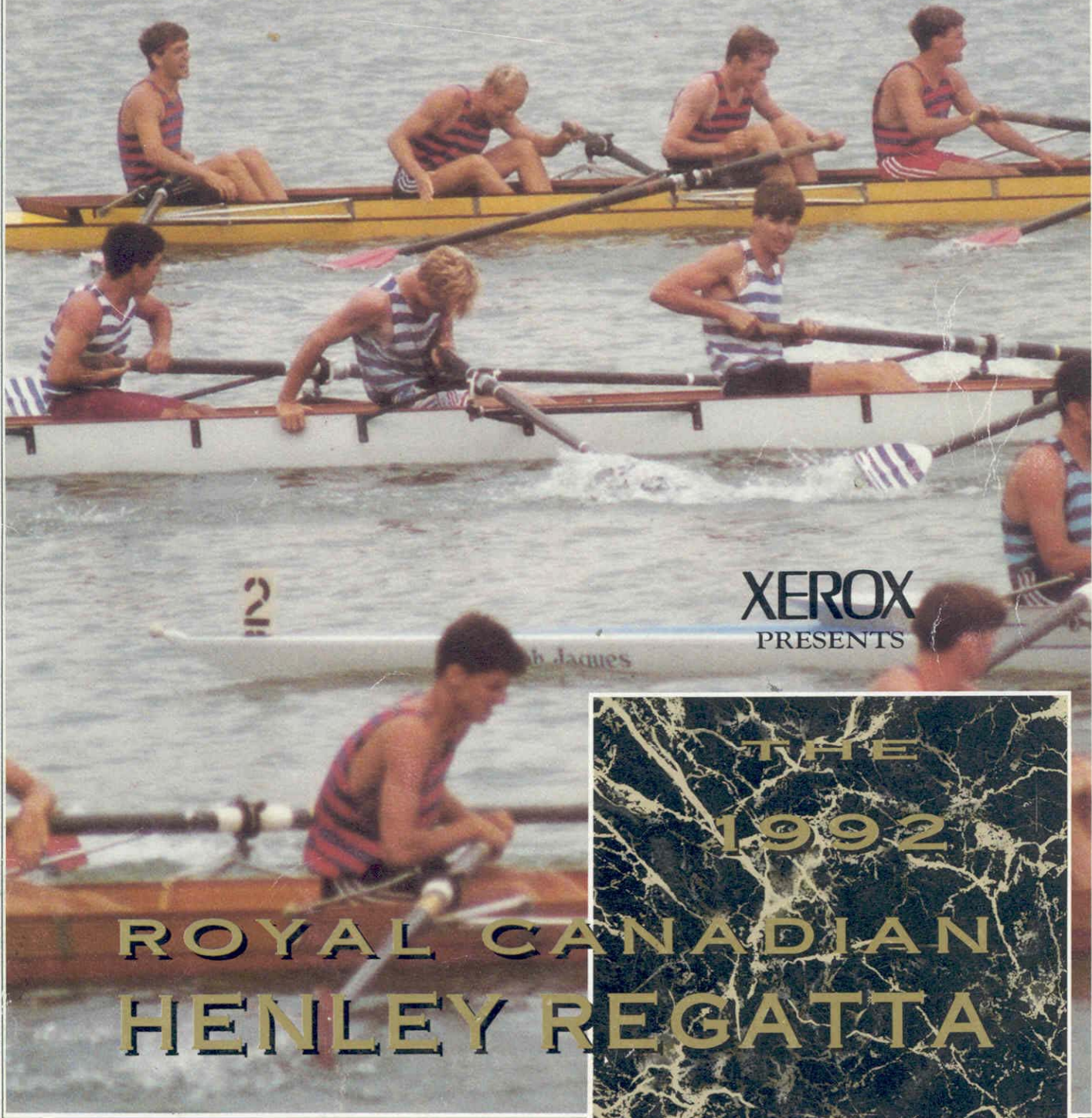


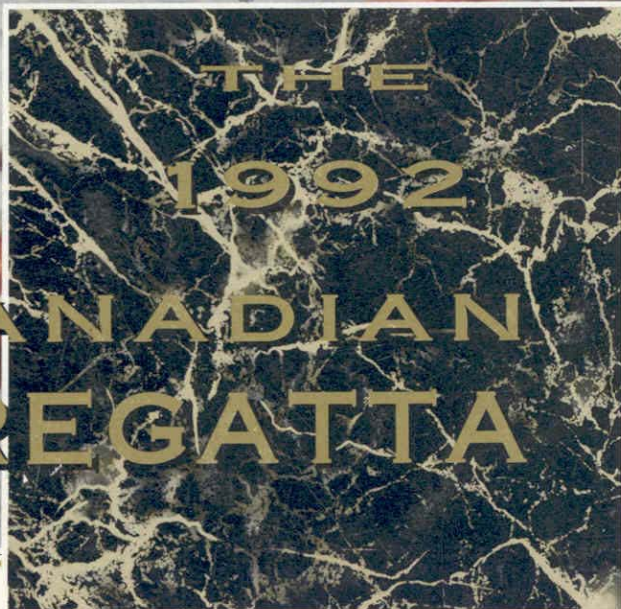
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SOUVENIR PROGRAM

110th ROYAL CANADIAN HENLEY REGATTA AUGUST 5 - 9, 1992

TABLE OF CONTENTS

Mayor's Greetings.....	3
CARA Greetings.....	5
CHRC Greetings.....	7
XEROX Greetings.....	9
Pacific Brewing Greetings.....	11
Henley Regatta Committee.....	13
1991 Henley Champions.....	15
Honours For Claude Saunders.....	17
St. Catharines Rowing Club Greetings.....	21
Where Are They From?	23
1992 Henley Race Schedule	42
The Henley Bridge	45
A Rowing Glossary.....	46
Rowing Shells	49
Ticket Coupons.....	81
Autographs	83
Henley and Vicinity Map.....	84

Xerox Canada Inc. and The Pacific Brewing Company are official sponsors for the 1992 Royal Canadian Henley Regatta.

In a unique partnership for the good of rowing in general and the Canadian Henley in particular, Xerox and Pacific Brewing join with the Canadian Henley Rowing Corporation and the Canadian Amateur Rowing Association in staging this annual five-day rowing event, the largest and most prestigious of North America's regattas.

Xerox Canada is a leading supplier of business products and systems, including office technology, equipment and services that facilitate the creation, reproduction, distribution and storage of documents as well as providing financial arrangements for Xerox equipment and services to a diversified range of Canadian corporations and government agencies. Pacific Brewing is one of a growing number of independent Canadian breweries producing a variety of beers and ales designed to meet the increasingly sophisticated palate of Canadian consumers.

Sponsorship of the Henley will allow both Xerox and Pacific Brewing to assist the Regatta Committee in a variety of areas, not the least of which is the provision of equipment, personnel and services involved with the processing of the daily regatta draw and Henley's traditional social scene.

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Editor.....Craig Swayze	Photographs..... Stan Lapinski, Gerry Dennis, John Cain

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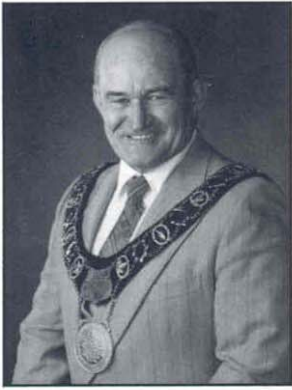
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Donut Diner	57	St. Catharines Rowing Alumni	29
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Journey's End Motels	28	Williams Jewellers	19
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The Keg Restaurant	63		
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Loeb - Lake Street	66		



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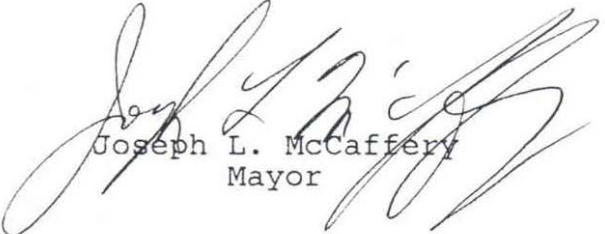
Sporting activities and competitions in many instances have become the most prominent representatives of a city ---of its degree of civic pride and, of course, of its spirit of fair play. The responsibility which this places on sportsmen and sportswomen is not a frivolous one; with attitudes on the playing field currently being assessed as closely as aptitudes, the thoughtful question about "how one plays the game" carries even deeper significance than ever before, with lasting and personal effects for individuals and communities alike.

Therefore, it is with considerable pride and great pleasure that I take this opportunity to welcome all good sports to the 1992 Royal Canadian Henley Regatta in St. Catharines.

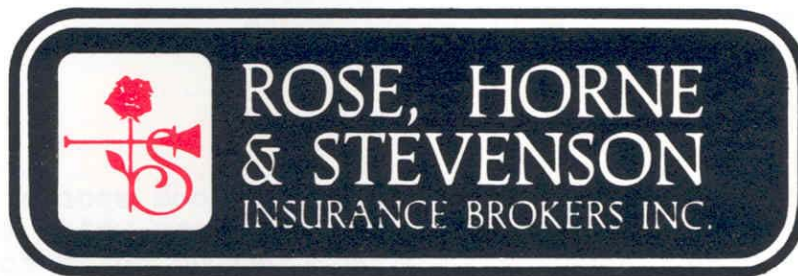
I am confident all citizens throughout the City of St. Catharines join with me as I not only pay public tribute and extend heartiest congratulations to the sponsors and organizers of this exciting challenge of champions but, also, convey best wishes to all for a gratifying and successful competition that will showcase the splendid abilities of athletes from near and far.

You make St. Catharines proud to be known as the "Home of The Henley".

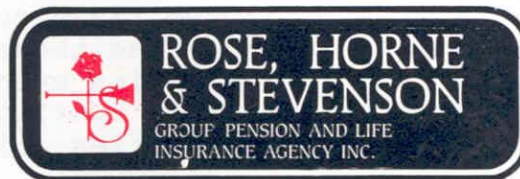
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Joseph L. McCaffery
Mayor

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Michael Murphy
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ROWING CANADA AVIRON

PRESIDENT'S MESSAGE - 1992

Once again this year, I want to welcome all rowing enthusiasts to the Canadian Henley. The 110th Henley is a special event, particularly when one considers that Canada itself is just 125 years young. Please enjoy the festivities and camaraderie with old and new friends.

Speaking of old and new friends, there are several groups that I want to thank for their contributions to the regatta. The Henley is a tremendous annual success because of the special partnership that has evolved over the years between the Canadian Amateur Rowing Association (Rowing Canada Aviron) and the Canadian Henley Rowing Corporation; the ocean of volunteers from the St. Catharines area; and the athletes, coaches, officials and administrators who travel from near and far to participate in the brightest jewel of Canadian rowing.

Good luck to all!

MESSAGE DU PRÉSIDENT - 1992

De nouveau cette année, il me fait plaisir de souhaiter la bienvenue à tous les participants à la Classique Henley. La 110^e reprise de la Classique Henley est un événement digne de mention, en particulier lorsqu'on pense que le Canada n'a que 125 ans! Je vous souhaite de célébrer dans la joie et de faire plus ample connaissance avec d'anciens et de nouveaux amis.

Parlant d'anciens et de nouveaux amis, je ne peux passer sous silence le travail accompli par de nombreux groupes de personnes qui ont contribué à assurer le succès de la régata. La Classique Henley remporte, année après année, un succès éclatant grâce au partenariat particulier qui s'est développé au fil des ans entre l'Association canadienne d'aviron amateur (Rowing Canada Aviron), la Corporation canadienne d'aviron Henley, les nombreux bénévoles de la région de St. Catharines, les athlètes, les entraîneurs, les officiels et les administrateurs qui viennent de tous les coins du pays pour participer à ce joyau de l'aviron canadien qu'est la Classique Henley.

Bonne chance à tous!

Michael Murphy
President - Rowing Canada Aviron CARA

1992 Rowing Canada Aviron CARA Executive Committee

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AND THE DREAM BECOMES REALITY!

The presidents of five St. Catharines rowing organizations join in a June ribbon-cutting ceremony; symbolic of the completion of an \$80,000 construction project in which the aging bridge connecting Henley Island to the mainland was rebuilt. Each of the groups shared in the expensive project which was completed in time for the opening of the 1992 rowing season. From the left, the dignitaries are: Bill Schenck, president of the Canadian Henley Rowing Corporation; Ken Campbell, president of the St. Catharines Rowing Club; Chris Lloyd, president of the Ridley Graduate Boat Club; Scotty Campbell, president of the St. Catharines Rowing Alumni Association and Gail Turner, president of the Henley Island Helpers.



Playing host to the Henley since 1903, CHRC is dedicated to maintaining and improving the facilities on its world-famous rowing course.



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For hometown fans, one of the most exciting races at Henley 1991 was the Intermediate 155-Pound Eight final. This happy boatload beat off strong challenges by five rivals to finish a deck in front of Thames River Sculls with Hamilton Leanders, Winnipeg RC, Bachelors Barge and Wyandotte BC chasing them home. From the left, the lightweight champions are: Mike Adamczyk, Derek Schwandt, Craig Lambert, Rob White, cox Lisa Tamburrino, Geoff Johns, Chris Bernais, Darcy Tresham and stroke Matt Schmidlin.

OFFICE OF THE PRESIDENT



Welcome to the 1992 Royal Canadian Henley Regatta

Xerox Canada is once again honoured to be the premier sponsor of the 110th Royal Canadian Henley Regatta.

The partnership Xerox formed with the Henley in 1990 is founded on shared values. Just as the Henley organizers and competitors apply these values to achieve their goals, Xerox also strives for quality and excellence for our customers.

We wish to extend special thanks to the members of both the Rowing Canada Aviron and the Henley Rowing Corporation for their efforts in organizing a fine week of competition. We are also grateful to all the volunteers who contributed their time, energy and enthusiasm to ensure the success of this great event.

Finally, I would like to congratulate all of the competitors for their dedication and discipline in their quest for victory.

Best of luck to you all.

A handwritten signature in black ink that reads "Richard L. Burt".

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As a member of Niagara's Business Community we recognize the importance of supporting this first rate event, at the same time showcasing our beautiful community and world class rowing course to the many visitors throughout the week.

The success of the 110th Henley can only be accomplished through the outstanding work of the volunteer network and the dedication of the many athletes in their quest for victory.

In closing, the Pacific Brewing Company salutes The 110th Henley and all of its participants.



A handwritten signature in cursive script that reads "Steve Smith".

Steve Smith
Pacific Brewing Company

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Claude Saunders

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ROYAL CANADIAN HENLEY CHAMPIONS – 1991



THURSDAY

Women's 115-lb. Cox Four	Laval RC	8:36.66
Women's Int. Single	St. John's RC (Cora McCloy)	8:42.61
Int. 155-lb. Pair	St. Catharines RC	7:32.19
Int. 155-lb. Single	St. Catharines (David Boyes)	7:49.67
Women's Int. Pair	U. of Western Ontario	8:25.01
Women's Int. Lt. Single	Saskatoon RC (Tracey Duncan)	8:33.62
Int. Cox Four	Cincinnati RC	6:43.15
Int. 145-lb. Single	Undine Barge (Keith Robinson)	7:56.19
Women's Int. Lt. Four	Riverside BC	7:29.30
Int. Single	Ridley Grads (Tony Biernacki Jr.)	7:24.17
Women's Int. Lt. Pair	Vesper BC	8:01.03
Int. 155-lb. Cox Four	Thames River Sculls	6:49.15
Women's Int. Lt. Quad	Argonaut RC	7:25.38

FRIDAY

Women's Int. Double	U. of Victoria	8:02.06
Int. Pair	Penn AC	6:50.52
Int. 155-lb. Double	Victoria City RC	7:33.59
Women's Int. Cox Four	Vancouver RC	8:00.60
Women's Int. Lt. Double	Peterborough RC	6:31.00
Int. 155-lb. Four	Riverside BC	6:59.85
Women's Int. Lt. Cox Four	Kingston RC	8:08.79
Int. Four	Vancouver RC	6:48.88
Int. Double	Thames River Sculls	7:16.18
Women's Int. Quad	Thames River Sculls	7:31.67
Women's Int. Lt. Eight	St. Catharines RC	7:19.01
Int. 155-lb. Quad	Undine Barge	6:48.65

SATURDAY

Elite Cox Four	Penn AC	6:49.22
Int. 140-lb. Four	Laval RC	6:46.82
Sr. 155-lb. Quad	Undine Barge	6:21.88
Association Single	St. Catharines RC (John Murphy)	7:19.34
Int. 155-lb. Eight	St. Catharines RC	6:07.13
Int. Eight	Penn AC	5:45.98
Women's Sr. Quad	Riverside BC	6:59.67
Women's Int. Eight	Cincinnati RC	6:52.24
Int. Quad	Thames River Sculls	6:44.42
Open Singles Dash	New York AC (Scott Killen)	1:32.13
Eights Dash	Leander BC	1:15.70
145-lb. Singles Dash	New York AC (Todd Green)	1:38.88
Women's Eight Dash	St. Catharines RC	1:27.60
Women's Singles Dash	Winnipeg RC (Lisa Kakuske)	1:44.50

Lt. Eights Dash	St. Catharines RC	1:17.38
155-lb. Singles Dash	St. Catharines RC (John Murphy)	1:31.91
Women's Lt. Eight Dash	Argonaut RC	1:28.95
Elite Pair	Fox Valley RC	6:47.80
Elite Double	Kuban-Sedin (USSR)	6:35.34
Elite Lt. Single	Occoquan Sculls (Kevin Bedell)	7:12.25
Women's Elite Lt. Four	Riverside BC	6:53.65
Elite Single	Durham BC (Fred Loucks)	7:05.64
Elite Eight	Penn AC	6:10.40
Women's Elite Double	Australia NT	7:45.44
Women's Elite Pair	Mendota/Ridley	8:16.38

SUNDAY

Women's Sr. Cox Four	U. of Western Ontario	7:18.54
Senior Four	Calgary RC	16:11.43
Women's Sr. Lt. Four	Vancouver RC	6:52.85
Sr. 155-lb. Pair	St. Catharines RC	6:59.43
Sr. 135-lb. Single	Durham BC (Mike Dreher)	7:33.01
Sr. 155-lb. Double	Durham BC	6:50.82
Women's Sr. Lt. Single	Montreal RC (Lisa Carey)	8:06.16
Sr. 140-lb. Pair	Edmonton RC	7:26.36
Women's Sr. Single	Don RC (Kay Worthington)	7:53.99
Women's Sr. Lt. Pair	Vesper BC	N/T
Sr. 140-lb. Double	Durham BC	7:07.16
Sr. Pair	Penn AC	6:59.51
Sr. 155-lb. Four	Riverside BC	6:31.62
Women's Sr. Pair	Cincinnati RC	7:54.78
Sr. 140-lb. Cox Four	St. Catharines RC	6:53.46
Sr. Double	Durham BC	6:38.01
Women's Sr. Lt. Eight	Argonaut RC	6:52.52
Sr. 155-lb. Cox Four	Leander BC	6:51.39
Sr. 145-lb. Single	New York AC (Todd Green)	7:33.24
Women's Sr. Lt. Double	Montreal RC	7:39.16
Sr. Cox Four	Cincinnati RC	6:32.32
Championship Single	Leander BC (Mel Laforme)	7:20.99
Sr. 155-lb. Single	Occoquan BC (Kevin Bedell)	7:23.68
Women's Sr. Double	U. of Victoria	7:39.51
Sr. 155-lb. Eight	Riverside BC	6:02.01
Women's Lt. Cox Four	Argonaut RC	7:46.74
Sr. 140-lb. Eight	St. Catharines RC	6:22.13
Senior Quad	Kuban-Sedin (USSR)	6:07.63
Women's Senior Eight	U. of Victoria	6:52.88
Senior Eight	Calgary RC	5:59.10

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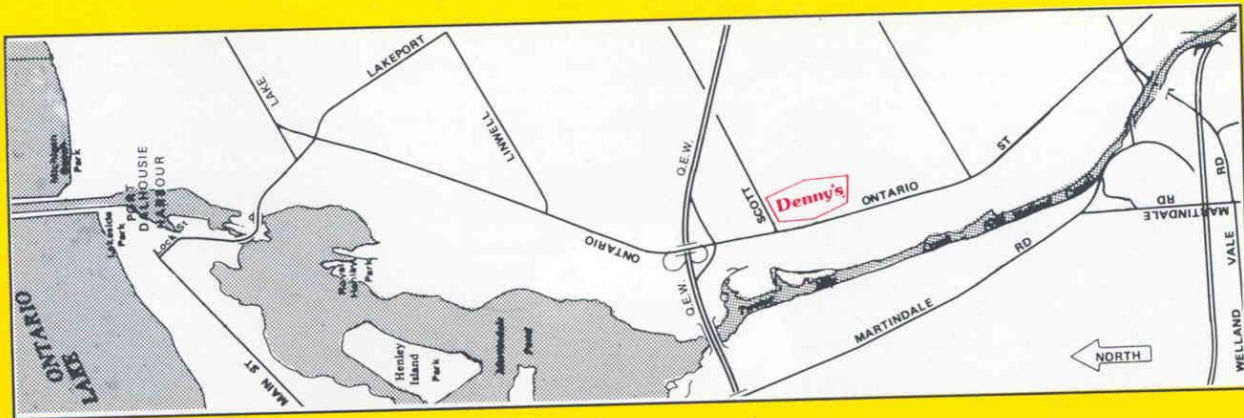
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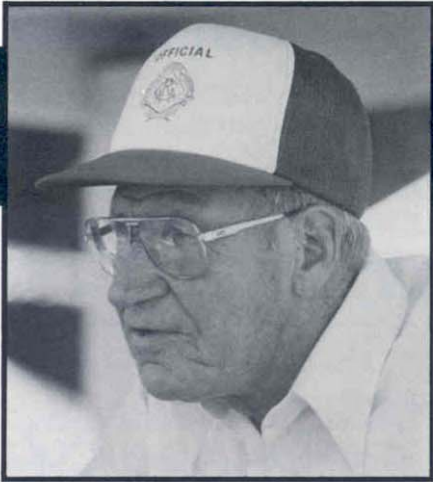
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“Sandy” SAUNDERS

His name is Claude Saunders. Sometimes known as Sandy, he is known throughout Canadian sporting circles as Mr. Rowing.

This tall, soft-spoken octogenarian is the principal reason Canada can stage regattas which are the envy of international rowing. Claude Saunders wouldn't have it any other way.

This week's Royal Canadian Henley Regatta is a case in point. With this retired Hamilton steel maker in charge, the five-day 110th rowing classic generally regarded as the annual North American rowing championships is a miracle on water.

And ever since Sandy took over as Regatta Chairman in 1958, he has been the driving force behind Henley. For him, it's a year-round challenge, climaxing this final week with a dawn to dusk regimen which would challenge men half his age.

Compiling the entry packets mailed to the rowing clubs of the world. Checking out entries. Supervising the official Henley Draw. Assigning officials. Starting a race or two. Refereeing here or there. Conferring with his judges on the finish line. Sitting in on a rare protest hearing. Tabulating the race results. Allocating the winners' medals and plaques.

It makes for long days, the kind which tend to run together this hectic week of Henley. But Sandy Saunders has learned to cope. Just as he has with other long days from Newfoundland to British Columbia and back again through endless summers.

Without him, it just would not happen!

Rowing and its assorted associations and clubs are well aware of Claude Saunders' value to his sport. And he has been suitably honored.

He has been Canadian rowing's Man of the Year. He has won the Air Canada Award as the country's amateur sports executive of the year. The former Hamilton Leander oarsman was also elected to Canada's Sports Hall of Fame and was recently honored with the Order of Canada in tribute to his long and valuable contribution to rowing.

Nice, but not necessary, is Claude Sanders' way of putting it. The awards come and go, but the regattas go on forever... just like this week's Henley.

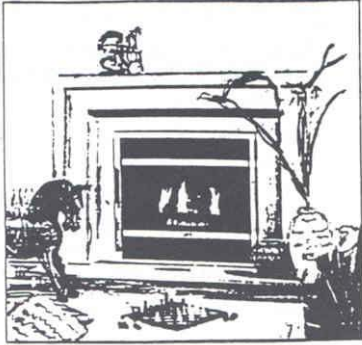
Certainly, Sandy Saunders doesn't claim to have rowed in that first Henley which settled on the sheltered waters of the Martindale Basin back in 1903. But 31 years later, he stroked a Leander junior eight which defeated all comers at Henley 1934 and capped a magic week by winning the Ned Hanlan Memorial Trophy for Senior Eights. An impressive feat!

And it was matched on a variety of occasions over Claude Saunders' competitive career, including berths with Canada's 1936 and 1948 Olympic teams. He managed the 1960 Olympic squad at Rome and officiated at Tokyo (1964) and Mexico City (1968)... just part of a long and illustrious rowing career unmatched within the sport today.

Obviously, Sandy Saunders has enjoyed every one of his rich and colorful years in rowing. And he has cared enough to make certain he returned much more to his sport than the benefits which have been his these past 60 years.

Rowing is deeply indebted.

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WESTERN WOMEN COME THROUGH

University of Western Ontario kicked off the Sunday finals at Henley 1991 by winning the Women's Senior Cox Four. Four rivals were not even close. From the left: the London-based oarswomen are: cox Whitney Sedgwick, stroke Hilary Samson, Allison Turner, Mara Maunder and Dayna Boichuk.

Welcoming Clubs – 1992 Henley

Five St. Catharines Rowing organizations combine this week in welcoming visitors to the 1992 Royal Canadian Henley Regatta, the 110th of these rowing championships and the 90th 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 Receptions Summer Rowing School, the St. Catharines Rowing Alumni, the St. Catharines Rowing League 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

Ken Campbell, President



Ridley Boat Club

Founded 1971

Chris Lloyd, President



Brock University Crew

Founded 1964

Terry White, President



Ridley College Crew

Founded 1967

Douglas Campbell, Headmaster



Canadian Henley Rowing Corp.

Founded 1971

Bill Schenck, President



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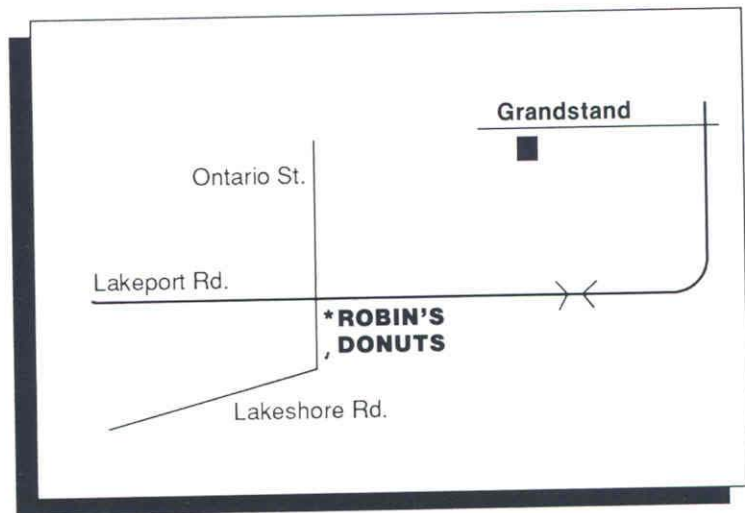
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Where Are They From?

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 towns.

CLUB	LOCATION	CLUB	LOCATION	CLUB	LOCATION
Argonaut RC	Toronto, Ontario	Hyde Park RA	Staatsburg, N.Y.	Placentia RC	Placentia, Nfld.
Academia Cubana Remo	Miami, Florida	Harvard U.	Cambridge	Potomac BC	Washington, D.C.
Aqueduct RC	Rexford, N.Y.	Hanover RC	Hanover, N.H.	Philadelphia Girls RC	Philadelphia, Ill.
Antares RC	Mexico City	Hartford Barge	East Hampton, Conn.	Purdue Crew	Lafayette, Ind.
Atlanta RC	Atlanta, GA.	Independence RC	Nashua, N.H.	Phillips Academy	Exeter, N.H.
Aurora RC	Aurora, ILL.	Iona College	New Rochelle, N.Y.	Pennsylvania, U. of	Philadelphia, Ill.
Austin RC	Austin, Texas	Ithaca College	Ithaca, N.Y.	Princeton U.	Princeton, N.J.
Alta Achter BC	Cambridge, Mass.	Indianapolis RC	Indianapolis	Pioneer Valley RA	Hartford, Conn.
Amoskeag RC	Manchester, N.H.	Itaewon RC	Cambridge, Mass.	Power Ten RC	New York City
Bachelors Barge	Philadelphia	Jacksonville RC	Jacksonville, Fla.	Queen's U.	Kingston, Ont.
Blood Street Sculls	Old Lyme, Conn.	Kingston RC	Kingston, Ont.	Quinte RC	Belleville, Ontario
Brock U.	St. Catharines, Ont.	Kenebecus RC	Rothsay, N.B.	Quinsigamond RA	Shrewsbury, Mass.
Brockville RC	Brockville, Ontario	Kansas State Crew	Manhattan, Kansas	Regina RC	Regina, Sask.
Big Five RC	Miami, Florida	Knoxville RC	Knoxville, Tenn.	Ridley Grad BC	St. Catharines, Ontario
Belmont RC	Arlington, Mass.	Kent School	Kent, Conn.	Remex RC	Jacksonville, Fla.
Brigantine RC	Absecon, N.J.	Kelowna RC	Kelowna, B.C.	Riverside BC	Cambridge, Mass.
Burnaby Lake AC	Burnaby, B.C.	King's Crown RA	New York City	Rochester RC	Rochester, N.Y.
Boucherville RC	Boucherville, Que.	Kitchener-Waterloo RC	Kitchener, Ont.	Rutgers U.	Piscataway, N.J.
British Columbia, U. of	Vancouver, B.C.	Kettle Cove BC	Woodstock, Ver.	Raritan Valley RA	Piscataway, N.J.
Boston RC	Boston, Mass.	Loyola Academy	Wilmette, Ill.	Rivanna RC	Charlottesville, W.V.
Baltimore RC	Baltimore, MD.	Long Beach RA	Long Beach, Cal.	River City RC	Sacramento, Cal.
Barnstable RC	Osterville, Mass.	Lake Washington TC	Seattle, Wash.	Rocky Mountain RC	Denver
Beaumont HS	Boston, Mass.	Lake Merritt RC	Oakland, Cal.	Rude and Smooth BC	Neshanic, N.J.
Better Motion RC	South Hadley, Mass.	Lincoln Park BC	Chicago, Ill.	Saratoga Springs RC	Saratoga Springs, N.Y.
Bay City RC	Bay City, Mich.	Lowell RC	Lowell, Mass.	San Diego RC	San Diego
Berkeley Crew	Berkeley, Cal.	Leander BC	Hamilton, Ontario	St. Catharines RC	St. Catharines, Ontario
California Yacht Club	Los Angeles, Cal.	Laval RC	Laval, Que.	Saskatoon RC	Saskatoon, Sask.
Cambridge RC	Cambridge, Ont.	London RC	London, Ont.	South Niagara RC	Welland, Ont.
Crescent BC	Philadelphia, Ill.	Lakeside RC	Mexico City	Syracuse Chargers	Liverpool, N.Y.
Calgary RC	Calgary, Alta.	Los Gatos RC	Los Gatos, Cal.	Schuykill Navy	Philadelphia
Cambridge BC	Cambridge, Mass.	Lehigh Valley RA	Easton, Penn.	Slo Oar RC	San Luis Obispo, Cal.
Cascadilla BC	Ithaca, N.Y.	Lower Merion RA	Ardmore, Penn.	Stanford Crew	Stanford, Cal.
Citadel Crew	Charleston, S.C.	Lookout RC	Chattanooga, Tenn.	St. John's RC	St. John's, Nfld.
Colgate RC	Hamilton, N.Y.	Los Angeles RA	Santa Monica, Cal.	St. Mary's College	Oakland, Cal.
College BC	Philadelphia, Ill.	Motley RC	Long Beach, Cal.	St. Mary's RC	Orchard Lake, Mich.
Chicago BC	Chicago, Ill.	Milwaukee RC	Milwaukee, Wisc.	Seattle RC	Seattle, Wash.
Cornell U.	Ithaca, N.Y.	Misery Bay RC	North East, Penn.	St. Louis RC	St. Louis, Mo.
Columbia U.	New York	Mic Mac RC	Dartmouth, N.S.	Santa Barbara RC	Solvang, Cal.
Capital RC	Washington, D.C.	Mendota RC	Madison, Wis.	Seneca RC	Ithaca, N.Y.
Chicago River AC	Chicago, Ill.	Minneapolis RC	Minneapolis, Minn.	Three Rivers RA	Pittsburgh
Cincinnati RC	Cincinnati, Ohio	Minnesota BC	St. Paul, Minn.	Thunder Bay RC	Thunder Bay, Ont.
Community Rowing Inc.	Cambridge, Mass	Montreal International	Montreal, Que.	Tampa RC	Tampa, Florida
Craftsbury SC	Chicago, Ill.	Minnesota, U. of	St. Paul, Minn.	Trinity College	Hartford, Conn.
Cuyahoga RA	Cleveland, Ohio	Malta BC	Philadelphia	Tilsonburg RC	Tilsonburg, Ont.
Compote RA	Philadelphia, Ill.	Mission Bay RC	San Diego, Cal.	Triton BC	Montville, N.J.
Columbia RC	Indianapolis, Ill.	Monash U.	Melbourne, Australia	Thames River Sculls	New London, Conn.
California, U. of	Irvine, Cal.	Melbourne YWCA	Melbourne, Australia	Topeka RA	Topeka, Kansas
Chelsea RC	Norwich, Conn.	Mercyhurst Crew	Erie, Pa.	Toledo RC	Toledo, Ohio
Dartmouth RC	Hanover, N.H.	Miami RC	Miami, Florida	Tulsa RC	Tulsa, Okla.
Detroit BC	Detroit, Mich.	Milwaukee RC	Milwaukee, Wis.	Undine Barge	Philadelphia, Ill.
Dalhousie RC	Dartmouth, N.S.	Middlesex Western RC	London, Ontario	U.S. Naval Academy	Annapolis, Ma.
Don RC	Mississauga	Merrimac River RA	Lowell, Mass.	Union BC	Boston, Ma.
Duluth RC	Duluth, Minn.	MIT Crew	Cambridge, Mass.	U.S. Coast Guard Academy	New London, Conn.
Durham BC	Durham, N.H.	Monongahela RA	Morgan Town, W.V.	University Barge	Philadelphia, Ill.
Drexel Crew	Philadelphia, Ill.	Michigan State U.	East Lansing, Mich.	U. of Mexico	Mexico City
Drake U. Crew	Des Moines, Iowa	North Star RC	Dartmouth, N.S.	Upicsa RC	Mexico City
Des Moines RC	Des Moines, Iowa	Northeastern U.	Boston, Mass.	Upper Merion BC	King of Prussia, Penn.
Dirty Dozen RC	Oakland, Cal.	New York AC	New York	Vesper BC	Philadelphia, Ill.
Edmonton RC	Edmonton, Alberta	Narragansett BC	Providence, R.I.	Viking RC	Ventnor City, N.J.
Ecorse BC	Ecorse, Mich.	New Rochelle RC	New Rochelle, N.Y.	Victoria City RC	Victoria, B.C.
Espana RC	Mexico City	New Haven RC	New Haven, Conn.	Victoria, U. of	Victoria, B.C.
Empire State RA	New Rochelle, N.Y.	Notre Dame RC	South Bend, Ind.	Vancouver RC	Vancouver, B.C.
Exeter BC	Exeter, N.H.	Nonesuch Crew	Scarborough, Maine	Villanova U.	Ambler, Penn.
Fairmount RA	Philadelphia, Ill.	Navesink River RA	Red Bank, N.J.	Virginia U.	Hampton, Va.
Fredericton RC	Fredericton, NB	Norwalk River RC	Norwalk, Conn.	Vassar RC	Hyde Park, N.Y.
Florida AC	Winter Park, Florida	North Hills RC	Allison Park, Penn.	Western Ontario, U. of	London, Ontario
Fordham RA	Bronx, N.Y.	New Orleans RC	New Orleans	Windsor Crew	Windsor, Ontario
Flats RC	Cleveland, Ohio	Orlando RC	Winter Park, Fla.	Winnipeg RC	Winnipeg, Man.
Flint RC	Flint, Mich.	Oneida RC	Burlington, N.J.	West Side RC	Buffalo, N.Y.
Fremont RC	Fremont, Cal.	Ottawa RC	Ottawa, Ont.	Woodstock RC	Woodstock, Ontario
Green Lake Crew	Seattle, Wash.	Ohio Valley RC	Parkersburg, W.V.	Wichita RA	Wichita, Kansas
Golden Bear RC	Berkeley, Cal.	Old Dominion BC	Alexandria, Va.	Wyandotte BC	Wyandotte, Mich.
Grand Valley Crew	Allendale, Mich.	Oakland Strokes	Lafayette, Cal.	Worcester RC	Worcester, Mass.
Greater Columbus RC	Columbus, Ohio	Occoquan BC	Springfield, W.V.	Wilmington RC	Hockessin, Del.
Georgian Bay RC	Midland, Ont.	Ohio State U.	Columbus, Ohio	Woodlands RC	Woodlands, Texas
Genesee RC		Portland RC	Portland, Ore.	Wide Load BC	Falmouth, Maine
Grand Rapids RC	Grand Rapids, Mich.	Peterborough RC	Peterborough, Ont.	Yankee RC	Amherst, Mass.
Hanlan BC	Toronto, Ontario	Palm Beach RA	West Palm Beach, Fla.	Yale Crew	New Haven, Conn.
Holy Cross College	Providence	Penn AC	Philadelphia	Zlac RC	San Diego, Cal.

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Mark Lowery, executive manager for Canadian rowing, presents Andrei Kostigov and Vladimir Hyatshiv of Club Kuban-Sedir with their gold medals after the two Russian scullers handily won the Elite Double at Henley 1991. Entries from Philadelphia Undine and Hamilton Leanders completed the field, finished open water back of the Soviet entry. They are the first Russian entry at Henley.

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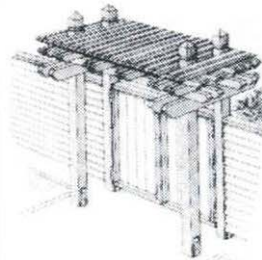
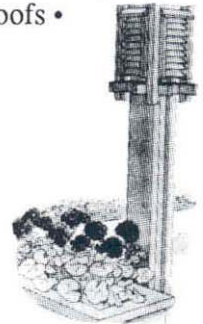
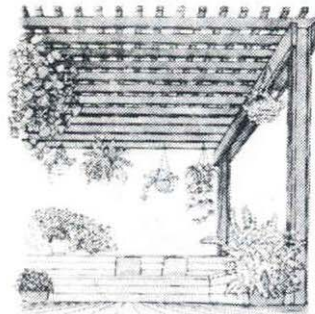
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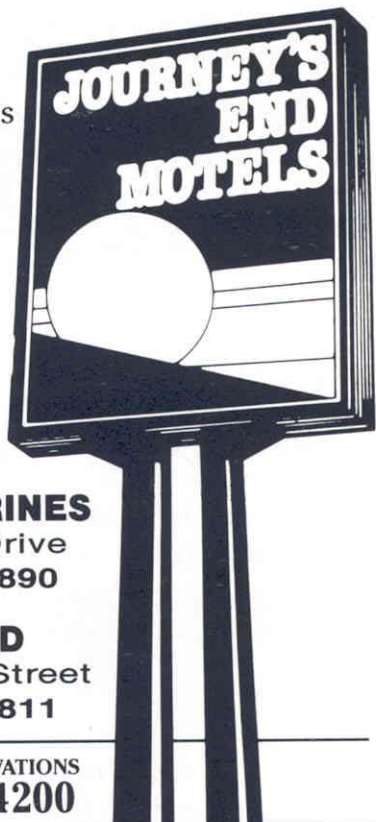
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HANLAN EIGHT CHAMPIONS - 1991

The margin was only six feet, but it was enough as this Calgary Rowing Club crew beat off a late challenge by Penn AC of Philadelphia in the Championship Eight at Henley 1991. Two other Penn boats completed the field, Calgary leading from start to finish. Getting acquainted with the famed Ned Hanlan Memorial Trophy following their win, the happy Calgary crew is: Stroke Kelly Knox, Bob Hutchison, cox Karen Hall, Malcolm Allan, Thomas Schaefer, Andrew Subach, James Bell, Mike Bryden and Pat Bryden.

St. Catharines Rowing Alumni Association

Clubhouse Activities of Henley Week

Tuesday, August 4th	6 p.m. - 1 a.m.	Opening Ceremonies
Wednesday, August 5th	4 p.m. - 12 a.m.	Clubhouse Open
Thursday, August 6th	4 p.m. - 12 a.m.	Clubhouse Open
Friday, August 7th	12 noon - 12 a.m.	Clubhouse Open
Saturday, August 8th	12 noon - 12 a.m.	Clubhouse Open
Sunday, August 9th	12 noon - 7 p.m.	Clubhouse Open

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** Saturday Evening is restricted to athletes and officials.*

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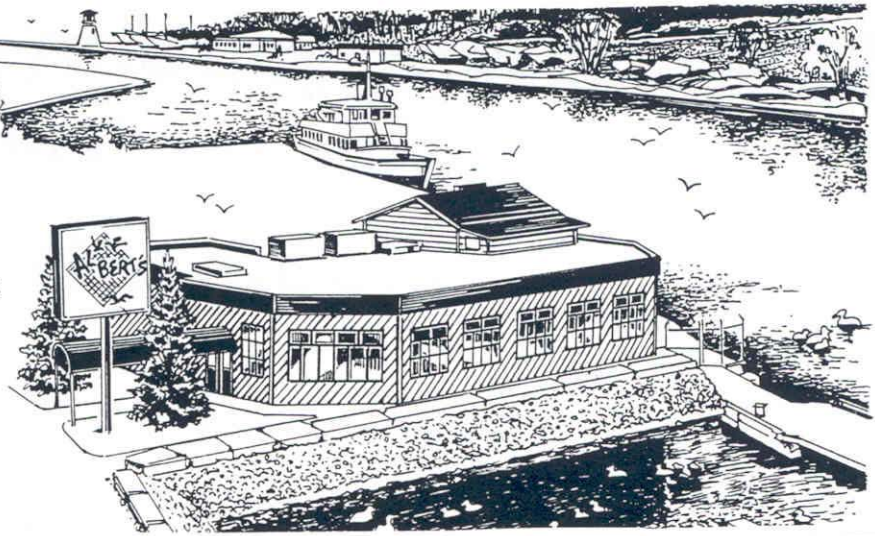
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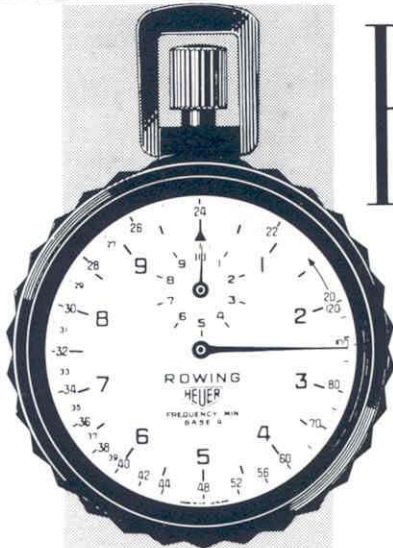
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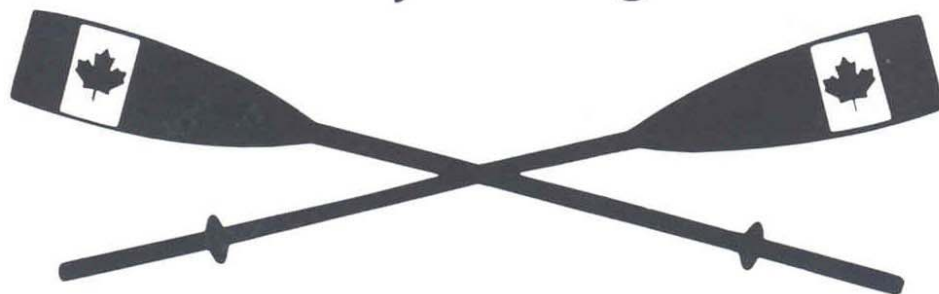


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DOUBLE GOLDS FOR MURPHY

John Murphy, the veteran St. Catharines RC lightweight sculler, had himself quite a Saturday afternoon at Henley 1991. He won both the Association Single and the 155-Pound Singles Dash. Here, he holds the Jack Guest Memorial Trophy after leaving five challengers three lengths back to win the Association, Henley's No. 2 sculling event. In the dash, two hours later, Murphy had three feet on Kevin Bedell of Occoquan Scullers at the line.

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VICTORIA GALS EIGHT-OARED CHAMPIONS

A half-length was the margin in the Women's Senior Eight at Henley 1991 as this crew beat off three challengers to win by half a length going away. The St. Catharines RC juniors were second with Cincinnatti and Philadelphia Vespers completing the field. The winning uVic boat was Lara Butterworth, Tara Hastings, Annette Thingstead, Lana Taves, Juliette Kamper, Paula Hale, Kristen Meisner, stroke Meagan Andrews and cox Kim Calder.



CINCI CAMP CREW CELEBRATES

Cincinnati RC boated this strong National camp crew for last year's Henley, handily winning the Women's Intermediate Eight Final against five rivals. The winning time was 6:52.54 for a half-length margin on the University of New Hampshire with Vancouver, St. Catharines, Riverside and Ottawa completing the field. The winners are Sylvia King, Shannon Lipsy, Holly Krapp, Leslie Biggs, Louisa Edgerly, Susie Lueck, stroke Diane Lueck and cox Vicci Horan.



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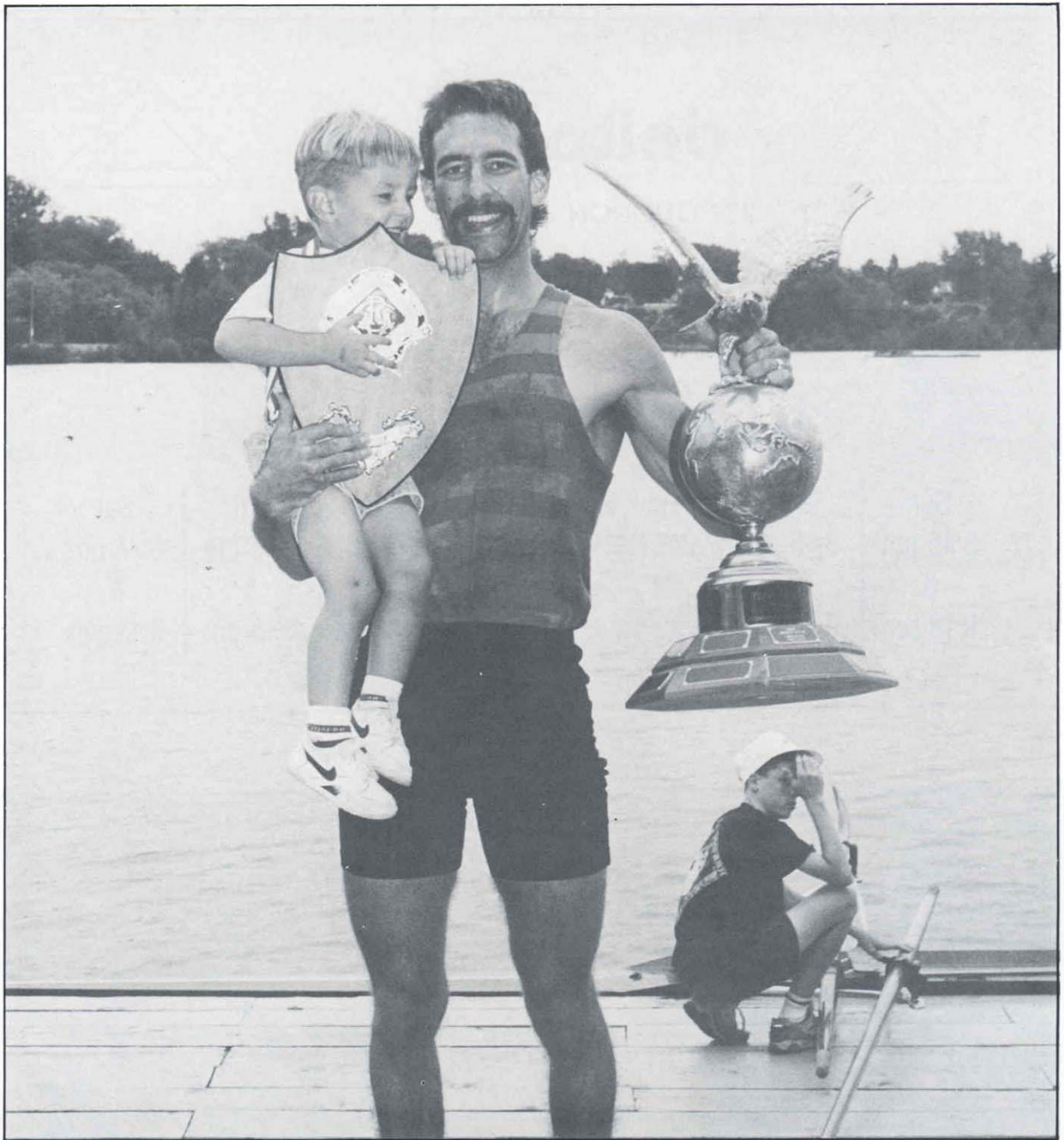
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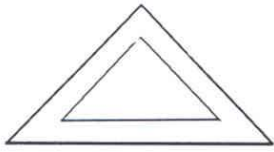
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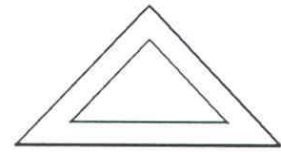
A FAMILY CELEBRATION

Dave Boyes, a veteran St. Catharines RC lightweight oarsman, turned to sculling last Henley and picked up the Intermediate 155-Pound Single, much to the delight of his young son, Dylan, sharing the victory podium with his father and the Theo Dubois Trophy. Boyes clocked 7:49.67 in winning the medal final by a deck over his former clubmate, Ryan Tierney of the Cambridge (Ontario) RC. Todd Green of the New York AC wound up third.

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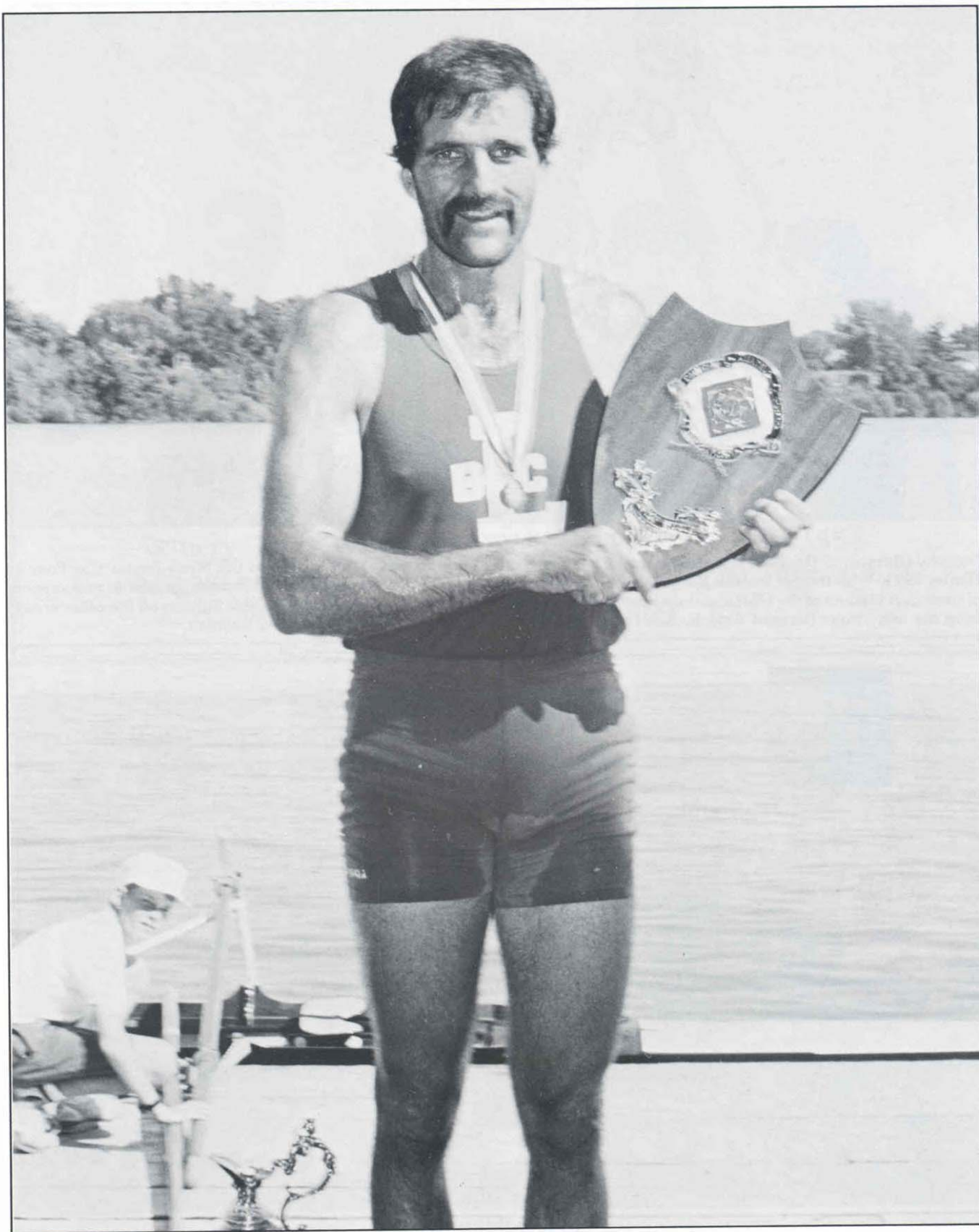
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EVENT 81 CHAMPIONSHIP SINGLE MEL LAFORME 1991

A veteran of both sweep oar and sculling, and a Worlds gold medalist at that, Mel LaForme of Hamilton Leanders won Henley's most important singles final at the 1991 regatta. We wound up three lengths in front of his nearest rival in the four-boat field with a time of 7:20.99 to win the Championship Single.

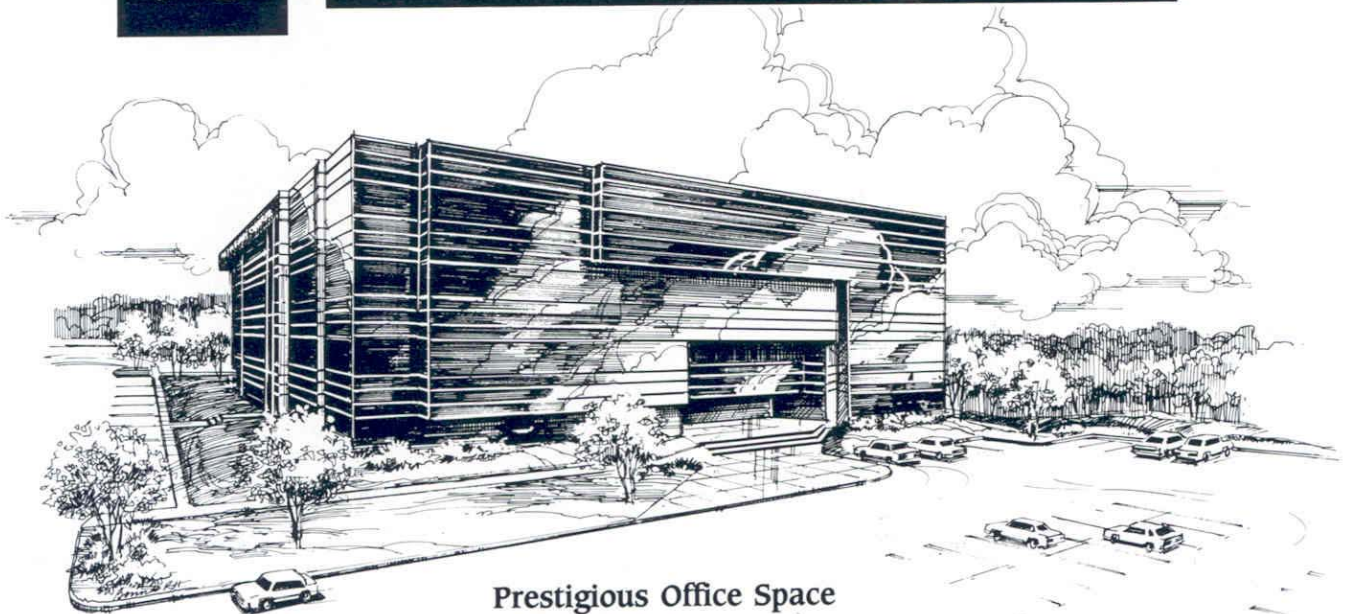


SENIOR COX FOUR CHAMPIONS

Dorothy (Burgoyne) Doolittle joins this happy Cincinnatti crew in celebrating their victory in the Men's Senior Cox Four at Henley 1991. With it went the Bill Burgoyne Trophy, struck in tribute to the late Standard publisher's interest in and support of rowing. A product of the USRA national camp program, this Cincinnatti boat clocked 6:22.32 in fighting off five other crews, from the left: stroke Bernard Welsch, Ron Long, cox Mike Chudzik, Clay Roscoe and Tyrel Bennion.

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THEIR DASH WAS THE FASTEST

It took a photo finish to unscramble the Women's Eights Dash with this smiling crew of Intermediates coming through against five strong rivals. The St. Catharines RC girls edged Cincinnatti, Toronto Argonauts, University of Victoria, Peterborough and Philadelphia Vespers. From the left, they are: Michelle Adriennes, Deanna Ziraldo, Twyla Watering, Kristen Bridges, April Hurst, Kari Elmes, Erin Crawford, stroke Danielle Guertin and cox Linda Defelice.

1992 HENLE

WEDNESDAY, AUGUST 5
(HEATS FOR THURSDAY FINALS)

THURSDAY, AUGUST 6

1	4:10 p.m.	Open 115 lb. Women Four Cox	
2	4:20 p.m.	Intermediate Women Single	
3	4:30 p.m.	Intermediate 155 lb. Pair	
4	4:40 p.m.	Intermediate 155 lb. Single	Theo. Dubois Trophy
5	4:50 p.m.	Intermediate Women Pair	
6	5:00 p.m.	Intermediate Lwt. Women Single	
7	5:10 p.m.	Intermediate Four Cox	Al Ward Memorial Trophy
8	5:20 p.m.	Intermediate 145 lb. Single	R.G. (Bob) Dibble Memorial Trophy
9	5:30 p.m.	Intermediate Lwt. Women Four	
10	5:40 p.m.	Intermediate Single	A.G. Muir Challenge Cup
11	5:50 p.m.	Intermediate 140 lb. Four	
12	6:00 p.m.	Intermediate Lwt. Women Pair	
13	6:10 p.m.	Intermediate 155 lb. Four Cox	Cookson Trophy
14	6:20 p.m.	Intermediate Lwt. Women Quad	
15	6:30 p.m.	Intermediate Women Four	

FRIDAY, AUGUST 7

16	4:20 p.m.	Intermediate Let. Women Four Cox	
17	4:30 p.m.	Intermediate Women Double	
18	4:40 p.m.	Intermediate Pair	Bennett Hogan Trophy
19	4:50 p.m.	Intermediate 155 lb. Double	Thomas Croston Trophy
20	5:00 p.m.	Intermediate Women Four Cox	
21	5:10 p.m.	Intermediate Lwt. Women Double	
22	5:20 p.m.	Intermediate 155lb. Four	Paddy Cline Trophy
23	5:30 p.m.	Intermediate 140 lb. Four Cox	
24	5:40 p.m.	Intermediate Four	Nelles Stacey Memorial Trophy
25	5:50 p.m.	Intermediate Double	Fry and Thoburn Trophy
26	6:00 p.m.	Intermediate Women Quad	
27	6:10 p.m.	Intermediate Lwt. Women Eight	Arthur Sims, Memorial Trophy
28	6:20 p.m.	Intermediate 155 lb. Quad	Ken Stewart Trophy

SATURDAY, AUGUST 8

29E	1:50 p.m.	Elite Women Eight	
30E	2:00 p.m.	Elite Four Cox	
31	2:10 p.m.	Senior 140 lb. Four	W.G. (Bill) Crawford Memorial Trophy
32	2:20 p.m.	Senior 155 lb. Quad.	T. Edison Lane Memorial Trophy
33	2:30 p.m.	Association Single	Jack Guest Memorial Trophy
34	2:40 p.m.	Intermediate 155 lb. Eight	Florence Saunders Trophy
35	2:50 p.m.	Intermediate Eight	Wyandotte Trophy
36	3:00 p.m.	Senior Women Quad.	Margaret Gare Trophy
37	3:10 p.m.	Intermediate Women Eight	Brock University Trophy
38	3:20 p.m.	Intermediate Quad.	Charles Hooper Memorial Trophy
39	3:40 p.m.	500 Metre Dash Single Open	Murphy Bros. Trophy
40	3:50 p.m.	500 Metre Dash Eight	Don Thom Trophy
41	4:00 p.m.	500 Metre Dash 145 lb. Single	
42	4:10 p.m.	500 Metre Dash Women Eight	
43	4:20 p.m.	500 Metre Dash Women Single	Marie-Lyne Rochon Memorial Trophy
44	4:30 p.m.	500 Metre Dash Lwt. Men Eight	Ralph Gifford Memorial Trophy
45	4:40 p.m.	500 Metre Dash 155 lb. Single	Cornelius Memorial Trophy
46	4:50 p.m.	500 Metre Dash Lwt. Women Eight	
47E		Elite Pair	
48E		Elite Double	
49E		Elite Women Four	
50E		Elite Lwt. Women Eight	
51E		Elite Women Single	
52E		Elite Lwt. Single	
53E		Elite Lwt. Women Four	
54E		Elite Lwt. Double	
55E		Elite Single	
56E		Elite Eight	
57E		Elite Women Pair	
58E		Elite Lwt. Women Single	
59E		Elite Double	
60E		Elite Lwt. Women Double	
61E		Elite Lwt. Four	

Y PROGRAM

SUNDAY, AUGUST 9 (CLAUDE "SANDY" SAUNDERS DAY)

62	12:20 p.m.	Senior Women Four Cox	Eddie Durnan Trophy
63	12:30 p.m.	Senior Four	Maurice J. Carroll Trophy
64	12:40 p.m.	Senior Lwt. Women Four	
65	12:50 p.m.	Senior 155 lb. Pair	L.J. Murray Memorial Trophy
66	1:00 p.m.	Senior 135 lb. Single	John Dorr Trophy
67	1:10 p.m.	Senior 155 lb. Double	Stu Fleming Memorial Trophy
68	1:20 p.m.	Senior Lwt. Women Single	Sandy Kirby Trophy
69	1:30 p.m.	Senior 140 lb. Pair	Thomas G. Gannon Memorial Trophy
70	1:40 p.m.	Senior Women Single	Lady Henley Trophy
71	1:50 p.m.	Senior Lwt. Women Pair	
72	2:00 p.m.	Senior Women Four	
73	2:10 p.m.	Senior 140 lb. Double	Tank Bros. Trophy
74	2:20 p.m.	Senior Pair	William Hamilton Merritt Trophy
75	2:30 p.m.	Senior 155 lb. Four	Fred Carter Memorial Trophy
76	2:40 p.m.	Senior Women Pair	Henley Island Helpers Prestige Trophy
77	2:50 p.m.	Senior 140 lb. Four Cox	F.F. (Ted) Nelson Trophy
78	3:00 p.m.	Senior Double	Hop Bitters Trophy
79	3:10 p.m.	Senior Lwt. Women Eight	People of Pt. Dalhousie Trophy
80	3:20 p.m.	Senior 155 lb. Four Cox	Rodger Sellars Trophy
81	3:30 p.m.	Senior 145 lb. Single	Michael J. Broderick Memorial Trophy
82	3:40 p.m.	Senior Lwt. Women Double	Fred Lock Trophy
83	3:50 p.m.	Senior Four Cox	W. Burgoyne Memorial Trophy
84	4:00 p.m.	Champion Single	George Frederick Galt Trophy
85	4:10 p.m.	Senior 155 lb. Single	Claude (Sandy) Saunders Trophy
86	4:20 p.m.	Senior Women Double	Perry Ellis Trophy
87	4:30 p.m.	Senior 155 lb. Eight	Joseph Wright Memorial Trophy
88	4:40 p.m.	Senior Lwt. Women Four Cox	
89	4:50 p.m.	Senior 140 lb. Eight	Geoffrey Taylor Trophy
90	5:00 p.m.	Senior Quad.	Charles Adams Trophy
91	5:10 p.m.	Senior Women Eight	Presidents Cup
92	5:20 p.m.	Senior Eight	Ned Hanlan Memorial Trophy

MASTERS EVENTS

Sunday morning at the 110th Royal Canadian Henley Regatta is devoted to Masters Events, the racing scheduled to get underway 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.

Masters Categories

A—27 years and over; B—36 years and over; C—43 years and over; D—50 years and over; E—55 years and over; F—60 years and over; G—65 years and over.

CATEGORY

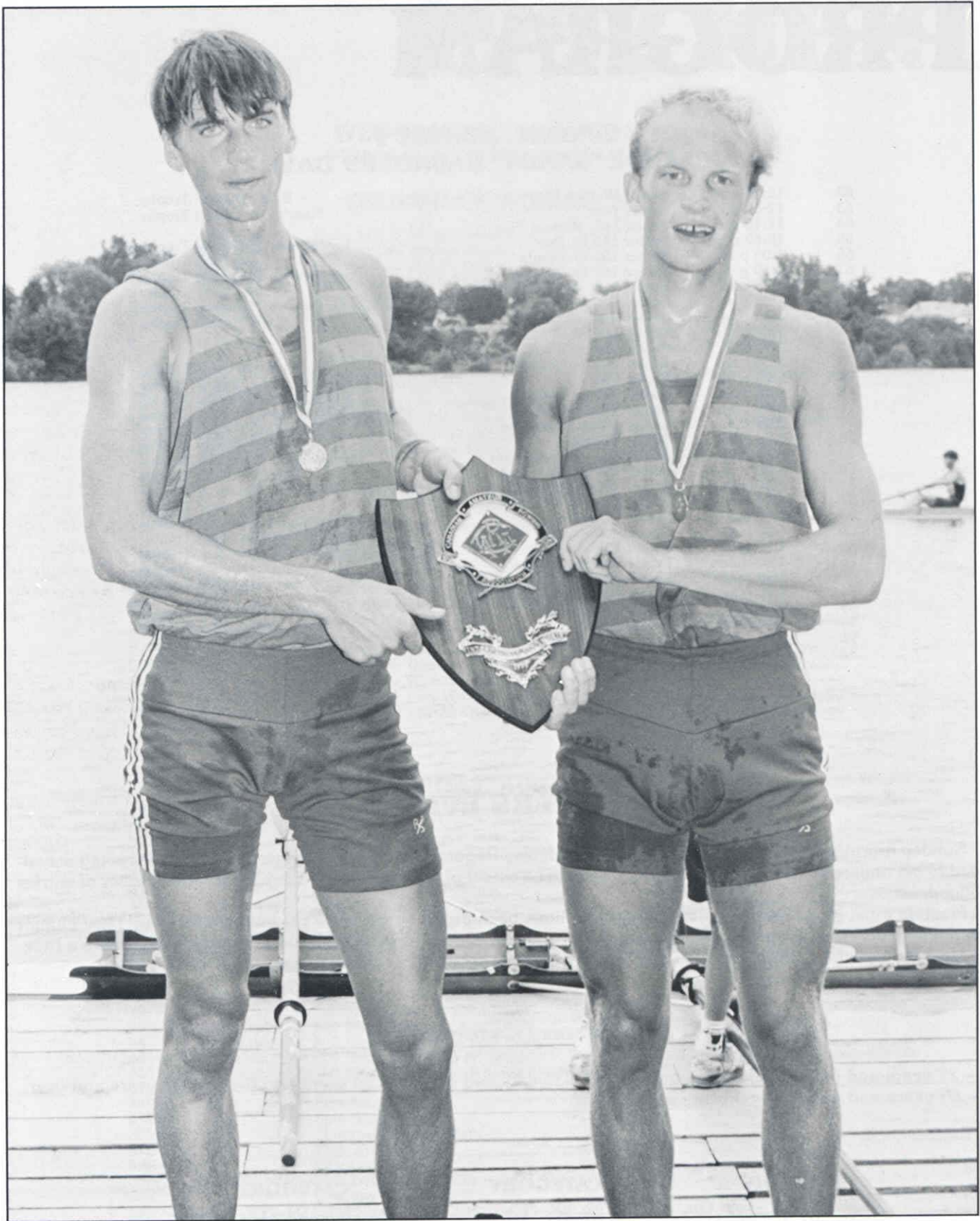
No. 1M—"A"—Four Cox
No. 2M—"C"—Double
No. 3M—"B"—Single
No. 4W—"A-G"—Women Double
No. 5M—"C"—Four Cox
No. 6M—"E"—Double
No. 7M—"D"—Single

CATEGORY

No. 8M—"E"—Four Cox
No. 9M—"B"—Double
No. 10M—"F-G"—Single
No. 11M—"B"—Four Cox
No. 12M—"D"—Double
No. 13W—"A-G"—Women Single
Now. 14M—"D"—Four Cox

CATEGORY

No. 15M—"F-G"—Double
No. 16M—"A"—Single
No. 17M—"F-G"—Four Cox
No. 18M—"C"—Single
No. 19W—"A-G"—Women Four Cox
No. 20M—"A"—Double
No. 21M—"E"—Single



AND BY OPEN WATER

Matt Schmidlin and Geoff Johns of the St. Catharines Rowing Club display their championship plaque after winning the Intermediate 155-Pound Pair by two lengths at Henley 1991. Clocked in 7:32.15 they beat off strong challenges by entries from Bachelors Barge, Fredericton, Baltimore and Thunder Bay to win their Henley final.

THE HENLEY BRIDGE

A Co-operative Effort!

The cost was more than \$80,000... a major expense our sport could ill afford. However, the St. Catharines rowing community rallied to the cause and Henley Island has a refurbished bridge.

Raising that amount of money proved to be an exercise in co-operation. Each of the St. Catharines organizations making Henley Island their headquarters joined in financing the project, made necessary when an engineering survey last fall revealed the bridge had deteriorated to the point of becoming dangerous.

The refurbishing was pulled together by the Canadian Henley Rowing Corporation, the St. Catharines group responsible for facilities along the Henley Course. CHRC president Bill Schenk led the charge along with Bill Donegan, one of his vice-presidents who took on the responsibility of the project.

Within a few weeks, the necessary funds had been pledged and preliminary construction began with the signing of contracts. A six-week "time window" was selected so as to cause the least disruption to the Spring 1992 training schedule.

With the St. Catharines Rowing Alumni Association showing the way with \$30,000 and the St. Catharines Rowing Club pledging \$20,000, the III Worlds Fund and Henley Island Helpers each added \$10,000 while Ridley College and the Ridley Graduate Boat Club came up with \$5,000 a piece. A co-operative effort all round.

Originally built to carry Lakeshore Road over Four Mile Creek in rural Niagara Township, the bridge was acquired by the Henley Aquatic Association in 1958 when Henley Island was designated as a future base for St. Catharines rowing.

With volunteer labour and generous community support, the steel superstructure was floated on a barge to Port Dalhousie and into Martindale Pond to its present position on the west bank of the waterway. Wood pilings and backfill provided the base and heavy timbers the deck.

The bridge was strengthened in 1966 in preparation for the increased load factors anticipated during subsequent dredging of the course and construction of the shellhouse complex on Henley Island. Timber bulkheads were replaced with concrete abutments and steel pilings while the wood deck was paved.

In 1981, another engineering survey resulted in a major refurbishing of the bridge. It involved removal of the asphalt paving, replacement of the deck timbers, painting all exposed steel, casting new concrete beams on top of concrete abutments and repairs to all horizontal bracing.

Aside from periodic efforts to eliminate loose deck noise on the structure, no major changes have been made to the bridge in recent years. However, safety checks have been carried out regularly at the site.

As a result of some minor problems late last year, the St. Catharines engineering firm of Sandwell Inc. was hired to conduct a thorough inspection of the structure. And it is because of these findings that the Canadian Henley Rowing Corporation decided to replace the bridge surface and strengthen supporting structures before the 1992 rowing season.

And as they say, the rest is history. Hugh Cole Construction of St. Catharines completed the work on schedule. The crews were back on the water on time. The Alumni reopened its doors as planned.

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 a spot 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 to 30 inch, depending on rigging of crew and size and strength of oarsmen. Blades are painted in club colours.

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 eight-oared crews or singles.

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

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 board or equipment; breakage during first 10 seconds 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 on a racing shell.

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. Denis Oswald of 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.

GERMAN BLADE - A colloquial term use 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 - One mile, 550 yards, 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 135, 140 and 155 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 take 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 one 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 Georch 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 a 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. The can be removed.

RUDDER ROPES - Lines connecting wings on top of rudder 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.

SCHOENBROD - A shell produced by the Schoenbrod U.S.A. Boat Builders of Biddeford, Maine, U.S.A.

SCULL - Smaller counter part of sweep oar 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 or 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 the 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 the boards protruding from the gates proper and grasp the stems 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.

STROKE - 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.

VESPOLI - A shell produced by Vespoli U.S.A. of New Haven, Conn., U.S.A.

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 who weigh under the minimum.

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.

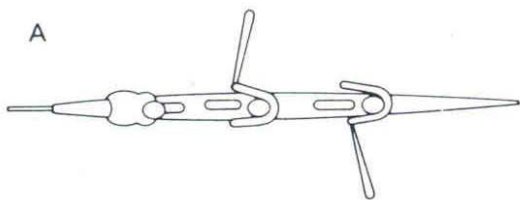
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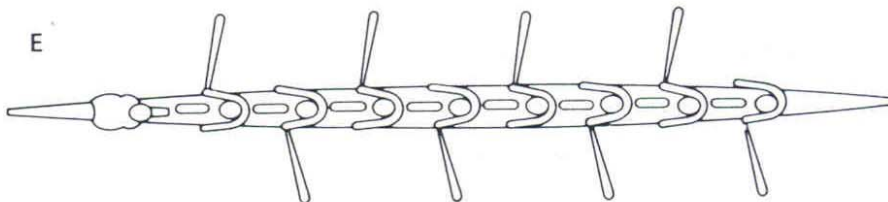


ROWING'S SHELL GAME



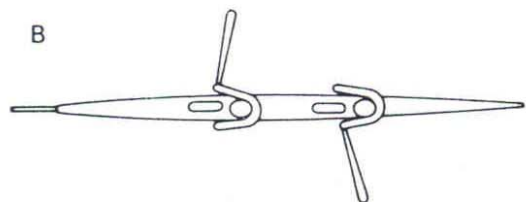
COX PAIR

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.



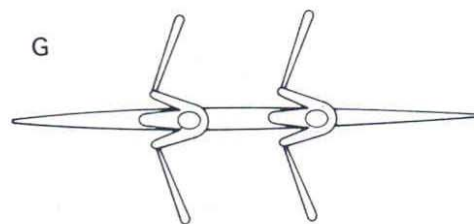
EIGHT

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



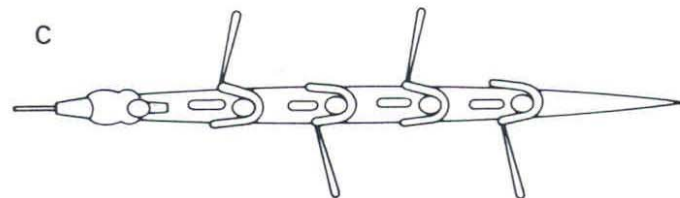
PAIR

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



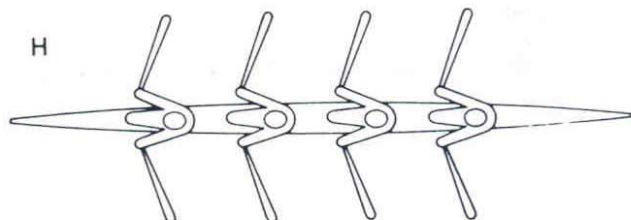
DOUBLE

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



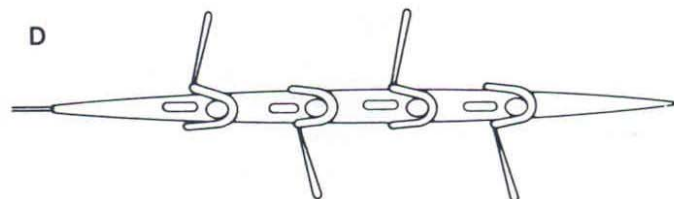
COX FOUR

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



QUAD

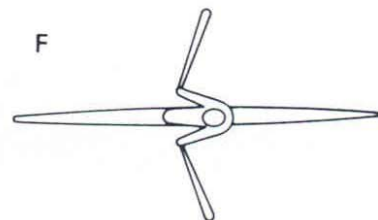
A shell in which four sculler row, each using a pair of oars or sculls.



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.



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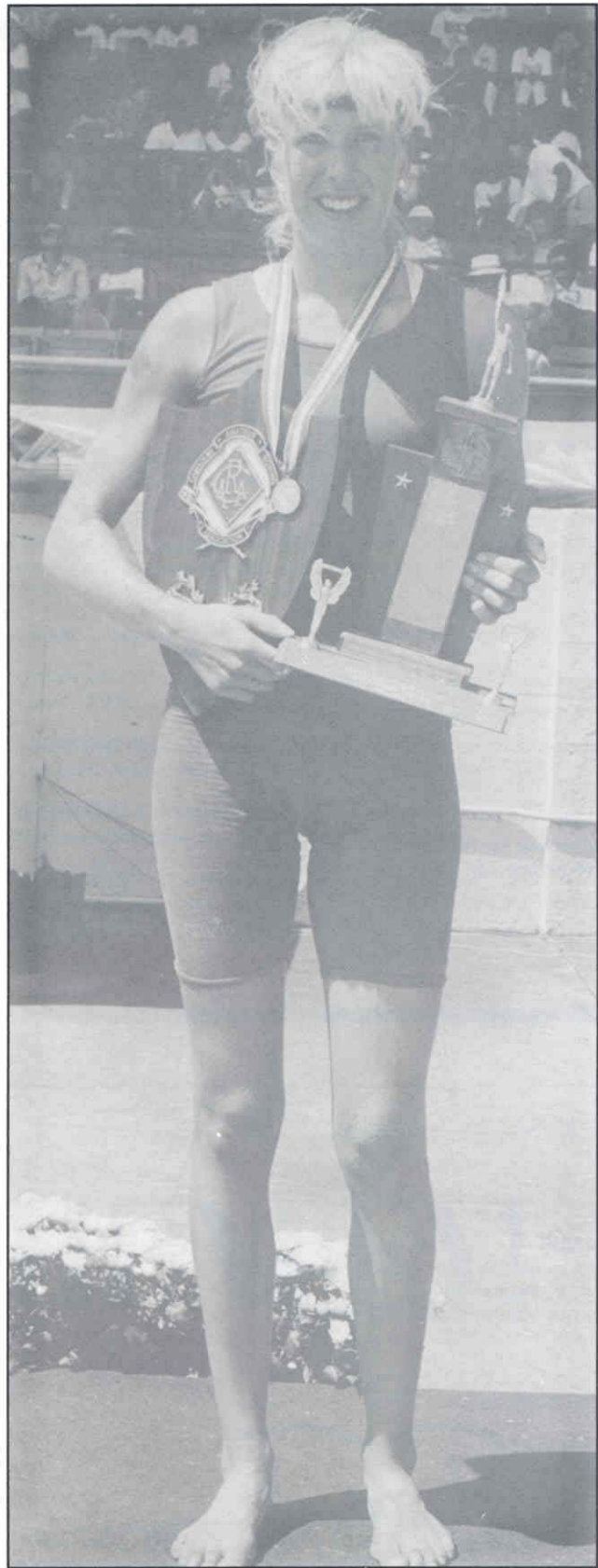
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MONTREAL SCULLER SHINES

Lisa Carey of the Montreal RC beat off strong challenges by five rivals in the Women's Senior Lightweight Single final at Henley 1991. Her winning time was 8:06.16 into a slight headwind.



SUNNY SUNDAY SUCCESS

Iain McMilland and Glen Burston of the St. Catharines Rowing Club clutch the John L. Murray Memorial Trophy after winning the Senior 155-Pound Pair at Henley 1991. The two veteran lightweights clocked 6:59.43 in besting five rivals down a sun-dappled Henley Course.

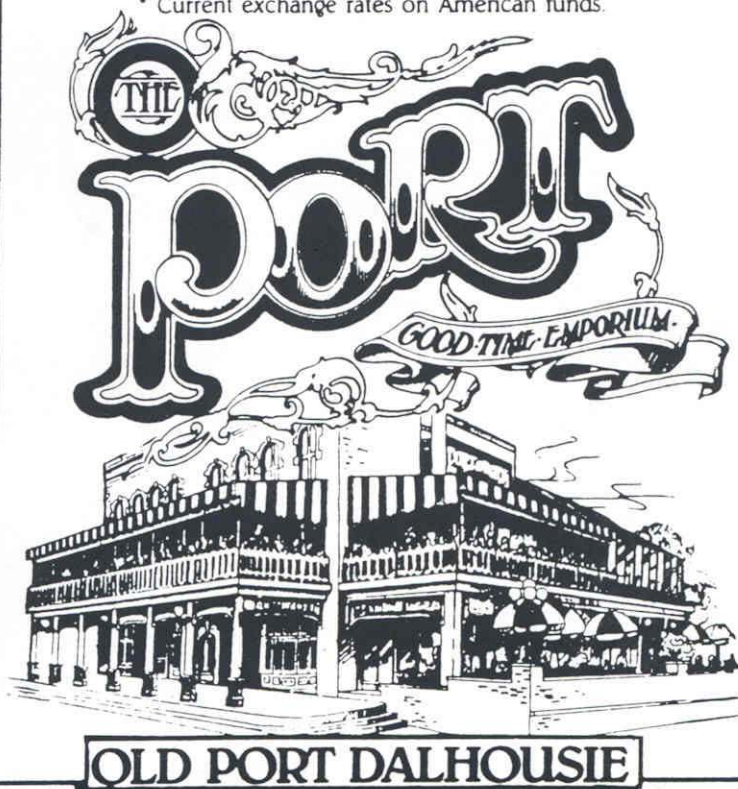
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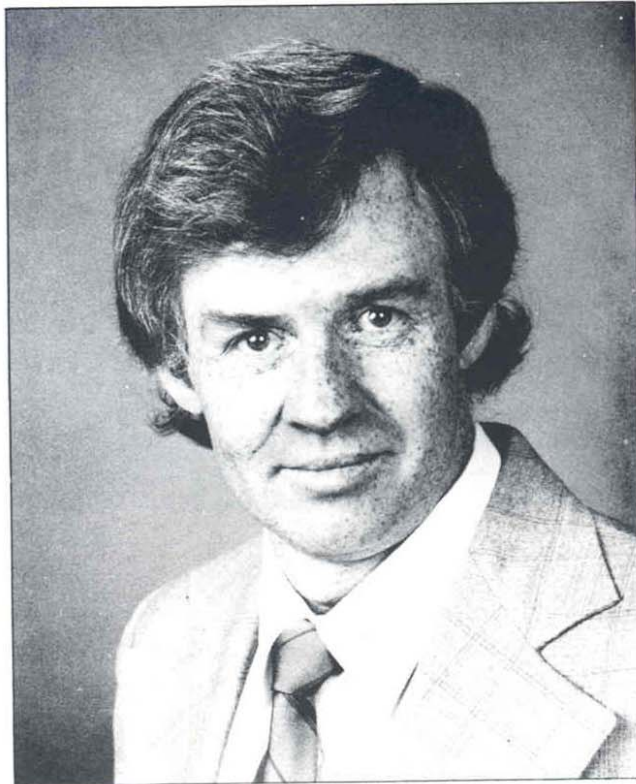


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BIG DAY FOR THE DREHERS

Steve Peterson and Bob Dreher won the Senior Double at Henley 1991, but it was only part of the overall Durham Boat Club show. And Dreher took four of Durham's five gold medals. He joined Jay Feehan in winning the Senior 155-Pound Double and brother Michael for the Senior 140-Pound Double. The Peterson-Dreher combination; 1990 Worlds champs, were out and away early in their Henley final, clocking 7:07.16 over five rivals.



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ST. CATHARINES 140-POUNDERS COME THROUGH

St. Catharines RC continued to dominate 140-pound rowing at Henley 1991 when this noisy boatload of lightweights took the Senior 140-Pound Eight, just two hours after four of their number captured the Senior 140-Pound Cox Four. The eight-oared champions celebrate as David MacTavish, Al Ingraham, Peter Goodwin, Kris Barker, Jim Schinkel, Graham Speck, Jamie Cox, stroke Tyler Barnett and cox Becky Dileo after a six-inch edge on Laval BC at the line. The winning four rowed as MacTavish, Speck, Jamie Coy, Barnett and Dileo.

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ARGONAUT GIRLS CELEBRATE WIN

Toronto Argonauts were the best of a four-boat field in the Women's Senior Lightweight Eight at Henley 1991. They jumped out early and led Riverside, St. Catharines and Vancouver from the start. The Toronto crew is, left to right: Gayle Cherry, Nancy Spotton, Heather Beaumont, Toni Pinkerton, Pam Plant, Kate Cochran, Tracey Black, stroke Norma Wilkie and cox Francine Raymond.



Did you know that the

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- Donated 24 Fiberglass Oars
- Have purchased 13 shells and 1 fiberglass training barge
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- Helped equip the St. Catharines Rowing Alumni Clubhouse
- Donated \$500 to Buffalo West Side Building Fund
- Donated 7 Trophies and Keeper Trophies
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- Donated to Tony Zasada Memorial \$100.00
- Paid for the cost of re-wiring the Shell House.
- Donated \$1,000 towards the purchase of needed tools, nuts and bolts, to repair and up-keep Rowing equipment.
- Donated \$2,000 towards the building of a Switchboard Room for C.H.R.C., and
- Given \$2,000 towards the purchase of Sweep Oars (approximately 8 oars)
- Donated \$10,000 towards Bridge Fund
- Donated \$100.00 to Kristen French Bursery Fund

Senior Women's Pair Henley Island Helpers Prestige Trophy

Senior Women's Single Henley Island Helpers "Lady Henley" Trophy

Senior Women's Eight Henley Island Helpers President's Trophy

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THE NAME'S THE SAME

Tony Biernacki Jr., son of the veteran sculler of the same name, wound up on top of the tough Men's Intermediate Single at Henley 1991. Winning in 7:24.17 over five other finalists, the Ridley Boat Club sculler's biggest challenge came from Cedric Burgers of Vancouver who finished second. That's the A.G. Muir Challenge Cup.



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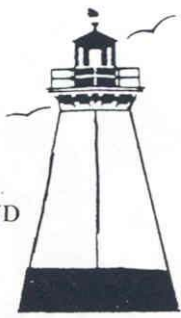
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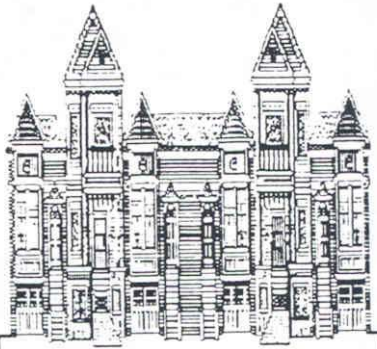
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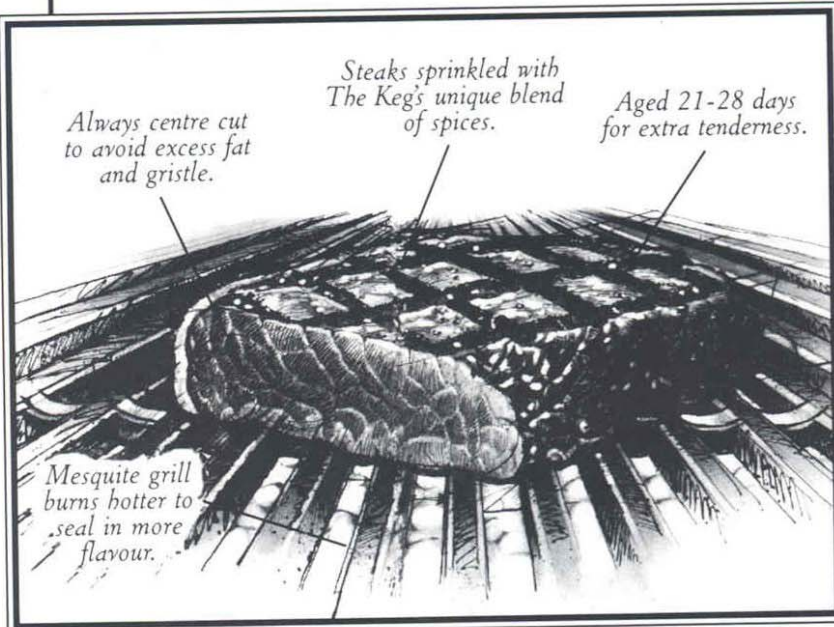
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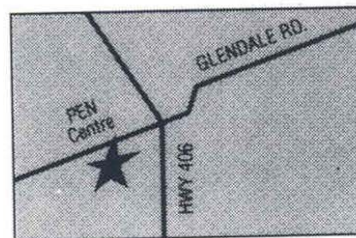
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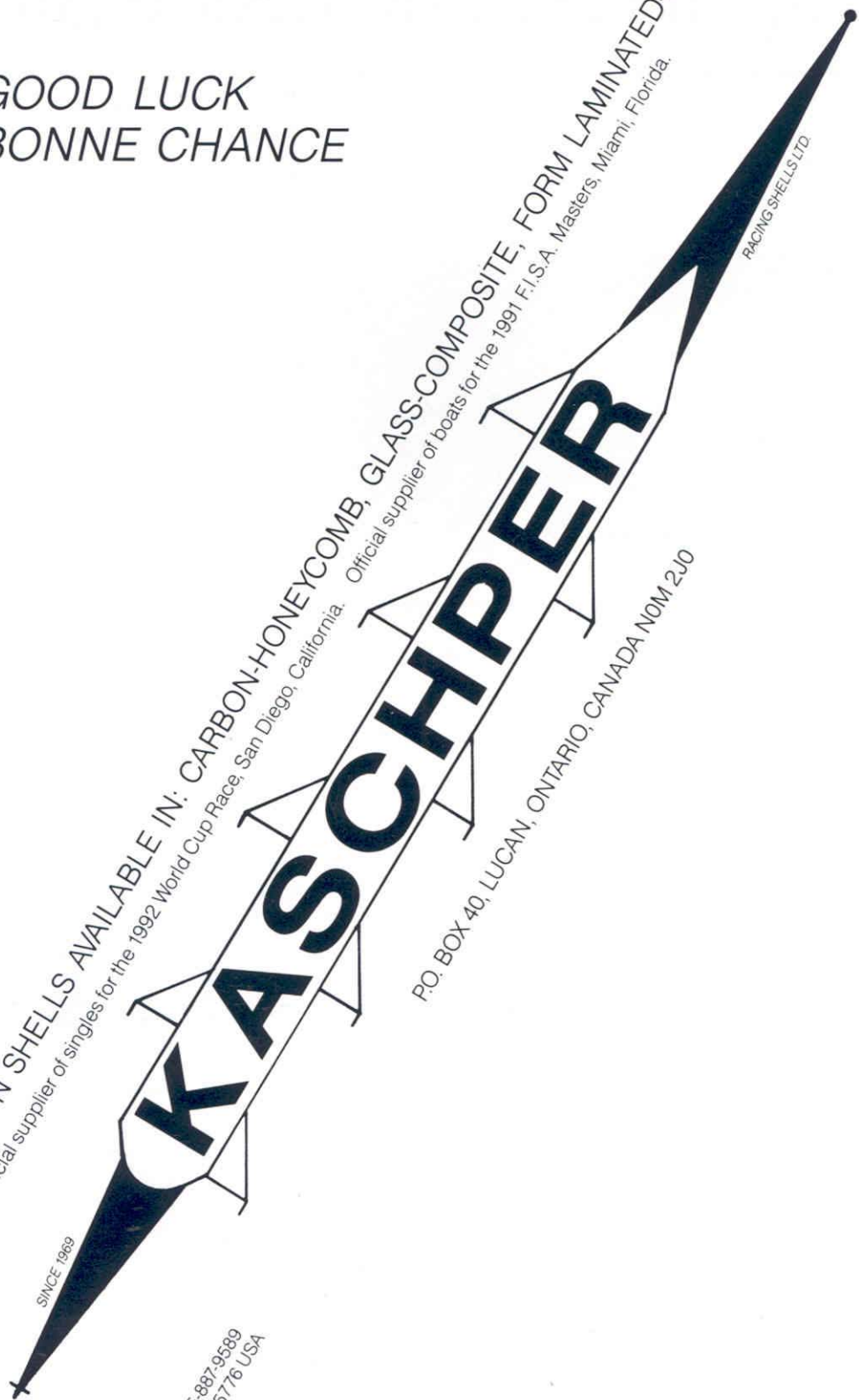


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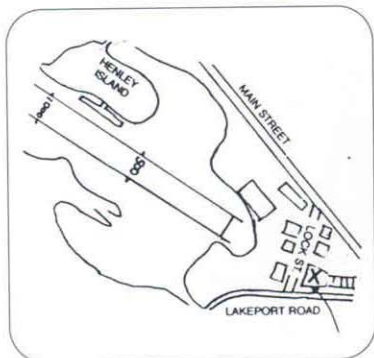
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The margin was close, but these St. Catharines RC lightweights got their bow across the line first, defeating five rivals with a 1:31.90 clocking and the Lightweight Eights Dash at Henley 1991. Coxed and coached by Pat Newman (on the right), they rowed as Chris Davidson, Bill Donegan, Ken Cairns, Ken Beatty, Nathan Hunt, Carl Kota, Iain McMillan and stroke Glen Burston.

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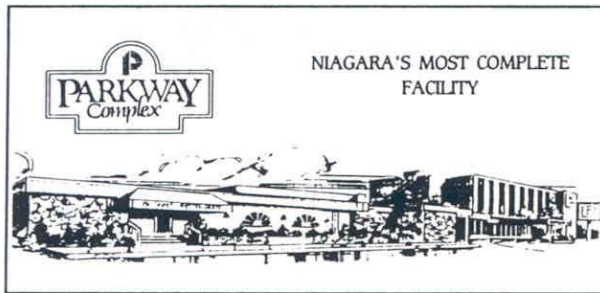
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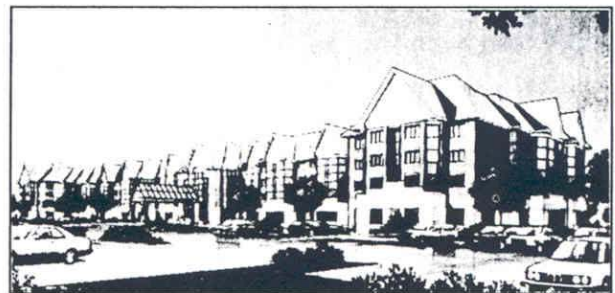


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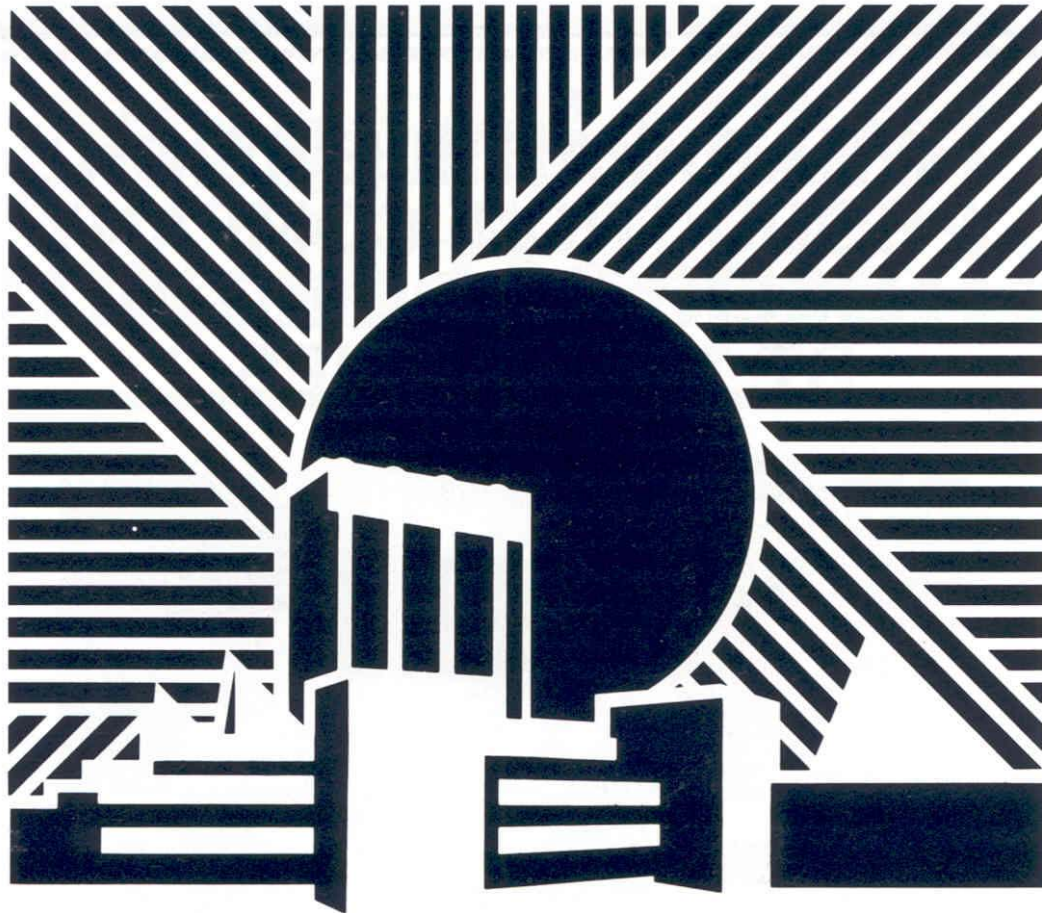
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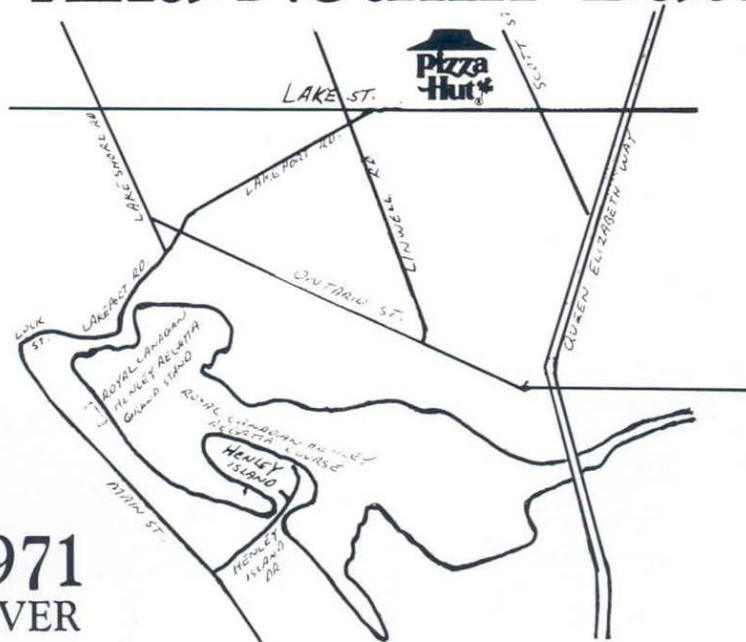
The Schmon Tower dominates Brock University's DeCew campus and can be seen for miles in the Niagara peninsula. The Tower and the rest of the University is filled with people learning, teaching and doing the kind of research that benefits the Niagara community, such as environmental conservation, and effective management techniques for local business. But research isn't the only way in which Brock University contributes to its community. Our pool and gymnasium are available for community use, and our theatres are alive with concerts, plays, films and lectures all open to the public. Our library has hundreds of thousands of volumes that can be borrowed and informed staff members who can be consulted. Most importantly, our classrooms are open to both the full-time and the part-time student. Come see a play, go for a swim, or take a course. See what Brock University has to offer you.



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Hamilton Leanders showed how it's done at Henley 1991, pulling out of the pack with 10 strokes to go to win the Men's Eight-Oared Dash, a 500-meter sprint not especially designed for the faint of heart. This boatload of Leander veterans clocked 1:15.70 and a three-foot margin on the University of Victoria with Penn AC third. From the left: stroke Greg Stevens, Mel LaForme, Volker Nolte, cox Helen Muir, Chris Carol, Doug Turton, Chris Lach, Bob Cherwinski and George Gage.



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CALGARY FOUR COMES THROUGH

With the Maurice J. Carroll Trophy clutched firmly, this smooth-stroking boatload of Calgary RC oarsmen celebrate their 1991 Henley win in the Men's Senior Four. The winning time was 6:11.43 and a deck over second-place Penn AC. The champions are Kelly Knox, Bob Hutchinson, Malcolm Allan and Thomas Schaefer.

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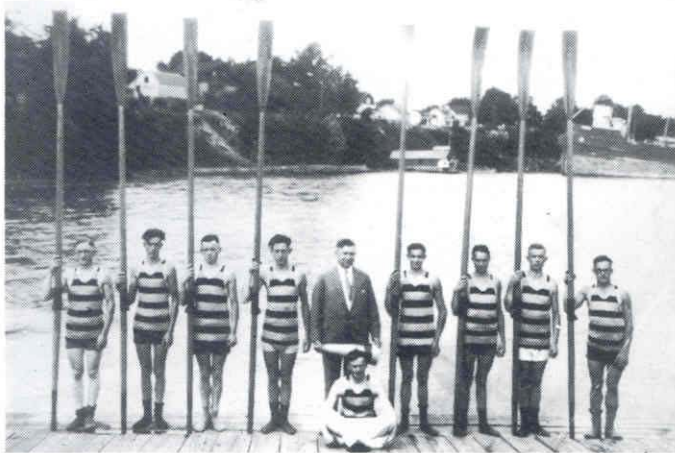
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The Burgoyne-Standard rowing tradition continued into 1970 when Bill Burgoyne took on the challenge of the III World Rowing Championships, a huge international regatta which focussed global attention on St. Catharines-Niagara. The Standard's publisher was general chairman for the week-long event. Here, the late publisher is shown congratulating members of a United States quadruple sculls crew on their gold medal success, one of the many highlights of regatta week.

When the Henley first came to St. Catharines in 1903, The Standard was already a vital daily occurrence in the life of the community. And as a result, the newspaper immediately embraced this colorful sporting event.

Over the years, Henley has become synonymous with St. Catharines. But, so has The Standard, playing a key role in shaping the destiny of this Niagara Peninsula city.

St. Catharines can boast of a rich heritage, a large part of which involves rowing and the Royal Canadian Henley Regatta. Both are regarded as activities deserving of this newspaper's unqualified support.

For 89 years, it is a partnership which continues to prosper for the good of rowing.



Once again this summer, The Standard and the Burgoyne Family combined to honor St. Catharines rowing and one of the Standard Family with the presentation of a new Kaschper eight to the St. Catharines Rowing Club.

It carries the name "Craig Swayze, The St. Catharines Standard" in tribute to what the retired journalist did for rowing over his 40 years with the newspaper.

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NEWFOUNDLAND PRIDE

Cora McCloy made the long trip from Newfoundland pay off at Henley 1991, winning the Women's Intermediate Single by open water over second-place Paula Hale of the University of Victoria and four other survivors of the regatta's largest sculling event. The St. John's Rowing Club entry clocked 8:42.61 for the 2000-meter final.

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Leander Boat Club was the pick of a six-boat field rowing for the Rodger Sellars Trophy at Henley 1991. The Hamilton crew edged Thames River Sculls of New London to win with Riverside, Bachelors Barge, St. Catharines and Toronto Argonauts completing the field. The winners are cox Ann Tillinger, stroke Steve Strbe, John Sawler, Joe Camillo and Dan Kunic.

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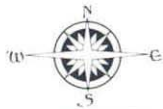
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LIGHTWEIGHT GIRLS SHOW THEIR STUFF

Hoisting the Arthur Sims Memorial Trophy is response to the cheers of their hometown fans, this happy St. Catharines Rowing Club crew celebrate after picking up their medals for winning the Women's Intermediate Lightweight Eight at Henley 1991. Clocking 7:19.01 with half a length of open water on second-place Toronto Argonauts, the St. Catharines girls were boated as Monica Polo (stroke), Resa Bosey, Kim Ryan, Dierdra Waite, Andrea Koster, Amy Jarvis, Lesley Grice, Jennifer Reynolds and cox Beckey Rosloski.



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PENN AC EIGHT CLEANS UP

Penn Athletic Club of Philadelphia made the best of a sunny day to dominate the six-boat Men's Intermediate Eight final at Henley 1991. The champions clocked 5:54.98 in beating St. Catharines RC, Dartmouth University, Cincinnati RC, Toronto Argonauts and a second St. Catharines entry. The winners rowed as cox Mike Fahey, stroke Rob Kyle, Xavier Freixa, Tom Wideman, Kirk Stensrud, Jim Smigiel, Vince Fath, Will Greene and Mark Simakski.

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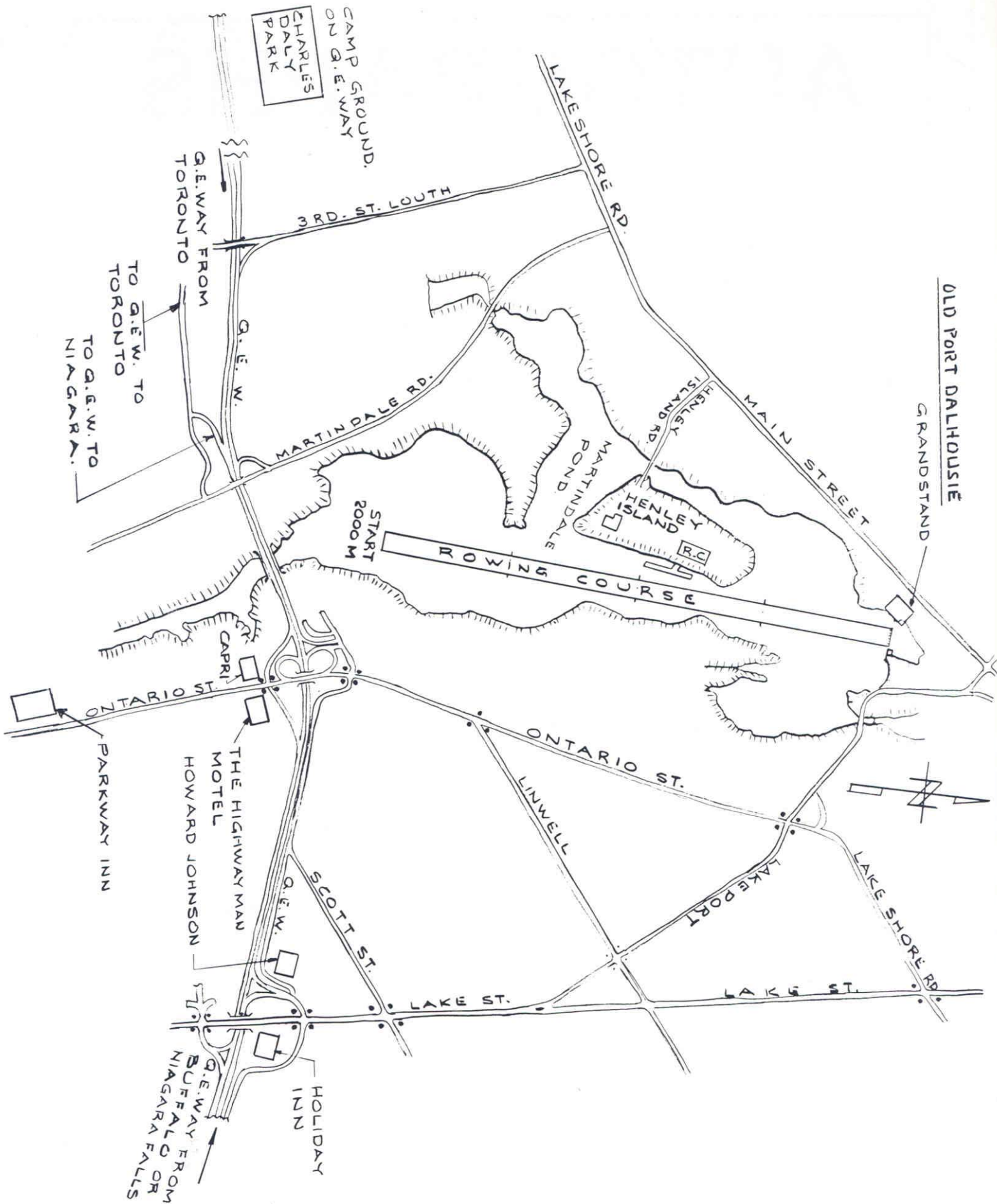


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