

Syracuse Alumni Rowing Association, Inc.

ORANGE OAR

Volume XV, No. 2, April 2014



A WINTER TRAINING PERSPECTIVE

PASSING OF THE TORCH

New SARA President Lynne Pascale

**NEW MEMBERS OF
SARA HALL OF FAME**

**RECORD BREAKING ERG SCORE
BY TOM DARLING**



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Greetings to the Syracuse Rowing family! I'm excited and honored to be part of such a storied organization. I look forward to helping to share the accomplishments of the SU crew teams with the SU Rowing alumni network and the greater Syracuse University community. Being a part of SU Rowing gave me some of the most memorable experiences during my college years. For me, it is very gratifying to be able to give back to a program that brings such potential to today's young rowers. Now, as a part of the SARA team, I discover and cherish new friends across the generations of SU rowers who, like me, all pulled an oar for the Orange.

In this issue, Orange Oar editor Jay Rhodes gives us a glimpse of what winter workouts are like for some of you post-collegiate athletes. Indoor training was all too important this year as the polar vortex spread its icy influence all the way into the south. The SU team, like those of previous generations, has taken it in stride and after winter training in Florida (photos are on the Syracuse Women's Rowing Facebook page and the blog address below) and spring training in South Carolina is back and out on the water, getting ready to race. Check out the video on the Syracuse Alumni Rowing blog of the men's team sliding the pontoon boats like sleighs over about eight inches of snow into the water and the senior guys jumping into the frigid canal in front of the TenEyck boathouse (<http://syracusealumnirowing.blogspot.com/>). That's Syracuse Tough!

Springtime is also time for the 2014 SARA membership campaign. Annual dues enable SARA to provide race hospitality, to broadcast many of the races via the internet or cell phone, to help fundraise through the men's endowment campaign, or by hosting fundraising events such as the Kris Sanford equipment fund kick-off last year. We are trying to reach everyone who rowed, so if you didn't receive a membership letter, please contact me at lynnepascale@hotmail.com and I'll send one to you. Sign-up is also available at the blog address above.

SARA is in the middle of a website upgrade, thanks to the efforts of Josh Stratton, Ryan Armstrong and Jay Rhodes. We also have a data team working on updating our contact list. We had a great turn out at the annual meeting. If you're not already engaged with SARA we'd love your help in pulling us along. How can you help? Join SARA, attend races, and contribute to the men's endowment or the women's equipment fund. Join the SARA LinkedIn page, especially if internships or jobs become available where you work. Lend your voice to the conversation that can make our organization better and the teams stronger as a result.

One last note: I'd like to thank my predecessor Joe Kieffer for his exemplary SARA presidency and his continued energetic and inspired work. Many of Joe's initiatives, such as the men's endowment campaign and the establishment of the SARA data base, will continue to enhance the ability of SARA to provide meaningful support to the crew teams of Syracuse University. Well done, Joe.

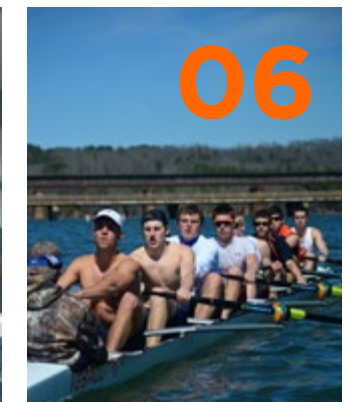


Here's to pulling together.
Lynne Pascale, '81, G'11
SARA President

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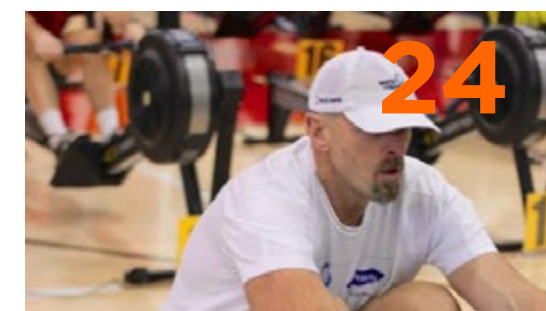
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Editor: Jay Rhodes, '89
Art Directors: Ryan Armstrong '08, Hugh Duffy '80
Contributors: Holly Johnston '15, Jason Premo '98

Moore: Aggression and Poise

RACING RESULTS AND ANALYSIS

[CLICK HERE](#)



The women's rowing team was more aggressive in its use of small-boat rowing in the fall and a heavier training load over the winter. The Orange Oar caught up with head coach Justin Moore during the team's spring training trip to Clemson, South Carolina and asked about the outcome of those efforts.

"We are most definitely seeing the results down here in Clemson," Moore said. "As we are progressing through the week, the crews are looking better and better. We did some competitive stuff on the buoy line in coxed fours and produced some encouraging times. I believe one of the biggest effects the small boats rowing has had is that it has increased the expectation for individual accountability on the water."

When the team returned to campus in January, Moore was very clear about his reasons for increasing the volume of training. "In my first two years, I did not feel that the women were prepared to take on a high-volume training program," he said. "Now, with our squad right side up, and having the necessary depth, we are in a place where we have the physical and mental maturity to add volume. To

this end, we are having 24 women lactate tested, to ensure that our training paces are 100 percent accurate for this essential period. It is another step in the evolution of our training."

When reflecting on the eight-week block of training prior to the Clemson trip, Moore said: "The extra volume yielded some mixed results. We experienced a fair number of "over-use" injuries in late January and February—more than is acceptable in my opinion. So this was a disappointment to us.

"However, the group that stayed healthy and completed the program was going extremely fast at the end of the two cycles. The results were impressive. So this was very encouraging to us. When we conducted a 2,000 meter erg test on February 28, out of 22 women, 19 pulled personal best scores, with two women landing themselves on the top-10 All Time List."

What will it all mean now that racing is underway? "With our increased fitness, we need to be willing to be completely audacious in the first 500 to 750 meters," Moore said. "The best crews in the country hold nothing back here. Trusting that we can go 'that hard' and have the fitness to finish is essential. Yet, while we need to be a bit crazy with our aggression, this must be tempered with enough poise to produce a sustainable rhythm. This is a biggest challenge."

When asked about the temptation to base a lot on the outcome of the first race against Clemson, Moore referred to the importance of performing to be selected for the NCAA Championships.

"The fact that we will see Clemson again at the Clemson Invite and the ACC Championships means that this data point won't be the only one the NCAA selection committee has between Syracuse and Clemson," he said. "We both have been bubble teams that last two years, and our goal is to get off the bubble."

Reischman: Can We Execute Our Rhythm and Sustain the Speed?

Two weeks prior to the first clash of the racing season with Princeton and Georgetown, the Orange Oar caught up with men's head rowing coach Dave Reischman for his thoughts going into the spring.

Now that the results from that first match-up at Princeton are in, his comments about early-season performance seem especially important.

"The key is always to make sure you are patient and don't force the cadences up before the athletes are ready," Reischman said. "That usually leads to disappointment later in the year if you don't take the time to let the rhythm develop with the cadence. Two years ago we lost to Princeton in our first race by six seconds, but we felt we made enough good things happen on the race course that we could really build from there. That turned out to be true by the IRA if I remember correctly."

With weather a concern in the northeast right up until racing began, it would seem the first race might have come too soon.

"This is my 12th year at Syracuse and I can tell you that the first race always comes too early!," said Reischman. "The truth is that we are always going to feel like we are underprepared for the first race, given the realities of our water time in Central New York. The cadence is never quite where you want it, and the rhythm isn't perfectly dialed in. But what we focus on is racing hard and making sure we have the fitness and toughness to keep racing hard for the full distance."



"With the qualification system in place for the IRA over the past few years, you either race well at the Sprints or you don't go to the IRA." - Dave Reischman



Reischman said the rate is not the only aspect of the boats that is not ironed out in early April. "The first couple of races, we always try different line-ups and work on racing hard through the middle 1,500 meters of the race," he said. "Our goal is to always have things sorted out lineup-wise by the Goes Trophy. Some times that works, sometimes it doesn't."

Patience is actually part of Reischman's season-long plan. "Obviously, we would like to win them all, but the Sprints and the IRA are where we expect our best performances," he said. "With the qualification system in place for the IRA over the past few years, you either race well at the Sprints or you don't go to the IRA. What we like to see is a progression from race to race."

"We always start the year working on the middle 1,500 meters. Can we execute our rhythm and sustain the speed? Then we take a look at the first 250 meters and see if we can gain some speed there. Once we are happy with that, we work on the last 250 meters."

Reischman said a boat can only finish strong once it has built the earlier stages of its race. "It seems like, every year at the IRA, whether you advance or not comes down to your ability to change the speed of the boat in the last 500 meters," he said. "But that only happens if you execute the first 1,500 meters with enough speed to be in a position to attack."

In February the Syracuse Department of Athletics Information produced a video on the team's training regimen. In front of the cameras, Reischman encouraged the oarsmen to have fun and has a ready response for people who do not believe it is possible.

"I suppose the having fun part is all a matter of perspective," he said. "We always have recent alums drop by practice during winter training, and they all say the same thing: 'When I was in school and going through winter training I couldn't wait to be done with it, but now that I am out in the 'real world,' I would give anything to be back here for another year.'"

When asked who the All-Stars of winter training 2014 were, Reischman said: "I really need to give a big shout out to our training room staff. Between bizarre injuries (one guy slipped in the shower and broke his hand), and a particularly nasty flu season, we kept them busy, and they really did a great job working on getting the guys back training as fast as their bodies would allow."



LIVE BROADCASTING

Syracuse Alumni Rowing Association (SARA) is excited to provide live audio broadcasting of Men's and Women's home races and selective away races. Our announcers will be following the races in the chase launches, providing a stroke by stroke account of the races – from the start until the finish. Watch the SARA blog or the coach's email for race time and specific dial in details.

All home races will be broadcast on the following link and dial-in:

<http://client.stretchinternet.com/client/syracuse.portal>
or (712) 432- 4418

April 26, Conlan Cup - BU & Columbia @ SU
- John Nicholson

May 9, Packard Cup - SU @ Dartmouth
- Joe Paduda



MEN'S CREW

2014 SPRING SCHEDULE

MARCH 29 (SAT)	PRINCETON/GEORGETOWN <i>PRINCETON, NJ</i>
APRIL 5-6 (SAT-SUN)	SAN DIEGO CREW CLASSIC <i>VARSIY EIGHT</i> <i>SAN DIEGO, CA</i>
APRIL 19 (SAT)	GOES TROPHY (CORNELL,NAVY) <i>ITHACA, NY</i>
APRIL 26 (SAT)	CONLAN CUP (BU, COLUMBIA) <i>SYRACUSE, NY</i>
MAY 9 (FRI)	PACKARD CUP (DARTMOUTH) <i>HANOVER, NH</i>
MAY 18 (SUN)	EASTERN SPRINTS <i>WORCESTER, MA</i>
MAY 30 - JUNE 1 (FRI - SUN)	IRA REGATTA <i>MERCER LAKE, NJ</i>

WOMEN'S ROWING

2014 SPRING SCHEDULE

MARCH 15 (SAT)	CLEMSON, BU LIGHTWEIGHT <i>CLEMSON, SC</i>
MARCH 29 (SAT)	CORNELL <i>SYRACUSE, NY</i>
APRIL 5 (SAT)	ORANGE CHALLENGE CUP <i>(NORTHEASTERN, PENN)</i> <i>BOSTON, MA</i>
APRIL 6 (SUN)	KITTELL CUP (BU, MINNESOTA) <i>BOSTON, MA</i>
APRIL 19 - 20 (SAT,SUN)	CLEMSON INVITATIONAL / O'LEARY CUP <i>CLEMSON, SC</i>
APRIL 26 - 27 (SAT,SUN)	MONTICELLO INVITATIONAL <i>(DUKE, MICHIGAN STATE, VIRGINIA)</i> <i>CHARLOTTESVILLE, VA</i>
MAY 17 - 18 (SAT,SUN)	ACC CHAMPIONSHIP <i>CLEMSON, SC</i>
MAY 30 - JUNE 1 (FRI - SUN)	NCAA CHAMPIONSHIP <i>INDIANAPOLIS, IND</i>



ENTERING THE
HOUSE OF
PAIN

HOLLY JOHNSTON '15 OF THE SYRACUSE WOMEN'S ROWING TEAM GAVE THE ORANGE OAR A GLIMPSE OF THAT ANNUAL RITE OF PASSAGE KNOWN AS WINTER TRAINING.

Take a trip down memory lane for a second. Every Syracuse rowing alum remembers rising at the crack of dawn to be greeted with a frigid walk to the crew room. Sitting down, day after day, on an erg or in the tank to complete what seems like an ever-increasing number of meters. Sore muscles, 2k tests, ice baths and all the inevitable training room visits. Then, just when it seems like you will never see the water again, the snow slowly begins to melt and the trees start to transform, sending with their blossoms a promise that spring is on its way.

Yes, you've guessed it. This incredibly physical and mentally draining time of year is none other than the Winter Training of the Great White North. Winter Training, which usually extends for an eight-week period from the beginning of January to mid-March has this year been forced to continue as a record number of cold spells have sentenced Syracuse to an ice age past the first day of spring.

Having learned to make the best of this off-water season, head coaches Dave Reischman

and Justin Moore have become increasingly interested in designing indoor training programs with a similar rhythm and flow.

This year Coach Moore was particularly focused on building an enormous aerobic base that was to be complemented with a dynamic focus on anaerobic training on the back end of the season. To instill in the women's team the level of work ethic desired during this time period, a challenge was issued in the name of charity. Divided up into groups of five, teams competed against each other over winter break to see which group could row the most meters in a three-week period. For each 100,000 meters rowed, sponsors from both Tennessee and Syracuse pledged to donate up to \$20 to St. Jude Children's Research Center. Meeting this challenge with a newfound ferocity, the team rowed a whopping total of 6,519,545 meters in just three weeks.

This "vacation" challenge, combined with a successful winter training trip meant the men's and women's teams stepped off the plane from Florida with a vitality and willingness to get stuck into the 8 weeks of indoor training that faced them. With the goals of leading a successful IRA campaign for the men and qualifying for the NCAA's for the women, Syracuse rowing set to work.



For both teams, Monday trainings consisted of long and steady practices, designed to ease everybody back into another week. With the women maintaining their morning timeslot, Coach Moore, in conjunction with the coxswains, ran four tank sessions starting at 6:45 a.m. and switching to a new group every 40 minutes. Realizing that not every athlete had an early class, this training was designed to give as many people as possible a chance to sleep in if they could afford it.

With the men's team having spent their morning practice in the weight room, Monday afternoons

saw the tables turn as the woman got to work on a rigorous lifting program written by strength and conditioning coach Veronica Dyer. Meanwhile, at 4:15 p.m. Coach Reischman would gather with his team for a long steady state session split between the tank and the ergs and complemented with additional cardio on the bikes.

For the men, Tuesday's bought with it a similar workout. Two by 30 minutes in the tank or on the erg which was supplemented by an extra hour of cardio for advanced athletes.

Coach Moore took a different approach to Tuesday's early morning practice. Stepping off the ergs, the woman took to the indoor track at Manley Field House where they would run for 50 minutes, breaking this into blocks and completing a round of core and hip exercises between each phase. By the end of the winter, all three coaches were also running with the team, and with a true competitive spirit, Coach Moore would lead the charge while Coach Kochis and Coach Lister made their own moves to compete with athletes each week.

Wednesday truly embodied 'hump day' with one of the hardest workouts for the week scheduled. Both teams were to complete around 30-40 minutes of full-press work at rates not exceeding 28 strokes per minute. The idea behind this practice was to train the body how to work under deep fatigue while avoiding the production of lactic acid that is seen at higher ratings.

For the men, these workouts could be in the form of 3 x 10 minutes, 4 x 2500 meters or decreasing ladders starting with a 12-minute block and ending with a seven-minute block. The women's team alternated between 2 x 18 minutes, which were written to directly correspond to the monthly 30-minute test, and 4 x 2000 meters. All pieces included rate shifts between 24 and 28 strokes per minute, with both coaches looking to increase their athletes' efficiency and power at these midrates.

Recognizing the effort required for the Wednesday workout, Thursdays were all about slowing things down and focusing on the fundamentals. The women's team returned to the tanks in the morning for what Coach Moore referred to as a "learning day" and did 40 minutes of drill work, with video often been taken for athlete review. Then it was back to the gym in the afternoon to work with Veronica Dyer while the men gathered in the Archbold Gymnasium for their afternoon session, looking to complete around 16 kilometers of steady state in addition

to their early morning lifting workout.

Friday afternoon saw the men start their workout before the women, completing a practice that replicated much of the work from Wednesday's training. Driving the erg for 4 x 8 minute pieces at 26 strokes per minute, the floor was sure to be covered in sweat by the time the women's team arrived for their session.

In preparation for Saturday's race work, Friday afternoon consisted of 5 x 8 minute pieces of steady state on the sliders with intensive core, hip and leg work between each piece. The work on the sliders was very intentionally included to create a sense of unity and rhythm that is essential in the boat.



When Saturday rolled around, both teams headed over to the Flannigan erg room, which has also become fondly known by some as the Room of Pain, to complete that week's VO2 max training. With traces of nervousness, the first Saturday of winter training marked the beginning of the pre-2k work. The men stepped into a session that prescribed 6 x 1000 meters at race pace and they felt the familiar burn that goes hand-in-hand with race work.

Coach Moore opted to go for pyramid style sessions that called for changes in speed, just as the beginning and end of a race do. The first Saturday in Winter Training specified shorter steps starting at 750 meters and shifting down to 250 meters. However, in weeks six and seven, distances increased and the women sat down to conquer workouts like 3 x 1500 meters. It was on these Saturdays that the champions stood out, staying strong and composed through each stroke, regardless of the pain it caused.

In previous years, Coach Moore has organized long sessions of yoga directly following the VO2 workouts to push the lactate acid out of his athletes' bodies. Looking to try something new, this year's Winter Training included 45 minutes

of steady swim training to conclude Saturday practices.

Divided into groups which were dependant on one's swimming ability, the women got to stretch out their tired bodies and warm down in the water. Coaches and athletes alike largely favored this addition to the program, enjoying the reprieve from rowing-specific training.

With each week of winter training, the men's and women's teams saw its mileage increase, its weight lifting go up and its erging splits come down. Knowing that this time of year is taxing on the body, the training room went into overdrive to cater to any illness and injuries that arose, patching each rower up for the spring training trip that would inevitably follow. While the snow continued to fall outside, the Syracuse rowing teams proved as relentless as the ice and cold, putting in the necessary work to carve out a successful racing season ahead.

HOLLY JOHNSTON '15

She's SEEN *it* ALL



To borrow from the cliché, you always remember the first time you set foot in the Syracuse boathouse, right? For new SARA president Lynne Pascale '81, G '11, her recollections of her freshman year, start out like so many other alums', but it quickly becomes apparent that 1977-78 was a unique time in rowing at SU.

"When I went to Syracuse, I saw the shell on the quad, and I thought I would try crew," Pascale said. "That year was the first year that it was an intercollegiate sport for women. It had been a club sport up until that time. It was Mark Lyvers' first year coaching, and there were no scholarship athletes; everyone was a walk-on. The varsity boat was a fiberglass sectional called the *Orange Crush*, and everyone else rowed in wooden boats.

"I felt lucky because I knew that it was a new sport for women and I felt lucky to be in a generation that lived to see these opportunities open up," Pascale said. "And the scope and quality of the program changed very quickly. I'd been out of school maybe five years, and I went to a SARA event, and it was amazing. The quality of the athlete had changed. You could see the impact of Title IX in the type of athlete coming out for the sport.

"Now when I go, it's just amazing the degree of science in the training and the intensity, and the equipment is stunning. You feel you could hold the boats with one finger and walk them down to the docks."

Pascale's personal experience with the trajectory of Syracuse rowing, including tuition assistance and competing over the summer; her friendships and acquaintances through rowing; her understanding of the interests that compete for alums' attention; her seven years' experience on the SARA Board; and time spent in the finance, restaurant and non-profit sectors have armed her to shepherd SARA into its next stage of development as an organization.

"Over the last seven years, I'm proud that we've increased membership, increased the coffers of SARA to cover our expenses comfortably and have money available for, for example, international-level rowers competing post-season and to support hospitality in far flung locations," Pascale said.

"The men's endowment is a wonderful achievement. Hats off to the energy and the focus that went into creating it. Joe Kieffer really did a great job with that. We've been able to support events like the Kris Sanford Equipment Fund kick-off event with a reception in the Crew Room prior to a boat christening at halftime of a basketball game at the Carrier Dome to get that fund launched successfully."

Looking ahead, Pascale's strategy is informed by her Membership work. "My challenges are figuring out what are the best ways to communicate and connect with alumni," she said."

"We started a database management system, and we're looking to constantly improve the quality of

that list. We still have a long ways to go, but we'll become more comprehensive in our reach, and hopefully, we'll be able to contact folks who haven't heard from SARA in a while. I look forward to using social media more and more."

When thinking about existing members, Pascale said: "We're getting better at fundraising, and now we need to get better at friendraising and professional networking. I'd like to see SARA be able to do more for young alums who are in the early stages of their professional careers—networking for them. I'm looking for people to help us with that. There's a lot of potential to do that."

Personal experience has given Pascale a glimpse of the challenges in maintaining ties with alumni, and her position as the Director of Development for the Onandaga Historical Association has acquainted her with some strategies SARA might employ.

"Lynne brings 30 years of historical perspective on SU Crew and SARA, and in her quiet way, understands the various components and will be a great asset for others to emulate."

- Council member
Barry Weiss '83

"Having kids, raising a family, working, there were years when I wasn't as involved as I could've been, much to my chagrin," Pascale said. "So I have insight into the patterns in our membership. For example, young alums receive free membership upon graduation. They typically participate right away. Then in some cases, SARA loses track of people as they move and their lives change. It's a very hard thing to do, and that's what we're addressing with our database management system and this year's membership drive.

"We are trying to reach everyone who rowed, so if you didn't receive a membership letter in March, please contact me at lynnepascale@hotmail.com and I'll send one to you."

Pascale is a big fan of the Evening at Ten Eyck, SARA's new event that pairs nighttime racing with a post-race dinner. "It's so much fun to hop in a boat," said Pascale, who rowed in an alumni boat and wants alums to join her, especially people who were on those first women's intercollegiate teams. "It was fun getting together with everybody—seeing people I haven't seen in 35 years. Those who couldn't come, I miss them."

Team camaraderie is one of Pascale's fondest SU Crew memories. "I loved it. Greek life is kinda big, but I never felt like I had to join a sorority, because there was such a great group on the team. I had a nice group of friends between the men and the women."

"It is very gratifying to me that some of my former crew teammates are now actively supporting SU Rowing as part of our SARA team: Martha Mogish Rowe '82, Bill Purdy '79, Beth Clagett Marks '83, Joe Paduda '80, Tom Darling '81, Charlie Clark '83 and Barry Weiss '83. And Sheila Rook '85 is always there with us rooting at all of the home races—men's and women's."

Being involved in SARA also stems from a feeling of gratitude on Pascale's part. "As a rower, I know I was the lucky recipient of tuition assistance. Someone did not continue at SU. There were two years of assistance available, and [Coach] Mark [Lyvers] gave it to me. I had been contemplating transferring because of the cost of going to school. That really helped, and I'm really, really grateful. Being part of SARA is ensuring that future athletes have their opportunities and the program gets what it needs to continue."

She is also grateful for guidance she received off the water. "I remember the encouragement that came from the alums, and I have many memories of Joe Peter '69, John Nicholson '68, Charlie Roberts '61, Dr. Bruce Baker '59 and Dr. Chamberlain '41 attending races. [Coach] Bill Sanford '63 also saw the future of women's rowing, which he obviously communicated to his daughters."

"Former SARA president Jim Breuer '72 recruited me to serve on the SARA board when I was a young alum and I regret that I declined at the time," Pascale said. "It would have been a good opportunity for me to gain organizational and leadership skills during a formative period of my life."

Two of the friends Pascale mentioned, Secretary Joe Paduda '80 and Advisory Council member Barry Weiss '83, are actively involved in SARA and are excited to see her take the reins. "Lynne is just a wonderful person to work with," Paduda said. "Calm, collected, focused, objective and fun

to boot. She will be a very effective president and is universally respected."

Weiss talked about Pascale's ability to lead by example: "Lynne brings 30 years of historical perspective on SU Crew and SARA, and in her quiet way, understands the various components and will be a great asset for others to emulate."

People often gravitate toward leaders because they see in them common traits, values or experiences. For Syracuse rowing alums, Lynne Pascale has all three.



DONATION UPDATE

Syracuse University has refined its administration of athletic donations. Please note the instructions below when making a donation to men's or women's crew.

To donate to the men's team's Endowment, click [here](#) to go to the web site of the Central New York Community Foundation, which administers the fund.

Checks for other men's team donations should be made payable to "**Syracuse University.**" In the "memo" line of your check, please indicate: **Men's Crew Head Coach's Fund.**

Donations to the women's team, including the Kris Sanford Equipment fund should be made payable to "**Syracuse University.**" In the "memo" line of your check, please indicate: **Women's Crew Head Coach's Fund.**

FITNESS: START YOUR ENGINES

Officially the calendar says it is spring, so the *Orange Oar* put out a call for end-of-winter/racing-season-is-here workouts, which yielded two earnest replies, one sarcastic response and a phone conversation with SARA veteran Paul Irvine '45.

Tom Darling '81 and SARA Hall of Fame 2014

I have two workouts for both on and off the water that are my favorites.

1) Sixty to 75 minutes steady state at 18 SPM at whatever exertion level gets you to a 70 percent max heart rate.

2) The other is a 3 x 10 (One minute on and one minute off) with 5 to 7 minutes rest in between. The "on" minute is at full power at 90% of max HR and 30+ SPM, and the "off" minute is at steady state 70% max hr at 18 to 20 SPM.

There are two fundamentally different workouts that stress different metabolic pathways. Afterwards I feel I've had a regenerative type workout with the hour of steady state and a max effort speed workout with the minute on/minute off.

SARA Director Jason Premo '98

I go into every winter with the thought, "This is the year when I finally come out of winter in better shape than I entered it." Then begins the sad, steady decline on the path toward morbid obesity, sloth and self-loathing. Then when spring is just around the corner, I do a handful of ragged, "oh sh-t, we are on the water again soon" 30-minute steady states, at 10 beats lower and double the splits of what I pulled in college, as I curse my fat face in the mirror propped alongside me on my basement wall.

Bill Sanford '63, freshman coach from 1963-1967 and head coach from 1968-2002

Some of you may remember one of the last indoor workouts we would do before hitting the water. It was a race for overall time. Once around the upper part of the dome, (up and down each flight), 6000M on the erg and 20 laps in the pool. The pool used to be the determiner.

For folks in 'higher age categories,' a workout would be steady state 40 minutes daily on erg at 120 -140 HR per min before hitting the water. Skiing—cross country or down hill—is good for cross-training.

Paul Irvine '45

Editor's note: The October Backsplash captured Paul's 90th birthday wish: a row in front of the boathouse. He wore a t-shirt commemorating his service as a Navy pilot who flew Hellcat fighters off the USS Bonhomme Richard in the Pacific Theater of World War II. - I get on the treadmill every day and go for about a mile, and I go down to the Y three times a week. My son in Rochester had that shirt made for me to have on my row and wear to the Y. It was airbrushed and is a great technical representation of the Hellcat.



THANK YOU JOE

When alumni talk about past president Joe Kieffer '88, the question is not about his level of energy. Rather people wonder what his secret is for maintaining it. A world traveler by virtue of his work for Capgemini, Kieffer's mastery of time zones is unquestioned, as is his commitment to Syracuse rowing.

"Joe got things done, said SARA Director Jason Premo '98'. "He made sure we were all involved, and held us accountable for anything we signed up for. He was also tireless and relentlessly loyal—often conducting conference calls while flying over The Indian Ocean, sending emails from Pakistan and running campaigns from Tel Aviv. Unstoppable!"

When you talk to SARA Board members who participate in those monthly conference calls, the names of the cities in their accounts may be different, but the gist of the stories is always the same, and the lingering question is, too. In essence, they say, he must get his energy from something. The question is, what?

Women's rowing head coach Justin Moore took an informal poll and concluded: "Joe is living proof of the effectiveness of 5-hour Energy. I've talked to various alumni who know him, and that's the consensus."



While there is tongue-in-cheek in all of these comments, friends of Syracuse rowing are dead serious about Kieffer's contribution to the program.

"Without a doubt the hardest working leader an organization could have, said Secretary Joe Paduda '80. "As a result of Joe's leadership SARA has made a lot of progress during his tenure. His passion and devotion—not just dedication but real devotion—to Syracuse rowing is unquestioned. His legacy is an engaged, active and passionate alumni group that will ensure the success of the women's and men's programs."

During Kieffer's tenure, to name just a few initiatives, SARA increased the number of regattas where it offers a hospitality tent, institutionalized the provision of audio broadcasts of spring races

with John Nicholson '68 at the mic, created an endowment for the men's team and launched an equipment fund for the women's team.

Ensuring parents and alumni have a spot to gather at races as distant as the IRA in Sacramento, Calif., has been a very visible aspect of SARA's work. The endowment and equipment fund speak to a vision of providing the financial infrastructure both teams need to secure their future.

"The news is littered with stories of universities that have shuttered their rowing programs," said SARA president Lynne Pascale '81 G '11. "In many cases, the alumni were unable to come up with the money necessary to save the program. The contributions to the endowment and the equipment fund are a clear indication of the way Syracuse alumni value and support their team."

"The men's endowment has grown to \$225,000," men's head rowing coach Dave Reischman said. "It gives you a sense of the security the endowment will provide for the program when it is fully funded. The goal is to reach the \$1-million mark by 2015. Joe accomplished a lot as president, but by far his biggest accomplishment was establishing the endowment and the yearly fundraising campaign that goes with it."

The equipment fund named after former coach Kris Sanford Milburn was introduced in February 2013 when the first in a perpetual line of shells by that name was christened at the Carrier Dome. Women's head rowing coach Justin Moore said the fund fills an important gap in fundraising for his team.

"Since my arrival in the fall of 2010, [Director of Athletics] Daryl Gross and Syracuse Athletics have been fantastic in their support of the rowing program," Moore said. "The one critical area that remains is equipment. The market value of our shells in today's market exceeds \$750,000 per team. Alumni contributions bolster university funding so we can service and expand our fleet."

As these funds grow, current athletes and alumni alike can thank Joe Kieffer for his tireless work to put such important programs in place.

Kieffer is still involved in Syracuse rowing, and in his Energizer Bunny style, relishes the opportunity to see the sport through the eyes of his children, along with his wife, Margaret. Lawren was on a Brown team that won an NCAA championship, Harrison rows for Mercyhurst and Gwyn rows for Brown. One can only imagine the nicknames the whole family gets when you put all that energy together.

SYRACUSE ROWING

HALL OF FAME

CLASS OF 2014

For the second year in a row, the Syracuse Rowing community will be celebrating a slate of magnificent alumni as part of the "Evening at Ten Eyck" festivities September 20th. A large and well-deserving crew will be honored this year. Here are brief biographies in alphabetical order, offering just a taste of why we should be honored to count them as teammates!

THE 1913 IRA NATIONAL CHAMPIONS

Capturing Syracuse's third national title under Coach James A. Ten Eyck, this boat featured the greatest number of individual Hall of Famers (three-in bold) among all Orange champs: Cox **C.C. Goes**, Stroke to bow: G.B. Thurston, **M.F. Hilfinger**, J.H. Rich, R.W. Propst, **H.W. Robbins**, M.H. Kuehn, W.L. Joslyn, C.T. Mahon. Their victory in Poughkeepsie that day 101 years ago was particularly dramatic in that they needed to charge from well-behind for the win, and in doing so, defeated heavily favored Cornell and disrupted a five-year winning streak. Said Chancellor Day, "Probably no event has sent the name of our city so far around the world as the victory of (this) crew."

STEVE GLADSTONE (1964)

When all is said and done, Steve Gladstone may be considered for the "Mount Rushmore" of rowing coaches. Steve's coaching accomplishments list is too long to write in detail, but a brief tour shows he was a European Championships Coach, a World Championships Coach, Freshman Coach at Princeton (2 IRA silver medals), Lightweight Coach at Harvard (undefeated 4 consecutive seasons), Head Coach at Cal (6 IRA Championships), Head Coach at Brown (4 Eastern Sprints and 5 IRA Championships), and is now Head Coach at Yale. Titles also include Board of Directors of the National Association of Amateur Oarsmen, member of the Men's Olympic Rowing Committee, and Founder of Resolute Racing Shells.

CLIFFORD "TIP" GOES (1914)

As the crafty cox of that famed 1913 crew, Goes was voted by national papers (yes, they did this back then!) as "All American Coxswain." His reach, born in Syracuse waters, extended throughout national rowing as his connection with our sport grew. Along with being a very involved race official, he was Chairman of the US Olympic Rowing Committee and Head Referee at the IRAs. He was voted into the Helms Athletic Hall of Fame, and earned Syracuse's Letterwinner of Distinction. His name is well-known in Syracuse circles also for his creation of the Goes Trophy for the annual SU/Navy/Cornell races, and his major involvement in the construction of our Ten Eyck Boathouse.

HOWARD ROBBINS (1914)

Howard sat in Four seat of the 1913 Championship boat. He was a Helms Athletic Hall of Fame member, a Regatta referee, and a Syracuse University Letterwinner of Distinction. Though his greatest claim to fame is that of, "Ten Eyck's greatest oarsmen." And that's saying something!

DR. TOM KERR (1939)

Dr. Kerr is among our inductees whose contributions to Syracuse rowing and the larger rowing scene are too great to list. He was co-founder of the Syracuse Alumni Rowing Association, remaining fiercely loyal to both men's and women's programs. He was a member of the Syracuse University Rowing Historical Society, and received the Syracuse University Alumni Award as well as the Letterwinner of Distinction. He went on to leave a major mark on the landscape of Philadelphia rowing. He founded and coached the Drexel rowing program (namesake for the Kerr Cup), was an Executive Committee member for the Schuylkill Navy and the National Association of Amateur Oarsmen, Dad Vail Awards Chairman, VP of the US Rowing Society, VP of the Foreign Regatta Committee, Medical Advisor for the Olympic Games Committee, and was a referee for the World Championships. A common sentiment among Syracuse Rowing community members is, the only reason Tom isn't discussed with as much reverence and love as our late Bruce Chamberlain is because he wasn't in Syracuse as Dr. Chamberlain was. He was continuing to grow his legacy in Philadelphia. Note: Tom's son, James Ned Kerr, was named after Ned Ten Eyck.

DREW HARRISON (1968)

Few names in the Syracuse Rowing community are revered on the level of former Orange oarsman and Coach, Drew Harrison. As a rower, he is remembered by his peers for his fierce competitiveness and good nature. As a coach, few around the world can match his accomplishments. As freshman coach at Syracuse, he was the architect for THREE consecutive IRA Freshman National Championships, preceded by a bronze and a silver and followed by two more silver medals - in other words, a medal in SEVEN CONSECUTIVE YEARS. From Syracuse he went on to coach the Canadian National Team in the World Championships in 1977, 1981, and 1985-1988, and in the Olympic Games in 1984 and 1988. He then coached the Japanese National Team in the Olympic Games in 1992 and 1996, coaching in the World Championships in between. He has since taken up coaching several successful rowing clubs in Canada, and started "Wonderful World of Rowing Ltd" which later merged with WinTech Racing. He remains a presence in the Syracuse Rowing community, and has partaken in several Alumni boat victories at the IRAs.

MARTIN HILFINGER (1914)

Marty was a fine rower during his time at Syracuse, and was a member of the 1913 Championship eight. His contributions include being a member of the original SARA Board of Directors (later President), a very influential as a member of the Syracuse Regatta Association, a member of the Syracuse University Rowing Historical Society, and a Letterwinner of Distinction. Marty was the first of FIVE Hilfinger family tree members to cement a legacy in Syracuse Rowing, including his son George ('41), Grandchildren John ('75) and Melinda (who rowed alongside and later married Bob Portmess in the mid-seventies).

MARK LYVERS (1975)

Mark Lyvers (1975) We remember Mark Lyvers for his contributions to the men's and women's teams at Syracuse. Not only does he remember what a gamut ergometer is but he also holds the Syracuse gamut record. Mark sat in the stroke seat for his three varsity seasons. Upon graduation, he became the first head coach of the women's team upon their switch from club to intercollegiate status and helped Syracuse stand out immediately. New SARA president Lynne Pascale '81, G '11 was on that first team and fondly recalls Mark's tenure. In honor of Mark's contribution to the program, women's head rowing coach Justin Moore has announced a shell in Mark's name will be christened at the second annual Evening at Ten Eyck on September 20.

CONTRIBUTED BY JASON PREMO '98

DARLING BLASTED THE HINGES OFF

SARA Hall of Famer and Director Tom Darling '81 set a world indoor rowing record at the February 1 MidAtlantic Erg Sprints, and two weeks later, won his age group at the CRASH-B Sprints by nearly 17 seconds.

Row2k.com reported that "Darling blasted the hinges off the previous world record by covering the distance in a time of 6:12.6, which was over six seconds faster than the previous record of 6:18.6 set by Dick Cashin in 2009."

Darling, representing the Cambridge Boat Club, competed in the 2000-meter race for veteran men age 55-59. Jeff Byron, the Director of the MidAtlantic Erg Sprints, offered an analogy for the non-rowers assessing Darling's performance:

"When you think about what Tom Darling did, it's really quite an accomplishment. Rowing 2,000 meters is the equivalent of rowing the length of a football field over 21 times, which essentially means that he was going goal line to goal line at about an 18 second clip. That is an incredible athletic achievement. It's also another reason why indoor rowing is growing in popularity and being recognized as one of the ultimate tests of fitness and endurance in sports."

Syracuse women's rowing head coach Justin Moore reported that people on his team took notice: "Everyone was made aware, and we all had the same reaction: dropped jaws. Tom has always been very physically talented, but there is no way an individual sets a world record without tremendous preparation and execution on the day."

Men's rowing head coach Dave Reischman injected a bit of humor into his comment: "We all noticed Tom's world record and take a lot of pride in his accomplishments. To be honest, my most prevalent thought was wondering if there was a loophole in the NCAA rules somewhere that would give him another year of eligibility."

In addition to his accomplishments, Darling must have been gratified by the growth in participation at the CRASH-B's by adaptive athletes. In May 2013 USRowing named Darling the Director of Para-Rowing, including responsibility for the United States' efforts toward the 2016 Paralympic Games in Rio de Janeiro, Brazil.

According to row2k.com, Darling, a pioneer in adaptive rowing, has helped lead Community Rowing, Inc.'s efforts in this regard, including building relationships with the Veteran's Administration, the Spaulding Rehabilitation Hospital in Charlestown, Mass. and manufacturers of adaptive rowing equipment, along with the inclusion of adaptive rowing in the CRASH-B's in 2010.

There were 13 events in adaptive rowing at this year's event, and three world records were set. One example of the impact of adaptive rowing was the fact Jessica Kensky and Patrick Downes presented the awards to the adaptive athletes. Kensky and Downes were injured in the Boston Marathon bombing. "I think we both found being on the water to be very therapeutic," Kensky said.



2014 SARA MEN'S CREW ENDOWMENT CAMPAIGN

The 2014 racing season has started with a sweep over Georgetown and a strong showing against a very strong Princeton program. Today, April 1, SARA is launching the 2014 SARA Men's Crew Endowment campaign. Similar to the past three years, this year's fund raising campaign will last 2,000 hours with class years pitted against each other. This year's 83 day campaign will 'cross the line' on June 21 at 8am. Last year's campaign raised over \$45,000 with 165 participants from 45 class years. The average donation was over \$300, with several large leadership gifts received.

We have some ambitious goals for this year campaign of \$75,000 raised with 200 participants from 50 class years. Periodic 'racing' updates will be provided through email and the SARA blog. As the endowment fund grows over time, it will be able to provide an annual cash flow to the rowing program to fund a range of needs including coaching positions, equipment, away regattas (e.g. Henley or San Diego Crew Classic), and facilities. The SARA Men's Crew Endowment, begun nearly four years ago, has grown to over \$225,000. Along with Coach Reischman, the SARA board has decided at our January Board meeting not to take its allowed annual distribution at this time, but to reinvest to fuel future growth of the Endowment. We have targeted a lofty goal of \$1 million in the next few years. Your continued support will allow us to achieve this goal. The endowment will help solidify the long term strength of the SU Men's crew. The cost of the campaign will be funded by private donations and the SARA operating budget. Expenses for the fund raising campaign will not be from the SARA endowment.

The format of this fundraising campaign will get the competitive juices flowing. Class groups will be pitted against each other with SU racing shirts at stake.

- Racing shirts will be awarded to those class groups' contributors¹ in two categories - those having the greatest number of participants and those generating the most money.
- Any donation that has increased by \$75 or more from last year will receive an SU racing shirt.
- Any donation of \$5,000 or more receives a full size SU oar or mounted SU blade.
- Any one contributing for five or more consecutive years to the Endowment will be inducted into the Onondaga Lake Society. Details and benefits to be communicated later.

Donation can be sent to:
Central New York Community Foundation
Memo line: SARA Endowment
431 East Fayette Street, Suite 100
Syracuse, NY 13202

Or donate via credit card or PayPal to: www.cnycf.org/sara
All donations to the SARA Endowment are tax deductible

This is a great opportunity to give back to the program that provided some of your best life experiences. We have appointed class year captains, expect to hear from your class captain who can answer any questions. If there are specific questions about the endowment or corporate donor matching, please contact **Joe Kieffer** (jkieffer@email.com / +1 267 228 1341).

**To receive a racing shirt an individual needs to contribute \$50 or more*

SAVE THE DATE

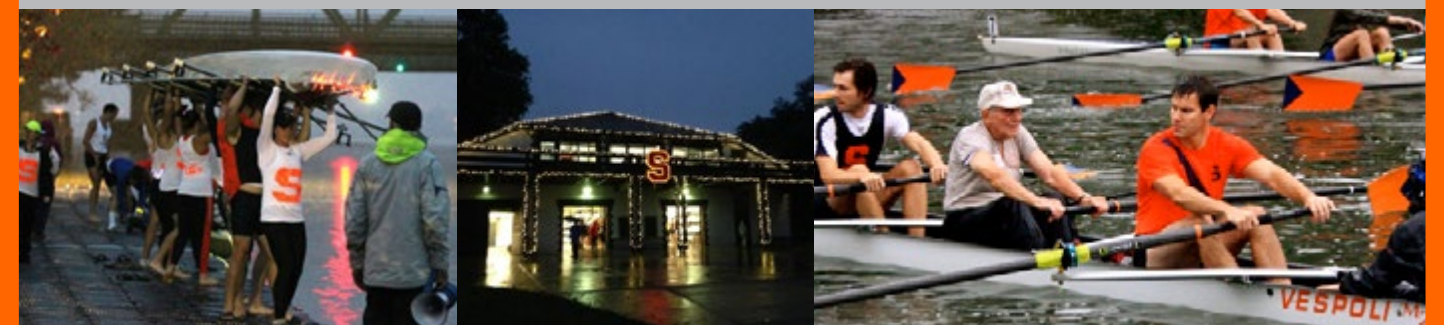
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2ND ANNUAL EVENING AT TEN EYCK



EVENING AT TEN EYCK
SATURDAY, SEPTEMBER 20, 2014

- Racing under the lights!
- Get back in the boat with your old teammates!
- Dinner afterward to bring back all the memories!
- 240 people attended last year. Don't get left out!



BACKSPLASH

NEWS OF OUR ALUMNI

**JASON
PREMO '98**

Little did Director of Athletics Dr. Daryl Gross know that he would be watching the Syracuse men's basketball team's third-round NCAA Tournament game with a few men's crew alumni. Ten members of the Classes of '98 and '99 were together to watch the game in Buffalo and had their photo taken with Dr. Gross.



Caption: Chris Kemezis '99, Josh Kaplan '98, friend of the program Jason Senska, Scott Christian '99, Paris Daskalakis '98, Director of Athletics Dr. Daryl Gross, Jason Premo '98, Jamie Bettini '99, Jason Hillebrecht '99, Patrick Daughton '99, Joe Bufano '99. Not pictured: Premo reported that Tim Daughton '98 "was at the buffet."

**PAUL
IRVINE '45**

Editor's note: The October Backsplash captured Paul's 90th birthday wish: a row in front of the boathouse. He wore a t-shirt commemorating his service as a Navy pilot who flew Hellcat fighters off the USS Bonhomme Richard in the Pacific Theater of World War II. - I get on the treadmill every day and go for about a mile, and I go down to the Y three times a week. My son in Rochester had that shirt made for me to have on my row and wear to the Y. It was airbrushed and is a great technical representation of the Hellcat.

**James
Bettini '99**

James was promoted to Managing Director with Aon Benfield, the reinsurance intermediary and capital advisory arm of Aon. He has served as a broker with that firm for nearly 15 years and recently completed his Chartered Property Casualty Underwriter (CPCU) designation. He lives with his wife, Vallerie '99, in Boston.

**DON
PLATH '69**

Another epic time was had with Jeff Harriman '70 and Diane at their ski home in Beaver Creek, CO, in March. Jeff, Level III PSI Instructor, put a wedge in his schedule to provide an unforgettably great time. Western snow is something special compared to eastern ice and hard pack. In previous years, teammates Paul Buff and Dwayne Hickling enjoyed the Beaver Creek experience. Perhaps, a skiing / boarding foursome? If so, Diane thinks she will then visit son's and daughter's families in Denver. How could that be?!?! Appears Jeff is intending to again return in September for the Evening at Ten Eyck. Thinking about a single to row on Lake Lotawana, just east of K.C. Life is good.



**CHRIS
LUDDEN '91**

Chris Ludden, a math and aerospace engineering teacher at Baker High School in Baldwinsville, has been invited to attend the Honeywell Educators @ Space Academy at the U.S. Space & Rocket Center in Huntsville, Alabama this summer. He will spend five days with other math and science teachers from around the world participating in simulated astronaut training as well as in intensive classroom, laboratory, and training time that focuses on space science.



**JAN
PALCHIKOFF
(Coach, '80-'82)**

Jan Palchikoff is the Senior Vice President - Competition & Athlete Experience for the 2015 Special Olympics World Summer Games in Los Angeles. A two-time Olympian (1976 and 1980) and a five-time national team member, she also coached at the University of California, Santa Barbara. She is still active in master's cycling and rowing.

**CHIP
GIBSON '04**

My wife, Liz '04, and I welcomed our first child, Charles William "Will" Gibson III, on September 24th. His birth was the reason we were unable to make it back to the Evening at Ten Eyck. He is awesome and projecting to be in the Engine Room as he is a big boy. We live in Medfield, Mass.



**CHARLIE
MILLS '60**

I just wanted to pass on that Brenda and I were in FL a couple of weeks ago and had lunch with Janet and Tom Rouen '60. Tom was our 3 man in the Pan Am boat. We had a great time and obviously talked about the past, the crew, SU, etc. Tom is still the artist we all know him for as he had a beautiful charcoal (I think, as to me the only way to tell is to smear it, but I didn't dare do that while he was watching) portrait on his easel.

He also builds custom model airplanes, but builds them 2-3 times their normal size. He and Winky make a good pair. Golf is out for TR now but he still gets around and "gives Janet directions when she drives... read between the lines on that one. Anyway, we all had a great time and hope to see each other again soon. It looks like FL could be in our future someday.



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Keep SU fast on the water by giving to the:

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431 East Fayette Street, Suite 100
Syracuse, NY 13202

Or donate via credit card or PayPal to: www.cnycf.org/sara
All donations to the SARA Endowment are tax deductible

Checks for other men's team donations should be made payable to "**Syracuse University**." In the "memo" line of your check, please indicate: **Men's Crew Head Coach's Fund**.

WOMEN'S ROWING HEAD COACH'S FUND

Donation can be sent to:
Donations to the women's team, including the Kris Sanford Equipment fund, should be made payable to "**Syracuse University**." In the "memo" line of your check, please indicate: **Women's Crew Head Coach's Fund**.

CONTACT US

Mens Coach: Dave Reischman - [dreischm@syr.edu](mailto:dreichsm@syr.edu)
Womens Coach: Justin Moore - jmoore06@syr.edu
Orange Oar Editor: Jay Rhodes - jayrhodes24@gmail.com