

## Highlights

- President's Report & Treasurer's Report
- Race Results and Schedules

## Inside

- SLRC Calendar
- SLRC Welcomes Tim Franck

---

# The St. Louis Rowing Club News

*The Newsletter of  
The St. Louis Rowing Club  
Volume 18 • Issue 2  
Summer 2005*

---

## Head Coach's Report



I'm very excited to be in St. Louis. I'm really looking forward to working hard with all of you to make this a successful and fun year.

We have an opportunity to start something very special.

*Timothy Franck*

## President's Report

Summer is moving quickly and the start of the fall season is not far away.

The summer season, with the Gateway Regatta, Learn-to-Row, and workshops for county parks have all been great successes.

Tim Franck, our new Head Coach, has started with the club as summer winds down. Tim comes to us from the program in Cincinnati, Ohio, where he was in charge of the novice men. Tim's win record with his men was outstanding. He also was responsible for recruitment of the men's squad.

As head coach for SLRC, Tim will be responsible for supervising the various squad coaches as well as for recruitment for the junior's program. Tim brings experience and enthusiasm to help build SLRC rowing.

As part of ongoing club communication, the board will be holding the September meeting at the boathouse. This meeting, September 17th from 10:00 AM to noon (food provided), will be an opportunity for the board and membership to discuss the direction of the club, issues that affect the membership, and to generate ideas to solve problems.

And last, but not least, yes it is true, the water in the lagoon in Chicago and I had a face to face meeting.

*Chuck Schagrin*

## Coaching and Teaching

*Steve Giddings is a former president of the club. As you probably know already, SLRC is always in need of coaches*

*to help with the Juniors, Masters, Intermediates and Learn to Row Here are some thoughts about coaching and teaching from Steve.*

Teach a Little, Learn a Lot

I've been a teacher, at least part time, for most of my life. To those folks who say, "Those who do, do. Those who don't, teach," I say, "B[ologna]." Perhaps I should say, "Doodoo."

There is an old saw in medicine that goes, "See one, do one, teach one."

You will never understand anything better than when you are forced to teach that something to someone else.

I have learned a lot by teaching others how to row and more recently, how to scull. I have learned a bit more that different individuals learn differently. I have learned what works and what doesn't. My own sculling has improved. So, I encourage each of you to take the time every once in a while to teach someone something. The return is large.

On a tangential note, thank you all for participating in my sculling clinics and renting my boats. I have actually realized just about the monthly payment each month with the proceeds. They are now 22% paid for. As soon as I hit 100%, they will go to the club.

*Steve Giddings*

## SLRC Trophies

*Karl Heilman has improved the Community Rowing Center with displays of trophies and plaques.*

The trophy display is finished. Some 130 years of silver and gold are now on the shelves in the crew office. It was a bigger job than anticipated. Aren't they all? Hope everyone likes it. Most of the trophies are anchored down in case of earthquake or vandalism. God forbid either case.

I also put up all the plaques the club has won over the years on the erg room wall. Looks impressive, no? And hung a few pictures. Then I straightened out the wall display in the erg room and hung some banners.

Our new home is now more presentable to visitors. This past year was the first Gateway rowing event using the new boathouse as regatta headquarters. Enjoy.

*Karl Heilman*

## Veiled Prophet Parade

The VP Parade was a success. SLRC entered a fabulous float! Rein Zeigler engineered the float which featured juniors "rowing" fours on the trailer. Large waves surrounded the shells.

Phillipe de Laperouse created a club banner. Coach Cameron drove the truck and sang "Row your boat.". Karl Heilman wearing a shirt full of metals, waved to the crowd. Rowers of all ages - masters, collegiate, and high school, walked or rode the parade route.

It was great fun to create the float and participate in the parade as a mixed-age group. The crowd repounded enthusiastically. I recommend participating again next year.

*Cathy Chamberlin*

## Summer Learn-to-Row

This summer's learn-to-row classes have gone exceptionally well. Nearly 60 newcomers have been introduced to rowing. Nancy Hazelwood and Linda Gibbons taught the class in June. Steve Giddings did his usual fine job in July. Jackie Roewe and Lisa Brown (a Wash U. Crew alum) are running the August session.

Learn-to-Row "graduates" are now taking their place in the Intermediate group. Please welcome them to the SLRC.

*Scott Allison*

## Learn-to-Row Workshops

Before she departed for the East, Helen Woznack began organizing a series of short learn-to-row workshops. This program helped to fulfill our commitment to the County to provide rowing experience to a wider segment of the community and also served as a means of stimulating interest in our regular Learn-to-Row program.

After Helen's departure, Kathy Bosin took on the responsibility for running the workshops. She and her group of volunteers did a great job of spreading the word about rowing.

The third and last workshop is scheduled for Saturday, September 17. If someone you know is interested in this one-day workshop, contact Kathy Bosin.

## WeCanRow – A Great Start

The St. Louis Rowing Club welcomed sixteen cancer survivors to our ten-week pilot WeCanRow Program. Funded by Circle of Hope Bracelets, the program ran for ten consecutive Wednesday evenings and followed, with some modification, the club's traditional learn-to-row syllabus.

After only a few sessions on the water, WeCanRow entered an eight boat in the novice division at SLRC's Gateway Regatta. Brave women!! Perhaps you saw our boat filled with rowers wearing pink tank tops and pink ribbons (made by our wonderful cox, junior rower and cox Kasey Rudawsky).

The WeCanRow program is now moving past the initial pilot phase. Many of our rowers are becoming club members and continuing to row in the Wednesday night program. Some of these women are also attending Intermediate practices.

We will be welcoming new members to our group on an as-come basis. They will be riding in the launch and receiving erg instruction prior to getting in boats.

While WeCanRow was originally founded for breast cancer survivors, it is now open to survivors of all kinds of cancer. If you know anyone who might be interested in WeCanRow, please have him or her contact Linda Greensfelder or Barb Seely.

Many thanks to all who helped make this pilot program a success: Circle of Hope Bracelets for their generous financial support, numerous masters and intermediate rowers who served as stroke pairs in our early rows, launch drivers Bob Eilers and Robert Ramsey, coxswains Kasey Rudawsky and Nancy Abdullah, and physical therapist Jeanne Early.

*Linda Greensfelder & Barb Seely*

## Startup in Arkansas

Without your knowing it, the St. Louis Rowing Club has played a major role in establishing rowing in Central Arkansas.

I have long been enamored of this beautiful sport and was thrilled when my daughter, Samantha, joined the crew team her freshman year at St. Louis University. Through her involvement in SLU crew, I was introduced to Scott Allison and SLRC.

In June, wearing a “Billikens Rowing” t-shirt my daughter had given me, I made my daily trek to the gym here in Little Rock to workout. While there, Joel Taylor approached and asked where I rowed. I smiled and explained the origin of the shirt and went on to say I thought it was a shame that Little Rock had no rowing program, especially with the abundance of water in the area.

To make a long story short, I soon found myself in the position of heading up a committee to establish rowing here. I decided to learn more and registered for the SLRC Learn-to-Row classes.

While learning to row – which, by the way is as wonderful as I’ve always imagined it would be! – I also had the opportunity to ask questions of club members about your organization, history, and facilities. I’m sure that as my committee’s efforts proceed, I will have many more questions for you.

I am writing to thank you for a grand experience in the learn-to-row class and to thank you for your hospitality in answering my many questions. I would love to hear from any of you that might have words of advice for our efforts here in Little Rock. Please feel free to share! My email address is [lhwatts@comcast.net](mailto:lhwatts@comcast.net).

*Lynnette Watts*

## CPR Training

Mary Farmand gave of her time to train a group of eight SLRC members in CPR/AED techniques. It's important that as many of us as possible receive this kind of training. We plan to conduct more training in the near future. You never know when you might be in a position to save a life.

## Boathouse Fundraising

It’s summer, and boathouse fundraising is on vacation. Like most vacations, it will seem too short. And, like many vacations, there’s some work being done on the side. You’ll be hearing more from us in September.

Meanwhile, those of you who have made pledges to the Boathouse Fund will be receiving account updates later this month. And, as always, contributions, suggestions and offers of help are appreciated.

*Linda Greensfelder--BCC Chair*

## Dues

At the beginning of the year many Regular and Family members elected to pay their dues in two installments. If you did so, your second payment (\$200 for Regular members/\$300 for Family members) became due on July 1. Please mail your check soon to:

*SLRC  
PO Box 411094*

St. Louis, MO 63141

Scott Allison

## USRowing Memberships

Just a reminder. Update your USRowing membership. A current USRowing membership is necessary to race in some races. You can join USRowing or update your membership by consulting the USRowing website at [www.usrowing.org](http://www.usrowing.org). Discounts are available for groups of six or more.

## Race Results

### SLRC Varsity Women Finish Strong

The varsity women had a very impressive spring racing season and I would like to thank all the rowers, parents, and boosters for making it possible. After bringing home medals at the St. Louis Sprints Regatta and the Governors Cup Regatta in Columbus OH, the team was poised to make a run for a strong finish at Midwestern Junior Championship

The road to the finals is not easy for any crew. The women's varsity lightweight four rowed a very aggressive race and earned a spot in the finals directly from the heat. For such a young boat this was a great accomplishment. The women's varsity eight would not share the same path as their teammates in the VLwt4+. After suffering a loss to Detroit in the heat, the V8+ came back to race the repechage in the afternoon with a vengeance. With a safe lead at the 1000 the 8+ poured on the intensity and won their repechage by boat lengths of open water. When it was all said and done the team brought home a fifth place finish in the VLwt4+ and a bronze medal in the V8+.

Both boats raced at their highest level, represented the club as gracious competitors, and came away from the regatta with an appreciation of the high level of competition that now exists in midwest junior rowing.

I could not be more proud of everything the girls were able to accomplish both on and off the water. We had great leaders in the senior class, and while they will be missed we have some very talented girls looking to fill their shoes. The bar has been set high for the team this year and I know the varsity women are up to the challenge.

Looking forward to another year of fast racing,

*Brendan Patterson*

### St. Louis Gateway Regatta

SLRC hosted seven clubs at the St. Louis Gateway Regatta on June 25, 2005. The course was 1000m and the conditions were sunny and hot with little wind. SLRC crews made a decent showing. Twenty events in all. All race results are on the club website at [SLRC.net](http://SLRC.net).

### Chicago Sprints Regatta

SLRC masters and juniors represented the club at the 2005 Chicago Sprints on July 16th and 17th. Coached by Cameron Carter, our rowers raced in singles, doubles, 4s, 8s, mixed 8s - you name it, we raced it. We won a gold medal in the women's masters 8 with Debbie Hall, Nancy Hazelwood, Cheryl Fievet, Barb Seely, Rachel D'Incau, Cathy Chamberlin, Linda Gibbons and Kelly Vogel rowing. Kate Cushing, from Murray State University, coxed the winning boat.

SLRC also won gold in the women's masters lightweight 4 event with Nancy Hazelwood, Cheryl Fievet, Kathy Halley and Cathy Chamberlin rowing.

Other highlights of the trip were dinner at The Parthenon, a dip in Lake Michigan, and Chuck flipping his single. A great time was had by all!

Take a look at SLRC rowers in Chicago at [www.rowpix.com](http://www.rowpix.com).

*Barb Seely*

### **Midwest Masters Regional Championships in Indianapolis**

Twelve SLRC masters competed in the Masters Midwestern Championships in Indianapolis on July 30 and 31st.

John Mason, Liang Fok, Jeff Hoffman, Chuck Schagrin, Teresa Sedlacek, Barb Seely, Carrie Sondag, Margie Frievogel, Kathy Halley, Chery Fievet, Darlene Hopkins, and Kelly Vogel raced, coached by Cameron Carter and coxed by Kate Cushing, from Murray State University.

We cleaned up, winning gold in the men's master 4+, men's master 8+ (composite boat with Lincoln Park Boat Club), men's master 4x, men's master 1x and mixed master 2x. We also won silver in men's master 1x and mixed masters 8+ and bronze in women's masters 8+, women's master 4+ and mixed master 2x.

SLRC came in 3rd out of 23 clubs for total team points. How's that for efficiency!

*Barb Seely*

## **Fall Racing**

Nobody really KNOWS the future. At the same time, here are some of the fall head races that SLRC may visit this fall.

Head of the Des Moines  
Des Moines River  
Saturday, September 24, 2005

Head of the Rock  
Rockford, IL  
Sunday, October 9, 2005

Head of the Eagle  
Eagle Creek Reservoir, Indianapolis  
Saturday, October 22, 2005

Head of the Elk  
Elkhart, Indiana  
Sunday, October 30, 2005

Head of the Hooch  
Chattanooga, TN  
November 5 – November 6, 2005

## **Calendar**

*August 7, 2005*  
*SLRC Executive Committee Meeting*  
*Chuck Schagrin's House, 4:00PM*

*August 9, 2005*  
*Boosters Board Meeting*  
*7:00PM*

*August 10 – August 15, 2005  
Creve Coeur Lake Closed*

*August 13, 2005  
Registration for Varsity Juniors  
SLRC Boathouse, 10:00AM-noon*

*August 18, 2005  
SLRC Juniors Parents Meeting  
SLRC Boathouse, 7:00PM*

*August 20, 2005  
Cox Clinic  
SLRC Boathouse, 11:00AM*

*September 9-11, 2005  
Rawnucks Regatta  
Creve Coeur Lake*

*September 17, 2005  
SLRC General Meeting  
SLRC Boathouse, 10:00AM-Noon*

*September 17, 2005  
SLRC Rowing Workshops  
Creve Coeur, Noon-3:00PM , 3:00-6:00PM*

### **Steve Giddings' Sculling Clinics**

All sweep rowers are encouraged to scull. Sculling develops power and technique that translate well to rowing in a boat with others. Steve Giddings continues to run the sculling clinics on weekends when the lake is open. Contact Steve for the exact times.

### **Coxing Clinic**

The club has always looked to those who may be interested in coxing SLRC boats. Coach Tim has offered to host a coxing clinic. Since every rower is likely to cox once in awhile, all rowers and coxswains (and anyone who could be persuaded to cox) are encouraged to attend the clinic at the boathouse on August 20, 2005 at 11:00AM.

### **Rawnucks Regatta**

Do consider forming a Rawnucks team for the upcoming festivities September 10. Click [here](#) for an ad that you can post at your place of work or play to recruit members for a Rawnucks crew.

### **Club Meeting, September 17**

SLRC will hold an all-club meeting on September 17, 2005, at the boathouse. Adult and Junior rowers as well as the parents of the Juniors are encouraged to attend. It will be a brunch potluck from 10:00 am to noon. Please come to welcome our new coach, Tim Frank, and make plans for the coming year.

## Clothing Orders

An order form for various items of SLRC gear is now available on club website, SLRC.net.

Diane Wolferding of the Boosters is now handling all clothing orders. If you need more information, you can contact Diane at woofthree@aol.com .

## Treasurer's Report

The club's operating account is holding its own, despite a year-to-year decline in dues income because of the smaller junior roster. Thanks to those of you who have paid the second installment of your annual dues. If you haven't done so, please send in your check.

The IRS has ruled against us in our long-standing debate about whether our previous head coach should be classified as an independent contractor or an employee. The bottom line is that we will have to pay payroll taxes which were not withheld in the years '01-'03. The IRS has waived any penalties or interest payments and has agreed to close its audit of our financial records.

*Scott Allison*

## Coaches Move On

Coach Carter bid us farewell with his version of "I coached it my way," sung (loudly) to the Master rowers at the boathouse on Tuesday, August 2, 2005. The new head coach, Tim Franck, was among the members of the audience. Nobody cried, but we sure came close. A big thanks to Cameron Carter who coached the SLRC masters all summer long.

You will still see Coach Cameron at the boathouse since he coaches Washington University Crew.

John Quin, who coached the women novices through the summer months is now a journalism major at Mizzou. With his relocation, he also left the club. Thank you, John, for coaching the novice team at a time of need.

## Andrew Lambert's Baby

Andrew Lambert, master rower, and his wife, Ginger, are pleased to announce the birth of their first child, Adam Christopher Lambert. Adam was born at 5:00AM on July 8. He was 7lbs 13 oz. and 22 inches at birth.

Congratulations!

## SLRC Coaches

Tim Franck: Head Coach  
Brendan Patterson: Juniors  
Greg Powell: Juniors  
Steve Giddings: Sculling  
Scott Allison: Intermediates and SLU

## Head Coach's Contact Info

Tim Franck can be reached by email at: TimSLRC@hotmail.com. His cell phone number is (314) 489 2017

## SLRC Executive Committee

**President:** Chuck Schagrin

**Vice President:** Cathy Chamberlin

**Secretary:** Barb Seely

**Communications Secretary:** Kelly Vogel

**Treasurer:** Scott Allison

**Captain:** Rein Zeidler

**Lieutenant:** Rob Smith

**Boosters President:** Kevin Curran

## 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.

## 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 2005 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 October 15.

*--Kelly Vogel*

## SLRC Website

Practically anything you want to know about the St. Louis Rowing Club is on the website at slrc.net. Visit frequently for news about the club, updates on the calendar, etc. Send information for the web site, plus your suggestions for improving it to Scott Allison who is kind enough to maintain the website for the club.