

Case Western Reserve University Crew Club

~~~~~ Alumni Newsletter \* April 2011 ~~~~~

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**The 7th Annual Alumni Regatta is Saturday, April 9, at the new CRF Boathouse! See you there?**

### **Recent Events:**

*Jan 29 - PGH Sprints*

*Feb 4 - Erg-a-thon*

*Feb 13 - The Hammer*

*Mar 26 - Homeschools*

*Apr 3 - URA Regatta*



*Case Crew at the 2011 Pittsburgh Indoor Sprints*

## **HomeSchools Results**

| <i>Event</i> | <i>Place</i>    | <i>Time</i> |
|--------------|-----------------|-------------|
| Men's 8      | 2 <sup>nd</sup> | 7:06.81     |
| Women's 8    | 2 <sup>nd</sup> | 7:37.44     |
| Men's A4     | 3 <sup>rd</sup> | ???         |
| Women's A4   | 1 <sup>st</sup> | 7:24.4      |
| Men's B4     | 2 <sup>nd</sup> | 7:57.84     |
| Womens B4    | 2 <sup>nd</sup> | 8:32.75     |
| Mixed 8      | 2 <sup>nd</sup> | 6:42.94     |



*Brightly colored sunglasses are a must for any stylish rower.*

## **Disaster at HomeSchools!**

*By Douglas "Teach me how to Dougie" Brubaker*

Though the frigid weather at the Home-Schools Regatta had rowers running for blankets and hand warmers, it was apparently not too cold for a dip in the Cuyahoga River. Spurred on by the wind, the Case Crew Team tent took a plunge into the murky water and, unable to swim, sank into the dark depths. Not willing to leave a valued team member to drown, coaches Patty Wolford and Bob Gannon led a daring rescue mission to retrieve our aged comrade. With rescue lines tied to riggers like giant fish-hooks, coaches and rowers trolled the river trying to hook the submerged tent. When the hooks finally took hold team members on land began to pull the tent out of the river. As the tent re-emerged, the roof became caught on the edge of the bulkhead. Unaware of the situation, rowers on top continued to pull, despite cries to stop from the coaches. Just when the spine seemed ready to crack, a shout from the dock of "WEIGH NUFF!" stopped the pulling and saved the tent from splintering. Eventually the tent was retrieved and safely disassembled, though like anything that falls into the river, was missing a few limbs when it came out.

## Upcoming Events

April 16: Picnic Row \* April 23: WV Governor's Cup \* May 14: Dad Vails

# A Shockingly Warm and Sunny URA

*By Katie "Putt Putt" Puttman*

Sunday, April 3<sup>rd</sup> dawned with relatively clear skies, 50 degree weather, and glass-like water conditions. Speaking as a rower possessing 2 years of experience with freezing rain and high winds for past URA regattas, the sunshine and smooth water were a welcome surprise. The event was attended by three other teams, Rochester, NYU, and Carnegie Mellon, but the Case Crews took advantage of the weather to win a huge number of medals. Everyone went home with at least 1

medal, and few rowers accumulated as many as three from various races. The women's pair brought home the only gold medal, beating out the Carnegie Mellon pair by only a second.

Despite the sun, the lake water remained bitterly cold, as can be attested to by the men's pair. Not satisfied with merely wading to their boat, Adam Wilson and Nicholas Miller took the opportunity to pop an oar out of their oarlock at the start and flip the boat in to test the water temperature again. Undaunted by 20 degree water, the righted themselves and placed second out of two.



The team missed the presence of Doug Rathburn, the regatta's founder, at this year's event. Although he has passed the torch for hosting URAs before leaving for work in Germany, his spirit is always around in oar form.



## Spring Break Practices

*By Matt "Jacked" Moss*

When I first read the spring break schedule, I thought three practices a day is nuts! Morning, mid-day, evening – there is no way I'm going to be able to get out of bed each morning. Maybe it was everyone's initial reaction – I can't be sure. However, everyone ultimately immensely enjoyed the month's worth of practice we got in one week.

While the weather was at best spotty (shoveling snow off the dock on the first few days, and again later in the week is hardly ideal, but we had our sunny days), it had been a while since any of us had been on the water, and to me it was like meeting an old friend again. Yeah, we were rusty, but that's part of the joy of rowing. Practicing is how we get better, and

I'm not sure I'd like it any other way without the perpetual improvement ahead of us each time. Also, watching the novices' row, most of who had never been in a boat before, reminded me of my first time rowing. No one is an expert when they first start, and watching the improvement – however slow or fast it happens – is always interesting from my position as being a 3rd year rower.

One thing that was entirely new would be the boathouse – now located at the old Commodore's Club site. It is certainly different, but it is nice to have new facilities that are – more importantly – our own for a change (by ours I really mean Cleveland Rowing Foundation's, but it is nice to know that they own the space now). It took a bit to get used to the new position on the river, but I think it is certainly an improvement, and I as well as many others look forward to when the site has reached its full potential.

Alas, I digress from the intense week of training in the middle of March. All in all, the best part of spring break is all the time together we spend as a team. Yeah, our rowing improves vastly, but so does our friendships. That alone makes being on this team worth it.

## Meet the Coaches



*Patty Wolford MA'07, MSN'09  
- Head Coach*

Patty Wolford transitioned from rowing with to coaching Case crew following her fall graduation in December 2008. Starting with the Case novice women's team as a graduate student in Fall 2006, Patty quickly caught on to the sport and as they say, the rest is history. She is an accomplished rower earning medals both at the collegiate level as well as the masters level competing with WRRRA during the summer season and SARA during the winter season. Patty is a USRowing certified Level 1 coach and plans on continuing her coach training.



*Bob Gannon - Assistant Coach*

Bob Gannon has been a rower with Western Reserve Rowing Association since 1995. He began sweep rowing with the Summer Rowing League and by the end of the summer was sculling in a double. He has competed in a variety of boats from single to eights in many regattas in Cleveland, Columbus, Pittsburgh, Chicago and Boston. He has attended Craftsbury Sculling Center and remains an avid sculler. He began coaching the team in the Fall of 2010, and has thoroughly enjoyed working with the Case varsity crew.



*Jim Mack - Assistant Coach*

Jim started coaching the novice men's team in 2006. He started rowing for the first time in 1998 here in Cleveland. Since that time he's traveled to the Florida Rowing Center and the Craftsbury Rowing Camp for sculling coaching and instruction. This is Coach Jim's first coaching experience, but he is not new to Case. Coach Mack is an emeritus assistant professor from the department of Psychiatry at Case's Medical School. He first moved to Cleveland when he joined the Case faculty in 1970. Although he's been retired since 2003, he still continues his research in neuropsychology at Case.



# Rowing in the Dough

*A Fundraising Update by Jeff "Chin-ups" Chin*

Our fifth annual 24-hour Erg-a-Thon did not disappoint this year. The fundraiser kicked off with a weeklong bake sale and raffle of generously donated gifts from local businesses, culminating in the main event. Attractions include free rowing lessons, cartoons/ movies on a projector, food and company. The event not only builds campus visibility, but also builds muscles. This year we had four teammates row a full marathon without a break! (42,195 meters, taking almost 4 hours to complete.) Thanks to the sponsorship of friends and family we were also able to raise almost \$1,600, with 10% being donated to the Susan G. Komen Breast Cancer Foundation. We have also continued the tradition of working Cleveland Brown's games as our primary fundraiser in the fall. On April 16th we will be hosting our first ever Picnic Row. We are opening this event up to the community, offering hungry donors a boat ride to a picnic site for food and games.

## Fall Race Results

*Compiled by Anise "Peace" Grant*

| Regatta                   | Date   | Location       | Race                              | Boat | Place   | Finish Time |
|---------------------------|--------|----------------|-----------------------------------|------|---------|-------------|
| Head of the Cuyahoga      | 18-Sep | Cleveland, OH  | Women's Open 4+                   | A    | 3rd/9   | 16:22.0     |
|                           |        |                | Women's Open 2-                   | A    | N/A     | 18:37.0     |
|                           |        |                | Women's Open 2x *                 | A    | 1st/2   | 17:24.0     |
|                           |        |                | Men's Open 8+ "                   | A    | 6th/6   | 16:23.0     |
|                           |        |                | Men's Open 4+                     | A    | 5th/10  | 14:42.0     |
|                           |        |                | Men's Open 1x                     | A    | 4th/5   | 16:54.0     |
| Head of the Ohio          | 9-Oct  | Pittsburgh, PA | Men's Open 4+                     | A    | 13th/17 | 15:53.000   |
|                           |        |                | Women's Open 2                    | A    | 2nd/3   | 19:22.170   |
|                           |        |                | Women's Masters 4+ B              | A    | 3rd/6   | 17:54.150   |
|                           |        |                | Women's Open 4+                   | A    | 4th/24  | 16:38.470   |
|                           |        |                | Men's Open 2-                     | A    | 4th/5   | 17:28.910   |
|                           |        |                | Mixed Masters 2x *                | A    | 4th/4   | 18:29.580   |
| Speakmon Memorial Regatta | 16-Oct | Columbus, OH   | Men's Open 4+                     | A    | 10th/19 | 18:21.102   |
|                           |        |                | Women's Open 2-                   | A    | 1st/8   | 21:44.575   |
|                           |        |                | Men's Open Novice 4+ '            | A    | 3rd/5   | 20:21.359   |
|                           |        |                | Women's Collegiate Open 4+        | A    | 5th/7   | 20:10.094   |
|                           |        |                | Women's Collegiate Open Novice 4+ | A    | 4th/5   | 25:44.811   |
|                           |        |                | Mixed Open 4+                     | A    | 4th/14  | 19:41.690   |
| Hamilton Fall Classic     | 23-Oct | Cincinnati, OH | Mixed Open 4+                     | B    | 12th/14 | 23:21.362   |
|                           |        |                | Mixed Open Novice 4+              | A    | 1st/2   | 13:19.100   |
|                           |        |                | Mixed Open Novice 8+              | A    | N/A     | 14:20.000   |
|                           |        |                | Women's Masters/Open 2-           | A    | N/A     | 13:16.000   |
|                           |        |                | Men's Youth Novice 4+             | A    | 7th/7   | 13:58.000   |
|                           |        |                | Women's Masters/Open 4+           | A    | 2nd/2   | 12:18.000   |

\* Combined Case/Western Reserve



## Freshman Perspectives

*By Mayank "What are you doing?!" Saksena*

Having grown up near the Olympic training center in Princeton, I was surrounded by a myriad of rowers from around the world. I was amazed by their love and dedication to the sport. I admired their capacity to train everyday in the wee hours of the morning in a slew of different weather conditions. Though as much as I enjoyed watching people row, little did I expect to be rowing myself one day.

I started my freshman year at Case with the intention of stepping outside of my comfort zone and trying new things out. But I never thought I'd go as far as joining a club sport like crew, one requiring an enormous amount of time and dedication. Because of the encouragement of a friend, I got interesting in joining. At the first few practices, I was intimidated by the complexities behind getting a shell to row. The constant focus on handle heights, early roll ups, and keeping the boat set had me incredibly confused. Yet after spending several weeks both on the water in the fall and on the ergs in the winter, I began to realize that becoming a good rower required a strong sense of intuition, discipline, and mental stamina. It also required an incredible amount of patience, as rowing on the Cuyahoga with the wide variety of debris, constant winds, and absolutely awful weather during all seasons made it one of the more difficult rivers to practice in.

So what makes me enjoy rowing in Cleveland weather and waking up for 5AM practices? Simply put, it's the people. I have met an incredible group of people who make rowing in any kind of conditions enjoyable. I have also been able to develop a mental and physical discipline I never knew I had. Case crew has not only helped me develop as an athlete, but also as an individual. I owe it to the team for some of my most memorable experiences of freshman year.



# **CWRU CREW CLUB**

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*Case Crew at the 2010 Hamilton*