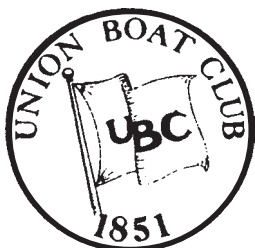


THE PUDDLE



Newsletter of the Union Boat Club of Boston

Spring 2003

Annual Rowing Awards Dinner A Gracious Affair

Much Ado About Many

Nick O'Connor

The annual Rowing Awards Dinner in January was graciously hosted by Gene and Lloyd Dahmen. Nick O'Connor gave his usually sombre peroration on the season as follows:

The Club championships were held on a carefully selected day in early September. We purposefully rig these races to coincide with the following propitious coincidences. Steve Tucker is away at the worlds; Tom Bohrer is ineligible because he is the judge; Greg Gallico is in his third month of no training, whereas its Lloyd's first day back since the winter solstice; Dan has just finished a month of fasting and meditation; Laura Donohue is again in the middle of exams and has been up all night, whereas Peter Schnorr has been up all week changing diapers; Jeb Besser and Catherine Salomone are busy contemplating marriage, but not to each other; Tim

Timmerman and Derek are still wasted from all the beer at Henley, and Tony and I are suffering from a terminal case of the slows.

Be that as it may, with the sounding of the starting gun, Sib Reppert and Sonia Witte jump off ahead, fly for the first 500m and then promptly both die, Marcus oversleeps as usual and is late for the start, Jimmy Sowles never hears the gun and is left at the line along with Terry Maher who's having a bad hair day and still trying tuck it into her headband; Jennifer and Christine are delayed at the dock by their usual tiff over who's going to stroke, right behind them is Karl Breuing making yet one more compulsive millimeter adjustment to his rigging; Keats at the start stomps on the stretcher, and splits it in two for the fourth time this year; Victoria as usual jumps the gun, but since she's so tiny, no one notices; Charlie Clapp sucks every one in by rowing that beat up wooden boat of his with the old macon blades, Bob Ackerman suffering from mild cerebral

ischaemia thinks its a warmup piece and Jonathan goes off at 42 strokes a minute. Despite all this the winners were: in the open, Catherine Infantino and Rich Montgomery, in the masters, Victoria Holiday and Charlie Clapp, and in the veteran's, Jonathan Warburg. There were no women willing to own up to being old enough to be in the veteran's.

Next are the mileage awards for 2002. Victoria Holliday rowed 1423 miles, at least that's what we think since she signs the book in cuneiform hieroglyphics. Tony Philippi deciphers the log book, and even though he is of Greek descent by way of Australopithecus and wrestled at Brown, he had a lot of trouble deciphering the signatures. Dan Dill is in for 1234—these were quick miles as Dan has been going a lot faster since he shaved his head. Jim Hughes, not to be confused with John Hughes and despite fathering another child put in 1068. Finally, Terry Maher talked her way nonstop

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President's Letter

It is always the hope of any Charles River rower that the late February Crash-B Sprints (the original name of the World Indoor Rowing Championships) will herald in the Spring thaw and allow the ergometer to be left behind after a long indoor season. The problem this year is that one could have walked up the Charles to the race, with little sign in sight of any moving water. So the indoor season will stretch a bit further along.

Some members may be aware that the executive committee has been working with the MDC to resolve the issue of repairing and replacing the dock in front of the boathouse. While the ingenuity of our boathouse attendant has kept the dock functional, it is clearly "fully depreciated" and in need of full replacement. It is also apparent that there are an increasing number of citizens, athletes, UBC members and organizations that truly care about the riverfront "neighborhood" that we inhabit as a club. We will be actively working with these constituencies to take an expanded role in not only taking care of our own needs as a club, but also as a good neighbor and steward of the property around our boathouse. Working with this coalition of those concerned with the long term health of the esplanade is an effort that we should undertake and will proud of in the years ahead.

My comments about traveling up the icy Charles remind me of Dr. Ed Woods' suggestion at this past year's annual meeting about reinstating a lapsed club tradition—that being a boat trip from the lagoon to Weld Boat house for a Harvard football game. It seems that those trips held just as much excitement and trepidation as an ice walk would have today, with perhaps a bit more libation being

consumed! These are the things that define the club and that which initiates them is the same thing that sustains them—the efforts and ideas of our members. The club thrives on your collective energy and I hope the advent of spring will, as always, restore it anew. ■

Charlie Clapp,
President

Annual Rowing Awards Dinner

...continued from front page

up and down the river for 1025. We all suspect Jim Keating rowed a lot of miles, but since he does them in complete darkness despite his coal miner's light, no one including Jim knows what his actual mileage is. As you all probably know, Keats trains for this in the winter by rowing his erg in the basement in complete darkness. In fact the only time Keats ever sees his actual splits is at the CRASH-B's.

The dynamic duo of Jennifer and Christine also rowed a stupendous number of miles...but, thought that Tom was supposed to be keeping track for them. They also had their usual number of collisions and spent a lot of mornings vying with Probolus and Hughes to see who got to row the venerable blue deck Vespoli. Jack and John would have rowed a lot more miles if they had ever taken their double beyond the B.U. bridge. When asked why they didn't they kept saying there were hostiles up there.

There were the usual number of calamities with bicycle accidents taking out John Macuga, Sam Batcheldor and Nick O'Connor. There were some new members who ventured down at least once, for example John X came down one Sunday morning for his first row ever at UBC and took a club single down to the water. I asked him if he wanted any help, and he said no he was

okay, he had rowed sweep for Harry. Duly chastened I then watched him adroitly leap into the single and immediately roll into the drink having forgotten to put any oars in the boat...it was awhile before we saw him again.

Ollie Scholle joined us this year and demonstrated that tremendous strength and aerobic capacity can make up for a significant lack of technique. On the other hand he was joined by Peter Hanson who demonstrated the counterpoint namely humongous strength and aerobic capacity can't make up for complete lack of technique.

Finally this was another wonderful year of coaching from Tom Bohrer. He worked hard all last winter and spring to take two boats to Henley which was the first time each member of the team had been there. He prepared us well all summer long for the head season culminating in a record number of members in the Head of the Charles. So I want to thank him and all of you for making this a very good year.

The annual CRASH-B sprints were held on Sunday, February 23rd. A record 25 members of UBC showed up to race. Coach Bohrer had a two month special training schedule to get us ready for this race. Tom Bohrer, Derek Silveira, Jim Hughes, Jeb Besser, Steve McKiernan, Rich Montgomery, Bill O'Brien, Peter Schnorr, Ollie Scholle, Gene Clapp and Sib Reppert all had times under 7 minutes. Jonathan Warburg, Dan Dill and Jim Keating all came close to 7 minutes. Catherine Infantino and Samantha Twardowski rowing in the open lightweights both made it to the finals. All in all it was an impressive showing for Union.

The hour of power has been held in March. It was done anywhere, as many times as you liked, and any time in March. Your scores must be listed on the sheet in the club house. We are making

a plea this year to all members who have sculling oars that they are not using, to donate them to the club for use as 'club' oars. You can get in touch with Aleks Zosuls or Tom Bohrer if you wish to do this. ■

Winter Rowing Update

Coach Tom Bohrer

It has been a very cold winter so far and it may be April before the lagoon thaws enough for us to get back on the water. This may be a blessing as rowing in the basin in March is often not fun. We have had a very successful off season training program at the Boston University boathouse. After three years, the program has only grown more active, with over thirty club members faithfully attending each session. The workouts were longer and harder than the previous years so those who came showed a real commitment to staying in shape.

The winter program started the week before Thanksgiving with the goal of building endurance and getting used to rowing indoors again. The group did a "max" 20 minute test in November and December. The workouts were all based upon the data gleaned from those "best efforts" 20 minute tests and varied daily depending upon the desired outcome of each workout. In January, we switched gears and began focusing on the CRASH-B sprints, the indoor rowing world championships that are held here in Boston every February. We prepared for this by first doing a 1500 meter time trial to establish a realistic race pace for the race. All of the high intensity training pieces leading to the CRASH-Bs were based on a percentage of the CRASH-B goal. At the CRASH-Bs, many members scored per-

sonal best times or very close to it. Others who said they would never race joined in. All were relieved when their race was over!

Since the CRASH-Bs, we have conducted a series of tests that will be used to measure fitness levels over the next 6 months. For the rest of March the training was focused on steady state and anaerobic threshold workouts. We will also be preparing for the UBC "hour of power", the culmination of the long season of indoor training. If you are interested in the workouts that we did this winter and upcoming workouts right through the season, check out my web-site TBFIT.com. The site lists the weekly workouts, weight training, ergometer tests such as the sub-max, pictures and videos of rowing strength exercises. Many of the workouts listed are designed for overall athletic conditioning.

The short range goals this spring will be to race in the Riverside Sprints(5/11) and the Princeton Invitational Regatta (5/17-18). The Princeton race has both open and Master events. On the equipment front, the club has just ordered a new Empacher double. We are looking to purchase another club single this year if we can sell off some older equipment. We are also in need of club sculling blades. If you are purchasing a new pair of oars and would like to donate your old blades to the club please let me know.

We have been at B.U. through most of March. If you would like to join us for a workout, come on down. We are placing bets on when the ice will break. I say March 30, just in time for April Fools day! ■

Results of the CRASH-B Sprints and Gov Keyes

CRASH-B held on Sunday, February 23, 2003

Men's open:

Silveira, 6:20, Besser, 6:24

Men's ltw open:

Montgomery, 6:21, O'Brien, 6:45

Women's ltw open:

Infantino, 7:22,

Tawardowski, 7:33 (both finalists)

Men's masters:

Bohrer, 6:02, Hughes, 6:16,

M^cKiernan, 6:37, Watts, 7:24 (ltw)

Women's masters:

Sacheck, 7:17

Men's seniors:

Schnorr, 6:29, Scholle, 6:39,

James, 7:30

Men's Veteran "A":

Reppert, 6:56, Dill, 7:02,

Keating, 7:05, Baker, 7:10

Men's Veteran "B":

Warburg, 7:01, Dahmen, 7:13,

O'Connor, 7:52, Ackerman, 8:07

Gov Keyes held on Wednesday,

February 26, 2003 at the club house

In order of finish:

Jim Hughes: 6:13, winner, open

Derek Silveira 6:18.7

Jeb Besser 6:24

Aleks Zosuls 6:27

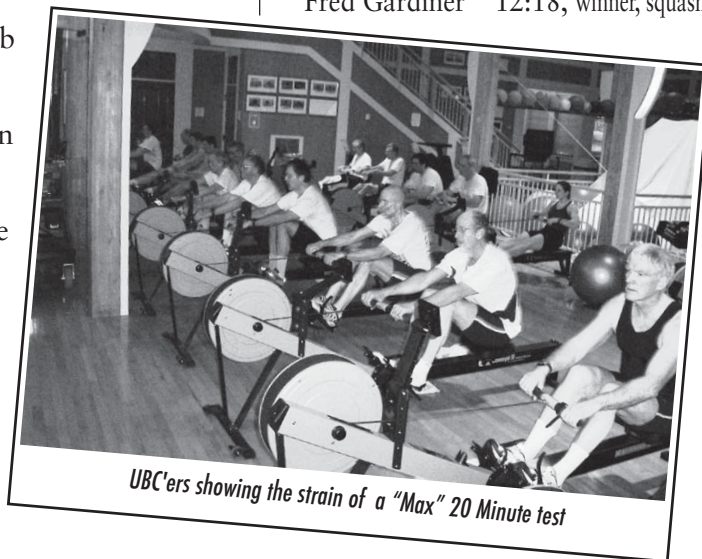
Gene Clapp 6:45, winner, 50+

John McCuga 6:50.7

Jim Keating 7:05

Jim Sowles 7:46

Fred Gardiner 12:18, winner, squash



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Squash News

Mark Lewis

UBC squash is as active as ever. We've had a busy winter. In December the UBC hosted the Summers Cup for the 28th time with new UBC member Brian Spaly taking home the silver. All of Jack Summers' children attended the finals; all of them expressed their gratitude to the club for including them in this yearly event.

Since December the UBC state league teams have been competing. All of the teams are faring well enough to make it to the play-offs where we hope the UBC teams will bring home state team championships.

In addition to state league play, all of the in-house tournaments are posted and matches are moving ahead. Finals night for all of the events will be in late April or early May. Good

luck to all UBC'ers and get those matches played.

The Tuesday evening clinics are still taking place from 6:00 p.m. to 7:00 p.m. Anyone interested in a little practice, a workout and some fun should come by.

If you have any questions or want to book a lesson contact Squash Professional Mark Lewis at 617-720-2252 or via e-mail at lewmark1@mindspring.com. ■

UBC Annual Dinner Speaker to be Former Squash Pro, John Nimick

The squash committee is pleased to announce that the speaker for the UBC Annual Dinner this year will be John Nimick. John is currently head of Event Engine, the company which runs four of the biggest professional squash tournaments in the world including the US Open held

in Boston and the Tournament of Champions in New York. Before that John was Executive Director of the Professional Squash Association for 5 years. He is involved with Squashbusters as well. John graduated from Princeton and was one of the top professional hardball players in the world in the 80's. ■

Important Dates:

- **Boathouse Cleanup—**
Saturday, April 12th, Boathouse
- **Squash Finals—**
Thursday, May 1st, Clubhouse
- **Annual Dinner—**
Saturday, May 15th, Harvard Club
- **Riverside Sprints—**
Sunday, May 18th, Rowing
- **New Members Cocktail Party—**
Thursday, June 12th, Boathouse
- **Esplanade Dinner—**
Thursday, August 7th, Boathouse