



The newsletter for dedicated rowers in Northeast Georgia

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www.llrc.ws

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Another year older

John Martiniere (jmartiniere@mindspring.com)

LLRC tried something a little different this year...a brunch after the traditional Polar Bear Row and before the traditional LLRC Joint Birthday Party. Breakfast goodies were supplied by the Sunrise Bakery and Cafe, located in the Main Street Market on the square. Chef Jennifer Borders took time on a holiday to prepare for us an egg/sausage casserole, vegetarian casserole, scones (to die for), bagels and cream cheese, pastries, coffee and OJ. Your new president brought a little freshener for the OJ...I think they call the combo a mimosa, or something like that.

Sunrise has supported us in the past at Taste of Gainesville and rumor has it that Jennifer will be in one of the early Learn to Row classes. Thanks, Sunrise. Perhaps a new tradition has been born.

The Polar Bear Row was well attended and many well deserved prizes were awarded for outstanding performances. The judges finally terminated the competition to avoid becoming too excited.



I chopped off his head!



We bit off the legs!



Gentlemen prefer blondes



Open wide, this won't hurt at all!

Oh the Joy of Sculling

John Ferriss:: Executive Director (llrc@mindspring.com)

Early December offers two important opportunities to connect with the rowing community in the United States - USRowing Annual Convention, and the Joy of Sculling Conference. This year both major events were held within a few hundred miles of each other (Baltimore, MD, and Saratoga Springs, NY) and just one week apart. I am very fortunate to have been able to attend both meetings. The USRowing convention, held in a different region of the country each year, is built around committee meetings, League or conference meetings, educational programs, and concludes with the annual meeting of the association. The other conference, now called the Joy of Sculling Coaches' Conference, organized by Jim Joy for the last thirteen years, is fully focused on creating a comfortable and productive educational environment. Both offer programs that include time for networking.

My three-fold mission at the conferences was to visit with coaches who might be interested in bringing their programs to LLRC for training or racing, meet vendors and review new products, and learn what new developments might be unfolding



Thanks, Farewell and Hello!

John Martiniere (jmartiniere@mindspring.com)

Have you ever stopped to think about what it is like to be President of the Lake Lanier Rowing Club? I had not. At nomination time last year, my personal experience of what the President does was hearing announcements at practices and attending club meetings.

I knew there must be much more behind the scenes. I was not surprised that I, a newbie both to the club and to rowing and a member of the rank and file, had not yet gained an appreciation for what all it entailed. I got a somewhat better idea when I started attending meetings after I was nominated to get some first hand experience. Annette Forster, Immediate Past President, gave unselfishly of her time to provide me with background and perspective on numerous topics and situations.

Still, I was not fully aware of the scope of the efforts that had gone before or prepared for the numerous challenges, and opportunities. What a smorgasbord...a vital player with significant economic impact in the community, a world class venue, a recognized entity in international circles, an opportunity to make a difference in people's lives, friendships, supporters, detractors, a business, a pleasure...not to mention a personal physical challenge at first just to persevere, then to be competent, and ultimately (hopefully) to excel.

Now it is time to pass on the gavel, and I do so with great confidence about the future. You are in excellent hands!

New President Ann Marie Hynes always finds the ways and means to get it done. She is supported by an excellent Board of Directors, with a combination of white hairs and some new blood.

We have new opportunities and challenges coming up in this new year. This is the second year for our regattas. We are now a recognized player on the national and international stages. Taste of Gainesville continues to reach new heights every year. New doors open, in the community.

I'm excited about it all, and plan to be a part of it. I encourage you all to participate and contribute. I promise that you will get back at least as much as you give, if not more.

I want to thank the 2005 Board for your excellent work this past year. You were presented with some interesting challenges and more than a few surprises, and you were up to the task. Thanks to John Ferriss who, as the constant fixture among changing boards and presidents, always seemed to know what to do. Also, my heartfelt thanks to the membership, you are an awesome, dedicated and skilled group!

In closing, let me express my appreciation to you all for the opportunity to serve as your President for 2005. It has been my sincere honor and privilege. Now, on to the next level!

Balance, set and other mysteries

Captains Corner: Henry Kannapell (hnk@cs.stanford.edu)

Balancing a rowing shell is a complicated undertaking, surrounded by mystery and intrigue. Was it really 5 seat, disrupting the boat by poor technique? Was it Bow? (Ports of course are never responsible...). Even the National Team that won the worlds rocked around like a freshman crew when first put together.

Oddly, some of the fastest boats I have been in were some of the worst set. But surely all boats would go faster if they were set properly: I'll never forget when first rowing in the double, John Dittmer and I finally were able to row without our oars dragging on the water during the recovery. What a difference in speed it meant!

But, how do you get there? You may have noticed that there are as many theories about what to do, as there are people in the club. Masters rowers have it a lot worse than collegiate rowers who spend more time in the boat, in the same or similar lineups, and row more consistently and are a lot more agile and flexible than Masters.

What can we do? I offer only a couple of observations, drills, and techniques to make it better.

Observation: Rowing Shells are inherently unstable. I commend to you the article found in <http://www.btinternet.com/furnivall.sc/fscbrb.htm> which discusses shell stability in some detail. Shells are counterintuitive to set. That means: accept it as a challenge - it's not something that "just happens".

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Techniques: I have two favorite techniques. 1 - if down to your side, raise the hands a little higher on the drive. It makes the oar go a little deeper, but usually "pushes" your side up, which will often hold for a stroke or two. It can also be done near the end of the stroke, but is more difficult to do there without disrupting the boat. 2 - aim at a spot coming out of the finish. If down to your side, aim a little higher; if down to the other side, aim a little lower. I sometimes imagine a little ball just where my hands extend to at arms away. I aim the oar around it for minor corrections.

Drills: John Ferriss's release drill - pausing at the release, full layback, oars on the water - I still find the most effective drill for balance. During the drive, the boat is typically set more or less - particularly if the crew is making slight adjustments as noted above. So, at the finish, with blades on the water, the boat should be set and level.

Now, you start the recovery. What happens? Always dives to port? Hello! Fix it! If it's not level coming out, the drill is screaming at you what needs to be fixed. How to fix it is not as clear of course, but you can see if you are making improvements or not very easily.

Finally, single sculls are generally agreed to be the most unstable of boats. So, spending time in them and learning balance techniques will translate into balance skills in the other boats, and will help your overall rowing. You may want to wait until the water warms up however....

On to the next level

Ann Marie Hynes: President (annmariehynes@bellsouth.net)



club forward in 2006.

I have truly enjoyed being a member of the Lake Lanier Rowing Club and the rowing experience for the past seven years. I am honored this year to serve the club as President. I gained valuable experience last year in the position of Vice President and think we are ready for the challenge of leading the

One of the many things that has interested me about our club and the sport of rowing is the diversity within our sport. When attending regattas looking at the different types of people reminds me of LLRC. People are tall, short, thin, heavy, muscular, young, old or just plain aging! Rowing apparel and the way that we coordinate our rowing outfits run the gambit from fluorescent green shirts with tight red and white pin stripe pants to the little shiny rowing shorts with fluorescent shirts. Shoes are all over the board from none at all to clogs, sandals, tennis shoes and moccasins. Along with our different fashion statements we as members bring a wide variety of skills and talents to the Club. We will need our variety of strengths to go forward in 2006. Not just our talent as accomplished

oarsmen and oarswomen, but all our talents and ideas.

The Board of Directors has created new positions, Power Boat Fleet Management, Fundraising and Sponsorships. An additional committee is being established, Community Involvement that along with the other two will be essential to the growth and the happiness of our members. Our venue is very important to the community, there are many ways that they can be involved in our events. I am very passionate about this committee and believe that we as a club can make this work. Any and all ideas will be appreciated. Please feel free to call me or email me at anytime.

The surveys are in the process of being tabulated. We have received some wonderful input and will implement requested programs as we are able. Be patient, we are listening to you and change takes a little time. The Lake Lanier Rowing Club has a bright and exciting future for years to come. I believe that the Lake Lanier Rowing Club can accomplish anything it puts its mind, heart and talents to. We have proved it in the past. I look forward to 2006!

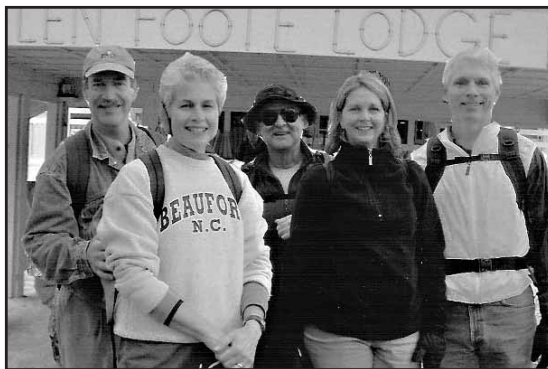
Happy New Year! See you on the water soon.

Hike up the hill

Mary Jordan: mjordan@mindspring.com

On Friday, Dec. 19, 2005, a small group of LLRC members met at the base of Amicalola State Park to begin a 5 mile hike ending at the Len Foote Inn, a hike-in lodge. Luckily the weather broke for the 24 hours the group needed to enjoy a beautiful hike to the lodge, an overnight stay and a return hike the following day. The temperature was chilly, but perfect for the hilly walk. The hike itself resembled a winter wonderland with the trees beautifully covered with ice from the ice storm occurring several days before. The lodge itself was a treat, comfortably rustic, lovely views, interesting visitors, good-enough food. Plus, after dinner the staff presented a very informative lecture-slide show on Georgia snakes.

After a sound sleep occasionally interrupted by falling ice bombs hitting the roof, the group ate a hearty breakfast, bundled up (some of us needing to buy Len Foote Inn merchandise for additional layering) and headed down the trail. Quickly the group discovered the trail had frozen over during the night. Icy downhill trail hiking is an amusing challenge which thankfully didn't last long once the trail curved to the other side of the mountain!



The day concluded with a short drive to Dahlonega for lunch, a justified visit to the fudge store and vows to do it again next year.

New Birth!



Christopher Goddard Calupca born Tuesday, October 25, 2005 at 8:01 AM. 7lbs. 10 oz., 19.75 inches

"Every good and perfect gift is from above." James 1:17

Thank you for your love and your prayers.

Blessings,

John, Carolyn and Joshua Calupca

Club Regatta Results

'Hooch in Tn. 11-5/6-2005

Mens Masters 4x			
1	Look Out RC	16:32.8	2 St Louis 16:59.4
3	R. Millard	18:06.1	
Mens Masters 4+			
1	Florida	16:46.0	2 Atlanta RC 17:42.6
3	UGA RC	18:00.8	4 Zen RC 18:01.7
5	Tallahassee	18:15.5	6 H. Kannapell 18:20.0
7	Asheville	18:45.9	8 St Louis 18:55.0
9	Alabama	19:13.4	10 Halifax 19:19.6
11	Orlando	19:25.6	12 Boulder 19:39.5
13	Dayton	20:12.9	14 Miami 21:22.7
Mx Masters 2x			
1	Fairmont RA	17:53.8	2 Dallas RC 18:20.4
3	Halifax	19:17.8	4 Craftsbury 19:20.4
5	ORRA	19:21.5	6 B. Millard 19:27.9
7	Look Out RC	19:49.1	8 St Louis 19:52.8
9	ORRA	20:08.8	10 Columbus 20:20.2
11	St Louis	20:21.7	12 Light wave 20:29.7
13	Fort Myers	20:44.0	14 Fort Myers 21:07.4
15	ST Louis	21:20.2	16 Unaff. 22:08.7
17	Look Out RC	23:49.2	
Mens Masters 8+			
1	Cambridge BC	15:07.6	2 Florida 15:40.0
3	Atlanta RC	15:43.3	4 Rollins 15:43.6
5	Asheville	16:49.9	6 St Louis 17:13.6
7	P. Sutton	17:22.4	8 Tallahassee RC 18:31.7
Womens Masters 2x			
1	C. Kannapell	20:19.9	2 Spalding 20:35.6
3	Louisville	20:52.8	4 Atlanta RC 21:03.5
5	Orlando	21:23.1	6 K. Griffith 21:47.8
7	Dayton	22:16.3	8 Halifax 26:29.3
MX Masters 4x			
1	A. Forster	17:41.0	2 Atlanta RC 19:34.0
3	Fort Myers	20:25.0	4 Oklahoma 22:36.6
Womens Masters 1x AA-AB			
1	Tampa	23:34.4	2 ORRA 23:50.7
3	Boulder	23:54.9	4 K. Griffith 24:19.7
5	Halifax	25:22.2	6 Fort Myers 26:09.4
7	Orlando	26:37.2	
Womens Masters 1xC-D			
1	Jacksonville RC	23:17.2	2 A. Forster 24:08.3
3	Lightwave	25:34.7	4 Rocket City 25:54.9
5	Fort Myers	27:40.9	
Womens Masters 4x			
1	A. Hynes	21:33.9	2 St Louis 23:23.5

Head of South

11-12-2005

Mens Masters 1x			
1	Trosper	19:36.0	2 Dixon 20:35.4
3	D'Italia	20:40.0	4 Phillips 20:50.8
5	Gerow	20:55.6	6 Walthall 21:07.7
7	H. Kannapell	21:08.0	8 Drake 21:21.7
9	Muther	21:46.3	10 S. Wilson 22:00.9
11	Foster	23:21.7	12 Shaffer 23:24.9
13	Gardner	24:57.2	14 Kilkeny 25:23.2
Womens Champion 1x			
1	Ferguson	18:07.90	2 K. Griffith 24:33.1
3	Kemp	26:02.64	
Womens Lwt 1x			
1	Angle	21:43.1	2 K. Petrie 23:43.5
3	Yusin	24:19.9	4 Leigh 25:04.9
5	Rhodes	25:50.4	
Womens Club 1x			
1	K. Petrie	24:39.0	
Mens Masters 2x			
1	Charlotte	18:42.6	2 Lookout 18:48.2
3	Lake Lanier	19:26.0	4 New Bern 20:52.3
5	Atlanta	21:16.6	6 Columbia 21:43.0
7	Catawba	21:43.08	
Mixed 8+			
1	NC State	18:44.5	2 Stanton Prep 18:56.3
3	Clemson	19:46.1	4 Lake Lanier 20:10.4
5	NC State B	20:13.4	6 Montgomery 21:09.4
7	Charleston	21:11.2	8 SCAD A 21:49.2
9	SCAD B	22:07.3	
Mixed 2x			
1	Lake Lanier A	21:52.6	2 Lake Lanier B 22:55.9
3	West Blvd Y	24:54.1	4 River Bank 26:28.8
Mens Masters 8+			
1	Lake Lanier	19:03.9	
Womens Champ 2x			
1	Alabama	22:12.3	2 Lake Lanier 22:36.7
3	Unnaff	23:06.7	
Womens Masters 2x			
1	Lake Lanier	24:40.0	





Teds Story- A Movie in the making?

Ted Heske (theske@mindspring.com)

I learned to row at the University of Michigan in the mid 80's. The novice coach at that time was a likeable, no-nonsense guy who possessed a talent for dreaming up extreme workouts. We were his living laboratory for whatever physiology experiments he wanted to perform.

Let's just say that surviving his workouts was your reward. Those who did survive ended up getting in pretty good shape in addition to learning some life long lessons about the value of hard work. I recollect that we didn't look so smooth but we did win some races.

All these years later it turns out that this hard driving coach is none other than "Iron" Mike Caviston. For those who aren't familiar with the name - Mike is the current Indoor Rowing World Record holder for senior lightweight men and a three time CRASH-B winner. I'm so glad we were able to help Mike get his own training plan dialed-in. :-). I joined the LLRC in April of 2004 after a break of nearly four years following the birth of my son. Prior to that I rowed and raced with the ARC for about five years.

I was drawn to the LLRC for two reasons, 1) the beautiful venue, and more importantly 2) the presence and active guidance of an expert coach. From the start I was fairly well resolved to take the slow but steady approach to getting back into racing form. As fall rolled around I found myself looking forward to making a concerted effort with my winter training.

When I heard about Sydney's Challenge it worked neatly into my plans. To mere mortals like me Sydney's Challenge is a lot of meters. In particular, I've never been a fan of doing lots of meters just for the sake of doing lots of meters. In the past when I've heard people say "more is better", I've always thought that more is just more - it is not necessarily better. So for me, Sydney's Challenge was an experiment to see what the sheer accumulation of meters could do.

Due to Thanksgiving holiday travel I got started a week late and was left with the simple math of 40 km a week for five weeks. I worked the meters per session up gradually and leveled off at just over 50 km per week for the last two weeks. After 25 erg sessions totaling around 15 hours and just over 206 thousand meters in all, I finished with ten minutes to spare before the New Year's Eve celebrations began. As a training experiment I have to say that the Challenge was a success.

Results of the 2005 Gold Silver Bronze Challenge

Bronze	Mario Delgado	1585.9
	Peter Ewing	1027.8
	Annette Forster	1591.5
	Mike Forster	1379.1
	John Martiniere	867.2
	Becky Millard	1306.8
	Robin Millard	876.3
	Helena McGuire	1181.3
	Chris Neidermeier	883.0
	Jack Quigley	1120.8

For example, I'm doing more meters in an hour right now than at any time since college. I don't recall a fast 5 km piece feeling as comfortable as it does now. I also have the somewhat intangible sense that my body is truly ready for the harder work ahead. As we progress through the rest of the winter and into the spring I'll be trying to convert the Sydney's Challenge aerobic base into greater speed at the sprint distances. In particular, I'd like to get my 1 km sculling time below 4:00.

I'll also be paying close attention to skills development since an efficient stroke is as crucial to boat speed as is fitness. If I succeed I'll be sure to credit the extra work this winter, and if not, John Ferriss is sure to get the blame. :-). In either event I'm quite likely to attempt Sydney's Challenge again next year.

P.S. - During the Challenge I logged my meters on the Concept 2 website. As luck would have it my name was drawn at random from among the people who accumulated over 50 km during the last week of December. You may see me wearing my prize this spring - a C2 tank top.

Side note to Annette - It turns out that I have thought a lot about erg aversion and have concluded that it is an issue primarily of psychology. I'll decline to offer advice because I think it will sound like "preachy" psycho-babble.

Warm Regards, -Ted.



LLRC Club members in the news

Doctor goes extra mile to help ailing patient

My mother came to visit us for the holidays following the death of my father. In her efforts to be his consummate caregiver, she severely hurt her back.

Our wonderful physician and his dedicated nurse examined her two days after Christmas, scheduled x-rays, prescribed medication and started her on the road to recovery. The doctor called with a report and his recommendations. Since she lives out-of-state, we were especially grateful.

There is no finer physician than Dr. Henry Lewis and his nurse, Denise, and their entire staff. May we all be blessed in the New Year with those who truly care about our health and well being.

Allan Fields
Gainesville

This letter was published in the Times on January 6th.

Upcoming Events

January 14th

Club Meeting: Boathouse 10:30 a.m.

January 15th

Sunday practice resume Boat House 4:00 p.m.

January 21st

Rock N Row Ergatta: Boat house 8:00.am.

January 28th

FISA Technique Clinic: Boat house 10:30.am.

January 28th

Chattanooga Erg Sprints: UTC 8:00.am.

January 28th

SE Referee Conference: Jacksonville FL

February 7th

Board Meeting: Tower 6:30 p.m.

February 11th

Atlanta Erg Sprints: GA Tech 8:00a.m.

February 11th

Club Meeting: Boat house 10:30.am.

February 25th

Race Team Meeting: Boat house 10:30.am.

February 25th

First Crew arrives for Training

February 26th

Race Team Meeting: Boat house 3:30.p.m.

Kristi Returns



Why would anyone who has tasted the mild winter weather in Southern California, come to Georgia in December? To row on Lake Lanier that's why! Oh yes, it helps if your parents live here!

Kristi Adams was in town for Christmas, on loan from the LMU LionsCrew in beautiful, sunny, warm, friendly Los Angeles.

As a special treat she got to haul a master down the river in a double, just think of it as training weight Kristi!

Good luck with your spring training, we look forward to seeing your team beat up on the west coast crews.

Technique Clinic

Join John Ferriss for a coaching session with legendary national team coach, Kris Korzeniowski. Well actually Kris can't make it so he is appearing on video.

John will lead an indepth look at the new coaching video from FISA that details the rowing technique. Its good that John is doing the talking as at least we can understand him; Kris is another matter!

This will be a fun and interesting seminar that will have something for everyone, regardless of the level you perceive your rowing!

Date: January 28th

Time: After Practice

Bring dry clothes, there will be bagles and juice!

A second date will be scheduled for those who are unable to attend.



Executive Directors report continued.

in U.S. and world rowing. By the time I got to Baltimore many people had received the December issue of Rowing News with the short article on our not being awarded the 2009 World Rowing Junior Championships and were curious about what had happened. This gave me a chance to talk about the venue (for those who hadn't seen it) as well as our continued interest in hosting an international regatta.

Presentations at the conferences followed two main threads - new developments (mainly from technology) and tried and true wisdom:

New Developments:

USRowing has produced several new educational products and updated/converted the old tapes to DVD. Titles are: "Rowing Technique," "Safety," "Sculling Fundamentals," "Rigging," and "Coaching with Drills." FISA has also produced a DVD on sculling. These will all be reviewed at our clinic on January 28.

A product to merge video images and copy it onto a CD has been produced by Dartfish (www.Dartfish.com). This may be the answer to our challenge of finding a convenient way for masters to review video of themselves rowing.

A European company, WEBA Sport, has developed a moderately priced system for mounting strain gauges on sculling boats in order to get feedback on power curves and boat speed. Price is about \$2500 per seat. The person giving the report said that it is commonly used by national team programs; however the US coach I asked said that isn't true. The equipment is delicate and hard to set-up. A US company, RowMetrics (www.rowmetrics.com) has developed a similar product, but with a different design.

Regatta Workbench and RegattaCentral (Scott Dybiec and Steve Lopez) reviewed the new software they have developed for regatta management. This is the same system we used for the Head of Lanier; they appreciated the feedback provided by Ken Goodman and Henry Kannapell).

We are familiar with the Speed Coach from N-K; now the company has developed a way for the coach in a motor boat to see the same data that is on the display in the shell. If beta testing is successful they will provide a system or two for teams to try during spring break training at LLRC.

One of the special treats of the trip was the chance to hear Dick Tonks, coach of this years very successful New Zealand rowing team, talk about his approach to technique and program development. A lot of what he said was similar

to the text in Nolte's Rowing Faster, he also used the same diagrams, but the gestures he used! In describing the desired amount of layback at the finish he pushed his fingers under a little tummy pudge, leaned back, and said something like, "just to the point where the muscles hold you steady." On going fast he said: "it is all about length, rhythm, flow, relaxing, and pulling hard all the time," "nothing loose, everything tight at the front end." The tape of his first presentation is audible, so I will make a few copies to pass around.



Claus Filter, naval architect for the former DDR rowing program and now with WinTech, made presentations at both conferences, and also at another clinic in Connecticut during the intervening week. By the time I heard him in Saratoga Springs I was able to understand most of what he was saying, but taking notes was difficult. WinTech promised that the PowerPoint presentation would be on their web site (www.WinTechRowing.com), but it has not yet appeared. Follow the link under "Company" for more information on Claus and some of the details. As former chairman of the FISA Materials commission he has been heavily involved in many of the recent technological developments in rowing. Regarding hull surface preparation he said, "don't use wax, make sure the hull is clean and smooth, and if necessary use a wax free high polymer polish," and "wet sanding across the hull is only good for a few days."

Vespoli USA has developed and is now selling a "new" hull shape; some members may have seen the boat on display at the Hooch. The company motto for the boat is 'Rows like an Erg,' but don't let that discourage you. They have used lines very similar to the two yellow Pocock training boats at LLRC, and built the boats using the latest materials and techniques. The result is a 240 pound (or lighter) boat that is more stable than the popular 'Model D' hull. The boat is being marketed to both club programs and college programs that introduce a lot of beginners to the sport.

A big surprise for me was the number of people registered at both conferences - USRowing: 440, Joy of Sculling: 200 - but how few there were from the southeast. LLRC can play a role in developing this kind of event in our region. The other side of the issue is increasing awareness of its value for promoting the development of rowing. Atlanta and Gainesville, being central to the region, are excellent locations for an educational conference.



Newsletter & Web Site Information

The **LLRC Newsletter** is published bimonthly (Jan., Mar., May, July, Sept., and Nov.). All submissions for inclusion in the Newsletter should be sent to **Mike Forster**, c/o LLRC (at llrc@mindspring.com or put under the office door).

The **LLRC Website** can be found at www.llrc.ws. Changes and additions to the web are made frequently. The LLRC website will list the current calendar of events, practice schedules, event information and photographs. Your feedback or suggestions are welcome. There is a link to a feedback form on the home page or you may send us notes at llrc@mindspring.com. Please send all information and material to the club office.

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TBA
TBA
EVERY ONE!
TBA
Mike Forster



Lake Lanier Rowing Club
3105 Clark's Bridge Road
Gainesville, Georgia 30506

Lanier
Sprints 06
March 25th