

## Alexandria Community Rowing

# ACR Sliding Seat

## CONCEPT2 – ONLINE

With 36 members having logged over 8 million meters, ACR is currently in 27th place (12/27/04) in the Concept2 University/Club Standings. Our goal for this season (through April 2005) was to log 10,000,000 meters. Maybe we should adjust that goal to 20 million! WE CAN DO IT! Encourage your teammates to log their meters. You can also check out your times against others your age, gender, and weight class – or, you don't have to rank your times at all. You can keep your times private or publish them – your choice. The only thing we want to see is the ACR meters going up, UP and UP! We finished last season in 19th place.

If you have not yet signed up as part of the ACR Concept2 team, go to [http://www.concept2.com/sranking03/log\\_start.asp](http://www.concept2.com/sranking03/log_start.asp) and REGISTER as a NEW USER. Be sure to list ALEXANDRIA COMMUNITY ROWING as your College/University Affiliation. Remember, your workout details are private – only you can view them – but we want to see those meters racking up. **Give it up for the team!**

**GO ACR!!!!**

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## Highlights & Minutes from the Steering Committee

### December 2004—Highlights

- ACR is currently operating without a budget.
- Winter conditioning has brought in \$17 thousand for ACR; 50% of the winter conditioning revenues are provided to ACB for the high school students; 50% of rack rental fees are also provided to ACB for the same reason.
- The SC voted to raise the rack rental fee to \$300/year.
- Leonard insurance is taking over ACR insurance, which will hopefully result in reduced rates.
- 96 rowers had completed the on-line web survey, which will be closed on Dec. 17th.
- Sally Reams presented a history of ACR funding and membership; this will be made available to the membership in the near future.

### November Minutes – 11/9/04

The following summarizes key points discussed during the meeting:

- Finances remain on target; although a \$10,000 shortfall remains as a result of an error in bookkeeping—we have 3 additional mortgage payments on the addition—these were not anticipated.
- More silent auction items were added to the "Rowing Prom".
- A web-based end-of-year survey is under development and will soon be posted to the web site.
- Several new SC members attended: Deana Volker, incumbent Secretary; Janice Kupiec and backup Ellen Zienta (sculling representatives).

*(Continued on page 2)*

*(Highlights & Minutes—Continued from page 1)*

### October Minutes – 10/12/04

Present: John Vestal, John Werbowski, Peter Stramese, Sally Reams, Wanda Street, Maryann Jones, Dale Schmidt, Chris Idler, Chuck Linderman, Eva Marie Socha, Betsy Mead.

- September minutes were approved, with amendments to clarify that (1) the SC will consider the possible collection of funds from Old Dominion Boat Club high school rowing for their use of ACR equipment, and (2) the number of U.S. rowing memberships are \$250 for first-time members.
- The budget is on target. However, a number of members still have not paid their dues and we need to collect these funds. Also, we have three more payments to make on the mortgage to the addition.
- To help simplify our accounting and to relieve some of the burden from our volunteer accountants, we voted to share a bookkeeper with ACB, cost to be determined. "Quickbooks" software will be used and monthly reports provided from the bookkeeper.
- The Nominating Committee reported on the results of new SC members: Mike Curtis/Men's Sweep Rep; Anna Leider/Asst. Accountant; Peter Stramese/Maintenance Rep; Michelle St. George/Social Coordinator; Deana Volker/Secretary; Janice Kupiec/Sculling Rep (backups Ellen Zienta and Lorea); Jim Rutherford/Racing Coordinator; Kat Gonyea/Web Site Administrator; Betsy Mead/Programs Dockmaster (working w/Sally Reams for the first year; focusing on sculling programs).
- At the time of our meeting, about 30 silent auction items had been identified; party information will be posted around the boathouse and made available on the website; Wanda will be responsible for collecting the \$40 fees.
- Signup for winter conditioning is available through RoninRacing; rowers have the option of paying by credit card or check; however, a 10% surcharge is applied to those who pay by check.
- The drawings for the dock extension have been completed, and there will be an 80-foot ramp. Because of the additional length, Peter indicated that we will purchase better wheel sets for transporting the launches to the edge of the dock. Work is scheduled to begin in November 2004.

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## Maintenance completed at the boathouse between May & October 2004

The boathouse is getting a lot of attention from the city and the school system. As part of the continuing interest in updating the boathouse, the following is a list of items that have been completed in the last six months. The list is highly summarized, in no particular order, and does not contain all items.

A big "THANKS!" to **Brooksie Koopman** and **Debbie Wells** who are largely responsible for keeping on the city to get these things completed.

- Board and bolt replacements on dock; nails countersunk
- Railings repaired on docks
- Floor drain backflow devices added in boatbay; drain covers added
- Light bulbs replaced; fixtures repaired, lenses added throughout boathouse; exterior lights fixed; boys' shower now has working fixtures and we got the lenses recently!
- Emergency exit signs repaired or replaced
- Elevator repaired
- Excess furniture and equipment removed
- Stacking chairs delivered
- Carpets cleaned
- Safety bars added at west windows; other windows repaired so they can open and close
- Cleat added on north flagpole; cables untangled
- Security system updated and activated; codes changed on doors; additional safety devices added to garage doors; new security procedures established
- Regular maintenance person added to the schedule resulting in a cleaner facility

*(Continued on page 3)*

## Giving it up for the team! or How many meters in a marathon\*?

Sunday, December 19th opened with a stunning sunrise, crisp air, and great expanses of flat water to contemplate from the boathouse windows -- the perfect setting for the second Annual ACR Holiday Long Row. This year's event saw three more ACR rowers complete a marathon on the ergs than last year (congratulations to newbies Mark Anderson, Mark Walsh, and Alan Weatherley), returns by all five of last year's marathoners, and a strong showing among the half marathoners.

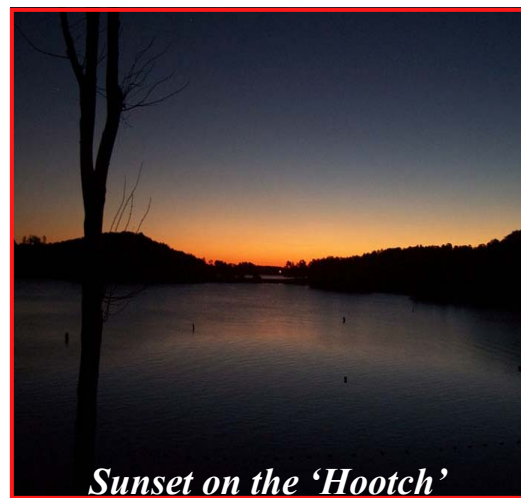
Earning the Concept2 marathoner beer mug for 2004 were Mark Anderson, Jack Hickey (also a 2003 marathoner), Jim Rutherford (also a 2003 marathoner), Peter Stramese (also a 2003 marathoner), John Vestal (also a 2003 marathoner), Mark Walsh, Alan Weatherley, and Cindy Young (also a 2003 marathoner). Half marathoners included Russ Bailey, Virginia Drewry, Abby Martin, Ed Salt, John Street, Wanda Street, and Bill Yeingst. Thanks to the efforts of those who came down to encourage the rowers and a handful of ACR faithfuls who erged along for a while, ACR put about 500,000 meters on the Concept2 club/university challenge list and surged into 26th place in the team standings.

The elves were heard to remark that this year's Christmas movies were even cheesier than last year's: a real incentive just to get the thing finished as fast as possible, leading to some unimaginable times. Congratulations to everyone and special thanks to Dockmaster John Vestal for making the row possible.

\*42,195

*(Maintenance—Continued from page 2)*

- Flooring that was loose replaced in exercise area
- Railing on outside stairs stabilized
- Ground fault intercept outlets added in girls' bathroom
- Phones repaired throughout boathouse
- High speed Internet service added (cable)
- All fans checked and repaired if needed (ceiling mounted); exhaust systems cleaned in bathrooms
- Adequate cleaning supplies delivered; standard sanitation supplies now available; new cleaning equipment purchased; old equipment disposed of
- Carpeting in stairwell tightened up
- Regular extermination schedule established (monthly)
- Wall cracks repaired at water fountain areas at both bathrooms
- Wallboard repairs completed
- Shower drains cleaned out; soap dispensers added (and filled) at sinks and showers; toilet partitions repaired and replaced; toilets repaired; leaking sewage pipe repaired
- Broken water spigot handles replaced; water fountain in boatbay replaced



*Sunset on the 'Hootch'*

### *A Factoid From NPR*

***Scientists have determined that the average goose defecates once every seven minutes on average.***

*So here's a small thing for which to be grateful now that the water is too chilly for rowing:*

*No more POOPER SCOOPER PATROL until the spring.*

## Men's Nationally Competitive 4+ Seeks Hoochie Mamas

When we (Bill Yeingst, Mike Curtis, Jack Hickey, Ed Salt and Yolande Bodecker) found out that the Head of the Chattahoochee had been voted the "Best Head Race of 2003" by Rowing News and that it was the second biggest head race after HOOCR (1100 boats, over 4000 rowers, 127 clubs), and besides, it might be warm, we couldn't resist. The Hooch is a two day event with a 5000 meter race that uses the 1996 Olympic course as the last 2000 meters. Originally run in Atlanta, it's now on Lake Lanier about an hour northeast of Atlanta near Gainesville, Georgia.

The whole event was extremely well organized from the glossy program to having three long docks to launch and two others to return to a great public address system with an announcer calling each race. Times were posted and winners were announced within 20 minutes after the completion of the races. The Atlanta Rowing Club sponsored the event – we ran into Beka Pierro who rowed with us in our rec program, has since moved to Atlanta and who was a regatta volunteer for ARC.

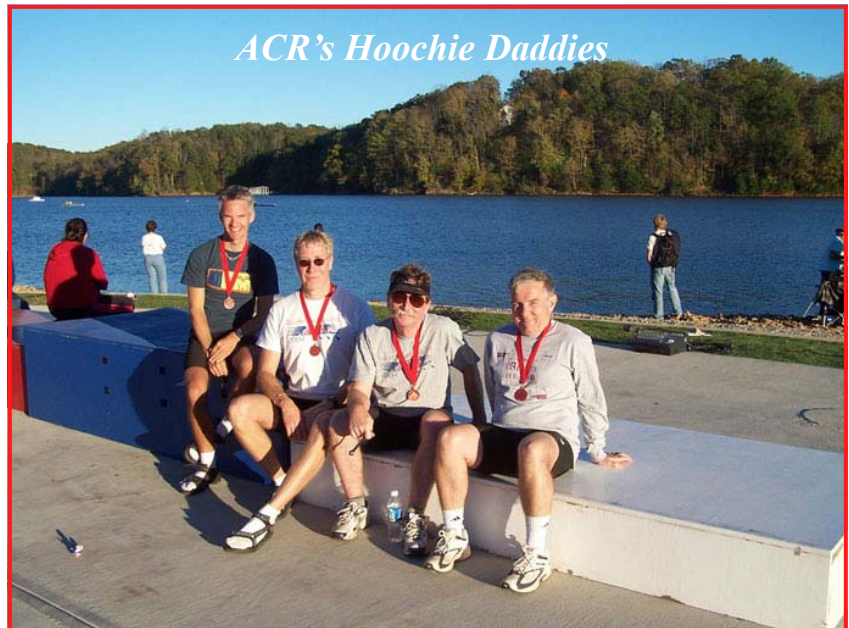
There were ten boats in our first race, the Men's Master 4+, and although we'd raced against a 4+ from the Atlanta Rowing Club at Master's Nationals, all the others – clubs like Lake Lanier Rowing Club, Florida Athletic Club, Halifax Rowing Association, and Asheville Rowing Club -- were new to us.

After the race, rowers from at least four of the boats showed their southern hospitality and spent time talking with us. There was a lot of joking about the race (something about our handicap just being too much for them to overcome?), and genuine interest in sharing stories about what it's like to row in that part of the country. We got to hear about rowing year round (yeah, they probably don't have enough ergs), and of course, everyone was curious about ACR. "Alexandria? Where's Alexandria?"

Most of the rowers were from university clubs and the largest (over 100 rowers) was probably the University of

Texas. Our favorite was the University of Georgia – their tent was right next to Jaime's and they shared their huge vat of jambalaya generously.

Our second race didn't go quite so well – we raced twenty-one college 4's in a Championship 4+ category. Jack thought we shouldn't come so far and just race once, and besides, we all thought we could use the race experience. We did achieve our goal of not being beaten by all of them (might have had something to do with Yolande cutting those corners nice and tight) and got off the water in time to give Jaime a small but loud cheering section for his Men's Master 2X race late in the afternoon.



When we had arrived in the morning and got out of the car (a big Durango SUV for those who keep track of such things), the parking lot attendant remarked -- "aren't you all a little old for this?" After rowing over 20,000 meters, we walked back that way with our medals around our necks and thought we should check-in with him. He was probably home taking a nap. The Head of the Hooch, "The Last of the Great Fall Regattas," turned out to be quite a lot of fun.

Send  
**ROSTER UPDATES**  
 to  
[acr-secretary@rowalexandria.com](mailto:acr-secretary@rowalexandria.com)

## Hasta Luego, Ergo

It's that time of year again, when the on-water season comes to an end and winter conditioning begins. I will not be participating in winter conditioning this year and I almost too gleefully delete the emails with "Winter Conditioning" in the subject line. Gas prices elevated as they are, I cannot rationalize driving 30 minutes just to hop on an erg. Add to that the compounding factors of dropping temperatures, total darkness, and inclement weather and they just remind me of how much sleep deprivation I have endured. With two young children and a husband and a dog, just getting through the on-water season alone is a challenge in time and energy management.

I can't say I haven't tried to winter-condition myself, though. Unfortunately, fate and propagation of the species tended to intervene with my well-intentioned plans. The first time I tried to attend winter conditioning, work took me overseas for 2 months. Shortly thereafter, I found out that I was pregnant with my first child. The second time I tried to attend winter conditioning, I suffered a back injury. I took the rest of the winter to recover and was able to row a full season, but later in the year, I was pregnant again. If the third time is the charm, I am afraid to see what will interrupt the winter season. Plus we have already sold, given away, or returned the baby paraphernalia.

But my conscience nags at me and reminds me of how hard I worked over the season. The ideas of "going soft" and the poundage associated with Thanksgiving, Christmas, and New Year's meals threaten my hard-earned fitness. So, I'll be trading in my JLs for speedos, erg-outs for 25-yard laps, and catching up on the weight training and abs that I skipped.

If I rowed all year long without a break, rowing would be like laundry, a chore that never ends (and speaking of laundry, what a treat to cut it in half without all those Potomac-water-smelly clothes). The respite is a relief, yet I'll be counting the days until April 2005. The anticipation feeds my desire to return to the water, the eagerness for another rowing season, and the dreams of what I hope to achieve in those seven months.

— Lorea G. Wetten

## Window of Opportunity

"Research has shown that carbohydrate intake within two hours of endurance exercise is essential to building adequate glycogen stores for continued training. Waiting longer than two hours to eat results in 50 percent less glycogen stored in the muscle." (<http://sportsmedicine.about.com/cs/nutrition/a/aa081403.htm>)

What better way to take advantage of that two-hour window of opportunity to replenish used glycogen stores than with a yummy cookie? If you've had the opportunity to indulge in one of Cindy Baker's fantastic cookies at regattas, you'll be happy to know you don't have to wait until spring to enjoy this great treat. Cindy has provided us with the recipe.

### Chocolate Chip Oatmeal Cookies

Cindy Baker

2 ½ C oatmeal, blended  
 2 C flour  
 1 tsp. baking soda  
 1 tsp. baking powder  
 ½ tsp. salt  
 ¼ tsp. cinnamon  
 1 C butter  
 1 C brown sugar  
 1 C sugar  
 2 eggs  
 1 tsp. vanilla  
 2 T milk  
 12 oz. chocolate chips  
 4 oz. Hershey chocolate bar, grated (13 squares)

Measure oatmeal and blend in a blender to a fine powder. Put in medium size bowl. Add flour, salt, baking soda, baking powder, and cinnamon. Mix well and set aside. In a large bowl, cream butter and both sugars. Add eggs, vanilla, and milk. Then add dry ingredient mixture. Add choc chips and grated Hershey bar. Bake in 375 degree oven for 10 minutes.

# MidAtlantic Erg Sprints - January 29th



Can you help at the Sprints? Even if you compete (and we hope you will) we could use your assistance in making the Erg Sprints the success we have come to know.

Tell organizer Skip Bea ([phbea@comcast.net](mailto:phbea@comcast.net)) how you can help. Volunteers are needed to set-up the evening before, run the regatta, and then clean-up.

***Don't be shy!*** Help out if you can on both days. ACR makes the Sprints happen so let Skip know when you can do it.

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## HOW TO SURVIVE A HEART ATTACK WHEN ALONE

*A Public Service Message from the ACR Sliding Seat Staff (you didn't know I had a staff, did you?)*

Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only about five k's from the hospital nearest your home. Unfortunately you don't know if you'll be able to make it that far. You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself.

Since many people are alone when they suffer a heart attack, without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without letup until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps to regain normal rhythm. In this way, heart attack victims can get to a hospital. Tell as many other people as possible about this.

## Ode to the Erg

I learned to erg before I learned to row. My previous Navy assignments required me to be at work most mornings before 0700, but a year away from the uniform to spend as a full-time graduate student afforded me the luxury of being able to finally get on the water. Of course, that came to an end with re-assignment to Norfolk and the reminder they're called orders and not invitations for a reason...

People here in the Hampton Roads area love to be on the water – some in kayaks, but mostly in fishing boats and power boats. One of the guys I work with says 'ya ought to getcha a boat with a big engine.' He doesn't understand that I intend to be the engine. They just don't quite *get* rowing.



While I love my new job, I REALLY miss being on the Potomac. I am teased daily crossing a small bridge that goes over what appears to be a perfectly rowable creek feeding into the Western Branch of the Elizabeth River. Of the three clubs down here, none is close enough to allow me to row and still be to work on time. The beltway was bad, but here, traffic gets PARALYZED because you have to go through a tunnel to get anywhere. So until I figure out how to row the river near my house, I will erg.

I love my erg because ...

- Some day, work and kids will *NOT* get in the way of my rowing. I want to be ready. This will likely be a long time coming – but boy, will I be ready!
- There's NEVER a wait for the erg at my gym, and it's mildly amusing to catch the confused stares of the drones on the elliptical trainers trying to figure out what it is that I'm doing. After just three months here, the looks have changed from "Who is that crazy person?" to "There's that crazy chick again."
- I can do an entire gut-wrenching, heart-pumping workout in the time it takes those drones on the ellipticals to just get into their workout. (Yes, the type who primp before going to exercise...) And because I can keep going on a long and slow piece long after they have retreated to the stretching mats. No one seems inclined to enforce the 30-minute rule on the rower.
- It reminds me of early mornings at the boathouse standing on the balcony looking over the dock wishing the water were rowable. I still do a lot of that wishing...
- *Rowing News* starts including great erg workouts this time of year, and I can remember some of Celia's too!
- I can still hear one of my former teammates call out, "Don't rush me!" when I'm doing a low rating piece to concentrate on slide control.
- Erging the Concept 2 Holiday Challenge lets me eat EVERYTHING during the holiday season!

*A follow-up note from Pauline:* After a pretty miserable trip to Miami, I came home to the BEST news!!! One of the contractors working on our deck lives on property on the banks of the Elizabeth River... AND they have a floating deck... AND they'd be happy to let me use it to launch/recover!!! only a half-mile from my house!!! YAHOOO!!!!!! She also has seen, fairly regularly, an older gentlemen sculling in a single. She said he says hello sometimes as she's on the dock having coffee and she thinks one of her other neighbors knows him. Now, I get to buy my own single!!!!!! I have been floating all day! My erg sessions will now have much more focus and purpose, AND I'll be scheduling a stop down at Calm Waters!

— Pauline Storum

## People you meet at the boathouse...



**Deborah Sliz** has been a member of ACR since 1993. If you are not a sculler, you may know her as the “towel chick” who takes the dirty, stinky towels home and brings them back clean – although she admits she gets from oth-

ers when there is a huge pile of the dirty rags. Deborah began rowing in a novice class taught by Tom Burke, the man for whom the addition is named. “Almost every time I get into a boat, I hear Tom’s voice saying ‘Never ever ever let go of the oars!’ He was a great coach and a wonderful man, although he scared the bejeepers out of us at the beginning.” Deborah got to ACR via Tom Price, whom she knew through work. “I was waxing on about how beautiful the boats look when I drive over the bridge to D.C. every day and Tom said, ‘You know, Alexandria has a novice class that you could take to learn to row.’”

When not rowing, Deborah is one of two partners at a small energy and environment lobbying firm – Morgan Meguire. Most of her clients are not-for-profit municipal and rural electric cooperatives utilities and her work involves a lot of travel to client sites. Deborah has lived in Fairlington for 17 years and loves it there. She has five goddaughters and two nephews who are “the children in my life.”

**Tom Torgersen (a.k.a. Hippie Tom)** came to ACR by way of a temporary assignment as program manager for the National Science Foundation (Hydrologic Sciences). He was found wandering aimlessly around the boathouse staring up into the second floor, muttering, “Golly, she’s a big’un!” under his breath. He started the season rowing for the



Three-day Men’s Sweep and decided that being a man three days a week was not enough. He transferred to the Five-day Men’s Sweep in July, asking whether Jaime could “use him or abuse him.” Naturally, Jaime chose to abuse him. After being converted from port to starboard halfway through the season, Tom eventually was sacrificed to the rowing gods as part-time stroke for the 8+ at both starboard and port. He could be seen lifting a defiant fist toward the sky at the end of those races and proclaiming “I didn’t \$#&^@ up!” He firmly believes the boat would have won if it had not been for those six or seven other boats in the race.

Tom was born in the belly of a Viking warship sometime around the dawn of time. He grew up (now there’s a euphemism) in the Chicago suburbs. High school and college (University of Illinois; Chem. Eng.) were devoted to competitive swimming and rugby. Tom continued to play rugby during graduate school (Columbia University), where he earned his Ph.D. in Geochemistry, a broken ankle, a separated shoulder, three concussions, and a broken face. It was here on a dark and stormy night (it was dark in that bar) that he met the dear-and-lovely Jennifer who kindly offered to see him to the subway after a serious post-rugby game celebration. Married in 1976, they moved to Woods Hole, MA, for Tom’s post-doc and where serious athletic training involved destroying one’s liver. Following the birth of their first-born (which bestowed upon them instant re-

*(Continued on page 11)*

# A Tribute to ACR Coaches

If you missed the end of season party, you missed an important tribute to our coaches! This year we are very fortunate to end our season with a team of 10 remarkably talented coaches dedicated to making our rowing experiences better.

We could not function without our substitute coaches, **Daron Keller, Royce Drake, Dick Bolton, Miriam Radakovich, and Mike Quear.** They are experienced coaches who know our rowers, our facility and our river quite well. They play a very significant supporting role to our program coaches, enabling them to take time off without disrupting our rowing. Thanks to each of them!

This year **Daron Keller,** in addition to substituting, organized and coached three sessions of novice sculling classes in the evenings, and an eight week Sculling I program to help novice scullers continue their development into the Fall. **Melinda Lynam** assisted Daron with the novice sculling classes and together their classes resulted in new sculling enthusiasts for the club.

**John Vassallo** joined our coaching staff last spring. Last spring I received a great recommendation from the head coach at George Mason University, and John has lived up to our expectations and more! He did a great job with the men's TTS program, substituted for other MWF coaches, and assisted Pete with some practices leading up the Charles.

Our two newest coaches, **Andy Batchelor and Matt Lukban** came on board in late summer/early fall. This is worst time of year to begin coaching a program because it's so

dark the coaches really can't see the rowers, and because all the rowers are getting tired and cranky. But that didn't stop them. We appreciate their willingness to jump in there and coached that program through the Fall. We look forward to more good work from them next season.

**George Wheeler** is a huge asset to our club. This was his second season with ACR. George has a wealth of rowing and coaching experience and we appreciate his commitment this year to the TTS women's sweep program. He's made a large difference in the development of their rowing skills and I've received a number of very positive reports of satisfaction from his rowers.

This is **Terry Grindstaff's** third season to coach the Sculling II program. Although the emphasis in this program is to develop technical skills and get time on the water, Terry's rowers have become increasingly interested in racing and he had boats racing in almost every regatta this season. We appreciate his unending enthusiasm and dedication to the club.

Every winter I try to dream up ways to get new and better coaches. I sometimes receive inquiries from former rowers who want to coach, but who don't have any coaching or launch driving experience. So I ask a couple of program coaches if they could use someone to assist them, with the idea that they would mentor that person and develop their coaching skill. **Marisa Guarinello** is a huge success story! It's a difficult task for beginning coaches to work with an experienced

*(Continued on page 10)*

(A Tribute to ACR Coaches—Continued from page 9)

competitive team. Most coaches begin with novice groups. Marisa, under the wing of Cathy Hott, has turned into a wonderful and committed coach! It takes brains, commitment and lots of energy to do what she has done.

This season we have been fortunate to have **Cathy Hott** on our coaching staff. Everyone knows Cathy – she coaches for TC and ODBC and coxes too. Cathy is a bundle of energy and enthusiasm and has done an amazing job with the technical development of her rowers. Everyone of her rowers who went to masters nationals came home with a medal, and those who could not go this year have already put nationals on their calendars for next year!

We have another TC coach on our staff, **Jaime Rubini**. This year Jaime coached a program of men sweepers 5 days a week. It has been reported that Jaime is fun to work with *and* party with! One of his rowers recently told me, "the great thing about Jaime is, he doesn't ask anyone to do anything he doesn't do himself!" Some of his rowers were most recently seen at the Head of the Hooch, where they proudly returned wearing medals.

I want to pay a special tribute to **Peter Stramese**. Peter's contribution to the club is extraordinary. He goes far beyond being a racing coach whose rowers consistently medal. Listen for a minute to all he does to make rowing better for *all* of us:

- He organizes the trailer and either drives or arranges for drivers to get our boats to every regatta. He takes responsibility for ensuring all of our equipment is returned

to the boathouse after regattas.

- He repairs the boats we all damage and he does it well and he does it fast.
- He participates on the ACR steering committee. He created, maintains and executes a boat replacement plan for all ACR boats.
- He arranges for the purchase and delivery or pick-up of all new club boats and tends to boat insurance details. He finds buyers for old boats and executes those sales.
- He orders parts and conducts winter maintenance and refurbishment of the boats.
- He gives each new ACR coach an orientation and river tour. He issues the coaches megaphones, makes launch and locker assignments and helps new and inexperienced coaches deal with program issues, and sometimes with pushy rowers.

And in addition to all he does at ACR, he has a full time engineering job, he is a marathon runner, he maintains a house, and this Fall he coached the medal winning ODBC boys team in the afternoons. There is no telling what else there is that I'm not aware of or I have forgotten to mention.

To summarize, our club would not be same without Peter's contribution. We're so fortunate to have him – please thank him for all he does to make rowing better for us.

If you haven't told your coach how much he or she means to you, don't put it off, *do it now!*

—**Sally Reams, Dockmaster for Programs**

*("Hippie Tom" — Continued from page 8)*

spectability), Tom and Jennifer moved to Australia, where Tom continued to play rugby, conduct research in the most remote parts of the Outback, investigate scenic wineries, and (you guessed it) produce two more children. Moving to the University of Connecticut in 1985, he eventually achieved the status of a gray-haired, absent-minded, slightly doddering professor. In the mean time, Jennifer—realizing that quaint old New England had lots of "old money" that needed to be liberated—opened The Bowerbird in 1988. This enterprise is currently performing a valuable public service by liberating excess wealth from those that have it and creating a nice little business that specializes in selling those little "impulsive necessities" (copyright) that seem to keep the economy going.

Rowing entered the picture in 1997, when Tom entered the learn-to-row program run by the notorious Blood Street Sculls (Yes, Martha, there is a Blood Street going around the lake) in collaboration with the (TCW arch-nemesis) Lyme—Old Lyme High School program. Jennifer followed the next year so they would have something to talk about over the kitchen table when the kids are off to school and would not appear to be doddering old New Englanders sipping too much port when no one was looking.

As a rower Tom was a chronic port who raced in 4+ master's over the years and Jennifer just made him look bad by doing better in the women's 8+ (Schuylkill winners 2002 and 2004; remember the ladies with the multi-colored wigs?). Both have competed in the Head of the Charles several times and use this opportunity to visit daughter #1, who supports herself as a sommelier.

(FYI, the Torgersen manchild lives in Boulder and works just enough to support his climbing trips to Yosemite; daughter #2 is a junior at CU/Boulder and is just smart and good-looking).

Tom adds:

Rowing for ACR gave me the opportunity to learn that I am not a morning person, that I am not an evening person, and that I am not the only one whose knuckles drag on the ground. It was a joy to row hard and get to work knowing there was a reason you fell asleep on your desk. The biggest change for me has been coaching, I have been essentially self-coached for the past four years and to have someone care enough to casually mention "you have no layback," "your hands are slow," "you are rushing the slide," "you roll-up too late," "you are missing water at the catch," and "you are out too early" was just really helpful. And sometimes those comments came from the coach.

My thanks to all those who tolerated my constant early morning banter and allowed me the honor of their friendship without getting formally arrested by Alexandria's finest. Nationals for 2005 are one hour from Blood Street Sculls (The Bowerbird, I-95, exit 70), so I anticipate seeing you all again and competing against you or with you. You have made me what I am today: just another rowing junkie looking for more time on the water. As I ride into the sunset astride my bike (a Harley is cheaper than full-time psychiatric care), I will have fond memories of ACR; the smell of ergs in the morning and the peaceful sunrise over the Maryland shore interrupted only by the faint call "Hippie...more layback!"

**A NOTE FROM THE EDITOR:** I wish every page of this newsletter was the front page! I receive so much interesting input from members for each issue, it is very difficult to decide what to highlight on the front page. Please read through the entire newsletter. Just because something is not on the front page of your ACR Sliding Seat, doesn't mean it is any less newsworthy.

Sorry I missed the November issue. It is tough being away from you all and motivating myself to sit down and do the newsletter (I am in San Diego and the computer does not face a window). Rowing on the water is not all it's cracked up to be – and, working with a new coach who has a different style can be tough as well. Here, on Mission Bay, we walk our boats into the water knee deep (don't shave your legs just prior to a row), we wash boats after each row, and sand has to be swept out of the boathouse daily. The water temp isn't bad but the sand temp can be painful on bare feet.

Hope to see you all soon! Keep on erging!

-- Deana Volker, Editor, ACR Sliding Seat