



the Wave

Newsletter of the McGill University Rowing Club

Volume XI Issue 1

• President's Message

Welcome to the first edition of the Wave for 2003! I should probably start by introducing myself... my name is Jane Maxwell and I am the coxswain of the varsity women's eight and a second-generation member of the MURC: my grandfather, Stirling Maxwell, rowed with the original McGill men's eight in 1928! I also have the privilege of being the president of the MURC for 2003.

The 2002 season was a huge success for the crew. On the water our varsity eights, with the help of our new coaching team, turned heads at every race on the OUA circuit. To make things even better, based on the strength, skills and dedication of our novice crews, we can be confident that these eights will only be growing stronger in the coming years. Off the water, the executive has been busy in the past few months with activities ranging from organizing disco fundraisers to investing in the future of McGill crew with the establishment of the Senator Alan Macnaughton Endowment Fund. (for more information see the article on page 2)

One of the MURC's major goals for past year

was to make rowing a more visible sport on campus. To this end, crew members were on campus even before classes had begun in the fall, erging and recruiting throughout our three-day frosh week "erg-athon". Only days later we were at the basin running the above-mentioned learn-to-rows which took more than twenty would-be rowers from ignorance to bliss (on the water rowing in eights) in a single afternoon. Later in the season, the McGill Eastern Invitational Regatta drew notice as it attracted a record turnout, with crews coming from as far as Halifax to compete.

...And the crowds at the Olympic Basin will only be growing... We are happy to announce that McGill will have the honour of hosting the Canadian University Rowing Championships in November of 2004. This two-day event, which has traditionally taken place in Victoria or St.-Catharines, will assemble the top university-level rowers from across Canada in Montreal to compete for the national title.

The last big success that I would like to mention here is the 2003 erg-drive. On behalf of the entire executive and the club

as a whole, I would like to thank you, our alumni, for your generosity and support. Thanks to your donations over the last 3 months, we have managed to raise over five thousand dollars! With this money we have been able to purchase four new ergometers, increasing our fleet from three to seven and improving the quality of our athletes' off-water training immeasurably. THANK YOU!

As you can see from the rest of the articles there is much more to tell, so I will end myself here. If you have any questions or suggestions for the club please don't hesitate to contact me. Enjoy the rest of the wave and I hope to see many of you in 2003.

Yours sincerely,

Jane Maxwell, MURC President
jane.maxwell@mail.mcgill.ca

How Long Does It Take to Pull 1000m???

Mark Wismer

Eight men - 8000 meters. You would think that 3 minutes and 5 seconds would be a respectable goal. The octet of young virile chaps that decided to try their hand in this year's Canadian Erg Championships would beg you to reconsider that aforementioned time reference. The first annual Open Men's University 8 race would be the medium for this question to be answered. And to set the tone for the following story I say this; quite

frankly, the erging was by far the easiest part of the day.

After struggling through another week of training, the blessed day of rest (that being Sunday for those of us who prescribe to the cult religion appropriately labeled "Rowing") was upon us. But did we take the opportunity to catch up on the school-work in which we had already fallen behind? Nope, we decided to erg just a bit more.

So in typical rowing fashion an early morning wakeup greeted us this chill Sunday morning. In store for us was a day trip to

Toronto so we piled into two cars and hit the road. As we crossed border into Ontario all were intensely focused on the first task at hand, finding the closest Tim Horton's so we could snag some French Vanilla Cappuccino and the largest box of Timbits we could possibly fit in the car.

The next obstacle was weaving our way through the downtown of Toronto, a big city compared to Montreal. When we finally reached the CBC building, it was roughly 3pm.

(Continued on page 3)

Head Coach's Message

Henry Hering

The ever diligent and hard working executive of the MURC have urged me to write a "Hi, my name is Henry Hering, and I'm the new Head Coach of the McGill University Rowing Club article" for this edition of the Wave. Accordingly: Hello to all – though there are many who already know me. My long-time involvement with McGill Crew, in one way or another, extends back to the 80's (1989, '90, '91, '92, '93, '94, '95, '96, '97, '98, and 2001), as either an athlete or coach. So there's a good chance that you already know who I am.

A year ago, I retired from the Canadian National team after 10 years of competition, and was hired by McGill Athletics on August 12 as Head Coach of the rowing program – the first since 1993. To pay the bills, I'm working as an engineer at CAE. Over five different seasons, I've coached McGill's Novice women, Novice Men, and Varsity Men, but now as Head Coach my goal and immediate responsibilities within the MURC is to lead the varsity men's and women's eights to the greatest

possible success.

In review of the past year, the MURC's varsity eights objectives of the past season were realized. Although the goals that I set forward at the beginning of the season seemed lofty, the hard work and dedication of the crews produced a successful season. This success was highlighted with third place finishes for both the men's and women's varsity heavy eights at the Ontario University Rowing Championships. The amazing performance of these two crews at this regatta is critical to the MURC's standing as a Level-II sport as determined by the McGill athletic department, who've hired me for this position.

With my direction as Head Coach, the actual coaching effort for the two varsity heavyweight eights was divided between Mike Modolo, the Assistant Coach, and myself, and we effectively formed a varsity eight coaching team. The design of the selection process, training program, rowing style, and race plan was headed by myself with input from Mike.

A cooperative team effort was fostered between the two varsity eights by unifying as much of their activities as possible.

The same selection process, training program, and race plan was used for both crews. Of greatest effect were the head-to-head training sessions we ran between both eights. This shared training experience was designed to build team spirit, and provide motivation in the early morning training sessions.

Due to the short amount of time between my appointment as Head Coach (August, 2002) and the beginning of the season, we were in a situation where preparation time for the upcoming season was at a minimum. I would like to thank the past executive for their support throughout the fall season. It was only with their help that the coaching and equipment problems of the first weeks of the season were overcome. I look forward to working with the next executive from day one in order to ensure that these difficulties are not repeated next season.

I would like to thank all of our athletes, volunteer coaches, and alumni for their commitment to the MURC: if it were not for you this club would not exist. Their positive attitudes will help McGill Crew develop into a university rowing powerhouse, while having fun along the way.

The Senator Macnaughton Endowment fund

Tracy Beck Fenwick

I am happy to announce on the behalf of the 2002 executive that we will be investing \$23,000.00 into the McGill University Endowment Fund this spring. This money, originating from the generous bequest of the Honourable Senator Macnaughton, has been prioritized by both past and present executives to be invested for the benefit of future generations of McGill rowers. This is a very exciting opportunity for the MURC to ensure the future viability and sustainability of all of our hard-earned efforts towards the long-term growth of McGill University Rowing Club.

The McGill University Endowment Fund is presently worth \$800,000,000.00. Through investing

\$23,000.00, we will be generating an approximate annual income for the club of \$1200.00, while maintaining the growth of our initial investment. Essentially, we will be able to buy a new erg every year! Our contribution to the McGill Endowment Fund will allow us to continue *promoting excellence in rowing among McGill University students via competitive activities at the novice, intermediate, and elite levels.*

We would like to encourage our alumni and corporate sponsors to continue contributing to this fund. Imagine a day when, rather than buying an erg a year, it may allow us to purchase a new eight every year! The fund is managed by the university itself, ensuring that monies donated to the club will be properly handled, and since no capital will be removed from the fund you can be secure that donations of any size will contribute towards making

an important difference to the future of McGill Crew.

If you wish to contribute specifically to this fund, we request that your donations be designated to the *Endowment Fund*, as opposed to our other – equally important – short term funding projects. Such donations can be submitted directly through McGill's Martlet House, McGill Department of Athletics, or, sent to MURC itself. Donations made directly to the University must be specified for McGill University Rowing Club Endowment Fund.

If you have any questions regarding the Endowment Fund, please contact myself at

beck_fenwick@hotmail.com

or (514) 272 – 3992 or

Mr. Thomas Thompson at

thomas.thompson@mcgill.ca,

or (514) 398 – 8987.

New Zealand at McGill

Dallas Smith

This spring, the McGill University Rowing Club was approached by John Albright, an alumnus of McGill Crew, about the idea of hosting a crew from New Zealand for the upcoming Fall 2003 Season. Rowers from the New Zealand Rowing Academy/West End Rowing Club/University of Auckland Rowing

Club are planning a trip to Canada and the USA to participate in a number of different regattas which include the Head of the Charles, and our very own McGill Invitational.

The Crew, consisting of a Heavy Men's 8+ and a Lightweight Men's 4+, would be here for a month of training along side the McGill Crews. This opportunity to train with other high caliber crews will hopefully benefit our teams, and push them to have our most successful season ever.

New Zealand will be supplying their own boats and equipment, and have only requested that our club try to accommodate them, and equally share the costs, in our travel and accommodation plans. It will be a great learning experience for all crews, and a great chance to build friendships with other rowers from around the world.

How long... (Continued from page 1.)

But as we all know, regattas rarely run on time, and the indoor type is apparently no exception. So we had some time to size up the competition. Our rivals were teams from Western, Queens and a noble showing of two Varsity Blues squads from University of Toronto. Western, being a late entry, had to pull in a heat before the rest, and thus set a time to aim for. Finally at around 5pm we mounted the ergs. When we sat down on the ergs we were facing what we figured would be our biggest challenge, the top U of T boat. Directly beside us were our bitter rivals from Queens.

It was go time. There was a screen in front of the ergs on which small boats showed a real time simulation of the progress of your boat, and the boats of your competition. On the word "row" we all jumped on our legs and started pounding. Soon I realized that my screen was blank. I looked up at the monitor and the two U of T boats were racing off and where the Queens and McGill boats had been were empty lanes.

You've heard of the hotly contested hockey rivalry between the Maple Leafs and the Canadiens, right? Well, I believe the McGill - U of T rowing rivalry may be part of a trickle down effect. My guess is the missing boats were part of some sort of Toronto conspiracy to make Montreal look bad. So what did we do? Of course we just kept pulling. We were always told never stop until you are told to stop. In association with that the coxie, the brains in the boat, was not in attendance and therefore pure caveman instinct had killed off all sense of rationality. Moments later, the race was halted. While organizers fixed the problem, the

host of the event spoke of how this was a big race as it was a continuation of bitter fall-season rivalries. She didn't know the half of it. Toronto had barely knocked us down a notch when they beat us by 3 seats at OU's. We were out for revenge... and a gold medal wouldn't hurt either.

As the race began for a second time, our crew was not so much a group of men, but a bunch of testosterone-driven meatheads (some would argue that we always resemble this). We were prepared to do anything to win this race. We jumped out to an early lead and never looked back. Half way through the race I heard the commentator make the remark, "McGill seems to be out to prove something here." Quite the astute observation my friend.

With the Toronto boat sitting in a close second, we had to push it right through to the finish. But in our minds, we knew the outcome before it happened. We wanted it too much to lose.

After accepting our first-place medals, and redeeming some of our pride which had been hurt at nationals three months earlier, we decided a big dinner to celebrate was in store. Another test was waiting for us.

Finding parking on the street in downtown Toronto is more difficult than predicting what time head coach Henry Hering will show up for practice. So we figured the best idea would be to park in a no-parking zone across from the restaurant and get a seat by the window. To our dismay, half way through dinner a police car arrived. A slight panic ensued, but it seems that the officer understood our plight as the car soon left the area having issued no fines.

By 8:30pm we were back on the road with full bellies and a driver with a lead right foot. Averaging speeds of close to 160km/hour on the empty Sunday evening roads we raced back to Montreal. At 12:33am I was kissing my new gold medal goodnight and tucking myself into bed.

So to answer the question how long does it take to pull 1000m. My answer would be sixteen hours and thirty-three minutes. That is one intense workout.



McGill Varsity men collect their gold medals at this years Canadian Indoor Rowing Championships

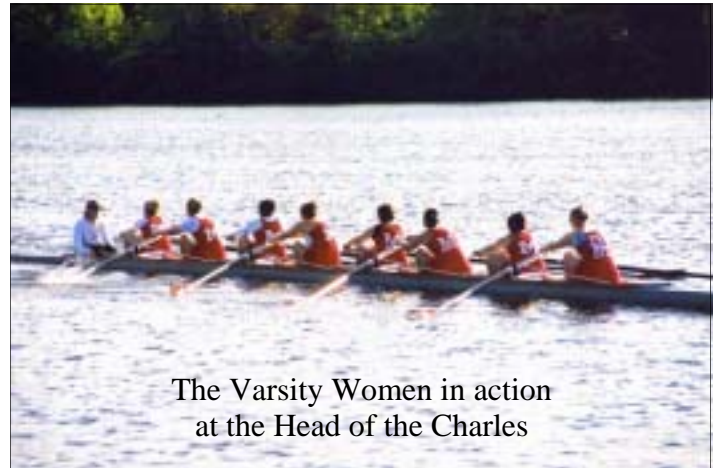
Both Varsity crews came home from OUA's with bronze medals this year!

The Varsity Women's Eight:

- Emma Hamilton
- Tracy Beck Fenwick
- Katy Latham
- Sarah Sanowar
- Corina Nagy
- Ulrika Drevniok
- Rebecca Woods
- Jen McCarthy
- Jane Maxwell
- Henry Hering, Coach



Novice Men at St. Catherine's after their win



The Varsity Women in action at the Head of the Charles



McGill's Novice Men (above) and Novice Women (on the right) dominating at the McGill Invitational Regatta.



The MURC's 2002 Season



The Varsity Men's Eight:

- Mike Modolo, Coach
- Krys Wodzicki
- Jared Steingard
- Joel Thibert
- Jacek Mysior
- Dave Morrison
- Ryan Demler
- Mark Wismer
- Gerald Sheehan
- Dallas Smith
- Henry Hering, Coach



The Varsity Men sprinting to the finish at Trent

Novice Women at Trent



The Novice Women sufferin' in the flurries at St. Catherines

McGill Invitational

Rebecca Woods

The 8th annual McGill Eastern Invitational Regatta took place this season on 26 October 2002. Months of planning on the part of co-VP Externals Jennifer McCarthy and Rebecca Woods ensured that it was one of the biggest ever, with over one hundred entries. McGill hosted the usual OUAA-circuit rivals (Queen's, Guelph), as well as local Quebec clubs, Maritimers (UNB, Dalhousie), and even one sculler all the way from the St. Andrew's boat club in Edinburgh, Scotland!

Despite the cold and pouring rain during the morning's heats (and the usual administrative snafus that plague any regatta), this year's Invitational was an undeniable success for the club and its athletes. Spectators enjoyed the Olympic scoreboard and tunes spun by live DJ Brian Eberdt while four McGill crews rowed their way to victory.

The varsity heavyweight women's and men's eights both picked up gold, defeating long-time rivals Queen's who settled for second place in both cases.

The lightweight men's four finished second to Guelph, while the lightweight women's and junior varsity women's fours finished fourth and fifth respectively in the open women's four category. The McGill open men's double

bagged fifth place in their category, while the novice women's eights took first and third in theirs. Finally, the novice men's eight grabbed yet another gold in a landslide victory for McGill.

Jennifer and Rebecca would like to extend another big thank-you to all those who participated, volunteered and supported the McGill Invitational this year. See you next season!



Novice Women beaming as they receive their gold medals at the McGill Invite

Alumnotes

Ben Escott is currently studying medicine at the University of Sydney in downtown Sydney, Australia, with clinical training at Nepean Hospital at the base of the Blue Mountains in western Sydney. In the second year of a 4-year graduate-entry program, Ben has one more year of clinical science training before beginning his clinical rotations, which he plans to start in Papua New Guinea in a year's time as his 8-week international elective. Ben spends most of his free time at the beach near his flat where he enjoys surfing, scuba diving, hiking, and trail-running along the cliffs.

Hannah Hoag joined the brain drain two years ago and slipped across the border to pursue a career in science journalism. You can now find my by-line above articles out of Boston, New York and now Washington, DC. But I have big plans to return to Canada and shock the nation with my science journalism prowess. Despite my proximity to large rivers, brand-new rowing shells (owned, not rented), and boathouses that put houses along Toronto's Bridal

Path to shame, I've keep my distance from the sport. I helped coach the Boston University Novice Women for a bit and flapped around on the Charles in a double with my roommate a couple of times. I even went to a recruiting meeting for a club here in DC. But it seems I've forgotten how to set the alarm for 4:45AM.

Victoria Nethercot writes:

It's a beautiful sunny Sunday in Vancouver, the magnolias and cherry trees are blooming, there's fresh snow on the mountains (and none in the city!!). After a long trek via Hamilton, ON to complete an MSc at McMaster and Oakville, ON for a course in multimedia programming I've made it out west and am working in research at the BC Children's Hospital. I traded in my oars for wheels and skis and am thoroughly enjoying mountain biking and backcountry skiing in BC. Hello to my fellow alumni - I'd love to hear from you and hope you are all well!

After graduating, **Brad Safnuk** moved to the west coast. This didn't last long since he was never able to decide which half of the population to join- those chained to a tree or the other half trying to cut the tree down. He got married and moved to Cuba

to join the revolution. However, the lack of air conditioning forced them to reconsider the wisdom of communism. He and his wife are now living in northern California, still going to school.

After finishing engineering at McGill, **Jason Switzer** went on to row for the MIT Lightweight Men's 8 in 1998, the only year in history the Head of the Charles was called off on account of rain. After completing a masters degree in engineering, Jason moved to Geneva Switzerland, where he works for a Sustainable Development thinktank during the week, and works on his powder turns in the Swiss Alps. If you are passing through Switzerland and want to find out where to go, try jswitzer@iisd.ca

Paul Campbell writes:

Okay, I have to apologize for the cold winter. You see, last fall, after 8 years, I finally finished my Ph.D. at McGill. Thus hell freezing over and the subsequent reduction in surface temperature. Sorry, my bad. The good news is that I've moved on to a postdoctoral research fellowship, in the cancer centre at the University of North Carolina. Life is good in the south, but I miss the snow and the people talk funny, I tell you what

2002 Season Recap

Jane Maxwell

The 2002 fall season was a great success for McGill crew. The team this year consisted of 10 boats and more than 70 athletes who trained hard on the water every morning at 6am and competed every weekend for a month and a half in October and November.

The competitive season began at Head of the Trent in Peterborough - the first and largest race of the fall season. The lightweight women managed to row 5 kilometers with a broken oarlock and still come away with a 5th place finish, while the other varsity crews finished with silver and bronze medals. The McGill novice crews, with less than 3 week's rowing experience under their belts (spandex?), took the challenge of a winding 4 kilometer course in stride, finishing 2nd in the men's division and 5th in the women's. They continued their success the following weekend at the Brock university regatta, winning the men's title and taking

bronzes in the women's division.

Highlighting the season's successes was the weekend of McGill Eastern Invitational regatta where McGill crews dominated the medals podium to claim bragging rights as eastern Canada's top rowing contender. In front of a home crowd McGill crews beat their Queen's university rivals and swept the Varsity and Novice eights divisions. In addition, the lightweight men's four placed second while the junior-varsity women finished just off the podium in 4th place.

The following day at the Queen's university invitational regatta, the McGill varsity eights battled strong winds and white caps to again take home the gold medals, while the men's and women's lightweight fours came away with silvers.

As the weather got colder, with ice on the docks in the morning and snowball fights on the water, the McGill crews continued to work harder and grow stronger. The OUA championships in November started with snow during the Novice races, which

the women came out of with a silver medal and the men with a 4th place, and ended with podium finishes for both the men's and women's varsity heavyweight eights – a proud first for the McGill University Rowing Club.

Even now with the rivers frozen, McGill crew continues to work hard. On February 2nd, 2003 the varsity men won the University men's eight division at the Canadian Indoor Rowing Championships in Toronto. The next challenge for the crew will be to defend the Lorne Gaels cup and Challenge Blade in their annual dual race against Queen's University in May.

MVP's:

Novice Men: Mike Dunn

Novice Women: Alex Leligdowicz

Varsity Men: Gerald Sheehan (stroke seat, varsity men's 8+)

Varsity Women: Jane Maxwell (coxswain, varsity women's 8+)

FMR

Rob McDowall

Hello all Friends of McGill Rowing! I just wanted to snag a little space in this issue of The Wave to give you an update on what the FMR has been up to. Over the past months we have had several meetings with this year's new Executive. Some of the issues we have tackled are

coaching, club administration, and equipment. As the new Executive gets settled into their new roles, we are trying to help out as best we can to provide assistance where needed. Our last meeting was particularly interesting as we revised a Strategic Analysis of the MURC.. This effort lays down a solid foundation for a Five Year Plan as well as providing a common view of what the club's objectives and priorities. One of the most valu-

able roles the FMR plays is to provide historical context to these discussions thus ensuring continuity. Going forward we will be working with the Executive to assess their coaching and equipment needs. We are also welcoming new Directors to the FMR for anyone wishing to become a bit more involved.

Should you have any questions about the

(Continued on page 8)

Fall Schedule

Head of the Rideau	Sunday, September 28	Ottawa, Ontario
Head of the Trent	Saturday, October 4	Peterborough, Ontario
Brock Invite	Saturday, October 11	St.Catharines, Ontario
Rochester Invite	Sunday, October 12	Rochester, New York
Head of the Charles	Saturday– Sunday, October 18-19	Boston, Massachusetts
McGill Invitational	Saturday, October 18	Montreal, Quebec
Queens Regatta	Sunday, October 19	Kingston, Ontario
OUA Championships	Friday– Saturday, October 24-25	Welland, Ontario
CURC's	Saturday– Sunday, November 1-2	Victoria, British Columbia

The 2003 Executive

President	Jane Maxwell
VP Finance	Jacek Mysior
VP Internal	Brian Benoit
VP External	Jodie Capling & Johanie Marcoux
VP Communications	Winthrop Sheldon
VP Fundraising	Nick Phelps
Club Manager	Dallas Smith
VP Truck and Trailer	Cindy Englot
Alumni Affairs	Carol Burbank & Alex Leligdowicz

FMR... (Continued from page 7)

FMR, please don't hesitate to contact me at
robmcdowall@hotmail.com

Special thanks to all of those of you who have taken the time to get in touch with me already to get news!

With the issue of this edition of The Wave, the Wave Fund will have run dry. I you can help, please send \$ to the Wave account: McGill University Athletics Centre / Attn: Rowing Club / 475 Pine Ave. West / Montreal, QC / H2W 1S4. Tax receipts are available - just ask! Your help is deeply appreciated

Established in 1996, the McGill-Queen's Challenge Boatrace adds another dimension to the long-standing athletic rivalry that exists between these two universities. From year to year, McGill and Queen's alternate hosting the event, and this year it will take place in Kingston, Ontario on Saturday May 3rd.

After training very hard all winter, our athletes will once again go up against the Queen's crews with the goal of bringing back the three trophies of the Challenge: Men's Challenge Blade, which was won last year by the McGill Crew; Women's Challenge Trophy, won by Queen's crew; and D. Lorne Gales Challenge Cup, which was won again by the McGill Crew. Good luck to all the athletes and let the challenge begin...



After Rowing

*Autumn for rowing and excess, for brooding and softness,
for the eternal desire of returning home.
For warm sweaters and coffee, and the October bedroom
of braided legs and pressed bodies, blow wind!*

*As I paddle the season through, it is
a month of soothing sweat and friends
marking the way, time passes in puddles.*

*It is rowing starting and ending, "ready go", the Charles,
"connect and send", and the cheers of passer-bys
setting a stage on which to perform;
it is dawn in the soul and the smell of home
down winding rivers that lead you nowhere,
and sleepy Sundays and desires in the mind.*

*There is the basin, like a hollow island.
We will embrace you in the chilling breeze
and contemplate our cadence to conquer you,
when we return.*

Tracy Beck Fenwick

The MURC has a NEW alumni e-mail address...

rowing.alumni@mail.mcgill.ca

...so send us your e-mail address and we'll make sure you start receiving alumni updates!

* * *

As well, the MURC Alumni webpage is getting a face life! It should be up within the next few weeks so go check it out at the MURC website...

www.athletics.mcgill.ca/rowing/

The MURC is hoping to expand our coaching staff for the up coming season; therefore, if you're interested or know of anyone who is you can contact us at...

rowing@mail.mcgill.ca

The MURC is hoping to certify our coaching staff in order to unify learning at all of our competitive levels.

The Wave Staff:

Editor: Carol Burbank

Assistant to the Editor: Carol's boyfriend.

Consultant: Henry Hering