

the Wave

Newsletter of the McGill University Rowing Club

Summer 1992 Volume V, number 1

Fifth Anniversary Edition

Stevenson qualifies for Olympic Games

Greg Stevenson began rowing at McGill in 1988 in his first year. He immediately ran for and was elected to the post of Treasurer of the MURC. He has a B. Comm ('91). Greg is a member of the national straight four, which recently qualified for the Olympic Games. The Wave asked Greg to comment on the MURC in light of his achievements on the national team.

I am fortunate to have learned as much as I did at McGill; it was obviously enough to get me on to the national team. I then found there was at least as much to learn about international competition.

One of the first lessons in rowing has to be that winning is possible. I am following in the footsteps of many good rowers: John Younger, for one, and Rachel Starr, a world champion. While they began rowing in high school, it is relatively easy to begin rowing at University and progress to the elite level.

All of my McGill crews held such a belief. I am saying that of the novice, junior varsity and varsity levels; this is a real compliment to the McGill programme. That a winning attitude is instilled at the novice level is especially noteworthy.

One of the dangers of course is that such an attitude breeds poor los-

ers. But the statistical fact is that any oarsperson will lose more races than they will win; what you have to ask yourself is: am I performing consistently? The key is to learn from each race, win or lose.

McGill is blessed with a good, balanced programme. A person, male or female, can begin rowing at McGill and work with good coaches at every level up to varsity. But it doesn't end there; the coaches here can take you to the elite level. Best of all, one makes great friends along the way. If you are lucky, as I have been, some of those friends will make the national team with you [in reference to Henry Hering].

Ed. note: Henry Hering recently qualified for the Olympic Games in the coxless pair. Henry is a Concordia student who has competed with McGill where eligible.

"One of the first lessons in rowing has to be that winning is possible"

Fundraising

by Frances Vice

The MURC has three very exciting projects in the works. A promotional pamphlet, the MURC Invitational Regatta, and the purchase of a new trailer are all under way.

The Executive has approved the decision to buy a second hand trailer for \$2 850 out of the MURC capital account. The Alumni trailer, purchased in 1984, has been sold to the Haut-Richelieu Boat Club, in favour of a unit capable of carrying 12 eights at a time; this more accurately defines the needs of our growing team. This is the first of two steps towards making the Club self-sufficient for transportation, thus eliminating approximately \$3 500 from the yearly operating budget (step two is the purchase of a truck to pull the trailer).

The promotional pamphlet, to be used for recruiting and fundraising, will cost \$2 000 for the initial run. Donors have already provided \$700 of the total cost; please see page three for more details.

The first MURC Invitational Regatta is to be held on October third, the same day as the Queens football game. The long-range forecast for the day is generally purple, until the afternoon when the red (McGill) sun is expected to shine through the finals.

The activities of the MURC will
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take a back seat for the week of August 12-16, when the World Lightweight and Youth Rowing Championships are to be held in Montreal. Many of our members will be on the Organizing Committee for this exciting event. Three of our boats have been tendered for hire to the visiting crews; this should provide us with some extraordinary income. More importantly, there will be many boats for sale after the championships. Some of the best boats in the world will be on sale ("used" for 1 week!) at 25-30% off the regular price.

If you can help us to purchase any equipment, please do so! The FMR

reports that the number of donations last year was the highest ever--your support is encouraging!

The Club aims to purchase an eight and a four as soon as possible. At the reduced prices, an eight will cost about \$15 000, a coxed four about \$9 000, including oars and a cox box. All donations to the Club are tax deductible; cheques should be made out to McGill University, earmarked for "Rowing Team."

Frances Vice was part of the womens novice crew this fall; she is presently the Secretary for the Club. Ms. Vice is entering her second year at McGill.

Breakwall Editorial

The editorial box says this edition was published in a hurry; it was. And for good reason: the Club has a lot to say for itself. Three months ago in this column I suggested the MURC was the best club around; since then, there has been a veritable explosion of activity. This is perhaps not so surprising, except that it is summer and there are few people at the University!

Once again, the executive members have put a great deal of time and energy into various projects. What we are seeing is the result of a winter's thought and preparation: the purchase of a trailer is not the result of impulse buying. I suppose the budget has been reviewed eight or nine times since January; two mechanics were asked to evaluate the behemoth; finally, the person who would probably be driving it (Tom) gave it the once over.

Multiply this by the pamphlet, the MURC Invitational Regatta and summer rowing, and you have a busy executive. Add in long term projects and ideas, and you have a group of

people who can make things happen.

Since June 1st, 1991, over fifteen people have made a donation to the MURC. This is the largest number of donors in a year that I am aware of. Of course, the key to fundraising is participation; and once again I feel the momentum gathering as more people give their support to this Club.

Imagine...with a little boost in finances, participation and training becomes easier for the athletes; more gold medals are collected; more athletes gain seats on the national team; McGill goes to English Henley...what is your dream for the team?

The Wave, newsletter of the MURC, published in a hurry by The Drawing Board. Editor, Tony Tremain. Layout, Tom O'Connor.

Opinions expressed in *the Wave* do not necessarily reflect those of the MURC, FMR, or of McGill University Athletics. Not responsible for articles lost or stolen.

Questions, comments and advertising requests may be addressed to: THE WAVE, MCGILL UNIVERSITY ROWING CLUB, 475 PINE AVE. WEST, MONTREAL, H2W 1S4.

Corporate Matching Gift Program

Enclosed with *the Wave* you should find a brochure detailing the matching gift program. The corporations which participate in the program are listed in the brochure; if you are affiliated with any of the companies, you could effectively double your gift to the MURC. Simply obtain an application from your employer, complete it, and enclose it with your donation. For more details, please see the enclosed "Corporate Matching Gift Program" pamphlet.

Lightweight and Junior World Championships Montreal, August 12-16, 1992

Montreal is once again hosting an international event. In 1984, Montreal hosted the world lightweight rowing championships; it is again time to roll out the red carpet.

Many MURC people will be on the organizing committee for this event, which will rely heavily on volunteers. If you are interested in working on an international event with participants from around the world, please contact one of the people listed at the end of this article.

The committee will be using the Canadian Junior championships (July 3-5) as a warm up. The organizing committee needs volunteers from 6:00 AM to 9:00 PM, Wednesday the 12th to Sunday the 16th of August. Obviously, we can use your help even if you are available only a few hours at a time. There are many different areas which need your assistance: racing, record keeping, athlete accommodations, translators. Give us a call!

Tom O'Connor, (514) 844-7402
Edie Punt, (514) 948-1033

Message from the President

by Greg Williams

Some of you will recognize my name from a previous "generation" of McGill Rowing. In September 1991, I returned to rowing at McGill to discover a whole new generation of McGill Rowers.

It was a pleasant surprise to find a new group of oarspeople with equal enthusiasm to that of my old friends. All three of our novice crews placed first at the championship regatta this past year, a McGill rowing first. Many of us who are fast becoming 'old oars' are probably a little too inclined to mythologize the 'old days' of McGill Rowing.

But McGill rowers still outclass others for tenacity, enthusiasm and sheer self-reliance. The Club is now almost entirely self financing as a result of the Administration's withdrawal of support. Mr. Lizee's position as head coach has not been re-filled due to lack of funding. While the Club has acquired some good equipment thanks to the generosity of our alumni and the hard work of our athletes, its existence is still a year to year affair. Despite this, we have enjoyed a new level of success, including placing athletes on the national team.

The current executive is committed to making substantial progress in rectifying this state of affairs. Our goal, and I think it should be the goal of everyone reading this newsletter, is a highly competitive and financially autonomous MURC.

Ultimately, the MURC is a competitive organization. Our goals are to compete in and to win races. Winning the overall points at the Ontario Championships is an elusive and unattained mark of distinction.

We are a competitive organization in another sense, however: we are competing for resources in an era of

increasing scarcity. As Jeff Grange observed when he established the first MURC fundraising committee, our success in athletic competition shall always be contingent upon our success in securing the resources the Club needs to exist and to compete.

To point to a specific example, the executive is committed to directing more emphasis and resources towards the development programs. The rewards are obvious: Most of our recent OU/OWIAA varsity medallists learned to row at McGill. I think it would be fair to say that all athletes develop while they row here. Over the next five years we would like to expand our novice programme and return to a full compliment of junior varsity crews. The leap from novice to varsity is unnavigable; we are losing athletes along the way.

Before the length of this article tempts Mr. Tremain to edit it, I will get to the quick of the matter. The MURC must become financially autonomous. The answer is not to increase crew fees but to establish a capital fund and mobilize our resources. The Club will continue to provide for its operating expenses, which leaves the provision for capital equipment and a salary for a head coach. With help from the tireless Rob Baxter and the newly appointed Paul Andrascik, Development Associate for McGill Athletics, we are addressing those needs. I expect that, while ambitious, these goals are attainable over five years.

In the meantime, the Executive has defined a need for \$30 000. to cover immediate equipment needs. A new mens heavy eight and heavy womens four are needed as soon as possible. While our emphasis is on training in eights, the continued success of our womens program at the spring regattas has drawn everyone's atten-

Silken Laumann

The rowing community was shocked to hear of the collision between Ms. Laumann and a German pair at a regatta in Essen, Germany, on May 16th. Canada's sculler was world champion and grand prix winner in 1991.

Ms. Laumann overcame a back injury in the mid eighties which doctors described as "ending her rowing career."

Many elite competitors are described as aloof, belligerent, or combative. Silken is friendly, positive and encouraging. She has been through good and bad times on the national team; she has invested at least a decade in elite rowing.

Whither now? As always, Ms. Laumann will create her own destiny. This is not trite. She is an example to all of us (as is the rower who jumped in the water to support her until a rescue boat arrived). After all, the Olympic Games will go on, cruelly, without her.

Without Ms. Laumann competing, perhaps. But she will be there to watch and to encourage her teammates. Scullers from other countries, Ms. Laumann's competition, will pay her tribute; her name will be on the lips of everyone at the regatta.

On behalf of all the members of the MURC and FMR, we send a special wave to Silken Laumann, a great oarswoman.

tion toward the need of a midweight coxed four. The purchase of these boats form the first of a four year detailed schedule which has been drawn up by the executive. The schedule is available upon request [see trailer].

My final appeal is to your collective brain power. One of McGill Rowing's biggest assets has always

...continued on page 7

MURC Invitational Regatta: October 3rd, Olympic Basin

by Hugo T. d' E. Miller



On Saturday, October 3rd, 1992, the MURC will host its first annual invitational regatta. The site will be the Olympic Basin on Ile Notre-Dame, home to our Club.

Planning is well under way for the event, which to date has over 30 *confirmed* entries from Queens, the Universities of Vermont and Middlebury, and of course the MURC. We expect even more entries as the college and university crews plan

their fall seasons.

The date for the regatta is ideal, since the Basin will be still sparkling from its facelift for the World Lightweight and Youth Championships in August.

Events are open to men and women, lightweight and heavyweight, novice and varsity rowers in all of the sweep boats. We will open races to sculls if there is interest.

Plans for the day include an opening ceremony at the VIP lounge (at the finish line); *you are all invited*

and encouraged to attend. It will take place after the heats have been run, probably at noon (the hour cannot be confirmed until the list of entries is more certain).

Commensurate with the opening of the races will be the opening of the bar, so if it is hot, come have a beer in the sun; if it's not, have something to warm you up! **The first final will be the open womens eight, followed by the mens open eight;** naturally, McGill will be entering both of these races.

Dad Vail Roundup

by Tosha Tsang

Wednesday, April 29th

As I stepped out of the Sir Arthur Currie Memorial Gym (aka Exam Headquarters), having just scratched out the last few words of my undergraduate degree, my thoughts were not of what I had just accomplished, nor of impending job concerns, no, not even of getting sloshed at the nearest bar.

My mind was contemplating the adventure of the Dad Vail road trip. Exams and essays were completed, we packed ourselves and all our stuff into some wonderfully cheap, but very small rental cars and set off for a regatta in Columbus, Ohio.

Saturday, May 2nd

Riverside Park, Columbus: the weather was hot but fickle. We were at the Mid-American Collegiate Rowing Association (MACRA) regatta to test the months of winter training and to attempt to obtain seeding for the Dad Vail regatta.

Despite some severe cases of hayfever, overbearing dock marshals and a ninety minute delay that had our fair-haired lightweight womens crew flirting with sunstroke, Columbus was very good to us. McGill finished in the top three in each event we entered; with the lightweight womens 4+ capturing first place, the heavyweight womens 4+ finishing third in their event, and the novice womens 4+ claiming second place.

With a weekend of racing experience in hand we cruised on to Philly to familiarize ourselves with the Schuylkill River which would be the site of many a race over the next few days.

Monday, May 4th

We arrived at the famous Boat-house Row and settled our equipment into the prestigious Vesper Boat Club, home base for the next seven days. The members had been very generous in offering their boathouse to us, and made our stay very comfortable. This location was beneficial in that it pro-

vided us with a stress-free, quiet and secluded environment, allowing us to focus on the task at hand. The 6km distance from the start ensured a thorough warm-up and adequate cool down for our races. Prestigious Vesper B.C. heightened our Dad Vail experience.

Tuesday, May 5th

Our two mens pairs joined us in Philadelphia. That evening, seeding for the Dad Vail regatta was announced: The lightweight womens and frosh/novice womens crews were seeded and therefore receive a 'bye' into the semi-finals of their events to be held on Friday, the 8th. The heavyweight womens four with coxswain was not seeded and therefore had to qualify in Thursday's heats.

Thursday, May 7th

The first day of the Dad Vail Regatta had two McGill boats scheduled to race; the heavyweight womens 4+ and the mens pair without coxswain. After a three hour delay, the first McGill crew took to the water. The womens 4+ crew started off the Regatta positively by winning their

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Fit to be ill

by Jodi Bishop

Spring is in the air. Turtlenecks are being replaced with t-shirts and fitness clubs are flourishing.

The arrival of spring urges many to get fit, especially as arms and legs are bared. And the elite athlete is the role model.

Fitness marketing capitalizes on the image of the elite athlete, a woman who has undergone several years of specialized training, the perfect example for the "you only feel as good as you look" slogan.

But these campaigns encourage more than just fitness. They are responsible for much of the body conscious anxiety that promotes and facilitates eating disorders in women.

The assumption that lots of exercise will result in an extremely low percentage of body fat and pronounced muscle tone in the female athlete is misleading and destructive. For a woman to reach under 14% body fat demands excessive training and starvation.

A 1991 survey of university athletes, from the January '91 issue of Athletics, revealed that up to 61.9% of female athletes engage in unhealthy weight control. And, with these women as role models, many

women enrol in exercise programs in an effort to lose weight. But over exercise is one symptom of eating disorders, such as bulimia or anorexia nervosa.

At this point the health benefits of exercise are cancelled out by the adverse effects of excessive exercising. And the dramatic weight loss caused by this behavior is both physically and mentally damaging.

"The weight categories, as they are currently defined, create eating disorders amongst many females who have entered the sport and who may never have contemplated dieting before," said Sandy Bourke, a veteran lightweight rower with the McGill crew. "The seasonal nature of the sport gives way to off season binging, followed by drastic weight loss prior to competition."

This leads to poor eating habits and can have a devastating effect on a woman's own body image.

'Sub clinical anorexia nervosa' is the term used by doctors to describe the obsessive body weight and diet concerns among athletes.

"It is frightening to see how dramatically a person's attitude toward food can change; while they may not have all the anorexic behaviour, they definitely think like one," said Tosha Tsang, also a member of McGill's rowing team. "The competitive edge serves as a catalyst to the develop-

ment of an eating disorder in our society because of the images and role models we are given."

Both Bourke and Tsang agree that female athletes are required to fit into unrealistic models.

"With rowing, the ideal lightweight stands about five foot, six inches, and weighs about 125 pounds, a body weight which is difficult to maintain, especially with additional weight training," said Bourke.

Participation in competitive athletics is mentally demanding and the added stress of an obsessive concern about body weight can be quite devastating, said Bourke. When the desire for a "great body" overtakes the desire to be fit, the cons begin to outweigh the pros of athletic participation. Bourke adds that the "healthy body, healthy mind" equation is only true when sports are pursued with that attitude.

Sports can play a fundamental role in personal development, promoting self confidence and teamwork; once these two fundamental notions are lost, it is time to step back and question the motives, said Tsang.

Jodi Bishop graduated with a B.A. this year. She has been an integral member of the varsity eight for two years. "Fit to be ill" was first printed by the McGill Daily this March.

Late Breaking News

Varsity tryouts will begin on Tuesday, September 1st. All experienced athletes should attend if at all possible. Athletes will not be penalized if they are unable to attend.

Fall Calendar

Tuesday, September 1 st	Varsity tryouts begin
Tuesday, September 8 th	Rowing begins
Saturday, September 19 th	Crews are set; novice initiation party
Saturday, September 26 th	Trent
Saturday, October 3 rd	MURC Invitational
Saturday, October 10 th	Brock Invitational
Saturday, October 17 th	Head of the Connecticut
Sunday, October 18 th	Head of the Charles
Saturday, October 31 st	OCAA / OWIAA championship
Saturday, November 14 th	Annual Banquet

Recruiting Pamphlet Ready to Go

After two years of planning and pushing, the MURC is ready to publish its first information pamphlet. The finished product will be a 17" x 22" sheet with text about and photographs of the crews. It will fold out to a poster on the second side. The pamphlet will serve the dual purpose of attracting experienced rowers to, and financing for, the Club. The text was written by Jen Mactaggart, who first brought the idea to the FMR two years ago. The initial print run will cost \$2000; two private donors have provided \$700 to date. The balance will be carried on the operating budget of the Club next fall. The text is reprinted here.

The Tradition Begins

The roots of McGill crew extend back to the Club's successes in the 1920s and early 1930s. Originally established in 1924, the Club, under the guidance of then world-renowned oarsman and coach Urbain Molmans, thrived through to the beginning of the Second World War.

The pride of the Montreal community and its media, the McGill lightweight and heavyweight men consistently upheld their rule over the waves. As one observer stated:

"These crews met the best on the American continent and won with ease." This winning attitude was extended into the founding of the modern club in 1976.

Building on the traditions and successes of the 20s and 30s, the present-day Club is no longer in its infancy. Strength, dedication and gold-medal confidence and skill mark our crews.

Once again the distinctive red McGill M is no stranger to national and international podiums.

General Information

The McGill University Rowing Club (MURC) runs highly-competitive programmes from the Novice through to the Elite realms. Novices of all shapes, sizes and levels of physical ability can find places within the Club. Development crews help to feed the elite system, meeting the needs of lightweight and heavyweight, male and female rowers and coxswains alike. The Club trains, travels and races together: a high-spirited, high-calibre group.

Novice

The MURC's unique claim to fame is the extraordinary success of its Novice programmes. At McGill, we pride ourselves on our ability to teach interested novices the sport of rowing, and to encourage them to a level of excellence. Both our Mens and Womens novice programmes have easily out performed—in both skill and dedication—those of our rivals. Our successful Novice programme, in many respects, serves as the lifeblood of our Club as a whole.

The novices not only bring great pride and exuberance into our developing and elite programmes, but also great talent. Some of our most successful athletes, both female and male—athletes that now compete for Canada (or their respective countries of origin)—came up through the ranks of the red and white.

In most sports, to be a competitive Novice at the university level is almost unthinkable. In rowing, however, post-secondary novices have a unique opportunity to learn a new sport in which they can look forward to a long future of high-calibre com-

petition, high-spirited development, and fun!

Varsity

McGill's Varsity crews are, without a doubt, consistently some of North America's best. Our Varsity programme spans all weights and categories—lightweight and heavyweight, men and women, eights, fours and small boats. The programme as a whole is geared towards excellence at a highly competitive level. The Club not only has an excellent reputation in Canada and the Northeastern United States, but is also well known on the international racing circuit. More and more the big red M is showing its face to the world—and with outstanding results. Success builds on success; McGill is proof positive of this phenomenon.

Drawing from experienced athletes and talented Novice and Junior Varsity oarspeople, our Varsity coaches have a great deal of strength to work with, and a lot of dedication and skill to harness.

The vitality of our programme can be seen not only in the seasonal crews, but also through the incredible successes of our athletes on national and elite crews around the world.

Training

The McGill University Rowing Club trains out of Montreal's Olympic Basin, an extraordinary rowing facility built specifically for the 1976 Olympics, and refitted for the 1992 World Youth and Lightweight Championships. Home of the annual Canadian Rowing Championships, the site is a designated Canadian national training centre under the tutelage of national team coach Karol Sauvé. Situated on Ile Notre-Dame, just minutes from downtown, its location is

perfect—just a short metro or bike ride from McGill.

The MURC programme runs throughout the academic year. Starting on September's Labour Day weekend, the Club enters an intensive, highly-competitive eight-week fall racing season, travelling across Ontario and the Northeastern United States for six regatta weekends. November heralds winter training, at both the main campus and the Olympic Basin. The McGill Currie Gymnasium offers ergometers and weights; the Basin ergs, weights and a full eight-seat rowing tank. Crews hit the water in April for the four- to six-week spring season—some flying overseas to compete in France, others competing at the Dad Vail Regatta in Philadelphia. Athletes often stay to train for the National Speed Orders or to challenge for a trip to the Victoria International Boat Race in Victoria, B.C. later in the spring.

Racing

Our fall racing schedule leads us across Southern Ontario and through the Northeastern United States. Racing distances vary between 5km (head

racing) and 2000m. As members of the Ontario University Rowing Association, our Ontario (OUAA/OW-IAA) races include Head of the Trent (Peterborough), Brock Invitational (St. Catharines), and the end-of-the-season Ontario Championships (St. Catharines). Excellent Head Racing opportunities also take us to the Bausch and Lomb Invitational Regatta (Rochester, NY), the Head of the Connecticut (Middlebury CT), and the Head of the Charles (Boston, MA).

Our main spring regatta is the 2000m Dad Vail regatta in Philadelphia PA, but crews are also encouraged to challenge for the Victoria International Boat Race in Victoria, BC.

The MURC does not compete during the summer, but our athletes often do. Many join the Montreal Rowing Club—a club which shares the Olympic Basin, as well as equipment and coaching, with McGill. Others travel to Laval or Boucherville, also within the Montreal area. Still others choose to row out of home clubs around the world.

...continued from p.3

been the intelligence and ingenuity of its athletes; this becomes readily apparent at any of our training sessions. Among our alumni is growing a wealth of skill, knowledge and ideas, presently untapped. If you have any ideas or resources which could help meet our goal, I strongly urge you to contact one of the people listed at the end of this letter.

I look forward to seeing you at the first McGill Invitational Regatta on October third. Have a great summer!

Contacts:

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National Lightweights

Rachel Starr, a world lightweight champion, woke up one morning to find her arm and shoulder swollen, the result of a blood clot. This injury will unfortunately barr her from training for many months; we send a special wave to Rachel with our sympathy.

Lisa Carey, who began rowing at McGill, is trying out for the US lightweight team. At a recent seat racing camp, Ms. Carey was ranked first among her peers. Congratulations!

Alumnotes

In other words, separate the earnest from the, well, honest fun. If you have anything to add or rebuff, we welcome all contributions.

Alex Kuilman: McGill's most successful coach, returned from Japan in April.

Dave Wilson: member of the Isis boat (the Oxford second crew), second to Cambridge at the Boatrace.

Gretchen Howey: supposedly in Tokyo, teaching English and furthering her Japanese studies.

Rachel Starr: training for the Canadian lightweight team (see box on this page).

Alex Kuilman: to Banff for the weekend.

Paul Spindler: back behind bars (where he belongs); in Toronto, last seen at the Shark Club basement bar.

Lisa Carey: sighted at the Dad Vail Regatta (see box on this page).

Marcello Ausenda: alive and well in the Bahamas.

Deena Whol: acting manager of Sadies.

Pamela Mahal: alias Fat Pam, lurking in the basement of the Shark Club. How's the fishing, Pam?

Craig Duffield: visiting Montreal for a couple of days. "Digging" life in the sun out west.

Grant Gush: Drove across the northern States with Craig; on his way to South Africa. Rowed with the Montreal heavy men one night because "they needed someone." Grant (by all accounts) has more than enough to give.

Jeff Grange: Working for Chubb, in Toronto. Beating himself into shape; training at Hanlan with the old folks for some sprint races. Where is your article, Jeff?

Alex Kuilman: staying with Tosha for a while.

...continued from p. 4

heat, allowing them to move on to the quarter-finals the following day. The mens 2- put forth a strong performance, finishing third in their heat, which was unfortunately not enough to qualify for their semi-final.

Friday, May 8th

Day number two of the Championships was characterized by rain (lots of it!) and calm water. The starters and referees were surprisingly friendly, reasonable and efficient. The heavyweight women redefined 'tossed salad'; the lightweight women developed a new innovation in weight loss based on car heaters and Led Zeppelin; and many coxies were trying to out-eat the heavyweights in the hopes of gaining enough weight to avoid the dreaded sandbags (to bring them up to minimum racing weight).

The heavyweight womens 4+ took second place to Wichita State in their quarter-final, earning McGill a spot in the semi-finals. The lightweight women, in their first race of this years Dad Vail's, won their semi-final with the second fastest lightweight time

overall (7:28). Their main competition would come from the Iowa State crew.

The frosh/novice womens 4+ rowed to an impressive third place finish in their semi-final, but the large field of boats meant that they would not qualify for their final. They were cheered on by the McGill cheering section which, thanks to Andrew Tees, was the loudest group in attendance.

Saturday, May 9th

The rain from the preceding day worsened river conditions. The river was cluttered with logs, broken buoy lines, tree stumps old tires and general grunge—which made rowing dangerous. Officials delayed races for four hours to clear the river. The challenge of the day was dealing with an incredibly fast current and few lane markers. Despite the less than ideal conditions, the heavyweight womens 4+ grabbed third place in their semi-final and advanced to the finals.

Finals

The lightweight women attacked their final with much of the same

energy and determination they had been displaying throughout the week. The battle proved to be a close one, with McGill taking the silver medal in a time of 8:01.3, four tenths of a second ahead of Fordham and just behind Iowa's 7:56.8 finish.

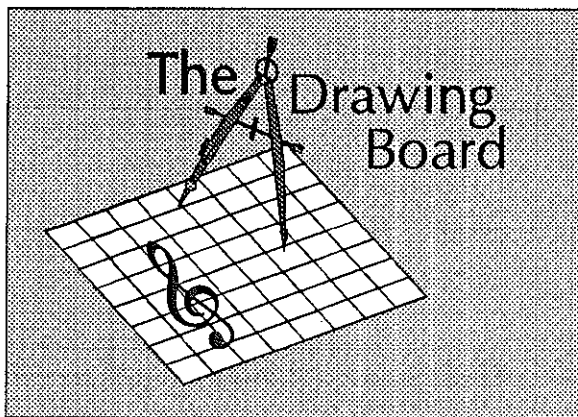
Our heavyweight mens pair with cox won silver in a straight final of seven boats, placing second to the Drexel crew.

McGills last race of the spring saw the heavyweight women competing alongside two familiar Canadian crews: the University of Western Ontario and Trent University. Our time of 7:50.2 put us behind Western's 7:28.2 and Wichita State's 7:73.2.





As we headed back to the boat-house and I took the last few strokes of my university career, my thoughts were again of the road trip, but now in retrospect. We had all taken a journey through adversity and triumph, proving our motto, '*Grandescunt Aucta Labore*' (Grow Great through Toil). It is what rowing at McGill is all about.

And with that, McGill's Dad Vail experience came to a close.

...oh well, back to the drawing board.



We suggest that next time you begin with The Drawing Board, and maybe going back won't seem that bad at all.

-  newsletters
-  music publishing
-  PC consulting
-  documents of all kinds

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