

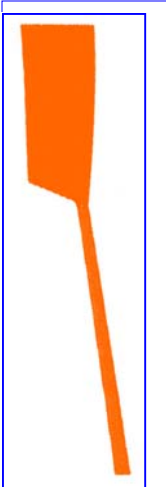


SIT READY . . . READY ALL . . .

- Orange men trail BU in season opener, Reischman optimistic
- Orange women open with win over Boston University
- Chip Chase reports in from the Gulf in Bask Splash
- A visit to the revitalized tanks at Archbold Gym
- Scholarship donors, oarsmen honored by SU

Editor: John Nicholson, '68
 Distribution Chief: Colin Goodale, '90
 Contributors: Chip Chase '83,
 Bob Price '88, Colin Goodale '90

April 2005
 Volume 6—No.1



The Orange Oar

SU's Liwski Helps Power Oxford to Victory in "The Boat Race"



SU alum Chris Liwski holds trophy aloft after Oxford defeats Cambridge

With Law School on Hold, Olympic Team Vet Meets Another Challenge

Chris Liwski '02 has done something no other Orange oarsman has ever done – rowed in and won The Boat Race. Manning the five-seat, Liwski help power Oxford to victory over Cambridge on Sunday, March 27, by two lengths in 16:42. They came home six seconds ahead of Cambridge in the third fastest time ever.

As The Boat Race website reported, "The Dark Blues made a strong start and whilst Cambridge drew back into The Race, Oxford made the decisive move as they approached Chiswick Steps. The Oxford victory - their third in four years - narrows down Cambridge's overall series lead to 78-72 in an event which dates back to 1829.

(SEE *The Boat Race*—page 7)

BU Edges Orange Men in Conlan Cup Race

Boston— Boston University's Terriers held onto the Conlan Cup, but Syracuse Coach Dave Reischman said the season opener pointed to good things ahead for his varsity crew.

(See *SU-BU* page 3)

Inside this issue:

SARA looks at Alumnae Involvement	2
SU Lineups v.s Boston University	4
Winter training includes variety	5
Back Splash—Alumni News	10
Call for Alumni Boat Competitors	11

SARA BOARD TOURS TANKS, WATCHES WORKOUT, LOOKS AT ADDING ALUMNAE TO THE RANKS

With women's rowing having passed the 25-year mark as a varsity sport at SU, there's a large pool of rowing alumnae out there, and SARA and Women's Head Coach Kris Sanford are taking a look at getting them involved in SARA. That's the major issue discussed at the January SARA Board meeting, which began at the Goldstein Faculty and Alumni Center (the old Deke house), moved to the Crew Room, then back to the Goldstein and eventually wound up at the Schine Student Center.

SARA has always been supportive of the women's program, at one point matching its fund-raising dollar-for-dollar. But the only women members of SARA have been alumnae who coxed for the men's team or parent representatives. Coach Sanford has suggested changing that and told board members gathered in the crew room she is enthusiastic about it and believes women alums will be too. Initial reaction from board members seemed positive although no motion was made to proceed formally. President Jerry Jacobi is expected to pursue the issue with Coach Sanford with more discussion and perhaps formal action likely at this spring's annual meeting.

Board members had moved to the crew room after handling some housekeeping issues at Goldstein, to see the men's Saturday morning erg workout and get a look at the new quieter and more efficient motors that have been installed in the tanks. Coach Dave Reischman says the tanks are much improved in what the team is able to do, although cosmetically there is some work to be done, complicated by materials in the base of the tanks.

Enthusiasm for the crew room visit and the alumnae discussion kept board members at Archbold well over an hour and they returned to the Goldstein with more business to discuss and the window of availability closing. The problem was solving walking down the street to the Schine. New business included approving use of the PayPal system for SARA dues payments so alums can pay with credit cards on line.

(See SARA—page 6)



SARA Board Meets at Goldstein Center



Crew members blast away at the ergs



Coach Reischman shows off new tank motor

SU-BU (from page one)

“What I learned this weekend is I think we’ve got some racers who aren’t afraid to throw it out there,” Reischman told *The Orange Oar*.

BU won the Varsity, JV and first freshman races, with Coach Phil Marshall’s second frosh preventing a sweep by edging the Terriers.

The race went off Saturday morning, March 26, under conditions Reischman described as “as good as I’ve seen on the Charles- a quartering tail wind pushing off the starboard side a bit.” He said the first 1,000 meters has “great racing water,” and only in the last 500 did it get “a little dicey.”

With Matt Morrow recovered from last year’s illness and stroking the Syracuse varsity eight, the sophomore-laden Orange were even with favored BU after 500 meters. By the halfway point, SU edged out by about a deck but BU fought back to a deck lead at 1,500. Syracuse at 35 ½ - 36 strokes per minute was understroking BU by about a stroke.

In the last 500 meters, Reischman said “our wheels kind of came off.” BU wound up beating SU by just under a length.

“I told the guys if they keep rowing that hard in the first 1,000-1,500 meters, by the end of the year I’d find them that last 500.”

BU jumped out to a lead in the Jayvee race and led by a length in the second 500 meters. But Syracuse battled back and got within a few feet at one point in the third 500. They sprinted nearly bow-to-bow, but BU hung on for the victory.

“BU did a better job on the sprint,” Reischman said. “We sort of increased the rating but didn’t get faster. We need to learn to race a little harder in the early part of the race, but we came back on them and that showed character.”

Rowing with two experienced oars and six novices, SU’s freshman eight gave BU’s first frosh a fight, but two massive crabs made the end result look worse than it was. “They’re pretty disappointed,” Reischman said. “BU is a really experienced crew. They took a length in first 20 strokes, and then we sat on stern to 1,000 when they took their move.”

The Orange trailed by about a length of open water when the caught a boat-stopping crab just before 500 meters to go. They got going again, only to catch another. Without the crabs, Reischman said it probably would have been a ten second difference.

The second frosh battled BU all the way down the course and held the Terriers off by two seconds to collect their first shirts of their SU careers.

The days of easy wins over BU are gone, as the Terriers have improved considerably over the past three years. Reischman predicted BU as an Eastern Sprints finalist preseason. The next SU opponent, Rutgers also has been moving up so another challenge is straight ahead.

“As an athlete, you’re looking to race fast crews,” Reischman said, summing up the day. “It’s disappointing to have to give anybody a shirt. It stings a little bit. It stung the guys a little but at the same time we went after it.”

Syracuse Lineups vs. Boston University

Varsity Eight

- b - Mike Beck, So.
- 2 - Jimmy Bader, So.
- 3 - Justin Stangel, So.
- 4 - Dave Barone, So.
- 5 - Tim Mambort, So.
- 6 - Andrew Cooley, Sr.
- 7 - Dan O’Shaughnessy, Jr.
- 8 - Matt Morrow, So.
- c - Chad Taylor, So.

Junior Varsity Eight

- b - Andrew Weisberg, Sr.
- 2 - Josh Gautreau, Jr.
- 3 - Terry Wilkin, Jr.
- 4 - Jonathan Flynn, So.
- 5 - Joel Harrison, So.
- 6 - Justin Burgess, Sr.
- 7 - Tyler Page, Jr.
- 8 - Andrew Ross, So.
- c - Mike Wzontek, So.

Frosh Eight

- b - Dan Lombardi
- 2 - Michael McHarris
- 3 - Nate Devine
- 4 - James Deraney
- 5 - Josh Mindler
- 6 - Ryan Armstrong
- 7 - Jim Ladio
- 8 - John Combs
- c - Courtney Mansfield

2nd Frosh Eight

- b - Mike Lawler
- 2 - Matt Thompson
- 3 - Greg Anderson
- 4 - Ryan Knapp
- 5 - Chris Ruckert
- 6 - Bill DellaGuistina
- 7 - Kevin Sajdak
- 8 - Nick Whidden
- c - Tony Artz

ORANGE WOMEN OPEN WITH WIN OVER BOSTON UNIVERSITY

Courtesy of SU Athletics Website

BOSTON, Mass. – The SU women’s rowing varsity eight boat claimed the Kittell Cup for the second time in three years finishing less than a second ahead of Boston University. The Orange brings the Cup back to Syracuse finishing with a time of 6:35.02, while the Terriers finished with a time of 6:35.92.

The last 500 meters of the varsity eight race went back and forth before SU pulled ahead to claim the victory. The varsity four also claimed top honors with a time 7:44.22 and SU’s novice eight finished six seconds ahead of the Terriers to take first place with a time of 7:05.15. SU’s second varsity eight finished two seconds behind Boston University for second place. The Terrier’s novice four squad finished with a time of 8:17.9, while the Orange came in second with a time of 8:28.3.

“We’re really excited to bring this trophy home,” SU head coach Kris Sanford said. “It was great racing in the varsity eight. It just showed that we were really gutsy and had a lot of heart and that is what is going to win it for us at the BIG EAST Championship in a month.”

SU returns to action on April 2 facing Ivy League foes Cornell and Yale in Connecticut.

ORANGE WOMEN’S SCHEDULE

April 2	Cornell and Yale	Derby, CT
April 9	Penn and Northeastern	Boston, MA
April 16	Harvard and Dartmouth	Syracuse
April 24	Big East Championships	Worcester, MA
April 30	Mass and Villanova	Syracuse
May 15	Eastern Sprints	Camden, NJ
May 26-28	NCAA Championships	Sacramento, CA

VARIETY IS THE SPICE OF WORKOUTS— WINTER INCLUDES TWO FLORIDA TRIPS AND A CHRISTMAS COMPETITION

Coach Dave Reischman likes to be creative with his team and give team members a chance to be creative themselves as they use the fall and winter to prepare for spring season. Training wrapped up just before Christmas break with the 2nd Annual Carrier Dome Triathlon. “We use this event to give a focus to our fall endurance training and to have a bit of fun as we enter finals week,” Reischman said.

The triathlon is a 7500m erg, a 2.5 mile run through the cemetery located between North and South campus, and a full tour of the upper deck of the Carrier Dome (up and down each section). This year's event was won by Sophomore Tim Mambort in a time of 1:03:11. The first place frosh time was Ryan Armstrong who completed the course in 1:10:11. Tim's time represents a new course record previously held by Andrew Wright of 1:04:14.

While away from campus, crew men compete in a Christmas Points Contest. “The idea is that you get points for just about any activity that the coaching staff deems as suitable,” Reischman said. Activities range from erg rowing to hunting to bull-riding— a holdover from when Reischman had an oarsman from Wyoming on his squad at Gonzaga.

This year's winner was junior Tyler Page with a new record of 305.5 points. The coach points out that is averaging just a bit over 20K on the erg for 20 straight days. The squad average for this year was 172 points and last year it was 107 points. “I hope we make that kind of a jump on boat speed!” Reischman said.

Winter training included trips to Florida over Christmas break and spring break. The Orange moved base to DeLand, home of Stetson University and the flat waters of Lake Beresford, which allowed for safe swapping of oarsmen from pair to pair (*see photo below*). “We culminate the week with something called a pairs matrix that is just a fancy term for a really simple way of putting an order to your squad based on pairs rowing,” Reischman said. “Sophomore Justin Stangel was our top port and senior Andrew Cooley was our top starboard.”

Spring break saw a return to DeLand and a lot of seat racing before the Orange returned to snow, but open water on the river with the trip to Boston and the challenge of BU just a week away.



Joel Harrison and Dan O'Shaughnessy standing and switching. Tyler Page and Adam Conrad sitting in the bows and holding 'er steady.

Scholarship Donors, Oarsmen Honored at SU Luncheon

SARA and Joe and Jan Peter were among scholarship donors honored at an SU luncheon at the Goldstein Faculty and Alumni Center, March 4. Coach Dave Reischman joined the Peters, SARA Treasurer Colin Goodale and scholarship winners Sergei Bourlatski and Dan O’Shaughnessy, as the University recognized a number of generous scholarship donors in various areas

Bourlatski is a 6’6” senior from Philadelphia. He has split time between the JV and Varsity eights and has been a member of the SU Athletic Director’s Honor Roll. He has a dual major in international relations and economics.

O’Shaughnessy is a 6’3” junior from Elizabethtown, Ontario. He has considerable experience in the varsity eight, rowing everything from stroke to two. His dual major is in political science and history.



Coach Dave Reischman, SARA Treasurer Colin Goodale, SARA Scholarship Winner Sergei Bourlat-



Jan and Joe Peter, Peter Scholarship Winner Dan O’Shaughnessy, Coach Dave Reischman

SARA (from page 2)

SARA annual dues are now \$50 and lifetime memberships are \$500.

There was discussion of having an alumni event in conjunction with the home race against Dartmouth on May 8. Check www.saracrew.org for updates on those plans and on when and where this spring’s annual meeting will be held.

In the meantime all SU alums, parents and friends are urged to get behind the Orange men and women’s teams at home and away.

(Men’s schedule is on page 12. Women’s schedule is on page 4.)

TAX TIME IS HERE
REMEMBER SU’S
CAMPAIGN FOR CREW

The Boat Race (from page one)

Liwski, a Montreal native who grew up in Sarasota, Florida, started Syracuse University Law School after rowing four years at SU. His older brother Matt and cousin Andy Berster also rowed for Syracuse.

Chris won gold with the United States Pan Am crew in 2003, then took a leave of absence after finishing his first year of law school to pursue his dream of the Olympics and wound up an alternate on the U.S. Crew that won gold in 2004.

That led to an invitation to study at Oxford and compete for the Dark Blues. With SU Law's blessing for an extended lead, the 6'7" Liwski was off to England and the proverbial "date with destiny."



According to The Boat Race website, "The Dark Blues' North American influence held sway, with the three Americans and two Canadians in the Oxford boat ending up winners by two lengths by the time the boats passed the finish line shortly before Chiswick Bridge.

Ohio-born Jason Flickinger, at 6ft 6in (2m) tall the joint-tallest competitor in this year's race alongside crew-mate Chris Liwski, was quick to praise the spirit of his eight. (*Editor's Note: SU and Oxford list Liwski at 6'7"*)

"Before the race we called ourselves 'Fortress Oxford' and that spirit is what carried the day in the end," he said.

"We had a handful of Americans and Canadians in the boat, and everyone was wired up and totally tuned in to the challenge. This has been one of the closest crews I have ever been involved with."

Oxford number 6 Mike Blomquist said rowing in the Dark Blue boat was an amazing experience.

"It's a great feeling, but I'm glad it's finished. It was just awesome," he said after Oxford won the 151st Boat Race, sponsored by Xchanging, by two lengths.

"We've been working all year on our technique," he said. "I don't think we're ever going to be the prettiest crew. We have too many big strong guys to row perfectly every stroke, but it's about timing and rhythm.

"It was tonnes of hard work, but it was an amazing experience to row with those guys. They are just amazing every day, and winning is just the icing on the cake."

(See The Orange Oar Interview for Chris Liwski's comments – page 8)

The Orange Oar Interview: Chris Liwski '02

SARA Board Member and British Native Colin Goodale interviewed Chris Liwski by e-mail after Liwski's victory in The Boat Race as five-man of the Oxford Eight.

Orange Oar: Has it sunk in what you have just achieved?

Chris Liwski: Right now the sensation that has set in is that we beat Cambridge. They were an outstanding crew with a ton of international and Olympic talent. Beating them was the goal and we achieved that. As for the implications now which come along with this victory (i.e. winning The Boat Race) I don't know if that has yet to sink in. I'm sure though as years pass and I return to

Oxford as an alumnus, winning the 151st Boat Race will take on a whole new meaning.



Chris Liwski

OO: How does it feel to part of a 151 year old tradition ?

CL: Winning the boat race is a pretty unique experience. It means you are one of a select few who can say you've won the oldest organized annual sporting event in the world. So in that sense it's really cool. To be part of something that is steeped in so much tradition is probably what makes The Boat Race so appealing still today to tens of millions of viewers around the world.

OO: What happens now? Will you stay at Oxford after the end of the year?

CL: As for now the plan is to row a pair for the U.S. in the World Cup in Dorney, England in May. From there though things are still a little unclear. I'll either be returning to the U.S. to try to row in the other upcoming World Cups, or I may stay in Oxford to work on my dissertation and compete as an Oxford rower in Henley.

OO: What was the best part of the race? The race day formality or just finally getting out in the water to race after 6 months of training?

CL: On race day the best part was crossing the finish line and knowing that every minute of the past six months has paid off in full, followed closely by the feeling associated with finally being released off the starting line after sitting ready for about 14 minutes. The crowd of almost 300,000 spectators lining the banks of the river made it so loud we could barely hear our cox and that was a pretty incredible experience. The race day formality I think makes the race that much more enjoyable. I mean when again in my life will I be able to say 300,000 turned up to watch me and my boys beat Cambridge?

PUTTING THE BOAT RACE VICTORY INTO PERSPECTIVE

By Colin Goodale '90

On Sunday March 27th 2005 a dream of mine partially came true. A Syracuse Oarsman rowed and won the Boat Race. As a young rower or "wet bob" from a rowing school in England my dream was to one day row in the Oxford and Cambridge Boat race and win a "Blue". A "Blue" is the award given to student athletes for competing in any of the annual sporting events between the oldest universities in England. This honor dates back a 176 years when in the spring of 1829 two friends challenged themselves and their universities to compete in a boat race over 4 1/4 miles upstream through the heart of London.

For many years as a school boy I would row the same course in the opposite direction for the Head of the river all the time dreaming that we were either Oxford or Cambridge winning the boat race. This most private of challenges between two universities becomes the most public event broadcast on live TV over the internet and the world and has the whole of England routing for one team or the other. The crowds are 10 deep (especially by the Pubs) and the flotilla of boats that follow this race cause enough waves to sink a battle ship. There is nothing else like this race in the world.

Chris Liwski has done what only a few can and many including myself will still dream about. Congratulations Chris you are now a True Blue.

SARA Officers 2004-05

President Jerome Jacobi '81 Buffalo, NY **Treas.** Colin Goodale '90 Baldwinsville, NY
Vice President Tom Darling '81 Watertown, MA **Secretary** Joseph Paduda '80 Madison, CT

Directors: Bruce Chamberlain '44 Jamesville, NY Arthur Sibley '80 Old Lyme, CT
 Charles Roberts '61 New York, NY Robert Donabella '81 Camillus, NY
 Theodore Kakas '64 East Sandwich, MA Richard Holland '83 Medway, MA
 Donald Plath '68 Skaneateles, NY Barry Weiss '83 Syracuse, NY
 John Nicholson '68 North Syracuse, NY Christopher Ludden '90 Liverpool, NY
 Joseph Peter '69 Jamesville, NY Sylvester Rowe '92 New York, NY
 Ken Hutton '69 Kennett Square, PA Jason Premo '98 Syracuse, NY
 William Purdy '79 Essex Junction, VT Joseph Bufano, '99 Syracuse, NY

Is Your SARA membership up to date?

**SARA dues help keep us in touch and help support Syracuse University Rowing.
 For more on membership check www.saracrew.org.**

BACKSPLASH . . . News of Our Alumni

1950s

Karl Blixt '57- retired from Albany International Corp in Oct 2004 , doing consulting work for them until March 2005 after which I will be enjoying “full “ retirement

1980s

Brian Mahon '82—Bryans daughter, Erica is a member of SU class of 08 and is rowing with the SU women’s crew team

ChipChase '83— (in his words) - Greetings from Kuwait. As I sit here in the big sand box reading the email about Onondaga Lake still being frozen over, I savor the thought of the crisp cool air I remember from my days rowing on the lake and river. It will help me get through the coming heat here in the spring, summer, and fall.

I am currently serving as Deputy Commander for Commander, Naval Expeditionary Logistics Support Force Forward. We are doing our part to help support our young marines, sailors, and soldiers that are at the pointy end of the spear, going in harms way on our behalf. Whatever I can do to make their lives more comfortable, and provide them with the tools they need to do their job is worth any minor sacrifice I may have to endure.

I have spent 19 years in the Navy both on active duty and in the reserves; in eleven different commands, including six and a half years on two ships. These next months, however, will prove to be the most challenging of my entire career.

Being a Navy guy, the Army life has taken a little getting used to. However, we have moved out of tents and into barracks, bunking with 100 of my closest friends. It reminds me of spending every May at the boathouse on Longbranch Road. I don't complain because I know how the troops are living, and what they are exposed to farther north. Please keep those young kids in your thoughts and prayers.

Feel free to send me an email, Grafton.Chase@arifjan.arcent.army.mil. I welcome any news from home, it will help make my tour go by more quickly. I will send pictures when I am able.

Good luck this season. RYBO!

1990s

Paris Daskalakis '98— (in his words” “On 10/31/04 after running the Marine Corps marathon together during the day, I proposed to my girlfriend Pamela Meyer (Su women’s frosh crew 98) by the FDR memorial in Washington DC. We plan to get married \on Cot 29 2005 in Hartford Ct. I also changed jobs and I am now a litigation associate at the law firm of Saiber Schlesinger Satz & Goldstein LLC in Newark.”

2000s

Jonathan Stephanik '01— Regional Account Manager for a Wireless company and going on 4th season as coach for Episcopal Academy in Philadelphia

CALL FOR ALUMNI OARS, COXES TO TAKE BACK IRA TITLE

SU finished second to Cornell last year after three straight IRA Alumni Race titles. Here are Captain Bob Prices letters to all who would like to help SU regain the title as competitors in 2005.

January

Hey Everyone-

It's time again. Time to think about the alumni race and getting ready to take back the title from Cornell. I guess we got a little fat and happy before last year's race.. that's all the BMA boys needed.

I hope the bitter feeling of losing to Cornell still sits with everyone - - hopefully that's enough motivation itself to come prepared this year.

Ok, to start things off, I need to know if you want to be included in the mix. At this stage, just let me know if you do not want to be considered for a seat.. I'll send out regular notes to keep track of your training progress, so if you simply don't want to be bothered let me know. But, if you want to be in the running, I'll need something from you: an assurance that you'll train regularly and show up to the race in good shape, ready to hammer down the 2k course.

Now the hard part, how to choose the fastest lineup. In the past, I'd asked for erg scores each month, either 15 or 20 minutes, 6k, 3k, whatever. It's useful to get scores from the group because it provides a piece of info to allow me to make lineup choices. A lot of guys don't do the tests, makes it harder for me to choose. So, with that, I'll throw this out: 6k piece in the middle of February, 3k piece in the middle of March, 2k piece in the middle of April. I'd like to make the final choices by the end of April/early May to allow everyone the time to make travel plans, so send me scores if you have them.. it really helps.

If you don't want to do the pieces, that's ok, but send me some other indications of what kind of shape you're really in. The last thing we need is a guy telling me he's in the best shape of his life, only to see him on race day at 280 pounds and sucking wind with 1200 meters to go. That kind of thing is no fun for the rest of the boat that has to carry the load down the course. The way to win this race is to have 8 guys in very good shape.. we need it to catch the older guys and to fight off the younger guys.

It'd be great if we had more than one entry. To do that, I need more people to contact.. there's a bunch of guys whose e-mail I don't have so please send me names and addresses if you know guys who are interested.

The race this year is June 4th in Camden NJ. Save the date.

One more favor.. please respond to this note so that I know I have your current e-mail. I switched jobs in November, so note my new address as well. If I don't hear from you soon, I'll assume I have the wrong address and will put out a search party.

Happy new year, hope to hear from you soon,

Bob

March

Hey All-

Hope everyone is getting in a lot of early spring rowing. Yeah, it's a little cold out, but it sure beats spinning on the erg.

A couple of our regulars can't make it this year, so we're going to see some changes in the boat. We don't have enough guys for two boats, so the best 8 will make the lineup. I've heard from a few of you on your most recent erg tests and rowing activities, please keep up the good work. My own March 6k was 20:39.

I want to make the final choice by the end of April, to give everyone time to make travel arrangements. So, let me know how your training is going, and especially let me know how ready you'll be on June 4th.

Already hearing about other crews gearing up for the race: Cornell is confident of a repeat and Penn is planning a big comeback. I'll keep everyone posted as I hear about the competition.

Let me know how you're doing, thanks,

BP

For the Latest SU Crew News— www.saracrew.org

Syracuse Alumni Rowing Association, Inc

P.O. Box 7202
Syracuse, NY 13261
RETURN SERVICE REQUESTED

Phone: 315-453-3640
Email: jsnich@twcny.rr.com

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
SYRACUSE, NY
PERMIT NO. 1158

Syracuse University Crew/ SARA 2005 Calendar

March 26	Boston University	Boston
April 9	Ten Eyck Cup vs. Rutgers	Syracuse
April 16	Goes Cup vs. Cornell & Navy	Ithaca
April 23	Georgetown & Temple	Philadelphia
May 8	Packard Cup vs. Dartmouth	Syracuse
May 15	Eastern Sprints	Worcester
June 2,3,4	IRA	Camden