

Surge!!

Newsletter of the Friends of Williamsburg Rowing
a not-for-profit 501(c) corporation, organized for charitable purposes

Spring 2005 Edition

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A Message from the President

Dear Friends,

Just in time for racing season, we have put together our spring issue of Surge! There is a lot of information and updates in this issue, and we hope you will enjoy hearing what is going on in the Williamsburg rowing community. You will hear from the Williamsburg Boat Club (WBC), a group that has become well established in a short period of time. You will also be able to read a recap of the fall season and a preview of the spring season from the William & Mary Rowing Club (WMRC), as well as an in-depth look at a promising crew. Also included in this issue are class notes for WMRC alumni. We run these once a year, so if you would like to share your news with other alumni, please e-mail me with any updates you might have and I will include them in the next issue.

The Friends of Williamsburg Rowing (FWR) had its annual meeting in December at the home of Stan Lewis. The meeting was very well attended with several FWR directors and officers in attendance, as well as representatives from the WMRC and the WBC. We covered a lot of ground at this meeting.

At the meeting, we elected the executive board for the upcoming year. Christie Davis Ashton '00, Peter Michaud '93, and Stan Lewis were reelected to the positions of president, vice-president, and treasurer, respectively. Vicki Dyer '04 was elected to the position of secretary. We also elected directors for a three year term. Adam Ayers '00 and Robert Durham '01 were reelected as directors, and Joe Piotrowski (a member of WBC) was elected as a director.

We heard from WMRC and WBC regarding their activities to date and plans for the spring; these updates are included in this issue. Much of our discussion was spent defining roles and coordinating efforts to support each other in the most efficient way possible. The rowing community in Williamsburg (including WMRC and WBC) is very close to establishing a truly permanent rowing venue. As such, we determined that one of the primary roles of FWR going forward is to begin raising money for a boathouse to be used by WMRC and WBC, as well as any other rowing programs that may form. Please see the short article inside on how we plan to accomplish this.

I want to thank everyone for their support of rowing in the Williamsburg community. We hope you enjoy this issue of Surge!

Sincerely,

Christie Davis Ashton '00
President, Friends of Williamsburg Rowing

FWR Financial Standing as of 31 January, 2005.

January 2005 ended with FWR in good financial shape, thanks to a large number of members who paid their 2004 dues in December so they could participate in the General Meeting. There were also 2005 memberships paid by five members, including a most generous donation from Kelly and Cindy Crace. We currently have \$1,115.71 in our checking account and \$711.98 in the Boathouse Fund. We have paid our annual mailbox rental fee of \$68.

Stanley Lewis, Treasurer

Officers and Directors

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Director - Douglas L. Turner (Parent '94)
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Status of the Electric Coaching Launch Project

The need for a swifter, more powerful electrically powered coaching launch has been overtaken by the availability of the new James City County RiverFront Park on the Chickahominy River, near where Route 5 crosses the bridge. Both William & Mary and Williamsburg Boat Club crews have expressed a preference for that site because of the length of the rowing courses available to them and the suitability of gasoline powered launches. As a result, further development of the new, more powerful eCycle electric motor is being pursued by Mr. Jay Graham without our participation. Jay will donate a new 15hp Evinrude outboard motor, along with the needed steering, throttle and fuel tank systems to us, to be used by both rowing organizations at RiverFront Park. This will give W&M a second engine to use in their workouts, at no cost to them. WBC crews will use the engine on the Chick as well. We are still coordinating what will happen to the actual launch shell and hope to have that resolved soon.

Our other Stillwater catamaran launch will remain at Little Creek Reservoir Park, powered by its Reservoir Runner electric motor, for use in coaching beginning rowers on the calm, safe waters of LCR. Workouts in 2004 demonstrated that the launch is well suited to coaching beginning rowers, with plenty of speed and maneuverability for the less demanding task. The learn-to-row program of WBC and perhaps introductory rowing for new W&M rowing candidates will have the nice docks we built at LCR to use as well.

James City County Parks and Recreation is pleased that we will be able to use both county parks as rowing venues, optimizing the benefits to the citizens of the county funds donated for the rowing programs.

Mr. Graham is continuing to pursue development of the new, more powerful motor, and such crews as UVA will remain candidates for its use because of environmental concerns. We wish Jay well in his program.

One of the real pluses of the move to RiverFront Park as the primary rowing venue is the availability of a suitable site for a boathouse. JCC has discussed the project with the crews favorably. Now all we need is the money....

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William and Mary Rowing Club

The 2004-2005 season is going to be over before we know it. The fall season was a great success thanks to the biggest team size we've seen in a few years. Now we're taking those larger numbers into the spring and should see some exciting results.

This past fall we had three races, the Occoquan Chase, the Head of the Schuylkill, and the Head of the Occoquan. The Occoquan Chase didn't bring us spectacular results, but provided us with some much-needed experience to continue the season with. Our Women's Varsity team performed the best taking 3rd place in the Lightweight 4+ and 4th in the Varsity 8+. At the Head of the Schuylkill we faced some tough competition and placed in the middle of the pack in all events. The most disappointing race was the Men's Novice 4+, who were prevented from racing due to a rigging problem. At our last race, the Head of the Occoquan, all the hard work paid off. Our Novice Men's A boat took 3rd place in their event and the Novice Women placed an impressive 6th out of 29. Our varsity crews all had solid top 10 finishes and the alumni boat had a lot of fun getting back out there and racing. Overall it was a good fall season that showed continuous improvement.

Winter training, while hard as always, has been worthwhile. About 30 members of the team went down to Orlando, FL to train during the last week of our Winter Break from school. We had a great time seeing the sights, visiting amusement parks and of course rowing in the 75-85 degree weather. Unfortunately the weather turned on us the last two days, but still a productive week. Getting back to school meant getting back onto the ergs in preparation for the last few 2k tests to determine our boat lineups before going back out on the water. The team attended the Mid-Atlantic Erg Sprints in Alexandria, VA where we won the Top College Team award for our performance.

The upcoming spring season will be a busy one. The team has six scheduled races with only three weekends off between spring break and the end of school. Spring break is critical to honing our technique on the water and we'll be practicing twice a day while in Columbia, SC from March 5-12. Then it's not long until our first race and our only home regatta, The Waterfield Cup, our annual duel with Virginia Tech. It should be a good match-up, but we expect to come out on top and take back the cup this year. After that we have one more regular race, The Occoquan Sprints, before we enter our championship season mid-April at SIRA's in Tennessee. SIRA's will be a good weekend to pit ourselves against some of the toughest crews in the south and give us a good idea of what we'll be up against in the weeks to come. The following weekend we'll be going to Philadelphia to compete in the Colonial Athletic Association Championships. We should see some good competition that weekend against George Mason University and Drexel, but most of all we'll get to practice on the Schuylkill in preparation for Dad Vails. Our last two races are in May, the Mid-Atlantic Collegiate Crew Championships on the 7th, followed by the Dad Vail Regatta on the 13-14th. For a few years running at least one W&M boat has won a medal at Mid-Atlantics and we don't expect this year to be any different. Both the novice men and the varsity women should be in contention for the gold medals in their events. The team will see its toughest competition of the year at the Dad Vail Regatta in May. Look for some W&M crews to be fighting it out in the second day of competition.

Keep up to date on our results and find out more information about our schedule on the team's website at www.wm.edu/so/wmrc/. We look forward to seeing everyone at the races.

Travis Moore, President WMRC

Williamsburg Boat Club Update

The Williamsburg Boat Club (WBC) is busy planning the second annual Learn-to-Row class, which will be offered for three weeks in June. We look forward to adding new members. We will have an introductory learn-to-row day prior to the classes to get people interested.

WBC added four new members last fall, bringing our membership to 24, and they have been diligently "erging" with us all winter. They are eager to get on the water, so as soon as the weather permits, we'll be at the river working with them on the dockside rowers. Once they've mastered that, we'll get them into a boat. Current members can't wait to row again. Quite a few of us have practiced on the ergs all winter doing workouts that help us with endurance and aerobic capacity. It has been fun doing the workouts two or three times a week as a group. We even had two members compete in the 7th Annual Hampton Roads Erg Pull on February 17th. Some WBC members came to watch and to support the competing members and decided this was something they would try next year. We will definitely see the benefits of the indoor rowing when we finally get on the water.

WBC is grateful to the College of William and Mary crew team for sharing its indoor rowing workout space with us. We were able to work out schedules so everyone had practice time. WBC and William and Mary crew members built a frame for a 6' x 4' mirror to use for practice on the indoor rowing machines. This will help the rowers see themselves and help correct problems with technique.

WBC held our first fund-raising activity last December. Terry Patterson, the husband of one of our members, is the director of the local 4-H campground. Just before Christmas each year, the James City County 4-H holds a "Breakfast with Santa" event. This year, we cooked the sausages and pancakes and Terry gave us \$2 from every ticket sold. We had a great time and made some money, too. We are planning more fund-raising events this year.

WBC and the College have met with James City County employees to discuss proposals for building a boathouse to be utilized by the College and the community. The county is in the process of developing a master plan for use of the land along the Chickahominy River, and this is an opportunity to promote rowing in the community. If the county approves, we will build temporary structures that will include a shed for the oars and boat motors and racks for the boats. The hope is for a permanent boathouse to be built on the land.

On March 26th, WBC will help run a regatta between William and Mary and Virginia Tech. The Virginia Rowing Club will bring its crew from Hampton to race against WBC. This will be the first ever race for WBC, one that will let them experience competition in a relaxed environment.

Mary Lewis

For information about Williamsburg Boat Club, contact Mary Lewis at mqlewis@cox.net or call 757-566-9615.

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Spotlight – the Novice Men

This year's novice men are a large and diverse group. As I write this article in early March, there are sixteen rowers and one coxswain. They come from all over the country: California, Illinois, Ohio, North Carolina, Pennsylvania, Maryland, Minnesota, New Jersey, and New York, among others. We have freshmen, sophomores, juniors, one senior, and even a second year graduate student. All of them are majoring in physical education so that they can concentrate on rowing...just kidding. One thing they do have in common is dedication. They have worked hard all year and they will be tough to beat.

The first boat, from bow to cox, is Mark Miller, Chris Chaulk, Jim Donecker, Steve Miller, Matt Connell, Sean Koeby, Henry Teuber, Chris Lyons, and Rudy Primeau. At first glance, you might be skeptical about their chances this spring. They are not a physically intimidating crew. All but two are under six feet, and they average only 165 pounds. Other clubs will field bigger guys. I still think we can give them a race. Here's why:

1. Athletes. Although none of the novice men rowed before they came to William and Mary, nearly all of them were competitive endurance athletes in high school. They already know how to balance rowing with their academics, they are used to hard workouts, and they understand how to work as a team.
2. Physical conditioning. These men average 6:57 on the erg over 2k. That would have been lower, but I had to move Joseph Andrews up to the varsity boat. He won his event at the Mid-Atlantic Erg Sprints with a 6:38. The other novice men took eight of the next nine places.
3. Psychological conditioning. All of these men had to earn their seat. There are only eight seats in the first boat, and the sixteen novice men compete with each other constantly. That competition has given their training a big boost. What's more, racing is second nature to them by now. They will not have regatta jitters like other novice crews.
4. Technique. Last year, we had to fill two seats in the eight with spring novice. That really hurt our speed. Thanks to the greater numbers this year, we can now field an eight of men with at least six months of experience under their belts.
5. Equipment. The novice men will row the Leavitt. It is still stiff, and we just rewired it for sound and ratings.

With all that going for us, we should see some good results this spring. The novice men beat Tech at the Occoquan, so I predict a win at our annual dual meet. Occoquan Sprints will be tougher, but we can expect to beat the host school: Mason finished behind us at the Occoquan as well. SIRAs will be our first big test. Whatever happens there, we still have a good shot at a medal at Colonials. Delaware and Drexel will probably take first and second. At MACCCs, we will be looking to improve on last year's third place finish. We may win that race outright. We will get taken down a notch at Dad Vails, but that's OK. We are making progress. It won't be long before we start winning races there too.

See you at the races!

Coach Montague

Helping us Fundraise

Aside from coming out and supporting the team at races, helping us fundraise is one of the most useful things that anyone can do. Our team members already spend a lot of time on free weekends fundraising and the more help we can get, the better. Fortunately there are some easier ways to help then going out and doing a Work Weekend for us. For those of you who shop at a Food Lion and are an MVP customer, you can earn money for the team just by shopping. By participating in the Lion Shop & Share program a portion of every purchase goes to help the team. Registration can be done at www.FoodLion.com. Just click on the "Lion Shop & Share" link under "In The Community" on the left side of the page. From there click "Register MVP Cards" and press the "Select Organization" button. We are listed under VA, Williamsburg, WILLIAM & MARY ROWING CLUB. Then just enter your MVP card number and information and you're signed up. Thanks to everyone for your continued support, it means so much to the team.

Travis Moore, President WMRC

William and Mary Rowing Club Spring 2005 Schedule

Mar 05-12	Spring Training Columbia, SC
Mar 26	VT Duel - Waterfield Cup Williamsburg, VA
Apr 03	Occoquan Sprints Fairfax Station, VA
Apr 16-17	Southern Intercollegiate Rowing Association Championships Oak Ridge, TN
Apr 23	CAA Championship Philadelphia, PA
May 07	Mid-Atlantic Collegiate Crew Championships Fairfax Station, VA
May 13-14	Dad Vail Regatta Philadelphia, PA

Boathouse Fund

As you may have gathered from some of the other articles in this issue, the rowing community in Williamsburg is close to establishing a permanent rowing site. While there has been a lot of hard work to this point and we have come a long way, there is still a lot of work to be done. The good news is we are now at a point where we believe we can begin raising money for a boathouse. A boathouse is a key item to truly establish rowing in the Williamsburg community as well as providing stability to WMRC as well. This boathouse would be used by both WMRC and WBC, as well as any other groups that may form in the meantime. In order to make this happen, we need your help. There is a donation form in this issue to use to donate to the boathouse fund and it includes information about where to send your donation. Please make checks out to Friends of Williamsburg Rowing and put "Boathouse Fund" in the memo line. Just to remind everyone, FWR is a 501(c)(3) organization so any donations are tax deductible. Even if you cannot donate a lot, please consider donating a small amount—every little bit helps.

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Class Notes

This is a section we run annually to help alumni keep up to date with each other. There was not as much response this time as in previous years, but we heard from some "long lost" alumni, which is good. If you would like to share some of you news with other rowing alumni, please e-mail me at billandchristie@comcast.net. If I get enough responses, we will run another set of updates in the fall.

--Christie Davis Ashton '00

Derek Eisel '94 writes that he and his partner, Bo, are living in Seattle, where Derek works for a large international logistics company managing a team of software testers. Derek rowed with some local groups for a few years, but now competes in triathlons. Also rowing for the same team in Seattle was **Lawrence Zellner '95**. Lawrence coached for several Seattle teams as well, but is now in California. Derek also writes that they see **Joanne Teasdale Harvey '94** often. Joanne works for a construction software firm and is married with two children, both boys. Derek also ran into several rowing alumni at Homecoming this year including: **Blake Howard, Kerry Buxton, Rob Peace, Ed Bronson (all '94) and Ray Freson and Mike Lawrence (both '95)**.

Brian Cohrs '98 wrote into report that he is currently a Lieutenant acting as the Executive Officer with Romeo Battery, 5th Battalion, 11th Marines at Camp Pendleton, CA. He just returned from my second deployment to Iraq. He spent nine months in Najaf working with the locals to repair much of the fighting from earlier this year and the decades of neglect under Saddam.

Kelly Crouch LaRue '99 reports that she received her Masters in Special Education in December from Old Dominion University. She currently teaches preschool students with autism in Virginia Beach. She and her husband, Adam, welcomed their first child, a boy, in January.

Nate Stump '99 recently moved from New Jersey to Alexandria, VA, where Nate is working as a third-year commercial litigation attorney for a firm in D.C. Nate and his wife have two children. Their daughter will be three in May and their son was born last September.

Betsy Holt '00 finished law school at UNC-Chapel Hill last May and is in her first year of a two year clerkship in the North Carolina Court of Appeals. She currently lives in Chapel Hill and invites anyone passing through to call her up and arrange a visit.

Stephanie Simon '01 writes that she will graduate this spring from medical school at George Washington University in D.C. She will complete her residency in pediatrics. This spring she will also marry Greg Appleman in Yorktown. She is looking forward to seeing some other alumni at the wedding, including **Tycie Young, Robin Yachechko, Maria Borda, and Andrew "Junior" Sterling (all class of 2001)**.

Andrew "Junior" Sterling '01 writes that he has recently moved to Sterling, VA and everyone is invited for BBQ and beer anytime.

Travis Nels '02 is still in Air Force training in Florida. He writes that he has finished the hard part of the program but must now wait, since resources are scarce and there are a large number of students.

As for me, my husband **Bill Ashton '01** and I moved to Marietta, GA (a suburb of Atlanta) last summer when Bill accepted a transfer from his employer, Lockheed Martin. I am still working as a CPA, but from home now as an independent contractor.

From the *William and Mary Rowing Club Website*
http://www.wm.edu/so/wmrc/lecture_notes.php

Training Lecture Notes 2004 – 2005

Welcome to our new training lecture page, where weekly notes of our coach's training tips, docking procedure, and other useful information for rowers, coxswains, and athletes in general will be posted. Currently the documents can be opened using Microsoft Word. Please be patient as we work on uploading the fall semester's worth of notes: complete version coming soon.

Documents may take some time to load depending on the speed of your Internet connection.

October 8, 2004: Theory of Training and Basic Physiology - [Understanding why we train and how it will make us succeed.](#)

November 9, 2004: Docking Procedure - [How to dock with minimal chance of mishap.](#)

November 16, 2004: Nutrition - [The optimal way to ensure you are eating healthy and satisfying your needs as an athlete.](#)

November 16, 2004: Training Types - [A detailed explanation of the physiological differences between UT2, UT1, AT, and L workouts.](#)

November 22, 2004: Caffeine - [Is caffeine helpful or harmful to your training and race performance?](#)

Send Us Your E-mail Address

We are continually updating our database to keep all past, current and future "Friends" informed on the happenings of rowing in the Williamsburg area. If you would like to receive future issues of *SURGE!!* as well as other periodic updates by e-mail, please send an e-mail to billandchristie@comcast.net.

Electronic communication will save the Friends printing and postage costs. It will also enable us to contact you more efficiently.

Alumni

Where are you? What are you doing?

Drop us an email. Give us a quick update. The next issue of *Surge* (due out in early spring) will feature an "Alumni Notes" section to help alumni keep in touch.

To help us keep in touch with you, please be sure to update your contact information (address, phone, and e-mail) with us. Send an e-mail to billandchristie@comcast.net.

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Contribution Form

Friends of Williamsburg Rowing

I/we wish to support the Friends of Williamsburg Rowing with a tax-deductible contribution:

Levels:	Contribution Amount	Designation:
Benefactor	\$300 _____	_____% Undesignated
Patron	150 _____	_____% William and Mary Rowing Club
Sponsor	\$75 _____	_____% Williamsburg Boat Club
Member	\$30 _____	_____% Boathouse Fund

Name(s): _____

Address: _____

Phone: _____

Email: _____

Are you a resident of Williamsburg or James City County? Yes No

Would you like more information about the Williamsburg Boat Club? Yes No

Are you a W&M Graduate? Yes No Graduation year: _____

Former crew member? Yes No Years _____

Are you a parent/relative of crew member? Yes No Student _____ Graduation _____

The name/address or other information above is new or corrected: Yes No

You may acknowledge my contribution in future publications (dollar amounts are not published)

I/we wish to remain anonymous.

Please contact me regarding a major gift to William & Mary Crew.

Please send Friends newsletter and membership information to:

Return this form and check payable to "Friends of Williamsburg Rowing" to:

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