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The St. Louis Rowing Club News



Head Coach's Report

Well the spring has sprung and sprint racing has begun. The date of the first was April 12, the St. Louis Sprints. This year had a larger field than last by twice as many. Oklahoma University matched up against SLU during the day. Some masters raced along with a large field of juniors from Topeka, Woodlands, Lincoln Park, K State, Oklahoma Rowing Association juniors, Oak Ridge, Rochester, and of course our own St. Louis crowd.

This past March was the famous spring training trip. The first week was well attended by our SLU rowers in fabulous Cocoa Beach. There was a lot of rowing, great meals provided by the students, manatees and dolphins, surfing, belly boarding, watching satellite launches from the Cape, and of course the infamous karaoke night (Scott my lips are sealed).

The next week was attended by our juniors. Again lots of mileage, beach, sea doing, belly boards, dolphins, manatees, and ending the week with a scrimmage against the freshman women from West Point. Being an Army person, I stayed neutral as our junior women provided a lesson in rowing to the army crew by taking them convincingly in 6 out of 6 pieces.

The Masters are getting on the water in large numbers this year growing to a consistent 3 8+'s at each practice. Their first race was at the Dogwood Regatta. The summer regattas are being scheduled. The juniors will have a sign up day in May for a competitive program this summer which of course will include the Canadian Henley and USRowing Nationals.

To follow up on training education this time it's about the ATP-PC energy system. This is the one that supplies energy during the first ten seconds or so. It is one that is not trained specifically as much as it is stimulated when we do starts etc. It stands for adenosine tri-phosphate phosphocreatine system. Very important for 100 meter sprinters. For rowing it is important but in the long run we focus on training the other systems more which the next newsletter will deal with, that is mainly aerobic and anaerobic.

Congratulations to Jay Lyons and Rob Smith who are now certified Level 1 coaches as they participated in the Chicago clinic that was held in February.

On a final note let's remember safety first and to let Jay, Rein or me know of any equipment problems immediately when they occur. See you on the water. -- *Gene Jeffords*

Captain's Report

Welcome to Spring on Creve Coeur. It's time to remind all rowers that the logbook is ready for your input. For single scullers especially, please remember to use it BEFORE you go out. We need to know who is out on the water alone and when they left the dock.

There is also a repair logbook. Using this book will help keep you safe and lessen the chance of choosing broken equipment to be replaced before you can get on the water. If there is an urgent need for a quick repair, please e-mail me at rz@ec-group.com.

The major repair needed at this time is on the dock. Many of the deck boards are rotting out or loose. From an equipment standpoint, we are starting off the year in great shape. Even the recreational single are in working order and don't take on too much water.

As the weather gets warmer we will be patching some hulls. We will also be painting/sealing those fiberglass sculling oars that are shedding fibers. Many of you may be all too familiar with that itchy feeling that comes from using these.

Finally, it is also time to stress safety on the water. It is still cold enough to be concerned about hypothermia. The rule is if the total of water temperature and air temperature is not above 100 degrees no one should be on the lake without a coach in a safety launch. Again, this is especially true for single scullers.

Have fun, be safe and let me know of any needed repairs.

-- Rein Zeidler

Novice Women's Report

The spring season for the novice women is well underway. Through an addition of some new faces this winter, we have a strong crew of 20 rowers and 3 coxswains. The weather so far this spring has been from one extreme to another, but the girls are eager to take advantage of all the water time they can get.

The winter erg season was a good learning period for all members of the squad and the top four 2K erg times for the season so far are as follows:

Sarah Tinsley	8:09.0
Katie Stieven	8:11.4
Gaia Nardie-Warner	8:15.7
Caitlin Henry	8:16.4

Congratulations to all the members of the squad on their efforts for the 10k Ergathon, as their total was \$3,000.

I would also like to take this time to formally introduce our assistant coach, Katie Erbe. Katie starting coaching at the beginning of the winter season and has been a great resource to our team. She has her roots with the club like many of our other coaches, and she was the stroke seat of the varsity women's 8 and 4 for her 2 ½ years on varsity. Katie is attending school here in St. Louis while coaching.

The novice's will be competing in the home regatta and the 3 away regattas along with the varsity crews this season and we are expecting some strong results. The varsity women will be seeing yet another large contingent of women moving up for next year, as there are only 2 seniors on this year's novice squad. Senior Elizabeth Potz is looking towards St. Louis University and will have the opportunity to stay here and row for SLU crew. Senior Katie Stieven will be attending the University of Kansas and plans to row on their Division I rowing program.

Let's see how much hardware (medals) our crew can bring home this season!

--Coach Scalzo

Spring Race Results

St. Louis Sprints 2003

The fourth annual St. Louis Sprints Regatta was on April 12, 2003 at Creve Coeur Lake. Rowing conditions were ideal: temperature moderate with a 5-7 mph tail wind. Juniors, masters, and collegiate rowers from the Midwest competed. Race results can be found online at www.slrc.net.

Oak Ridge Scholastics 2003

The Oak Ridge Scholastics Sprints hosted by the Oak Ridge Rowing Association was on April 26, 2003 at Melton Hill Lake. Weather conditions were cloudy with a light rain. St. Louis juniors competed in eight races. Competitors included many midwestern crews. Twenty-five organizations were represented with a total boat count of 220. Race results can be found online at www.regattacentral.com.

Dogwood Regatta 2003

The Dogwood Regatta hosted by the Oak Ridge Rowing Association was on April 27, 2003 at Melton Hill Lake. Weather conditions were sunny with wind and a current. St. Louis rowers competed in five races with competitors from many midwestern crews. Seventeen organizations were represented with a total boat count of 110. Race results can be found online at www.regattacentral.com.

SLRC Race Calendar 2003

June 7	Columbus, OH
June 21,22	Chicago, IL
June 29	Gateway
August 10	Canadian Henley
August 16, 17	Indianapolis, IN
August 21, 22	Rancho Cordova, CA

National Learn-to-Row Day

SLRC will participate in the second annual National Learn-to-Row Day sponsored by USRowing. The event is scheduled for Saturday, May 31, 2003. Last year we were able to attract a significant number of potential club members to the lake to give rowing a try, this despite the fact we had to reschedule the event due to flooding. We hope to stage an even more successful event this year.

--*Scott Allison*

Raw Nucks Regatta

SLRC 2003 Raw Nucks Regatta Festival
July 26 and 27
Creve Coeur Lake

Bob Roewe and Bob Eilers have volunteered to organize this year's Raw Nucks Regatta. They will be looking for your help in assembling crews and staging the event. Stay tuned for details and be prepared to pitch in.

This year's Raw Nucks regatta will consist of group rowing instruction and team practice on Saturday afternoon (July 26) and Sunday morning (July 27), with races beginning at 1 PM on Sunday (July 27). Extravagant trophies

will be awarded to the winners.

Boat crews consist of crew captain, 6 new (never-rowed-before) people and 2 experience rowers. Individuals may sign up to fill out crews or serve as back-up rowers. Cost per participant is \$20 per adult rower, \$10 per student rower (high school and college). For more information contact: robert.j.eilers@monsanto.com.

Treasurer's Report

Most members of SLRC have paid their dues. A few members are now in arrears. As is called for in our By-Laws, their rowing privileges will soon be revoked unless payment is made.

If you are rowing or planning to row and have not paid your dues, please send Scott Allison your check as soon as possible.

Community Rowing Center

We have made a commitment. We have agreed to be equal partners with WU to build a Community Rowing Center at a cost of up to 1 million dollars, maybe somewhat less. The flood-proof structure will be at present grade.

General Features

The building (approximately 180 feet long, 80 feet front to back) will face the lake.

Seven Bays

- Three for Wash U, three for SLRC

- One for rack rentals

Support Area

- Bathrooms and Showers

- Changing Areas

- Offices (1 each for WU and SLRC)

- Exercise Area

Public restroom with access from the outside

Largely concrete/masonry construction

Curved roof

Eaves approximately 12 feet

Roof peak height approximately 28 feet

Interior clear height (below trusses) - 14 feet

There will be a fenced-in storage area on the far side, large enough to hold boat trailers and other equipment.

When will it happen?

We plan to break ground in May, occupy the building in August of this year.

Who is building it? Who has oversight?

Washington University Facilities has charge of the construction planning and oversight. We have review and "review and approval" rights. SLRC is responsible for lease development and communications with County Parks.

How is St. Louis Rowing Club going to pay for its half?

To expedite construction, Washington University has guaranteed to cover construction costs up to \$1 million dollars. They have created a separate construction account. SLRC has agreed to transfer the funds it has raised into that account within 10 days after we have construction agreement, or when county approves the lease (whichever is later). Costs will be drawn down from the account, with each party making equal payments. If and when our funds run out, Washington University will deposit funds in the account sufficient to cover whatever short fall we might have. We have 3 years to repay the balance from the time it accrues, and will be charged 5% simple interest per year.

We now have \$218,000 available to place in the construction account and another \$12,000 pledged. We need to raise an additional \$270,000 now, or up to \$310,000 if no one contributes until the drop-dead date. The extra

\$40,000 pays the interest costs on Wash U's loan.

We could buy 2 eights, or 3 fours with that interest money, or pay a competitive stipend to 2 part time coaches for 3 seasons per year for three years.

What happens if we don't meet our responsibility?

If we fail to pay greater than half the loaned amount, we forfeit 40 % of our rack space to Wash U. They can do with it what they wish. If we fail to pay some, but less than 50%, we lose 20%. We still have full use of the common resources areas, regardless. We have a right to cure within 10 years, with a 10% per year penalty.

What is the best way to do this?

Our corporate fundraiser, Bob Staley, has secured \$30,000 in donations since the first of the year. We hope to be able to raise another \$70,000 from sources outside the club. We hope that Bob may be able to raise much more on our behalf, but we can't count on others to meet our responsibilities. Bob has done a tremendous amount on our behalf already. That leaves \$200,000.

We don't want a shortfall in donations. This would force us to add an annual assessment to our dues structure. It wouldn't be tax deductible, as a contribution will be. It would force us to decide who has to pay the annual assessment. Should we tax everyone equally? Should we exempt people who donated more than a certain threshold amount? These are tough questions with answers that won't please every one of us, regardless of the decision. We can avoid it altogether by convincing everyone to donate. We have a few more than 100 adult members and about 100 junior rowers. We are suggesting a donation of \$1000 from both adult members and juniors' parents. We suggest that you donate now or pledge to donate by June 30 of this year - **\$1000**.

Alternately, we suggest that you pledge **\$550 per year for the next 2 years, or \$400 for the next three years**, each payment due by the end of June. We would be even happier if you just put SLRC on your annual giving list in the amount of \$400 dollars in perpetuum.

I know that everyone here is not equally blessed with economic resources, and that times are hard. Not everyone can come up with \$1000. But \$400 per year is just a little over a dollar a day, \$7 a week, \$30 a month. That should be feasible for most of us.

Because some may or cannot donate in that amount, I would ask that those of you who can donate more, do so. Everyone's contributions, regardless of amount, will be held in confidence unless you want them made generally known. Scott Allison and I are the only persons who will be keeping the list and sending acknowledgement letters.

Once you have donated, your gift will be acknowledged, your name removed from a list and you will no longer receive follow up mailings or telephone calls that will come from various members of the fund raising committee.

Remember that we have several **naming opportunities**. If you would like to dedicate a rack, a changing room or shower, the exercise facility, the opportunity is available. A group can still achieve what is not within reach for one individual. The individual rates and availabilities are outlined on the fold-over brochure/pledge card that is available.

I am issuing a challenge. Linda and Ahsan Iqbal are a major reason why many of us are here, or are involved with rowing today. I am using all of my contributions past, current, and future, to help to designate our major use bay as "**The Iqbal Bay**", Wouldn't it be nice to tell Linda and Ahsan personally, at our Moonlight Row and Reception at Creve Coeur Park on June 13, that this is going to happen. The naming rights for a bay are \$100,000.

One bay is already named.

I have no doubt the second will be named the Iqbal Bay.

A third will still be available for naming.

We have a chance to create a structure that will enhance the St. Louis, and raise rowing visibility by an order of magnitude. All we need is everyone involved with the club and its various programs to bite the bullet and pitch in. I know you will.

--Steve Giddings

SLRC Cardscrip Program

What is the CardScrip Program?

CardScrip is a credit card fund raising program for nonprofit organizations. It is run through the National Scrip Center and MBNA. Individuals apply for the credit card as they would any credit card. The club earns money on every purchase made on this card.

How much money does SLRC earn?

The Club earns 1% on all purchases charged to the card, and between 2% and 11% on purchases made at Bonus Merchants.

How will my participation help?

According to National Scrip Center data, nonprofit organizations earn approximately \$5500 per year for every 50 cardholders in their membership. At this time SLRC has far fewer than 50 cardholders, but our numbers are consistent with that rate of income. With 50 members participating in this program, the Club could expect an income stream of \$5500 annually from this program. With 100 members participating, that figure climbs to \$11000.

What if I don't want to give up my Airline Miles?

You don't have to! Continue using another card if you like, but make it a habit to put some of your purchases on the SLRC card. Maybe you'll decide to use the SLRC card for gasoline or groceries or clothing purchases. But remember, its especially helpful to use the SLRC card when you shop at Bonus Merchants.

How do I apply for the SLRC CardScrip Mastercard?

Call toll-free **1-888-778-9467**. Use Priority Code **FB5K** when calling.

If you prefer to apply by mail, contact Linda Greensfelder or Greg Goodman to receive an application form.

What is the annual fee and APR?

There is no annual fee; the APR is 12.99%. For information about other terms and conditions, talk with the customer service representative who assists you at the toll-free number. Or, you can request an application form, which contains all the information, from Greg or Linda.

How can I learn more about National Scrip Center?

Visit their website at www.nationalscripcenter.org

What if I still have questions?

Contact: Linda Greensfelder at 991-6969 or lcgreens@earthlink.net

Contact: Greg Goodman at 259-7109 or Gregory.Goodman@slbg.com

Cardscrip Bonus Merchant List

Merchant Partner	Trading Area	Nonprofit Return
1-800 Flowers.com	Nationwide	4%
American Airlines	Nationwide	4%
Avis Car Rental*	Nationwide	8%
Backyard Spa	Southern California	10%
Best Buy	Nationwide	2%
Big 5 Sporting Goods	Western States	4%
Courtyard by Marriott*	Nationwide	10%
Dorn True Value Hardware	Wisconsin	4%

Eddie Bauer*	Nationwide	5%
Eddie Bauer Home*	Nationwide	5%
Factory 2-U Stores	Nationwide	4%
Fairfield Inns by Marriott*	Nationwide	10%
Farm & Home Foods	Colorado Only	3%
Groceronline.com	Internet	3%
Hammacher Schlemmer	NY/Chicago/Catalog	6%
Harvest House Natural Food Store	Internet	8%
Home Bistro	Internet	8%
JC Penney*	Nationwide	4%
Joseph A. Banks Clothiers	Nationwide	5%
Marriott Hotels & Resorts*	Nationwide	10%
Marriott Vacation Club*	Nationwide	10%
Media Play	Nationwide	4%
Musicland	Nationwide	4%
New World Hotels*	Nationwide	10%
On-Cue	Nationwide	4%
Pasta Pomodoro	Nationwide	9%
Pep Boys	Nationwide	4%
Promeli's Grocery	Los Angeles Only	3%
Renaissance Hotels*	Nationwide	10%
Residence Inns by Marriott*	Nationwide	10%
Sam Goody	Nationwide	4%
SavMax Foods	California	3.5%
Spa Finder	Nationwide	5%
Spiegel	Nationwide	5%
Spring Hill Suites	Catalog	10%
Strouds	California/Nevada	7%
Suncoast Motion Picture Company	Nationwide	4%
The Sharper Image*	Nationwide	11%
Tower Records	Nationwide	9%
Town Place Suites*	Nationwide	10%
Wherehouse	Nationwide	6%

*Asterisk indicates special merchant policy

Bold indicates St. Louis presence

Gateway Souvenirs

At this year's Gateway Regatta we will have a souvenir program. This program will have information such as club history, rowing terms, names of the clubs participating, pictures, etc. and most importantly the names of the race sponsors and ads. This is where you are needed. ALL CLUB MEMBERS ARE MEMBERS OF THE "FUND RAISING COMMITTEE."

We will sell ads in the program as follows:

Business Card size	\$15.00
1/4 Page	30.00
1/2 Page	50.00
3/4 Page	75.00
Full Page	100.00
Inside Front Cover	150.00
Inside Back Cover	150.00
Outside Back Cover	200.00

In addition to the printed advertisement, for every \$100.00 spent, the advertiser will be named in the program and over the PA system as a race sponsor. They may choose the race they want to sponsor or we will assign at random. There will be approximately 25 races.

The space in the program does not have to be a company's ad for business. It can be "Best Wishes", a happy birthday announcement, anniversary, baby announcement, personal junk for sale, etc.

We will require camera-ready black and white artwork (as close as you can, we will work with you).

Give the ads and cash to Bob Roewe, Liz Roewe or Ron Suermann. Deadline is June 9, 2003. The regatta is June 29, 2003.

--Ron Suermann

An Afterthought

Quick-get a pencil and paper and write down five reasons why you enjoy rowing.

With the hustle and bustle of our everyday lives, for many of us that means days filled with lists of things to do and not enough time to do them. We have responsibilities to fulfill, jobs to do and deadlines to meet.

So where does "rowing" or "crew" fit on your daily list of priorities? Probably nowhere near the top. Why not? Because doing something fun, you feel selfish and spending time on a "hobby" or "sport" isn't as important.

But stop and look at your list for a minute. If you are like many rowing enthusiasts, I'd guess that somewhere on your list is "crew is a form of therapy for me" or "it relieves stress".

We all know how important it is to live our lives as stress-free as possible. Stress can be harmful, leading to depression, as well as physical illness. So indulging in things to reduce our stress level can be important.

Another reason that might be on your list is that "rowing makes me happy". Well all know happy people live longer and have more fun doing it.

So tape your list up where you can see it and look at it everyday (with your smiling face). And as you head into this rowing season, feel good about pursuing your passion. . . and be happy!

--Linda Gibbons

Farewell to SLRC Coach

John Wetzstein will no longer coach for SLRC after June of this year. He has lent tremendous support during the growth of the SLRC program.

Thank you, John. And best wishes.

Cheryl's Baby

Congratulations to the Fievets on their new arrival, Chase Miller Fievet. Chase was born Tuesday, May 6 at 8:54p.m. At birth, he weighed 5 lb. 10 oz.

Cheryl has been active in the SLRC program. We look forward to your return, Cheryl.

SLRC Executive Committee

President: Steve Giddings
Vice President: Jan Adams
Secretary: Barbara Dite
Communications Sec'y: Kelly Vogel
Treasurer: Scott Allison
Captain: Rein Zeidler
Lieutenant: Jay Lyons

Head Coach: Gene Jeffords
Associate Coach: John Wetzstein
Nov. Women's Coach: James Scalzo
Nov. Men's Coach: Greg Powell
Asst. Coaches: Samantha Esarey
Katie Erbe
Learn-To-Row: Scott Allison
Raw Nucks: Bob Eilers & Bob Roewe
Regatta Chair: Ron Suermann
Boosters President: Joan Bialczak

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 June/July SLRC newsletter, attach a file to an email message to: VogelKellyA@msn.com

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