



The Fairmount Log



"The Boathouse Row Newsletter of Record"

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www.fairmountrowing.org/thelog.html

Masters Nationals

By Jack Sholl



Dietrich Rose and I rowed in the same 75 year old eight at the nationals. Dietrich stroked the boat and I rowed #2. We got a gold medal. I received 3 gold and one silver medal and I believe Dietrich got 3 gold medals also.

I was in an 80 year old double (gold), a 75 year old quad (gold), Dietrich's 75 year old eight (gold), a 75 year old straight four (silver), and a Parent/Child double (we averaged 65). The P/C double event had heats and only one medal as awarded, unlike all of the other events. My son, Jack, and I beat two there younger crews, but no cigar. Our consolation is that we were together on the water in a crew race and the best of class at average age 65. The rest is insignificant.

Next years Masters Nationals is in Camden.

Car flies into Schuylkill near Boathouse Row

by Sam Wood and Dorothy Brown, Philadelphia Inquirer, Aug. 8



Philadelphia Police officers retrieve a car that went into the Schuylkill at Kelly Drive near Boathouse Row early Aug. 8. (Laurence Kesterson, Philadelphia Inquirer)

A speeding car careered off Kelly Drive and plunged into the Schuylkill River at the height of the rush hour this morning as rowers and runners looked on in horror.

The car, a 2000 Buick LeSabre, sailed nearly 30 feet from the embankment before plummeting into the waters.

"It was just like a Charles Bronson movie," said Bill Ban, a rower who was finishing up his morning routine at 8 a.m. just north of Boathouse Row.

"I heard squealing tires, then boom! Saw the car flying off into the river," Ban said. "It was very dramatic."

The car floated briefly.

The driver struggled with a passenger-side door and - while still talking on his cell phone - escaped.

A jogger jumped into the river and rescued the driver by dragging him to shore. The man couldn't swim, said the jogger, who declined to be identified.

A bicyclist in plaid shorts helped pull the driver out of the water.

"The first words out of his mouth were 'I was off to court to get a bench warrant lifted,' " the jogger said.

The Buick bobbed several times, then sank to the river's muddy bottom. The jogger and bicyclist left as police arrived.

Officers slapped cuffs on the dripping driver minutes later. One officer at the scene said the man was wanted on a drug warrant. Police did not immediately identify the driver.

Though Ban and his rowing partner Erica Sollberger were shaken up by the incident, not all witnesses to the drama seemed terribly concerned.

"There was a fellow with white hair out for his morning walk. It happened right in front of him," Ban said. "He just continued walking. He refused to be fazed by it."

Technique Tips from Michelle Guerette

by Sarah Bowen Shea, International Herald Tribune, May 22, 2008

UNLIKE the teammates who power a quad or an eight-boat and rely on one another for rhythm and timing, a single sculler has no other rower to look to. He or she is a solitary person in a narrow shell of a boat no more than 12 inches across at its widest point.

Michelle Guerette, a two-time World Championships bronze medalist in the single, often feels alone in another way: she has no one to follow in her quest for an Olympic gold medal. No American woman has ever won a gold medal in the single scull event at the World Championships or the Olympics, and no American single sculler, male or female, has won an Olympic medal of any kind since 1988.

Despite the lack of medals at the elite level, on the recreational and collegiate level the sport is growing at a rate of about 10 percent a year, said Karen Solem Derringer, the publisher of *The Rowers' Almanac*. Derringer estimated that there are 250,000 master, collegiate, junior and recreational rowers in the United States, up from 177,500 in 2004, when the publication completed its first survey. About 60 percent of rowers are scullers, she said.

Guerette, 27, joined the varsity women's rowing team at Harvard as a freshman after impressing Liz O'Leary, the head coach of women's heavyweight crew, with her strength on a rowing machine. She had never rowed before, but she was well suited for the sport, being tall (5-foot-11) with exceptionally long limbs.

"She looks like a bird with very long wings when she's holding the oars," said her coach, Charley Butt, who also coaches the men's varsity lightweight rowing squad at Harvard. Come August, she hopes to represent the United States in the 2,000-meter single women's scull at the Olympic Summer Games in Beijing.

During Guerette's ascent in the ranks of elite rowing, she has learned a few lessons that could also benefit recreational and collegiate rowers. One is that you should never stop working on technique. "There are principles in rowing that are universally correct," Guerette said.

The Catch

While a rowing stroke looks fluid, it is made up of four sequential elements: the catch, the drive, the finish and the recovery.

The catch is the point at which the legs are compressed and the blade enters the water. The motion needs to be smooth and relaxed, not necessarily quick, Butt explained. The boat is accelerated forward on the drive, when the rower pushes against the oar handles by applying pressure with the leg and back muscles.

The finish involves maintaining that pressure while drawing in the arms, then releasing the blade smoothly and cleanly from the water. With the blade out of the water, the sculler then compresses the body and prepares to take another stroke. This is called the recovery.

At the catch, a sculler has to "really think about leaving everything else still except the legs," Guerette said. The idea is to straighten your legs smoothly without throwing your weight around or thrusting with your upper body.

For rowers who want to improve their catch, it helps to think of the start of the stroke as Guerette does. "It's like standing on this little patch of water that's caught in front of your blade," she said. "You are planting the blade in one place, and pushing everything past that place."

The Daily Drills

Of her two or three daily sculling sessions, one is almost always focused on drills to hone technique. "There's not one secret drill that will make you fast," she said. She practices a wide variety.

If your catch needs work, both Guerette and Butt suggested practicing putting your blades in and out of the water while sitting in the catch position at full compression (legs bent, chest nearly touching thighs,

arms extended). Guerette recommended doing this drill in shallow water, since there's a chance you could fall into the drink. Catch 10 to 20 times without taking a stroke, then do it 10 more times taking a shortened stroke.

Another potential go-for-a-swim drill that Guerette does often is rowing with her feet out of the boat's shoes, which are bolted onto footboards. This three- to five-minute drill helps you learn to push with your feet and accelerate the handles throughout the stroke. With your feet unanchored, if you don't apply continuous pressure, you could fall toward the back of the boat.

"Having your feet out forces you to feel the boat under you," Guerette said.

While training in New Zealand after winning the bronze in the 2005 World Championships, Guerette picked up an old-fashioned drill that involves attaching a bungee cord to one gunwale, running it underwater and securing it to the other gunwale. The bungee creates drag, slowing the boat. Butt explained the purpose: "You can feel everything better — how the stroke is unfolding. If you're hurried, it just doesn't feel right."

For the bungee drill, Guerette suggested doing 20 strokes at firm pressure at a rate of 18 strokes a minute. Row hard for one minute, then paddle easy for two to three minutes, and repeat this sequence two to five times.

Once you take the bungee off, Guerette said, "you feel very springy and light," helping you accelerate the boat.

Roll the Videotape

To improve technique, Guerette suggests you recruit a friend to videotape you. While on the water, first row at a steady state at a low stroke rate — 16 to 18 strokes a minute. After this segment has been documented,

have the friend capture you rowing at an increased stroke rate.

While watching the steady-state segment of the video, look for where you might be lagging, stalling or rushing your stroke, Guerette said. As you watch yourself rowing at a higher cadence, see what parts of your technique stay with you.

Check to see if you are rushing your recovery as you head up to the catch. Look at whether your legs and hips seem to be pushing the handles (a good thing), or if are they pushing away from the handles. Focus on your puddles — the aggressive swirling caused by your oar blade leaving the water — and notice how much distance is between each set of puddles. The farther apart they are, the farther the boat is going to go with each stroke.

Guerette also recommended watching World Championship races on YouTube. "Videotape is a very simple but powerful tool," she said.

Off the Water

In addition to all the hours on the water and thrice-weekly weight sessions, Guerette spends 20 minutes a day on her abdominal and back muscles. She includes core-strengthening moves from Pilates and yoga, as well as more-traditional exercises. "It's a mix, basically to keep everything strong and keep from getting injured," Ms. Guerette said.

One exercise she finds very useful for strengthening the lower abdominals, crucial for maintaining good balance, are situps done on a pliable stability ball. Position the ball just under the small of your back, and take care that "your neck and shoulders are relaxed and that you're really just contracting your lower abdominals."

Stability ball exercises are also good for sore or injured backs, a common rowing ailment, though exercise physiologists advise

proceeding with caution after an injury. "A strong core keeps the body stable in the boat," Butt said. Also, he said, if your back feels vulnerable, "then reach more with your hips" when you go up to the catch.

Guerette typically has one day off per week and an afternoon or two. About once a week, she likes to clear her head with an hourlong steady run. One of her favorite routes starts near her apartment in Cambridge, crosses the Massachusetts Avenue Bridge, then continues down Beacon Street in Boston into the heart of downtown. "Athletes don't go out on Friday nights, but this way I can feel part of the action," she said with a laugh. "You push yourself very hard so it's fun to play."

Mix It Up

"There's this saying that 'Miles make champions,'" Michelle Guerette said. So she spends up to five hours a day on the water, doing a variety of workouts. Mix these pieces into your own sculling training:

BUILDING BLOCKS A base training session "addresses fitness, feeling and rhythm," Charley Butt said. As with a runner, he said, what matters is "how a rower gets in the miles." He advised rowing for 25 minutes at 75 percent of full pressure at a stroke rate of 16 to 20. Then, he said, paddle for 5 to 10 minutes and repeat. Maintaining a low stroke rate allows you to concentrate on technique.

HOLD THAT BREATH An anaerobic threshold workout helps Guerette become more aerobically efficient for her 2,000-meter races. She'll be doing them about once a week until the Olympic Games draw near. This workout consists of three 15-minute pieces with at least 5 to 10 minutes of rest in between. For each segment, start at a stroke rate of 20. During the 15 minutes, gradually build the pressure and stroke rate. You should be rowing 30 strokes a minute at full pressure for the last minute.

ALMOST LIKE RACE DAY A race-pace workout is a "sharpening exercise," Butt said. You want to pull full pressure at the stroke rate you intend to hit during a race — typically 30 to 34 strokes a minute in a 2,000-meter sculling event. But for the workout, go only half the race distance. For example, when training for a 2,000-meter race, do 1,000 meters four times, paddling between each piece for as long as you exerted yourself. "Race-intensity pieces hurt the most," said Guerette, but since she and her national teammates don't do race-pace workouts very often, she looks forward to them.

Fairmount Foto Fun



This has nothing to do with Fairmount, but is definitely the best "coxswain victory toss" photo ever. (Philadelphia Inquirer)

Letters to the Editor

Greetings Fairmounters,

It has been a long time since I was in touch. My apologies for that. It has been a busy year since I left Philly. I'm now half-way through my MBA at Stanford. The second year starts mid September and I'll be finished in June '09. It has been tough going... They cram a lot of information into each course, and the professors have high expectations of students. However, I am doing well on the academic front and managing to enjoy the Californian sunshine too.

I spent the summer working for a biotech/cleantech start-up in South San Francisco called Solazyme. They are developing technology to grow algae and produce biofuels from them. If it works out, I'll see if we can do a similar thing with Schuylkill weeds! (I'm sure they are catching blades at this time of the year). They want me to come back and work for them full time after I finish my degree, which I am considering.

Life in the Bay Area is good. Definitely can't beat the weather - at least down the Peninsula in Palo Alto where we live. The city (SF) lives up to Mark Twain's jibe - "The coldest winter I ever spent was a summer in San Francisco". Unfortunately, it is not a strong rowing area. Marin RA is too far away. Where the Stanford crew row is not the best water. So I've been missing my work outs, which allied to Stephanie's pie-baking abilities, means I'm in no shape for Wye Island. I have been biking a good bit. Lots of hills here, which makes for some tough rides. I do miss the Schuylkill a great deal though, especially No.2 Boathouse Row. (You can't get a scrapple breakfast or a cheese-steak around here either).

Stephanie is well and enjoying her job. She works at the business school at Stanford in the Career Management Center (handy for me). We've also discovered the joys of California wine country and have visited wineries in Napa, Sonoma, Livermore and the Santa Cruz mountains. We're off on vacation next week to drive down to San Diego, stopping off along the way at various points. Figured it would be a good chance to see the Golden Bear state.

We will be visiting Stephanie's family in NJ in two weeks and I hope to get to FRA for a row on Saturday morning (13th Sept). We will also be there for Thanksgiving, so I'll try and catch up with you all then.

Best regards,
Kieran Furlong
 Aug. 28

Subject: Update XXII

Greetings from the land of Ali Baba and Babylon,

Ali Baba is on my mind more than Babylon recently due to all the bs going on around here, but more about that later. It was a pretty good week as weeks go around here. Turns out the little snafu with the general last week was, as I suspected, my bosses fault. He went to LSU so I've nicknamed the Bayou Bungle. Only you football fans will get that one. Turns out that it was mentioned THE NIGHT BEFORE in a teleconference that the general was landing at Warrior and not K-1. Oops, there goes that promotion. Monday, for some reason that defies logic (like many things in the army) I was selected for MRAP training. For all you civilians out there, MRAP stands for "mine resistant ambush preventative."

To be honest, I didn't know what it stood for either. But now I'm a qualified driver. It is basically a large (19 ton) wheeled armored personnel carrier. It has a huge Detroit diesel (did you get that Dennis?) engine and gets 1-2 miles per gallon. It also has a gunner's turret on top replete with the very popular .50 cal. machine gun. It has lots of room in the back and is infinitely more comfortable than the HMWWV and is safer, due largely to a v-shaped hull that deflects blasts from underneath. It is also air conditioned. All this for a price tag of only \$500,000. It was fun to drive. Reminded me a little bit of driving my RV- without the cold beer in the refrigerator. We are supposed to get these vehicles but I suspect it will be after we leave. It was a very pleasant way to spend the afternoon. Now if I can remember which is the oil dipstick and the transmission fluid dipstick.... Later in the day I had an audience with our CSM. Apparently my boss complained to him about my "negativity." (Go figure!) I guess he wasn't feeling up to addressing the issue himself. And besides,

everything is so peachy keen around here. I guess it must be me.

We had the weekly staff meeting on Wednesday. In an effort to be positive I mentioned a couple of Iraqi officers who were working very hard on the biometric project and trying to transmit the data electronically to Baghdad. This apparently caught everyone of guard. Reeves asked me if I was feeling OK and the general handed out pastries to everyone to celebrate. Verry funny. I did close by saying that the jail was in better shape than some of the barracks I've seen and if this problem persists, the jail might become very crowded.

Spent a good part of the remainder of the week supervising the pay process and trying to track everything and figure out how much the chief Ali Baba is stealing. When I mentioned this to Reeves, he blew a gasket. It's like he doesn't want me to do this and I can't figure out why. My roommate thinks it is because then HE might have to do something. They really have this down to a science. It is a big shell game and it's true, the hand is quicker than the eye. The Training Center HQ has been without electricity for a good part of the week, which meant that yours truly spent many happy hours supervising pay sweating my ass off as the temperatures are now consistently reaching the 120 degree mark. This got me somewhat irritated so I went to the base engineer to find out what was going on, I was told that there was a fuel shortage. The irony of a fuel shortage right next door to one of the biggest oil fields in Iraq didn't escape me. As I have previously reported, we had our own generators installed that serve our compound. Before we were on the base power grid and supplying more fuel than we used. In addition the Garrison Support Unit, which is the "landlord," had power while the Training Center HQ, which is the biggest "tenant" on the post had none. The TC is about 5 times bigger than the GSU, but the generals don't get along and I think the GSU is trying to squeeze more money out of the TC, or maybe just the

money that they are supposed to get but is going to various Ali Babas. I'm also told by our people that are monitoring fuel that there should be more than enough but we know that fuel is being stolen. Andy, has anything changed?

Friday we caught a break when we didn't have a convoy. This resulted in a true day off and I took full advantage. Did my morning report the night before so I could sleep in, for starters. Only left the building once and that was to go to lunch. The bad part of that is when you do go out the heat really hammers you. Yesterday I couldn't get a terp, so that made for a short day. Got my favorite terp today though. We had pay in the morning and went on bike patrol after lunch. Found an empty water tank where there were about 300 soldiers training. When I went to the CSM to find out what was going on, he said they were having trouble getting water from wherever it comes from. I heard one of the 10th Mountain guys who live in a different building in our compound say they were having problems also. So far we haven't experienced any water problems here. You can get a nice hot shower without turning on the hot water. Solar power has a huge future in Iraq.

We didn't get a real break on that cancelled convoy. We have to go to Warrior tomorrow. This will be my first convoy since the bombing in Kirkuk last week. It was a Kurd vs. Turkomen affair. The Kurds were rallying to protest a proposal in the Iraqi parliament that the Kirkuk council be made up evenly between Kurds, Arabs and Turkomen, even though Kirkuk is predominately Kurdish. The Kurds feel they are being treated unfairly, etc. etc. At any rate it doesn't directly concern us. We just have to stay out of the crossfire. There was also a bombing at an Iraqi army recruiting center on a base somewhere. We have a similar situation, where the center is on our base, so we went out this afternoon to have a look at the Iraqi security measures which are often an oxymoron. But it looked pretty

good. I just don't know how good they are at figuring out who the suicide bomber is. Kind of like playing "Where's Waldo?" Fortunately, we rarely go out there, although we probably should. There are reports of recruits being "shaken down" to be allowed on post. These Iraqis are incredibly resourceful when it comes to graft and corruption. But there I go being negative again.

Well, it's getting late and I'm sure you've heard more than enough. Until next time....

MSG CURTIS J. KAUFMANN
SENIOR ENLISTED ADVISOR
8/03/08

Subject : UPDATE XXIII

Greetings,

Sorry I'm a couple of days late in my latest transmission. My last few evenings have been spent "entertaining" some out of town guests. The Sergeant Major of the Iraqi Army is visiting here with his coalition advisor, a certain SGM James Kelly from Jamaica Plains, Boston, USA. It has been interesting, to say the least. The Iraqi SGM is the highest ranking NCO in the army. He is from Iraqi Ground Forces Command, which Kelly tells me is the equivalent of the Pentagon, never mind that our Pentagon includes all branches of the military, but you get the idea. Our CSM has been at a conference and our First Sergeant is not an entertainer so the task of entertaining fell to me, a task for which I feel at least moderately qualified. SGM could "talk the hind legs off donkey," as Ginny would say, and is a real character. The best thing about this visit is that it is the first one that visitors were interested in hearing about problems. I'm sure that at least part of the reason for this is that we're dealing with NCOs here and not generals and other high ranking officers, who tend to tell each other how wonderful everything is. I have reported on this problem in previous missives. Needless

to say, they got an earful here. They are spending a week here and spend each day with a different unit on the base. The first day was spent with us and the night before we went out for a bike ride, where I had the opportunity to show SGM Kelly some of my "favorite things," the water tanks with no lids, the \$4.6 million range that will be destroyed in less than a year, the obstacle course with the untreated wood that is less than two months old and already is suffering from splitting wood, and my personal favorite, the barracks inspection. The next day we went out with the Training Center CSM, the same guy we have been working on to get off of his ass and act like a real CSM. By some strange coincidence we visited the very same places that we toured the night before. The Training Center CSM was asked more than a few uncomfortable questions. The day concluded with a sergeants' meeting in a building which had no power and therefore no air conditioning, another one of my pet peeves. This brought on questions about why this happens, etc etc. We were in this meeting for almost 2 hrs and I thought I was going to pass out a couple of times. It was a very difficult combination of heat and body odor, and the body odor was not mine. It is a very distinctive odor and is so pervasive that when you walk by an occupied barracks, depending on which way the wind is blowing, you can smell it from some distance away. The SGM's didn't get as far as the latrines during the barracks inspection, but they got the idea. The sergeant's meeting included such topics of discussion as pay, lack of promotions, etc. Apparently no one has been promoted here in three years. I told the Iraqi SGM that I didn't know how much he was being paid, but whatever it was, it wasn't enough. He seems like a good guy and very capable and he's only 38 years old, but the man has his work cut out for him. SGM Kelly was stunned to hear about how much various projects have cost here and has promised to review the contracts. I can hardly wait for that.

Backing up a little bit to other newsworthy events, I finished the pay ordeal last week and am now trying to "balance the books." This includes such fun tasks as going through over 2,100 entries and totaling up how much money was taken out for food, etc. They very because they are charged per day and have been here for various lengths of time. It is the only way I can come up with to track this and try to get some hard evidence against the chief Ali Baba, who is due back from vacation any day now. It has been remarkable how more pleasant it has been around here without him. He really runs the place, despite the presence of the general, whom I am guessing is "in his hip pocket."

We continue to have a "fuel problem," which is the excuse for lack of power. I went to see the base engineer about this because the Training Center HQ wasn't getting power until noon each day. When you figure that the two hour lunch begins at noon and the work day ends at 3:00 at the latest, there wasn't a whole lot getting done. I told the engineer that if I was the general, I'd have everyone come in at noon and not break for lunch. This problem seems to have been solved at least temporarily when the engineer showed up at pay and demanded his share of money for the running of the base, which of course comes out of the soldiers' pay, but is added into their pay by the Ministry of Defense. Because there is no central banking system, electronic transfer of funds, etc, this is how MoD moves money around. I can tell you from personal experience that those big sacks of cash are heavy. I was part of the "armored car detail" the other day which consisted of a guy with an AK47 and me with my 9mm pistol riding in the back of a pick-up truck with sacks of cash. I'd have brought my rifle if I had known. But it was a short ride and all on post.

I had another interesting experience the other day in the CSM's office. I met a soldier who was coming back into the army after having left for some unspecified

reason. He was attempting to enlist the CSM's help in obtaining death benefits for his son's family. His son was also in the army and had been decapitated by terrorists for his efforts. The paper work had been sent to MoD, where of course it disappeared into the "black hole," much like promotions, pay problems, and anything else that gets sent there. I asked SGM Kelly if we had advisors working there. When he answered in the affirmative, I asked him what they did there. He said he didn't know. As I previously reported, these are the kinds of problems that occur when you try and build an army from the bottom up.

We also had a road march last week. It went about half way around the perimeter of the post, which put is in the proximity of the wild dogs. Because only Americans were "properly armed" we were on the point and flanks in case the dogs decided we were breakfast. They must have already eaten. I was out with the SGM Kelly on the bikes again last night (when I finally got my weekly flat tire) when we had a dog incident. I had warned him that there might be a problem. We had one approach us in a hostile manner, but when we pointed our weapons at him he decided that discretion was the better part of valor and "tactically retreated.'

On the plus side yesterday was the first time I've been on a convoy in over a week, although it looks like I might get caught up this week. More importantly, as I write this I have 91 days left. Until next time...

MSG CURTIS J. KAUFMANN
SENIOR ENLISTED ADVISOR
Aug. 12

Subject : Update XXIV

Greetings again from the bottomless pit that swallows up American dollars,

It's been another great week in the land of sun and fun. SGM Kelly left last Thursday

and enjoyed his visit immensely, as did I. Our last bike ride was punctuated by gunfire as the SGM apparently was feeling threatened and "felt the need." I think I might have thrown his aim off a little when I told him that we would have to clean up the carcass, should we have one. That's the rule. Seeing as we are technically guests here, we are expected to clean up after ourselves. Fair enough. We also discovered on our ride that there is a "doggy door" in the perimeter fence near the guard tower at the main gate. I'm sure it is for dogs only and no bad guys are allowed. I reported it to our first sergeant who is our advisor on security related matters. Haven't been back to see if anything has been done, but I think I know the answer to that one. It looks like I'll have plenty of time for such activities in light of recent developments. But more about that later. Friday I drew a bye on the convoy. I think this was my reward for all of the heavy entertaining I did while SGM Kelly was here. It was tough duty. Anyway, a day off is a rarity around here although I don't think anyone is going to keel over from work induced exhaustion. It's nice and quiet with few people around and a good opportunity for doing laundry, watching some of the Olympics, napping etc, and I made the most of it. In the midst of my number crunching, I discovered a discrepancy of a mere 20+ million dinars, so while watching some of the Games, I had to cross check over 2100 entries in my pay roster vs. their pay roster. The discrepancy was eventually resolved with no apparent criminal activity involved. The next step involved was to get a copy of a receipt for the cash given to the "chief thief" who buys the food. I also wanted additional paperwork clarifying how much money was given to the base engineer for maintenance. Each unit on post has a different policy and everytime you ask someone, you get a different answer so I requested something in writing that I could consider "official." When I went to see the Iraqi LTC today to get the paperwork he told me that the commander, a general, had refused my request because "it was none of my business," which is technically true

because it isn't our money, and if they want to steal from their own soldiers, why should we care? He didn't say that, but that was my take. So I went to see the general and basically got the same answer. My terp was amazed, as was I. But I figured you can't fight city hall and if the top dog doesn't give a damn, it's pretty much of a dead end. So I figured I'd go to the RTC staff meeting, speak my mind and never darken the door of RTC HQ again. Apparently, my boss, the revered LTC Reeves, found about my visit to see the general and stopped by to ask me how my day went. When I told him about it he basically gave me a hard time about being disrespectful, etc. The conversation ended when I told him not to let the door hit him in the ass after he ordered me not to attend the staff meeting on Wednesday. If we weren't in the Army, I believe I would have knocked him out. So, in effect, I have become persona non grata and will have to find something else to do to finish out my time here. When I asked Reeves if he thought anything had improved since we've been here, his answer was that "the quality of the food has improved." Pretty good for having spent \$100 million. To top off the day, we went to a sergeant's meeting at 15:00. My roommate went over to the terps' building to get us a terp. Everyone complained that they had just got back, had things to do, etc. So we ended up going "terpless." Fortunately one of the staff sergeant majors at the meeting spoke some English and acted as our terp and wasn't half bad. Along with "military intelligence, "jumbo shrimp" and few others, "Iraqi work ethic" has to be one of the best oxymorons ever coined. I had excused my terp because he does a lot of afternoons (13-14:00) with me, usually on a bicycle, and I thought my roommate had someone lined up. I told the first sergeant about this and I suspect they will receive an "attitude adjustment" tomorrow. I offered to do it. I'm definitely in the mood, but my offer was declined. The only thing left for me to do is to enlist the aid of SGM Kelly, which I've already done. The hard part will be finding someone

honest to conduct the investigation. Excuse me if I have serious doubts about this.

As you can see, the beat goes on. I guess I could hide in my room for the next 84 days. I have plenty of books, my guitar, and the million meter mark on the erg is within reach, but I need something else to do. I'm sure an opportunity will present itself. Hopefully by next week I can tell you what it is. Until then...

MSG CURTIS J. KAUFMANN
SENIOR ENLISTED ADVISOR
KIRKUK K-1 RTC
Aug. 18

Subject: UPDATE XXV

Greetings from the land of the eternal hot shower,

You may recall from my last epistle that I was persona non grata and was looking for something to do to while away my remaining time here, which stands at 76 days as I write this. Unfortunately, I haven't found a "regular job," but have managed to stay busy. For example, today we had our latest in a long line of VIP visits and I was tasked with arranging transportation for the "dog and pony show" once the guests arrived. The guests included a British general and his aide, a captain, then there were a couple high ranking Iraqi generals, one three star and of course the usual entourage of public affairs people, terps etc. All I had to do was arrange with my favorite general for four vehicles, drivers, and a six person PSD (personal security detail). This was the same general who told me it was "none of my business" where his money was going. I think this must of been Reeves' idea of some kind of punishment for me, but the general was very cooperative and my arrangements went smoothly. Of course there was the obligatory "feast" at the RTC mess hall, which I must say was all "dolled up" for the occasion. I think they might have even cleaned the place. I ended up sitting

next to my favorite general but conversation was very limited. I have no idea what the Brit was doing here, or any of them really. They landed at Warrior around 10:00 and left at 14:00. I swear that people come here just to get out of Baghdad and because they know we'll come and pick them up so they can say they were in a convoy. I was not on convoy duty today, either trip. I have suggested that we tell perspective guests that they must get to K-1 under their own power, or, sorry, just stay home. But no one listens to me. They drive around, look at the stuff that we paid way too much money for, have a nice lunch, and leave. Meanwhile we've spent the whole day ferrying people around. We had an Australian female major here for a few days. She left yesterday, by means of another convoy. I have no idea what she was doing here, and she didn't get the usual VIP treatment. At the risk of sounding like a MCP, I can tell you this is no place for females, "western" or otherwise. Hell, this is no place for anyone. For some reason I think that K-1 is considered some sort of "show piece" of Iraqi army training. That is a pretty frightening thought. I'm still trying to figure out where over \$100 million dollars went that was supposedly spent here and there is talk of more money being spent on new barracks for additional units that will call K-1 home. Speaking of "where the money went," the chief thief's son got married yesterday. I won't say his son works here, but he is on the payroll. I got a list of 10 people from the CSM (Iraqi) the other day that show up to get paid but are on "special assignment" and only show up to get paid. In the CSM's opinion, they should be dropped from the pay roll. This came as a major surprise to me, to see a senior NCO "diming out" senior officers. Unfortunately, there is nothing I, as a persona non grata, can do about it. I'm trying to talk my roommate into talking to Reeves about it, but I know where that will lead. Can't go to the general or the chief thief because their cronies are on the list. Anyway, getting back to the wedding, it occurred to me that the reception, which was quite lavish by Iraqi standards, was probably a "gift" from K-1. I

saw my fellow persona non grata Iraqi officer friend a couple of days ago. He's the one who got beat up by the trainees and HE got in trouble. He was with another officer whom I happen to like. I asked them if they were going to the wedding and they replied in the negative, saying that if they partook of the wedding feast, they might "meet the prophet Mohammed." I don't know if they were joking or not, but I saw one of them at the "feast" today and he didn't go. In fact, I don't think my friend the general went. Can't figure that one out except that the chief thief is an Arab and the general is a Kurd, but they are certainly in cahoots in the thievery department. While on the subject of ethnic differences, I heard a rumor from a couple of sources that both my general and the general from the "landlord" unit, also a Kurd, are both being replaced, with Arabs, and the chief thief is slated to take over as the new "landlord unit" commander. This supposedly stems from the ethnic strife occurring in Kirkuk. This has been in the international news and there was another suicide bombing yesterday. Kirkuk is a "volatile" mix of Kurds, Arabs, and Turkmen, with Kurds being the largest ethnic group. After the previous suicide bombing and ensuing riot, troops were sent from K-1 but were not permitted to actually enter the city because they are regarded as an essentially "Kurdish force." Replacing the commanders with Arabs is somehow supposed to alleviate this problem. I might be missing something here, but it appears to me that all this is going to do is piss off the LARGEST ethnic group in Kirkuk. There is no question in my mind that both commanders should be replaced, but for different reasons. It would be a good start to clean house and let some new thieves come in and make their fortunes. One of the Iraqis told me the other day that under Saddam, there was some kind of a government spy here to make sure that the stealing was kept down to acceptable levels, soldiers weren't abused, etc. If someone ran afoul of the rules they simply disappeared. I guess we are dealing with the results of the end of that system. Too bad he's gone. The answer to

this whole thing might have been to apologize, give him .a bunch of money and "reinstall" him. Too late now.

The other amusing thing that is starting now is the "end of the rotation paperwork blizzard." There are all kinds of evaluations to be written and, my favorite, awards and commendations to be applied for. The big one here is a CAB, which is the "Combat Action Badge." Apparently, if you were close enough to where a rocket or mortar round landed, you are eligible. As you know, we have been around for such events. The big one was when we were at Warrior and a round landed about 100 meters from the tent city where we were staying. Apparently 100 meters was close enough to qualify. At the time I was on the other side of the base, blissfully unaware of the "imminent danger" my comrades were facing. There were other people with me who felt that they were in imminent danger themselves and have put themselves in for this award. If they give out an award for simply being here and consuming oxygen, I'll put in for that one. Or maybe one for beating your head against a wall for nine months. I believe I'm eligible for that one as well. I think there are a couple that you get for simply being here. If I don't have to fill out any paper work, I'll take them. It's not like I need them for promotion or anything. For all of my rowing friends and acquaintances, it reminds me of getting a medal for a rowover.

Well, I think I've rambled on for long enough. I hope I have better news next time. I know there will be at least one piece of good news- I'll be that much closer to going home. Until then....

MSG CURTIS J. KAUFMANN
SENIOR ENLISTED ADVISOR
KIRKUK K-1 RTC
Aug. 26

Racing Results

Quaker City Masters Regatta

Aug. 2

Men's A-C 1x AA/A

Bill Senst Norwalk River RA	4:03.42
Martin Hayes Fairmount RA	4:07.32
Dan McGuinn Penn AC	4:11.87
William Beiner Capital RC	4:20.06
Frederik Heger Three Rivers RA	4:25.41
Taiju Amano Passaic River RA	4:44.19

Women's A-C 1x A/B

Teresa Bell Fairmount	4:27.41	4:33.01
Jennifer Harper Virginia	4:48.25	4:51.85
S. Hedges Norwalk River	4:51.52	4:53.12
F. Amati Three Rivee	5:03.36	5:08.96
F. Rotzko Cooper River	5:16.84	5:17.74

Men's D-H 8+ D/E/F

Fairmount Steve Jonik	2:55.77	3:16.27
University BC	3:01.15	3:24.25
Hawk Hill RC	3:07.00	3:21.60
Prince William RC	3:15.58	3:28.08
Three Rivers RA	3:25.11	3:35.71
Rutgers Camden	3:38.05	3:46.85

Men's D-H 1x D

Alex Cook University BC	4:00.25
Brian Colgan Vesper BC	4:15.45
Vincent Reynolds Unaffiliated	4:23.87
Gavin Kerr Whitmarsh BC	4:28.78
Robert Lippa Fairmount RA	4:52.78
Fred Mraz Wilmington RC	4:53.23

Men's Rec 1X

David Dowd Nereid BC	5:00.99
Bill Hudome Fairmount RA	5:02.29
Bill Russell Norwalk River RA	5:39.65
Peter Oudheusden Unaffiliated	5:48.12

Men's Lwt. A-H 1x E/F

Ed Ryan Potomac	4:02.06	4:21.66
Stephen Jonik Fairmount	4:07.20	4:31.20
David Kacala Undine	4:17.22	4:47.82

Mixed A-H 4x A/B

Fairmount/Vesper Biller	3:40.38	3:42.78
Upper Merion BC B	3:50.25	3:53.65
Norwalk River RA	3:51.00	3:51.20
Passaic River RA	3:55.00	3:58.40

Mixed D-H 2x F/G

Fairmount Red Sargent	4:04.36	4:37.26
Vesper BC B	4:11.90	4:39.90
PRPD	4:16.87	4:48.07
Swan Creek RC	4:17.84	4:47.44

Men's D-H 4x E/F/G

Fairmount B Steve Jonik	3:14.78	3:40.68
University BC A	3:20.74	3:52.74
NHRC/Norwalk Leander	3:20.83	3:31.43
University BC B	3:30.80	3:46.50
Fairmount A Steve Malloy	3:50.16	4:08.16
Wilmington RC	4:04.75	4:25.25

Women's A-C 2x B

Vesper/Fairmount Karen Lewis	4:03.11
Albany RC	4:18.47
Bachelors BC	4:30.45
Avalon RC A	4:40.66

Women's D-H 2x E/F/G

Fairmount A. Hurwitz	3:52.08	4:12.88
PGRC	3:59.70	4:22.20
Albany RC A	4:03.67	4:21.87
Albany RC B	4:10.13	4:30.93
Vesper BC A	4:35.64	5:06.84
Avalon RC A	5:20.71	5:37.61

Men's D-H 2x D/E

Vesper BC B	3:36.13	3:50.73
Fairmount Jack Long	3:42.38	4:00.58
Penn AC	3:47.32	3:59.72
Undine BC B	4:02.54	4:18.24
Pelham Community RA	4:13.34	4:29.04

Men's A-C 4+ A/B

Fairmount Tom Toland	3:39.93	3:44.13
Three Rivers RA A	3:44.92	3:47.12
Baltimore RC	3:50.65	3:52.85
Whitmarsh BC	3:52.93	3:54.03
Hudson River RA	3:54.53	3:57.63
Three Rivers RA B	4:22.78	4:26.48

Men's A-C 2x C/D

Baltimore RC	3:16.08	3:27.48
Wilmington RC	3:23.80	3:32.40
Fairmount Greenwood	3:29.25	3:35.45
Pelham C	3:35.56	3:41.76
New Haven RC	3:42.89	3:51.49
Unaffiliated John Suter	4:01.26	4:06.76
Pelham B	4:09.11	4:16.11

Mixed A-H 8+ E

Vesper/Fairmount Steve Jonik	3:42.92
Whitmarsh BC A	4:03.09
Three Rivers RA B	4:15.81

Canadian Henley

Aug. 5-10, St. Catherines

JR MEN DOUBLE HEAT 3: 2 to Semi

Water Sports Center/Maritime B	7:15.19
Thames River Sculls/ USCGA A	7:17.60
Fairmount B	7:19.38
Union Boat Club C	7:21.82
Half Hollow Hills A	7:24.85
London Rowing Club A	7:25.46
Marina Aquatic Center B	7:54.66

HEAT 5

Niskayuna HS A	7:15.38
Saskatoon RC A	7:20.03
Newport Aquatic Center B	7:40.23
Capital Crew A	7:42.82
Fairmount D	7:52.84
West Side Rowing Club A	8:29.73
Shenendehowa Crew Club B	8:38.69

HEAT 10

Ridley Graduate Boat Club A	7:17.26
Gorge Rowing Centre A	7:20.27
Fairmount C	7:24.94
Ottawa Rowing Club B	7:47.80
Bachelors Barge Club B	7:58.70
Ottawa Rowing Club C	8:10.09

SEMI 2: 2 to Final

Essex Rowing Club B	6:56.12
Water Sports Center/Maritime A	6:58.67
Wyandotte Boat Club B	7:01.18
Gorge Rowing Centre A	7:07.48
Water Sports Center/Maritime B	7:08.20
Fairmount A	7:13.33
Syracuse Chargers RC A	7:41.81

SR MEN SINGLE SEMI 2: 2 to Final

St. Catharines Rowing Club A	7:19.71
GMS Rowing Center A	7:25.14
Penn A.C. E	7:28.71
Calgary Rowing Club A	7:30.84
Leander Boat Club A	7:32.14
Fairmount A	7:40.39

SR MEN PAIR SEMI 2: 3 to Final

Fedemex Rowing Club A	7:09.23
U. of Victoria Rowing A	7:13.39
Mendota Rowing Club C	7:16.44
Mendota Rowing Club B	7:22.48
Lafayette College Crew Club A	7:24.92
Fairmount A	7:28.71

JR WOM DOUBLE SEMI 2: 2 to Final

Calgary Rowing Club A	7:45.08
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Regina Rowing Club A	7:47.16
Fairmount A	7:53.11
Community Rowing A	7:56.82
Don Rowing Club A	8:00.79
Fairmount B	8:02.98
Marina Aquatic Center A	8:22.76

JR B MEN DOUBLE HEAT 9: 2 to Semi

Nanaimo Rowing Club B	7:56.99
Victoria City Rowing Club B	8:05.19
St. Catharines Rowing Club A	8:08.68
London Rowing Club A	8:24.16
Fairmount A	8:43.54
Leander Boat Club A	9:31.23

CHAMP MEN SINGLE HEAT 2: 2 to Final

GMS Rowing Center A	7:33.08
Penn A.C. A	7:34.99
Mobjack Rowing Association A	7:40.56
Penn A.C. F	7:40.62
Penn A.C. C	7:42.53
Fairmount A	7:48.27
U. of Victoria Rowing A	7:51.41
Riverside Boat Club A	7:53.53

JR WOM QUAD Final

Club d'Aviron de Boucherville	7:09.30
Vancouver Rowing Club	7:11.54
Vancouver Rowing Club	7:13.17
Fairmount	7:24.40
St. Catharines Rowing Club	7:25.06
Winnipeg Rowing Club	7:29.46

JR MEN EIGHT Final

Boston Rowing Club	5:52.92
Boston Rowing Club	6:01.32
Boston Rowing Club	6:07.27
Thompson Boat Center	6:10.53
St. Catharines Rowing Club	6:10.90
Fairmount	6:13.04

Masters Nationals

Long Beach, CA

Mens Hwt. F-J 8+ Final

Long Beach RA COMP (Age:60)	30:00.00	F
Marin RA (Age:62)	30:03:88	F
Long Beach RA COMP (Age:66)	30:14:44	G
Saugatuck RC (Age:63)	30:24:37	F
Compote RA COMP (Age:75)	30:46:69	I
Joe Peter (C), Dietrich Rose (8), Pim Goodbody, Dave Ehrhardt, Klaas TenBroeke, Bill Hawkey, Art Wright, Jack Sholl , Charles Logg (1)		

Mens Hwt. I8+ Final

Compote RA COMP (Age:75) 30:46:69

Mens Hwt. H 4X Final

Long Beach RA B (Age:70)	3:54:11
San Diego RC B (Age:70)	3:58:93
Compote RA COMP (Age:73)	4:18:42
Pim Goodbody (4), Steve Gurney, Charles Logg, Dietrich Rose (1)	
San Diego RC A (Age:76)	4:25:93

Mens Hwt. H 4-

Compote RA COMP (Age:76)	3:38:72
Dietrich Rose (4), Klaas TenBroeke, Bill Hawkey, Charles Logg (1)	

Mens Hwt. I 4- Final

Compote RA (Age:76)	4:06:84
Dietrich Rose (4), Klaas TenBroeke, Bill Hawkey, Charles Logg (1)	
San Diego RC (Age:76)	4:09:44

Mens Hwt. I 4+ Final

Compote RA COMP (Age:76)	4:44:72
Joe Peter (C), Bill Hawkey (4), Klaas TenBroeke, Dietrich Rose , Charles Logg (1)	

Mark Your Calendars

Upcoming Races

Oct. 5	Head of the Christina
Oct. 11	Navy Day Regatta
Oct. 25-26	Head of the Schuylkill

Fairmount LOGic

This just screams out for a **Caption Contest**. I think there are probably a lot of really funny captions one could attach to this. So send 'em in!



FRAgments

Ken Wilson and **Fred Gerland** were recently spotted rowing together in a double. The boat went very straight – Fred always “pulls” to the right and Ken always “pulls” to the left... There seems to be a growing trend towards “rehydrating” after practice with malt flavored “*Dieterade*” ... **Brian Perkins**, a Temple alum, has joined and has been rowing in a four. He has been bringing along some other old Temple guys lately... And a coxswain from Ohio State, **Suzanne**, has been spotted lately... Condolences to **Jack Long**, whose father Harry died on Aug. 26 at age 92.

Schuylkill Navy News

by Clete Graham

Commodore's Review Saturday, September 20

Turn Out The Fleet

Join us on Saturday, September 20, to help celebrate the Schuylkill Navy's 150th anniversary. From 9:00 am to noon, we will host a Commodore's Review to "turn out the fleet." Our goal is to get every boat from every club onto the water, rowing past the reviewing tents at the Sculpture Gardens just upstream of the Viking Statue. Schuylkill Navy officers, club presidents, and other dignitaries will be on hand to review the procession. The last Commodore's Review was held in the late 1950s.

Our goal, again, is to get every boat from every club onto the water. This includes club boats, private boats, and high school and college boats. Rowers may have to row more than one boat to get them all to pass in review. We encourage everyone to row in club or school uniform with club or school blades. We also invite the dragon boats, canoes, and kayaks to join our celebration.

Boats will row upriver on the west side, thru the Girard Avenue bridge, turn around by the Three Angels, and row back downstream thru the Girard Avenue bridge. Once thru the bridge, crews should steer to the east side (Kelly Drive) and pass close to the reviewing stands.

Boat traffic along Boathouse Row will be pretty busy, and we plan to have marshals on each dock and on the water. We ask each club to designate at least two dock marshals, one to control boats coming and going from the boathouse to the dock and another to control boats launching and returning.

The first crews should launch by 8:45 to get the review started by 9:00. We ask each club to schedule its own boats over the 3 hour period.

We invite each club president as well as the entire rowing community to join the Schuylkill Navy officers and other dignitaries at the reviewing tent.

In addition, between the Viking Statue and the reviewing tent at the Sculpture Gardens we will have another tent with boats set up for public display and ergs for the public to try. Coaches will be available to teach those interested in trying the ergs. Gold medals will be awarded to children and students who master the perfect stroke!

Cake Cutting and Boathouse Tours

At 1:00 pm, boathouse presidents will host a gigantic cake-cutting at the reviewing tents. Past Olympians and those rowing in this year's Beijing Olympics will be available to sign autographs. We hope you can join us for this historic 150th anniversary event. From 12 noon to 3:00 pm, guided tours of the boathouses will be available. This will be a rare opportunity for the public to take a peek inside our boathouses. We encourage each club to consider which areas of the club it wants to make available and how to make the visit a memorable one for visitors. Each

club will be responsible for its own tour guides.

There is a \$10 charge for adults and \$5 for students for the tour. Children may attend for free when accompanied by an adult. Wristbands can be purchased at one of our ticket tents at Pennsylvania Barge Club (#4) or by the Viking Statue. Tours are free to anyone who rows in the Commodore's Review; just pick up a wristband at one of the ticket tents.

Kelly Drive will be closed the day of the event to provide extra parking and a better, safer experience for everyone. We ask you to park diagonally along the river side of Kelly Drive. Parking passes will be posted on our web site.

Dedication of new historical marker

In recognition of the Schuylkill Navy's 150th anniversary, a Pennsylvania historical marker commemorating the Schuylkill Navy will be erected on the front lawn of #4 Boathouse Row, home of the Pennsylvania Barge Club. A dedication ceremony will be held on Saturday, October 11, 2008, at 11:00 am. We hope you will join us.

Penn Barge Returns

The officers of what was formerly known as the Philadelphia Rowing Society voted to change their name to the Pennsylvania Barge Club several months ago. This brings back a club that dissolved circa 1950, having lost most of its membership to the two world wars.

Congratulations to the US national rowing team on its performance at the recent World Championships for non-Olympic, Under 23 and Junior events. Local athletes included:

World Championships

LW4x – Vesper's Rebecca Smith, Libby Peters, Wendy Tripican & Hannah Moore, 3rd place, bronze medal

LW1x – Vesper's Julie Nichols, 4th place, 0.03 seconds out of 3rd

LM4x – with Malta's Shane Madden & Undine's Andrew Quinn, 6th

M2+ - with Penn AC's Ted Farwell & Vince Puma, 3rd in B final, 9th overall

LM8 – with Tom Paradiso, 1st place, gold medal.

W4+ - 2nd place, silver medal

LM2- - 5th in B final, 11th overall

LM1x – 3rd in D final, 21st overall

Under 23 Worlds

M8 - 1st place, gold medal

W8 - 1st place, gold medal, with WYRA's Suzanne Van Fleet

M4+ - 5th, with Penn AC's David Weir, Joe McMullin, Greg Yurkow (Haddonfield HS), Kereeti Pisapati & Matthew Wheeler and coach Chris DeFelice

W4+ - 4th

W1x - 6th

M4- - 3rd in B final, 9th overall

LW2x - 6th in B final 12th overall

M2- - Penn AC's Andrew Hattenbuhler & Bryan Pape, coach Luke Agnini

LM1x - Sam Cunningham, Malta BC.
Coach - John Hayburn, Malta BC

Junior Worlds

W8 - 1st place, gold medal – a historic first for US junior women.

M8 - 3rd place, bronze medal, with Keanan Clark from St. Joseph's Prep, Tyler Nase from LaSalle HS, and Thomas Dethlefs from Lawrenceville School

W1x - 2nd place, silver medal

M2- - 4th place, with John Hogan in the boat

W4- - 6th, with Eliza Hastings, Agnes Irwin School

W2- - 1st in B final, stroked by Mary Maginnis, Mt. St. Joseph Academy
 M4+ - 2nd in B final, with La Salle HS's Devon Teichman, Fr. Judge's Chris Lutz, and Brian Searle from St. Augustine's Prep
 M2x - 6th in B final
 W2x - 6th
 W4x - 1st in C final, 13th overall, with Moorestown HS and RC's Kirsten Van Fossen
 M1x - 3rd in C final
 M4x - 3rd in D final

Local athletes at the Beijing Paralympics

Philadelphia Rowing Program for the Disabled (PRPD) rowers Scott Brown, Laura Schwanger and Tracy Tackett will represent the US at the Paralympic Games in Beijing. Scott is a 5 time world championships gold medalist. This is rowing's first time as a Paralympic Sport.

Ted Nash makes 11th Olympic team

Ted A. Nash is going to Beijing as the coach of the mens pair, his 11th time on the US Olympic team. Ted is the only person in any Olympic sport to be selected for 11 Olympic games as an active athlete or coach. Nash was a gold medal winner in Rome in 1960 in the 4+ and took bronze in Tokyo in 1964. Later, his crews won medals in 1976, 1988 and 1992. Ted was an assistant to US head coach Mike Teti for the eight that won a gold medal in Athens in 2004.

Nash said he was extremely grateful to Teti for selecting him again for Beijing to help these great American athletes reach the podium for our country". Ted coached University of Pennsylvania crews for 17 years, followed by 23 years at Penn AC. He has coached 71 international crews and helped produce 43 medals over 51 years.

Mike Teti headed to California after the Olympics

Mike Teti, head coach of the 2008 U.S. men's Olympic rowing team, has agreed to become head coach of men's crew at the University of California, Golden Bears Director of Athletics Sandy Barbour announced today.

Teti will continue to fulfill his obligations with the Olympic team through the Beijing Games and will officially start at Cal on September 1, 2008. For more info...

Sad news: Gwen Shepard, wife of Penn boatman Don Shepard, died in an automobile accident on Friday. Our sympathies to Don and his family. Condolences to Don Shepard, 351 Whitehorse Road, Chatsworth, NJ 08019.

The Philadelphia Children's Foundation (PCF) is hosting its inaugural regatta fundraiser on Saturday, September 13, 2008.

The regatta will include 25 master's rowers' events, in addition to a corporate challenge, adaptive races, and exhibition events. The Philadelphia Children's Foundation was founded and is run by long time member of Philadelphia's rowing community, John Bannan. John has spent many years rowing; both locally on high school and club teams, as well as in college and on the international level. He has also coached extensively on the local club and college level, as well as with many international teams.

John Bannan and the Philadelphia Children's Foundation are working to further the educational achievements of all students in the Delaware Valley, particularly in Philadelphia. PCF is making great strides in the effort to provide students, parents, and caring adults with the resources and support necessary to develop our young people into successful citizens.

