

XEROX  
PRESENTS



THE ROYAL  
*Henley*



CANADIAN  
*Regatta*

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

1994

SOUVENIR PROGRAMME \$4.00

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# SOUVENIR PROGRAM

**112th ROYAL CANADIAN HENLEY REGATTA**

**AUGUST 3 - 7, 1994**

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In a unique partnership for the good of rowing in general and the Royal Canadian Henley Regatta in particular, sanction for this week's competition comes from the Canadian Amateur Rowing Association which stages the event in co-operation with the Canadian Henley Rowing Corporation, a St. Catharines organization which controls and maintains the Henley Course and Henley Island year-round with the assistance and support of the City of St. Catharines and the Regional Municipality of Niagara.

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**Cover photograph of Alastair McLachlan of the Adelaide Rowing Club, South Australia  
Winner of the Championship Single, Association Single and Open Singles Dash at Henley 111th  
By John Cain, St. Catharines, Ontario Canada.**

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### Special Support

Without the generosity of many supporters both in St. Catharines and throughout the rowing community, the Royal Canadian Henley Regatta would not function. We urge your continuing support of these organizations and individuals.

Medical supplies and equipment have been donated by Allied Medical Instruments, Flexo Products Ltd., Geigy Pharmaceuticals, Parke-Davis (GP), St. John Ambulance, St. Catharines General Hospital, De Vilbiss Health Care Inc.

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## MESSAGE FROM THE PRESIDENT

### *Welcome to the 1994 Royal Canadian Henley Regatta*

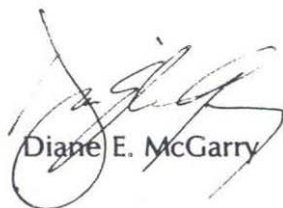
Once again, it is a great pleasure to welcome you to the 112th Royal Canadian Henley Regatta on behalf of Xerox Canada Ltd. This year marks Xerox' fifth year of sponsorship with the Henley, an association of which we are very proud.

Due to Canada's recent success in international competition, our rowing program is considered the best in the world. The Henley Regatta plays a very significant role in Canada's rowing program and everybody involved with the Henley should be very proud of their contribution.

The Henley Regatta, Canada's premiere rowing event, has a solid historical foundation and shares similar values with Xerox in its pursuit of quality and excellence. Just as Henley organizers and competitors apply these values to the achievement of their goals during the week of competition, Xerox continuously strives to achieve similar success with you, our customers.

We would like to extend our thanks to the members of the Rowing Canada Aviron and the Henley Rowing Corporation for their outstanding efforts in organizing this internationally acclaimed event. A special thanks should also be extended to the numerous volunteers who, year after year, contribute both their energy and enthusiasm to ensure the success of the Regatta.

Finally, our congratulations to all competitors for their display of dedication, teamwork and discipline. Best of luck to you all.



Diane E. McGarry



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Joe S. Grey  
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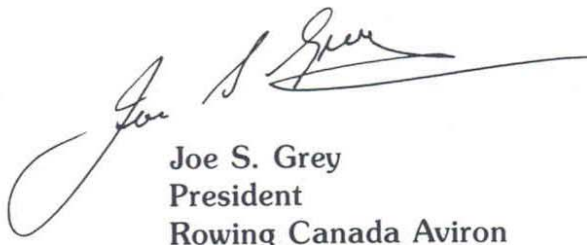
### **PRESIDENT'S MESSAGE - 1994**

I welcome all rowing supporters and enthusiasts to the Canadian Henley. The 112th Henley is an outstanding event in the rowing calendar of Clubs around North America and indeed around the world. Please enjoy this unique event, renewing old friendships and making new friends at The Henley.

Canada is riding a wave of outstanding successes in National and International Competition. Since the Barcelona Olympics, our crews have gone on to remarkable successes at the World Championships in Prague in 1993. Our sport has gained a new prominence and exposure across the country.

There are many individuals and groups who work very hard to ensure the success of this regatta. To them all, we offer our sincere thanks and congratulations. To the athletes, coaches, officials, administrators and supporters who are here, have a wonderful regatta!

Good luck to everyone!



Joe S. Grey  
President  
Rowing Canada Aviron

### **1994 Rowing Canada Aviron CARA Executive Committee**

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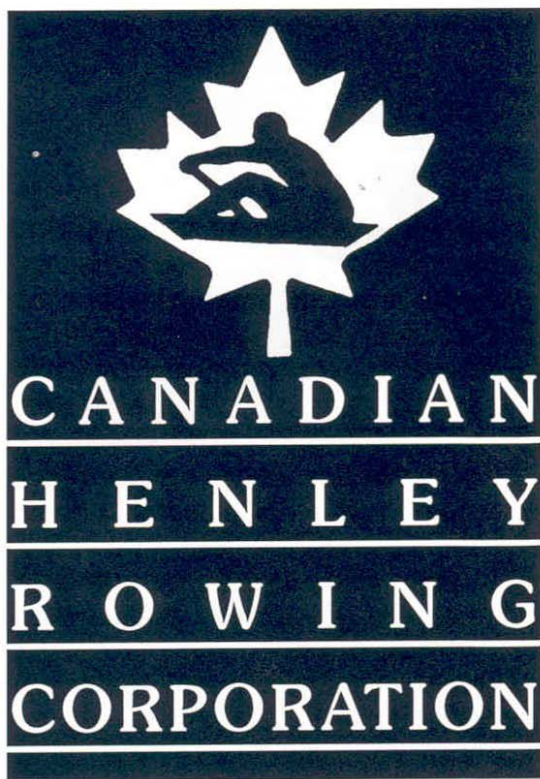


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On behalf of the Canadian Henley Rowing Corporation, I am delighted to welcome competitors, officials and rowing enthusiasts to the 112th Royal Canadian Henley Regatta. I am certain your stay in St. Catharines will be a pleasant one.

CHRC, as the organization responsible for the Henley Course and its related facilities, joins in partnership with Rowing Canada Aviron, the governing body of rowing in Canada, in the staging of this 1994 regatta. It is a culmination of a co-operative effort by both organizations, designed to provide both competitors and spectators five days of rowing unequalled anywhere.

The Royal Canadian Henley Regatta has been held on this St. Catharines course annually since 1903. And over the years, the facilities have been improved and expanded to make it the finest natural rowing site in North America. Yet the heart of the

operation is found in the spirit of those individuals who volunteer their time and effort to make this event the successful regatta it is year after year.

We at CHRC are extremely proud of these people and their effort expended on behalf of all concerned.

To all of you, I extend heartiest best wishes and we thank you for playing such an important role in the success of Henley 112.

Bill Stevenson Sr.  
President CHRC



**BILL STEVENSON SR.**  
CHRC President

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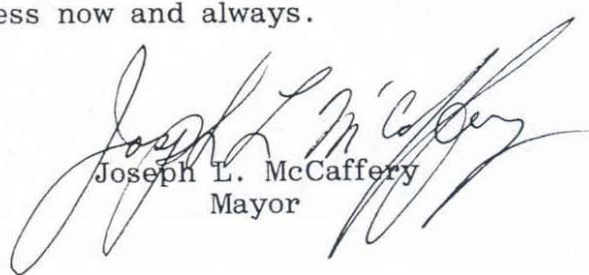
Excitement builds in St. Catharines with the opening of the 1994 Royal Canadian Henley Regatta. And that is as it should be...primarily because rowing excellence remains synonymous with the Royal Canadian Henley Regatta in St. Catharines.

Since its inception, we have seen and enjoyed an enormous groundswell of commitment to improving every facet of world-class rowing in St. Catharines which, I am proud to note, continues to be rejuvenated by sports sectors of our community to meet the environmental initiatives that help shape the future of our city and our green programs everywhere. I am confident these sterling principles, based on sound planning, will long continue.

As Mayor of the City of St. Catharines, 1994 marks my 14th year of service on City Council, during which time it has been and continues to be my privilege to serve as one of St. Catharines' most ardent rowing fans.

You may be certain your involvement in the prestigious sport of rowing will enrich your life...just as it has enriched my life as well as the lives of my family and many, many friends of all ages. So, as my final term as Mayor of St. Catharines draws to a close may I add a personal note of encouragement together with the wish that you may realize your dreams and always strive to be a winner.

Indeed, the City of St. Catharines is chockfull of winners. And it is a matter of great pride to my colleagues on Council and I to have this opportunity to congratulate the commendable efforts and achievements so effectively demanded by the enthusiastic leadership and membership of the St. Catharines Rowing Club and the Canadian Amateur Rowing Association. Therefore, as we pursue together the enhancement of our image as the Rowing Capital of Canada, I welcome you to St. Catharines "The Home of the Henley" and extend every good wish for success now and always.

  
Joseph L. McCaffery  
Mayor

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# WINNIPEG'S BOX OFFICE APPEAL

By CRAIG SWAYZE

Box office appeal isn't just a modern day phenomenon. It was alive and well 100 years ago.

In fact, the officials who staged that first Henley here in the summer of 1903 went as far as to postpone their regatta by a full week just to accommodate one out-of-town crew.

It seems that a Winnipeg Rowing Club four, having won several major events at overseas regattas the year before and already entered in upcoming United States competitions, was having a difficult time with the 1903 Canadian schedule. A conflict over dates for the Canadian Henley and the U.S. Nationals was in danger of forcing their withdrawal from that first St. Catharines Henley.

That's when the Henley officials and their American counterparts got together to work out a compromise. After all, the Manitoba entry was such that the crew's presence at St. Catharines could draw extra thousands to the banks of the Old Welland Canal any given racing day.

As a result, that first St. Catharines Henley of 1903 was switched to August 7-8, a week later than originally posted, with the U.S. Nationals moving to the middle of the month.

The Winnipeg four drew packed stands at both regattas, contributing in large measure to the acceptance of the sport throughout Niagara . . . even though the Manitoba entry did not collect any medals at St. Catharines. A strong Toronto Argonaut entry saw to that, winning the Senior Four for the second year in succession.

Yet the Winnipeg contingent did not row away empty-handed from Henley. The Manitobans won the Junior Four here, then headed for Worcester (Mass.) and the U.S. Nationals where they wound up winners of the Elite Eight and Elite Four for good measure.

The week's wait was well worth it . . . both on and off the water.

The medal eight's boating at Worcester was: S. Richards, R. Muir, D. Sprague, J. Henderson, J. Boswell, C. Johnson, F. Bole, stroke Con Riley and cox N. Logan.

# SECOND ANNUAL ATHLETE'S BREAKFAST

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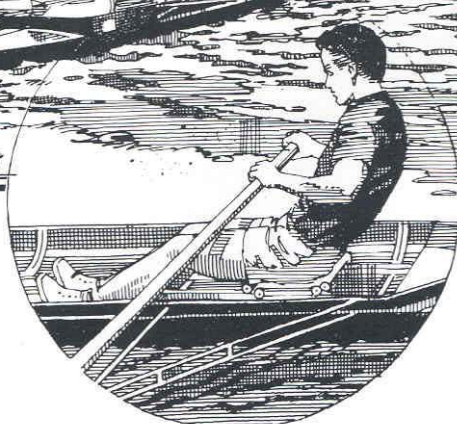
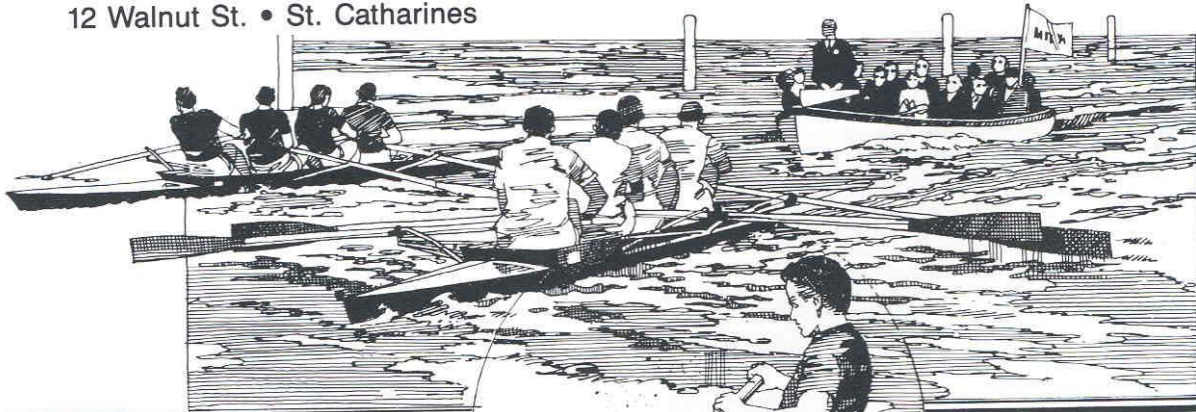
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## MEDAL CEREMONIES

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## BOW MARKER PLACEMENT

Chris Baker, Leith Hocuklik; Murray Snider and Brendan Pinder, all of St. Catharines.

# ROYAL CANADIAN HENLEY CHAMPIONS – 1993



## THURSDAY

Women's 115-lb. Cox Four	London RC	8:03.41
Women's Int. Single	U. of Western Ontario (Dianna O'Grady)	7:48.52
Int. 155-lb. Pair	U. of Western Ontario	6:57.28
Int. 155-lb. Single	Victoria City RC (Jim Brambell)	6:53.81
Women's Int. Pair	U. of Victoria	7:24.63
Women's Int. Lt. Single	U. of Western Ontario (Rachel Starr)	7:33.23
Int. Cox Four	Potomac BC	6:15.17
Int. 145-lb. Single	Argentina RC (August Cano)	6:56.38
Women's Int. Lt. Four	Argonaut RC	6:55.17
Int. Single	Potomac BC (Brad Layton)	6:51.72
Int. 140-lb. Four	Don RC	6:19.34
Women's Int. Lt. Pair	Argonaut RC	7:34.26
Int. 155-lb. Cox Four	Riverside BC	6:11.44
Women's Int. Lt. Quad	Mexico RC	6:42.93
Women's Int. Four	U. of Victoria	6:40.71

## FRIDAY

Junior Quad	St. Catharines RC	7:18.34
Women's Int. Lt. Cox Four	Minnesota BC	8:18.07
Women's Int. Double	Riverside BC	8:10.92
Intermediate Pair	Hobart RC	7:38.68
Int. 155-lb. Double	Argentina RC	7:13.76
Women's Int. Cox Four	U. of Victoria	7:48.50
Women's Int. Lt. Double	Mexico RC	8:06.08
Int. 155-lb. Four	Argentina RC	6:40.39
Women's Junior Quad	Victoria City RC	7:59.99
Int. 140-lb. Cox Four	Ottawa RC	7:28.07
Intermediate Four	Argentina RC	6:40.79
Intermediate Double	U. of Wisconsin	6:58.02
Women's Int. Quad	Riverside BC	7:34.71
Women's Int. Lt. Eight	St. Catharines RC	7:21.13
Int. 155-lb. Quad	Argentina RC	6:21.35

## SATURDAY

Junior Single	Durham BC (Adam McNeil)	8:27.63
Women's Jr. Single	Wyandotte BC (Trish Blonski)	9:55.11
Junior Pair	St. Catharines RC	8:04.89
Sr. 140-lb. Four	Don RC	7:19.44
Sr. 155-lb. Quad	Vesper BC	6:29.67
Association Single	Adelaide RC (Alastair McLachlan)	7:37.86
Int. 155-lb. Eight	New York AC	6:13.15
Women's Jr. Pair	St. Catharines RC	8:53.59
Intermediate Eight	Potomac BC	6:06.59
Women's Sr. Quad	Occoquan BC	6:54.54
Women's Int. Quad	Vesper BC	6:27.20
Intermediate Quad	Thames River Sculls	6:04.03
Open Singles Dash	Adelaide RC (Alastair McLachlan)	1:32.47
Open Eights Dash	Penn AC	1:17.98
145-lb. Singles Dash	U. of Western Ontario (Dave Jordan)	1:35.19

Women's Eights Dash	U. of Victoria	1:25.09
Women's Singles Dash	U. of Western Ontario (Diane O'Grady)	1:43.28
Lt. Eights Dash	St. Catharines RC	1:17.21
144-lb. Singles Dash	Ottawa RC (Dan Martin)	1:35.73
Women's Lt. Eights Dash	Argonaut RC	1:36.78
Women's Jr. Double	St. Catharines RC	7:56.96
Elite Pair	U. of Victoria	6:41.00
Women's Elite Single	Don RC (Michelle Darville)	8:00.67
Junior Double	Durham BC	7:05.28
Elite Lt. Single	St. Catharines RC (Tim Prince)	7:27.24
Women's Jr. Four	St. Catharines RC	7:42.68
Women's Elite Double	Rowing Canada	7:22.54
Elite Single	Victoria City RC (Derek Porter)	7:08.45
Junior Four	St. Catharines RC	6:48.35
Elite Eight	U.N. National Squad	5:36.07
Women's Elite Lt. Four	Rowing Canada	7:02.56
Junior Eight	Bachelors Barge	6:31.48

## SUNDAY

Women's Sr. Cox Four	U. of Western Ontario	7:31.01
Senior Four	Montreal RC	6:22.44
Women's Sr. Lt. Four	Riverside BC	7:35.66
Senior 155-lb. Pair	Riverside BC	7:21.19
Senior 135-lb. Single	Durham BC (Mike Dreher)	8:16.12
Sr. 155-lb. Double	Vesper BC	7:08.93
Women's Sr. Lt. Single	U. of Western Ontario (Rachel Starr)	8:33.24
Sr. 140-lb. Pair	Durham BC	7:41.57
Women's Sr. Single	Don RC (Michelle Darville)	8:20.57
Women's Sr. Lt. Pair	Argonaut RC	8:15.17
Women's Sr. Four	U. of Victoria	7:27.91
Senior 140-lb. Double	Durham BC	7:40.67
Senior Pair	U. of British Columbia	7:13.98
Sr. 155-lb. Four	Argentina RC	6:14.61
Women's Sr. Pair	U. of Victoria	7:59.75
Sr. 140-lb. Cox Four	Club Espana	7:16.56
Senior Double	Mexico RC	6:50.58
Women's Sr. Lt. Eight	Riverside BC	7:13.82
Sr. 155-lb. Cox Four	Riverside BC	6:56.39
Sr. 145-lb. Single	Mt. Clemens RC (Barry Klein)	8:11.35
Women's Sr. Lt. Double	Mexico RC	8:02.39
Senior Cox Four	Penn AC	6:40.18
Championship Single	Adelaide RC (Alastair McLachlan)	7:35.24
Sr. 155-lb. Single	Victoria City RC (James Brambell)	7:42.51
Women's Senior Double	Riverside BC	7:56.80
Sr. 155-lb. Eight	U. of Western Ontario	6:07.88
Women's Sr. Lt. Cox Four	Argonaut RC	7:48.79
Sr. 140-lb. Eight	Club Espana	6:26.07
Senior Quad	Vesper BC	6:13.96
Women's Senior Eight	U. of Western Ontario	6:33.68
Senior Eight	U. of Victoria	5:51.74

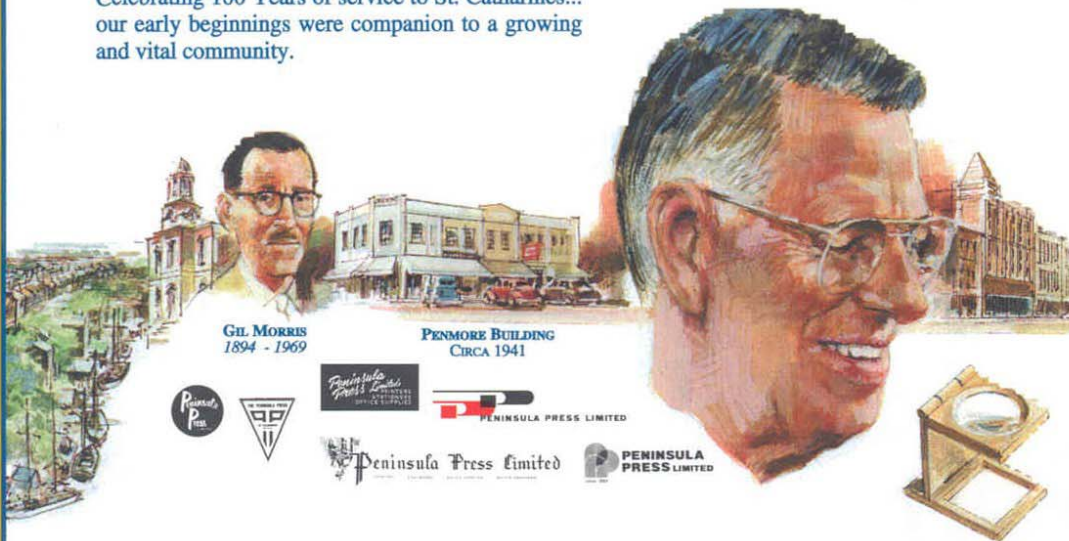


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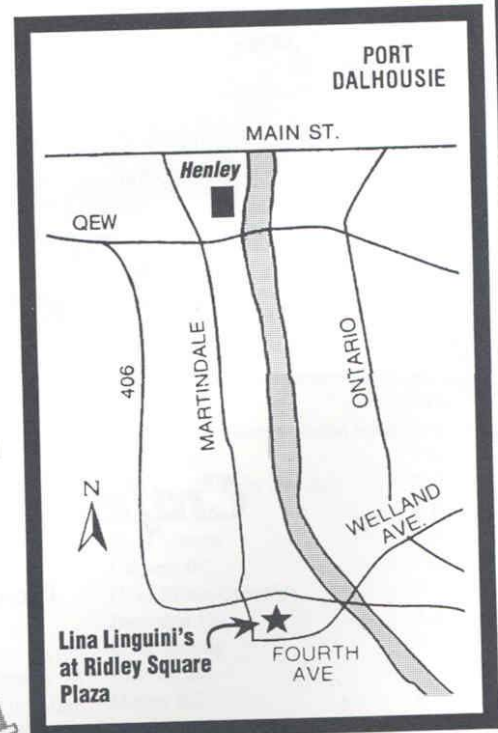
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## HENLEY'S NEW STARTING PROCEDURE

A new starting procedure has been introduced for use at this week's Royal Canadian Henley Regatta. It is designed to speed up starts and run off the races on time.

It begins when the Starter informs the crews of the time remaining to the start. When the Two Minutes announcement is made, the crews are formally under the Starter's orders.

With this announcement, crews are instructed to prepare for their race. Clothing is to be stored and equipment checked. Rituals must be completed within the two-minute period.

When the boats are aligned and the crews are ready to race, the Starter shall make a roll-call by announcing (in lane order) the names of each of the crews in the race.

Once the roll-call begins, the crews must make sure their boats are straight. Each crew is responsible for being both straight and ready to race at the end of the roll-call.

Once the roll-call begins, the Starter shall take no further notice of any crew which indicates that it is not ready or not straight.

After the last crew has been named in the roll-call, the Starter shall raise his red flag and he shall then give the warning command:

**"SET"**

After a clear pause, the Starter shall give the start command:

**'GO'**

Simultaneously, he shall drop the red flag quickly and blow the air horn.



**RACHEL STARR SHINES BRIGHTLY**

An international gold medalist in her own right, Rachel Starr of the University of Western Ontario enjoyed a highly successful Henley 1993. In addition to rowing bow seat in Western's winning Women's Senior Eight entry, the Montreal native also won both the Women's Intermediate and Women's Senior Lightweight Single. Both finals boasted strong entries from Canada, the United States and Argentina.

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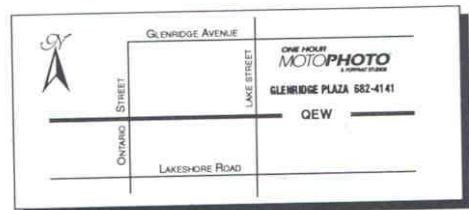
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## Welcoming Clubs – 1994 Henley

Five St. Catharines Rowing organizations combine this week in welcoming visitors to the 1994 Royal Canadian Henley Regatta, the 112th of these rowing championships and the 92nd 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 15 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, 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 Stevenson, Sr., President

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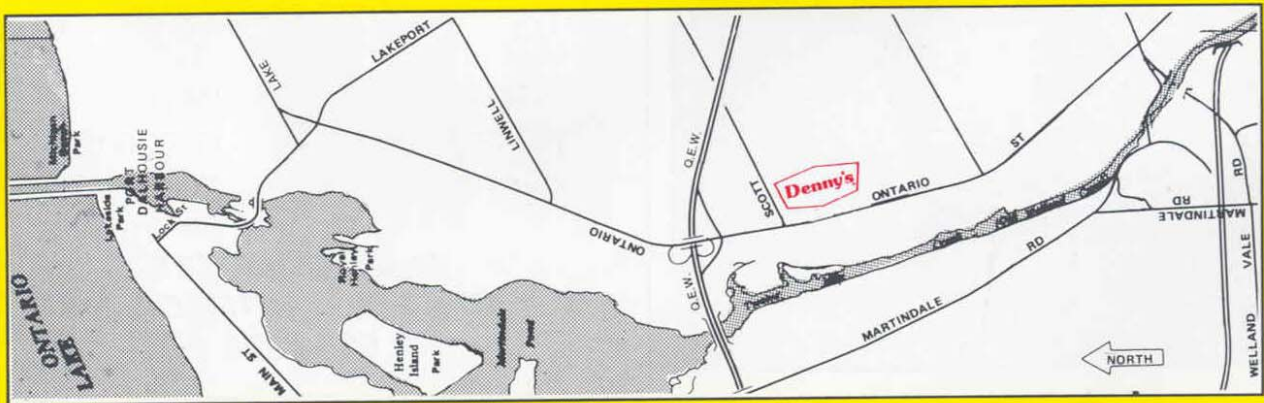


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**CARRYING ON A TRADITION!**

Carrying on a tradition which has seen the Don Rowing Club of Mississauga produce world class scullers like Silken Laumann, Michelle Darville was the pick of women's scullers at Henley 1993. She won both the Women's Intermediate and Women's Senior Single at last year's five-day regatta. Michelle clocked 8:20.57 for the 2000-metre Henley distance, beating off strong challenges from five rivals for the Senior final and the Lady Henley Trophy.

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### ST. CATHARINES GOLD MEDAL CELEBRATION

It's all smiles and tears for this St. Catharines RC crew following their decision in the Women's Intermediate Lightweight Eight at Henley 1993. The champions had half a length of open water at the finish line with five rivals chasing them home. Clocked at 7:21.13 into a slight headwind, the St. Catharines winners boated as, left to right: cox Beckie Dileo, stroke Heather Talbot, Heidi Kosuta, Laura Guinan, Jane Lee, Jessica Dillon, Amanda Kayatt, Julia Durham and Danielle Stokes.

The Blue Catamaran has been rebuilt through the generosity of 3 local companies. Thanks to them, the CHRC will have another 20 years or more from the Queen.

The Cat. consists of two new 24' by 21" steel pontoons and new rails. The steel was supplied by Fulton Steel and rolled by Hingston Fab. The actual teardown, and reconstruction was provided by Anchor Welding.

This Work Barge is essential to the set-up and care of the Henley course. Thanks again to the companies involved.

*Special thanks to John (Capt'n) Klassen, who put forth the effort to make this possible.*

# ANCHOR

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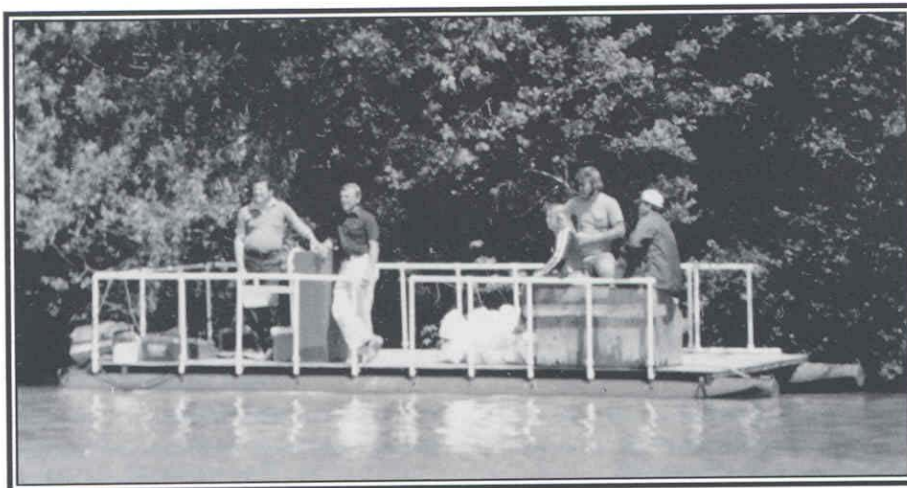
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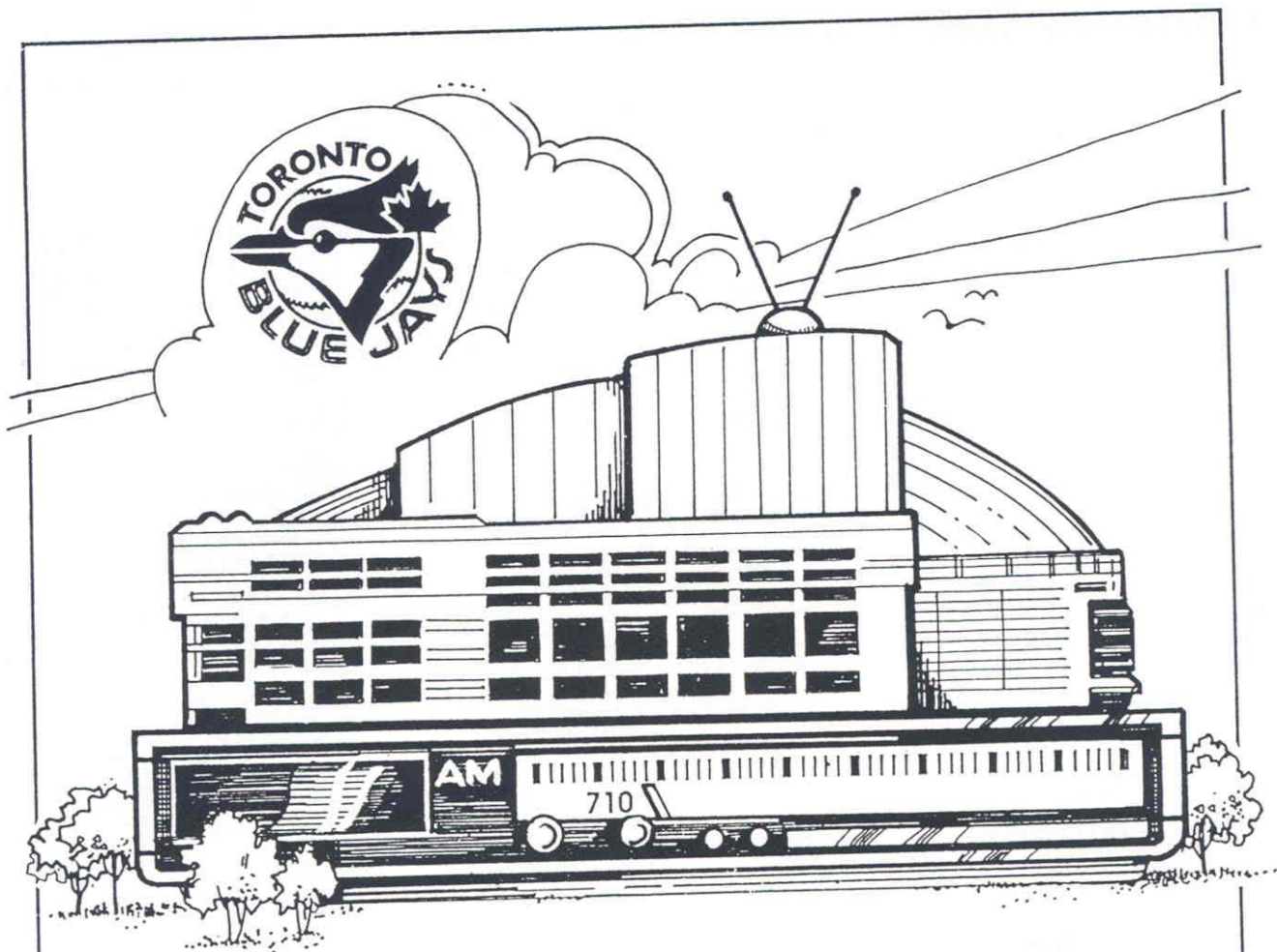


# Where Are They From?

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



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**GOLD MEDALS GALORE!**

Between them, Matt Adams and Nathan Swick of the St. Catharines RC splashed away from Henley 1993 with six gold medals. They are shown here following their win in the Junior Pair, one of the new age-class categories at Henley. The young oarsmen were also part of the winning St. Catharines RC Junior Quad and Junior Four.



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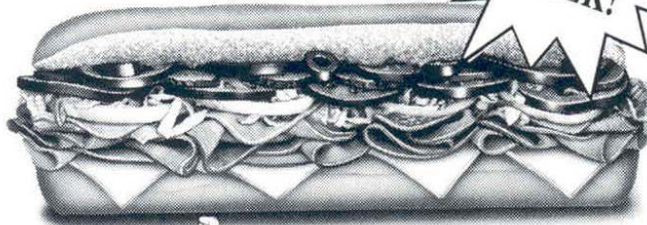


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### POTOMAC EIGHT TURNS IN IMPRESSIVE SHOWING

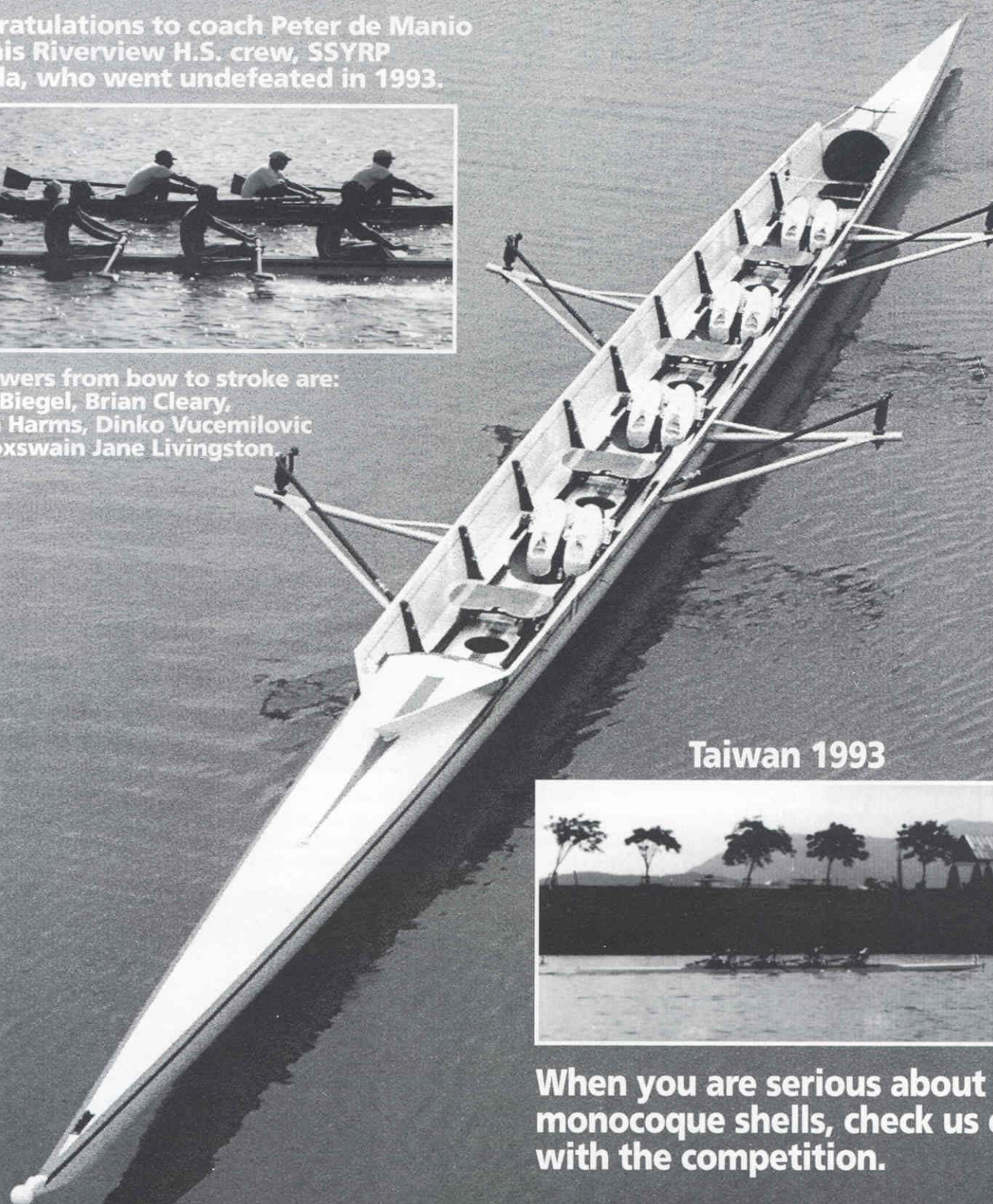
Always one of the most competitive finals of any Henley, the Intermediate Eight lived up to all expectations at Henley 1993. Potomac Boat Club of Washington splashed off with the medals, edging five rivals in 6:06.99 and defeating second-place Penn AC for the Wyandotte Trophy. The winners boated for their race as Mary Courtney Wine (cox), Chris Tolsdorf (stroke), Ben Mann, Don Mann, David Shopler, Jon Werner, Garrison Smith, Jeff Hanna and Greg Kruczynski.

# INTERNATIONAL SUCCESS OF THE NEW C70 HULL TAIWAN - CANADA - USA

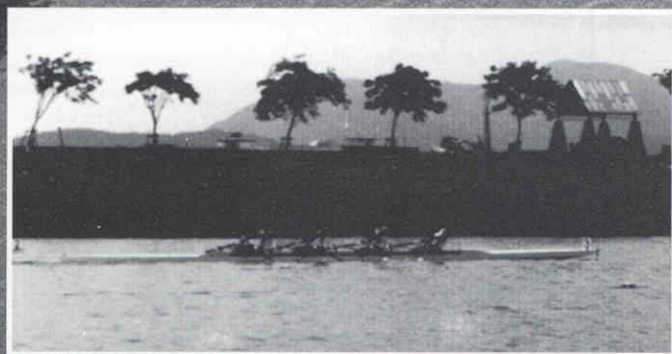
Congratulations to coach Peter de Manio  
and his Riverview H.S. crew, SSYRP  
Florida, who went undefeated in 1993.



The rowers from bow to stroke are:  
Kevin Biegel, Brian Cleary,  
Devon Harms, Dinko Vucemilovic  
and coxswain Jane Livingston.



Taiwan 1993



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 Int. 140 lb. Men — Brian Moukperian, Ken Tong, Corey Ziraldo  
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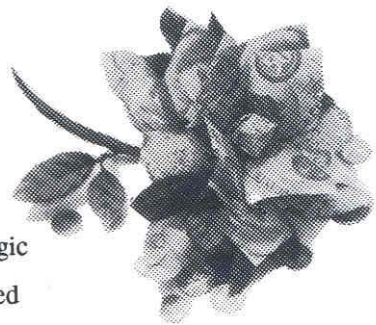
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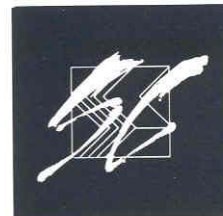
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# St. Catharines Rowing Alumni Association



FRONT ROW: (left to right) Dan Little, Barney Leach, Don Duggan, Mike Kozel  
 BACK ROW: (left to right) Lawson Thomson (Treasurer), Bob Loveman, John Fraser, Tim Dowd, Bob Schenck (President)  
 ABSENT: Al Philbrick, Scotty Campbell, Tom Lockhart

## Clubhouse Activities of Henley Week

Tuesday, August 2nd	6 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
Friday, August 5th	12 noon - 12 a.m.	Clubhouse Open
Saturday, August 6th	12 noon - 12 a.m.	Clubhouse Open
Sunday, August 7th	12 noon - 7 p.m.	Clubhouse Open

**FRIDAY, AUGUST 5** — Come party on the island with Niagara's NEW band "Three Long Men". They will be featuring Blue Rodeo and Waltons originals.  
**FREE ADMISSION**

**SATURDAY, AUGUST 6** — Back by popular demand "Much Music Video Road Show"  
 8 p.m. - 1 a.m. Admission \$5.00

The public is invited to visit our clubhouse. Enjoy a refreshment and sandwich on the patio.

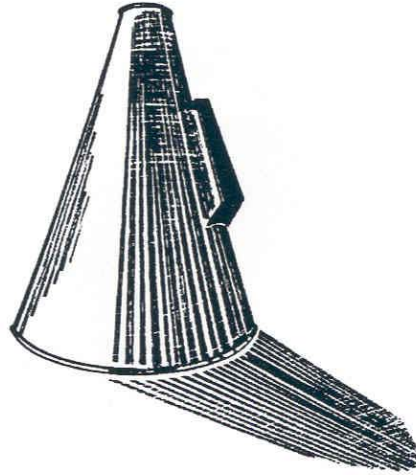
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## ICE HOCKEY ON THE HENLEY COURSE?

It was one of those winters. The snow came in November on the biting edge of a cold wave which lasted well into spring. And the snow stayed, giving rise to a Henley Course frozen solid. Not good for rowing, but perfect for ice skating . . . and half a dozen pick-up hockey games every weekend. This photo by John Cain catches a group of hockey enthusiasts playing in front of the regatta grandstand, eagerly awaiting spring and a return to rowing.

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# 1994 HENLE

## WEDNESDAY, AUGUST 3rd (HEATS FOR THURSDAY FINALS)

### THURSDAY, AUGUST 4th

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

### FRIDAY, AUGUST 5th

16	4:10 p.m.	Junior Quad.	
17	4:20 p.m.	Intermediate Lwt. Women Four Cox	
18	4:30 p.m.	Intermediate Women Double	Bennett Hogan Trophy
19	4:40 p.m.	Intermediate Pair	Thomas Croston Trophy
20	4:50 p.m.	Intermediate 155 lb. Double	
21	5:00 p.m.	Intermediate Women Four Cox	
22	5:10 p.m.	Intermediate Lwt. Women Double	Paddy Cline Trophy
23	5:20 p.m.	Intermediate 155 lb. Four	
24	5:30 p.m.	Junior Women Quad	
25	5:40 p.m.	Intermediate 140 lb. Four Cox	Nelles Stacey Memorial Trophy
26	5:50 p.m.	Intermediate Four	Fry and Thoburn Trophy
27	6:00 p.m.	Intermediate Double	
28	6:10 p.m.	Intermediate Women Quad	Arthur Sims Memorial Trophy
29	6:20 p.m.	Intermediate Lwt. Women Eight	Ken Stewart Trophy
30	6:30 p.m.	Intermediate 155 lb. Quad	

### SATURDAY, AUGUST 6th

31	1:30 p.m.	Junior Single	Alex Wilson Trophy
32	1:40 p.m.	Junior Women Single	
33E	1:50 p.m.	Elite Women Eight	
34	2:00 p.m.	Junior Pair	W.G. (Bill) Crawford Memorial Trophy
35	2:10 p.m.	Senior 140 lb. Four	T. Edison Lane Memorial Trophy
36	2:20 p.m.	Senior 155 lb. Quad.	Jack Guest Memorial Trophy
37	2:30 p.m.	Association Single	Florence Saunders Trophy
38	2:40 p.m.	Intermediate 155 lb. Eight	
39	2:50 p.m.	Junior Women Pair	Wyandotte Trophy
40	3:00 p.m.	Intermediate Eight	Margaret Gare Trophy
41	3:10 p.m.	Senior Women Quad.	Brock University Trophy
42	3:20 p.m.	Intermediate Women Eight	Charles Hooper Memorial Trophy
43	3:30 p.m.	Intermediate Quad.	Murphy Bros. Trophy
44	3:40 p.m.	500 Metre Dash Single Open	Don Thom Trophy
45	3:50 p.m.	500 Metre Dash Eight	
46	4:00 p.m.	500 Metre Dash 145 lb. Single	
47	4:10 p.m.	500 Metre Dash Women Eight	Marie-Lyne Rochon Memorial Trophy
48	4:20 p.m.	500 Metre Dash Women Single	Ralph Gifford Memorial Trophy
49	4:30 p.m.	500 Metre Dash Lwt. Men Eight	Cornelius Memorial Trophy
50	4:40 p.m.	500 Metre Dash 155 lb. Single	
51	4:50 p.m.	500 Metre Dash Lwt. Women Eight	
52	5:00 p.m.	Junior Women Double	
53E	5:10 p.m.	Elite Pair	
54E	5:30 p.m.	Elite Women Single	
55	5:40 p.m.	Junior Double	
56E	5:50 p.m.	Elite Lwt. Single	
57	6:00 p.m.	Junior Women Four	
58	6:10 p.m.	Elite Women Double	
59E	6:20 p.m.	Elite Single	
60	6:30 p.m.	Junior Four	
61E	6:40 p.m.	Elite Eight	

# Y PROGRAM

## SUNDAY, AUGUST 7th (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	J.L. 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	Sandy Greenhagh Trophy
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 Loek 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	Ted Johnson Trophy
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	H.I.H. Presidents Cup
92	5:20 p.m.	Senior Eight	Ned Hanlan Memorial Trophy

## MASTERS EVENTS

Sunday morning at the 112th 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  
No. 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

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### **WINNING THE HANLAN IS WHAT IT'S ALL ABOUT**

The premier men's race at any Henley is the Senior Eight. And with it comes the Ned Hanlan Memorial Trophy, an ornate silver cup struck in tribute to Canada's most famous sculler. Here, an excited boatload of oarsmen from the University of Victoria celebrate, following their Hanlan triumph over four challengers at Henley 1993. UVic crossed the finish line in 5:51.74 to edge Penn AC of Philadelphia, St. Catharines RC, Washington Potomac, University of British Columbia and Liverpool RC in Henley's final event. The UVic champions, from the left, are cox Jay Bertagnolli, stroke Adam Parfitt, Duncan Ruth, Mike Schellinck, Gordon Hughes, Bryn Thomas, Darren Barber, Norm Healey and Gavin Hassett.

# GOLD MEDAL PHOTOS

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#### **HAPPINESS IS WINNING BY OPEN WATER**

It's all smiles for the University of Western Ontario crew after winning the Women's Senior Eight at Henley 1993. They clocked a 6:33.68 for the 2000-metre race distance to best the University of Victoria and two Philadelphia Vesper entries. Happily hoisting high the HIH President's Cup, the winning Western eight lined up as cox Lesley Thompson, stroke Maria Maunders, Marnie McBean, Shannon Crawford, Karen Weimer, Tosha Tsang, Diane O'Grady, Renata Troc and Rachel Starr.

## **MEDAL DECISION**

There has been a switch in the Gold Medal champions listed as winners of the Women's Intermediate pair at the 1992 Royal Canadian Henley Regatta.

Initial results of the Women's Intermediate pair showed the final going to Kennebcasis RC of Rothesay, N.B. However, the inclusion of an ineligible competitor in that pair moved the second-place Montreal RC entry of Tosha Tsangi and Anne-Renee Thibault up to first place.

The Gold Medals went to them.



BROCKVILLE'S HISTORIC 1894 CLUBHOUSE ON THE ST. LAWRENCE RIVER

# THE FIRST 100 YEARS

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# BROCKVILLE

---

By Don Swayne

The Brockville Rowing Club, situated among the picturesque 1000 Islands on the St. Lawrence River, is celebrating its 100th anniversary in 1994.

A full year of celebrations, which started in February, have marked the special occasion. They began with the club's participation in a Heritage Week program in mid-February and culminated with a Grand Reunion weekend at the club last weekend.

Brockville was the 13th club organized in Canada under the Canadian Association of Amateur Oarsmen banner. Four times, the club played host to the CAAO championships, the forerunner of the Royal Canadian Henley. These early regattas were held in 1896, 1897, 1899 and 1902.

Rowing had been a popular sport on the Brockville waterfront since the 1840's and Brockville oarsmen scored their first major victory winning the Tiffin Cup at a special regatta organized in Montreal for the visit by the Prince of Wales in August of 1860.

The competition was an invitational affair, bringing together the best oarsmen in North America. The championship cup still adorns the club's trophy case.

The club was formally organized in 1894 and the clubhouse which stood proudly in the centre of Brockville for 83 years was opened in July of 1895. It was replaced by a modern facility in 1978.

The Brockville Rowing Club has build up an amazing record in competition over the last 100 years.

A member of the Eastern Rowing Association, the BRC has won the points championship 41 times in the 69-year history of association. The club has taken 71 championships at the Royal Canadian Henley, as well as 77 Ontario titles and 38 titles at the Canadian Championships. And BRC has also won 35 gold medals at the Canadian Secondary Schools Rowing Association Championships.

Brockville oarsmen have competed all over the world. The club sent crews to the Royal Henley in England in 1956 and the World Championships in Nottingham, England (1975) and Bled, Yugoslavia (1979). BRC oarsmen have competed in other World Championships, the Pan American Games and four Olympics.

Five men who began their rowing with the Brockville Rowing Club went on to become presidents of the CAAO, later known as the Canadian Amateur Rowing Association and now Rowing Canada Aviron.

Louis Fournier was the first in 1924-25 while James R. Maclaren was president in 1961. Craig Swayze was the CARA president in 1976-77, followed by Wes Kuran in 1978-79 and Ben Tekamp the latest in 1980-81.

## THE FIRST 100 YEARS - BROCKVILLE (continued)

Other BRC members have helped organize and operate in cities like Cornwall, Ottawa, Kingston and Sudbury.

The membership of the Brockville Rowing Club is extremely proud of its 100-year heritage and the contribution BRC has made to rowing in Canada.

To celebrate its Centennial, the BRC recently published a hard-covered history of the club entitled "The Brockville Rowing Club - 100 Years of Rowing."

The book details the history of the club, its successes and its failures, along with the methods used by the BRC to finance its operations over the years. It contains almost 200 pictures dating back to 1894.

The book, priced at \$40 (plus \$10 handling and shipping costs) can be obtained by writing the Brockville Rowing Club at 1 Ferry Street, Brockville, Ontario, Canada K6V 5T7.

*Don Swayze is City Editor of the Brockville Recorder and Times and a longtime rowing enthusiast. He is the Brockville Rowing Club's historian and author of the new BRC Centennial book.*

*~ Photo courtesy of Bill Tooker ~*



### **SCULLERS SHINE AT HENLEY**

James Bramble of Victoria City RC was the pick of the field in the final of the Men's Senior 155-pound Single at Henley 1993. Here, he pauses with his Henley gold medal for a photo with the Claude (Sandy) Saunders Trophy, presented in honor of Henley's veteran regatta chairman. Bramble clocked 7:42.51 in besting five challengers in the regatta's final lightweight event.

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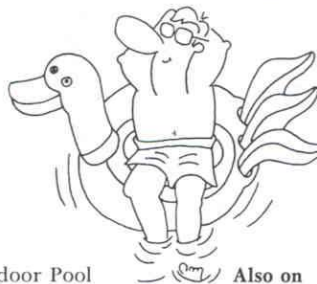


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#### **AUSTRALIA RULES THE WAVES!**

Already featured on the cover of this 1994 Henley program, Australian sculler Alastair McLauchlan just wants to make certain everyone realizes where he calls home. The display with the Aussie flag followed McLauchlan's win in the Championship Single, Henley's premier sculling event as he bested four rivals with international experience. McLauchlan had earlier won the Association Single and the Open Singles Dash in the colors of the Adelaide Rowing Club.

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# 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.

**ORALOCK** - 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.

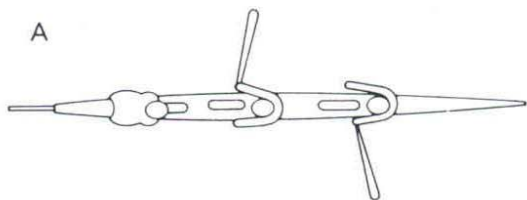
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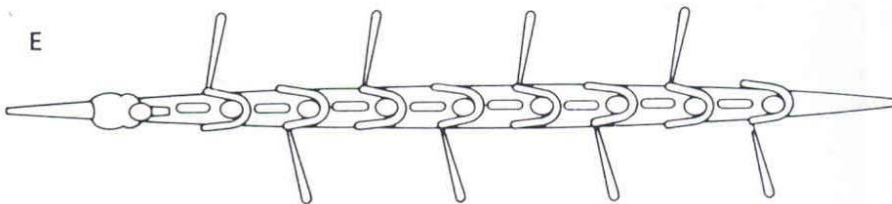


# ROWING'S SHELL GAME



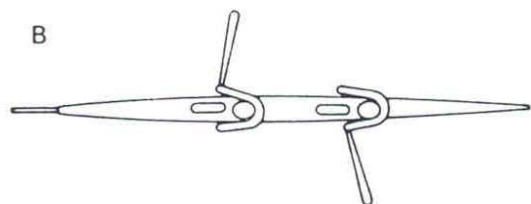
## COX PAIR

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.



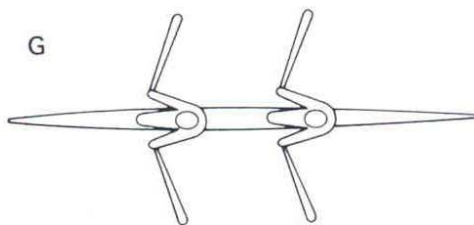
## EIGHT

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



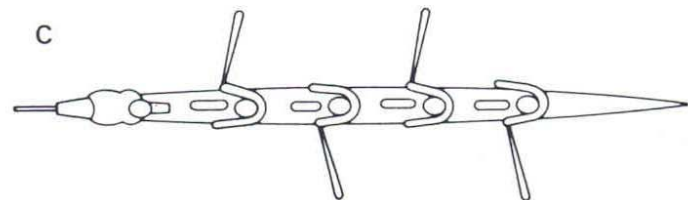
## PAIR

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



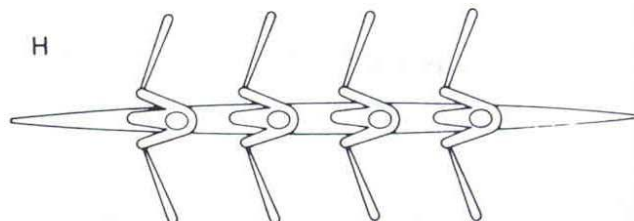
## DOUBLE

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



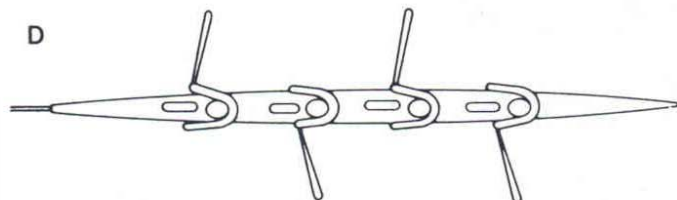
## COX FOUR

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



## QUAD

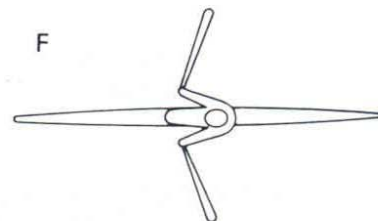
A shell in which four sculler row, each using a pair of oars or sculls.



## 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.



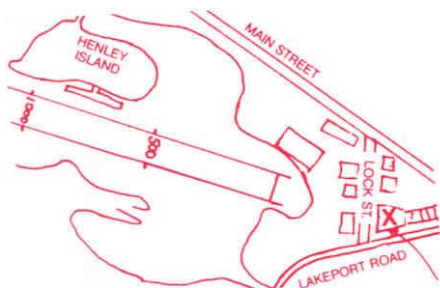
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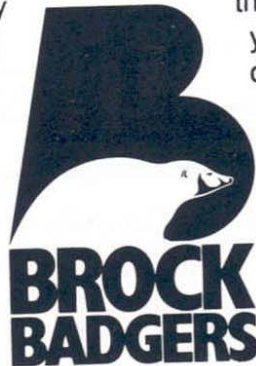
- Donated Funds to install Albano System on Henley Course
- Donated \$300.00 to Tillsonburg Rowing Club
- Donated 24 Fiberglass Oars
- Have purchased 13 shells and 1 fiberglass training barge
- Donated \$1,000 toward lightweight rowing
- Donated \$1,500 towards Youth Rowing
- Helped equip the St. Catharines Rowing Alumni Clubhouse
- Donated \$500 to Buffalo West Side Building Fund
- Donated 7 Trophies and Keeper Trophies
- Donated Rowing Shell Trailer
- Donated to "Catch" Magazine
- 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

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 Senior Women's Eight ..... Henley Island Helpers President's Trophy  
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## Brock Rowing... Catch the Spirit

Brock University and its rowers have long benefited from the University's Niagara setting, and its association with the Royal Canadian Henley Regatta. Last year, Brock hosted athletes competing on the Henley course in the World University Games regatta. Now, Brock is in a position to give something back to its community: the University is now the Provincial Development Centre for rowing; and Brock's full-time rowing coach, Joe Dowd, is the Provincial Coach for Ontario. The Centre offers a number of development



opportunities for rowers and coaches, including a province-wide program that identifies promising athletes and brings them to training camps which run year-round. Brock also provides development opportunities for coaches in rowing, and this year hosted a series of educational seminars as well as the Ontario Rowing Coaches' Conference. Niagara has long been recognized as the centre of Canadian rowing, and now Brock is poised to join in leading the way to future excellence. Watch out, world!

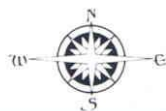
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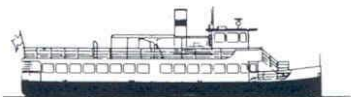


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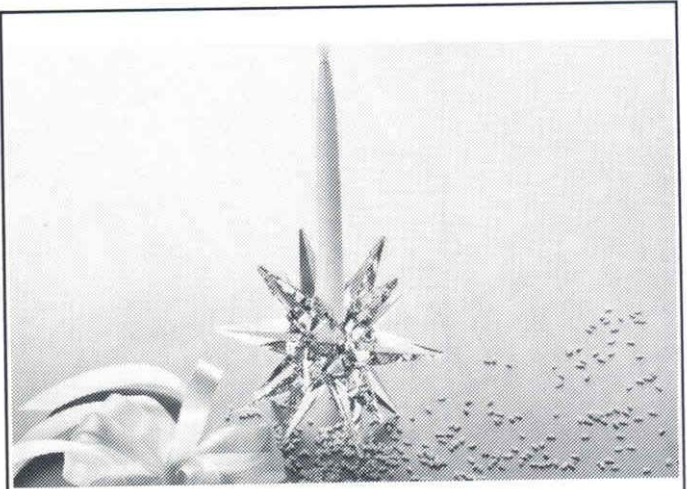
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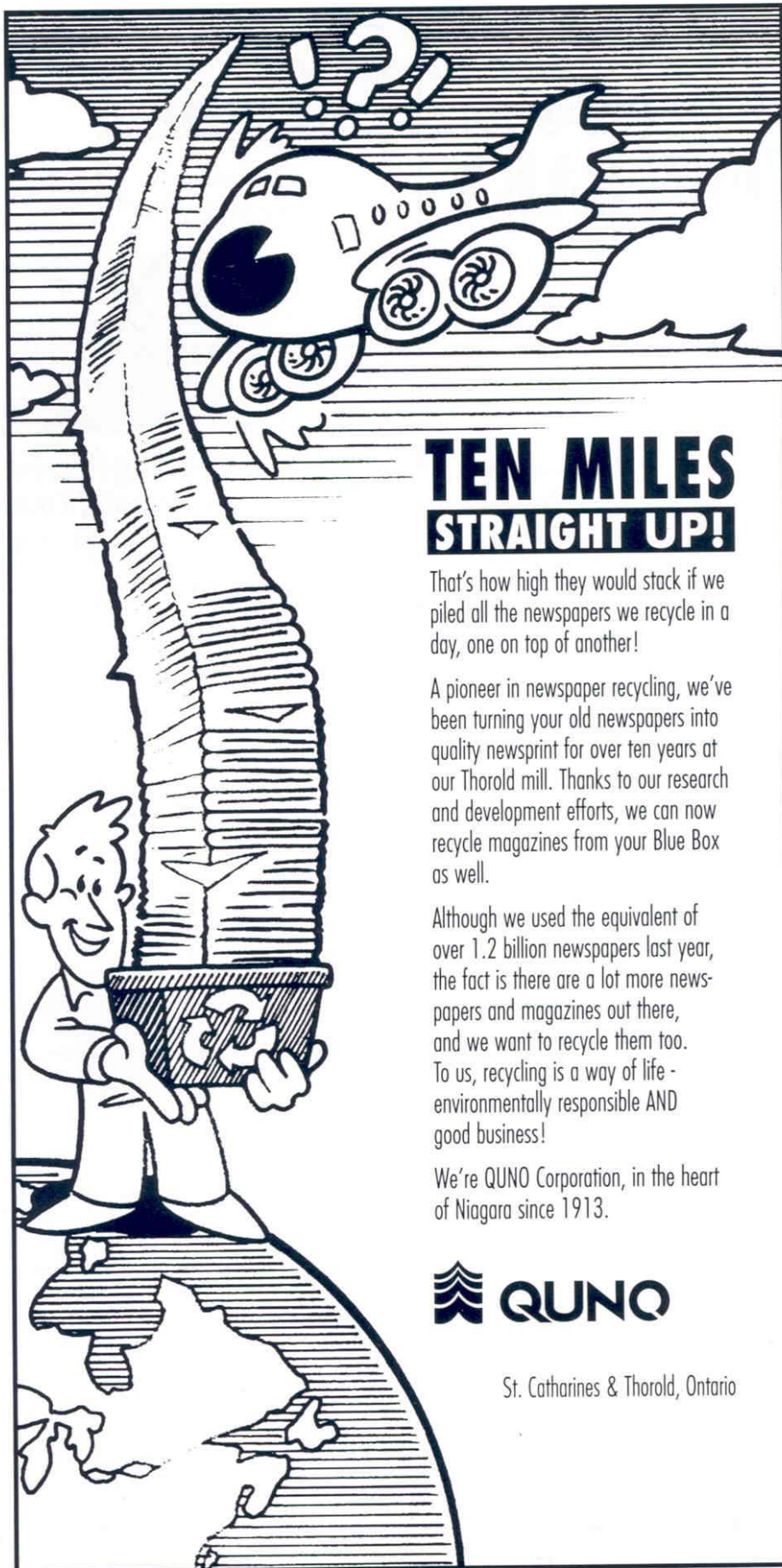
  
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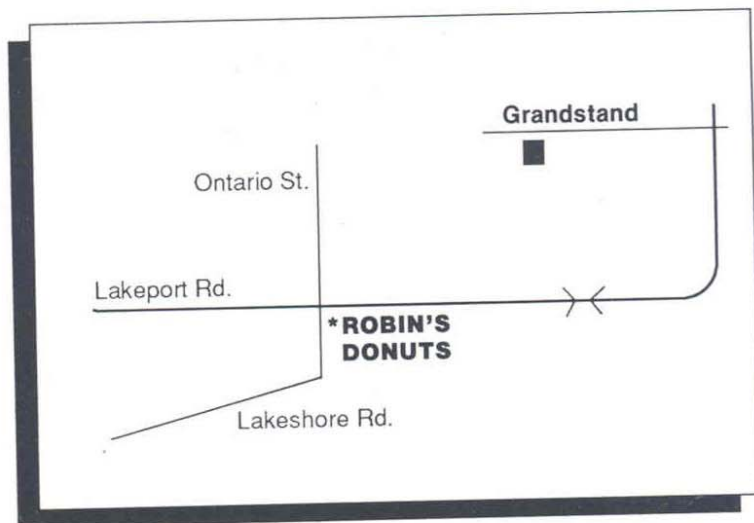
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A sincere vote of thanks to all those individuals, associations, government agencies and companies who have given so generously of their resources — both human and financial — to help make 112th Henley a memorable occasion.

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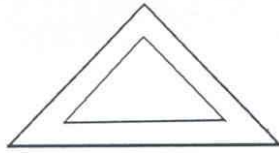
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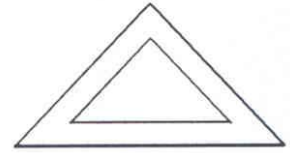
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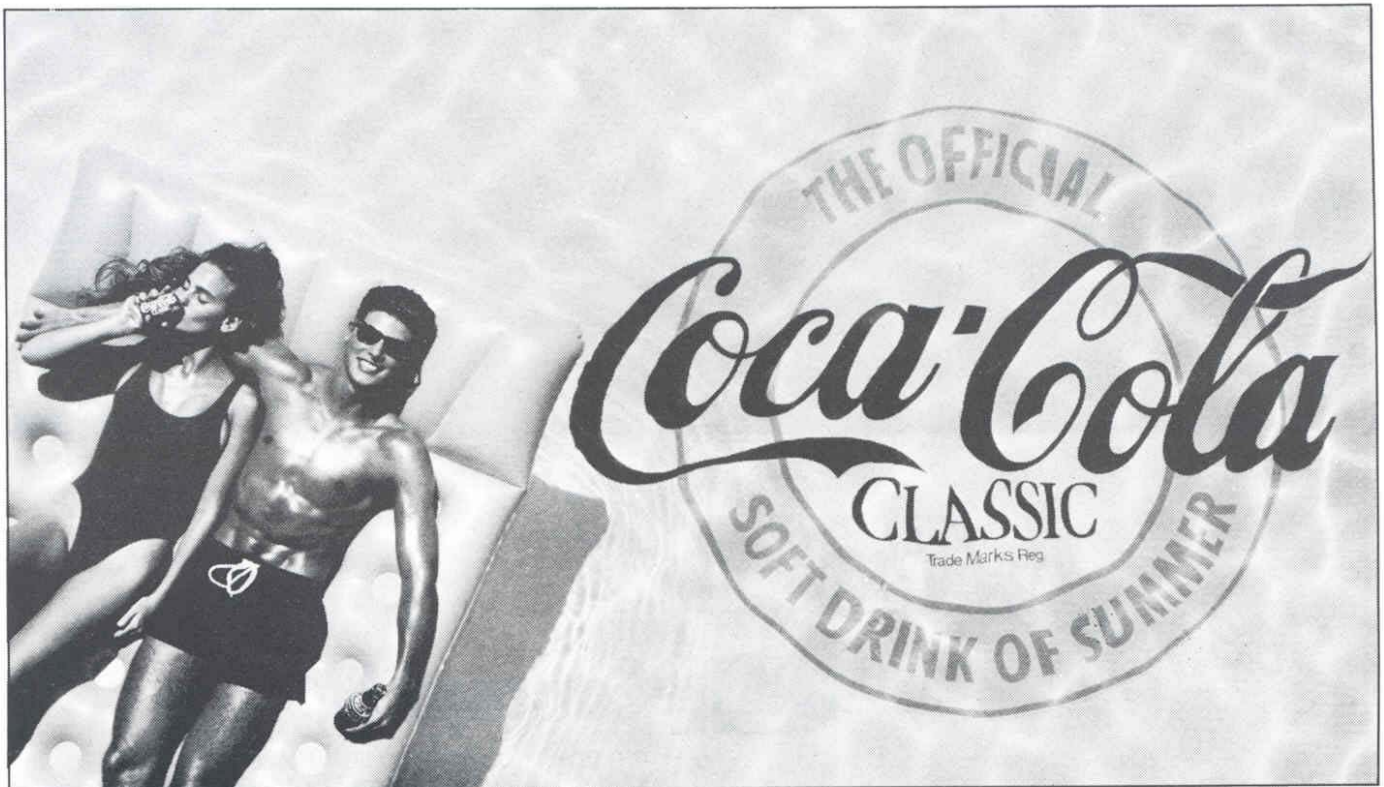
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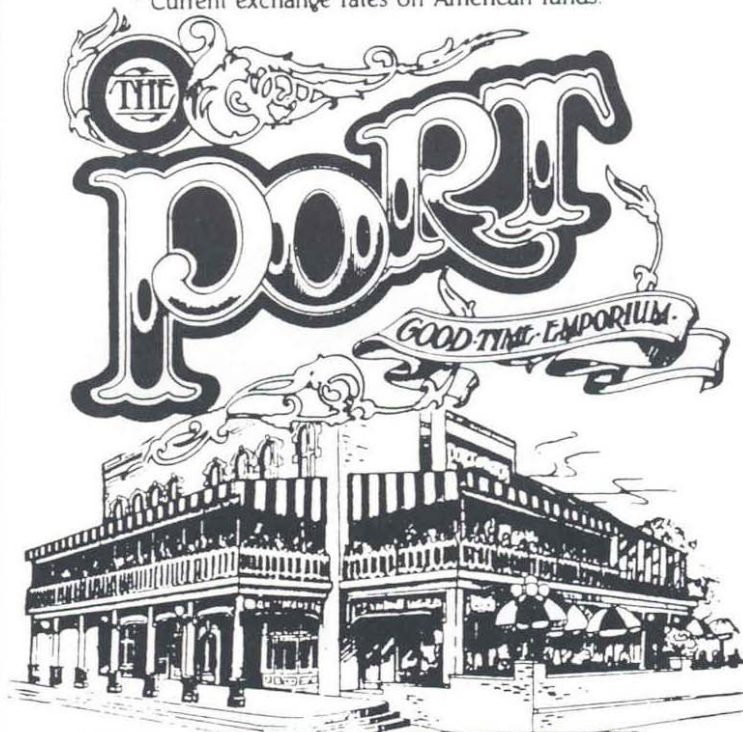


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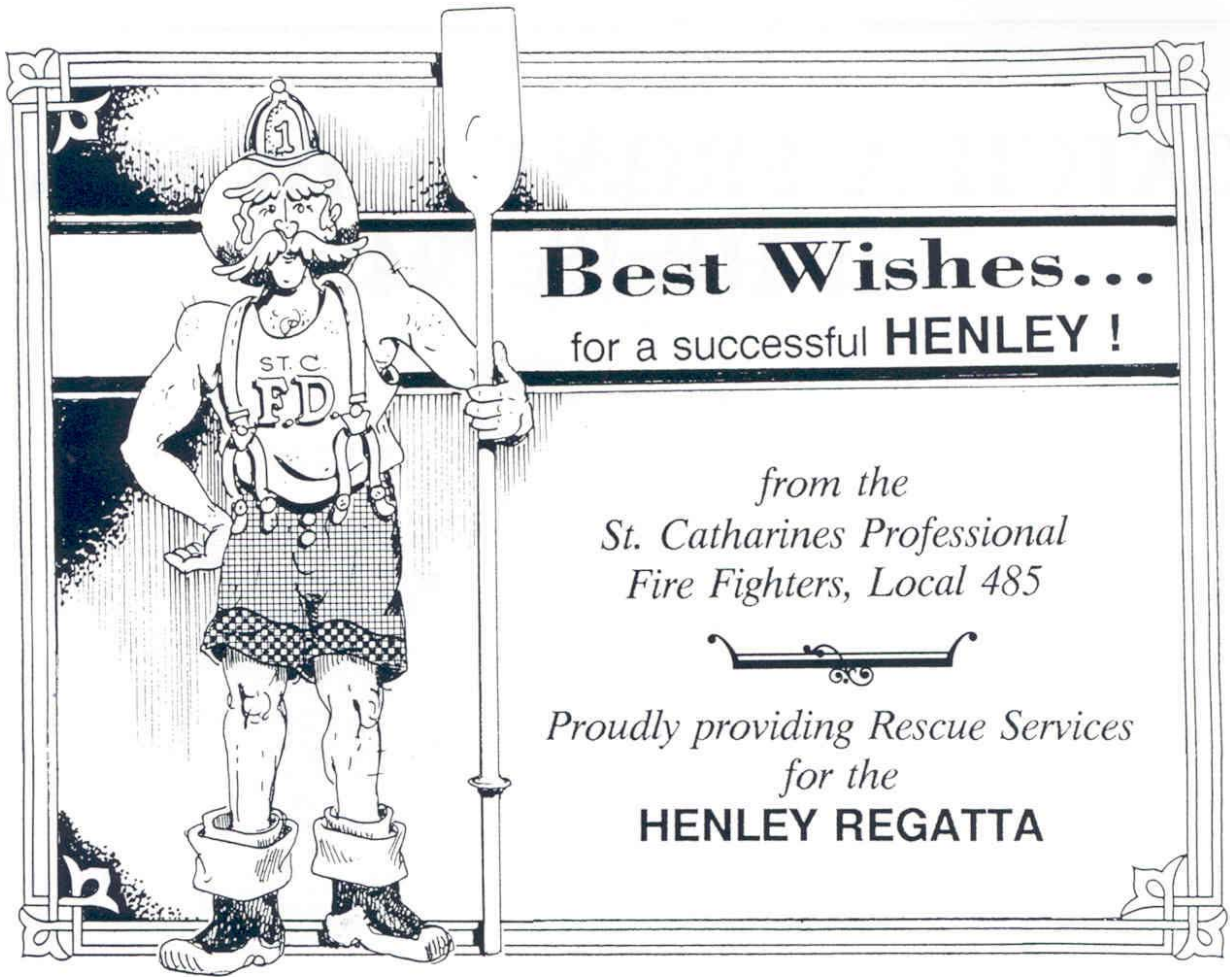
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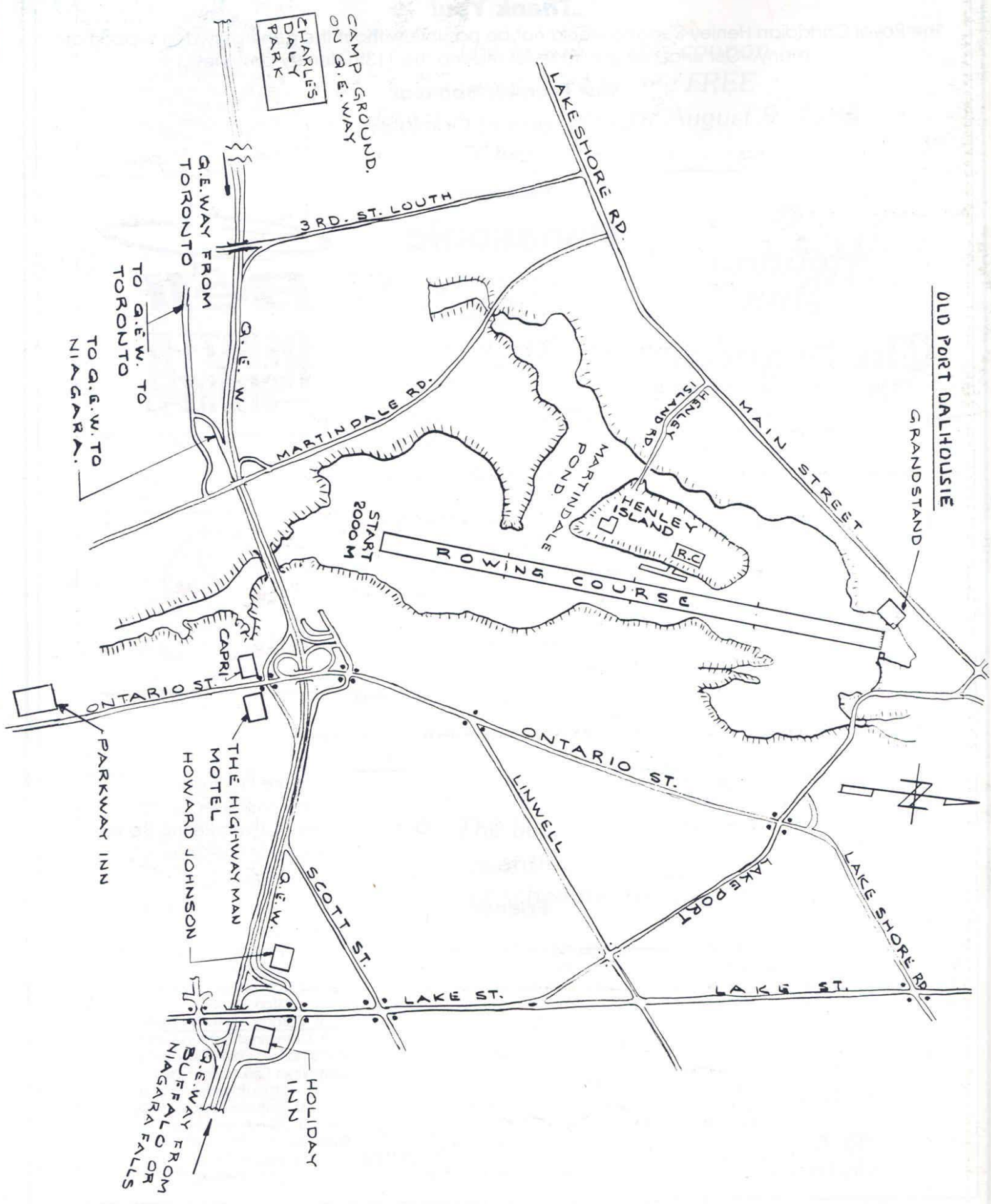
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To win at anything of value requires the overcoming of obstacles. Often, the greatest of these obstacles is a wavering faith in our own potential. To win, in our opinion, is to go the distance.

It is the ability to endure and persevere.

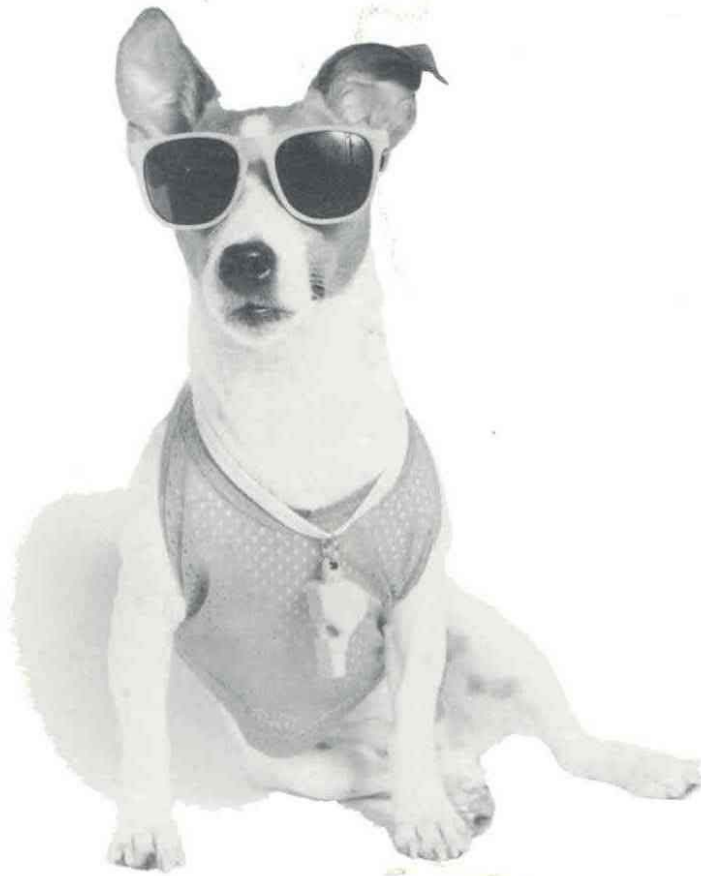
Winning, as far as we're concerned, is the ability to stretch oneself and be better for the effort.

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