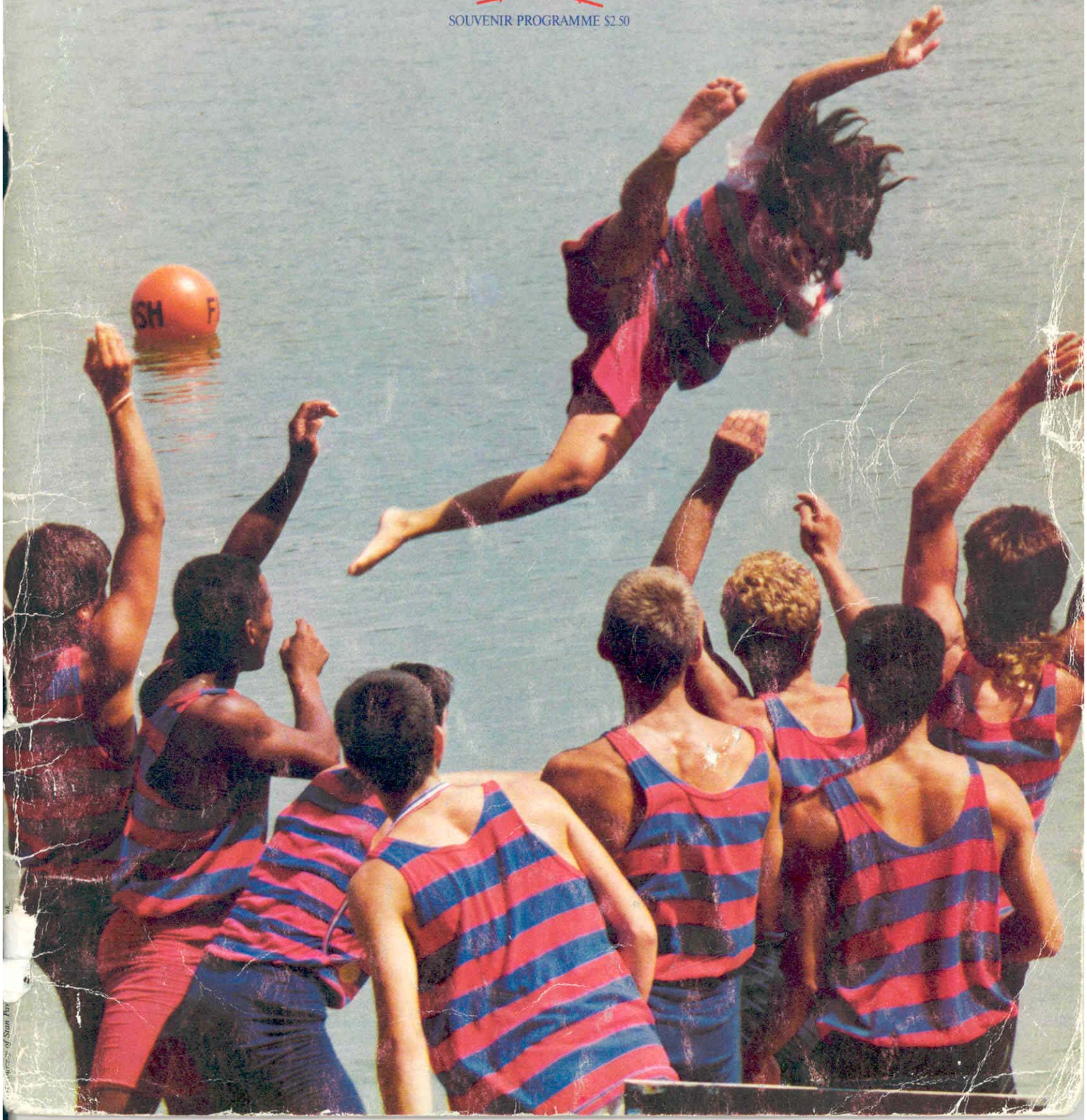


THE ROYAL CANADIAN HENLEY REGATTA

ST. CATHARINES, ONTARIO, CANADA AUGUST 3-7, 1988



SOUVENIR PROGRAMME \$2.50



G'DAY*



* The traditional greeting of Australia (known variously as Aus, Oz, or The Wonder Down Under). A contraction of "Good Day"—usually one in which you can look forward to a tinnie (tube, can) of Foster's

BONZER An expression of approval, as in: "He's a bonzer bloke." In terms of magnitude, a superlative just above "beaut" and slightly below "ripper."

SHOUT The act of paying for a round in the local watering hole. Thus: "I'll get this Foster's, it's my shout." The getting of said shout is a demonstration of the bonzerishness of one's blokehood.

MATE A man's best friend (usually the one who got the last shout). Can be tagged on to any sentence to connote an easy familiarity with the listener: "How ya goin', mate?"

(NOTE: In speaking with the females of the species, mate should properly be substituted by "love." e.g. "Good on ya, love.") (Well done!)

DRIER THAN A DRAINPIPE IN A DROUGHT A description of the extreme thirst built up after having survived the yearly out-back drought or a day at work, whichever was rougher. Synonymous with the phrase "Struth, I could down a pint," usually followed by "sinking a cold one" with one's mates.

THE GOLDEN THROAT CHARMER An expression used to connote the drinkability of Foster's. Synonymous with such other terms of affection as the "liquid gold," "throat anointing fluid," and "ripper sipper." However, not to be used to describe the taste of Foster's, which is most accurately likened to that of an angel crying on one's tongue.

CHEERS! The last words to escape one's lips before the first Foster's hits them.

The Golden Throat Charmer



SOUVENIR PROGRAM

106th ROYAL CANADIAN HENLEY REGATTA

AUGUST 3 - 7, 1988

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COVER PHOTOGRAPH

It's all part of the Henley tradition. That's Becky Rosloski soaring high in the air as her happy St. Catharines RC crewmates celebrate their win in the Intermediate 140-Pound Eight at Henley 1987 by tossing their coxswain into the murky waters of the Henley Course. With Becky coxing, the gold medal eight rowed as Stan Pawlik, Gilbert Egamino, Bob Stone, Tyler Gordon, Andrew Wilson, Steve Brookson, Ian Steel and stroke Todd Crawford.

- Photo by Michael Adamchuk



JOSEPH L. McCAFFERY
MAYOR



THE CORPORATION OF THE
CITY OF ST. CATHARINES
ONTARIO

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WELCOME...to the 1988 Royal Canadian Henley Regatta!

Whenever my colleagues on Council and I have occasion to list the outstanding features of St. Catharines, we invariably include The Henley. It has become that important to us and to our community's reputation as one of the most progressive and lively centres in Canada. Indeed a great deal of the fun and excitement of summertime in St. Catharines centres upon the annual Henley, and its success has not only become a source of satisfaction to our citizens, but a point of pride with them as well.

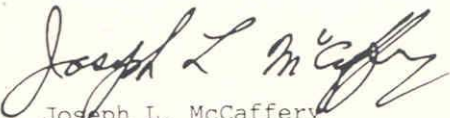
The Royal Canadian Henley Regatta is hailed as one of the finest in Canada drawing champions from coast to coast and around the globe. As a former athlete, I am very well aware of the dedicated effort of all champions, coaches, organizers and volunteers. I should like, therefore, to express my personal appreciation and that of my colleagues on Council and the citizens of St. Catharines to the Canadian Henley Regatta Corporation whose efforts and steadfast standards of excellence produce and support this major sporting event year after year.

And that is as it should be.

Just as the Canadian Henley Regatta Corporation was proud to host the Third World Rowing Championships in 1970, so too St. Catharines looks forward to the privilege of surpassing that success by hosting another World Rowing Championship in the coming decade.

The citizens of St. Catharines recognize that it is the unbounded sense of civic pride of organizations like the C.H.R.C. that keep the spirit of St. Catharines soaring high for all to see, enjoy, and admire; we heartily commend them on the expertise with which they and so many others put together the finest and fairest regatta in Canada.

Therefore, it is with considerable pride and tremendous pleasure that I welcome one and all to the City of St. Catharines, home of the Royal Canadian Henley Regatta.


Joseph L. McCaffery
Mayor

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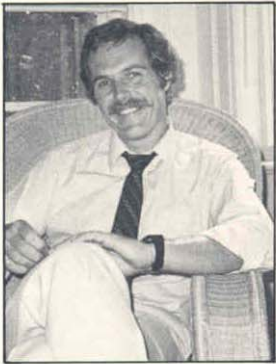
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ROWING CANADA AVIRON

PRESIDENT'S MESSAGE - 1988

As President of Rowing Canada Aviron, it is with great pleasure that I welcome you to the 106th Royal Canadian Henley Regatta. At the time of writing entries from across North America are pouring in which certainly bears proof of Henley's reputation of being the finest Regatta held in North America.

We are looking forward to excellent competition, and fair racing provided by the superb rowing course, and excellent officiating available here in St. Catharines.

I would at this time thank the Canadian Henley Rowing Corp. (CHRC) and its volunteers for their continued fine organizing and support. We are pleased to have such a fine partner in organizing and running the Royal Canadian Henley Regatta.

This year for the first time in over twenty years, Henley will be televised live on National television. We welcome TSN to Henley and we hope that this will be the start of a long and fruitful association.

To all Competitors, best of luck and best wishes.

T. H. Rigby
President - Rowing Canada Aviron

1988 Rowing Canada Aviron CARA Executive Committee

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**Good Luck to All Participants
at this year's
Royal Canadian Henley Regatta.**

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
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FISA PRESIDENT TOURS HENLEY FACILITIES

Thomas Keller of Zurich, Switzerland, president of the International Rowing Federation (FISA), was a guest of the Canadian Henley Rowing Corporation during the recent Canadian Scholastic Rowing Championships. Mr. Keller toured the Henley Course and its shoreside facilities, obviously pleased with what he saw, both on and off the water. He subsequently suggested St. Catharines was a serious contender for a World Rowing Championships, the international regatta rowed here in 1970. Here, the FISA President congratulates Tammy Less of Brockville Collegiate while presenting the winning Women's Junior 57-Kilo Cox Four with their gold medals at the CSSRA championships, one of 10 major regatta rowed on the Henley Course this year.

PRESIDENT'S MESSAGE

The executive and directors of the Canadian Henley Rowing Corporation are delighted to welcome competitors, officials and rowing enthusiasts to this week's 106th Royal Canadian Henley Regatta. May your stay in St. Catharines be a pleasant one and this Henley prove successful.

CHRC, as the custodian of the Henley Course and its regatta facilities, joins in partnership with the Canadian Amateur Rowing Association, the governing body of rowing in Canada, in staging this week's regatta. It is a year-round co-operative effort designed to climax this week in what is regarded by many as the finest rowing competition of its kind anywhere.

Having begun in 1880 at Toronto, this annual championship took up permanent residence in St. Catharines 23 years later. Over the years, it has grown to become the unofficial North American final in 79 weight and boat classifications.

For St. Catharines, Henley remains a community effort. And as a result, Henley Course facilities have been improved and enlarged over the years. Their worth was warmly praised by FISA President Thomas Keller during a visit here early this summer.

As a result, Mr. Keller suggested St. Catharines must be looked upon as a serious candidate to stage one of the World Rowing Championships in the years 1993 to 1995. The challenge remains.

CHRC is proud of the Henley and what it means to North American rowing. We are happy you have seen fit to support this worthwhile endeavour and are part of the success which is Henley 106.

CRAIG SWAYZE
President

EXECUTIVE

Craig Swayze.....	President
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Treasurer.....	Bruce Henning
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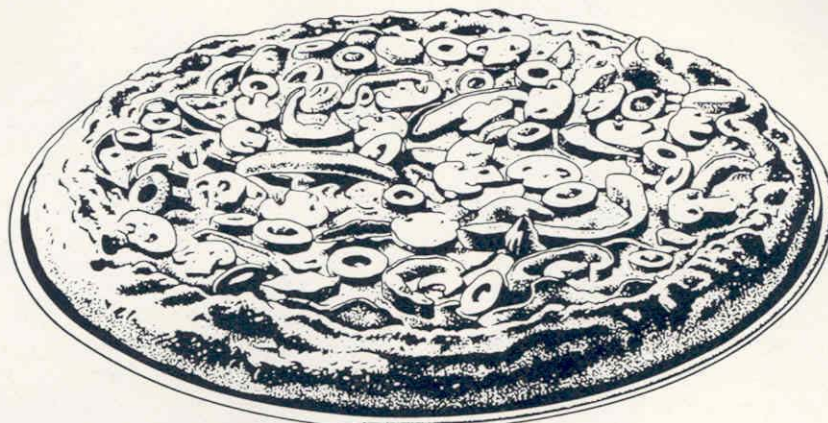
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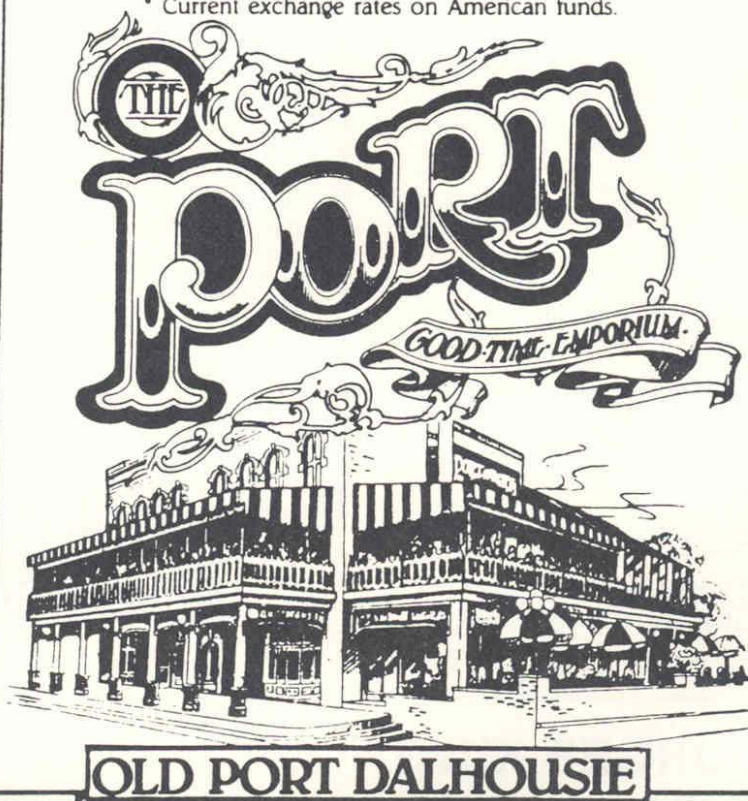
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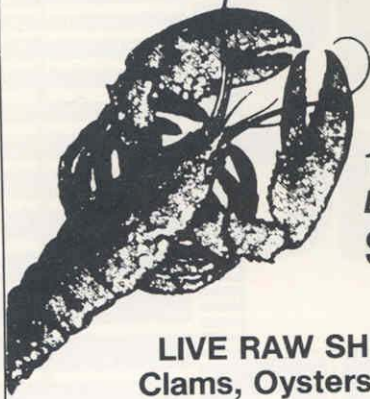


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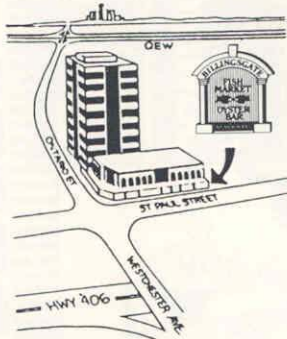
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ROYAL CANADIAN HENLEY CHAMPIONS — 1987

THURSDAY

Women's Int. single	Ridley Grad BC (Vanessa Wakil)	9:18.63
Int. 155-lb Pair	Fredericton RC	8:03.20
Int. 155-lb Single	Cascadilla BC (Kim Murray)	8:09.00
Women's Int. Pair	Argonaut RC	8:36.43
Women's Int. Lt. Single	St. Catharines RC (Heather Lafferty)	9:06.09
Int. Cox Four	Calgary RC	7:01.44
Int. 145-lb Single	New York AC (Todd Green)	8:13.34
Women's Int. Lt. Four	Fredericton RC	8:03.01
Int. Single	Thames River RC (Russell Cone)	7:45.06
Int. 140-lb Four	Argonaut RC	7:14.16
Women's Int. Lt. Pair	Saskatoon RC	8:52.96
Int. 155-lb Cox Four	Leander BC	7:02.85
Women's Int. Lt. Quad	Bachelor's Barge	7:45.53

FRIDAY

Women's Int. Double	Ridley Grad BC	7:11.16
Int. Pair	Fredericton RC	7:01.03
Int. 155-lb Double	Detroit BC	6:35.94
Women's Int. Cox Four	Argonaut RC	7:14.01
Women's Int. Lt. Double	Club Nautique	7:12.75
Int. 155-lb Four	Leander BC	6:19.09
Women's Int. Lt. Cox Four	Fredericton RC	7:22.65
Int. 140-lb Double	U. of Victoria	6:44.23
Int. Four	Potomac BC	6:19.94
Int. 140-lb Cox Four	Leander BC	6:42.71
Int. Double	New York AC	6:32.90
Women's Int. Quad.	Burnaby Lake AA	6:46.40
Women's Int. Lt. Eight	Don RC	6:41.85
Int. 155-lb Quad	Undine Barge	6:08.70

SATURDAY

Int. 140-lb Eight	St. Catharines RC	6:26.93
Sr. 155-lb Quad	Undine Barge	6:32.09
Association Single	St. Catharines RC (Dave Wright)	7:27.98
Int. 155-lb Eight	New York AC	6:10.76
Int. Eight	Vancouver RC	5:59.32
Women's Sr. Quad	Don RC	6:52.89
Women's Int. Eight	Riverside BC	6:48.89
Int. Quad	New York AC	6:18.36
Open Single Dash	St. Catharines RC (Frank Murphy)	1:37.88
Eights Dash	Penn AC	1:17.08
145-lb Single Dash	New York AC (Todd Green)	1:40.91
Women's Eights Dash	Burnaby Lake AA	1:32.11

Women's Single Dash	Tampa RC (Terry Smythe)	1:50.53
155-lb Single Dash	St. Catharines RC (Frank Murphy)	1:37.34
Open Cox Four	Penn AC	6:21.39
Open Pair	Penn AC	6:48.60
Open Double	Detroit BC	6:56.23
Open Eight	Penn AC	5:42.01
Women's Open Cox Four	Minneapolis RC	7:32.40
Women's Open Lt. Eight	St. Catharines RC	6:40.34
Women's Open Eight	U. of Victoria	6:40.90

SUNDAY

Women's Sr. Cox Four	St. Catharines RC	7:45.74
Senior Four	Ridley Grad BC	6:35.59
Women's Sr. Lt. Four	Fredericton RC	No time
Sr. 155-lb Pair	Fredericton RC	7:15.13
Sr. 135-lb Single	Durham BC (Mike Dreher)	7:51.23
Sr. 155-lb Double	Fredericton RC	6:58.96
Women's Sr. Lt. Single	Boston RC (Nina Streeter)	8:02.96
Sr. 140-lb Pair	Wyandotte BC	7:33.86
Women's Sr. Single	Vesper BC (Laura Peck)	7:57.57
Women's Sr. Lt. Pair	St. Catharines RC	8:06.98
Sr. 140-lb Double	Durham BC	No time
Senior Four	Ridley Grad BC	6:35.59
Senior Pair	Argonaut RC	6:54.81
Sr. 155-lb Four	Leander BC	6:20.86
Women's Sr. Pair	Argonaut RC	7:38.12
Sr. 140-lb Four	St. Catharines RC	No time
Senior Double	St. Catharines RC	6:15.29
Women's Sr. Lt. Eight	St. Catharines RC	7:17.17
Sr. 155-lb Cox Four	Leander BC	7:12.92
Sr. 145-lb Single	Durham BC (Bob Dreher)	7:56.93
Women's Sr. Lt. Double	Dartmouth RC	8:06.00
Sr. Cox Four	Penn AC	7:01.75
Sr. 140-lb Cox Four	Argonaut RC	7:17.22
Championship Single	Thames River (Burt Apfelbaum)	7:40.61
Sr. 155-lb Single	Detroit BC (Tim O'Hara)	7:27.95
Women's Sr. Double	Don RC	7:37.87
Sr. 155-lb Eight	Vesper BC	6:06.24
Women's Sr. Lt. Cox Four	St. Catharines RC	7:01.75
Sr. 140-lb Eight	St. Catharines RC	6:20.85
Senior Quad	Malta BC	6:15.56
Women's Sr. Eight	Burnaby Lake AA	6:37.23
Championship Eight	Penn AC	5:55.14

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Where Are They From?

It should be obvious that the Detroit Boat Club comes from Detroit and the St. Catharines Rowing Club is based right here in St. Catharines. But what about the Narragansett Boat Club or the Mendota Rowing Club?

Here are some of the Clubs competing in this week's Royal Canadian Henley Regatta complete with their home town and club color:

CLUB	LOCATION	COLORS			
Argonaut RC	Toronto	Double blue	Mic Mac RC	Dartmouth, N.S.	Red
Academia Cubana Remo	Miami		Mendota RC	Madison, Wis.	Maroon
Aqueduct RC	Rexford, N.Y.		Minneapolis RC	Minneapolis	Red
Antares RC	Mexico City	Blue and white	Minnesota BC	St. Paul	Red and white
Atlantarc	Atlanta	Blue & white	Montreal International	Montreal	Black and white
Bachelors Barge	Philadelphia	Red & blue	Minnesota, U. of	Minnesota	Maroon and gold
Blood Street Sculls	Old Lyme, Conn.	White and red	Malta BC	Philadelphia	Blue
Brock U.	St. Catharines	White, maroon and blue	Mission Bay RC	San Diego, Cal.	Gold
Brockville RC	Brockville	Bleu on White Trim	Monash U.	Melbourne, Australia	Turquoise
Big Five RC	Miami	Black and white	Melbourne YWCA	Melbourne, Australia	Dark blue
Belmont RC	Belmont, Mass.	Red and blue	Mercyhurst Crew	Erie, Pa.	Green
Brigantine RC	Brigantine, N.J.	White, Green and Black Band	Miami RC	Miami	
Burnaby Lake RA	Burnaby, B.C.	Navy blue	Milwaukee RC	Milwaukee	
Boucherville RC	Boucherville, Que.	Bleu and Gold Stripe	North Star RC	Dartmouth, N.S.	Red, white star
British Columbia, U. of	Vancouver	Blue and gold	Northeastern U.	Boston	Red and black
Boston RC	Boston		New York AC	New York	Red and white
Baltimore RC	Baltimore		Narragansett BC	Providence	
Crescent BC	Philadelphia		New Rochelle RC	New Rochelle	
Calgary	Calgary RC	White, Red Trim	New Haven RC	New Haven	Green and white
Cambridge BC	Cambridge, Mass.	Maroon and white	Notre Dame RC	Notre Dame, Ind.	Green and gold
Cascadilla BC	Ithaca, N.Y.	Blue and white	Nonesuch Ore	Scarborough, Maine	
Citadel Crew	Charleston, S.C.		Ottawa RC	Ottawa	Red and blue
Colgate RC	Hamilton, N.Y.		Ohio Valley RC	Parkersburg, W.V.	
College BC	Philadelphia	Blue and white	Old Dominion BC	Alexandria, Va.	
Chicago BC	Chicago	Blue and white	Oneida BC	Burlington N.J.	
Cornell U.	Ithaca, N.Y.	Red and white	Peterborough RC	Peterborough	Green
Columbia U.	New York	Double blue	Palm Beach RC	Manalapan, Fla.	
Dartmouth RC	Hanover, N.H.	Green and white	Penn AC	Philadelphia	Blue and white
Detroit BC	Detroit	Blue and white	Placentia RC	Placentia, Nfld.	
Dalhousie RC	Dartmouth, N.S.		Potomac BC	Washington	Red, White Trim
Don RC	Port Credit	Blue and white	Philadelphia Girls	Philadelphia	White, Navy Blue Trim
Duluth RC	Duluth, Minn.		Purdue Crew	Lafayette, Ind.	
Durham RC	Durham, N.H.	White, Red Band	Phillips Academy	Exeter, N.H.	
Drexel Crew	Philadelphia		Pennsylvania, U. of	Philadelphia	Blue and white
Edmonton RC	Edmonton	Gold & Green	Princeton U.	Princeton, N.J.	Orange & black
Ecorse BC	Edmonton	Ecorse BC	Pioneer Valley RA	Hartford	
Ecorse BC	Ecorse, Mich.	Yellow and blue	Regina RC	Regina	White and Trim
Espana RC	Mexico City	Blank and white	Ridley BC	St. Catharines	Orange and black
Fairmount RA	Philadelphia	White, Blue Trim	Remex RC	Jacksonville, Fla.	Black & white
Fredericton RC	Fredericton, NB	Red, black and white	Riverside BC	Cambridge, Mass.	Maroon
Florida AC	Winter Park	Paddy Green	Rochester RC	Rochester, N.J.	Gold and blue
Fordham RA	Bronx, N.Y.	Maroon	Rutgers U.	Piscataway, N.J.	
Green Lake Crew	Seattle	Green	St. Catharines RC	St. Catharines	Cerise and Blue Stripe
Golden Bear RC	Berkeley, Cal.		Saskatoon RC	Saskatoon	Green and white
Hanlan BC	Toronto	Blue and White	South Niagara RC	Welland	Gold and black
Holy Cross College	Providence	Purple and white	Syracuse Chargers	Liverpool, N.Y.	Orange
Hyde Park RA	Staatsburg, N.Y.		Thunder Bay RC	Thunder Bay	Blue, White Trim
Harvard U.	Cambridge	Maroon & white	Tampa RC	Tampa	Red, blue & gold
Independence RC	Nashua, N.H.		Trinity College	Hartford, Conn.	Blue & gold
Iona College	New Rochelle, N.Y.		Tillsburg RC	Tillsburg	
Ithaca College	Ithaca, N.Y.	Blue & white	Triton BC	Belleville, N.J.	
Irvine (U. of California)	Irvine	Blue & gold	Undine Barge	Philadelphia	White, blue & gold
Kingston RC	Kingston, Ont.	Double blue	U.S. Naval Academy	Annapolis	Blue and gold
Kennebecasis RC	Rothsay, N.B.	Black and pink	Union BC	Boston	Maroon & white
Kansas State Crew	Manhattan, Kansas		U.S. Coast Guard Academy	New London, Conn.	Red & blue
Knoxville RC	Knoxville, Tenn.		University Barge	Philadelphia	Blue & white
Kent School	Kent, Conn.		Vesper BC	Philadelphia	Maroon and white
Long Beach RA	Long Beach, Cal.	Gold	Viking RC	Ventnor, N.J.	
Lake Washington TC	Seattle	Blue and white	Victoria City RC	Victoria	Kelly green, white vere
Lake Merritt RC	Oakland, Cal.	Red and white	Victoria, U. of	Victoria, B.C.	Blue and gold
Lincoln Park BC	Chicago		Vancouver RC	Vancouver	Red and white
Lowell U.	Lowell, Mass.		Western, U. of	London	White and purple
Leander BC	Hamilton	Red and white	Windsor Crew	Windsor	Red and white
Laval RC	Laval, Que.	Red, white and blue	Winnipeg RC	Winnipeg	White, blue and red
London RC	London	Orange and blue	West Side RC	Buffalo	White, Maroon Trim
Lakeside RC	Mexico City	Red, white and blue	Woodstock RC	Woodstock	Blue and green
Los Gatos RC	Los Gatos, Cal.		Wichita RA	Wichita	
			Wyandotte BC	Wyandotte	White, Blue Band
			Worcester PI	Worcester	Maroon and white
			Yale Crew	New Haven	



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Five St. Catharines rowing organizations combine this week to play host to the 1988 Royal Canadian Henley Regatta, the 106th of these national rowing championships and the 86th time the famed Henley Course has been the site of what many consider to be North America's premier rowing event.

Each of the five St. Catharines rowing organizations, along with the 14 secondary schools in the St. Catharines RC's comprehensive scholastic rowing program, the St. Catharines Parks and Recreations Summer Rowing School, the St. Catharines Rowing Alumni and the Henley Island Helpers have helped earn the Garden City its title of the Rowing Capital of Canada.



St. Catharines Rowing Club

Founded 1903

President Don Baker Jr.



Ridley Boat Club

Founded 1971

President, Jack Berkhout



Brock University Crew

Founded 1964

Garney Henley, Director of Athletics



Ridley College Crew

Founded 1967

Headmaster, Jeremy Packard



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Founded 1971

President, Craig Swayze

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ST. CATHARINES' 140-POUND EIGHT-OARED SWEEP

St. Catharines RC won both the Intermediate and Senior 140-Pound Eights at Henley 1987. And is Sunday's senior final, the Intermediates a scant deck off their Senior clubmates with Argos and Wyandottes completing the field. From the left: cox Rob Hensen, stroke Frank Tomsic, Jeff Orlando, Terry (E.T) Joubert, Joe Cosby, Rob Sheppard, Kevin Breitreux, Paul Fleury and Cam Stone.

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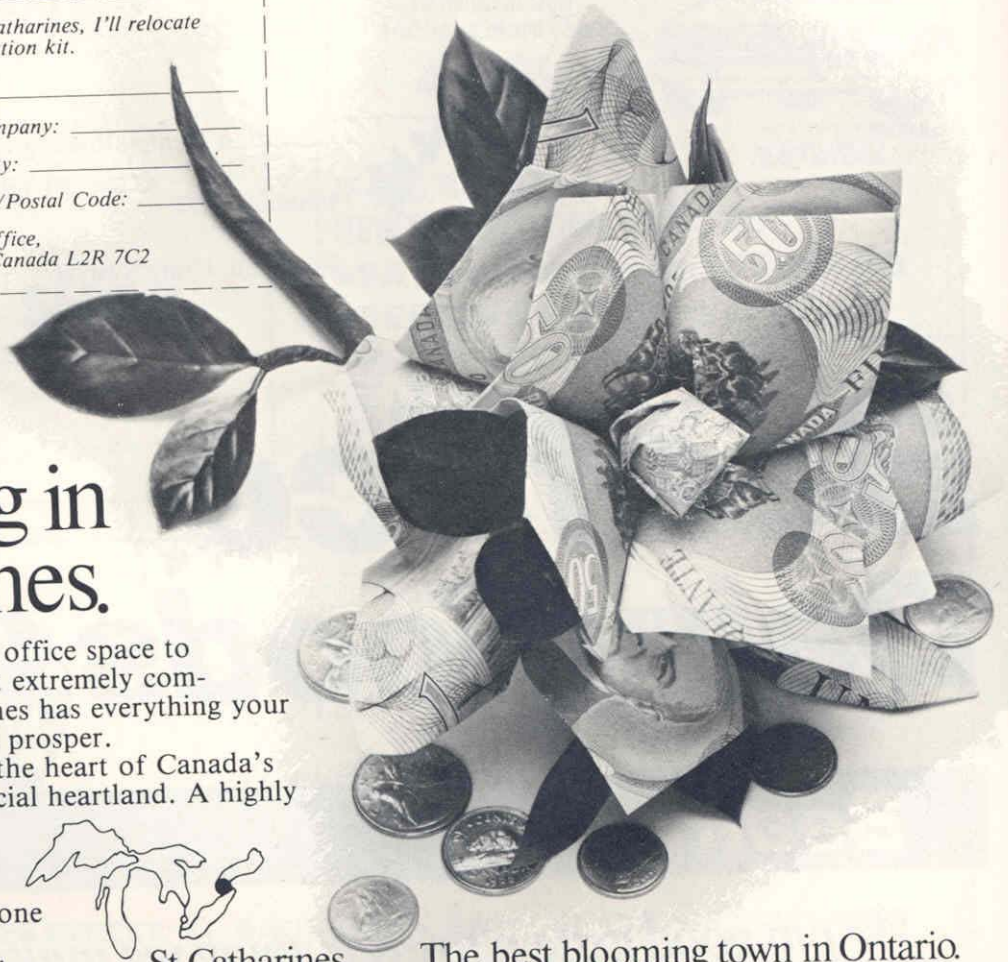
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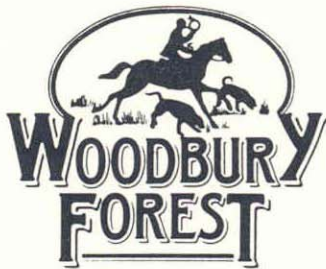
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CLUB COACHES — 1986

Intermediate 140 lb. Mike Coholon, Ellen McAleese, Pat Latham

Intermediate 155 lb. Jamie Wilson, Peter Somerwill

Intermediate Heavy Ken Wakulich, Brian Moukperian

Intermediate Lwt. Women Rob Mather, Kathy Burtnik, Greg Loucks, Connie Maske

Intermediate Women Joe Dowd, Liza Smith, Chris Cookson

Sr. 140 lb. Jeff Newman

Senior Women Kathy Boyes

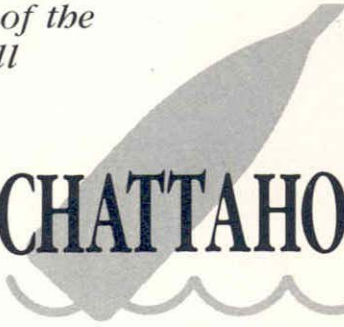
Senior Lwt. Men Ken Sandham

Senior Men Jeff Hagar

Sculling Greg Murphy, Don McSween

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- Multiple Event Registration
- Post Regatta Awards & Party

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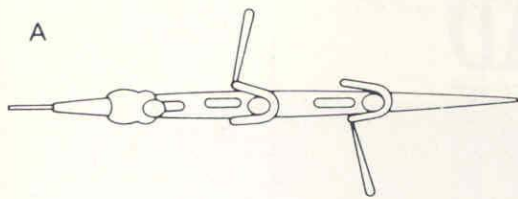
- Medals Awarded to the Top Three Finishers in Each Event
- Team Trophies Awarded to Top Three Organizations Accumulating the Most Points
- Special Cups will be Awarded to Organizations Accumulating the Most Points from the Big Ten, Atlantic Coast Conference and SIRA (Southeast International Rowing Association)

ENTRY INFORMATION

- Entry Forms and Information Flyers will be mailed to USRA Member Organizations by September 1, 1988.
- To receive entry information, write to:
Head of the Chattahoochee/Regatta Registrar
3561 Ivy Road • Atlanta, Georgia 30342
- All entries must be USRA Registered by November 5, 1988.
- **Entries Close at 5 P.M., Monday, October 21, 1988.** All entries must be on official entry forms.
- **No phone entries accepted.**
- Checks must accompany entry forms and be sent to the above address.

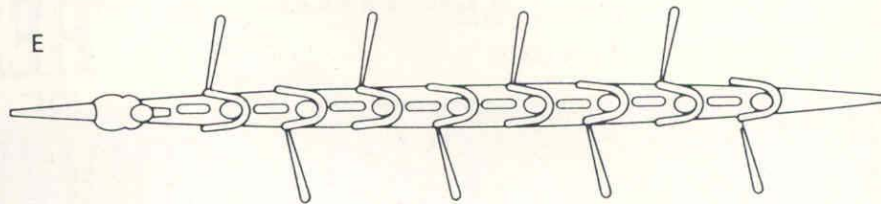
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TYPES OF ROWING SHELLS



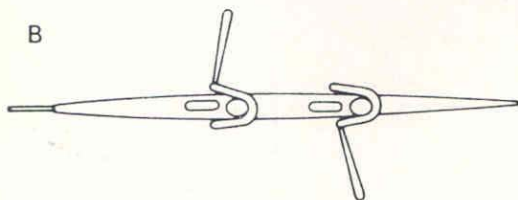
COX PAIR

A shell rowed by two oarsmen, each using a single sweep oar. The coxwain steers the craft and calls the stroke. The cox may either be sitting in the stern or lying down on his back in the bow.



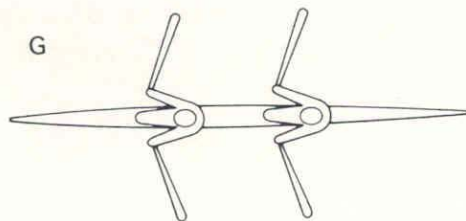
EIGHT

The largest of all rowing shells. It is manned by eight athletes, each using one sweep oar. A coxwain steers the boat.



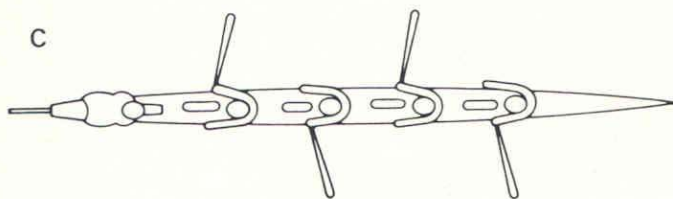
PAIR

A shell rowed by two athletes, each using a single sweep oar.



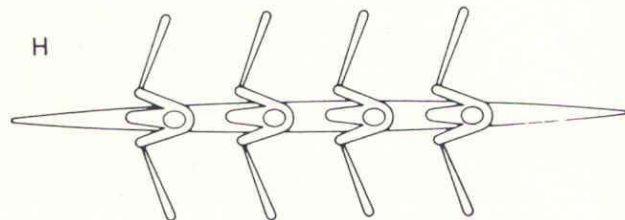
DOUBLE

A shell in which two scullers row, each using a pair of sculls.



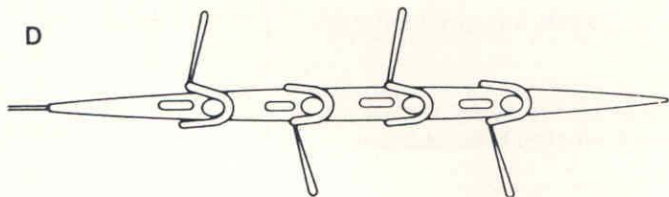
COX FOUR

A shell in which four athletes row, each rowing a single sweep oar. A coxwain steers the boat and calls the stroke.



QUAD

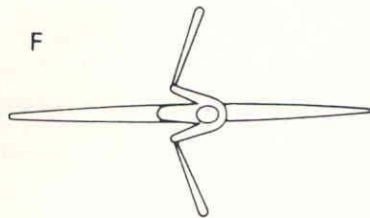
A shell in which four sculler row, each using a pair of oars or sculls.



FOUR

A shell in which four athletes row, each using a single sweep oar. The man in the bow of the boat steers with a rudder by use of a tiller wire attached to the toe of one shoe.

The smallest of boats used in the sport, the single shell is used by one sculler with a sculling blade (oar) in each hand.



F

What To Look For In Rowing

Appraising a crew is perhaps the most difficult role that the expert has to play in sports. However, according to the rowing experts, four major factors determine the **run** of a shell. These are: **timing, form, power and conditioning.**

Naturally, an excellent run, the distance a shell is propelled by one stroke cycle, is the effect sought by all crew coaches. So the first thing to perceive is whether a crew makes its shell move, that is, whether it has a good or a poor run.

Coaches will say that there are a lot of good crews, but many of them row differently, that is, their form varies. However, they all agree that the good crews have excellent timing. If the crew's timing is off, the boat won't run.

Look and see if all eight hit the **catch** together? That is, do their blades all enter the water together? Also, watch the bodies of the crew

— see if they all move in unison, or if there is a break. The former naturally, spells results, while a lack of uniformity means an additional **check**, therefore retarding the run.

All good crews have **power** and drive, for it takes a certain amount of horsepower to move a given weight thru water, and of course, the athletes must be in top physical condition in order to keep their timing and form and power for the entire race.

Crew coaches look for tall athletes, for they can apply additional leverage, get a longer reach. However, size is not everything, especially if the individual doesn't have other prerequisites - timing, form, power and condition.

The following is a list of rowing terms and an explanation of some of the finer points of the sport.

GLOSSARY OF ROWING TERMS

ABEAM - directly off side of shell.

ALIGNER - Official who occupies small cabin exactly on the starting line so he can adjust the bows of each shell so they are exactly even. Like the Starter, he has the power to signal a false start.

ARE YOU READY? - Coxswain's or bowman's command preparing crew for executive order which will follow.

ASTERN - directly to rear of shell.

BLADE - flat surface of oar usually varying in width from 1½ inch to 7¼ inch, and in length from 24 inch to 30 inch, depending on rigging of crew and size and strength of oarsmen. Blades are painted in national colours.

BLADE WORK - action of blade during stroke, encompassing such techniques as "catch" "feathering", etc., used to describe manner in which oarsman handles his oar.

BODY ANGLE - amount, at catch, of forward lean of oarsman's body from hips; most types of strokes have 60° body angle at catch.

BOW - forward section of shell.

BREAKAGE - damage to boat or equipment; breakage during first 100 metres of a race is grounds for referee recalling all shells and restarting race.

CARA - Canadian Amateur Rowing Association, the governing body of amateur rowing in Canada.

CANVAS - British term for deck.



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GLOSSARY (continued)

CATCH - that point in a stroke cycle at which the blade enters water.

CHECK - amount of interruption of forward progress of shell which commonly occurs at the catch and sometimes at the release. It is also a split in the thin wooden skin of a shell.

COURSE - A recognized waterway upon which rowing races are held. A crew is also said to have rowed a "course" when it rows against a stop watch over a prescribed distance, usually the distance which it will row in the race for which it is training.

COX FOUR - A shell in which four row, each rowing a single sweep oar. A coxswain steers the boat and calls the stroke just as in an eight.

COX PAIR - A shell rowed by two, each using a single sweep oar. The coxswain steers the craft and calls the stroke. The cox may either be sitting in the stern or lying down on his back in the bow.

COXSWAIN - Member of crew who sits on stationary seat at stern, facing forward or lies in the bow. He is primarily charged with steering, often calls beat and aids in carrying out strategy of race by gauging positions of competing crews; usually selected for their small size and savvy. Men must weigh 110 pounds or more and women 99 pounds.

CRAB - Upsetting action caused by turning of oar blade in water so that release is either forced or impossible to make. Some crabs result in an oarsman being thrown out of a shell.

DASH - A 500-metre race, usually for an eight-oared crews or singles.

DECK - Sections of shell at bow and stern covered usually by varnished silk or nylon; **Bow Deck** extends about 12 feet back from prow to washbow; **Stern Deck** extends from back of coxswain's seat to tiller post.

DONARATICO - An Italian-built rowing shell by Cantiere Navale Donaratico of Livorno, Italy.

DOUBLE - A shell in which two sculler row, each using a pair of oars or sculls.

EASY ALL! - The coxswain or bowman's command to his oarsmen to stop rowing.

EIGHTS - Colloquial term used to indicate eight-oared shells, as differentiated from "fours" or "doubles", etc.

EMPACHER - A shell manufactured by Empacher, a West German boat-building firm.

ETES-VOUS PRET? - The French-language preparatory (Are you ready?) used by starters in international rowing.

FACING - Turning of oar blade perpendicular to surface of water in preparation for catch and; also, during drive.

FEATHERING - Action of turning oar blade parallel to surface of water during recovery; used to cut down wind resistance of blade and aid in releasing.

FINISH - As part of stroke cycle, the last part of the drive before release; also, when prow of shell reaches end of course, also, manner in which crew rows final portion of race, i.e. "strong" or "weak" finish.

FISA - Federation Internationale des Societes d'Aviron or the International Rowing Federation, the governing body of world amateur rowing. Thomas Keller of Zurich, Switzerland, is the FISA president.

FOOTSTOP - The shoe assembly or rack into which each crew member laces his feet in a racing shell.

FOUR - A shell in which four oarsmen row, each using a single sweep oar. The man in the bow steers by rudder by use of a tiller wire attached to the toe of one shoe.

(continued over)



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GLOSSARY (continued)

GERMAN BLADE - A colloquial term used for the shovel-shaped or tulip style oar blades used by many crews. They originated in Germany and were first used with great success by Ratzeburg world championship crews.

GERMAN RIG - Used to describe the placing of rigger on an eight. The bow and stroke man are on the same side of the boat as are the No.4 and No.5 man.

GUNWALE - Top strip along sides of shell to which outriggers are secured.

HEAVYWEIGHT - An oarsman or sculler or crew which is too heavy to qualify as a lightweight entry. Usually an individual weighing over 150 and 155 lbs., depending on regatta classifications.

HENLEY DISTANCE - 1-5/16 miles, taken from famous Henley-on-Thames course; competitive distance rowed by crews at England's Henley Royal Regatta.

INBOARD WORK - Terms applied to all phases of stroke cycle, which take place inside the shell, such as "slide control", body swing", etc.

INTERMEDIATE - An oarsman or sculler who has not won at a qualifying regatta.

INTERNATIONAL DISTANCE - 2,000 metres (approx. 1¼ miles).

ITALIAN RIG - A four which has the No.2 and No.3 oarsmen rowing on the same side of the boat.

JUGE-ARBITRE - A judge-referee holding his FISA or International Federation licence.

JUNIOR - An oarsman or a sculler who has not reached his 18th birthday.

KASCHPER - A shell produced by Kaschper Racing Shells Ltd. of Lucan, Ontario.

KEEL - Centre line of shell, running from bow to stern along the bottom; in construction, strengthening member to which ribs are attached.

KNIFING IN - Under-facing blade on catch so that oar goes too deep when power is applied.

LAYBACK - Amount of backward lean of an oarsman's body at finish of drive; most types of strokes used today have virtually no layback, the drive being completed with the oarsman sitting upright.

LEG DRIVE - Power applied to stroke by force of legs against stretcher pushing sliding seat toward box.

LENGTH IN WATER - Term describing arc in water through which blades move on drive - actually, amount of forward motion of shell while blades are anchored in water.

LET HER RUN! - The command to stop rowing.

LIGHTWEIGHT - An oarsman, sculler or crew which weighs 155 lbs. or under. Canadian rowing allows 155 pounders in lightweight classification, breaking down into 145 and 135 pound events. International lightweight classification calls for the average weight of the crew to equal 150 pounds or 67.5 kilos. Women's lightweight crews weigh in at 125 pounds.

LOOM - Shaft of oar, between blade and handle.

MISSING WATER - Faulty catch in which oar blade is not anchored properly, resulting in missing part of initial drive.

MOLDED BOAT - Type of shell construction using plastic or plywood rather than single layer skin.

OARLOCK - U-shaped swivel holding oar on outrigger, fulcrum of lever created by oar; it is mounted on "sill" and rotates on upright "pin", with "gate" at top secure oar.

OCTET - A shell made up of eight scullers.

OLD BOY - A former oarsman or sculler still active in the sport, either as a coach, an executive or just a fan.

ORTHODOX RIG - the stroke oar protrudes from the port side of the shell and each oar alternates up the boat to bow.

OUTBOARD WORK - Term applied to all phases of stroke which takes place outside the shell, combining timing and blade work.

OUTRIGGER - Metal frame extending oarlock out from side of boat to maintain constant distance (usually 31½ in. to 33 in.) of oarlock from centre line of shell.

OARSMAN OR OARSWOMAN - The correct term for on who rows in a pair, a four or an eight.

PAIR - A shell rowed by two athletes, each using a single sweep oar.

PARTEZ - The French "Go" used by starters in international rowing.

POCOCK - A racing shell built by George Pocock & Son of Seattle, Washington.

PORT - Left side of shell, facing forward (from stern forward, stroke, 6, 4, 2).

"POWER 10 (or 20)" - Maximum effort by oarsmen for designated number of strokes.

PUDDLES - Whirlpools left in water by action of oar (see "Spacing").

QUAD - A shell with four sculler, each using a pair of oars or sculls.

QUARTERING - Direction 45° off bow or stern, eight side (i.e. quartering winds or waves are those which hit shell at oblique angle, somewhere around 45°)

RACING START - First strokes of race, usually shorter and quicker than those used through body of race.

RATE OR RATING - Number of strokes per minute being rowed by crew. This usually varies in a race from 42 to 50 on the start, 34 to 40 in the body and 40 to 48 at the finish.

"READY ALL?" - Preparatory command to get crew ready to row.

RECOVERY - Part of stroke cycle in which oar is returned to position for the drive (i.e. duration of cycle from release to catch) during which oarsman's seat is returned to stern end of slide.

RELEASE - Part of stroke cycle in which blade is removed from water at end of drive.

REPECHAGE - The second chance race given those crews which fail to qualify from their opening heat in international rowing. All the losers are drawn again and the repechage winners usually move on into the over-all entry and the duration of the regatta.

RIGGER - The steel outrigger into which the oar is locked.

RIGGING - Adjusting and altering accessories in shell such as outriggers, boot stretchers, tracks, sliding seats, etc. sometimes the accessories themselves.

RUDDER - Steering device at stern of shell, most rudders are usually 8" deep and 14" wide and made of mahogany. They fit into the stern by means of a removable pin. They can be removed.

RUDDER ROPES - Lines connecting wings on top of ruder with coxswain by which he steers shell. In straight fours, bow steers shell by right footstop or shoe which swivels.

RUN - Distance a shell is propelled by one-stroke cycle.

(continued over)

GLOSSARY (continued)

SCULL - Smaller counter part of sweep; used in singles, doubles and quads.

SCULLERS - One who sculls a single or in a double or quad. A sculler uses two oars.

SENIOR - An oarsman or a sculler who has won a race at a qualifying regatta.

SHELL - (eight-oared shell) - A boat built for racing; usually 61 feet long, 24 to 26 inches wide at widest point (approximately at No. 4 seat) and tapering to either end; weighs fully rigged, 250 - 260 pounds; skin is of cedar, single or ply, approximately 3/16 of an inch thick.

SKYING - Faulty recovery in which blade is too high above water, caused by oarsman carrying hands too low.

SLIDE - Track, usually 27" long, on which sliding seat rolls.

SLIDE CONTROL - Oarsman's command of speed at which he moves his seat along slide during stroke cycle. **Rushing the Slide** - is moving seat too rapidly during recovery. **Shooting the Slide** - is failing to keep seat directly under oarsman during drive, thus increasing body angle.

SPACING - Distance between successive sets of puddles; varies at different beats.

STAMPFLI - A rowing shell manufactured by Stampfli of Zurich, Switzerland.

STARBOARD - Right side of shell, facing forward. Oars on the starboard side of a standard-rigged boat are Bow, 3, 5, 7.

STARTER - The official who starts each race.

STARTING GATE - A large steel structure at the starting line from which crews begin their race. Boat boys lie on their stomachs at the end of boards protruding from the gates proper and grasp the sterns of the shell to assure an even start.

STERN - Rear of shell.

STRETCHER - Cross bracing in the shell to which the shoes or boots are fastened. They are adjustable to suit leg length. Also used to describe the canvas and wooden horse upon which shells are placed when not on the storage racks.

STROKES - Oarsman in No. 8 seat, farthest astern facing coxswain, who sets beat for rest of crew to follow; also style of rowing, also see "Beat".

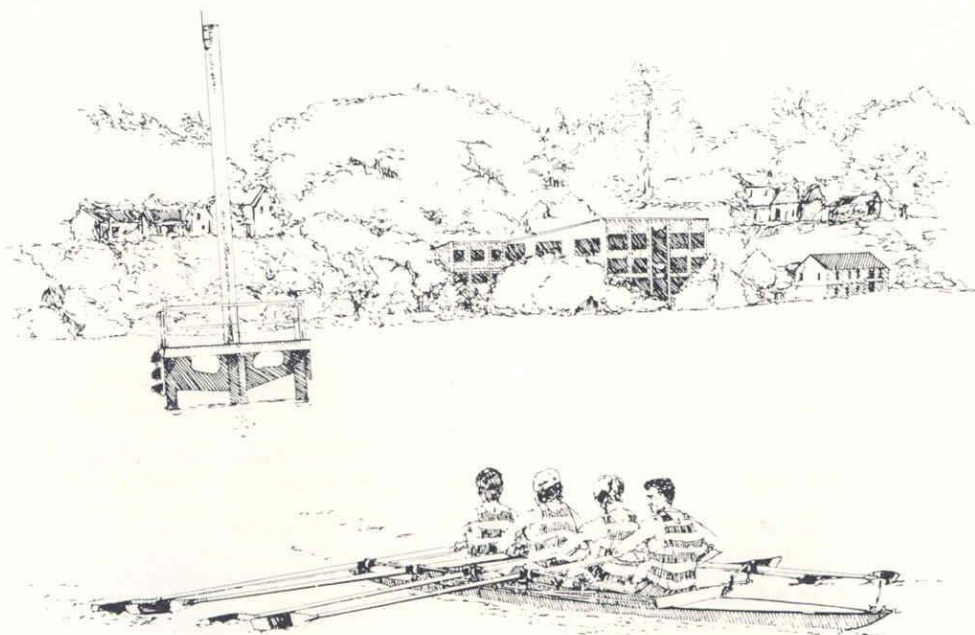
SWEEP - Oar, usually 12 ft. long, used single, normally made of spruce, with laminated blade and hollow shaft, averages about 8½ lbs. in weight. Three main parts are "blade", "loom" and "handle".

TEAM - A banned word. NEVER used in describing a crew or boat.

WASHING OUT - When oar blade comes out of water during drive - creating surface wash, losing power and unsteady shell.

WEIGHTS - The bag of sand or steel weights required to be carried by those coxswains which weigh under the minimum 105 pounds.

WORKBOAT - A clinker-built boat used for training oarsmen. In some regattas, half mile events for novice or schoolboy oarsmen are rowed in these kind of boats.



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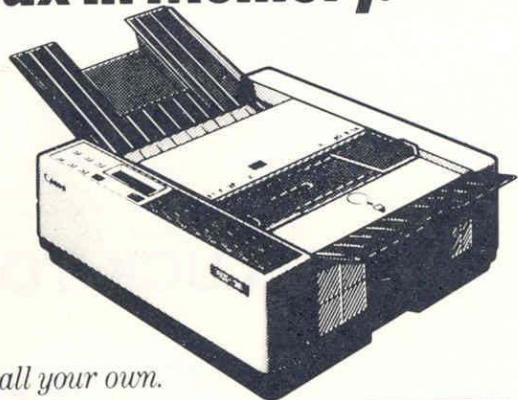
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CALGARY COX FOUR COMES THROUGH

Calgary Rowing Club was the pick of the Intermediate Cox Four field at Henley 1987, winning handily over five rivals in 7:02.44. Opposition included Hamilton Leanders, Brentwood College and Dartmouth University. The Calgary champions rowed as Al Harper, Mike Quilan, Gerry Lohstaeter, Art Sombrovski and cox Susan Holt.

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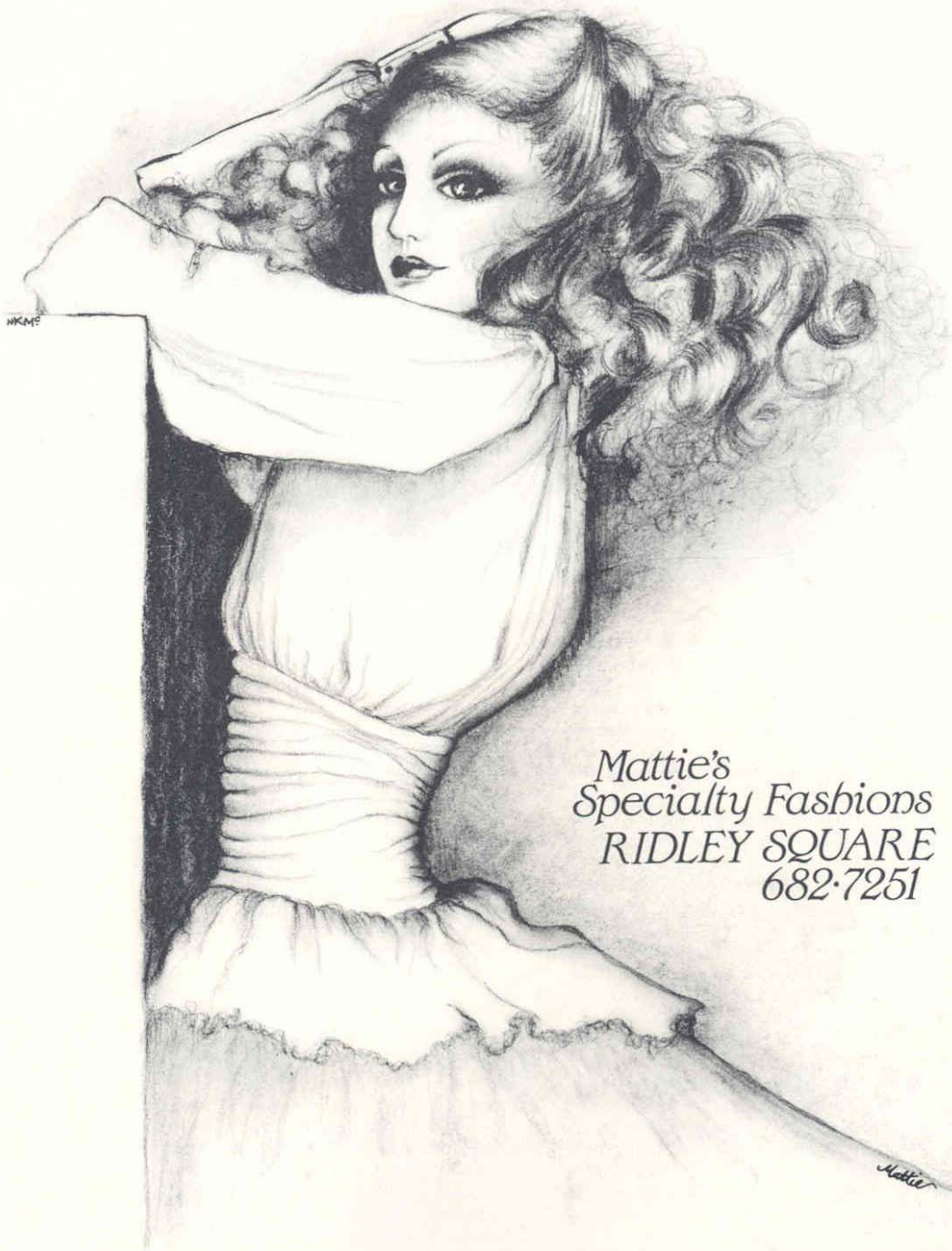


CANADA'S OLYMPIC EIGHT - MEXICO CITY 1968

Coach Neil Campbell is grooming his Canadian Olympic men's eight on the Henley Course these days, hoping to repeat that 1984 Gold Medal success at Seoul next month. But 20 years ago, as Canada's oarsmen prepared for the Mexico City Olympics, Campbell stroked this St. Catharines Rowing Club eight to a berth in that 1968 Olympic regatta. While sickness took its toll in Mexico and there weren't any medals, the eight did dominate North American rowing in 1968, capturing the Championship Eight at the Royal Canadian Henley and the Elite Eight at the U.S. Nationals in New York. Coached by Gerry Lienert, the crew is, left to right: cox Joel Findley, stroke Neil Campbell, John Ross, John Richardson, Rick Crooker, John McIntyre, Rich Symsyk, Clay Brown and Daryl MacDonald.



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Forty years ago - they showed the way



St. Catharines girls boated two eights for 1948 rowing season.

By Janice Paskey

As you watch this year's Henley, there will be little difference in the races for men and women. Both are 2,000 metres, both demand winners display top-flight conditioning and all competitors receive the same officiating. In the end, the same extrinsic reward -- a Henley medal.

Not so long ago, however, there was no competition for women in rowing. Women's events have only been at the Olympic Games since and at the Royal Canadian Henley since 1972. But the popularity of rowing among women has escalated quickly.

Most Canadian rowing clubs now report equal numbers or more than half of its members are female. Indeed, oarswomen are now so common in the rowing world that any display of surprise or disapproval is met with equal surprise and disapproval for such archaic attitudes. However, as can be expected, it wasn't always that way.

Forty years ago, a group of St. Catharines girls decided to take up the sport and, in doing so, became a national spectacle.

The issues were flat chests, bulging muscles and infertility. The year was 1948 and Niagara's first oarswomen were making waves on Martindale Pond.

With every stroke of their oars, the future of their femininity was severely called into question. But they were a spunky lot, ranging in ages from 15 to 21, willing to forego cigarets, get to bed every night by 10:30 and to thrive on controversy.

"the boys were pretty mad; they used to swear at us rowing down the course," recall Ginny (Williams) Klassen. She chummed with Shirley (Brookson) Dick, whose father owned Lakeside Park near the Henley Course.

Like many other members of Canada's first female crew, they were students at the St. Catharines Collegiate who hung out at Port Dalhousie, they had one eye on the boys at the rowing club, and soon the other on their sport.

Dick, also, remembers the boys being disgruntled at the idea of girls at their club.

"I felt the boys resented us. We were something that came along too soon."

As history would prove, their upstart attempt at rowing would soon be quelled until about 30 years later.

Women's rowing began in 1947, but the powers that be at the St. Catharines Rowing Club didn't want girls on their wharf. So Harry Edmonstone (father of St. Catharines Judge Edmonstone) let the girls use his dock across from the rowing club. He even coached them in a hulking green barge since the rowing club had no shells to spare for the girls.

The oarswomen included Diane (Gayder) Mitchell, whose boyfriend was rowing. She was a self-confessed jock, taller at 5'7" than most girls of that time and remembers taking up the sport for that reason.

That season, the girls were invited to row at the Canadian National Exhibition, as much a freak show as anything else. But since the St. Catharines men weren't invited, the girls weren't allowed to go.

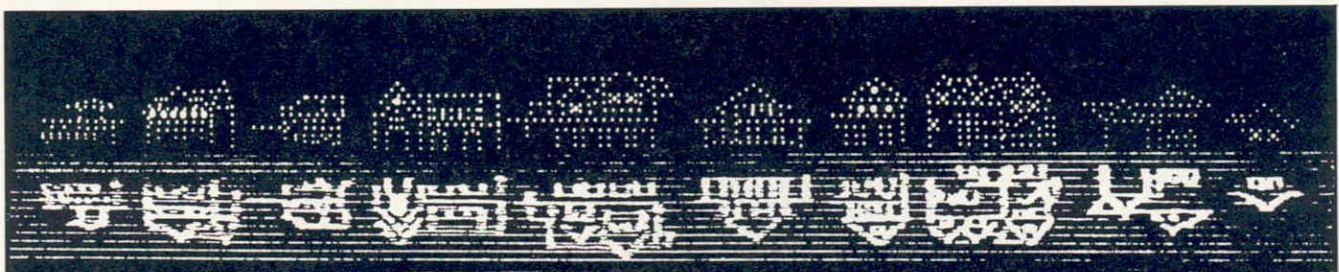
In 1948, the ice thawed, and so did some attitudes towards the girls. It was decided they would be assigned a boat and be allowed to dock at the rowing club.

The St. Catharines Standard ran an article aimed at recruiting more girl rowers. It read in part:

Many laughed and said that it was one thing women would never do. However, a crew trained last summer -- mostly as an experiment and found that girls would stick to it.

Sixteen girls showed up to row, and this time were allocated two shells. One was pulled from the bottom of the pond and given to them: it was called Dyck's Schram and

Cont'd on page 76



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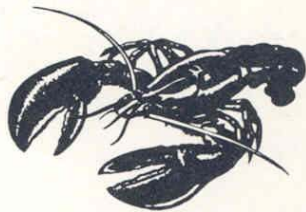
Clubhouse Activities of Henley Week

Monday, August 1st	9 a.m. - 5 p.m.	C.A.R.A. Henley Draw
Tuesday, August 2nd	9 p.m. - 1 a.m.	Opening Ceremonies
Wednesday, August 3rd	4 p.m. - 12 a.m.	Clubhouse Open
Thursday, August 4th	4 p.m. - 12 a.m.	Clubhouse Open - Reunion Night
Friday, August 5th	12 p.m. - 12 a.m. Music 8 p.m. - 12 a.m.	Clubhouse Open Food Available
Saturday, August 6th	12 p.m. - 12 a.m. Music 8 p.m. - 12 a.m.	Clubhouse Open Food Available
* "Evening is restricted to: only accredited athletes and officials"		
Sunday, August 7th	12 Noon - 2 p.m. 2 p.m. - 7 p.m.	Master's Luncheon Clubhouse Open Food Available

PLEASE NOTE:

Competitor's badge is required for admission to Henley Island on Saturday evening.
 Admission Saturday evening at \$1 per person.

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NEW YORK AC LIGHTWEIGHTS SHOW THEIR STUFF

Frank Sulger (front, with the new Florence Saunders Trophy) boated an impressive crew of lightweights at Henley 1987 to capture the Intermediate 155-Pound Eight. It marked the full scale return of New York AC to Henley's eight-oared scene after years of sculling entries. The lightweight champions: Jim Sarfaty, Mike Gaffney, Tim Bock, Tim McGovern, Kiernan Quinn, John Weklar, Rich Dillon, Pat Smith and Jim Szydlik.



THE PAUSE THAT REFRESHES!

Despite the rain, it was a long hot haul down the Henley Course for Julia Tremaine and Jane Shepherd in winning the Women's Senior Pair at Henley 1987. However, the Toronto Argonaut oarswomen found a supporter with some quick first aid at the Grandstand Beer Garden fence. Tremaine and Shepherd also won the Women's Intermediate Pair for Argos.

1988 HENLEY

WEDNESDAY, AUGUST 3 (Heats For Thursday Finals)

THURSDAY, AUGUST 4

1	4:20 p.m.	Intermediate Women Single	
2	4:30 p.m.	Intermediate 155 lb. Pair	
3	4:40 p.m.	Intermediate 155 lb. Single	Theo. Dubois Trophy
4	4:50 p.m.	Intermediate Women Pair	
5	5:00 p.m.	Intermediate Lwt. Women Single	
6	5:10 p.m.	Intermediate Four Cox	Al Ward Memorial Trophy
7	5:20 p.m.	Intermediate 145 lb. Single	
8	5:30 p.m.	Intermediate Lwt. Women Four	
9	5:40 p.m.	Intermediate Single	A. G. Muir Challenge Cup
10	5:50 p.m.	Intermediate 140 lb. Four	Charles Hooper Memorial Trophy
11	6:00 p.m.	Intermediate Lwt. Women Pair	
12	6:10 p.m.	Intermediate 155 lb. Four Cox	Cookson Trophy
13	6:20 p.m.	Intermediate Lwt. Women Quad.	

FRIDAY, AUGUST 5

14	4:30 p.m.	Intermediate Women Double	
15	4:40 p.m.	Intermediate Pair	
16	4:50 p.m.	Intermediate 155 lb. Double	Thomas Croston Trophy
17	5:00 p.m.	Intermediate Women Four Cox	
18	5:10 p.m.	Intermediate Lwt. Women Double	
19	5:20 p.m.	Intermediate 155 lb. Four	Paddy Cline Trophy
20	5:30 p.m.	Intermediate Lwt. Women Four Cox	
21	5:40 p.m.	Intermediate 140 lb. Double	
22	5:50 p.m.	Intermediate Four	Nelles Stacey Memorial Trophy
23	6:00 p.m.	Intermediate 140 lb. Four Cox	Cornelius Memorial Trophy
24	6:10 p.m.	Intermediate Double	Fry and Thoburn Trophy
25	6:20 p.m.	Intermediate Women Quad	
26	6:30 p.m.	Intermediate Lwt. Women Eight	
27	6:40 p.m.	Intermediate 155 lb. Quad	

SATURDAY, AUGUST 6

28SE	2:00 p.m.	Open Four Cox	
29	2:10 p.m.	Intermediate 140 lb. Eight	T. Edison Lane Memorial Trophy
30	2:20 p.m.	Senior 155 lb. Quad	
31	2:30 p.m.	Association Single	Jack Guest Memorial Trophy
32	2:40 p.m.	Intermediate 155 lb. Eight	Florence Saunders Trophy
33	2:50 p.m.	Intermediate Eight	Wyandotte Trophy
34	3:00 p.m.	Senior Women Quad	Margaret Gare Trophy
35	3:10 p.m.	Intermediate Women Eight	
36	3:20 p.m.	Intermediate Quad	
37	3:40 p.m.	500 Metre Dash Single Open	Murphy Bros. Trophy
38	3:45 p.m.	500 Metre Dash Eight	Don Thom Trophy
39	3:50 p.m.	500 Metre Dash 145 lb. Single	
40	3:55 p.m.	500 Metre Dash Women Eight	
41	4:00 p.m.	500 Metre Dash Women Single	
42	4:05 p.m.	500 Metre Dash 155 lb. Single	
43	4:10 p.m.	Open Pair	
44SE	4:20 p.m.	Open Double	
45SE	4:30 p.m.	Open Eight	
46SE	4:40 p.m.	Open Women Four Cox	
47SE	4:50 p.m.	Open Lwt. Women Eight	
48SE	5:00 p.m.	Open Women Eight	

Y PROGRAM

SUNDAY, AUGUST 7

(Master's Events Rowed In The Morning)

49	12:30 p.m.	Senior Women Four Cox	
50	12:40 p.m.	Senior Four	Maurice J. Carroll Trophy
51	12:50 p.m.	Senior Lwt. Women Four	
52	1:00 p.m.	Senior 155 lb. Pair	J. L. Murray Memorial Trophy
53	1:10 p.m.	Senior 135 lb. Single	John Dorr Trophy
54	1:20 p.m.	Senior 155 lb. Double	Stu Fleming Memorial Trophy
55	1:30 p.m.	Senior Lwt. Women Single	Sandy Kirby Trophy
56	1:40 p.m.	Senior 140 lb. Pair	Thomas G. Gannon Memorial Trophy
57	1:50 p.m.	Senior Women Single	Lady Henley Trophy
58	2:00 p.m.	Senior Lwt. Women Pair	
59	2:10 p.m.	Senior 140 lb. Double	Tank Bros. Trophy
60	2:20 p.m.	Senior Pair	William Hamilton Merritt Trophy
61	2:30 p.m.	Senior 155 lb. Four	Fred Carter Memorial Trophy
62	2:40 p.m.	Senior Women Pair	Henley Island Helpers Prestige Trophy
63	2:50 p.m.	Senior 140 lb. Four	W. G. (Bill) Crawford Memorial Trophy
64	3:00 p.m.	Senior Double	Hop Bitters Trophy
65	3:10 p.m.	Senior Lwt. Women Eight	People of Port Dalhousie Trophy
66	3:20 p.m.	Senior 155 lb. Four Cox	Rodger Sellars Trophy
67	3:30 p.m.	Senior 145 lb. Single	Michael J. Broderick Memorial Trophy
68	3:40 p.m.	Senior Lwt. Women Double	Fred Loek Trophy
69	3:50 p.m.	Senior Cox Four	W. Burgoyne Memorial Trophy
70	4:00 p.m.	Senior 140 lb. Four Cox	F. F. (Ted) Nelson Trophy
71	4:10 p.m.	Champion Single	George Frederick Galt Trophy
72	4:20 p.m.	Senior 155 lb. Single	Claude (Sandy) Saunders Trophy
73	4:30 p.m.	Senior Women Double	Perry Ellis Trophy
74	4:40 p.m.	Senior 155 lb. Eight	Joseph Wright Memorial Trophy
75	4:50 p.m.	Senior Lwt. Women Four Cox	
76	5:00 p.m.	Senior 140 lb. Eight	Geoffrey Taylor Trophy
77	5:10 p.m.	Senior Quad	Charles Adams Trophy
78	5:20 p.m.	Senior Women Eight	Presidents Cup
79	5:30 p.m.	Senior Eight	Ned Hanlan Memorial Trophy

MASTERS EVENTS

Sunday morning at the 106th Royal Canadian Henley Regatta is devoted to Masters Events, the racing scheduled to get under way at 8 a.m. over 1,000 metres. The extent of the program will depend on the number of entries logged.

Masters must be at least 27 years of age and have been out of competitive rowing for one year. They cannot compete in other events at this regatta and two or more entries from different clubs are required to assure a race.

Masters can enter two races only and their entry form must show proof of age.

Men's Masters Categories

A - 27 years and over; B - 32 years and over; C - 38 years and over; D - 45 years and over; E - 52 years and over; F - 60 years and over.

Women's Masters Categories

A - 27 years to 38 years; B - 38 years and over.

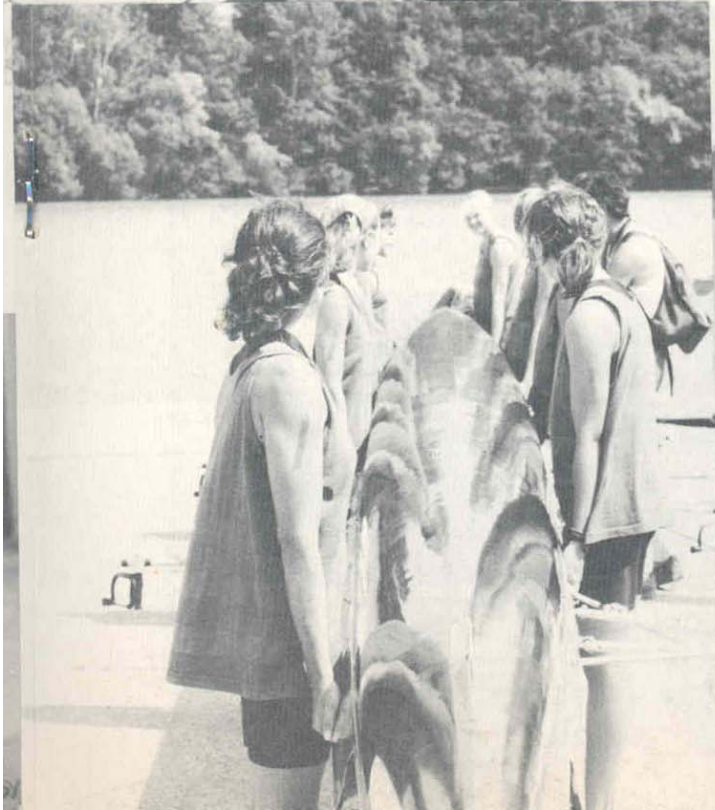
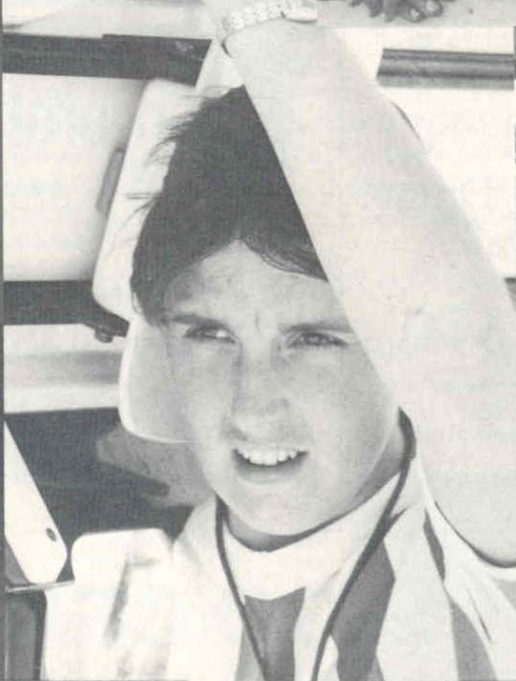
Possible Events

No 1M — "A" — Four Cox	No 8M — "B" — Double	No 15M — "A" — Single
No 2M — "C" — Double	No 9M — "F" — Single	No 16M — "F" — Four Cox
No 3M — "B" — Single	No 10M — "B" — Four Cox	No 17M — Women — Double
No 4M — "C" — Four Cox	No 11M — "D" — Double	No 18M — "C" — Single
No 5M — "E" — Double	No 12M — Women — Single	No 19M — Women — Four Cox
No 6M — "D" — Single	No 13M — "D" — Four Cox	No 20M — "A" — Double
No 7M — "E" — Four Cox	No 14M — "F" — Double	No 21M — "E" — Single



HENLEY '87!



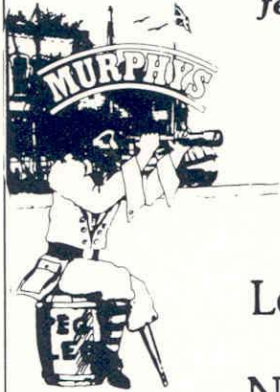


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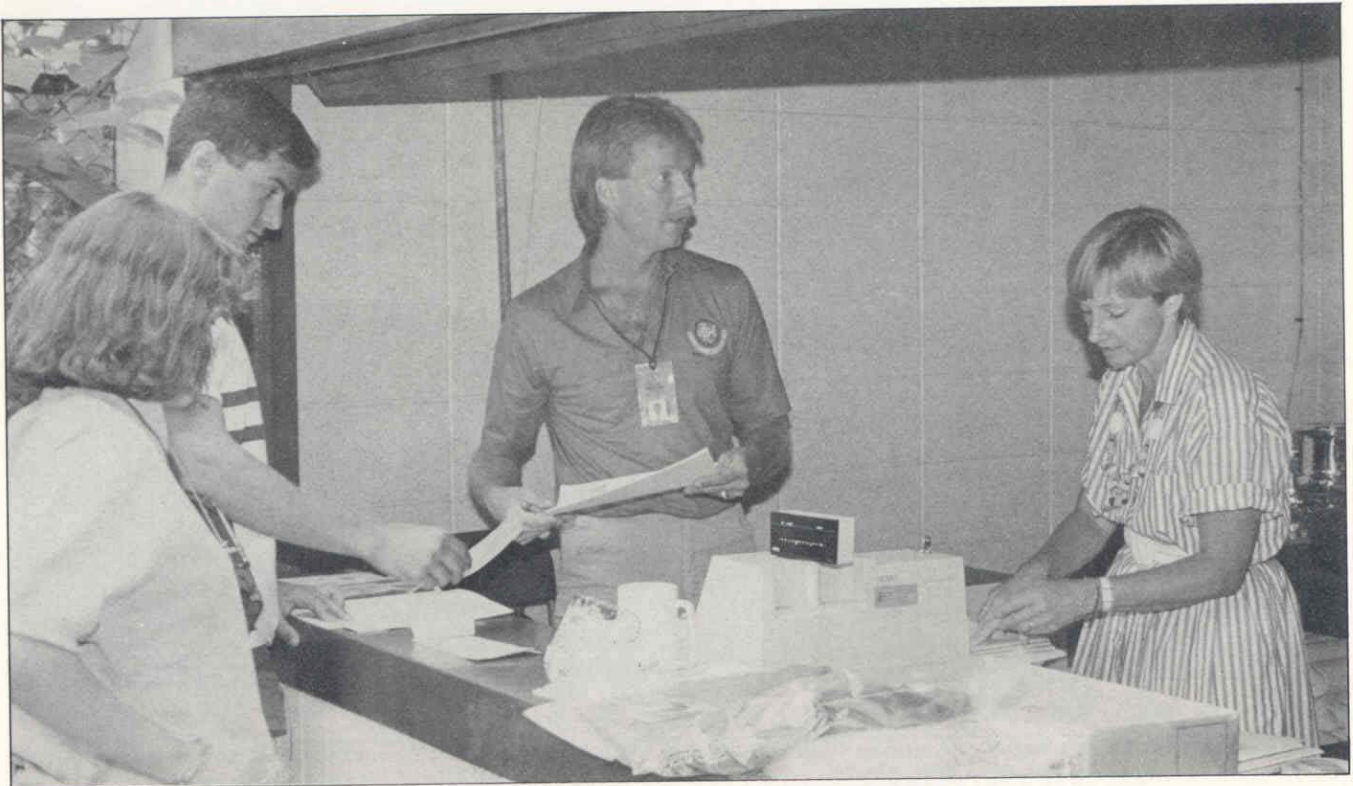
THE FLORENCE A. SAUNDERS MEMORIAL TROPHY

Lois Royle and her father, Regatta Chairman Claude Saunders, display the Florence A. Saunders Memorial Trophy during presentation ceremonies at Henley 1987. Introduced for competition by Intermediate 155-Pound Eights at Henley, the new trophy marks Mrs. Saunders' lengthy involvement with rowing and the Leander Boat Club of Hamilton as well as her role as unofficial Assistant Regatta Chairman over the years.



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One of the strengths of the Royal Canadian Henley Regatta is its army of volunteers. For many, the annual regatta is a labour of love lasting all year round. Here, Bruce Henning and Les-Anne Morrison take care of ticket and souvenir sales at the Henley Grandstand as part of their extensive involvement in Henley.



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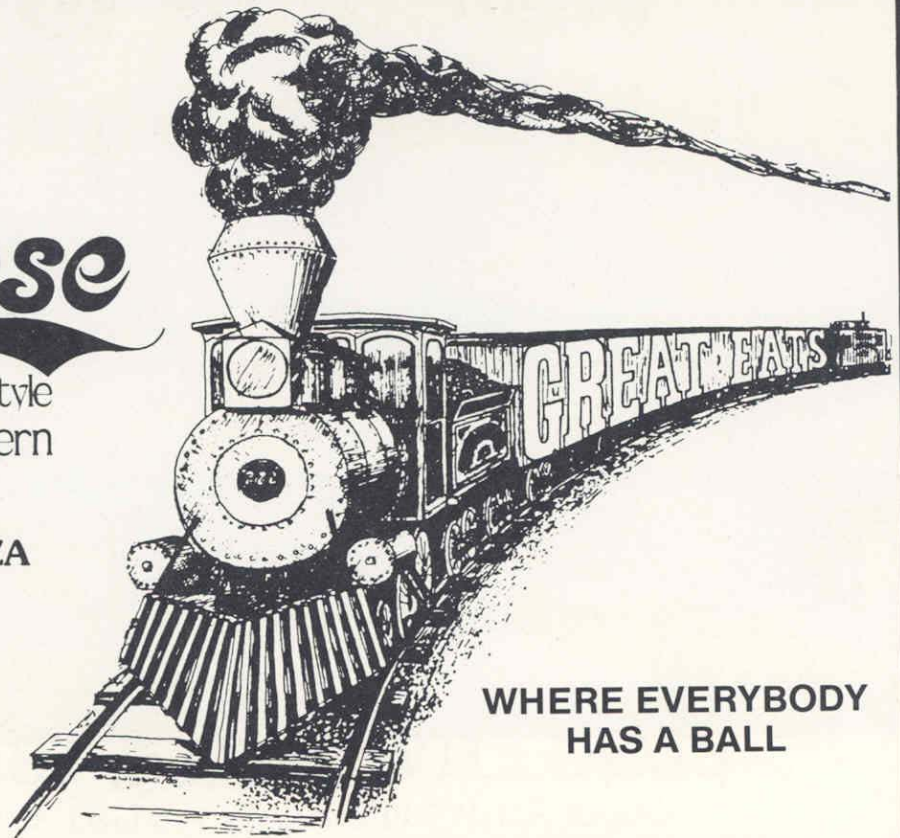
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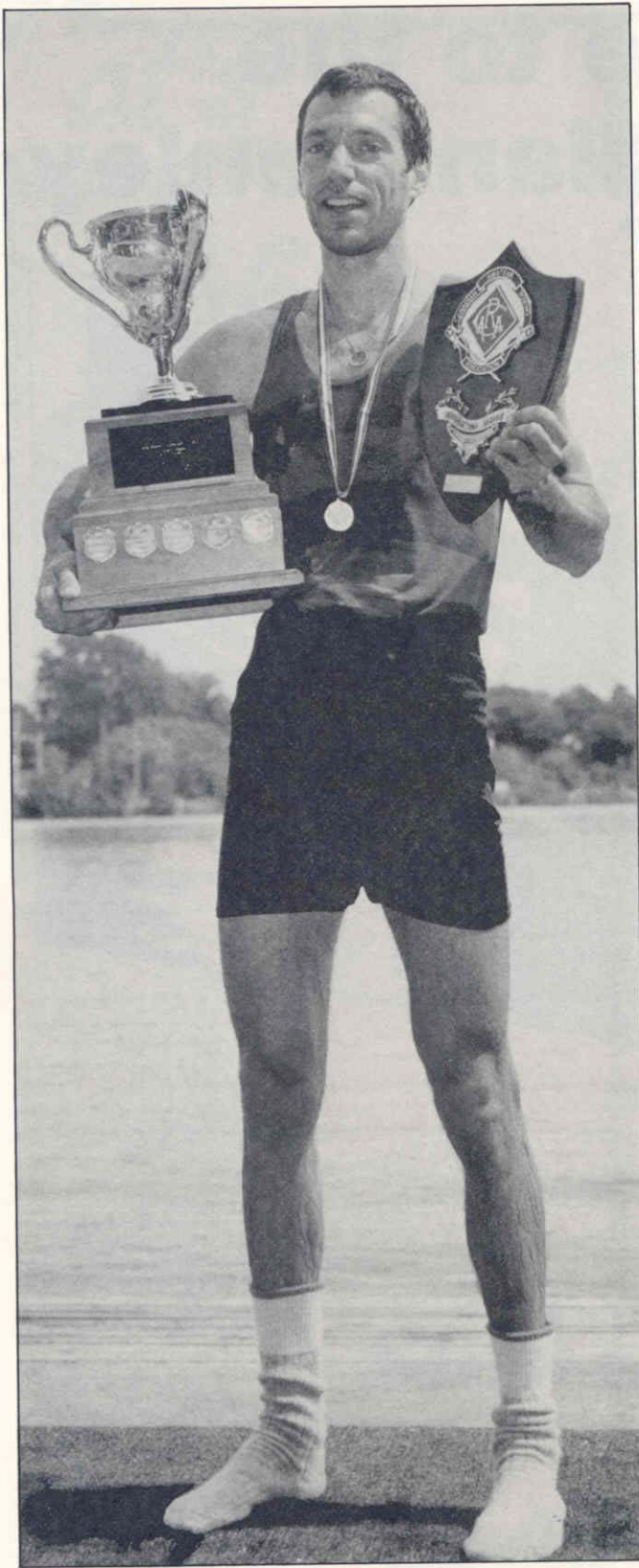
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IT WAS A GOOD YEAR!

For Dave Wright of St. Catharines RC, this was only the beginning. He followed up on his Association Single win at Henley 1987 with a silver medal finish in the Lightweight Single at the World Rowing Championships in Denmark. Then came his selection as St. Catharines' Athlete of the Year.

Thanks!



The St. Catharines Rowing Club wishes to thank the following for their support as 1988 Booster Club Members:

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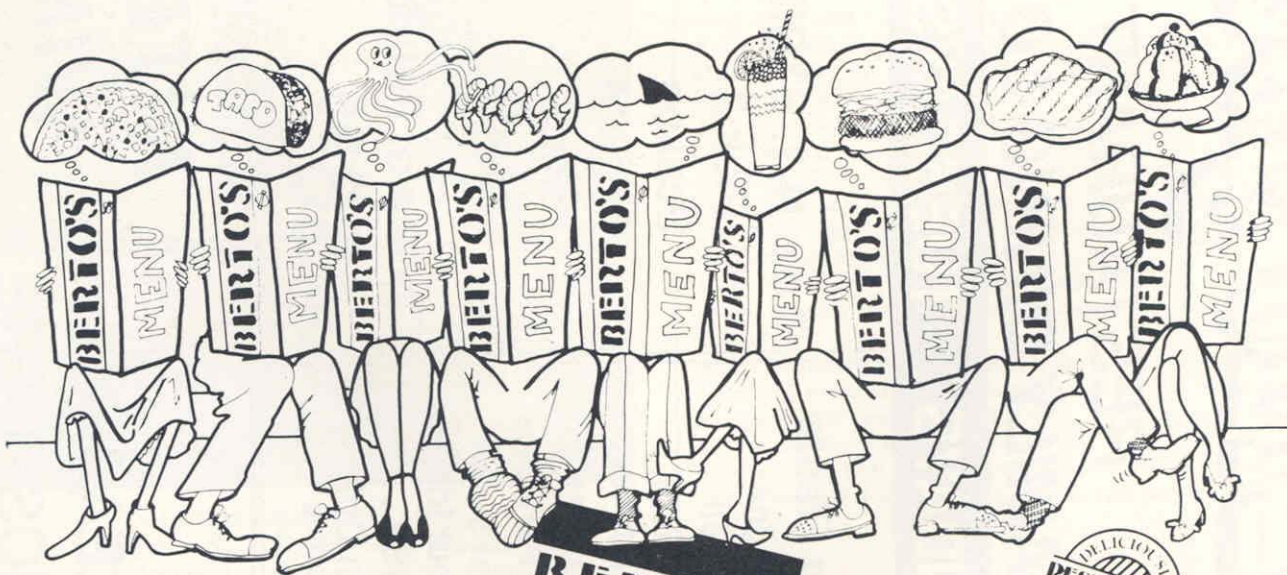




CONGRATULATIONS FOR WINNING RIDLEY GRADS

Benoit Bouchard, the federal Minister of Employment and Immigration, was a welcome guest at Henley 1987. Among the crews which he honoured was this winning Women's Intermediate Double from the Ridley Graduate BC. Here, he congratulates Cheryl Ruller and Vanessa Wakil after presenting them with their gold medals. Wakil also won the Women's Intermediate Singles for Ridley Grads. and is currently in Milan, Italy representing Canada in the FISA Junior Championships.

EXPECT THE UNEXPECTED!



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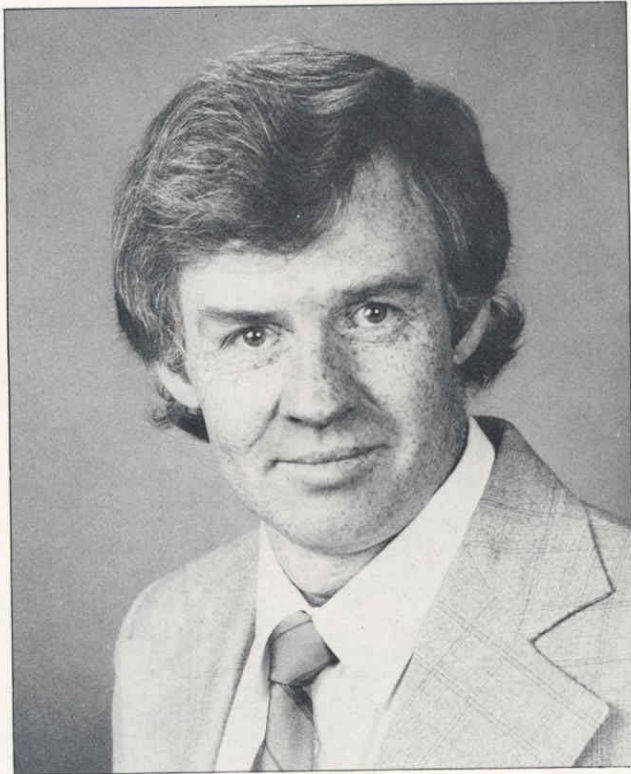




LIGHTWEIGHT SCULLING CHAMPION

It was close, but Heather Lafferty of the St. Catharines RC hung on in the face of a strong challenge from Dartmouth's Lee Anne Eberly to win the Women's Club Single at the Head of the Charles last fall and this week is in Milan, Italy, sculling for Canada at the FISA Lightweight Championships.

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1987 NED HANLAN MEMORIAL TROPHY CHAMPIONS

Penn Athletic Club of Philadelphia captured the final race of Henley 1987 and with the Championship Eights win came the Ned Hanlan Memorial Trophy. Here, the happy Penn AC oarsmen celebrate their Henley windup which clinched the Efficiency Trophy pennant. From the left: cox John Fish, stroke Mike Gaffney, Sean Coughlin, Dave Saxton, Kevin McAleese, Don Miller, Jim Smith, Dan Johnson and Roger Mannan.

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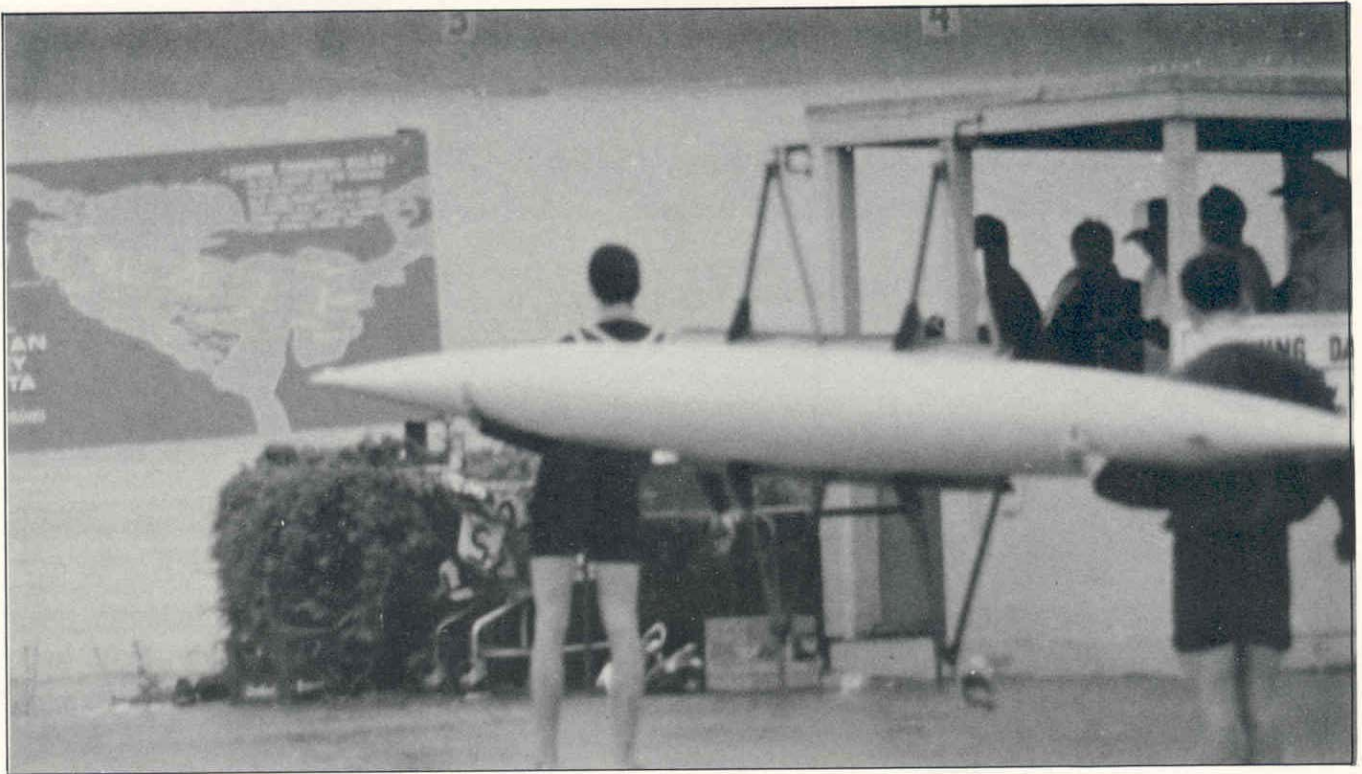


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Who will ever forget the rain on Henley Sunday 1987? Driven by gusting east winds, it almost blew out the morning's Masters program and thoroughly soaked the opening stages of the afternoon's regatta windup. But as wet and as cold as everyone was on Henley Sunday 1987, every race went off on time, a tribute to Regatta Chairman Claude Saunders and his hardy band of regatta officials.



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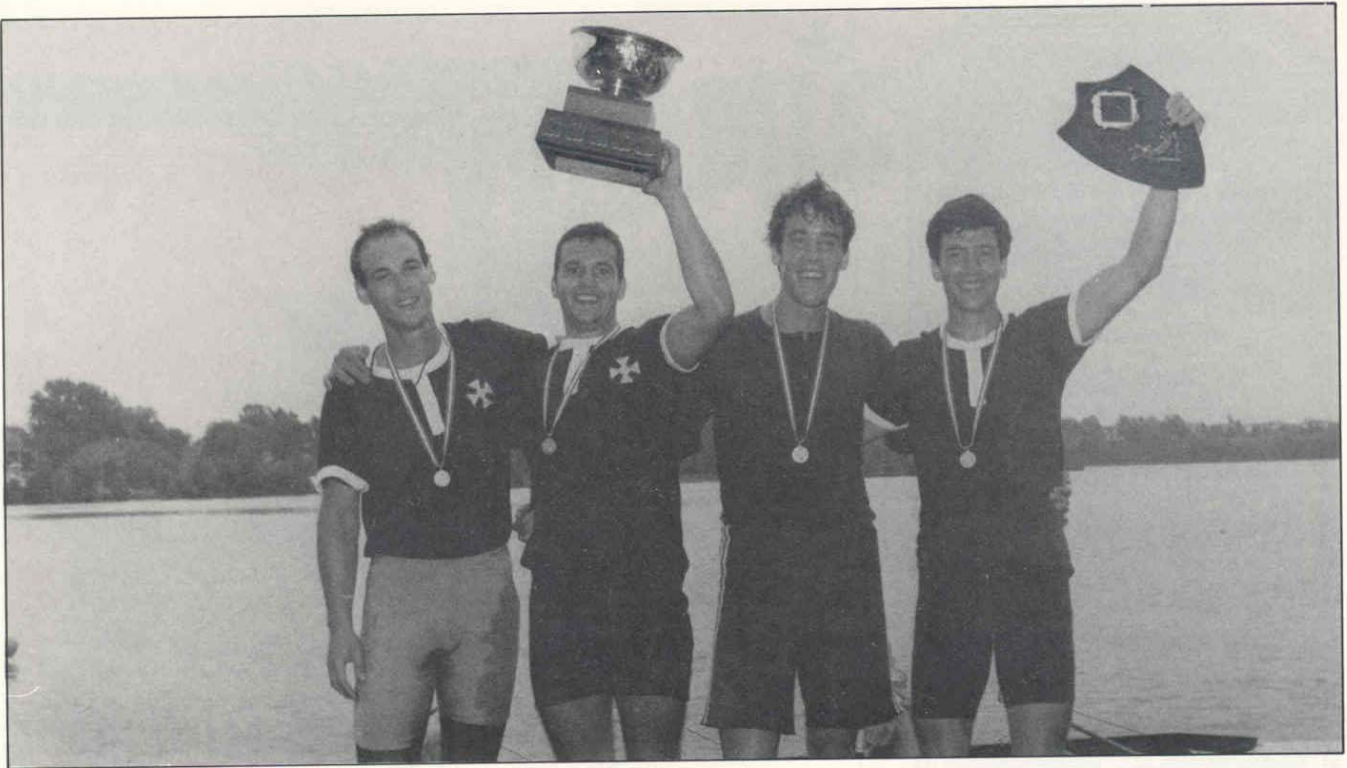
The Standard's team of sports writers and photographers cover sports in Niagara like no one else . . . and that includes rowing. Turn to the sports pages of The Standard six days a week to read about all the action.



The Standard's Sports Team pictured above from left to right: Denis Cahill, Leonard LePage, John Fedor, Mike Hamilton, Jack Gatecliff, Mike Conley, Kathryn Korchok, Les Slorach, Jim Wallace, Peter Conradi.

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MALTA SCULLERS WIN THEIR QUAD

There's nothing like coming home for a gold medal. And that's what Fred Loucks did in the Senior Quad, the St. Catharines native stroking Malta Boat Club of Philadelphia to a win over St. Catharines, New York AC and Fredericton. Sculling with Loucks (left) were Jim McGovern, Matt Horvat and Russ Fisher.



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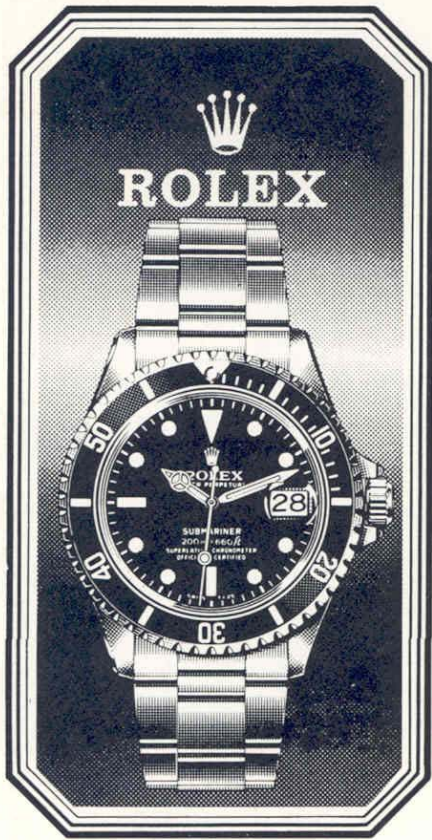
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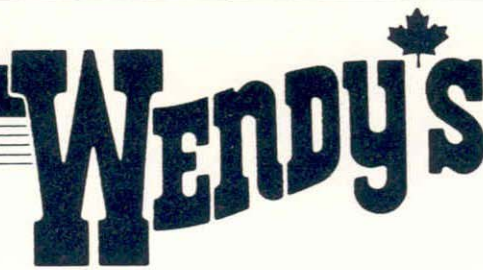


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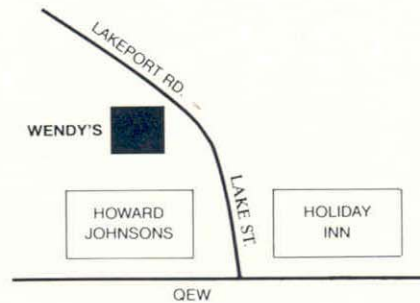
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BURNABY LAKE DOES IT AGAIN!

It's getting to be a habit. And at Henley 1987, Burnaby Lake Aquatic Association recaptured the Women's Senior Eight. Burnaby Lake was chased across the line by arch-rival University of Victoria with four other challengers strung out behind. The champions are: cox Kristi Oliver, stroke Karla Pace, Cindy Minnes, Brenda Taylor, Catharines Harry, Peggy McBride, Tina Clarke, Trish Hay and Terry Brown. Their winning time was 6:37.23.



VANCOUVER HEAVYWEIGHTS SCORE IMPRESSIVE WIN

Vancouver Rowing Club came up with an impressive display in the Intermediate Eight at Henley 1987. With seven starters in their Saturday final, they wound up open water in front of Calgary with the rest of the field strung out as Toronto Argonauts, Ottawa, New York AC, Western and Hamilton Leanders. The British Columbians rowed as David Ramsay, Benny Quinter, Ward Baker, Pat Johnson, Dave Trickett, Kevin Schendler, Warren Beach, John Madden and cox Fiona Bowman.

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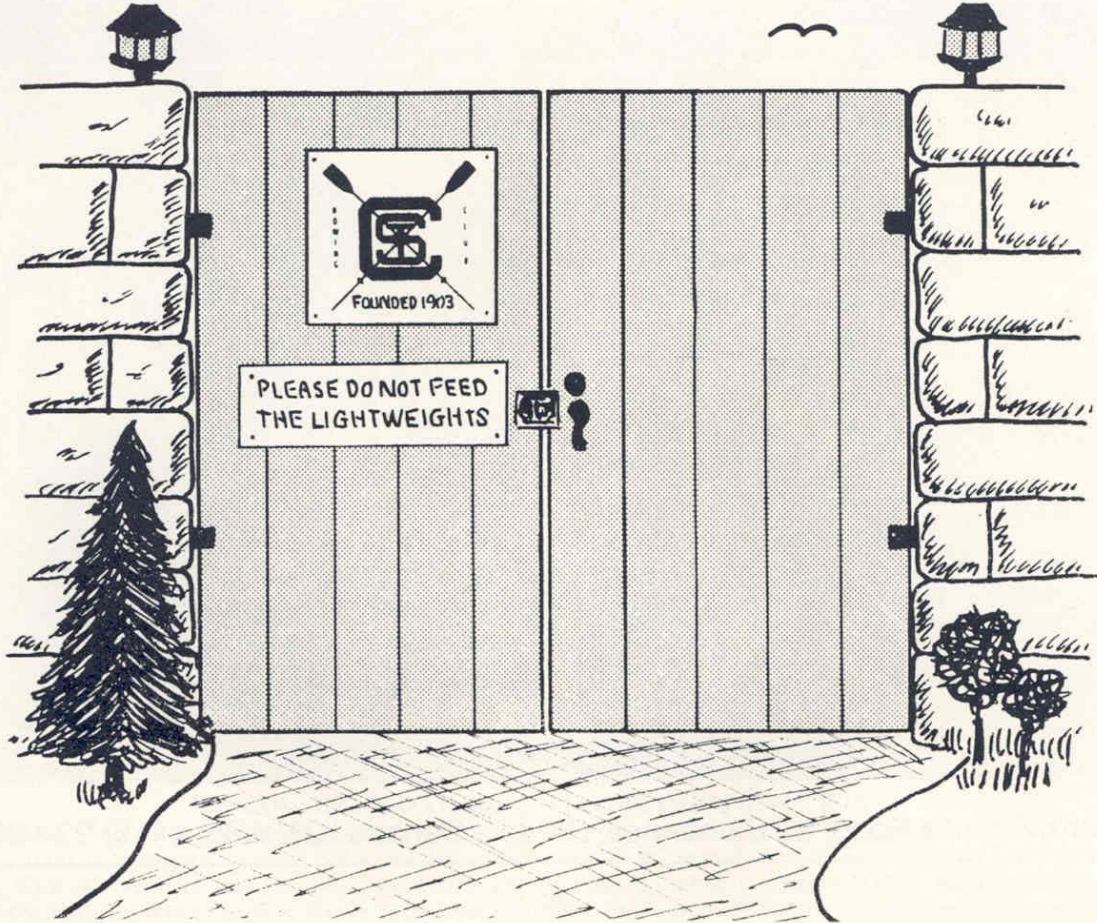
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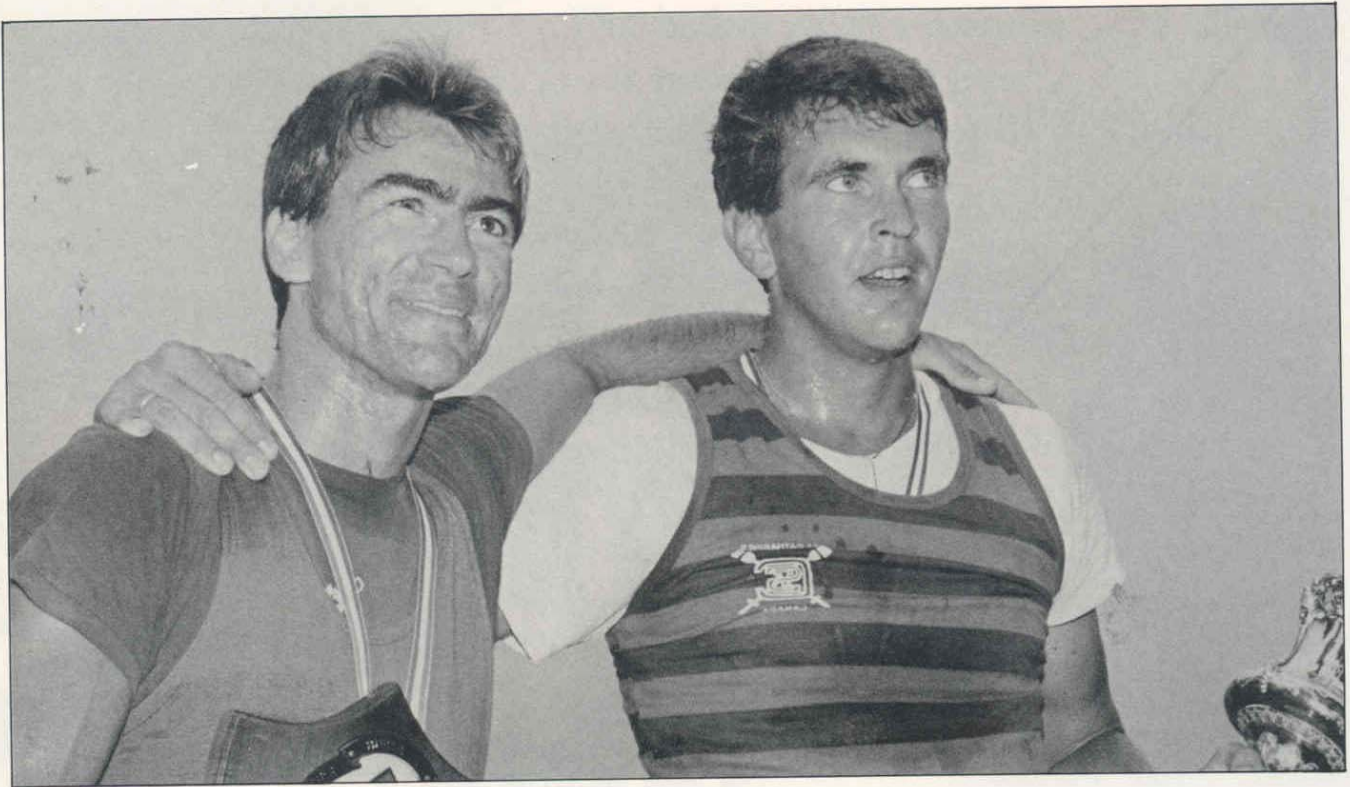
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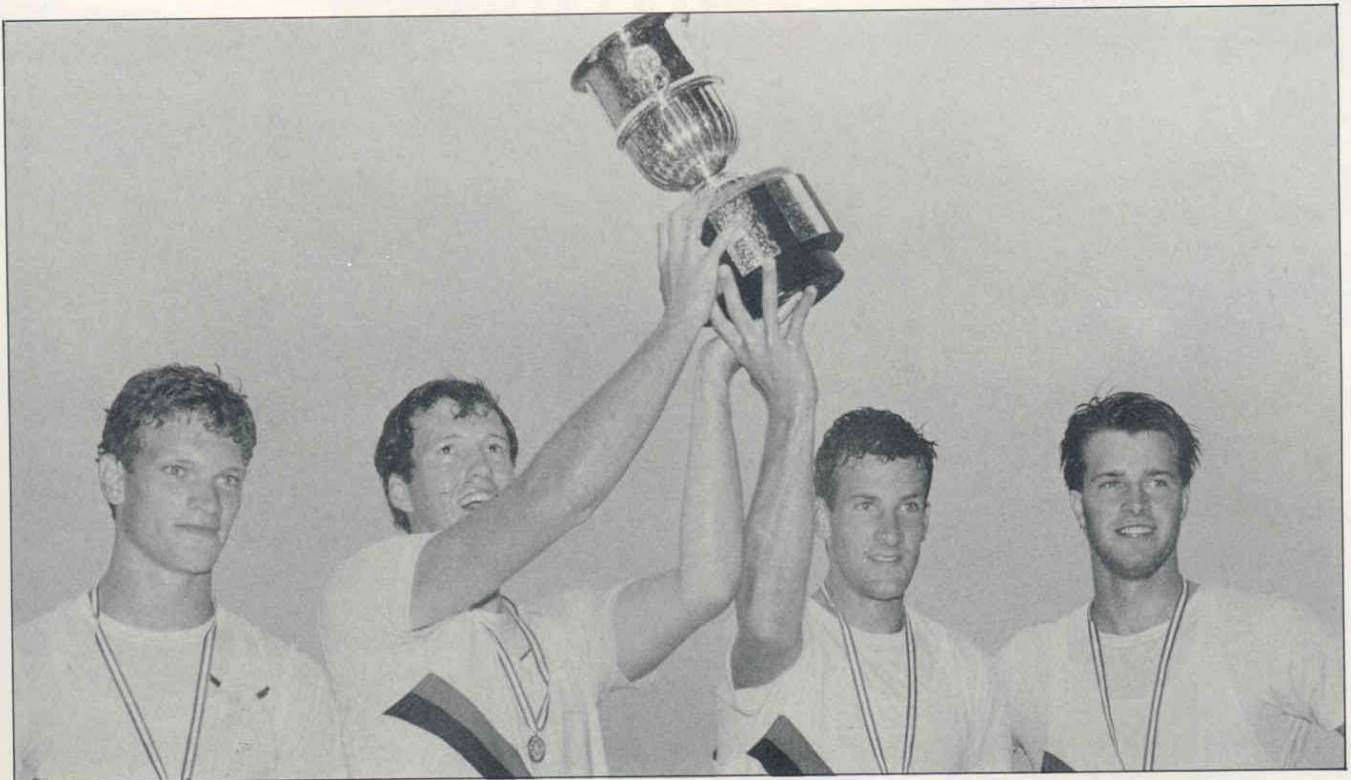
They took home 12 gold medals in all from Henley 1987. Jackie Blois, Leslie Eglinton, Joanne Blois and Jill Blois combined to win the Women's Intermediate Lightweight Cox Four, the Women's Intermediate Lightweight Cox Four and the Women's Senior Lightweight Four titles.





ST. CATHARINES DOUBLE COMES THROUGH

Brian Elliott and Frank Murphy overcame four challenges to win the Senior Double in 6:15.29 at Henley 1987. For Murphy, it was his third medal of the regatta. The day before, he had won the Open and 155-Pound Singles Dashes.



AND HERE'S THE TROPHY TO PROVE IT!

This happy boatload of Ridley Grads hoist the Maurice J. Carroll Trophy after winning the Senior Four at Henley 1987 against five strong rivals. Angus MacKay, Dave Boyle, Jason Dorland and Hugh Silk clocked 6:35.59 in winning their final.



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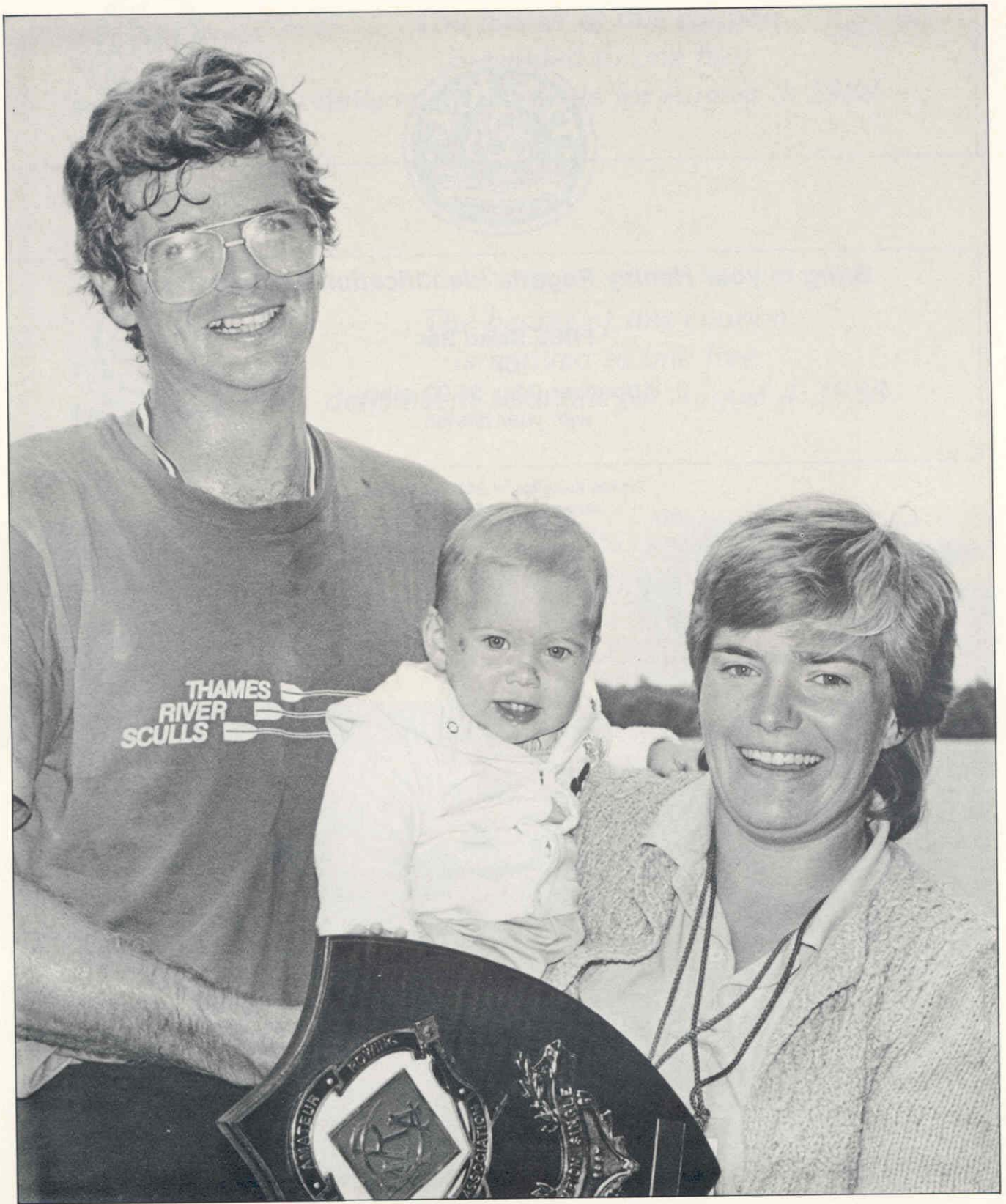
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Space is at a premium on Henley Island during regatta week. Boat trailers from all over North America park axle to axle, acting as club headquarters and racking for racing shells in what has become the continent's largest concentration of rowing equipment each summer.



IT'S A FAMILY AFFAIR!

Burt Apfelbaum of the Thames River Sculls had plenty of company on the presentation podium after winning the Championship Single at Henley 1987. His wife, Stacey, and year-old daughter, Meghan, joined in the celebration. It was the first major singles decision for the 33-year-old New London, Conn., sculler.

AUTOGRAPHS



SOAKED BUT HAPPY CHAMPIONS

This happy St. Catharines RC crew didn't let the rain of 1987 Henley Sunday bother them in winning the Women's Senior Cox Four and the Women's Senior Lightweight Cox Four. Cox Whitney Sedgwick waves the championship plaque as Anne Drost, Tanya Phillips, Wendy Wiebe and Brenda Colby pose on the Henley Grandstand platform. The young oarswomen also rowed in St. Catharines RC's winning Women's Open and Senior Lightweight Eights.



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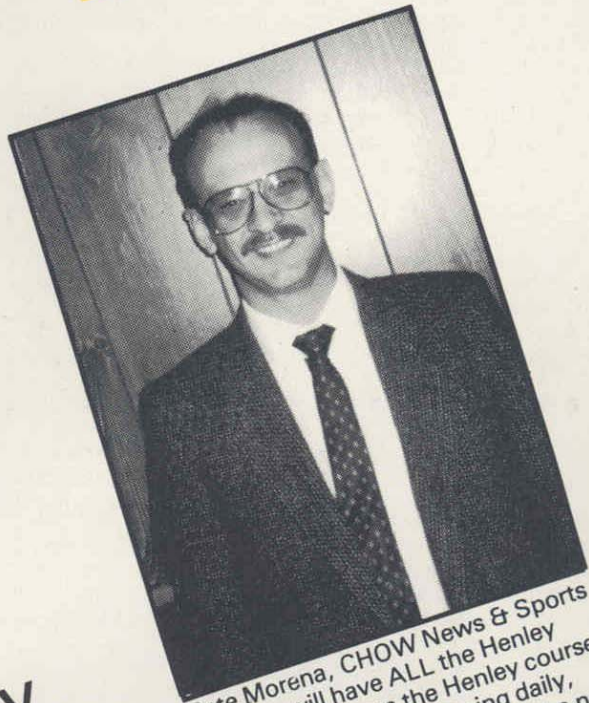
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weighed almost 500 pounds. It took all 16 to carry it to the water. Sometimes the boys would help, which Diane Mitchell remembers as "terribly degrading".

To ensure nothing befell the girls participating in such a masculine sport, a mother had to chaperone every practice.

The rowing clubs at the time stood across from the grandstand and a weigh-in shed was converted to a change room for the girls. "They were serious about their training," recalls George Manoogian. He was, as he is today, a boat repairer, when he agreed to teach the girls' section, along with Vince Kirkpatrick and Russ Wood.

There were two crews consisting of Doreen Sadler, Barbara Lamb, Iris Findlay, Lola Long, Helen Paskey, Shirley Brookson, Betty Christopher, stroke Audrey Whipper and cox Toady Bradshaw. The other crew rowed as Betty Pennock, Shirley Little, June Rudel, Virginia Williams, June Dunn, Tudy Halsted, Beverly Lemon, stroke Diane Gayder and cox Beverly Vansickle.

Coach Vince Kirkpatrick said of the girls: "We don't work them quite as hard as we do the boys, but they can row a half-mile in pretty good time. Rowing certainly doesn't hurt the girls and they are one of the nicest groups of girls you could find anywhere."

Indeed, such a rigorous schedule was strange for a sport that had no competition in the area. Manoogian remembers wanting to take the girls to row against Wellesley College in Boston, but couldn't raise the necessary \$50.

Although they saw no true competition, the girls did row two exhibition races, opened the Royal Canadian Henley in St. Catharines and rowed in front of a packed crowd at the Canadian National Exhibition in Toronto.

Leading up to those events, there was much talk that these girls would never bear children, their chests would become permanently flat and their muscles would bulge. Not at all worried, the oarswomen flaunted their success at making inroads in rowing.

In a high-spirited bid for publicity, they wrote to Toronto Star columnist Andy Lytle. What followed began a heated public debate.

Wrote Lytle: "My own impression of hailing sweet femininity into rowing, or even permitting same to compete in such harsh and nonsensical tasks, is a form of athletic barbarism which should be rigorously suppressed. I can sympathize with the Canadian Henley Old Boys trying to make a few bucks at the regatta, but not at the expense of asking soft curvaceous young women to pull themselves out of shape in muscular antics designed to extract every atom out of masculine throw-throw back to the days of the slave galleys."

"In short, girls I'm agin it, even for the flat-chested and leathery-limbed members of your lovely sex."

Despite this criticism, or perhaps because of it, sports organizer George Duthie funded and invited the two eight-oared crews to row in the three-quarter mile Special Event, which was mixed in the men's program of the CNE Regatta. Betty (Pennoc) Storosko remembers the trip to Toronto as a great day and how we sang a special rowing song we made up all the way.

The song mocked Andy Lytle and anybody who thought the women should not row.

At the CNE, the girls rowed before a packed crowd. One crew received bracelets for its efforts and the other, brooches. Storosko remembers laughing hard at the sight of her coxie with a brooch.

Since the crew's regular coxie had been unable to attend, one of the boys, Norm Adams, volunteered for the job. No one knows what happened to his brooch.

The announcement that the girl's crew would open the 66th Henley was worth a front-page headline and three photographs in the Toronto Evening Telegram. The St. Catharines Standard's sports section ran this for the ascerbic Andy Lytle:

*If you're coming to Henley, bring your gun,
And a pair of winged shoes with which to run,
For the girls from old St. Kitts,
Want to rip you into bits,
For your snide remarks, they shouldn't row for fun.*

The girls did open the Henley. The event was so popular that the girls were asked to close it.

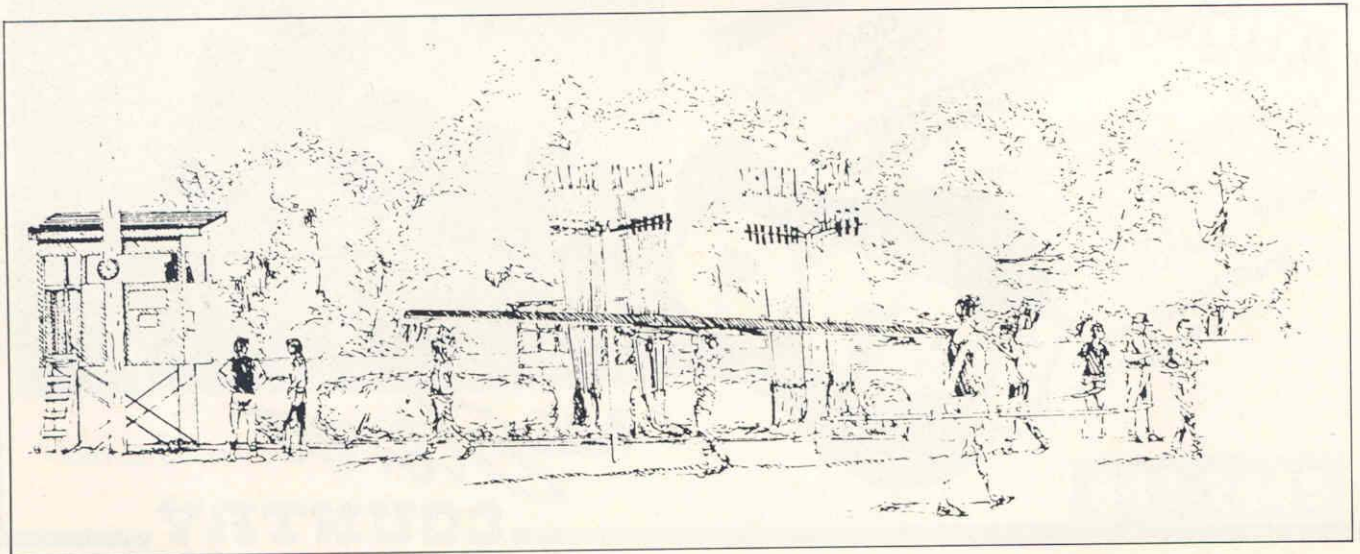
A Canadian Press report: "From the grandstand, the girls all appeared to be in fine shape. That viewpoint was confirmed later when they visited the press box to show any rowing-caused bulges are all in the right places."

Their heady summer of rowing and attention soon ended. That was all the rowing for women until women's crews competed at the Canadian Henley in 1972. Lack of competition and continued male chauvinism appeared to be the reasons the 1948 pioneers couldn't sustain a continued effort.

Today, these pioneers are in their fifties and scattered about North America. As for earlier predictions, most married and gave birth. Many of these children rowed also.

The women say that summer of rowing gave them added confidence and prepared them for the challenges of life. As you watch the women atop the podium at this Henley, you bear witness to the confidence first felt on these waters 40 years ago.

Could Andy Lytle have been wrong?





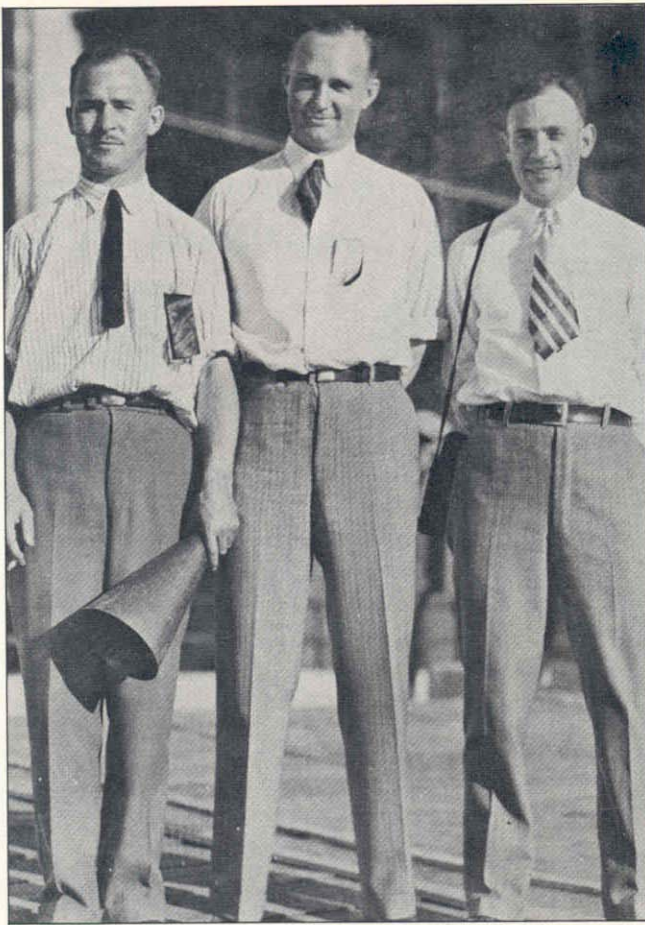
PLENTY TO SMILE ABOUT

Lewis Hancock and Tim Prince had plenty to smile about when it came time to collect the J. L. Murray Memorial Trophy after winning the Senior 155-Pound Double at Henley 1987. It was their fourth set of gold medals, coming only 20 minutes after they won the Senior 155-Pound Pair. Early last Henley, the Fredericton RC entry took the Intermediate Pair and Intermediate 155-Pound Pair. Sculling this season for St. Catharines where Prince has established his medical practice, Prince and Hancock are currently in Milan, Italy, representing Canada in the double at the FISA Lightweight Championships..



WRINGING OUT THE RAIN

Dennis Sitek of the Detroit Boat Club defied Sunday morning's downpour to win the Men's Over-32 Single at Henley 1987. Here, the Masters sculler wrings out his socks on the Henley Island wharf, happy to have made it back from the finish line in the wind-driven rain which plagued the morning Masters program.



THEY MADE THE HENLEY RUN ON TIME

Even during the 1930's, the Henley ran on time. The races didn't go every 10 minutes like they do now, but they came down the Henley Course when they were supposed to and crews were on the water on schedule, mainly because of the three St. Catharines gentlemen. Stewart McCullough, Dr. Alan Greenwood and Jack Graham acted as clerks of the course each Henley, calling the crews for their races. Dr. Greenwood was St. Catharines' first sculler of note, winning the junior single at the 1914 Henley.



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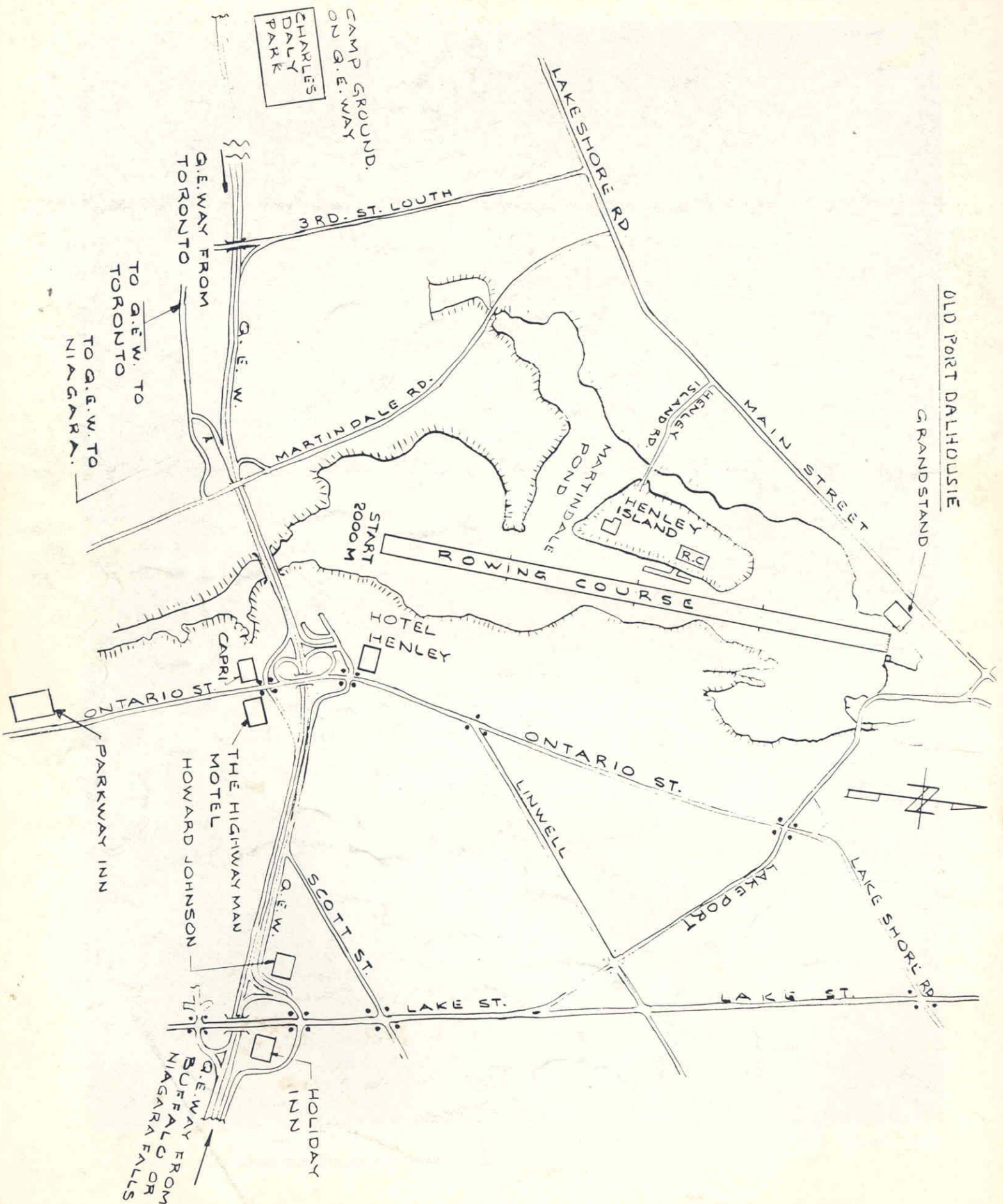
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BOY AM I GLAD THAT'S OVER

That's what most of these athlete's are probably think at the finishline of a demanding race.



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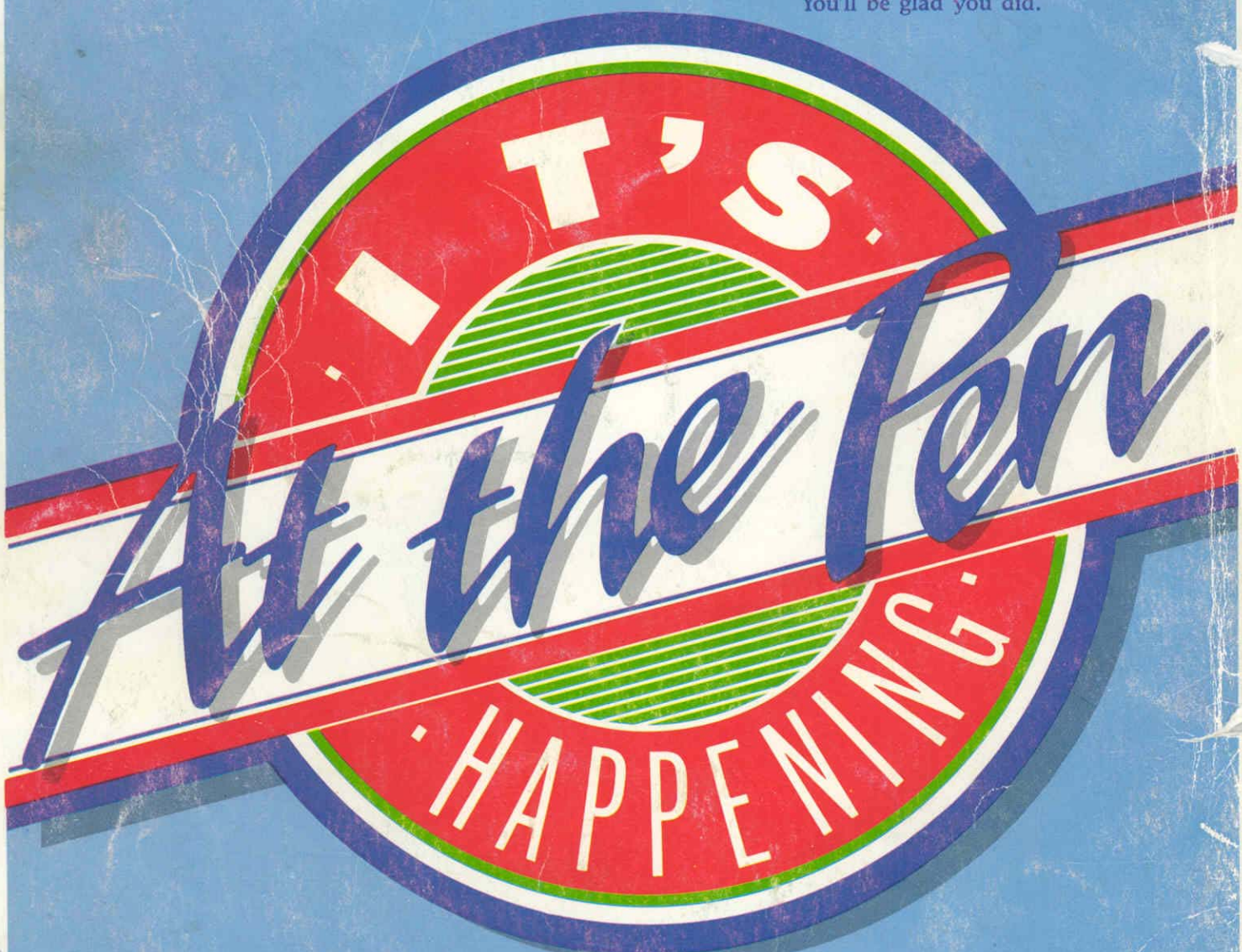
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