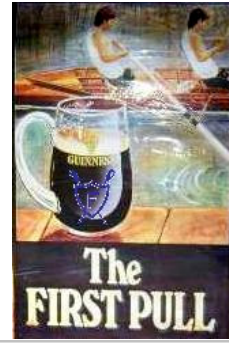




The Fairmount Log



“The Boathouse Row Newsletter of Record”

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www.fairmountrowing.org/thelog.html

Two Hammers for Fairmount at CRASH-B

Jim Castellan and **Sara Sargent** each won the World Championship in their categories, and Fairmount's other entries also placed well at the CRASH-B indoor rowing world championship in Boston Feb. 25.



Sara and her cheerleaders. (C2)

Sara dominated the 60-64 women, while Castellan crushed the 60-64 men for the second straight year. **Frank Biller** finished a strong 8th in the Men's 30-39.

John Kieffer's juniors did really well, with six out of eleven reaching personal bests. Top junior finishers for Fairmount were **Loren Mead** (11th man) and **Kirsten Van Fossen** (12th woman).

Here is an account from Jim Castellan:

“I had to leave ASAP after the medal presentations at 11:15 to drive home and beat the weather. I made good time driving (6 hrs) but the last few miles from 95 to my home was in 3-5" of very slick snow. I'm still recovering from the physical and emotional stresses of the competition and driving 6 hours straight afterwards.

Paul Hendershott (63), who owns the WR at 6:23.7 from three years ago when he hit 60, had just started training in November after a year off to build his new house. With the Elkhart, IN, qualifier cancelled, he went to Chicago to qualify with time around 6:46. Tom Hinsby (61), who won a gold medal at the 1964 Olympics in the Danish 4 when he was 18 years old (!), and now rows for Team Gt. Britain (he married a Brit and is a London dentist) had done some good recent times including one in 6:34, but he'd not been able to train consistently the past month. Bob Lee was an unknown but seeded next to me so that meant he'd done a time a bit faster than Paul's time standard. My race plan was to get a good solid start and then settle to a 1:38 split and hopefully have enough left to hold it in the last 500m, aiming for a 6:32, and hoping it would be good enough even if one of the others had a really great race.

I finally got assigned to a fast erg (-) and my race unfolded pretty much as planned. I

really felt pretty good the whole way and after the first few strokes grabbed the lead and never looked back. I built on that lead pretty evenly through the body of the race over Hinsby and had about 40-50m on him in the last 500. (Splits for the me and Tom are below. Paul's isn't up on the website but I know during the race Hinsby was always second to me until the last 100+ meters or so when Paul cranked it up and went past him. Paul did that to me the only other time we raced head-to-head, in 2001, my first CRASH-Bs. They didn't have the personal monitor display showing the closest man in front and the one just behind you with a distance estimate in meters and you could only glance at the simulated boats on the big screen -- which is not very good for judging the margin when two boats are within 20 meters or so. I was leading on the boat display monitor after the first 1000 and didn't look at the screen after that rowing my own race pretty much. Paul poured it on in the last 750m and just nipped me for the silver 6:27.1 to my 6:27.2. We were racing in the 50-59 bracket and some 50 y.o. won it in the low 6:20s. I always felt if I had the monitor display back then I would have seen his late charge and found another tenth or two.)

In any case, the number of 60 y o men under 7:00 was more than ever although with Tom not breaking the 6:40 barrier this year, last year was the only time I believe two broke that 6:40 barrier in the same race. (Last year I did the exact same time of 6:32.2 and Tom did a 6:38.1) -- Note the time below 6:32.3 is high by a tenth due to rounding.

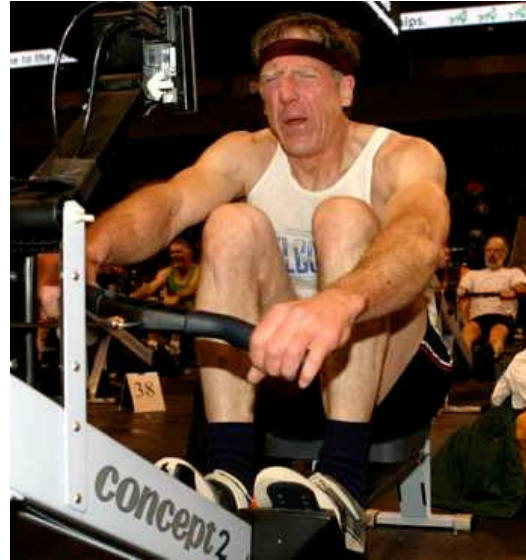
J. Castellan

Distance 500m 1,000m 1,500m 2,000m
 Time 1:36.6 3:14.9 4:53.3 6:32.3
 Split 1:36.6 1:38.3 1:38.4 1:39.0
 Av 500m Pace 1:38.1

T. Hinsby

Time 1:39.3 3:20.0 5:01.8 6:44.3
 Split 1:39.3 1:40.7 1:41.8 1:42.5
 Av 500m Pace 1:41.1

I understand Andy Ripley plans to get back to training this spring if his prostate cancer checkup goes well and row as a 60 y.o. at CRASH-Bs 2008. Paul will have a full year of training. Hinsby will be coming back. It could shape up to be a real barn-burner. I just hope next year I'll be good enough next year to compete.... and also get another 'fast erg' assigned to me!!!!"



Another fun day for Jim Castellan at the CRASH-Bs.
(C2)

FRA Dominates the Main Line Slide

by Frank G. Biller

Due to special circumstances I'd happen to be at the Mainline Slide, this for the first time. I am known to be an erg hater and strong proponent of "ergs don't float". In any event, things happen. I have to say it was a great event and I think next year Fairmount should make a strong showing. It's more fun together. The competition for the Masters is, with a few exceptions, not all that strong, nobody has to be afraid to embarrass themselves. There were almost 400 competitors, the event was well organized and run, yet somewhat agreeably laid-back.

Fairmount won the Mens Masters 30-39
(Frank Biller, 6:17) and 60-69 **(James**

Castellan, 6:37), as well as a strongly contested 3rd place in the Masters 50-59 (**Curt Kaufman**, 6:41). **John Gaughan** (7th) was the top lightweight in this category. On the women's side Masters 60-69, again a dominant win by **Sara Sargent** (7:51). That would have made her 16th out of 83 for the Junior women OR 10th out of 20 for the Open women.

The Fairmount Junior men won the slide 2x, so we get a set of three slides for our ergs. Thanks guys! In addition, the kids did really well. Junior Men: 6th **Piervincenzo Russo**, 8th **Brian Young**, and 12th **Christopher Sutter** as the top three. On the Junior Women there were: 3rd **Kirsten VanFossen** and 10th **Andrea McGovern**.

And finally, **Lee Alexander** won the Coxswain Men category.

Oh, and if you wonder how I managed to pull 6:17? Full credit to my coach. If you have **Karen Lewis** (who also happens to be my wife) breathing down your neck during your piece and face the following question with three minutes left: Endure 3 minutes of incredible pain OR 30 hours of hearing that you quit on the piece? The answer is pretty easy.

Swiss Frank Elected to USRA Board

Fairmount Captain **Frank Biller** was elected to USRowing's Board of Directors, as the Mid-Atlantic Region Representative.

Official Results from USRA:
Mid-Atlantic Region Representative
59 valid ballots cast
766 valid weighted votes
***Frank Biller** -- 474 votes
Lee West -- 292 votes

Declared His Swissness, "I am looking forward to this task and feel truly honored to represent the most storied region in rowing

in this country. It comes with its special challenges but I believe that open communication will benefit the sport in all aspects."

The History of FRA

by Lee Silverberg

Quaker City Barge Club 1877-1882

Samuel Gormley repeated in the Single at the Schuylkill Navy's regatta of June 9, 1877. Frank Pleasanton of Quaker City was 4th. The Quaker City 2x of John McBeath (b) and Frank Henderson (s) were disqualified from their race against Crescent.¹ Quaker City crews were 2nd in the 4-,¹ and 3rd in the Four-Oared Gigs (Frank Wood, James Ferguson, Oscar West, Samuel Stinson, George Parker).^{1,2}

McBeath and Henderson came back and won the National Regatta in Detroit in 1877 in the Senior Double in a time of 8:18.³ This is one of only two recorded national championships for Quaker City, and the first in the history of Quaker City/Fairmount. The *NY Times* of August 16 reported that they "won easily, repeating on the Detroit their recent victories on the Schuylkill."⁴ A strange sidelight to this is that Frank Yates, of Grand Haven, who was the favorite in both the double and the single, lost both races badly and was accused of throwing them.^{4,5}

At the Oneida B.C. Regatta, in Burlington, N.J., on Oct. 20, the Quaker City Four-Oared Shell defeated Undine, Oneida, Falcon B.C., Pennsylvania Barge Club, and U. of Penn. in 9:41.⁶

The Schuylkill Navy held an open regatta on June 8, 1878. Quaker City's 4- of Gormley (b), Joseph Dunton, West, and Henderson (s) won their qualifying heat and finished 3rd in the final.² Wrote Heiland, "The steering of Quaker was so wretched that it elicited condemnation from all on the Judge's boat. At one time, Gormley, of

Quaker City, had his crew on the stern of Crescent, then he almost ran into a canal boat and finally coming down past the Island he ran into Vesper, which was lying off to witness the race.”²

At the Spring Regatta June 14-15, the QC 4-finished 3rd in its heat and did not make the final.² The Four-Oared Gig of E.T. Leonard (b), W.B. Glenn, W. Grey, W.G. Carlisle (s) and a coxswain also finished last.^{1,2}

F. Henderson and W.A. Rennert entered a pair at the Nationals on the Passaic River in Newark, NJ, on Aug. 20, 1878. It did not go well. By the half-mile mark, Mutual B.C. of Albany was leading, “leaving the other three crews to most wonderfully zig-zag courses, crossing and recrossing from side to side until their original positions were reversed. Just before the finish the Quaker City pair upset, but were rescued from the water without injury to themselves or their boat.”⁷

The Annual Regatta of the Schuylkill Navy for 1879 was June 14. Quaker City won the Double with Rennert in bow and either West¹ or Henderson² stroking. Crescent, who had won the 4-, “were unable to contest advantageously for the aquatic laurels with the renowned Quakers, consequently withdrew at half-mile.”² Quaker Geo. R. Crump was 3rd in the Single.¹

The Nationals were held on Saratoga Lake July 9-10, 1879. In the six-boat Double Sculls race, Henderson and Rennert took an early lead, but soon NYAC took that away. After that, “Quaker City and Wyandotte tried with Hartford for the last position, and won it by stopping a quarter of a mile from the finish.”⁸

In the Schuylkill Navy’s Fall Regatta Oct. 4, Pleasanton was 2nd in the Senior Single-Scull Shells and R.D. Dorver?¹ Sorver?² was 3rd in the Junior Single-Scull Shells.

Pleasanton of QCBC “withdrew soon after starting” in the Senior Single at the Annual

Regatta June 19, 1880.² (Again with the quitting! Perhaps they should have renamed the club Quitter City.) The Double of W.H. Wilson (b) and E.T. Lennard (s) was 2nd.¹

Quaker City apparently did not make an appearance at the 1880 Nationals, although they were in Philadelphia.⁹ “The increased interest in large-shell racing, due to the college competition, had caused the addition of a six-oared race in the previous year, and now a race for eights was also added.”¹⁰

Frank Henderson reemerged to win the Senior Single by 14 seconds at the Schuylkill Navy Regatta of June 18, 1881. He did this despite having to stop early in the race to fix a problem with his outrigger.² Pleasanton, meanwhile, “took things easy and was evidently determined to take fourth place, out of kindness to the other fellows.”²

The Quaker crew of Henderson (b) and Eugene T. Lippard (s) were 2nd to Vesper in the Double.¹ Said Heiland in his usual entertaining style, “Quaker City, at the start, persisted in trying to bore a tunnel through the west bank of the River, losing several lengths thereby, and though rowing very fine at times, marred their work by very eccentric steering.”²

Henderson raced in the Senior Single at the National Regatta in D.C. Sep. 8, 1881. He finished “a good third” in the 1st heat.¹¹

Henderson repeated his victory in the Single at the 1882 Schuylkill Navy Regatta on June 17 in a time of 11:15 $\frac{3}{4}$.^{1,2} He defeated W.H. McDonald of Vesper. Here is Dr. Heiland again: “The pace was terrific for the first half mile at the end of which Henderson went to the front, and getting a good lead, played with the ex-professional for the remainder of the journey. A more popular victory can hardly be imagined, as apart from Henderson’s individual popularity, the majority of the Navy do not approve of the action of the National Association in reinstating McDonald, who for many years

figured in the Boston City Regatta as a professional.”²

J.H. Campbell of QCBC was 2nd in the Junior 1x. The club was also 2nd in the 2x (W.B. Glenn and W.H. Hambleton).¹²

On Oct. 26, the Navy held an open regatta to celebrate the Bi-Centennial of the City of Philadelphia. Quaker City came 2nd in the 2x behind Metropolitan of New York.¹ The boat was manned by Rennert (b) and Henderson.²

Henderson again won the Senior Single at the Schuylkill Navy Regatta in 1883, but the records now list him as rowing for Malta Boat Club. He also rowed for Malta in the Nationals.¹² There are no Quaker City boats listed in the results for either regatta.^{1,2,12} In fact, the club disappears from the regatta records of the following years as well, not reappearing until the 1892 Schuylkill Navy Regatta.¹ It can be surmised that in the late 1870’s – early 1880’s, the number of serious competitors at Quaker City had gradually decreased, through retirements from competition or defection to other clubs. The glory years were over.

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9. *NY Times*, July 8, 1880.
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Fairmount Foto Fun



Which is the real and correct FRA blue? (LogShots)

Of Spring and The River

by William W. Runyeon, *National Review*, Sep. 11, 2006. (thanks to Charlie Kain).

Since father’s death, I have not gone
To the river, not that it hasn’t been on
My mind, sometimes below the surface
Reflections, with no landscape support
For even the thought of waters on a grand
Scale slipping away, and sometimes so close
The murmur of its motion is sensed
Or felt without having been heard. And at
Other times less close it flows clear and bright,
Reassurance sparkling as sunshine,
When myth and mystery seem propelled by
A deeper illusion, elements of the heart
And soul slipping deliberately toward the
Open water as if there they dwelled. And yet
In our vanity of awareness, we urge
A place for our things, a splash in some
direction,

And in doing so stir the alerted sense
That they are also God’s things, gifts,
Gifts largely of the river now when it
Flows low and clear and nearly quiet,
Yet also gifts of the air and sky, of
Breeze and clouds, both drifting and driven,
Lightly telling of the places they have been
And where the lives have gone, where the lives
have gone,
Carefully along a current seam or driven deep
As the sun, and of the ancient elements,
Constant, by which life yet comes.

Racing Results

Main Line Slide

Villanova, Feb. 3

Master Men (30-39)

Place	Name	Affiliation	Time	Cat
1	Biller Frank	Fairmount RA	6:17.6	
2	Burkins Chad	Bachelors BC	6:48.8	
3	McGuinn Steve	University BC	6:55.8	
4	Lutz David	Unaffiliated	7:10.1	
5	Perry Christopher	Unaffiliated	7:11.5	
6	Yeh Kevin	Unaffiliated	7:17.4	
7	Bean Andrew	Unaffiliated	7:24.9	

Veteran Men A (50-59)

1	Bone Jonathan	Passaic River RA	6:28.5	
2	Krmpotich Dave	Bonner	6:32.5	
3	Kaufman Curt	Fairmount RA	6:41.0	
4	Lederer Thomas	Unaffiliated	7:28.2	
5	Morris Cooper	Unaffiliated	7:38.2	
6	Linsty Bruce	PRPD	7:39.2	
7	Gaughan John	Fairmount RA	7:42.8	Lwt
8	Buckman Bruce	Radnor	7:51.8	Lwt
9	Mickeler Thomas	Malta BC	8:01.4	
10	Cantor Ronald	Bachelors BC	8:07.4	
11	Lutz Dan	Fairmount RA	8:14.0	

Veteran Men B (60-69)

1	Castellan James	Fairmount RA	6:37.0	
2	Heckman Hal	UMBC	7:03.0	
3	Levy Robert	Bellevue Sporting	7:19.7	
4	Keeler David	Unaffiliated	7:34.9	

Veteran Women B (60-69)

1	Sargent Sara	Fairmount RA	7:51.0	
2	Hobart Mary	Unaffiliated	9:59.5	

Junior Men - selected

1	McLaughlin Jim	Bonner	6:25.8	
2	Lutz Christopher	Father Judge	6:27.6	
3	Dove Steve	South Jersey RC	6:29.9	
4	Berry Vince	Bonner	6:29.9	
5	McPhillips Tom	Bonner	6:31.3	
6	Russo Piervincenzo	Fairmount	6:34.7	
7	Betzler Stephen	Bonner	6:35.3	
8	Young Brian	Fairmount RA	6:36.4	
9	Savo Joseph	Conestoga	6:36.4	
10	Berry Dan	Bonner	6:41.7	
11	Rickus Ryan	Father Judge	6:44.2	
12	Sutter Christopher	Fairmount	6:46.1	
13	Ciamaichelo Rich	Bonner	6:46.4	
14	Scheuritzel Matt	Haverford	6:46.7	
15	Stelmaszyk Jason	South Jersey	6:47.0	

37	Butterworth Gard.	Fairmount	7:01.6	
72	Ford Jeffrey	Shipley	8:01.4	

Junior Women - selected

1	Hastings Eliza	Agnes Irwin	7:22.4	
2	Somers Lexie	Agnes Irwin	7:24.0	
3	Van Fossen Kirsten	Moorestown	7:24.7	
4	Ryan Emily	Agnes Irwin	7:32.8	
5	Ruane Jami	Merion Mercy	7:36.0	
6	Crosby Emily	Navesink	7:36.8	
7	Fox Caroline	Radnor	7:43.2	
8	O'Donoghue M.	Merion Mercy	7:43.4	
9	Iverson Kristen	South Jersey	7:45.9	
10	McGovern Andrea	Fairmount	7:45.9	
20	Kieffer Lawren	Mt St. Joseph	7:55.6	
81	Robinson Raine	St. Mary's RC	9:22.7	Lwt
82	Reim Alexa	St. Mary's RC	10:38.6	Lwt
83	Reynolds Cate	PRPD	10:47.3	

Coxswain Men

1	Lee Alexander	Fairmount RA	7:24.4	
2	Marfilius Ken	Bonner	7:34.9	
3	Rabbitt Shaun	Roman Catholic	7:36.6	
4	Brennan Denis	Bonner	7:47.0	
5	Shacklett Ross	Drexel	7:59.4	
6	Brodkin Matthew	South Jersey	8:05.5	
7	Leisk Sam	Radnor	8:18.2	
8	McElhenney Christian	Bonner	8:21.6	

CRASH-B

Boston, Feb. 25

Junior Men - selected

Place	Rower	Organization	Final
1	Drahotta, Felix	Team Germany	5:59.5
2	Alonso, Oscar	Team Spain	6:04.9
3	Hartung, Dennis	Team Germany	6:14.2
4	Pietrzak, Amadeusz	Greenwich	6:18.4
5	Hills, James St.	Catharine's RC	6:19.8
10	Dobrowolski, C.	Half Hollow Hills	6:23.8
11	Mead, Loren	Fairmount RA	6:26.4
12	Bowman, Chris	New Trier HS	6:26.7
25	Lyons, William	Shenendehowa	6:33.2
26	Ruso, Piero	Fairmount RA	6:33.4
26	Young, Brian	Fairmount RA	6:33.4
28	Miller, Matthew W.	Springfield	6:33.
36	Coppinger, Neil	Lowell HS	6:35.8
37	Sutter, Chris	Fairmount RA	6:36.1
38	Cashin, Henry	Deerfield Acad.	6:36.6
82	Keefe, Timothy	Berkeley Prep	6:49.7
84	Mastinez, Alejandro	Fairmount	6:50.1
84	Olivera, Thomas	Chaminade HS	6:50.1
105	Roesch, Tyler	Absegami HS	6:57.3
106	Butterworth, Gardner	Fairmount	6:57.5
107	Schnipke, Jordan	Bromfield	6:57.6
205	Johnson, Clifford	Spackenkill RC	9:12.1

Junior Women - selected

1 Wilson, Elise St. Ignatius Prep	6:52.0
2 Pajusalu, Kaisa Team Estonia	6:58.1
3 Schiwy, Claudia Team Germany	7:04.1
4 Gobbo, Tessa Northfield Mt Hermon	7:15.7
5 Eiffert, Emily Pittsford Crew	7:19.4
11 Mueller, Felice Pomfret School	7:25.8
12 Van Fossen, Kirsten Moorestown	7:26.3
13 Benson, Ellie Bethesda-C.C.	7:26.4
13 Luczak, Grace Maritime RC	7:26.4
61 D'Abreu, Simone Row NY	7:49.8
62 Harper, Mckenzie McLean	7:49.9
62 Iverson, Kristen South Jersey	7:49.9
132 Brendley, Marla McLean	8:12.1
133 Bruder, Brittany Fairmount	8:12.7
134 Kamerow, A. Bethesda-C.C.	8:12.9
138 Capreol, Grace Glastonbury	8:15.3
139 Moran, Antonia Haddonfield	8:16.1
216 Daniels, Jessie Middletown HS	9:26.2
217 Cross, Sarah Spackenkill RC	9:37.7
218 Griffin, Molly Unaffiliated	10:56.1
219 Breslow, Logan Unaffiliated	12:34.4

Master Men (Age 30-39) -selected

1 Fleming, Nik Team GB	5:57.5
2 DuRoss, Sloan Ntnl Rowing Team	6:00.0
3 Engelbrecht, Pieter Concept2	6:01.1
4 Ayer, Toby Unaffiliated	6:04.1
5 Ringer, Joachim Team Germany	6:09.6
6 Le Sage, Gregory Potomac BC	6:11.7
7 Trofimov, E. Marine Technical U	6:17.1
8 Biller, Frank Fairmount RA	6:17.3
9 Castelli, Vittorio Unaffiliated	6:17.7
10 Palm, Brian Brooks School	6:23.7
14 Nix, Todd Annapolis RC	6:28.0
41 Adebo, Olumide Community	7:50.7

Veteran Men (Age 60-64)

1 Castellan, Jim Fairmount	6:32.2
2 Hendershott, Paul Unaffiliated	6:43.2
3 Hinsby, Tom Team GB	6:44.2
4 Lee, Robert Concord Rec.	6:49.4
5 Dargin, Ian Saquish RC	6:56.1
6 Jones, Daniel Unaffiliated	6:56.8
7 Curtis, Dick Salisbury School	7:00.9
8 Spitz, Jean-Claude Team France	7:01.5
9 Van Ballegooijen, Hans fit-score	7:02.2
10 Knight, Frank Sledgehammer	7:08.0
11 Ledkovsky, Dimitri Unaffiliated	7:11.4
12 Rawls, Tom Forum Flyers	7:14.7
13 Gluckman, Larry Motley RC	7:15.1
14 Raymond, Peter Sledgehammer	7:20.6
15 McGowan, Peter Community	7:24.6
16 Howells, David Team GB	7:34.0
17 Hall, Robert Fitness Resources	7:39.2
18 Scott, Hugh Community	7:49.9

19 Inglis, Andrew Concord Rec.	7:50.2
20 Dawson, Jeffrey Union BC	7:56.1
21 Hahn, Richard Unaffiliated	8:12.3

Veteran Women (Age 60-64)

1 Sargent, Sara Fairmount	7:53.4
2 Knight, Yvette Sledgehammer	8:50.4
3 Moore, Pauline Tri-State	9:22.8
4 Smith, Linda Unaffiliated	10:43.2

Mark Your Calendars

March 31 Spring Work Party

Upcoming Races

April 1	Manny Flick #3
April 14-15	Knecht Cup, Cooper River
April 15	Manny Flick #4
April 21	Kerr Cup
April 21	ISA Champs, Lake Mercer
April 22	Manny Flick #5
April 29	Catholic League Champs
April 29	Cooper Cup, Cooper River

FRAgments

Kieran Furlong is preparing a big handbook of all things Fairmount for the members. Look for that soon... **President Willemin** gave the go-ahead for a Historical Committee. The Committee, chaired by **Lee Silverberg**, had its first meeting on Feb. 24. Anybody who is interested is welcome to contribute... AND, this is official: **Stephan Matanovic** and wife **Amanda** are going to have another baby, due August 28th, just early enough to clear Master Nationals two weeks before. **Oscar** meanwhile is growing beyond his parent's size and is looking forward to his Irish-twin. Are they taking after the **Flynns**?

Overheard



by the Schuylkill Turtle

by The Schuylkill Turtle

After the recent fertility at Fairmount, other members seem to be feeling the Spring, despite single digit temperatures and frozen water.

According to confirmed rumors, **Kieran Furlong** managed not only to break off the feet of his bed, but moreover broke the heavy wooden bed frame. This makes one wonder how that happened. A spontaneous thought would be his Holiday weight gain, but he has been working out diligently lately, so there could be more to it. Interesting is the fact the Irishman immediately consulted with the Polish breeding specialist and Vesper handyman (aka Paul Horvat's personal slave).

Other things apparently have been fixed at Fairmount as well. Not to mention **Dietrich Rose's** brand new knees, they seem to hold up. However, his lovely wife "Peaches" has been quoted that "there are some other parts that need replacement". Gee, Dietrich, I hope your back is OK...

Schuylkill Navy News

by Clete Graham

We invite you to join us in celebrating the 2006 rowing season at the **Schuylkill Navy Banquet** on Saturday, **March 24**, 2007 at Lloyd Hall.

The highlight of the evening is the Coach of the Year Award. This year's recipient is

Fairmount LOGic

by Jim "Mort" Muldowney, 1969



"Here they come through the bridge. . . . Now they're approaching the CANOE HOUSE."

Stan Bergman, who stepped down after 22 years as the head coach at Penn. Introducing Stan will be Monsignor Bonner graduate Mike Teti. Mike is always an interesting speaker and it's good to hear from a local boy. Ted Nash is juggling his schedule right now, but hopes to be in town on March 24. If he is, he'll also share some memories and stories about Stan with us.

We will present mileage certificates to all individuals who rowed more than 1,000 miles in 2006.

We'll recognize local members of the 2006 US national team:

MLt 2x: Dan Urevick-Ackelsberg, Cody Lowry, Undine

MLt 2-: Rich Montgomery, Malta

WLt 2x: Julie Nichols, Renee Hykel, Penn AC

M 4x: Sam Stitt, Vesper

MLt 4x: Bjorn Larsen, Andy Liverman, Evan Price, Penn AC; Shane Madden, Malta

MLt 4-: Tom Paradiso, College BC

MLt 8: Jon D'Alba, Undine

M 2-: Dan Beery, Penn AC

M 2+: Vince Puma, Pat Godfrey, Ted Farwell, Penn AC

M 4-: Josh Inman, Vesper; Matt Schnobrich, Penn AC
 M 4+: Chris Callaghan, Vesper
 M 8: Marcus McElhenney, Temple; Steve Coppola, Vesper
 Adaptive 2x: Scott Brown, PRPD
 Adaptive 4+: Jennifer Klapper, PRPD; **Ryan Pawling**, La Salle HS/Fairmount RA

We're planning a special recognition of Karin Tetlow, 71, and Judy Kaplow, 68, for their performance at the Hutchinson Cup. Both women rowed three 3-mile races and a 250-meter dash, all in the same day.

We've selected Malta's Fred Duling and Rick Stehlik as our first ever Masters Athletes of the Year. The duo won gold medals in both the D (age 50 to 54) and E (55 to 59) doubles races at the FISA World Masters Regatta in Princeton this summer. Fred and Rick won bronze medals at the World Rowing Championships in 1977. 30 years later still going strong. Oh, and Rick had both hips replaced two years ago.

The food is always great at our banquet and Chef's Market will be back again this year to cater. The theme will be "A Taste of Italy". We'll have an antipasto bar with Italian cheeses, grilled vegetables, cold cuts, cold marinated seafood, marinated mozzarella balls, bruschetta and more. The buffet table will include germilli pescatore with shrimp, scallops and mussels, penne pasta with artichokes, spinach and mushrooms in creamy pesto sauce, boneless slow roasted rosemary pork loin, and assorted sautéed mixed greens, escarole, broccoli rabe and green beans. And dessert!

Reservations are required. The deadline is Wednesday, March 14. Download and print the reservation form and mail it with your check to the address on the form. Cocktails at 6:00 pm, dinner at 7:00 pm. Tickets are \$50 per person, \$30 per person under age 30. Dress is coat & tie.

The **Pulling for the Kids Ergathon** will be held on Saturday, **March 10**, in King of Prussia to benefit Children's Hospital of Philadelphia. Gather pledges and row as many erg miles as you want (or are able).

USRowing Night with the Sixers
 Philadelphia 76ers vs. Indiana Pacers
April 10th @ 7:00pm
 Wachovia Center

Watch the National Team Rowers shoot hoops (6:20pm); Honor the 2006 World Championships medalists during an on-court ceremony (6:50pm); Meet and Greet with the National Team rowers (halftime).

Special discounted tickets are available now to members and supporters of the rowing community. The first 100 tickets purchased will be eligible to win a replica 76ers jersey for every member of their boat! To purchase tickets use promo code: USR
<http://sdm3.com/viewmsg.cfm?n168s6228c0t6366>

Fran McElroy and Shirley Road Productions are planning a **one-hour documentary** about rowing in Philadelphia. Their goal is to "capture the visual poetry of the river and its environment, as well as the dynamism and drama of the athletic activities associated with rowing."

We've decided not to proceed with the **Philadelphia Cup**, a regatta I described in the last newsletter. We might try again some day, but not enough organizational support for running the regatta yet.

Sunday, Mondays, Thursdays, Fridays and Saturdays are **wakeless days**. With only two non-wakeless days remaining, we're considering making both Tuesday & Wednesday wakeless days in 2008.

