



# USRowing

# This Month

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SEPTEMBER 2006

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USRowing This Month is published monthly by USRowing and features association news and updates.

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## A Letter from the USRowing Executive Director

Dear Friends,

As the racing season turns from sprint to head races, it is a good time to take stock of what we have done this year and what lies ahead for our sport.

This summer's national events saw increased participation from the youth nationals to masters nationals. Our new events staff had an opportunity to meet many of you during the three national championship regattas. Overall, things went well. However, we are always striving to improve. We welcome your input on how to make our events both user-friendly and well run. If you have any suggestions, please contact our events manager, Elizabeth Webb, at [elizabeth@usrowing.org](mailto:elizabeth@usrowing.org). We would especially like to hear from those of you who did not participate at Nationals or Masters Nationals. We would like to hear why you didn't attend and what would attract you to participate in future events.

We are implementing several changes, and are considering a few other ideas, for our 2007 events. A new, elite U.S. National Regatta is in the works. It will follow a three-day format and include the 23 FISA Senior World Championships events. This new regatta will be streamlined and more marketable, allowing for greater sponsorship opportunities and increased media coverage. The current national championship regatta will be retooled and return to a club championship event, allowing the same great racing opportunities for the 1,600 athletes currently participating.

On October 13, 2007, USRowing will host the first USA Rowing World Challenge in Oklahoma City. This event

will bring together four countries and combine a 10-day training camp with a regatta that will showcase top talent in a super-sprint, night racing format under the lights at the Oklahoma River venue.

In addition, we are carefully watching the FISA Masters Regatta this weekend in Princeton to see how static refereeing works at a top-level event. We are interested in how this process could benefit our masters nationals participants at future regattas.

Challenges lay ahead as well. In a letter to the membership in the last newsletter, I discussed the issue of insurance costs and risk management. Several of you had some excellent suggestions regarding how we can better share information with the community. We are working on some of this immediately, while some details we cannot share yet.

The larger issue for our clubs and athletes is how we pay for the increased costs of rising insurance premiums. From 2004 to 2007, the price for the umbrella policy that protects all of our 1,000 clubs, 14,000 individuals, and 250 registered events jumped by a factor of four times. This is largely due to several major claims during the past two years after a decade of low losses. Last year, USRowing absorbed part of the premium increase for 2006, while organizational dues increased by \$50 and regatta fees by a more substantial amount.

While the total cost for 2007 is still being negotiated, the anticipated increase will be large and will have to be passed along to the membership.

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# News This Month

## Oklahoma City to Host International Rowing Competition

The U.S. Olympic Committee, in partnership with USRowing and the University of Central Oklahoma (UCO), has secured an international rowing competition in Oklahoma City for October 2007.

The USA Rowing World Challenge will showcase top international rowing talent from the most competitive teams in the world as they prepare for the 2008 Olympic Games. The event is expected to attract more than 150 international athletes and 50,000 spectators to Oklahoma City for the 10-day event.

The University of Central Oklahoma is the U.S. Olympic Committee's Community Partner in Oklahoma. UCO, the Oklahoma City Boathouse Foundation, and the Chesapeake Boathouse will form the local organizing committee for the upcoming event.

"We're excited about partnering with UCO and USRowing in attaining this international rowing competition next fall," said Jim Scherr, USOC Chief Executive Officer. "We're just two years away from the start of the 2008 Olympic Games, so it's important to provide our athletes with high-level competition in preparation for Beijing and for the U.S. to host world-class events such as this. UCO, Oklahoma City, and the Chesapeake Boathouse will be ideal hosts for

the world's best rowers."

The USA Rowing World Challenge will be an official Oklahoma Centennial Event and will be headquartered at Oklahoma City's new \$3.5 million Chesapeake Boathouse with racing on the newly developed Oklahoma River championship rowing course. The boathouse is home to two collegiate programs, Oklahoma City University's varsity crew and the University of Oklahoma club crew.

"We're inviting top national teams from around the world to compete in Oklahoma City," USRowing Executive Director Glenn Merry said. "It's a preview of what you'll see in the 2008 Olympics in China."

The USA Rowing World Challenge will open with exhibitions by the international teams at the Head of the Oklahoma Regatta presented by Oklahoma City University October 6-7. The international teams will then spend the next week training on the Oklahoma River.

"The Oklahoma River offers an excellent venue for intense training, and it's a unique opportunity for these teams to size up their international competition going into the 2008 Olympics," said Mike Knopp, executive director of the Chesapeake Boathouse.

*"Oklahoma" continued on page 8*

## 2006-07 USRowing Calendar

**November 30-December 2, 2006**

USRowing Annual Convention

Portland, Ore.

[www.usrowing.org](http://www.usrowing.org)

**July 13-29, 2007 (Rowing July 14-19)**

Pan American Games

Rio De Janeiro, Brazil

[www.rio2007.org.br/pan2007/ingles/indexing.asp](http://www.rio2007.org.br/pan2007/ingles/indexing.asp)

**July 27-29, 2007**

FISA Under 23 World Championships  
Strathclyde, Great Britain

[www.fisa.org](http://www.fisa.org)

**August 8-11, 2007**

FISA Junior World Championships  
Beijing, China

[www.fisa.org](http://www.fisa.org)

**August 26-September 2, 2007**

FISA World Championships  
Munich, Germany

[www.fisa.org](http://www.fisa.org)

**Please visit [www.usrowing.org](http://www.usrowing.org) for more information on each event**

## Junior Women's Eight Wins Silver; Meyer Becomes First Female Sculling Medalist Ever at 2006 Junior World Championships

The junior women's eight won a silver medal and Lindsay Meyer became the first U.S. junior women's sculler to ever medal at the championships when she won bronze in the single sculls to highlight the U.S. performance at the 2006 FISA World Rowing Junior Championships in Amsterdam, The Netherlands.

Meyer, a native of Seattle, made history when she crossed the finish line in bronze-medal position in the single sculls, becoming the first U.S. female sculler to ever medal at the junior world championships.

"It's a pretty amazing feeling," said Meyer of her historic accomplishment. "I don't think it has sunk in yet."

Meyer got off the line in sixth place but moved into third as the scullers crossed the 1,000-meter mark. She then made a strong push during the third quarter of the race to pull away from South Africa's Kirsten McCann, solidifying the bronze-medal position. Meyer crossed the finish line with a time of 8:10.11. Poland's Natalia Madaj led the race from wire-to-wire to win gold in a time of 8:04.99. Germany's Juliane Domscheid took the silver medal with a time of 8:07.18.

"It was a hard race," Meyer said. "I was definitely not first off the (start) line, but I didn't let that bother me and just tried to race my race. I don't really know when I moved into third. I just tried to keep working."

FISA, the international rowing federation, started offering junior women's events in 1979, but the United States had never won a medal in any women's sculling event. Meyer also became the first U.S. single sculler, male or female, to win a medal at the junior world championships since 1976.

The junior women's eight made a little history of its own by winning the silver medal, tying the top finish ever for a U.S. junior women's eight. The crew of coxswain Ariel Frost, Adrienne Mecham, Jennifer Cromwell, Maren McCrea, Desiree Burns, Elise Wilson, Nancy Graves, Sarah Gribler, and Katelin Kelley clocked a 6:28.08 to finish 2.62 seconds behind the winners from Romania. Romania led the race from start-to-finish, while the U.S. held second place the entire way down the course. Romania stroked a 6:25.46. Germany took home the bronze medal. The U.S. had won silver medals in the event twice previously in 1999 and 2003.

"We never went into the race hoping to get sec-

ond, but they put up a good fight. It was a good race," McCrea said. "I think we are all very happy with our performance."

The men's eight of coxswain Zach Vlahos, Nick Lucey, Jack Lindeman, Carl Thunman, Michael Lombardi, Chris Courtin, Tom Kicinski, Lucas Spielfogel, and Vince Berry finished in fifth place. The crew sat in third after 500 meters, but it dropped to fourth in the second quarter of the race and was unable to stay in contact with the top three crews. The U.S. crossed the finish line with a time of 5:52.21. New Zealand won the race in a 5:43.50, followed by Germany and Italy.

In the women's four, Taryn O'Connell, Ariel Shaker, Hayley Johnson, and Charlotte Chuter won the B final to finish in seventh place overall. The crew jumped out to the early lead, building more than a two-second advantage by the 500-meter mark and extending it to eight seconds at the midway point of the race. The crew finished with a time of 7:17.90, finishing nearly eight seconds ahead of Romania's 7:25.88.

The men's four with coxswain of Kerry Quinn, Noah Bruegmann, Cole Bonner, Karl Hirt, and Joel Peterson also won the B final to finish seventh overall. The crew sat in second position through the 1,000-meter mark before overtaking Ireland in the second half of the race. The U.S. crossed the finish line with a time of 6:33.08.

Caroline Nash and Michaela Strand finished second in the B final of the women's pair for an eighth-place overall finish. The duo led for almost the entire race before being caught at the line. The U.S. clocked a 7:55.17 to finish 0.14 seconds behind Poland.

The women's double sculls tandem of Lori Gordon and Emily Dreissigacker finished sixth in the B final for a 12th-place overall finish. The duo sat in fourth through the first 1,500 meters before dropping back to sixth. The U.S. clocked a 7:58.15. Switzerland won the B final with a time of 7:46.08.

In the men's single sculls, Robin Prendes won the C final for a 13th-place finish overall. Prendes got off the line quickly and took control of the race in the first 500 meters. He crossed the finish line with a time of 7:28.85 to finish 1.69 seconds ahead of Estonia's Rauno Talisoo.

The women's quadruple sculls quartet of Brittney Kelly, Erin Dauson, Suzanne Maddamma, and Bri-

*"Juniors" continued on page 8*

## Women's Eight Wins Gold at 2006 World Championships

The U.S. women's eight led from wire-to-wire en route to a world's best time and a gold medal, highlighting the U.S. performance at the 2006 FISA World Rowing Championships on Dorney Lake in Eton, England. In total, the U.S. won six medals including gold in the women's eight and trunk-arms double sculls; silver in the adaptive men's single sculls and adaptive women's single sculls; and bronze in the men's eight and women's four.

In the final of the women's eight, the crew of coxswain Mary Whipple, Caryn Davies, Caroline Lind, Susan Francia, Anna Mickelson, Lindsay Shoop, Anna Goodale, Megan Cooke, and Brett Sickler rocketed off the start, grabbing a two-seat lead in the first 250 meters of the race. The crew continued to build on its advantage during the next 750 meters, taking nearly a length lead over Germany at the midway point. With a strong tailwind and choppy conditions, the U.S. encountered a slight bobble just after the 1,000-meter mark. However, the crew maintained control and didn't lose a beat. The U.S. was able to keep Germany at a safe distance the rest of the way down the course to win by a half length.

"It was not pretty," Whipple said. "The chop was really bad during the last 1,000. I had really good confidence in the first 1,000. I just kept telling them. 'Not yet, don't go yet.' Across the 1,000 was our really big commitment to not slow down because everyone expected us to slow up. I'm not going to lie. I was a little scared because there were a couple of topsy-turvy strokes. But, we just regrouped and were very determined."

The U.S. clocked a 5:55.50, which bettered the world's best time set by the American crew in the heat at the 2004 Olympic Games in Athens, Greece, by 1.05 seconds. Germany finished second in a 5:57.29. Australia held off China for the bronze medal.

"We knew it would be a really fast race, and we knew the conditions would get a lot harder as we went down the course," Mickelson said. "I am so proud and honored to be part of this crew that set a world's best time today. There is so much that resembles our Athens eight."

The men's eight of coxswain Marcus McElhenney, Beau Hoopman, Chris Liwski, Dan Walsh, Steven Coppola, Giuseppe Lanzone, Ken Jurkowski, Matt Deakin, and Paul Daniels won a bronze medal, finishing 2.29 seconds behind the winners from Germany. The German crew got off the line quickly, taking a lead during the first quarter of the race. Germany continued to increase its advantage through the 1,500-

meter mark. Meanwhile, the U.S. and Italy sat in a tight battle for second place, with the Italians holding a small advantage at each of the 500-meter splits. Germany crossed the finish line with a time of 5:21.85, followed by Italy in a 5:23.29. The U.S. clocked a 5:24.14 to finish more than five seconds ahead of fourth-place Australia.

"Conditions were a little choppier than we thought they were going to be," Liwski said. "It was really a matter of who could break out first and then just hold it in those kinds of conditions. The Germans had a really good start and so did the Italians. They had the control in conditions like that, and we just had to try to chase them down. We just didn't catch them quick enough."

The women's four of Rachel Jeffers, Esther Lofgren, Erin Cafaro, and Portia Johnson used a strong second half of the race to come back to win the bronze medal. The crew sat in fifth position at the 500-meter mark before beginning its push towards a medal position just before the midway point of the race. The U.S. passed Germany for third place during the third 500 meters and then walked away from the rest of the field to secure the bronze medal. Australia won the gold medal with a time of 6:25.35, setting a world's best time in the process. China finished second in a 6:26.75, followed by the U.S. in a 6:28.66.

"We definitely got better with every race," Johnson said. "We did some work over the last couple of days to try to make that first 500 a little faster and maybe it helped a little bit. We knew we had a really strong second half, and I think we were just trying to clean up the front (part of the race). We've come a long way since trials. I think if we had been in the race a little more at the 500, we would have had a better shot at the top two medals."

Angela Madsen and Scott Brown continued their dominance of the adaptive trunk-arms double sculls event by winning their fourth consecutive world title. With 11 entries in Eton, the field was much deeper than in previous years but that didn't stop Madsen and Brown from coming home with another victory. The duo got off the line quickly and established a two-second lead in the first 500 meters. The U.S. continued to build on its advantage over the final 500 meters to win by 3.69 seconds. Madsen and Brown crossed the finish line with a time of 4:20.50. Poland finished second in a 4:24.19, followed by Canada in a 4:30.86.

"We love the growth, and we love the competition," Madsen said. "It's more meaningful to actually

*"Worlds" continued on page 5*

row against people who are our equals, people who are going to challenge us and make us better. I’m looking forward to next year and it being even better.”

Ron Harvey won a medal in the adaptive men’s single sculls for the third year in a row, coming home with a silver medal. Harvey, who won back-to-back bronze medals at the past two world championships, crossed the finish line with a time of 5:28.87. Australia’s Dominic Monypenny won his second consecutive gold medal in a 5:41.83. Great Britain’s Shaun Sewell finished third.

In the adaptive women’s single sculls, Patty Rollison also won a silver medal. Rollison clocked a 6:23.10 to finish second behind Great Britain’s Helene Raynsford, who crossed the finish line in a 6:14.18. Poland’s Martina Snopek finished third.

The women’s pair of Anna Mickelson and Megan Cooke finished fourth to just miss a spot on the medal stand. Canada took the lead in the first 250 meters and continued to build on its advantage through the 1,500-meter mark. Meanwhile, Germany, New Zealand, and the United States battled each other for second place the entire way down the course. The Germans held the second position through 1,750 meters, but the defending world champions from New Zealand rowed through Germany in the final few strokes. The U.S. continued to press forward but could not quite catch Germany for the bronze medal, finishing about a half-length behind. Canada won the race with a time of 6:54.68. New Zealand won the silver in a 6:56.72, followed by Germany in a 6:57.11. Mickelson and Cooke finished fourth in a 6:58.23.

The men’s four of Brett Newlin, Josh Inman, Michael Blomquist, and Matt Schnobrich also just missed winning a medal, finishing fourth. The crew sat in second position, just behind the defending world champions from Great Britain, through the 1,000-meter mark. While Great Britain pulled away during the third quarter of the race, the U.S. and the Netherlands entered the final 500 meters in a virtual tie for second place. However, a hard-charging German crew used a blistering final sprint to pass both crews and finish in the silver-medal position. The Dutch finished third to win the bronze medal. Great Britain finished with a time of 5:43.75, followed by Germany in a 5:44.64. The Netherlands clocked a 5:45.54, while the U.S. finished in a 5:47.09.

The men’s four with coxswain of Dane van den Akker, Kyle Larson, Scott Gault, Chris Callaghan, and Brodie Buckland just missed a medal, finishing fourth by 0.23 seconds. In fact, the top five crews were only

separated by 2.21 seconds. Germany rowed through New Zealand in the second half of the race to win the gold medal in a time of 6:05.77. Canada made a late push to take second place, while New Zealand held off the Americans by about two feet to win the bronze medal. Canada finished with a time of 6:06.47, 0.90 seconds ahead of New Zealand. The U.S. clocked a 6:07.60, followed by Great Britain in a 6:07.98.

In the men’s pair with coxswain, the trio of Vincent Puma, Pat Godfrey, and Ted Farwell also finished fourth. The crew got off to a strong start and led the race after 500 meters. However, Serbia, Canada, and Italy all pushed through the American crew in the second quarter of the race to stake their claims to medal positions. At the finish line, Serbia had easily won gold with a time of 6:51.27. Italy finished second in a 6:54.39, followed by Canada in a 6:55.41. The U.S. clocked a 6:56.91.

Michelle Guerette finished fifth in the final of the women’s single sculls. Guerette started off in sixth position but passed Russia’s Julia Levina for fifth place during the second quarter of the race. The American stayed close to the bronze-medal position through the 1,500-meter mark. However, she could never make a serious challenge as Sweden’s Frida Svensson picked up her pace and took control of third place. Belarus’ Ekaterina Karsten continued her dominance in the event by winning her sixth single sculls title since 1996, which includes gold at the 1996 and 2000 Olympic Games. Karsten clocked a 7:11.02 to finish four seconds ahead of the Czech Republic’s Mirka Knapkova. Svensson rowed through France’s Sophie Balmory in the final 500 meters to win the bronze medal in a 7:18.35. Guerette finished with a time of 7:23.67.

The lightweight women’s quadruple sculls crew of Michelle Trannel, Katie Sweet, Abby Broughton, and Anne Finke finished fifth in its final. China dominated the race, crossing the finish line in a 6:23.96 to win the gold medal. Denmark finished second in a 6:28.16, followed by Great Britain in the bronze medal position and Germany in fourth. The U.S. finished with a time of 6:40.86, ahead of Canada.

The lightweight men’s quadruple sculls crew of Bjorn Larsen, Andrew Liverman, Evan Price, and Shane Madden finished fifth. Italy took the lead in the second quarter of the race and went on to a 1.54-second victory, finishing with a time of 5:53.83. Germany finished second in a 5:55.37. France held on to win the bronze medal. The U.S. clocked a time of 6:09.93.

In the lightweight men’s eight, the U.S. crew of coxswain Bracknell Baker, Cameron Booth, John Nichols, Will Daly, Jake Goodman, Greg Ruckman, Pete Morelli, Jon D’Alba, and Sam Saylor finished fifth. The crew sat in sixth position through the 1,000-meter mark before passing the Netherlands and almost catching Denmark. Italy won gold in a 5:36.35, followed by Germany and Poland. The U.S. finished 0.09 seconds behind Denmark in a 5:40.17.

The adaptive legs-trunk-arms four with coxswain crew of Jamie Dean, Jesse Karmazin, Jennifer Klapper, Aerial Gilbert, and coxswain Ryan Pawling also finished fifth. Great Britain won the race with a time of 3:28.21, while the Netherlands took silver in a 3:32.62. Canada won a tight battle for third place, clocking a 3:35.19 to finish 0.73 seconds ahead of Australia. The U.S. finished with a time of 3:36.83.

Jennifer Kaido, Liane Malcos, Ala Piotrowski, and Lia Pernell finished sixth in the women’s quadruple sculls. The crew held fifth position for the first 500 meters before dropping into sixth place. Russia led the race through the 1,000-meter mark, but Great Britain took a slight advantage with just 500 meters to go. However, the Russians rallied to overtake the defending world champions in the final few strokes. Russia won gold with a time of 6:11.99, while Great Britain crossed the line in a 6:12.50. Australia held on for the bronze medal, finishing 0.68 seconds ahead of Germany. The U.S. clocked a 6:22.01.

In the lightweight women’s single sculls final, Lisa Schlenker finished sixth. Schlenker held the fourth position through the 1,000-meter mark. However, she was unable to make a move on a top three position during the second half of the race and fell to sixth place. The Netherlands Marit Van Eupen won the race in a 7:32.26, followed by Germany’s Berit Carow and Spain’s Teresa Mas De Xaxars. Schlenker finished with a time of 7:41.17.

The men’s quadruple sculls quartet of Matt Hughes, Wyatt Allen, J. Sloan DuRoss, and Sam Stitt finished second in the B final for an eighth-place finish overall. While the crew sat in second place at each of the 500-meter splits, the three-way battle with Australia and France for second was tight all the way down the course. Germany held off a strong challenge from the Americans over the final 1,000 meters for a wire-to-wire victory. Germany clocked a 5:44.35, followed by the U.S. in a 5:45.33. Australia finished just 0.44 seconds back in third place.

The lightweight men’s four of Tom Paradiso, Simon Carcano, Matt Muffelman, and Colin Farrell

finished third in the B final for a ninth-place overall finish. While Germany led from start to finish, it was a tight, four-way battle for second place the entire way down the course. The U.S. sat in second at the 500-meter mark but dropped to fourth at the midway point of the race. However, the Americans were able to edge Italy for third in the final few strokes. Germany won the race in a time of 5:54.32, followed by Poland in a 5:55.89. The U.S. crossed the finish line with a time of 5:56.71, 0.35 seconds ahead of Italy.

In the lightweight women’s double sculls, Julie Nichols and Renee Hykel finished third in the B final for a ninth-place overall finish. The top five crews finished within 3.10 seconds of each other. Ireland won the race with a time of 6:54.64, followed by Poland in a 6:55.76. The U.S. clocked a 6:56.64, 0.01 seconds ahead of Germany.

In the lightweight men’s pair, Andrew Bolton and Richard Montgomery finished fifth in the B final for an 11th-place finish overall. The crew sat in fourth place for the first 1,500 meters before dropping to fifth. France won the race in a 6:36.83. The U.S. clocked a 6:44.31.

In the women’s double sculls, Susan Francia and Brett Sickler finished sixth in the B final for a 12th-place finish overall. Francia and Sickler got off to a solid start and held third place at the 500-meter mark. The duo sat in fourth position at the midway point of the race but was still within contact of the top crews. However, the U.S. dropped off the pace in the third 500 meters and came home in fifth. Francia and Sickler clocked a 6:57.70. The Czech Republic won the race with a time of 6:51.04.

In the men’s single sculls, Jamie Schroeder also finished sixth in the B final for a 12th-place overall finish. Schroeder sat in sixth position at each 500-meter split and was never able to challenge the top finishers. Sweden’s Lassi Karonen won the B final, passing the Netherlands’ Sjoerd Hamburger during the second half of the race. Karonen won with a time of 6:44.49. Schroeder clocked a 6:51.68.

The men’s pair of Sam Burns and Dan Beery was unable to finish its B final after Beery suffered back spasms in the first 250 meters of the race, forcing him to stop rowing. South Africa went on to win the race in a 6:27.41, with Italy finishing second.

The lightweight men’s double sculls tandem of Cody Lowry and Dan Urevick-Ackelsberg finished fifth in the C final to finish in 17th-place overall. The duo clocked a 6:25.75 to finish 4.36 seconds behind

## **Saugatuck Rowing Club Wins Points Trophy at 2006 USRowing Masters National Championships in Seattle**

Saugatuck Rowing Club won the team point trophy to highlight competition at the 2006 USRowing Masters National Championships. The four-day regatta took place August 10-13 at Green Lake Park in Seattle, Wash.

Saugatuck finished with 537.00 points. Over the course of the weekend, Saugatuck crews won national titles in the men's B quadruple sculls, women's club C eight, women's lightweight D single sculls, mixed A quadruple sculls, women's D four, women's lightweight H single sculls, men's A four, women's lightweight B quadruple sculls, men's club F eight, and mixed H double sculls. Lake Union Crew came in second place in the team competition with 491.25 points, while Marin Rowing Association came in third with 478.00 points.

Hosted by USRowing, Mt. Baker Rowing and Sailing Center, Green Lake Crew, and Conibear Rowing Club, the regatta featured more than 1,400 of the country's top masters rowers. The rowers competed in 140 events ranging in age categories from 21 to over 85 years old. For complete results, please visit [www.usrowing.org](http://www.usrowing.org) or [www.racetrak.com](http://www.racetrak.com).

## **Eighty Titles Awarded at 2006 USRowing National Championships in Indianapolis**

National titles in 80 events were awarded during the five days of competition at the 2006 USRowing National Championship Regatta at Eagle Creek Reservoir in Indianapolis, Ind. The regatta was held July 19-23.

In the team competitions, Potomac Boat Club narrowly defeated Pocock Elite Sculling Team for the Marion D. Ventura trophy given to the women's overall winner. Potomac scored 196.50 points to defeat Pocock with 195 points. Minneapolis Rowing Club finished third with 124.75 points. The Sulger-Barnes Point Trophy for the men's team went to New York Athletic Club with 240.25 points. New York finished ahead of Vesper Boat Club with 152 points and Penn A.C. Rowing Association with 92 points. Thompson Boat Club won the overall points' trophy with 120.5 points.

Several individuals had outstanding performances in Indianapolis. Pocock Elite Sculling Team's Lindsay Meyer won three medals including gold in the women's senior single sculls, gold in the intermediate single sculls, and silver in the elite/open single sculls.

Undine Barge Club's Shannon Kaplan also had an impressive medal haul, winning national titles in the women's elite/open single

sculls and senior double sculls. She also took silver in the elite/open quadruple sculls and elite/open single sculls dash.

Liz Mygatt, Sarah Trowbridge, Mae Joyce Gay, and Ruth Stiver helped Potomac win the women's team point trophy by taking gold in the senior four, elite/open four, and elite/open quadruple sculls. Mygatt also won gold in the elite/open double sculls with Margaret Matia and the senior quadruple sculls with Trowbridge, Matia, and Stiver. In addition, four of the women (all but Stiver) made up half of the Potomac elite/open eight that won the silver medal.

For complete results, please visit [www.usrowing.org](http://www.usrowing.org) or [www.racetrak.com](http://www.racetrak.com).

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## **USRowing Safety Poster Now Available**

If your new USRowing Safety Poster is not displayed in your boathouse, please contact your club secretary or the person in charge of the mail. Two posters were mailed to every member organization last month. If your club has not received the poster, please contact member services at [members@usrowing.org](mailto:members@usrowing.org).

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The week of training will culminate with the USA Rowing World Challenge, which will blend traditional 2,000-meter racing with intense 400-meter super sprints. Organizers also plan to unveil new virtual imaging technology designed to make rowing more exciting and accessible to spectators and will include night racing as a unique element of the competition.

The 10-day event will close with international athletes joining Oklahomans in celebrating the state’s 100th anniversary at the Oklahoma Centennial Parade on October 14.

“The Oklahoma Centennial Parade is one of the centerpieces of our state’s two-year centennial celebration, and we couldn’t be more pleased to have athletes from around the world joining us,” said J. Blake Wade, executive director of the Oklahoma Centennial Commission.

“Oklahoma City is proud to host this premiere event, which will be yet another showcase for the renaissance going on here,” said Oklahoma City Mayor Mick Cornett. “It is fitting for a city that in recent months has hosted some of the world’s greatest athletes in basketball, wrestling, softball, and gymnastics to host the world’s greatest rowers. It hasn’t

been that long since Oklahoma City University staged the city’s first major rowing event on the Oklahoma River, so the rapid progress we’ve made is a testament to the ambitions of OCU, the rowing community, the River Trust, and the University of Central Oklahoma. I commend them for their hard work, and I thank the USOC and USRowing for the confidence they’re showing in us.”

The UCO campus is currently providing three training courts, conditioning equipment, office space, and room and board for the U.S. Men’s National Sitting Volleyball Team, as it prepares to compete in the 2008 Paralympic Games in Beijing.

The USOC’s Community Partner Program is focused on uniting forces with a select group of U.S. communities that work directly with the USOC to increase public awareness of Olympic and Paralympic sports. As an officially designated USOC Community Partner, UCO is given priority status for hosting USOC initiatives and events, with schools and organizations throughout Oklahoma assisting in the distribution of USOC education and outreach materials.

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*“Juniors” continued from page 3*

ana Pittman finished sixth in the C final for an 18th-place overall finish. The crew finished with a time of 7:22.20, 0.02 seconds behind fifth-place Latvia. Denmark won the race in 7:13.12.

In the men’s quadruple sculls, Sebastian Kirwan, Carter Lindborg, A.J. DiValerio, and William Kelly finished sixth in the D final for a 24th-place finish overall. The quartet crossed the finish line with a time

of 6:33.74. Japan won the D final in a 6:18.94.

In the men’s double sculls, Daniel Kenefick and Brendan McEwan won the E final to finish 25th overall. The duo led the entire way down the course, clocking a 7:09.92 to defeat Zimbabwe by 3.22 seconds.

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*“Worlds” continued from page 6*

the winners from Slovakia.

The men’s double sculls tandem of Francis Cuddy and Shane O’Mara finished fourth in the C final for a 16th-place finish overall. The crew clocked a 6:22.31 to finish 2.79 seconds behind the winners from Hungary.

Other gold-medal winners included Germany in the lightweight men’s pair, China in the lightweight women’s double sculls, Denmark in the lightweight

men’s double sculls, China in the lightweight men’s four, Poland in the men’s quadruple sculls, Great Britain’s Zac Purchase in the lightweight men’s single sculls, New Zealand’s Mahe Drysdale in the men’s single sculls, Australia in the men’s pair, Australia in the women’s double sculls, and France in the men’s double sculls.

# USRowing Annual Convention Coming to Portland

Come join the national rowing community on the West Coast for the 2006 USRowing Annual Convention.

**Dates: November 30-December 2, 2006**

Held in the heart of exciting downtown Portland, Oregon, this convention aims to be one of the biggest and best yet. Reserve your hotel room now at a wonderful rate.

## **Portland Marriott Downtown Waterfront**

1401 SW Naito Parkway  
Portland, OR 97201 USA  
Phone: (503) 226-7600  
Fax: (503) 221-1789

Stay tuned to the USRowing Web site and monthly newsletters for registration and schedule information. Registration opens on RegattaCentral's newly improved USRowing Convention Registration Web site on September 30.

For more information on how to make your convention trip a wonderful vacation, please visit the Portland Visitors Association at: [www.pova.org](http://www.pova.org).

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## **A Special Thank You to This Year's National Championships Hosts**

### **USRowing Youth National Championships**

Held for the first time as a national championship event, the 2006 USRowing Youth National Championships saw three full days of the best junior racing in the country. The local host, Cincinnati Junior Rowing Club, did a wonderful job of organizing volunteers and making crews from all over the country feel welcome at Harsha Lake. Local Regatta Director Mary Fran Piepmeier did an outstanding job and will be missed next year as she passes her regatta organizing torch to other Cincinnati Junior volunteers.

### **USRowing National Championships**

For the third consecutive year, the Indianapolis Rowing Club did a wonderful job of hosting and organizing the National Championship Regatta at Eagle Creek Park in Indianapolis, Ind. With more than 1,200 athletes, Eric and Deborah Stoll, along with the other energetic and hard-working IRC volunteers, were all key contributors to the success of the regatta. Thanks to everyone.

### **USRowing Masters National Championships**

Collaboration was the key ingredient to the success of this year's Masters National Championships. Superior effort by the three local host organizations made this event truly a first-class regatta. USRowing would like to give a huge THANK YOU to all three Seattle-based hosts and their volunteers: Green Lake Crew headed by Jason Frisk, Mount Baker Rowing and Sailing Center headed by Peggy Tosdal, and Coni-bear Rowing headed by Leslie Selle. The hundreds of volunteers, and their countless hours of dedication to the regatta, were greatly appreciated by USRowing and the participants alike.

With more than 1,400 entries, this year's event was one of the largest masters nationals on record. Thank you to all of the competitors and all of our friends from other countries who participated. We look forward to seeing you next year for more racing, fun, and excitement.

# Fall Coaching Clinics

Level I and II coaching clinics are now being formed for the fall. The Level I clinic is a great way to introduce young coaches to the information they need to be effective and safe.

If your club would like to host a clinic or you would like more information on the program, please go to <http://usrowing.org/coaches/index.aspx>. Contact Willie Black at [willieb@usrowing.org](mailto:willieb@usrowing.org) or (317) 540-3229 for questions or to register.

## Currently Scheduled Clinics for the Fall

### Level I

September 16-17  
Atlanta Rowing Club  
Roswell, Ga.

### Level I

September 23-24  
Green Lake Small Craft Center  
Seattle, Wash.

### Level I

October 14-15  
ZLAC Boathouse  
San Diego, Calif.

### Level I

November 11-12  
Williamsburg, Va.

### Level II

November 18-19  
Neried Boat Club  
Rutherford, N.J.

## Upcoming Clinics For 2006

Level I -- Oakland or Sacramento, Calif., Fall

Level II -- Norfolk, Va., December

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## Hilton Hotels Offer USRowing Member Benefit

Great news! Here's another advantage of being a member of USRowing: we have negotiated great discounts and other travel benefits for our members by partnering with The Hilton Family of Hotels – the official hotel sponsor for the 2006 and 2008 U.S. Olympic and Paralympic Teams.

When you book a Hilton Family hotel through our Team USA™ Advantage Web site, you'll have the ability to save on hotel room rates at participating Hilton Family hotels\* across the U.S.A., including Hilton® • Conrad® Hotels • Doubletree® • Embassy Suites Hotels® • Hampton Inn® • Hampton Inn Suites® • Hilton Garden Inn® • Hilton Grand Vacations Club® • Homewood Suites by Hilton®

### TRAVEL BENEFITS

Booking hotel rooms – whether to travel with the team or even to travel for personal reasons – has never been easier.

At our customized Team USA™ Advantage hotel booking Web site, [www.rowing.hfad- vantage.com](http://www.rowing.hfad- vantage.com), you can search for rooms, features, and availability at any of the great brands in the Hilton Family and create a personalized profile of booking preferences, so that the next time you book rooms through the site, the process will be even faster.

When you book rooms through this Web site, you'll automatically receive 10 percent off the Best Available Rate\*

- The Hilton Family's Our Best Rates. Guaranteed. promise.\*

- Earn Points/Miles on every stay if you are enrolled in Hilton HHonors®, the Hilton Family's award winning guest loyalty program.

What's more, every time you book with the Hilton Family of

hotels through [www.rowing.hfad- vantage.com](http://www.rowing.hfad- vantage.com), a donation is made to USRowing from the Hilton Family of Hotels, helping them offset future travel expenses.

### GETTING STARTED

Simply go to [www.rowing.hfad- vantage.com](http://www.rowing.hfad- vantage.com), whenever you need to book a hotel room. For your convenience, we've also placed a link to this site on the USRowing Web site. For more information about the benefits and details of this great travel program, please visit [www.usrowing.org](http://www.usrowing.org) to download the e-brochure and start saving today!

Go Team USA!

# USRowing Membership Information

## Kippy Liddle Safety Kits

So far this year, USRowing has provided 136 Kippy Liddle Safety Kits to more than 70 clubs. Included in the kit are 11 USCG-approved PFDs, a flashlight, an air horn, nine rescue blankets, a first-aid kit, and a rescue throw bag. As a benefit of being a USRowing member organization, clubs can receive all of this for just \$150. To order a Kippy Liddle safety kit, contact the USRowing membership department at 1-800-314-4ROW or e-mail at [members@usrowing.org](mailto:members@usrowing.org).

## Mercury Marine Motor Rebate Program

Don't forget to take advantage of the Mercury Marine Motor rebate program. All USRowing member organizations are eligible to get up to a \$1,000 rebate on the purchase of a qualified Mercury Motor. Please call 1-800-314-4ROW or visit the member benefits section on our Web site for more details.

## Get a Grip on Rowing Brochure

Promotional brochures are now available to our organizational members. This brochure covers the basics of rowing and includes a diagram of an eight. Each club has the opportunity to request up to 50 brochures. Please call our membership toll free line at 1-800-314-4ROW to request your brochures.

## USRowing Merchandise Discount

All USRowing full-privilege, individual members can now receive a discount on USRowing merchandise just by showing their card. Get a 10% discount on all USRowing apparel when you show your current membership card at the USRowing tent.

Please visit the USRowing

store to find out where we will be next.

## Buy Six Memberships, Get the Seventh Free!

Did you know that if you purchase six memberships you can get a seventh free? Did you know that you can now take advantage of this offer online? Just visit the join/renew section on our Web site and click the link for Group Memberships for Individuals. If you are signing up new members, please e-mail [members@usrowing.org](mailto:members@usrowing.org) to receive your new membership numbers.

## Gathering of Like Minds

Have you been looking for ideas for your upcoming regatta or searching for a regatta to attend? If you have been looking for some extra support or an opportunity to talk with fellow rowing enthusiasts, the below listservs may interest you. To join, click on the link associated with the group.

*Youth Rowing – for junior coaches and administrators*

<http://groups.yahoo.com/group/youthrowing>

This listserv was started to provide a network for junior coaches and administrators. It is supported and sponsored by USRowing's Youth Advisory Committee. USRowing hopes that the listserv will assist in the day-to-day running of your program. Please use this outlet to look for racing opportunities, boat rentals and equipment sales, cross-country trailering trips, coaching questions, etc. USRowing will use this service as a means to spread the word about nationwide youth rowing opportunities.

*Masters Rowing – for masters-aged athletes, coaches, and administra-*

*tors*

<http://groups.yahoo.com/group/rowingmasters>

Supported by the USRowing Masters Committee, this group has grown to more than 900 masters rowers, coaches, and administrators.

*Regatta Roundtable – for regatta directors and organizers*

<http://groups.yahoo.com/group/regattaroundtable>

This group came together after the regatta roundtable discussion held at the 2004 USRowing Convention. Administered by Kourt de Haas and regatta roundtable leader Robert Walton, this listserv is a wonderful way for regatta organizers to bounce ideas off of like minds. It provides an electronic forum for the exchange of ideas relating to the organization and administration of rowing regattas. The scope of topics includes sprint races, head races, scratch regattas, timing methods, results compilation methods, course installation, insurance, and other regatta related topics.

*Adaptive Rowing*

Supported by USRowing's Adaptive Committee, this listserv can be used as a networking tool for you or your organization. Ask about equipment, regattas, training, finding a training partner, how to start an adaptive rowing program, or whatever you need to know. This group is for anyone interested in adaptive rowing: rowers, potential rowers, clubs, coaches, boat builders, those involved with rowing equipment, medical personnel, and regatta directors.

To sign up, send an e-mail to: [AdaptiveRowing-subscribe@yahoo.com](mailto:AdaptiveRowing-subscribe@yahoo.com).

## Putting It All Together on the Race Course

By Mayrene T. Earle, M.Ed.

As you prepare for the final sprint races of your 2006 season, I want to share a few tips to help you speed your way down the race course. I am indebted for much of this advice to Olympic medalist and MastersCoaching partner Tom Kiefer. For starters, I want to steal Tom's race day mantra and urge you to "Think HUGE." Here are a few other tips:

- Focus only on what you can control – that is, what's inside your boat. Sure, you'll be aware of the competition next to you, but if you keep your focus on your boat, you'll be more equipped to maximize your boat speed.
- Make the most of your strengths. Races are decided by margins and times. If you have a good start, focus on the start so you take full advantage of this opportunity to get a lead on the other boats. However, if your start is not so great, then focus on getting into your rhythm, so your competitors pay dearly for any margin they gained at the start. As Tom says, "Give nothing away and take all you can."
- Be efficient and consistent. Once you settle down to your base racing cadence, find your threshold and row well. Be sure to maintain the pressure on your legs all the way through the finish. Concentrate on sending the boat on each and every stroke. You must be efficient and consistent as you race so your efforts translate to boat speed.
- Support your teammates. Do not make the mistake of focusing only on your individual efforts. You need to support your teammates so they can be effective too. This means working together to provide a stable platform so that everyone can pull hard and efficiently. Pay attention to what's happening in your boat.
- Race smart. Do not expend all your energy in the first 500 meters of the race -- the old "fly-and-die" approach. Plan to race consistent splits so you avoid losing speed at any point in the race.
- Create a plan to counter fatigue. As basketball coach Bobby Knight says, "Fatigue makes cowards of us all." Do not let this happen to you. Be prepared. Most rowers know the point in the race where they are most likely to give in to pain and fatigue. Cultivate a mental focus to take you through this point, so your burning lungs and legs do not cause you to ease up and slow down. When you are primed to push through the inevitable fatigue, you will be able to row smartly and avoid giving distance to the competition.
- Give your all in the final 250. As you come into the final 250 meters, sit up and put the "pedal to the metal." By rowing as efficiently as you can during this critical phase, you will force the other boats out of their race plan so they start scrambling. Your focus in this final 250 should be on increasing boat speed as much as possible. Empty

your tank as you approach the finish line. Take a risk and row on the edge. You'll know you gave your all if you have trouble getting out of the boat and standing up back at the dock. Sure it hurts, but it is incredibly satisfying.

It takes most rowers a long time to put together all the ingredients of a successful race, but if you keep at it, you will get better with each race. This racing season, I encourage you to follow Tom's advice and be HUGE!

*Mayrene T. Earle, M.Ed., is founder of MastersCoaching. She conducts masters rowing camps and clinics around the world and has a private life coaching practice. Contact her at [mayrene@masterscoaching.com](mailto:mayrene@masterscoaching.com).*

As way of background, the 1,000 member organizations of USRowing represent nearly 75,000 individual rowers and the liability associated with them. In total, only about 560 clubs use our insurance as their primary, representing what we believe to be about 40,000 individuals. (Many universities and schools have their own insurance.) As we examine how to pay for the increasing costs of insurance for our rowing family, we are focused on these 560 clubs and their rowers. We see three basic strategies to address the issue.

1. Keep the same basic structure of organizational and individual membership and insurance coverage with the possibility of organizational dues rising to between \$1,200 and \$2,500.
2. Move to mandatory individual membership to be collected through the club. Organizations using our insurance will then pay a membership fee based on a per-head fee for the rowers on their rosters. Coverage would extend only to those reported as individual members to USRowing.
3. Change organizational membership so that membership is separate from insurance. Under this system, USRowing would require organizations to hold insurance but each club could shop it to their own vendor. USRowing would still work with a preferred vendor to provide a better rate for our member clubs. If you recall, this is similar to the system used prior to 2003.

Why am I putting all of this out there for public consumption? Because the future of our sport is at a crossroads. How we proceed affects the health of rowing for the next decade and, frankly, I would like to hear from the members who are brighter than I. What are your thoughts?

When I look across the table at my colleagues in other sports, they are each facing the same issue of rising insurance costs. The major difference is that, in most of these sports, they have already mandated individual membership for the purpose of insurance. When a premium increase comes, it is spread across 100,000 athletes, not 1,000 clubs.

It is not clear to me that mandatory membership is the best way to go, but I see several benefits if were to pursue it. First, if USRowing membership increased from 14,000 individuals to more than 40,000, it would place us in a larger market share and we would be more attractive to prospective sponsors. Second, if our membership more accurately reflected the actual number of rowers in the U.S. (currently estimated by

some to be 100,000), we would have stronger leverage in media and television coverage. Third, growth means stability. With more members, costs and resources are spread among all of those who benefit from our resources. USRowing trains and supports the system of referees, rules, and information that is used by all rowers in the country. Many competitors are members but many more are not. Who is paying to keep the system alive for those non-members who train and compete as the sport has grown during the past 15 years?

But, I digress; what I would like my fellow rowers to do is to call and e-mail me with your thoughts about how we should face this growing insurance cost. I will have to formulate a decision before the end of October. Talk about it with your club officers and invite me to come and meet you at events and your boathouse this September and October. My e-mail is [glenn@usrowing.org](mailto:glenn@usrowing.org) and my direct line is 609-751-0701. I look forward to hearing from you.

Sincerely,

Glenn Merry  
Executive Director