of how to do things properly and how to make changes. We are moving boats well and are poised for greater speed and consistency. Even those who didn't race much--if at all--have made significant gains. I'm seeing more and more of you move more smoothly across the water and able to get more out of the time you spend out there. This is all good. The continued gains are really up to you.

I've told some of you about my own novice experience, but for those who haven't heard it--well--here it comes. For those that have--sorry. I was fortunate enough to start rowing with seven other guys about my own age, to have an experienced cox help every day, to have learned the basic mechanics through sculling, and to have an excellent coach at every step of the way. We took our learn-to-row in April and started training together as a crew mid-May.

Our first race was the first weekend of June. We got CLOBBBERED! Whew--it was ugly. I raced a rec-single too--500 meters in an Alden. My forearms were so sore from holding on too tight; I couldn't grip anything for hours.

The novice men's crews that beat us that day had been novices since the fall of the year before--they had almost a full year on us. We had a month before we would race them again in Calgary. We all loved what we were doing and committed to two practices a day for the rest of the summer.

In a month--we won. At the end of the summer, we put our novice men's 8+ and 4+ in the open finals at an international event in St. Paul, MN and placed fifth. That fall, I committed to continue training and needed to learn how train and race a single as my crew scattered to universities.

We had some coaching--a very qualified sculler and certified coach--but he didn't have the time to spend with us on the water and never watched us erg. We met with him once every couple of weeks--had our workouts--and off we went.

The following summer, the majority of coaching attention was devoted to the junior provincial team as they prepared for the Western Canada Summer Games. My training partner and I made the senior provincial team. At the end of that summer I placed fourth in the lightweight single at an interprovincial regatta in Montreal--just a few months out of my novice year.

Why do I offer this here? To remind you that when a coach isn't beside you, you can and should do some quality work.

We will continue to try and provide quality coaching and feedback. We will continue to encourage anyone and everyone to heed the coaching call (because it is a thrill of a different kind and will make you a better athlete as well).

What no coach wants to hear, however, is "...we started working when you pulled up in the coach boat." That just won't do. A coach can't make you better--only you can do that. It doesn't matter how old you are or aren't. It doesn't matter what your goals are. You won't reach your goals unless you're willing to work for them.

Some of you know this. Many of you are getting it. It should probably never go without saying. It isn't discouraging--you're in control.

See you on the water.

--John Wetzstein

Coaching Shortage

We are short coaches this fall and seeking volunteers to help organize juniors. First, we need one person to supervise a land base on Monday starting at 4:00PM. The kids are great, appreciative, and will help if they are directed. Second, we need an adult to supervise until coach arrives at 4:30PM.

An adult will oversee the kids while they warm-up, move oars, put boats in slings, and make adjustments. Also the launch must be loaded and pushed to the water. This requires about 30 minutes, but occasionally may extend to 5 PM if the coach gets caught in traffic, has an unanticipated emergency at work, etc.

Contact Steve Giddings if you can help out.

President's Report

As you may know, I plan to relinquish my position as president before it's changed to El Presidente, Pappa Doc or President-for-life (which doesn't necessarily reflect my stand on any politically charged issue). I am not stepping aside for anger, fatigue, ill health, new job, or any other reason, but because I want to share the wealth and the personal growth opportunity the position affords. And, no, I am not kidding. I also believe strongly that change is good, that organizations tend to become stagnant when their leadership does not change. Even Bill Clinton left after eight years.

The club has met several goals. We are a 501c3 organization. Our equipment inventory more closely matches our needs. We have a boathouse. Moreover, we are established. Several goals are not yet met. We need to invigorate our juniors program. We need a consistent coaching pipeline. We need to reach out to a broader constituency. We have not yet paid for our boathouse.

Back to sharing the wealth. Yes, being club president has become a larger responsibility than just signing the checks when the treasurer isn't available. I have had the opportunity to develop relationships with pillars of the community, corporate leaders, university administrators, and politicians, all on behalf of the rowing club.

I have developed interpersonal skills, administrative skills, coordinated volunteer efforts, made friends all across the country, and developed a very special relationship with all of you in the rowing club. I want to give someone else the same opportunity for growth that was foisted on given to me. So, don't dismiss this opportunity. It provides unique and special rewards. So step up to the platform, then take the plunge. The water is great once you get in.

You won't be rid of me entirely. The first thing I did to Dean Farmer was to get the officers to make the past president of the club an ex-officio member of the executive board, and to convince the club membership to put that in the bylaws. I will be around to second guess the officers in an official capacity for some time.

Thank you all for giving me the opportunity to represent you.

--Steve Giddings

Treasurer's Report

In the last report, we mentioned that our operating reserves had dipped quite low, but that we anticipated a return to more comfortable levels as Learn-to-Row fees, summer dues, etc. were received. That is, in fact, what happened. Our account balance has returned to normal and will be further strengthened as we receive dues income from the fall junior program. We need to continue to exercise restraint on our spending, however, since we have yet to feel the full effect of the cost of operating and maintaining the boathouse.

--Scott Allison

Nominating Committee Insight

Howdy folks. This is just an FYI, so you can understand a little about the election and nominating process and how you fit into it. You will soon receive an email explaining the real world responsibilities (not just the bylaws take) as described by the current officers. The nominating committee will ask that you review the responsibilities and brainstorm for candidates you think would make good officers. You can nominate yourself or others, and the email will give you the date nominations close. Your inputs will then be considered by the committee. Those considered candidates will be asked if they are willing to serve. Names of those willing to serve will be forwarded to the club officers for review and approval at their early November meeting. The club will vote at our yearly meeting and banquet in January.

If you would like discuss or submit nominations to the committee, members are Patavee Vanadilok, Kevin Curran, Bob Roewe, Rob Smith, Ann Samuels, Ann Williams, Bruce White, Olivia Giddings, Nancy Hazelwood, Jay Lyons, and Dave Bentzinger.

--Jay Lyons

Equipment Use (reprint)

A reminder on equipment use. Earlier this year, Coach John asked that the M2's (Iqbal and Allison) and the Hudson 2x not be rowed unless a coach (Scott, Olivia, Steve, or John) signs off on it's use. Once a crew is set for an event and assigned one of those boats--it can be used. This is an effort to preserve the best equipment we have for our most skilled and competitive crews--for as long as possible.

John has adjusted the rigging on the Emerson and Dilg. Those boats are both fine and can be rowed. The club is aware of a great need for sculling equipment. When we address that need with the purchase of new equipment--rules for usage will be reassessed. For now--that's the way it goes.

Ladue Erg Cellar

Scott is collecting keys from the Ladue erg cellar, where the club held practices before the boathouse was built. Some items were stolen from one of the two empty shops nearby. A detective investigating the case also wants names of everyone who had a key. Please cooperate by giving Scott your key and the information requested by the detective.

Driving to the Boathouse

Recently a ranger mentioned to John Mason that people are still making that first right into the "Do Not Enter" road when entering Sailboat Cove. Others are driving over the grass to avoid the eight-second drive through the parking

lot. The ranger said they would start ticketing offenders in the near future. He was very friendly about these warnings, but John is sure they will enforce this soon.

Travel Accounts

Nancy Hazelwood has the masters travel accounts. If anyone wants a check for travel balance, please let her know. Contact her at NancyHazelwood@hotmail.com.

--Nancy Hazelwood

Olympic Rowing

While SLRC masters were in Oak Ridge, the United States was well represented in the Olympic Games. Race results and interesting interviews with elite athletes are at www.row2k.com. Take a look.

Also Steve Giddings and Bob Roewe taped many of the races. Watching the world-class rowers is truly inspirational.

SLRC Race Results

Indianapolis Masters Regionals Indianapolis, IN August 1, 2004

SLRC rowers, Karl Heilman and Catherine Chamberlin, raced at regionals. Karl earned a silver in the men's master single event. Catherine earned a bronze in the women's masters lightweight single event. Detailed results can be found at www.row2k.com. Congratulations to both rowers.

122nd Royal Canadian Henley Regatta St. Catherines, Ontario August 3 – August 8, 2004

SLRC juniors and several SLRC open rowers raced at the Canadian Henley. A highlight was the junior women's coxed four, with Sarah Tinsley, Caitlin Henry, Elise Obermeier, Kirsten Campbell, and Elaine Faddis who finished fourth in their event. Detailed results are online at henleyregatta.ca/results.

USRowing Masters National Championships Oak Ridge, TN August 19 – August 23, 2004

SLRC masters raced at nationals, winning several medals, two golds and three silvers. Detailed results are at www.racetrak.com.

The Lightweight Women's C 4 + won gold, with Berkley Adrio (cox), Nancy Hazelwood (stroke), Patavee Vanadilok, Linda Greensfelder, and Kathy Halley.

The Men's G 2 X Composite also raced to a gold medal finish with Karl Heilman at stroke and Pete Bentley from Toledo.

The Women's B 2, with Debbie Hall and Linda Gibbons, raced to a silver medal finish.

The Women's E 4 also won silver, with Katie Hilton (cox), Nancy Hazelwood (stroke), Margie Frievoegel, Linda Greensfelder, and Ann Samuels.

Finally, the Men's G 4 X Composite earned silver with Karl Heilman (stroke), Chuck Logg, Pete Bentley, and Al Grandmaison.

Congratulations to all winning crews at this national event!

**21st Annual Head of the Des Moines
Des Moines, IA
September 25, 2004**

St. Louis University crews raced at the Head of the Des Moines, with five entries. Men's Novice Single, Giegengack, won a silver medal. Congratulations! Detailed results are at www.desmoinesrowing.org.

Fall Race Schedule

**Head of the Ohio
Pittsburgh, PA
October 2, 2004**

Details at www.headoftheohio.org.

**Head of the Rock
Rockford, IL
October 10, 2004**

Details at www.headoftherock.org.

**Head of the Chattahoochee
Gainesville, GA
November 6 – 7, 2004**

Details at www.atlantarow.org/hooch/

Head of the Rock Memory

The Rockford club will honor the memory of Ron Suermann, who died on October 18, 2003 after collapsing in a boat at the regatta. There will be a moment of silence at the coaches and coxswains meeting, and the Mixed 4+ race will be named after him. Finally, a trophy or plaque will go to the annual winner of that race.

Rowing by the Harvest Moon

SLRC finally pulled off a moonlight row in 2004! And what a moon it was! On Tuesday, September 28th, some 14 adult club members climbed into an eight and rowed into the gigantic harvest moon. Masterfully coxed by Helen Woznack (who didn't even yell once, they say!), the group was heard singing as they rowed. They didn't even sound all that bad. Ghost stories may have been told; although we couldn't hear much in the launch. Lesson learned: there are more Asian carp at night than in the daylight - bring a fishing net next time! The moonlight fashion award goes to Kathy (Roxanne) Halley, whose red headlamp was the only visible sign of a boat on the lake. Special thanks to Charles Uding who courageously removed the bloody, disgusting carp from our launch, sliming himself in the process. Now THAT's a team player.

October will bring a brand new, exciting and special full-moon event – watch for details!!!!

--Kathy Bosin

Lewis & Clark Row

Saturday, October 2, SLRC & Wash U. rowers tested a dugout canoe which will go to Montana for the Lewis & Clark centennial celebration. The boat holds sixteen people. Rowers tested the boat to make sure that it floats, is stable, can move along at a reasonable pace, and can be maneuvered.

SLRC was honored to be a part of this historical rendering, and participants reported that paddling is quite enjoyable.

Raw Nucks Regatta Festival: Year of the SLURK!

A great time at the 2004 Raw Nucks Regatta Festival on September 11th and 12th! Five crews competed this year, organized and trained by Kathy Halley, Helen Woznack, Bruce White, Elizabeth Huge, and Jay Lyons.

Final Regatta Results

First Place: Boeing Rowing
Second Place: Sweep Misery
Third Place: Jonesing for a Victory
Fourth Place: Bobbing Boobs II
Fifth Place: Huge Boat

Thanks to all the club volunteers who helped make this possible!

There are rumors that in 2005, the Swingers and the Pespicious Unireme crews will reappear along with Bobbing Boobs III. You won't want to miss it!

Raw Nucks 2005: September 10th and 11th, 2005 Mark your calendars!

--*Bob Eilers*

Learn to Row

Over fifteen of this year's Learn-to-Row graduates have joined the club and are now rowing regularly with the intermediates. We also expect that several younger LTR grads will join junior program. The new intermediates have learned basic rowing technique more quickly than usual and represent a really strong addition to the club's roster. Thanks to Steve Giddings, Jay Lyons, and all others who taught this year's classes. Your hard work really paid off.

In addition, Karl Heilman has given private sculling lessons to several folks. We hope they will become active members of the SLRC.

Quite a few people inquired about LTR after it was too late to enroll in one of the summer sessions. It looks like we will conduct another winter LTR program in January to get these folks started rowing. If you have friends that might be interested in winter LTR, please have them contact Scott Allison (swallison@alum.mit.edu) to get their names on our mailing list.

--*Scott Allison*

St. Louis University Crew

Twenty experienced rowers from last spring's roster have returned to row for SLU this fall. In addition, two freshmen with junior rowing experience (with the Kansas City and Milwaukee Rowing Clubs) have added depth to

the varsity squad. Another 15 or so novices (it's hard to tell exactly how many there are when you hit the water at 5:30AM) have signed on for the fall season and are making steady progress in learning to row.

SLU Crew plans to participate in the Head of the Des Moines, the Head of the Rock, the Wash U. Parent's Day Regatta and, of course, the Head of the Hooch. SLU's Student Government Association has provided SLU Crew with funds that may be sufficient to purchase our first boats...probably used 4's. It ain't much, but it's a start!!

--*Scott Allison*

Boathouse Campaign Update

With the help of many committed volunteers, we continue to move forward. Our solicitation of current club members is nearing completion. We are in the process of contacting the few remaining members who have not yet made their donation or pledge to the Boathouse Fund. The 90% member participation level is VERY close at hand. And with the 90% participation, we get the bonus of over \$12,000 in additional pledges. To all of you who have contributed to the Boathouse Fund, Thank You!! Your generosity benefits current and future SLRC members, and helps ensure the continuation of a long and rich history of rowing in St. Louis.

To those of you who have not yet given – please step up and join us! And to those of you who have given, but not at the \$1,000 per family level, please think about an additional contribution. As the calendar year draws to a close, some of you may want to consider the tax advantages associated with another gift.

We are now broadening our individual solicitations to include former rowers, parents of former junior rowers, and friends of the club. Letters will be going out soon, to be followed by personal contacts.

The Corporate Subcommittee has been hard at work identifying potential corporate donors and developing strategies to gain their financial support. This subcommittee is dedicated to achieving our fundraising goal in a matter of months, not years. Stay tuned!

Barb Seely has reported elsewhere about the success of our Busch Stadium concession stand efforts. Thanks to everyone who helped with this project.

We began 2004 with a fundraising goal of \$285,000. We're not quite a third of the way there. There is still another \$200,000 to be raised. Working together, we can make this happen. There are more fundraising projects in the pipeline. As always, if you'd like to help, or if you have suggestions, please contact me or another committee member.

--*Linda Greensfelder, BCCC Chair*

SLRC Baseball Concessions

HEY LIZ, I NEED TWO BRATS!

SLRC members earned \$2700 for the boathouse fund by manning concession stands at Busch Stadium during four Cardinals games this summer. It was hard work but also fun and was a great team-building experience. Thanks to everyone who volunteered. Let's do it again next summer!

Good News! Cardinals have made the playoffs. SLRC volunteers are to work a concession stand Thursday, October 28.

It should be a moneymaker and a chance to be at the World Series (sort of). Contact Barb Seely, BARBARA.SEELY@EEOC.GOV, if you can help out.

--*Barb Seely*

Erg Poetry

Ode to an Erg

by Linda Gibbons

A 2K, you say? Right now...today?
My lips start to dry. My nerves are a jitter.
“Okay,” I say, “I’ll give it a try.
“Stretch out,” and “Warm up,” he shouts.
I think I’m going to pass out.
“Set your meters for 2000, your fans at 4.”
“Give it your best, this is a test.”
I start out fast and soon settle in. This isn’t so bad, I think I’ll do a power of ten.
At the 1000, I’m rowing with ease. Down to 750, “coach, help me please!”
My heart’s a pounding, my lungs are on fire.
I look at my split, it’s climbing higher.
“500 to go,” I hear him say. “Drive those legs, stay long and strong.”
I want to quit, my goal is all wrong.
The last 250, my mind’s in a whirl, and I feel disconnected.
Is this what it means to push ‘til you hurl?
“Last 10 strokes,”...I hear someone say.
I can no longer count, but I’m thinking YEA!
As I recover on the floor, breathing 40 times a minute, my legs are cramping and sore.
“Nicely done,” he says as he looks at my score.
I want to say thank-you, but my mouth is a desert. So I just smile instead, while thoughts of, “I did it !” dance in my head.
My story is a strange one—when it’s all said and done.
Cause, you see, it’s my worst day and best day, gelled into one.

Calling All Coxswains

Masters need coxswains. Will train. Requirements: None. If you know anyone interested in coxing, please tell John W.

Boat for Sale

For Sale: Wooden Stampfli 1x. \$3000.00. Talk to Coach John.

SLRC Clothing

An order form for various items of SLRC gear is now available on SLRC.net. You can find it from the Boosters page or by entering www.slrc.net/boosters/slrc_uniform_and_clothing_order_.htm on your browser.

Donna Harper of the Boosters is handling all clothing orders. If you need more information, you can contact Donna at dlharper2003@yahoo.com.

2005 SLRC Calendar

I am planning to put a calendar together for this coming year to be sold to club members, boosters, and at the

Gateway Regatta. Profits from this calendar will be donated to the boathouse fund. The calendar would feature pictures from past regattas the club has attended, photos from practices at the lake, or any other rowing themed pictures. I am aiming to have the calendars printed up in time for sale in December (so keep it in mind as a potential holiday gift for a fellow club member, daughter, son, spouse, or other rowing enthusiast).

I wanted club members to participate in what this calendar will look like so I am asking for submissions of photos you think would be appropriate for this calendar (from the past or present). I will be responsible for the photo selection. I will leave an envelope hanging in the boathouse on the clipboards by the coffee machine marked "SLRC 2005 Calendar". Please submit photos in plastic bags or envelopes with your name on them and I will return them to you. The cutoff for photo submissions will be November 7th. If anyone would be interested in collaborating with me on this effort, feel free to contact me at kathy.halley@edwardjones.com or at home 314.862.6719. If anyone happens to have access to a high resolution scanner and knows how to use it, please contact me as well.

--Kathy Halley

Rowing History

Trish Brubaker is writing a proposal for a book on American rowing. She has invited SLRC to contribute ideas and photographs and essays to the project. The goal is a colorful, interesting, and entertaining cultural history of American rowing.

Contact Scott Allison or Trish if you are interested in contributing to the project. Trish's email: trishbrubaker@yahoo.com.

Last Minute Announcement

WANT TO TRY YOUR HAND AT PUMPKIN CARVING?

To celebrate Halloween this year, we wanted to have a little contest to encourage a spirit of competition and have a little fun while we erg. On Tuesday night, October 26th, we propose erging for part of practice (after dusk) by the glow of jack 'o' lanterns. Who will supply these jack 'o' lanterns you ask? Anyone who wants to go down in club history as Master Pumpkin Carver. We arbitrarily appoint Bruce White and Eric Miller as co-judges of this event. Dr. Bruce White, M.D. will judge on the basis of cutting technique and symmetry of facial composition. Eric Miller will judge on overall artistic impression. Submissions for the contest will cost \$5 each. All proceeds will benefit the boathouse fund. The winner will receive an award that will be determined at a later date. Money, candy, and/or a certificate might be involved, though. CDs with spooky Halloween music or sounds are also welcome. Juniors, Intermediates, and Masters are all welcome. Appointed judges--if you renege on your official duties, we will toilet paper your house!! Bribery of the judges via the use of Halloween candy is strictly prohibited. So come one, come all and bring a pumpkin with you!

Cheryl's Baby

Cheryl and Chris Fievet have a baby girl. Mardi Louise Fievet was born August 10 at 7:49AM. She was 6 lbs, 12 oz and 20 inches. They are all doing well, and Chase, her big brother, has really taken to her pretty good. Even gives her kisses which he doesn't do for Mom and Dad yet.

SLRC Coaches

John Wetzstein: Head Coach
Olivia Giddings
Steve Giddings

Scott Allison

SLRC Executive Committee

President: Steve Giddings
Vice President: Cathy Chamberlin
Secretary: Barb Seely
Communications Secretary: Kelly Vogel
Treasurer: Scott Allison
Captain: Rein Zeidler
Lieutenant: Andrew Lambert
Boosters President: Kevin Curran

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 2004 winter issue of the St. Louis Rowing Club newsletter, attach a Word file to an email message. Mail it to me, Kelly Vogel, at vogelka@charter.net on or before November 1.

--*Kelly Vogel*

SLRC Phone Numbers

The phone number at the boathouse is (314) 878-7980. This number is not equipped with voice mail. But you can use it if you need to reach a coach or make a last minute schedule change with one of your rowing partners. The official club phone number remains (314) 434-8299.