



SIT READY . . . READY ALL . . .

- 10 Questions for Coach Phil Marshall (and answers)
- Fall Season Results
- Rowing in winter (and winter years)
- Liwski makes another cut

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The Orange Oar



Chris Liwski (center) and USA teammates toss coxswain John Stillings into the drink

“IMPROVEMENT”

Head Coach Dave Reischman has pronounced himself pleased with his team’s progress heading into the winter training season. That means, “so far, so good.” In his second year since succeeding the retired Bill Sanford, Reischman’s charges show strong signs of having “gotten aboard” with the new program.

“We identified some positives today, and we also identified some things we need to work on over the winter,” Reischman said after the varsity’s final fall races at the Princeton Chase, Oct. 26. “I think we’ve showed some improvement.” Fall racing also included the Stonehurst Capital Invitation Regatta in Rochester and the Head of the Charles. (see results—page 8)

The coaching staff now has turned over completely, with Phil Marshall (see page 4) succeeding Chris Luden ’90 as freshman coach, and Nick Scholz(see page 8) stepping in as graduate assistant as Matt Heumann ’02 moves on to full time studies. What is reported to be the best class of recruits is on campus and rowing, and more top prospects have been visiting as the (See Improvement—page 9)

Stayin’ Alive

With a Pan Am Games gold medal in hand, SU alum Chris Liwski continues his pursuit of a seat in the USA eight for the 2004 Olympics.

The U.S. Team won the Pan Am final this summer in 5:43.61, 2.52 seconds ahead of Canada. Cuba finished third in 5:47.23, followed by Brazil. (see Liwski—page 10)

Inside this issue:

Backsplash—Alumni News	2
Masters Update	3
Orange Oar Interview	4
Dudzick retires	6
Calendar of events	12



BACKSPLASH . . . News of Our Alumni

1940s

Bill Blake '49 (Co-captain) – in his words “Don Everett who was in our boat sent me the newsletter. Haven't been to SU in over 50 years.

We left Temple (after teaching there) 38 years ago to settle in the SF Bay Area. Four years ago we moved up into the foothills of the high Sierras. I've been retired 15 years from education.

Last year I learned to row a scull on Lake Natoma. At 80 I find it difficult getting in and out of the scull so I spend a lot of time playing singles in tennis.

Another tidbit. We live in a town of less than 500. One day I went into the local store with a Syracuse sweatshirt on. There were several men sitting around drinking coffee and one asked, "did you go to Syracuse?" Come to find out he lived on Long Branch not far from our boathouse.

1950s

Ray Taylor '51 – checks in with this: “I graduated from the Pulp & Paper Curriculum at the New York State College of Forestry in 1951. Rowed #7 on the freshman team in 1948. Really appreciate your updates on how the current teams are doing. Thanks. (*Editor's note: "Thank you, Ray!"*)”

Bart Green '56 – in his words “My wife and I just moved into a new (to us) house. Our new address is 28041 Old Country Club Road, Easton, MD 21601. Phone 410-822-6173. Email bcgreen@crosslink.net. We'd be glad to see or hear from old rowing buddies, circa 1952-57 (I rowed 52-56 and coached lightweights 56-57).

We have a deepwater dock available to any friends cruising the Bay. Easton is on the Eastern Shore of the Chesapeake Bay, across from Annapolis, and is now having mild weather, compared to the Central New York snow on the ground. (I grew up in Syracuse and have been inching south ever since.) Carol and I have three adult children: daughter Victoria is married to an Air Force man and stationed in Japan; sons Lawson and Merritt are both married and are with law firms in Washington, D.C.

I practiced law with a Wall Street firm for several years, then corporate practice and then General Counsel of the American Iron and Steel Institute in Washington, a job I still have. Both sons and I went to S.U. Law. Since S.U., I've rowed with clubs in Paris and Washington and on Skaneateles Lake (in an Alden).”

1960s

Charlie Mills '60 – married Brenda (Radford) September 13. Charlie is working as Sales Manager for Universal Electronics, Technical Call Center, Consumer Affairs Division.

In his words – “I work out of the house which is great but travel the whole country as necessary...which is almost weekly. Brenda and her daughter just opened an infant and toddler clothing and furniture store in Warrenton, VA (near Manassas, VA, about 40 mi. outside DC. We plan to move to that area as soon as the house here in PA sells. We've bought a house in an adult community which has its own golf course, club house, etc. Son Greg and wife Paige are expecting late summer so will be Grampa again.”

(See Backsplash– page 6)

Masters Rowing Report ***by Ted Kakas '64***

There are three featured issues on the Masters Committee docket these days:

1) Due to an unusual increase in recent seemingly rowing related deaths connected to Masters oarspersons in the last three or 4 months a Dr John Rudoff, a cardiologist from the state of Washington, and the Masters Committee has proposed a study of any future cases seemingly related to rowing to try to determine any common link. The overwhelming feeling is that this is an unusual number of seemingly rowing related deaths and there should not be undue cause for concern at this time.

2) On a much more pleasant note. The US Rowing Masters Committee and the Three Rivers Rowing Association has been pushing for the inclusion of rowing events into the National Senior Olympics to be held in Pittsburgh in June of 2005. I am pleased to say that it is increasingly likely that rowing will be included as a "demo" sport in 2005. The National Senior Olympics include athletes over 50 years of age and are held every four years. Rowing's inclusion as a regular participating member will depend largely on the number of entries so mark your calendars now so we can put on a good show.

3) The US Rowing Masters Comm. has proposed increasing the penalties for egregious violations of the Rules of Rowing at US Rowing regattas. Currently the

stiffest penalty that can be meted out is the disqualification from that particular regatta.

Without getting into the details in this space, last year at the Masters Nationals a 2X decided that even though they were specifically told they could not substitute an oarsperson between the heat and finals they did so anyway. They even knew that another 2X in the same race had to withdraw for the same reasons. The offending 2X won the final and were, of course, caught. As the current rules allow they were disqualified for that race and the remainder of the regatta which consisted of about 2 hours of mostly mixed races.

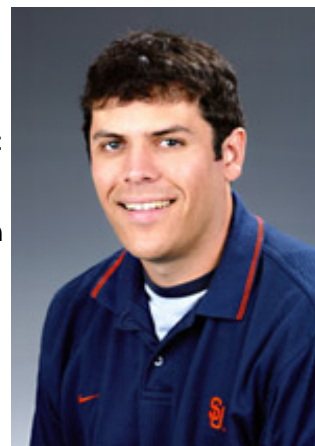
The Masters Committee has proposed that in the case of an egregious offense such as the one cited the head referee should be permitted to strip the offending crew of all medals won at the regatta and disqualify them from the remainder of the regatta. IN ADDITION, at the discretion of the head referee, he may request that the Referees Commission (after the regatta) review the circumstances and if it feels that further punishment is due, the offending person, crew OR possibly the whole club could be disqualified from US Rowing Regattas for up to a year.

(See Masters—page 8)

The Orange Oar Interview

Ten Questions for Phil Marshall (and answers)

Phil Marshall is the new assistant coach in charge of the freshman team at SU. He comes to Syracuse from Upper Canada College, a private boys' school in Toronto where he has been head coach since 2001. His experience includes coaching the junior men's eight that won the 2002 Canadian Henley, and working as an assistant coach with the Canadian National Team. He is a 1996 graduate of Western Ontario University.



OA: Why did you want the coaching job at Syracuse?

PM: A couple of reasons: A) The quality of the programs and the athletes in the league is unique in the rowing world. Coaching at this level is exciting and provides an opportunity to for me to learn and hopefully improve. B) The opportunity to be involved with the building process was really appealing. C) Dave has a great reputation, not only as a rowing coach but as someone who is good at developing the student athlete for challenges outside of rowing. D) I grew up in Brockville, Ontario. We used to come down here for Spring Training when I was a coxswain in the late 70's. I have been aware of the quality of the program and the facilities for a long time and so Syracuse was a place I really wanted to be.

OA: What's the biggest challenge for you as freshman coach at SU?

PM: I think the biggest challenge as the freshman coach is to continue to build on the recruiting job that Chris (Ludden) and Dave did last year. I'm learning as I go this year and it is a challenge.

OA: This is said to be the best class of recruits in years. What sort of expectations does that put on you and on them?

PM: To be honest, I'm not too concerned with the expectations of others. We have a good group of guys and they want to go fast and win every piece and race they row. I mentioned to them during the first week the goal shouldn't be just to win, but to take the steps every day to be in the position to go fast and learn. I think this group had this attitude coming in and that's what makes them good recruits. My expectations are pretty simple. I expect to improve every time we race and to represent the team and the university appropriately.

OA: Having been through fall training and some racing, what do you see as the strengths of the freshman team?

PM: There were some pleasant surprises this fall in terms of guys really improving in key areas. Coaches love surprises! We ended up only racing at the Charles and with one 8+ obviously but I think we made good progress as a team both technically and physically. I was satisfied with the result at Charles considering that we spent most of the early part of the fall working on technique. If I had to pick one thing as a strength I would say that it's attitude. The guys come to practice every day ready to work hard and improve. With that approach, improvements will come with time.

OA: What do you see as the areas where they need work?

PM: I think we row pretty well technically as a group. We need to improve the small things and be a little more consistent with technical changes. Fitness-wise we can make some improvements that will allow us to row better technically and be a little more efficient. We talk a lot about the fact that some guys have been exposed to a lot of volume to this point, where others have done nothing longer than forty minutes on the erg. So there has to be a balance in how I increase the volume so that we are ready to tackle the winter months indoors. The other thing that is great with these guys is that they have already learned not set limits on how much they improve between tests. We had a couple guys knock a full minute off their 6k times last test.

OA: What attitude are you trying to promote among SU crewmembers and how can you do that?

PM: I talk a lot about having fun. I've been involved in this sport for a really long time because the training and/or coaching environment have always provided that atmosphere. It's obvious that you have to enjoy what you do as an athlete. I know that it can be hard to spice up ninety minutes on an ergometer, but I like to try. The other big one is to have respect for the program. To know that the actions of individuals have an impact on the entire team both competitively and on how we are represented in the school and the community is important.

OA: What can these guys learn from the current varsity?

PM: I think the varsity guys have had a really good fall. The biggest thing the freshman can learn from these guys is how to work hard consistently. They can also be very effective as leaders and mentors for the freshman and lead by example. I think they are doing pretty well with that so far.

OA: What role if any does SU Crew tradition play?

PM: Tradition is great! In order to be effective, it has to be positive. I think that the tradition the program enjoys helps us with recruiting and it's important that the current group know that they are representing not only themselves, but also the people who have come before them.

OA: What are your goals for the team (frosh and varsity) this season and over the next few years?

PM: As I mentioned earlier, the goals for the freshman are to take the steps and do all the small things to put ourselves in the position to be successful from the racing standpoint. In terms of results, I want to make the finals at the IRA with as many SU crews as possible. I think getting there (to the final) is the difficult part. The higher the caliber of the event, the more important the early stages of racing are, so you have to be fully prepared for that regatta. You can be a really good crew and not have a good preliminary race and find yourself in the second, third or fourth level final. With the quality of racing in the finals at the IRA, anything is possible once you get there. Long term, we want to put crews in the finals at the IRA on a consistent basis.

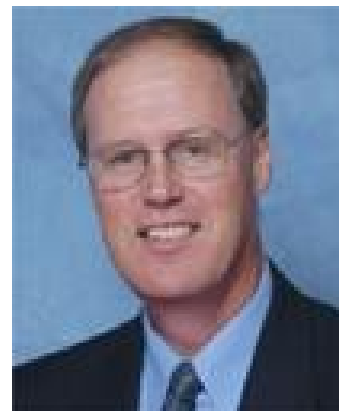
OA: What should we expect from the freshmen this spring?

PM: One can expect the freshmen to be ready technically, physically and mentally for every race and to learn from every experience. If we repeat a mistake, then we haven't really learned from the previous experience, so I expect to avoid that. There are a lot of really good freshmen classes out there this year so the racing should be fantastic. I'm really looking forward to it!

BACKSPLASH . . . News of Our Alumni

(from page 2)

Paul Dudzick '67 - retires in December after a distinguished 36-year career at Stony Brook University. "It's not often one comes into contact with an individual who is as caring and possesses as much integrity as Paul Dudzick," Stony Brook Director of Athletics Jim Fiore said.



Excerpts from the Stony Brook announcement:

*He began his tenure in January of 1968 as Stony Brook's varsity crew coach, a team he guided for 10 years winning numerous 8-oared and 4-oared Metropolitan Championships.

*In 1982, he was named Assistant Athletic Director and one year later was promoted to Director of Men's Athletics. Dudzick served for eight years as the Director of Men's Athletics, overseeing a program that saw the men's basketball team make seven postseason appearances, including two trips to the NCAA Division III Men's Basketball Tournament. He also played a pivotal role in establishing Stony Brook University's first football and men's lacrosse teams. During his eight-year stint as the Director of Men's Athletics, Dudzick also served as the women's cross country coach from 1983-88.

*In 1991, Dudzick assumed the role of Associate Athletic Director for Compliance, a role he held for nine years.

*He was the head coach of the women's tennis team from 1991-94, compiling a 20-3 record during that three-year stretch.

Dudzick's .869 winning percentage remains the highest in the history of the women's tennis program.

*In 2000, he took over as the Senior Associate Athletic Director for Facilities Operations, overseeing the day-to-day operations of the Stony Brook Indoor Sports Complex.

*A tenured Associate Professor in the Department of Physical Education, Dudzick taught physical education classes throughout his 36-year career at Stony Brook.

Joe Peter '69 – is planning his annual birthday bash in conjunction with the SARA meeting January 24 in Syracuse

1970s

Chuck Harris '70 – is looking to round up members of that class to get together at the aforementioned Joe Peter party and other SARA doings that weekend.

Bob Portmess – '77 – has some impressive children. His daughter Kimberly captained the Cornell women's team before graduating last spring.

In Bob's words, "She continues the rowing tradition that goes back to her great-grandfather who rowed for Syracuse in the 1913 IRA Varsity Champions. Every generation on her mother's side has rowed for Syracuse. Unfortunately, SUNY-ESF students are no longer allowed to row for Syracuse which caused her to apply to Cornell. I am richer and poorer all at once." Kimberly is now in the Peace Corps in Panama.

Her younger sister Jessica is a cross-country star and basketball player for Tully H.S., where she is a senior.

Rick Tremblay '78 - in his words: "It was pretty neat last year having both daughters start on the 3rd place girl's lax team in Ohio. A major plus for my wife and me, was not having to go to separate events.

This year my youngest daughter (Virginia) is a junior in high school. She's on the varsity volleyball, basketball, and lacrosse teams. Once again, the best chance for a state title is in lacrosse.

My oldest daughter (Elizabeth) is a freshman at the University of Cincinnati (You know, a recent new member of the Big East.). She's the #6 rower on the freshman first boat. Unlike her dad, she has the top erg score on her team. My allegiance may need to switch to the Bearcats, at least for women's rowing.

My wife Sandi is trying to keep the local Catholic church in order as the office administrator.

Overall, things are going well for the Tremblays." The Tremblays live in the Cincinnati area.

BACKSPLASH . . . News of Our Alumni

1980s

Mark Bickford '80 - in his words "is living in the soggy Northwest and flying for Northwest Airlines as a first officer on (currently) the indestructible DC-9 and have recently been lucky enough to avoid a previously scheduled furlough. A paycheck is a good thing! I've been living on Bainbridge Island for the past two years where I divide my time between swimming, sailing, kayaking and fiddling about in my wood shop. My girlfriend Michele is finally making good on her threats to move in 'soon' and who knows, we may even start a family someday.

"Does anyone know the whereabouts of Eli Hertz?"

1990s

Michael Love '92 - and his wife (Aimee - SU Volleyball '93)) have had a second son. Kyle James Love was born on August 5th, 2003.

Mark Toomey '92 - in his words: "Currently living in Tribeca in Manhattan working at Goldman Sachs on the Equity Derivatives trading desk. And one of my clients is none other than **Don Smith '90**, who just switched firms and is now a Portfolio Manager at Turner Investments. Note: Donner's office adorned with various Olympic pics and national team medals, lest a colleague forget."

Jason Premo '98 - is engaged to Kseniya Potapenko - August 14, 2004 wedding

Larry Jones '98 - is engaged to Danielle Smith - Summer 2004 wedding

Josh Kaplan '98 - is engaged to Brooke Davis ('98 - SU Swim Team) - 2004 wedding

Dave Altman '99 - and his fiance Amy Schwartz are going to be getting married in May of 2004.

Pat Daughton '99 - had his first private art gallery show of his paintings on December 4th in Atlanta, GA.

Phillip Kaputa ('99) and wife **Christine (Coxswain '99)** announce the birth of **Nolan Phillip Kaputa ('27)** on August 18, 2003. Nolan weighed in at 7 lbs. 6 oz. and was 20 inches long. Nolan cheered on the Orange and was a spectator at this years Princeton Chase Regatta The Kaputas live in Princeton, New Jersey.

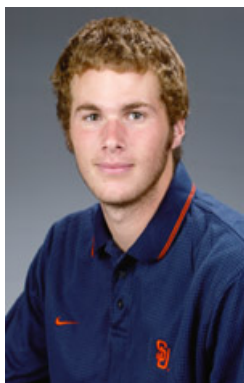


Chris Kemezis '99 - is engaged to Stephanie Seder - Valentines Day 2004 wedding.

2000s

Eric Miller '03 - is designing footwear for Converse in Boston. He had two athletic shoes going to production already this summer and was featured in the SU alumni magazine for designing footwear, etc., while studying at Syracuse. He is living in Somerville.

Eric finished his eligibility in '02 and completed a five-year industrial design program in '03.



Nick Scholz is the new graduate assistant for the SU crew. He's a 2003 graduate of Oregon State where he rowed for Dave Reischman in a varsity eight that made the IRA grand finals.

While at SU he is continuing to train full time in hopes of continuing his career in international lightweight competition.

Nick says he takes his cues from Coaches Reischman and Marshall. "I learn from Dave and Phil. When I'm asked to step in, I can show them (the team) this is where I've been and this is how to get there."

"It's been awesome. The guys are great guys. The freshman class is great. Its pretty apparent how much Dave's way of doing things has kind of changed their attitude in rowing."

"Its exciting to see the guys being more excited about rowing, especially some of the seniors who have taken it upon their shoulders saying, 'Let's go out on a good note.'"

"Every once in awhile," he works out with the team and shows oarsmen "just little things."

"Maybe what I do have is that I have been to the level that we're trying to get to. We got there at Oregon state. It was exciting. I try to remember that and bring that over and allow these guys to see this is reachable."

Masters

(from page 3)

The inclusion of the whole club as a potential party to the possible penalty is somewhat controversial, however, the Masters Comm. feels that an instance where a whole club would be penalized is very remote BUT it serves as a very BIG deterrent to the offense occurring.

An illegal action will most likely be known among the club members before it happens and with the possibility of the whole club being penalized it will act as a hugh deterrent. A great deal of the success of rowing competition, not just at the Masters level, is predicated on the honesty of the competitors and the officials cannot nor should not be involved as a full time police force.

If a competitor wants to cheat it is probably all too easy but the Master Committee feels that by adding some big teeth to the potential penalties the occurrences will be much less likely to occur in the first place and that is what we all want.

Fall Racing Results

Stonehurst Invitational—Rochester

V4—14 crews competing

1. Brown—combined time 33:08.32
2. SU-combined time 33:09.79

V8— 26 crews competing

1. Harvard— combined time 28:18.03
7. SU- combined time 29:36:59

Head of the Charles—Boston

F8—11th of 61 16:08.52

V8— 21st of 41 15:05.32

Princeton Chase—Lake Carnegie

V4— 28 crews competing

1. Princeton A 15:05.79
5. Syracuse A 15:33.79
- 14 Syracuse B 16:25.58

V8— 24 crews competing

1. Princeton A 13:40.10
7. Syracuse A 14:14.69
15. Syracuse B 14:49.63

Improvement

(from page 1)

coaches pursue the class of 2008.

Nine seniors are on the fall roster and six were in the varsity eight during the fall season. How many will wind up in the first boat come spring, of course "remains to be seen."

Last season several veterans found themselves off the team for academic and/or disciplinary reasons, as Reischman made it clear that he is serious about grades and team rules. It was a lesson he continued to teach right through the IRA. The hope is that by now the message is clear and after a less than stellar first season in terms of wins, the crew is ready to show advancement on the water.

Coach Reischman is not one for overstatement, so Orange backers probably can take heart in his comments after the Head of the Charles.

"The varsity race was, I think, in a word, progress," Reischman said. "Last year, we were in the bottom 25 percent of the field. This year, we were about halfway. We beat some crews that had beaten us in the past, and we weren't that far away from crews we have a chance to compete with in the spring. I'm pretty happy with it."

Class of 2007

Notes from Coach Dave Reischman on some of this year's freshmen

-Justin Stengel, Madison, WI, incoming frosh this fall, won a Silver Medal at the Junior World Championships as 5 seat of the men's eight. This after Justin's boat swamped in their heat and had to swim the boat the last 250 meters to advance to the rep. Yes, he actually did swim it the last 250m and finished in a time of just over 14 minutes. This was Justin's second Jr. team appearance

- Matt Morrow, McCallie School, Chattanooga, TN, another incoming frosh this fall, made the Jr. National team as bow seat of the Men's straight four. Matt's boat finished fourth in the B final. This was also Matt's second Jr. team appearance.

- Three other members of our incoming frosh class were invited to Jr. Team Selection Camp but didn't make the squad. They are Mike Beck, St. Joe's Prep and Tim Mambort and David Barone both of St. John's in Cleveland, OH



Senior Captain Adlai Hurt

Stayin' Alive (from page 1)

Now Liwski '02 is trying to follow in the footsteps of SU oarsmen such as Jim Edmonds, Tony Johnson, Tom Darling, Allen Green and Don Smith. He has taken a year off from his studies at Syracuse University Law School and SARA members have raised money to support his effort as training for the Olympics is a full time job.



Note Liwski in key position during Pan Am Games coxswain toss.

Here is the latest in his own words– another “letter from camp.”

Hey all,

Got some good news this week, I made the cut....there is however, still one more cut to come, so no sigh of relief just yet. Basically what this now means is I get to be one of the 20 guys to travel out to and train in San Diego at the US Olympic Training Center there for the next three months. The Olympic Training Center actually has a pretty cool online video you can watch to get an idea of where it is I'll be.

If you go to <http://www.nbcsandiego.com/athens2004/> on the right hand side of the page you'll see “Take a Virtual Tour” and then a “More Details” link below the picture of the Center. Click on the more details link and it'll open up a movie viewer for you.....it takes about a minute to load and NBC makes you sit through a commercial first, but it's a good video so its worth it I guess.

In the meantime, I'll still be training here in Princeton until the 22nd of December, then its home to FL for a week, then off to San Diego on the 3rd of January.

The coaches' plan is by the end of the training in San Diego (March 31st) to have the 8+, 4-, and 2- boats selected, meaning 14 rowers and possibly 2 alternates. Then come back here to Princeton to host a challenge regatta of sorts (where anyone who didn't go through the camp system can challenge their lineup against our 4- or 2-), and then train for a few more weeks. The team would likely then travel to several “World Cup” races in places like Belgium, Germany and Switzerland and then possibly train at a center in Bulgaria for a few weeks before heading to Athens.

All that, however, is still a very long ways and a lot of hard work away. As for right now I'm more concerned with our 6k erg test next week and just performing well in these upcoming weeks and then out in San Diego. One day at a time.

Some of you replied last time and let me know what you've been doing which was great. Things get kind of isolated and monotonous out here so it's always good to hear from friends out in the real world.

Why Do I Do This? (Winter Rowing in the Winter Years)

By Bill Hawkey '53

"Why do I do this", I ask myself as I drive toward Norwalk Connecticut at 5:00 AM on a pitch-black, cold, wet February morning? In an hour I'll be sitting with three other guys in a boat scarcely wider than my butt, wrapping frozen fingers around the handle of a twelve-foot oar. If we're lucky the wind won't be blowing more than 12 knots and the river won't be completely frozen.

Turning east on I-95 the early commuter and tractor-trailer traffic is building, slowing me down. I glance apprehensively at the dashboard clock.

As I turn into the boathouse lot I see my three teammates waiting patiently in the cold. They've already taken the oars to the dock. "Let's go", says Jan, and I hurry into position under the racked shell, opposite the number 2 rigger, hands on the gunwale.

"Why do I do this", I wonder as we hoist the forty foot shell to our shoulders and pick our way between frozen puddles, across the parking lot, dodge the plowed-up snowbanks, ease through the narrow alley and down the slippery ramp to the dock. There's the river, black and ominous looking. It's running fast before the chill wind. Looks dangerous. Maybe someone will suggest that we call it quits for today. Fat chance!

The open water of Long Island Sound is off limits on days like this, particularly without George, our cox. We start off up the narrow river at light paddle. As we pass under the automobile bridge and then the railroad bridge I wonder if any of the passengers can see us on the water below. Do they think, "look at those idiots, splashing around in the middle of winter"? The lighted cars of the passing commuter train look warm and inviting. There are buns and hot coffee in there. "Why do I do this", I mumble? But of course by this time I have the answer.

Sometime within the past minute or so an almost imperceptible transition has taken place in my head and, I sense, in the heads of my teammates. Instead of being four separate "ME's", we have now become one "we". Without being conscious of it, we have been rowing stronger, with more authority and coordination and focus. We have become aware of each other. I know what's going on under that ratty old blue watch cap bobbing in front of me; "some square blades would be nice", Klaas is thinking. Ned's head is trying to keep the stroke rate down while his warming muscles keep trying to take it up. Behind me, in bow, Jan keeps us honest. "Keep it down", he mutters. Then, "concentrate - keep it long", as he struggles to steer and row at the same time. We are no longer bothered by the cold (except maybe for the fingertips). And we surely don't care what people think of us. We know how lucky we are to be out here on the water while most of the nation is groggy with sleep. We're alive and using our bodies well on a brightening river touched with the first pink streaks of a winter dawn.

Up to the head of the river we row, our oars occasionally crackling through transparent sheets of skim ice. Now it's downstream to the bridges at full power. The screech of ice against fiberglass startles us as we run up on a thicker floe. "Way 'nuff" cries Jan. I sneak a couple of deep breaths hoping that a few extra hits of oxygen will be transported to flagging muscle cells. Then we maneuver free and turn the boat for another sprint back up and then down the river again.

Now we're in the home stretch. We can smell the oats and we're heading for the stable. Now is the time to let it all hang out. Drive those legs! Slam that oar handle into the rib cage! Hands and upper body away, control the roll-up to the catch and nail it again. Somebody whoops...we're kids again, imagining the roar of the crowd at the finish line.

Driving back home, endorphins tickling my legs, I'm aware of a feeling of well being and accomplishment. That "why" question was only rhetorical. I knew the answer all along. We row because it's good for us and makes us feel good. Rowing makes us feel special... most men our age couldn't or wouldn't row. Rowing allows for intense familiarity without sentimentality. I hurt so they must hurt too. I can't breathe...so what, they probably can't breathe either. 30 hard ones? I can do it if you guys can!.

What if we were to stop rowing? We would certainly grow fat and relinquish muscle tone. We'd lose touch with our river and it's always changing character. We would miss shared laughter and shared discomfort. A bit of who we are would be lost to each of us.

Why do we row? As long as we're physically able we really have no other choice. We row because to *not* row would be to give up on ourselves and on life itself.



Hawkey strokes '53 crew at SU reunion last spring

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2004 Calendar of Events

January 24—SARA Board Meeting—Syracuse

March 27— Boston University— Onondaga Lake

April 10—Rutgers— New Brunswick, NJ (Ten Eyck Cup)

April 17— Cornell, Navy— Annapolis, MD (Goes Cup)

April 24—Georgetown, Temple— Onondaga Lake

May 8— Dartmouth— Hanover, NH (Packard Cup)

May 16— Eastern Sprints— Worcester, MA

TBA - SARA Annual Meeting

May 27-29— IRA— Camden, NJ