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# The St. Louis Rowing Club News

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

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## Head Coach's Report



Congratulations to everyone who competed at the Head of the Hooch. It's great to see people so genuinely satisfied with a victory. Use this success as evidence that all of your hard rowing and the changes that you've been making are paying off.

Our season is marathon – continuous and year round for most – which is why the Winter training is so important, especially since our focus is on the Spring and Summer and continuing to build on the success of the Fall.

Most rowers dislike the ergometer and it does have its drawbacks; rewarding bad technique (which is why we coaches make all of those annoying criticisms) and the inability to work on blade work. However, the erg is great for increasing strength and endurance and developing mental toughness. The important thing is to focus on the patterns that are reflected in your erg scores. Do your scores show a pattern of consistent intensity and focus, or one of casual focus and occasional intensity? The difference in payoff between the two approaches is tremendous.

*Timothy Franck*

## President's Report

As the temperature drops, it is a great opportunity to look back over the fall racing season. The Club has accomplished much over the last several months.

First, Tim Franck has organized a dedicated corps of assistant coaches. Brandon, Brendan, Greg, and Tim are working to make our novice and varsity juniors into the best rowers possible. Their dedication and work has shown itself in the races that have been won during the fall head race season.

And, Tim has been pounding the halls of various high schools and has increased the number of novices, both men and women. So, our numbers are up and the race wins are impressive.

And speaking of races, juniors, masters, and intermediates all attended the Head of the Hooch. For many of the intermediates, this was their first exposure to a large, well attended head race. Joining everyone at the regatta, our SLU division was well represented.

And speaking of the Head of the Hooch, for the third time in four years the Club won the team points trophy for the regatta. The points trophy was won through the hard work of the Junior, Intermediate, Master, and SLU rowers.

The final event of the racing season was the little known, but uniquely popular marathon row in Louisiana. The Club was represented by an open quad and our SLU division. Everyone survived and numerous medals were won.

With regard to other business, Boathouse Fundraising is still underway. The debt, as everyone is aware, has to be addressed so that the Club can retain ownership of all of our bays. The successful retirement of this obligation requires everyone's participation. So, please keep this in mind and please be active in giving.

Finally, the annual meeting is scheduled for January 21. Please mark the date on your calendars.

*Chuck Schagrin*

## Booster's Notes

While the Juniors are working indoors for the winter the Booster Board is also getting ready for the Spring season. All Junior parents are invited to help:

**Forms-** all Junior rowers have not completed the registration packet. This includes releases, insurance information and a recent physical. These forms are just as important as the club dues and will affect whether you child can practice and compete. Please complete them and send them in.

**Volunteers-** Sue Potrwine recently resigned the Booster Board. She lined up volunteers for the regattas and stocked the bus for our trips. We are looking for a replacement. I will be contacting those who indicated an interest in being on the Board. If you want to help please contact me at currank3@yahoo.com.

I know many of you have expressed an interest in helping and have not heard anything. Do not worry, there is plenty to do this Spring, including four away regattas, that will require much help.

Speaking of which, **St. Louis Sprints-** on April 8th we host our annual junior regatta. We already have heard from other junior programs who wish to compete here. This year the Boosters will take a more active role in organizing and running the event. Look for more requests for volunteers. If you are interested in the planning stage contact me ASAP. NOTE: this falls on a ACT test date so plan accordingly.

**Boathouse Fund-** In the past the junior parents have been very generous contributors to the boathouse fund. Please help continue the tradition. Solicitation letters have gone out so please respond. If you wish to be more involved in fundraising we need your help. We are in the last 500 and are a few boat lengths behind.

**Boathouse ERGS-** one of the by products of a successful program is the need for more equipment. If you have seen or ,your child has mentioned, the new ergs in the boathouse and are wondering where they came from, look in the mirror. They were purchased at Coach Tim's request from Booster dues. He needs to accommodate our growing program, Thank you .

As I said there is much to be done in the off season. You will be hearing from one us for help but don't be hesitate to pitch in. There will be plenty to do.

*Kevin Curran*

## Action Plan for 2006

Thank you to everyone who participated in the survey and general meeting.

What follows is a list of action items generated at the meeting. Most of the items can be achieved this year. Updates will continue to be communicated through group e-mails and newsletters.

### **1. Improve communication – between all club groups**

## **Liaisons**

Create liaisons for various functions or as a resource for general information.

Volunteers to be solicited

Names of event coordinators will be listed on the website.

Coordinate carpools to practice for juniors.

Booster item for consideration

## **E-mail lists**

Develop e-mail distribution lists for Juniors, Boosters, Intermediates, and Masters which can be accessible to all.

Scott Allison – adult list (done)

Mary Ellen Campbell – junior list (done)

Use e-mail as a means of communication.

## **Website**

List more resources on the SLRC website.

Names of event coordinators will be listed on the website.

Define the terminology used to indicate club groups and rowing levels. Explain the nuts and bolts of the organization.

General Information will be expanded to provide more details

Summary of board meetings will be available on line.

## **Hotline number**

Create an up-to-the-minute source of information for junior rowers.

Booster item for consideration

## **2. Foster a sense of community**

Better welcome and assimilate new rowers into each level of rowing.

Support two groups of adult rowers – competitive and intermediate.

Host social events.

Volunteer needed to coordinate events

Share boathouse and equipment responsibilities.

Encourage rowers to coach and cox.

Repeat a coxing clinic

Provide a coaching clinic

Steve coaches sculling

Encourage family involvement, e.g. invite parents to ride along in the launch.

Booster item for consideration

## **3. Foster greater commitment to rowing excellence at all levels**

Create group goals.

Support the continuity of our coaching staff.

Give priority to competitive rowing crews, e.g. equipment.

#### **4. Promote SLRC to the community**

Hold 1-2 fundraising events each year, e.g. a guest speaker and topic related to the community.

#### **5. Maintain and improve equipment**

Coordinate groups for boat cleaning and oar painting.

Acquire more ergs (done)

*Cathy Chamberlin*

### **End of the Year Boathouse Fundraising**

How can YOU help your Club pay off the Boathouse Debt???

With less than \$100,000 left to raise, it's time to make another significant effort to put this Boathouse debt behind us. If you haven't yet given to the Boathouse Fund, this is a good time to make your contribution and/or pledge. If you've already given, but can be even more generous, the timing couldn't be better. Seven Club members have pledged a total of \$8,000 in matching funds, applicable to all contributions received by 12/31/05.

As with our previous boathouse fundraising drives, we are suggesting that every member give \$1000. Not everyone can give this amount. Many people can give more. We call on you to help in whatever way you can.

Fundraising materials and information, including details of the Member-to-Member Challenge, were mailed December 1 to Club members. Scroll to the end of this Newsletter to see the contents of the mailing.

Additional pledge forms and remittance envelopes are available at the boathouse.

Thank you!

*Linda Greensfelder*

Boathouse Capital Campaign Committee Chair

### **Captain's Report**

With the Fall comes fewer hours on the water and more time to erg. If you are looking for an alternative to erging, I can suggest some boathouse and equipment work that is a lot more fun. For those who might be interested here are the activities that should be accomplished this Fall and Winter.

- Deep clean all the boat hulls
- Clean all the tracks and seat wheels
- Align all rack arms as many have come loose
- Sweep and vacuum each bay
- Paint oar sets as needed (a challenge in cold weather)
- Sort out monitors for ergs
- General throw away of old stuff
- Sort, organize and mark all parts drawers, bins and lockers

Just send me an email with your interest and we'll set up a team to tackle the item.

I'd also like to begin a wish list of items that members feel should be replaced or added to the mix. These items could include:

- Singles slings to hang them from the ceilings
- Shoe to replace those "Fixed" with duct tape
- New Recreational singles etc.

If you have a suggestion please email me about this as well. raz@qad.com will work great.

*Rein Zeidler*

### **Treasurer's Report**

A combination of high expenditures (eg. payment of back payroll taxes to the IRS and the need to purchase a new outboard engine) and relatively low dues income has put the club in a temporary cash flow crunch. In the long run, an increase in the number of Juniors on the club roster will help to close the gap between income and expenses. In the short term, the SLRC Boosters have agreed to provide significant funds to bridge this gap.

*Scott Allison*

### **Winter Learn to Row**

We plan to conduct another Winter Learn to Row program in early 2006. The tentative plan is for classes to begin in February and to be held on Sunday mornings from 11:00AM-12:30PM throughout the month. Graduates will join the Intermediate's practices once they have complete "boot camp". Details will be posted on [www.slrc.net](http://www.slrc.net) shortly. If you have friends or family members who might be interested in taking the class, please have them contact me at 314 434 8299 or [swallison@alum.mit.edu](mailto:swallison@alum.mit.edu).

*Scott Allison*

### **Missouri State Collegiate Rowing Championship**

On Sunday October 16, crews from Wash. U., SLU and Mizzou battled on Creve Coeur Lake for the title of collegiate rowing champion of the "Show Me" state. To nobody's surprise, Wash U. walked ("rowed") away with the newly created team point trophy, capturing first place in eight out of ten races. SLU U. also tied Wash U. for the win in the Men's pair. In addition to its win in the 2-, SLU won the women's novice eight and was second in two other races. The Mizzou club, now under the direction of Wash U. and SLRC alum John Quin, raced to second place finishes in two events.

### **The '05 Ron Suermann Trophy Winner**

The Mixed Masters 4+ race at the Head of the Rock Regatta has been dedicated to the memory of our Ron Suermann. Each year the winning crew takes home an engraved silver plate provided by the SLRC. In 2004, the winning crew came from La Baie Verte Rowing Club. The '05 winner was a composite boat made up of Crystal Lake Rowing Club and Lincoln Park Boat Club rowers.

## WeCanRow Continues On

After completing the initial 10-week WeCanRow program in July, seven participants joined the Club and continue to practice Wednesday evenings. Through the fall season, several members rowed with the Intermediates on the weekends, and three rowers took on the challenge of sculling. And now that nice rowing weather is a distant memory, WeCanRowers are learning the “joys and challenges” of erging. We envision offering another WeCanRow program next spring, using our veteran group as the experienced (and stabilizing) rowers in the new boats. Circle of Hope Bracelets has generously agreed to fund the program again in 2006 so that it can be offered at no charge to the community of cancer survivors.

*Linda Greensfelder & Barb Seely*

## Marathon Relay

### Five Years Running!...and \$240 for the Boathouse Fund

Twenty hearty SLRC souls braved a windy and cold Sunday morning in Forest Park to run the St. Louis Track Club's annual Marathon Relay. The run marked the fifth year the Rowing Club has participated in this event. Previously a Masters' outing, this year we welcomed several parents and a lone junior Meredith McCay to our ranks. (Next year, Meredith promises to do her best to drag Juniors and coaches from their warm Sunday morning beds to run with us.) This was a great opportunity for Club members to share a common interest and get to know each other.

The relay covers the marathon distance of 26.2 miles. Running in teams, each runner covers a 3.275 mile loop two times. This year we named our teams after SLRC 4's – Anakanapooona, Iqbal, Jessup, Without Limits, and Peynaudo. Teams were put together with an eye toward all the teams finishing at about the same time. Runners were able to cheer each other in and arrive at the after-run brunch, the REAL highlight of the day, at about the same time. This year, the brunch was hosted by Margie and Bill Freivogel. With everyone bringing a dish, the food was both delicious and plentiful.

Runners paid a small premium over the relay registration fee to participate in this event. With a bit extra from each runner, we were able to contribute \$240 to the Boathouse Fund. Thanks to all our runners for their generosity!

Come run with us next year! Mark your 2006 calendars now. It's always the first Sunday in December.

*Linda Greensfelder*

## Hard Work Pays Off!

Most high school seniors are still trying to figure out where they'll go to college. And the Spring will be filled with stress and uncertainty. But Sarah Tinsley and Molly Sinks have already signed letters of intent to join the women's rowing program at the University of Indiana next Fall.. So their future is not in doubt. Their success demonstrates that all that time and hard work put into rowing can really pay off when it comes time to apply too college. Congratulations to Sarah, Molly ...and their parents.

## Fall Regatta Results

The SLRC participated in three regattas this Fall--the Head of the Rock, the Head of the Hooch and the Marathon

Rowing Championship--and did well in all three. Complete results can be viewed by going to <http://www.slrc.net/regattas/> and click on the link there to each event.

In capsule form here's how the club did...

The varsity Juniors, the Intermediates and SLU Crew participated in the Head of the Rock.. SLU won the Gold and Silver medals in the Mixed Open 4+. The Junior women won Silver medals in the Jr. Women's 4+ and 8.

The club walked away with the Hooch Team Point Trophy garnering about twice as many points as its closest rival. We won the Gold in the Jr. Women's 8 and 4+, Jr. Women's Novice 8, Mixed Open 4+ (SLU), Mixed Master 4+ and Men's 1x. Silver medals were won in the Men's Master 4x, Women's Master 4+, Women's Master 4x, and Men's Open 2- (SLU). Finally, the following boats won Bronze medals ...Men's Jr 4+, Women's Jr. Novice 4+, the Mixed Master 8 and the Women's Collegiate Novice 4+ (SLU). Because of the way the team points are allocated, many boats which didn't finish in the top three contributed to the club's point total.

At the Marathon Rowing Championship (yes...that's right they rowed 26.2 miles)...SLU won Gold medals in the Women's Open 2- and Women's Novice 4+., as did the Men's Master 4x. A SLU rower won the Silver in the Men's Open 1x.

### **The RawNucks Regatta**

A great time was had by all at the 2005 Raw Nucks Regatta on September 11. Eight crews competed this year.

First Place: SLU Crew  
Second Place: Bobbing Boobs III (Silicone)  
Third Place: Tie Dye Fly By  
Fourth Place: Unsafe at Any Speed  
Fifth Place: Team St. Louis  
Sixth Place: Bowing Rowing  
Seventh Place: Bobbing Boobs III (Saline)  
Eighth Place: Swingers II

Thanks to Bob Eilers and all the volunteers who made the RawNucks Regatta a great success.

### **The FISA World Masters Championship**

The Club's Masters will have a once-in-a- lifetime opportunity to compete against Masters from all around the planet when the FISA World Masters Regatta takes place on Lake Mercer near Princeton, NJ in September, 2006. The '05 regatta in Strathclyde in the UK attracted 2,800 rowers from 30 countries.. Think how it would it feel to win a world championship medal. Now's the time to start preparing!

### **SLRC Alum on the "Apprentice"**

In the mid-'90's Sarah Brennan was a coxswain for the SLRC Juniors. She went from there to a very successful four year stint as a cox at the University of Virginia. Now, besides pursuing a career with a healthcare consulting firm in Washington, DC, Sarah was a member of a team competing on the Martha Stewart version of the NBC television show "Apprentice". One never knows where rowing will take you.

## A Rower's Poem

### Perfect Stroke by Raul Quintanilla

Perfect stroke, communion of elements,  
The search for you stirs my senses.  
Knowing you exist spurs me on.  
I row with passion through  
Indomitable, crystal waters,  
Praying that elements, body, and soul  
Weave together in hope  
As ivy does on the oak

Mirror of water that distorts my becoming  
Allow me to melt, like a drop of rain,  
Into your stream.  
Let me seduce you,  
As a seagull does the wind.  
Sliding of grace and power  
Desired perfection.

## 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](mailto:woofthree@aol.com).

## SLRC Coaches

Tim Franck: Head Coach  
Brandon Harris: Juniors  
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](mailto: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.

## SLRC Website

Much of what you want to know about the St. Louis Rowing Club is on the website at [www.slrc.net](http://www.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.



## The Last \$100,000

We've come a long way since January 2004! Less than two years ago, raising the \$285,000 needed to pay for the remaining portion of the Club's half of boathouse construction costs seemed like a Herculean task. Today, thanks to the hard work and generosity of Club members and corporate friends, the amount of money we have to left to raise to fully retire our debt to Washington University is less than \$100,000. Our goal is now considerably less intimidating, and well within our reach.

Our 2004 fundraising campaign received support from more than 90% of families who were Club members as of 4/15/04. Since that date, we have welcomed 50 new adult rowers and more than 50 new Juniors to our Club. Adhering to our policy of not soliciting the families of first semester Junior rowers, we still have almost 70 eligible new families that have not yet been asked to support the Club's Boathouse debt retirement efforts.

### **If you're one of these newer members... it's your turn now!**

And if you've already supported us... Thank you! Thank you! Thank you! ... And we hope you'll consider an additional year-end contribution and/or pledge.

### **Ten Top Reasons to Contribute to the Boathouse Debt Retirement Fund**

**#10: You'll earn a tax deduction.** St. Louis Rowing Club is a 501(c)(3) organization. Your contributions are tax deductible to the extent permitted by law. A 2005 end-of-year contribution may help you with your 4/15/06 reckoning with Uncle Sam.

**#9: It's easy!** Your contribution can occur in a lump sum or be spread into semi-annual, quarterly or monthly payments – Whatever works best for you. Gifts of stock and gifts-in-kind are also welcomed!

**#8: It's fair.** Because all Club members have equal opportunity to benefit from our beautiful new boathouse, all Club members bear equal responsibility to support it.

**#7: SLRC will retain rack space.** Failure to pay off our note to Washington University within the three-year time period may result in loss of rack space.

**#6: You'll be recognized!** Opportunities for donor recognition abound. See the attached list of ways to get your name in lights.

**#5: You'll have peace of mind.** You'll sleep better at night knowing you did your part to support your organization.

**#4: We'll all redirect our energies.** With the repayment of the Boathouse loan, the Club can fully focus on what we do best: rowing well and teaching others.

**#3: We'll qualify for corporate matching gifts.** Your donation may be eligible for matching funds from your employer.

**#2: We'll collect on the Member-to-Member Challenge:** If paid by 12/31/05, a group of Club members will match 22% of your gift. (See enclosed sheet for details.) That means your gift of \$1,000 becomes a contribution of \$1,220 to the Boathouse Fund!!!

**#1: "It's the right thing to do!!!"** Willford Brimley

## What to Do Next

To make an immediate contribution, with or without an additional pledge:

1. Complete the enclosed contribution form.
2. Write your check.
3. Place it in the envelope provided.
4. Add postage and mail it in!

To make a pledge only:

1. Complete the enclosed contribution form.
2. Place it in the envelope provided.
3. Add postage and mail it in!

To get additional information:

1. Read the enclosed information sheet.
2. Talk to a Club member. If you haven't given to the Boathouses Fund before, a Club member will contact you in a few days to answer any questions you may have.



November 29, 2005

Club Members,

Not only is it the holiday season, but it is also the time to be generous.

On behalf of the St. Louis Rowing Club Executive Committee and myself, I urge all of the Club members to be generous with the Boathouse Fund. For the last two years we all have been enjoying the facility. But it is not completely ours, yet.

And now is the time to make it completely ours.

So, as the campaign to complete the fundraising swings back into gear, please participate and donate. It takes everyone's involvement and effort to make this a success.

So, please be generous.

Chuck Schagrin  
President  
St. Louis Rowing Club

**St. Louis Rowing Club · P.O. Box 411094 · St. Louis, MO 63141**

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## PAYING FOR THE BOATHOUSE

### Information

\* SLRC and Washington University bear equal financial responsibility for the Community Rowing Center. This means that, with a final building cost of just under \$1,000,000, SLRC made a \$500,000 commitment to the future of rowing in St. Louis.

\* Thanks to the foresight, hard work and generosity of members, friends and the St. Louis corporate community, the Club raised \$250,000 toward the cost of the boathouse between 1993 and 2003.

\* In 2004, the balance of the Club's share of the cost of the Community Rowing Center was loaned to us by Washington University on a 3-year note at 5% simple interest.

\* In 2004 we completed a very successful solicitation of rowers who were Club members as of 4/15/04. With over 90% of members contributing, our 2004 campaign raised \$100,000+ in donations and pledges.

\* In 2005 (through 10/31/05), we've collected over \$32,000 in pledge payments and new contributions.

\* **As with our previous boathouse fundraising drives, we are suggesting that every member give \$1000.** Not everyone can give this amount. Many people can give more. We call on you to help us in whatever way you can.

\* Gifts will be acknowledged in our newsletter and on a permanent display in the boathouse. Recognition levels are as follows:

- |                                       |  |
|---------------------------------------|--|
| · <i>Olympic</i> - \$20,000 +         | · <i>Intermediate</i> - \$3,000 to \$4,999 |
| · <i>Elite</i> - \$10,000 to \$19,999 | · <i>Junior</i> - \$1,000 to \$2,999       |
| · <i>Master</i> - \$5,000 to \$9,999  | · <i>Novice</i> - \$100 to \$999           |

\* Naming opportunities are available, beginning at the \$5,000 level. Contact Linda Greensfelder at 991-6969 for further details.

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**MEMBER-TO-MEMBER**



**CHALLENGE**

SEVEN SLRC MEMBERS HAVE PLEDGED A TOTAL OF  
**\$8,000**  
IN MATCHING FUNDS.

**The Boathouse Fund will earn an additional 22% on the first \$25,000 collected by the end of 2005!!!!**

- This means your \$1,000 contribution becomes a \$1,220 gift to the Boathouse
- The Boathouse Fund earns an additional \$.22 on every dollar collected by 12/31/05, up to \$25,000

Details:

Each of seven Club member pledged to match a percent of total revenues collected\*, up to a maximum gift amount. Combining the pledges of these seven members, the Boathouse Debt Retirement Fund is in a position to earn:

- An additional 22% of the first \$25,000 collected by the end of the year
- An additional 18% on the next \$5,000 collected by the end of the year
- An additional 8% on the next \$20,000 collected by the end of the year

Total Revenues Collected* between 11/30/05 and 12/31/05	Matching Gift Amount	Total Funds Received by Club
\$10,000	\$2,200	\$12,200
\$15,000	\$3,300	\$18,300
\$20,000	\$4,400	\$24,400
\$25,000	\$5,500	\$30,500
\$30,000	\$6,400	\$36,400
\$35,000	\$6,800	\$41,800
\$40,000	\$7,200	\$47,200
\$45,000	\$7,600	\$52,600
\$50,000	\$8,000	\$58,000

This is a great opportunity to make your gift go even further!  
Please give today!

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SLRC BOATHOUSE CAPITAL CAMPAIGN



Check all that apply:

We're in the Red!

\_\_\_ Enclosed is a check to St Louis Rowing Club for \$\_\_\_\_\_.

\_\_\_ I/we pledge \_\_\_\_\_, to be paid by \_\_\_\_\_, 2005

\_\_\_\_\_, to be paid by \_\_\_\_\_, 2006

\_\_\_ My contribution is eligible for corporate matching.  
(name of corporation \_\_\_\_\_)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

I /we suggest SLRC contact these companies to solicit additional funding:  
(Please list company name and contact person on back, if known.)

The St. Louis Rowing Club is a 501(c)(3) organization.

ST. LOUIS ROWING CLUB · PO BOX 411094 · ST. LOUIS, MO 63141