



Sit ready...Ready all...

- Women power over BU in Frigid Syracuse Sunshine
- Men's V8 opens in San Diego—Ranks in Poll Top Five
- Star spangled SU Rowing Twins in the Dome
- "Old Oar" Bart Green Starts Something New

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SU Women Win Opener; Men Strong in SD



Women's Varsity Eight Walks Away from BU, Approaching 500 Meters to Go

As the coaching launch approached her Varsity Eight in the waters just past the finish line, Kris Sanford, bundled up in the back seat, said a single word aloud. "Awesome."

She then proceeded to tell the nine women in the shell what a good job they had done on a brilliant but bitterly cold Saturday morning in March. Not only had the Orange women won the race, they had made it look easy.

"Watching the race from the launch they were very focused the whole way down," Sanford told **The Orange Oar**. "It was a very relaxed rhythm. They looked strong. They were in control the whole way."

In fact Boston University's Varsity Eight had grabbed a quick lead on Syracuse at the start, but it lasted only seconds, as the Orange women rowed through the Terriers and then walked away, winning the Kittell Cup for the first time in three years.

"We were just out for revenge," said Lydia Wong, the senior coxswain from San Francisco. "We haven't had the cup for two years. I personally coxed this race last year in the Varsity Eight when we lost it in the middle 500. It felt good to know *(See Kittell Cup—Page 3)*

Anybody who paid attention to the San Diego Crew Classic figured out at least a couple of things: California is really good and Syracuse can race with the big boys. The Orange men finished the Copley Cup Grand Final, March 28 about a length-and-half behind the Golden Bears and half a length behind the Brown Bears.

"I think the San Diego Crew Classic is a lot like the Preseason NIT tournament in Men's Basketball," Coach Dave Reischman said in an email to SU Crew supporters. "You go there to find out where you are against some good competition, use that information to plan your league and championship season, and then forget about whether you won or lost and just focus on getting better."

(See Crew Classic—Page 5)

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LETTER FROM THE PRESIDENT



Hello My Friends~

I write this letter to you following a very good weekend of opening racing for the SU Teams. Saturday morning, on the home course, the women's team reclaimed the Kittell Cup, besting Boston University's varsity by open water. Sunday, on the West Coast, the SU Men finished third in a thrilling Grand Final at the San Diego Crew Classic. The coaches can argue that it's still early in the season. I think that I speak for many when I say that as alums, we can appreciate the importance of the later season but it doesn't make the early wins any less awesome.

There is tremendous momentum for Syracuse Rowing on so many fronts right now and the on-the-water successes this weekend are just the beginning. Firstly, it's membership time for SARA and after a several-year hiatus, SARA is conducting our spring membership drive. As part of this effort, we have provided a window decal in this mailing for you to display proudly. Membership in SARA provides the organization with funds necessary to provide gifts for graduating SU Seniors, live audio coverage of SU home races, Orange Oar mailings, and a host of other hospitality-based efforts for home and away races.

Behind the scenes, the SARA Board has been diligently planning several initiatives and events this year designed to re-engage our alums and provide a place for our collective memories and history to coalesce.

Chip Gibson, class of 2004 is hard at work planning the Alumni Navy Ball which will be a fantastic night of dinner, dancing and SU Rowing appreciation at the Syracuse Sheraton on November 6, 2010. This event will coincide with the Syracuse Invitational Regatta with both the men's and women's teams racing at home. There will be a full weekend of activities planned and we urge you to mark your calendars now. Additional details will be released as they become available.

On the planning front, Joe Kieffer, SARA's Treasurer extraordinaire, has been spearheading an important initiative to develop an endowment for the program that will enable alums to make fully tax-deductible gifts to SARA which will in turn, help fund long term, program-insuring goals to benefit SU Rowing. Additional details are available in this issue of the OO.

As always, we invite you to follow SARA on our blog:

www.syracusealumnirowing.blogspot.com where you can find up to date information on all the SARA and SU Rowing doings.

See you at the races. RYBO!

Tracy

Kittell Cup (from Page One)

that we worked so much harder this year that we could take it back from them.”

Junior Natalie Mastracci (Thorold, Ontario) stroked the eight from the starboard side and said later there was no way this crew would let BU keep the lead. “...we just decided we weren’t going to be down,” she said. “We just kept walking away, walking away.”

Hard work paid early dividends, Sanford said. “I think we’ve worked hard this year we’ve had a lot of changes and we’ve put a lot of emphasis on fitness and focus.”

Sitting in that shell when the race is over, spent and with the coach approaching in the launch to offer congratulations, Mastracci says every bit of effort it worth it.

“It feels absolutely incredible to just keep kicking that crew away - just taking as much water as we can. One of the girls said the rankings are determined by how far away we can get from people so our idea coming into this was we were going to go as hard as we could. We don’t stop. We don’t quit.”



V8 Poses with the Kittell Cup

Other races – One for the Orange, three for the Terriers

Syracuse started the day with an impressive win in the Third Varsity Eights race. It turns out 3Vs are now essentially novice eights because the EAWRC has dropped the novice designation in a bow to the NCAA, which does not separate novices. Sanford said it gives coaches flexibility. “Now to row in the 3rd varsity eight you can be a novice or you can be a varsity kid. We can put our best nine kids and then our next nine kids and then our next five in the four and so on down the line.”

SU jumped out at the start and built to a lead of more than a length open, winning in 7:14.00 to BU’s 7:23.33. “It was very, very solid,” Sanford said.

(See Kittell Cup—Next Page)

SU WOMEN’S ROWING SCHEDULE—2010

Fri-Sat 4/2-4/3	Cayuga Cup (Yale, Cornell, Michigan State, Gonzaga, Buffalo)	Ithaca, NY
Saturday 4/10	Orange Challenge Cup (Penn, Northeastern)	Philadelphia, PA
Sat-Sun 4/17-18	Charles River Challenge/O’Leary Cup (Dartmouth, Radcliffe)	Boston, MA
Saturday 4/25	Big East Championship	Worcester, MA
Saturday 5/1	Windermere Cup	Seattle, WA
Sunday 5/16	Eastern Sprints	Camden, NJ
Fri 5/28	NCAA Championships	Sacramento, CA

Kittell Cup (from Page Three)



BU and SU 3V8s line up for Referee Larry Laszlo

BU finished the morning strong, taking Syracuse's second varsity by more than a length and winning both the varsity fours and second varsity fours races easily.

Of the 2V's performance, "It was OK. It wasn't great, Sanford said, noting that BU's second varsity was just two seconds slower than its varsity eight. "We weren't far off the mark but there's a lot of things that observing the race tape we'll be able to work on and that we can implement for that we'll be faster for next week and then the weeks to follow."

All the Orange crews would need to keep improving with the competition getting tougher within the next week (*see box*) and staying tough all year.

Mastracci seemed to be looking forward to the challenge. "We want to keep pushing from here, she said. "We want to go after those big crews."

HOW TOUGH IS THE COMPETITION?

The Orange women have a schedule full of highly ranked crews ahead of them this spring. SU got a single vote in the pre-season *Collegiate Rowing Coaches Association/USRowing* poll. After opening with a solid win over BU, which received four votes in the poll, the Cayuga Cup is next, featuring top-ranked Yale, #7 Michigan State, Cornell which got a couple of votes and Buffalo, which like SU picked up one vote.

Then it's on to Philadelphia to race Penn, which was just outside the Top 25 with 24 votes and, and Northeastern, which received ten.

Two ranked teams, Radcliffe (#14) and Dartmouth (#17) await the Orange women in Boston the weekend of April 17-18.

The Big East championship will feature SU's recent league nemeses, Louisville (#19) and Notre Dame, which got 19-preseason votes for ranking.

Then at the Eastern Sprints along with Yale, Dartmouth, Penn and Northeastern, add Brown (#5), Princeton (#8) and Wisconsin (#13).

Finally it's out to Washington to face the #6 Huskies.

If SU can make some noise against that competition, chances are the season won't end early.

SU-BU REPORTED LIVE ON PHONE AND INTERNET

Thanks to the support of SARA and some yeoman technical work by board members Joe Kieffer and Colin Goodale, your Orange Oar editor was able to give live stroke-by-stroke coverage of the March 27 races—available worldwide on the Internet and by calling in by phone—at no charge. SARA plans to continue such coverage of all home races. Sadly, this was the only home race this spring.

MORE ON THE ORANGE WOMEN AT SUATHLETICS.COM

The official Syracuse University Athletics website has been cranking out coverage of the Orange women with stories that include Q&A sessions with team members as well as profiles, race previews and stories about the race results. Check them out at: <http://www.suathletics.com/archives.aspx?path=rowing>

Crew Classic (from Page One) “I believe that this race is a great measuring stick for the rest of the upcoming racing season and it highlights a lot of our strengths and weaknesses,” Varsity Coxswain Ken Marfilius told *The Orange Oar*.

On a morning with the wind dead calm and the water flat, Cal bolted off the stake boat in lane one at 46 strokes a minute, held its start longer than the other crews and had a length or so on Brown by the halfway point. Brown in lane two and SU in lane three went pretty much bow ball to bow ball with Northeastern in lane four and BU in five as Stanford fell just a bit off in the outside lane.

“Northeastern was with us early, Stanford made a big push at 1,000 meters and put their bow in front, BU seemed determined to get in front and force the pace and they did that for 1500 meters,” Reischman told *The Orange Oar*. “We just kept our head down and tried to grind it out.”

The Orange responded in the second half of the race, pulling back ahead and going after Brown, which was not able to cut into Cal’s lead despite repeated power moves. Cal flew across the finish line in 5:49.50 with a bit of open water on Brown. Brown finished in 5:53.63, SU in 5:56.22 and then BU nipped Northeastern by just over a second 5:59.36 to 6:00.69. Stanford was nearly a length back in 6:03.85.



“The guys did a nice job of responding to what our plan was and attacking it all the way down the course,” said Marfilius (left), a junior from Collingdale, Pennsylvania. “It’s easy to get mixed up with worrying about other crews this early on but I think the guys responded in a mature manner and stuck to our race plan throughout the weekend, in which in return gave us the result we had.”

“From my point of view in stroke seat, I think we fought off BU and Northeastern by trying to push out ahead and compete with Brown,” Mike Gennaro (right) said.



Mike Teti, the former U.S. Olympic Coach now in his second year running things at Cal appears to have put together a juggernaut. The roster is loaded with 18 international crewmen from Canada, the UK, Australia, Germany, the Netherlands, Serbia and Norway as well as the usual strong contingent from California.

Cal’s win in the Copley Cup is a repeat of 2009, a season that ended with a second place finish behind Washington at the IRA.

Teti seems to believe this year’s varsity is better – certainly early in the season. this year “There’s a little bit of a separation (between the first and second boats), and we have a little better handle on this group for the varsity,” Teti said in an article in the *San Diego Union-Tribune*.

“They are the most technically polished collegiate crew I have seen in a long time,” Reischman said. “I think Cal and Washington are the top two crews in the country again this year.”

In Saturday’s opening heat Cal in lane one jumped out to the lead, starting at 44 s.p.m., eventually building a margin of just over a length on SU in lane three and hanging onto it. BU in lane two was third. The Terriers made a push a couple of times, but Syracuse held on to second. Temple and UCSD trailed.

Cal finished in 5:54.69, Syracuse in 5:58.82 and BU in 6:00.97. Brown won the second heat in 6:00.10 with Northeastern second in 6:03.19 and Stanford third in 6:06.48.

“I’m happy that this crew is headed in the right direction and we can hopefully build off of this result throughout the racing season,” Marfilius said.

“The guys were relaxed when it was time to relax and focused when it was time to focus,” Gennaro, a junior from Havertown, Pennsylvania added. But, “I hope that no one in the boat is satisfied with our speed until the finals at the IRAs.”

The V8 in San Diego included just two seniors (Tyson Bry at four and Ryan Patton at two), two sophomores (Chris Lutz at seven and Mike Dietrick at three) and three juniors in addition to Marfilius and Gennaro (Dan Turner at six and the Berry Brothers, Vince at five and Dan in the bow.)

There would be more seat-racing on the wide-open waters back home in Syracuse before the full squad was scheduled to go into action in Annapolis against Navy and Cornell, April 17.

“Like most other crews, we don’t do a lot to prep for this early season racing,” Reischman said. “Everything is preparation for Sprints and the IRA so wherever you are in the progression of skills and training you just try to keep moving forward. We will get a little more race specific training in but pretty much just stick with our plan to be ready by the Sprints and IRA.”

The crew’s performance brought a #5 ranking in the March 31 US Rowing Poll—SU’s highest ever.

SU ROWING TWINS LIGHT UP THE DOME—IN HARMONY

Oh say can you see by the dawn's early light

They stood in the center of Jim Boeheim Court - the tall, blonde twins from Alaska, Mary and Naomi Carlson - and sang. It was Senior Night, the opponent was St. John's and the crowd announced at 26, 081.

What so proudly we hailed at the twilight's last gleaming?

Mary sang the lead – soprano – and Naomi the harmony – alto. “It’s just how we’ve always sung together,” Naomi told *The Orange Oar*. “We have tried many different ways but this harmony we like the best with our voices,” Mary said.

Whose broad stripes and bright stars through the perilous fight

“I knew that Naomi and I were going to be singing for this game since the beginning of the semester,” Mary said. “I tried not to think about doing it because every time I did I got huge butterflies in my stomach.”

“Mary and I had to audition in the dome a couple months in advance and then after we got the position had to get a scheduled game,” Naomi explained.

O'er the ramparts we watched were so gallantly streaming?

“It was so fun to walk out onto the court knowing that we were singing at our Syracuse boys’ Senior Night being number one in the nation.” Naomi said.

“I was not nervous at all up until about three minutes before the start of the national anthem,” Mary admitted. “I had to keep humming the note that we were going to start on and I had to constantly be replacing my nervousness with confidence.”

And the rocket's red glare, the bombs bursting in air

“It was a little overwhelming at first, but if it makes sense there were almost too many people to be nervous,” Naomi said.

“Once I started to sing, it was like I knew that I have done this hundreds of times before at multiple events through out my life but nothing this populated,” Mary added.



Mary and Naomi—Star Spangled
Photo courtesy of SU Athletics

in

Gave proof through the night that our flag was still there

“It was an amazing feeling to be able to respect our country by singing the National Anthem at such a great University,” Mary said.

“I felt so blessed to be able to sing in front of all those people and was so happy!” Naomi added.

Oh, say does that star spangled banner yet wave

And yes the student section shouted “OH!!!” over the twins as they sang

O’er the land of the free and the home of the brave?

They hit the high note...and the roaring crowd drowned out the rest.

“I felt like a huge weight was off my shoulders,” Mary said. “I had barely been able to eat that day and I was nervous that anything could go wrong, like I could choke, forget the words, I could lose my voice the night before the performance, but I know God kept me healthy and gave me strength to push through a slight cold.”

“After the anthem I felt so relieved and couldn't believe everyone who cheered for us.” Naomi said.

Mary wrapped it up. “It was a great experience and I would do it again and look forward to trying out again next year!”

Editor’s Note: I had the pleasure of being at courtside at the press table on the night of March 2 and saw and heard the Carlsons sing. As a matter of practice, people at the press table usually don’t applaud anything.

I made an exception that night.

STAY IN TOUCH WITH THE ORANGE

For regular updates on SARA activities and events and the Women’s and Men’s teams check the SARA blog: <http://syracusealumnirowing.blogspot.com/>

SARA is on Twitter: <http://twitter.com/syracuserowing>

To send a message to the email lists contact the coaches:

Women: Kris Sanford - kmsanfor@svr.edu

Men: Dave Reischman - dreichsm@svr.edu

Syracuse Alumni Rowing Association

Respect for the past



2009— SARA sponsors the 50 year reunion weekend for 1959 Pan Am gold medal eight and inducted the team into the Syracuse Rowing Hall of Fame.



2010—SARA founder Dr. Bruce Chamberlain gets a visit from newly elected president Tracy Smith



Help with the present

2008—Female alums feed women's team springtime Thanksgiving dinner during Sprints training.

2009—Coach Kris Sanford initiates alum to rower phone mentoring with conversations covering career, school, life.



2008—SARA hosts John Shamlian '79 and Art Sibley '80 here with Coach Bill Sanford '63 christening the 78 IRA Champions.



2009— SARA hosts a celebration honoring Anna Goodale, gold medalist. Anna spoke at Schine, signed autographs and attended a race BBQ.



2007—SARA donates to US Rowing Victory Fund to help support Anna-Goodale, '05, and Chris Liwiski, '02, in their training for the National team. Both won gold medals at the Worlds in 2007. Anna went on to win Olympic gold in the women's eight at Beijing in 2008.



2008— SARA sponsors an alumni and parents tent at the Head of the Charles Regatta in Boston. SARA also hosts an IRA gathering at Philadelphia's Fairmount Rowing Club.

2009—SARA donates \$3,000 to women's locker campaign.

2009— SARA establishes live race coverage available via phone nationwide.

Pulling together for Syracuse University Rowing since 1953



Vision for the future



Fun always



Get in touch with your inner rower: become a member of SARA !

Your membership dues enable SARA to support the Syracuse University men's and women's rowing programs through financial assistance for equipment, updating facilities and by purchasing senior awards. SARA also holds class reunions, supports various forms of alumni communications, and even provides race day coverage so alums can listen and watch the races remotely. In addition, SARA supports SU oarsmen and oarswomen to train and compete as elite rowers.

Annual dues: \$50
Young alum ('04—'08): \$25
2009 grads: you're free!



SARA is all over the Web.
 Check out the blog at
syracusealumnirowing.blogspot.com/
 LinkedIn under
 Syracuse Alumni/ae Rowing Association
 Facebook:
 I am/was a Syracuse University Rower!

To establish or renew your membership, go to www.saracrew.org and pay online using PayPal or the snail mail form, or look for the envelope enclosed in your April edition of the Orange Oar. Checks, made out to SARA, can be mailed to Syracuse Alumni Rowing, P.O. Box 7202, Syracuse, NY 13261.

“THESE ARE AMAZING ATHLETES”

Anybody who knows SARA director Tom Darling '81, knows it is an understatement to say he has a passion for rowing. A three-time U.S. Olympian, former SARA president and a man involved in just about every level of the sport in his home area around Boston, Darling is truly committed to the sport. For the past couple of years he has been involved with another group—adaptive rowers. The Orange Oar asked him to tell us about it and here is what he had to say:

In the fall of '08 a friend of mine asked me if I would chair a committee to organize an Adaptive Indoor Rowing event at Community Rowing Inc (CRI) in Newton MA. In February of '09 we held the first AIR-C's (Adaptive Indoor Rowing Challenge race) with 12 athletes from across the country. As we were organizing the event one adaptive athlete asked "why would I want to go to your event for disabled when I should be able to go to the CRASH-B's?" He was right.. why should we be segregating these athletes when all they want is to compete with everyone else? The following year our committee worked hard with the organizers of the CRASH-B's and we had the first Adaptive Indoor Rowing event with 45 adaptive athletes from around the World competing beside over 2000 able bodied athletes.



Dave Estrada: FES on the Erg

While searching out athletes to compete in the AIR-C's I met Dave Estrada. Dave was taking part in a rehab program at Spaulding Rehabilitation Hospital in Boston. Dave was in a motorcycle accident 15 years before and lost the use of his legs. The hospital used the Concept Two Rowing ergometer with a technology called FES (Functional Electrical Stimulation). The way the technology works is the rower while sitting on the ergometer pushes a button on the rowing handle which stimulates the quadriceps muscles and produce leg drive, and when the athlete releases the button the hamstrings would be stimulated and assist the athlete in returning to the catch position

Many people who are confined to a wheel chair lose muscle mass and also bone density as well as CV capacity leading to heart disease and osteoporosis from disuse. By using the FES method Dave and others have been able to increase their bone density, gain muscle mass and increase aerobic capacity. I was fascinated enough to ask Dave if he wanted to row with the FES on the water. Myself having been prodded and biopsies as an athlete trying out for the US Olympic Rowing teams I felt he would be very interested in getting out of the sterile environment of a lab and out on the beautiful Charles River. I also asked Dave

if he would like to row against Andy Taylor, the head of the CV lab who was leading the study. Andy was able bodied but a soccer player not a rower. A few months later we had a 250 meter race directly in front of Spaulding Hospital on the Charles with Dave and the CEO of Spaulding in one double rowing arms only and Andy Taylor and Rich Nici, another athlete in the program in the



Dave Storto, President of Partners Continuing Care and Dave Estrada

other double rowing arms only and 50 percent of the hospital staff along the shores of the Charles River cheering them on. We were unable to use the FES because of operating issues but we are working to fix that for this summer's rowing program.



Dave Estrada, Rich Nici (front), Dave Storto, Andy Taylor post-race

The 2008 Beijing Paralympics were the first time adaptive rowing had been in the Paralympics. There is a new interest among the disabled athletes who would like to try Rowing. The USOC and the VA have combined forces to federally fund Paralympic Sports Clubs(PSC) around the country. CRI is now designated a PSC and will be receiving federal funds to help support the adaptive program with coaches, boats and equipment. Spaulding Rehab Hospital has been granted \$100,000 to set up a satellite FES erg programs at CRI. We have four VA medical centers in and around Boston. I am helping to identify men and women who have returned from Iraq and who are adjusting back to life in the US. I must admit that I am selfishly hoping to send a Boston contingent of adaptive athletes to compete in the London Paralympics Games



Brendan Ward, (CV lab Director Andy Taylor standing), Rich Nici, Dave Leone and Dave Estrada going after it at the 2010 Crash Bs



Brendan Ward, Dave Estrada, Dave Leone all from Spaulding Hospital celebrate after a grueling event—the hammer for victory.

If any of the SU alums are interested in starting an adaptive rowing program at their rowing club or using the facilities at an aquatic center in your neighborhood send me an email or give me a call and I can direct you to the right people.. these are amazing athletes and you will not be disappointed.

<http://www.crash-b.org/web/2010/02/18/attendance-rowing-records-set-at-crashb-sprintsworld-indoor-championships/>

http://en.wikipedia.org/wiki/Functional_electrical_stimulation

For more on this subject and videos check this link to a Boston Globe story from June 2009:

<http://www.boston.com/news/local/massachusetts/articles/2009/07/12/>

[david_estrada_lost_the_use_of_his_legs_but_not_his_will_now_at_spaulding_hospital_he_and_other_paraplegics_are_learning_to_row_strengthening_body_and_mind_as_they_wait_for_a_cure/](http://www.boston.com/news/local/massachusetts/articles/2009/07/12/david_estrada_lost_the_use_of_his_legs_but_not_his_will_now_at_spaulding_hospital_he_and_other_paraplegics_are_learning_to_row_strengthening_body_and_mind_as_they_wait_for_a_cure/)

TOUGHING IT OUT AT THE CRASH Bs

Joe Paduda's First-person Account

Now that I've had adequate time to recover, I can relate my recent experience at the crash-bs, competing in the 50-54 men's lightweight division. Fortunately, the older I get, the narrower the categories are, keeping my hope for another national championship alive...



I've never been much for ergs. I don't perform particularly well on them, and likely because of that refer to them as 'those sinking ergs'. But they are about the best training we New Englanders can do in the winter, so I've been spending a lot of time sitting on the Model C in the basement. As the racing season is months away, I decided to see how I was progressing by racing the crash-bs.

This decision was reached a whole two weeks before the event, and was followed immediately by the realization I'd have to drop eight pounds to race lightweight, or have to face off with the fatties. Dietary modification plus a bunch of two hour plus erg pieces got me down low enough to make weight with a few ounces to spare, and a couple hours to rehydrate before the race.

SARA President Tracy Smith had agreed to cox'n my race; as anyone who knows Tracy is well aware, she is somehow able to get everyone around her to perform better/faster/more conscientiously by her mere presence. And given my non-extensive preparation for the event, I'd need all of Tracy's assistance if I was to avoid embarrassing my fellow Orangemen.

We reviewed the race plan, walked thru the ratings and splits and technical flaws she'd have to watch for, and were just about *(See Paduda—next page)*

Paduda (from Page 11)

Ready to focus in when Tom Darling appeared along with my lovely bride in the stands just in front of the erg. If you haven't been to the crash-bs, they're held in BU's ice arena, with the ergs on the floor and 'fans' (parents, spouses, coaches mostly) in the stands watching the proceedings on the big video monitors suspended over the floor. Fans can watch each competitor as they progress in a virtual race against the others in their event as make-believe boats move across the monitors. Not exactly the IRAs, but the bathrooms are closer and its easier to see who's where in the race.

Then it was ready, go, and off we went. The plan was to hold at a 1:46 for the first 1500 and then, if possible, drop it in the last 30 strokes, with a goal of 7:06 for the 2k. This was a pretty bold plan, as my personal best up till then had been a rather unimpressive 7:15.4. After going out hard, I throttled back at the insistence of Tracy, who was tasked with preventing the dreaded 'fly-and-die'. 500 meters in, I was in a solid third place (although the fast guys in my event would race in the next heat) and not in immediate danger of collapse. Tracy kept things lively, I kept focused on the pace to the exclusion of pretty much everything else, and the next 500 went by with a significant but not fatal increase in blood lactate level.

At the thousand I could hear Tracy channeling Gary Levine (my cox'n in the 1979 IRA silver medal 4+) as she told me the second thousand was ours. The pace was holding steady, heart rate hadn't reached quadruple digits just yet, and although it was getting awfully uncomfortable, I couldn't back down with all that positive encouragement coming from the stands, as Tom was getting into full voice, driven my Deb who was telling him she thought i was having trouble. True that. Crossed into the last 500 (the monitor on the erg counts down, which is somehow better than counting up), the rating started to



rise from 30 to 32, but Tracy kept firmly insisting it was too early, and back down it went. Good thing, because at about 400 to go I was in imminent danger of exploding as the lactate levels reached near-terminal levels. From there it was all Tracy, who kept it to ten strokes at a time, and I was somehow able to drive the rating and the pace up enough to finish in 7:04.5, good enough for sixth place in the event.

As strange as it may seem to non rowers, except for that last 400 it was actually a lot of fun. Great camaraderie, very cool to see the 70+ women race (and set a new world record), fun to meet up with old friends and competitors and trade lies, and best of all, stuffing a burrito bigger than New Jersey into my face less than a half-hour after the race was bliss.



BACKSPLASH—NEWS OF OUR ALUMNI

Ham Dixon '55 – came up from Georgia and showed off his skill and stamina once again at the C.R.A.S.H.-B Sprints in Boston with SARA President Tracy Smith urging him on. Ham was first in his among Veteran Men (75-79) in 7:42.7 and nobody was close.



"I was ahead the entire way which really felt good, especially since my competitor from Norway was bigger than I am and I believe he assumed he would win. It was really great because Tom Darling was cheering on from the stands the whole way (loudly), and Tracy Smith "coxed" me the whole way which was really super. She really kept me focused. What a great day!"

Bart Green, '56, reports that, on a spur of the moment impulse, he recently created a Ning site called OLDOAR, which he says romanticizes rowing in the 1950s, laments its passing and invites comment from other old oars." (*See Article on Page 15*)

Bart rowed 1952-56 and coached 1956-57. He is now living on the Eastern Shore of Chesapeake Bay near St. Michaels, MD.

Paul Dudzick '67 - Joey '69 and Jan Peter "managed to escape the cold Syracuse winter in early March with a visit to the big mouse house at Disney World, Orlando FL. While taking a break from "It's A Small World" and "Pirates of the Caribbean" they met up with permanent Florida (West Palm Beach) residents **Ned '67 and Vivian Kerr** and snow-birding Baldwinsville, NY residents, Paul and Lenore Dudzick. Joey, Ned and Paul no doubt dusted off some very old SU rowing memories that haven't been told in a long time. Like the time Johnny Campbell and Bill McCusker... oops... that one's a secret. NEVER MIND."



Kerr, Peter, Dudzick

Gary Mac Lachlan '67 – writes from alleged retirement in DeWitt, "Loved the recent editions -especially on The Bear and The Doc!

"Hopefully the youngest oarspeople have experienced the joy of meeting and listening to Doc Chamberlain. What a treasure he is. Fond(well not so fond really) memories of his injecting my back with Zylocaine the night before a race to lessen spasms.

"Those who never met The Bear or were coached by him missed something special. The gruff, cigar chewing, Seattle-esque facade always melted into a Teddy Bear once you got to know him. It was my honor to be his Captain during his last year before retirement."



Alan More, '69 - (*front row second from left*) made it back in early October to the cold, snowy climes of Syracuse for his 40th reunion. It was snowing in Oswego but only raining in Syracuse! Although he missed the Saturday row with the '59 Pan Am crew, he did get to celebrate with them at the Inn Complete (some of you may remember this as the Skytop Ski Lodge) after the football game. The Letterwinners of Distinction dinner, which feted the '59 national champion football team, was also a highlight, and his wife, Diane, even got a photo with the MC and SU alum Bob Costas! He was delighted to connect with many people at SU and see the many changes on campus. He is very active with the SU Maxwell Program in Washington, DC.

Paul Buff '70 – "My wife and I have been living up here in picturesque VT (near Hanover NH) since '72, except for 6 short years my job took me to NC from '94-2000. Our 2 grandsons come visit us often from CT, especially during the winter since they enjoy snowboarding.

"Whenever SU races Dartmouth in Hanover, we try to make it over to watch the races. Duane Hickling often flies in from Chicago to join us. That also gives us a chance to do some biking up the mountain roads together. And last year Duane and I visited Jeff's mountain at Beaver Creek for some great western skiing."

BACKSPLASH—NEWS OF OUR ALUMNI

Jeff Harriman '70 - "Our class of 1970 is planning on having our 40th year reunion the weekend of November 6, 2010. We're trying to coordinate it with SARA and Coach Reischman. We're also planning to take in a football game in the Dome. We're hoping to include as many former oarsmen from all the classes we had contact with during our four years at SU. That would be the classes of 1967 - 1973. The Orange Oar would be a great place to reach out to these classmates. *Editor's note – consider it done. It turns out reunion coincides with the Navy Ball Weekend and will correspond with the Syracuse Invitational Regatta. Alums will be able to see the men's and women's teams in action at home on Saturday, November 6.*

Duane Hickling '70 - "reports from Chicago that he's "been thinking about SU rowing! Duane says he expects to be in town for that reunion in November.

Editor's note: Maybe that will get Dick "Pappy" Yochum '68 to show up.

Peter Henriques '80 - "We moved from New Zealand to the UK last year due to work. Left our eldest behind in Australia where he is in his final year as an Army Officer cadet at the Australian equivalent of West Point. His most recent note to his mother caused some concern 'spent the last two days jumping out of airplanes at 14,000 feet."

"Our eldest daughter was left in New Zealand where she has started her first year of University. We are waiting to hear about the academics but only seem to be informed about the social side of University.

"The two younger ones are with us in the UK, adjusting to a northern hemisphere winter for the first time. I think we prefer the warmer non ice and snow of Downunder."

Joe Paduda '80 - was sixth among Lightweight Veteran Men (50-54) in 7:04.5 at the C.R.A.S.H - B. Sprints. The SARA secretary also had the benefit of up-close coaching from SARA President Tracy Smith. "For a tall rower, she's a great cox'n," Paduda opined in a piece on the SARA blog. *(See separate article on page 11 for Joe's take on the ordeal)*

Jeff Schafer '82 - is back in action! "I was really happy with my C.R.A.S.H.-B. result. I got a 7:25.7. It was good to see Joe Paduda and also Tom Darling. I didn't know what to expect. I did a piece the week before to make sure I could break 8 minutes and I did 7:36. I am still hoping to get fast enough to make this year's alumni boat for the IRA. Last year was the first IRA I have missed since seeing the Cuse win in 1978."

Susan (Church) Andersson '84 and Sheila Roock '85 - were among those cheering for the Orange women in their races with BU March 27. SARA's Second Vice-president **Lynne Della Pelle Pascale '81** also was there but she was behind the camera.



*Roock and Andersson -
Dressed for another balmy day*

Jason Premo '98 - continues to "show the flag" at SU events. The immediate past-president jokes (we think) that he, his wife and two young children have moved to Baldwinsville to be closer to the boathouse.



Goodale shows off Olympic Gold Medal

Anna Goodale '05 - was named to one of the top 10 female active rowers in 2009 by Worldrowing.com. Goodale has earned six goal medal points since 2006, ranking her tied for third with fellow USA teammates Carolina Lind and Lindsay Shoop.

To be eligible to appear as a Top 10 Female rower, athletes had to have been active at elite international level in the current year by taking part at an Olympic Games, Final Olympic Qualification Regatta, World Rowing Championships or Rowing World Cup.

-courtesy of suathletics.com

OLDOARS

CREW IN THE 1950S

BLOG POSTS



[Crew back when it was a classic sport for crew cut guys rowing wooden shells.](#)

Rowing on a college crew team used to be an elite, classic sport, for a small number of crew cut guys, often with an ironic turn of mind and speech, who rowed wooden shells with wooden oars, damaging the palms of their hands in the process.

Who qualifies as an “old oar?” That probably depends on your point of view but if you want to get in touch with “old oars” and read about and discuss how things were back in the “old days” whenever those were – Bart Green ’56 – has set up just the place to do it. It’s a NING site called – obviously - OLDOAR. www.oldoars.ning.com

“Well, I’d never heard of NING either, until the founder of it was interviewed on the Charlie Rose PBS show recently,” Green told *The Orange Oar*. “I’m not very computer literate, but I decided to see what the site was all about and clicked on it, and then the Devil apparently took over and I found myself setting up an OLDOAR site, just for fun.”

Green rowed at SU from 1952-56 and coached a year after he graduated.

“Trust me, I’m not trying to start a revolution or even to “diss” (is that the current word of approbation?) what’s happened to crew/rowing in the last 50 years,” he says, “although I do confess to some nostalgia for the ‘good old days’ of crewcut guys and wooden shells and oars, and I guess that this was what I had in mind when I created the site, on the spur of the moment.”

Here’s a sample of his initial post -

I miss the old days of crew, back in the 1950s and before, with legendary coaches like Jim Ten Eyck, Al Ulbrickson and Rusty Callow, just to name a few. There was a unique culture in an elite, almost cult sport.

I started this site to see if there were any old oars out there who, like me, are in their 70s and who would like to reminisce a bit about their rowing days.

Green says he doubts a lot of people will join OLDOAR since most surviving crewmen of his era are not all that interested in Internet activities. The truth is, at this writing he is the only member. But then as we said at the start, who is an “old oar” depends on your point of view. There’s always room for civilized discussion and Bart Green has set up another spot for it.

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RETURN SERVICE REQUESTED

SU MEN'S CREW SCHEDULE —2010

Sat 4/17	Goes Trophy (Navy, Cornell)	Annapolis, MD
Sat 4/24	Conlan Cup (Columbia, BU)	Pelham, NY
Sat 5/1	Opening Day Regatta	Seattle, WA
Sun 5/16	Eastern Sprints	Worcester, MA
Sun 5/23	Packard Cup (Dartmouth)	Hanover, NH
Th-F-Sat 6/3-6/5	IRA Regatta	Camden, NJ