

Surge!!

Newsletter of the Friends of Williamsburg Rowing
a not-for-profit 501(c) corporation, organized for charitable purposes

Spring 2008 Edition

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Welcome to *Surge!!*

Welcome to the Spring 2008 edition of *Surge!!* the bi-yearly newsletter of the Friends of Williamsburg Rowing (FWR), a qualified 501(c)(3) organization. FWR was formed as a booster organization for the William and Mary Rowing Club (WMRC). Since its inception, the mission of FWR has grown to include furthering the sport of rowing in the Williamsburg, James City County area by supporting both WMRC and the Williamsburg Boat Club (WBC), which was established in 2003. This issue of *Surge!!* contains updates on the activities of both WMRC and WBC, so read and enjoy!

Trying to remember something you read in a past issue of *Surge!!* but can't find your copy? Look no further, head to our website, www.williamsburgrowing.org/ and download any version you need.

Letter From The President

Dear Friends,

First I want to start by thanking Will Cornock, who has served as Friends of Williamsburg Rowing (FWR) president for the past two years. Will took some bold steps to begin to help transform the organization. Due to his leadership, we have more active recent graduates than in years past. There are many fresh ideas and lots of energy is going towards supporting the teams. I hope you will join me in thanking Will for his service to the organization.

It was wonderful to see so many of you at our annual meeting in Williamsburg this past December. We were privileged to have current WMRC rowers, Rec Sports representatives, Williamsburg Boat Club (WBC) members, and W&M alumni sitting around the table. Also, thanks to the number of folks were able to transcend geographic boundaries and join us via conference call. We also had a record number of people running for director and officer positions! As a result, folks of varied experiences and visions were able to add their opinions on important matters. I hope that this trend will continue, with lots of support for the team in the upcoming Spring season.

Finally, we will be working closely with Lisa Milne (WMRC Head Coach), the officers of WMRC, and WBC, to support them based on a wish list which they have drafted. The list will contain the most necessary items for the team's success this season. The list will be available to you on the Friends website at any time. I encourage you to take a look and see what you might be able to contribute. Get together with former boat mates, alumni, or family members to make a significant difference in the 2008 Spring Season! Thank you in advance for your support.

Beth Magill, '06
President, Friends of Williamsburg Rowing

FWR Web Site

Be sure to check the Friends of Williamsburg Rowing Website as it progresses during construction. There is a new way to donate to FWR: Use the new button on the donate page to give money via credit card, debit card, or PayPal.

<http://www.williamsburgrowing.org/>

Online Alumni Group

Now there is an easier way to stay in touch with old teammates and keep up with W&M Crew news. W&M Rowing Alumni now have a group on the social networking site Facebook (www.facebook.com). The group ("William & Mary Rowing Club Alumni") offers a place for alumni to upload photos, videos, post links, have discussions, and share news about FWR and WMRC. Everyone is invited to join this group and please invite other WMRC alumni and friends.

FWR Annual General Meeting

FWR will plan on holding an annual meeting in the fall of 2008 sooner than usual. The meeting will again be held in Williamsburg, but will hopefully be in November or during homecoming. Finalized plans will be made as the date comes closer. Our AGM is an opportunity for friends of the team to come together.

Officers and Directors

President – Beth Magill '06

(703) 402-1898 e-mail: eamagill@gmail.com

Vice President – Anthea Medyn '05

(781) 974-7335 e-mail: anthea.medyn@gmail.com

Treasurer – Travis Moore '06

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Director – Sean Gillick '07

(703) 472-6128 e-mail: sean.gillick@gmail.com

Director – Sean Blaney '06

(617) 962-4996 e-mail: smblan@gmail.com

Director – Stephen Woodward '05

(804) 920-1818 e-mail: stephen.a.woodward@gmail.com

Director – Robert Montague, Head Coach '03-'06

(757) 784-7292 e-mail: ergmaster@hotmail.com

Director – Douglas L. Turner (Parent '94)

(703) 455-6382 e-mail: 71544.1475@compuserve.com

Director – Bob Morrison (WBC)

(757) 565-7946 e-mail: Bobmorrison77@gmail.com

Director – Erin Dunlop '06

(301) 580-6914 e-mail: erindunlop@gmail.com

Director – William Cornock '05

(973) 809-8097 e-mail: wcornock@gmail.com

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William & Mary Rowing Club Spring Update

In late May, the Williamsburg Boat Club ran a trial program The Tribe are about to embark on the 2008 spring race season and we hope it to be yet another successful one!

This past January the team made its way to Jacksonville, FL for our annual winter training trip. While in Florida the team had the basic schedule of eat, sleep, and, of course, row! We were lucky in that one of our rower's family resides in the Jacksonville area and they hosted us for two fantastic home-cooked meals and took us out to eat on another occasion! (A big THANK YOU to the Wright and Cotton/Heidi families).

On February 16th the Tribe was in action at the Hampton Roads Erg Pull. The team did exceptionally well taking first in the Women's Open Novice and Varsity events along with the Men's Open Novice event. The Men's Open Varsity event saw the Tribe take third, respectively. You can check out all the results from the day at <http://www.hrrc.net/erg/2008results.htm>.

We headed to a new location in Stuart, FL this year for our Spring Training trip. The location is still new to hosting college teams, so we were very lucky that the Treasure Coast Rowing Club chose to have us! We were in Florida from March 1st through March 8th and trained hard throughout the trip.

The first race of the spring season brought wonderful racing conditions in Blacksburg, VA. Despite being on the water for one week, and having many new novice rowers, all boats had impressive races. Both men's and women's novice 8+'s finished second to the Tech boats, and the WL4+ and MV4+ both finished second in their races. While Tech captured the trophy, the last two races, the ML8+ and the WV8+, were both won by our team.

Below is the team's Spring schedule, check the website for updates and results:

March 30 – Occoquan Sprints, NOVA
April 19 – Kerr Cup (CAA Conference Championships), Philadelphia, PA
May 4 – MACCC, NOVA
May 9-11 – Dad Vail Regatta, Philadelphia, PA

We hope to see you out this season!

Tribe Pride!

Lisa Milne
The College of William and Mary
Head Coach, Rowing
williamandmaryrowing@yahoo.com

Williamsburg Boat Club Update

In late May, the Williamsburg Boat Club ran a trial program with the Williamsburg-James City County Schools, in which WBC has completed our first winter Learn To Row class and have 10 people awaiting to finish their lessons once we return to the water in late March or early April. We anticipate another Learn to Row class to start in March. In February, club representatives met with the James City County Parks & Recreation folks. There are no significant issues between the rowing community and the Parks & Recreation Department, and this meeting was mostly to stay current with any developments within the Parks & Recreation Department that could affect the local rowing community. The County is reviewing options regarding the future uses of Chickahominy Riverfront Park and the newly acquired Jamestown Marina, and should have an initial report from the consultants doing this analysis in about a year. But there are no expected changes to our existing relationships expected this year.

WBC members have been working out over the winter using the WMRC erg room, and is looking forward to early summer sprint races in Norfolk and Richmond, with the potential for a few of our more competitive rowers competing in sprints in Washington DC and Philadelphia later this summer. We are coordinating an "introduction to rowing" with the local public high schools as part of the "Fitness For Life" [physical education class. High school students will learn how to row on an ergometer and then get a water lesson as part of this week long class.

The club's youth program is slowly expanding, with a few more youth signed up to take Learn to Row classes in March. We hope to get in a few scrimmages with other youth clubs in the region this summer. Four of our members recently competed in the masters divisions of the Hampton Roads Erg Pull; all four set personal records for this 2,000 meter piece and we came away with 1 second place and 2 third place medals.

Listed below are a few items we could use if someone would care to donate them, and the approximate cost of these items.

- Bullhorn (battery powered), \$90
- Inflatable life vest (Suspenders Sport Series Automatic 1211), \$144

We also will make some relatively big purchases this year that people could donate towards listed below. Since we will be purchasing 8-10 sweep oars this year, and it is less expensive to order them in quantity to save on shipping charges, a donor could "purchase" an oar for us by making a monetary donation for a portion of our bulk purchase (as all the oars have to be the exact same specification). Similarly,

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Williamsburg Boat Club Update (cont.)

we're looking for a recreational single scull, and we have an estimated cost, so some may want to contribute towards such a boat, but we would need to actually find one first. The estimated costs of these larger items are:

- Concept II Sweep Oar, \$275
- Used Recreational 1X, \$2,000

And of course if anyone would care to make a general cash donation through FWR to our club, these are always appreciated as we can use these funds to pay for entry fees, travel costs, and current equipment payments.

Thanks to everyone for their continued help and support to the Williamsburg rowing community.

Cheers,

Bob Morrison
President, Williamsburg Boat Club

For information about Williamsburg Boat Club, contact Bob Morrison at Bobmorrison77@gmail.com or call 757-565-7946.

<http://www.williamsburgboatclub.org/>

Send Us Your E-mail Address

We are continually updating our database to keep all past, current, and future "Friends" informed on the happenings of rowing in the Williamsburg area. If you would like to receive future issues of *Surge!!* as well as other periodic updates by e-mail, please send an e-mail to vldyer@gmail.com.

Boathouse Dream to Hopefully Become Reality

The Friends of Williamsburg rowing have been working closely with the Williamsburg Boat Club, William and Mary Rowing Club and even the William and Mary sailing team to pull together a proposal for a boathouse at the Chickahominy Riverfront Park. James City County is currently working on *Shaping Our Shores*, a plan to develop three waterfront sites in James City County.

We encourage any area residents to attend the next public meeting about Shaping Our Shores:

Wednesday, May 28 2008

6:15PM-9:00PM

Bldg F Board Room, County Government Complex
101-F Mounts Bay Rd
Williamsburg, VA 23185

The county is currently seeking input through a short survey on their website:

<http://www.jccegov.com/citizens/fillsurvey.php?sid=39>.

And beginning in late May through early June, design alternatives for the 3 sites will be exhibited in the lobbies of Building F at the County Government Complex on Mounts Bay Road and the Williamsburg/James City County Recreation Center at 5301 Longhill Road to solicit feedback.

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On the Paddle with Robert Montague

Sometimes I think that Surge is too dry. It needs a lighter side – hence this column's title. I conservatively estimate that the addition of "On the Paddle" will triple Surge's circulation. Alumni, parents, and even former coaches will count the days to the next installment with breathless anticipation. I intend to take full credit for this inestimable service to the Williamsburg rowing community...well, almost full. Travis Moore suggested the title "On the Paddle." I was going to call it "Humorous Stories" or "Anechoatal Evidence" or something awful like that. Apparently, Travis feels that being both taller and faster than me is insufficiently humiliating.

The editor has assured me that unless this first piece is extremely funny, he will put me in charge of elaunch updates for the duration of my term as Director. I can't risk having to write about new bushings and increased voltages, so I decided to pull out all the stops and draw on a source of humor that will guarantee laughs: the toilet. I will try to raise the level of sophistication for the next issue.

The following incident took place the year before I started at Murray State. The MSU rowing team uses university vans to travel. Only certain people are allowed to drive them. It's considered an honor. One woman in particular (let's call her Harriet) was driving back from a race. It might have been her first time, but I wouldn't swear to it. She was doing fine until the team stopped for dinner. She went straight to the bathroom – you all know the feeling – and tucked the van keys into the front pocket of her Boathouse jacket for safekeeping. Unfortunately, she neglected to secure the Velcro, so as she bent forward to flush the toilet the keys dropped out of her pocket and literally went down the drain. The funniest part, at least for me, was the official Key Replacement Form that Harriet had to fill out when she got back to campus. Under "explanation for loss," she wrote "I flushed them down a toilet (really)."

So there you have it. Maybe it's not the funniest thing you ever read, but hopefully it was good for a chuckle. If you have a funny rowing story that you would like to share, email it to ergmaster@hotmail.com. I look forward to hearing from you.

Alison Higinbotham, Class of 2009 talks with Justin de Benedictis-Kessner

Surge: Tell us about how you started rowing.

Alison: I started in 10th grade with a local Catholic school's fall 'keep in practice' type program, because a friend of mine rowed and loved it, so I figured I'd give it a try. Luckily, my high school started up a team my senior year, so I joined that and had a blast, which made me decide to continue rowing in college. I liked the team here because of the people - joining the team gave me an instant group of friends, not to mention great workout buddies.

Surge: So what kept you with the team, despite all the early mornings and intense exercise?

AH: Mostly I just like to whine about how early I get up to everyone I know... just kidding! No, it's definitely the people - the team aspect, the friends you make, and the bonds you form. Plus, if I didn't have a coach telling me to work out every day, I'd just lay around and eat bon-bons all day. Crew wakes me up and gets me ready to go for the day.

Surge: What would you say is one of your favorite moments rowing here?

AH: My all-time favorite is winning SIRAs my freshman year. We weren't supposed to win by any stretch of the imagination, so crossing the finish line in first place was just an amazing feeling that I'll never forget. Especially looking over at the shore and seeing our coach jump three feet in the air. Also, being able to watch the sun rise every morning is really nice.

Surge: Sounds like you really enjoy yourself rowing! Are there any funny stories you have from the last couple years of crew?

AH: Seriously, there are a ton. That may be because at five in the morning, most everything is really funny, but anyway. During our learn-to-row program my freshman year, one particularly dark morning, I tried to step out into the boat and loosen my oarlock, but didn't realize the boat had drifted, so I walked right off the dock into the river. Oops!

Surge: Well, it sounds like you can only make that mistake once. Do you have any advice to give to some of the people just getting involved in rowing?

AH: Well, I'd recommend letting naps become your best friend. Yes, 9:00 is an acceptable bedtime, and if the kids on your hall don't agree, remind them in a noisy way that 4:30 is an acceptable wake-up time. Participate in the team bonding activities - the varsity rowers are less scary and more fun than you think. Set two alarm clocks for practice in the morning - you will sleep through one at least once a season. Life is too short to stress - so stop worrying and have fun!

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W & M Rowing Class Notes

Every spring, we send out a call for updates from alumni for a "class notes" section. The updates below are arranged generally in order of graduation year, then alphabetically. A huge thank you to all the alumni who responded to our request for updates. It was terrific to hear from everyone. Anyone who would like to update their contact information, please contact me at vldyer@gmail.com – Vicki Dyer '04

Kyle Stier '98 on October 25th, 2007 his wife Christy and he had their first son, Jack Westley, 7lbs. 8 oz. Mom, baby, and dad are all doing well as they hit the 3 month mark. His practice is growing at Princeton Orthopaedic Associates and they hope to relocate to the Princeton area soon.

Nathan Stump '99 and his wife Monica (who was a rower at the University of Pittsburgh) are living in Montgomery, Alabama, where he works as a federal prosecutor. They have two children, Meredith (5 1/2) and Jonathan (3).

Betsy Holt '00 is living in Asheville, in the North Carolina mountains. She will be in her current position as law clerk to a federal district court judge through December 2008. After that she plans to move to San Francisco. She says to be sure to look her up if you're ever passing through!

Stephanie Simon Appleman '01 will finish Pediatrics residency at INOVA Fairfax Hospital this June, and head off to Cincinnati, Ohio for pediatric gastroenterology fellowship for 3 years. After all that she will finally be done with school/training! She will be sad to leave DC and Northern VA and not be running into W&M alumni all over the place. She's also managed to have a lot of fun travel experiences over the last few years, exploring Rome, cruising the Caribbean, backpacking in Utah, California, and Washington State, and is heading to Costa Rica this spring.

Susie Littlejohn '01 married Christopher Kelley (not a WM alum) on October 6 in Occoquan, VA – fitting she says, "considering all the races we did on the river there."

Lara Hamilton-Halford '01 After graduating, Lara taught English in Japan through the Japan Exchange and Teaching (JET) Program for three years. There she met and fell in love with her husband, Matt. They got married in Rancho Bernardo, California on June 6, 2006 and have since been living in Los Angeles.

Kathleen Dumm '02 After teaching at an international school in Shanghai for three years, Kathleen moved to New York City to attend graduate school for her dual masters in early childhood/special education. She is currently teaching kindergarten at a special ed school in the city and loves it! She will graduate this summer and hopes in a few years to be back in Asia teaching at another international school.

Class Notes (continued)

Meredith MacMartin (Allen) '02 graduated from Wake Forest Medical School last May, and moved to New Hampshire to start her residency in internal medicine at Dartmouth-Hitchcock Medical Center in Lebanon, NH. Her husband Dan is a high school math teacher, and their son Finley will be two years old in May.

Adriane Jones '03 After graduation, Adriane spent 2 years in Japan teaching English to mafia kids then migrated to wild and snowy Canada for an MA in Linguistics. She's been working since then as a writing advisor for stressed-out grad students at the University of Ottawa. She met her soon-to-be husband, Josh (another American!), up in Ottawa. They will be getting married in Williamsburg this August and then are moving back to the States!

Corinne Hagen '03 has just accepted a new job for next year teaching math at Northfield Mount Hermon, a boarding school in northwestern Massachusetts. She will also be coaching rowing. They have 15 miles of rowable water on the Connecticut river which Corinne is very excited about.

Randal Ruilova '03 is still living in Pennsylvania and working for Ferguson Enterprises. This Christmas he got engaged and will be getting married in July 2009. Randal also mentioned he is looking forward to seeing the team race at Vails.

Vicki Dyer '04 has been living in San Francisco for the last year and a half and is working for a small strategy consulting and market research firm. She's been helping out a master's rowing group in Redwood City – the highlight being a trip to cox at the San Diego Crew Classic last year.

Katie Sprinkel '05 is busy with her second year of medical school at MCV in Richmond, VA.

Anthea Medyn '05 ran her first half marathon in March, after rowing last summer and fall with the Thompson Boat Center. She is still working at the American Institutes for Research and coaching Bishop O'Connell High School's freshman girls' crew team (where she's acquired some pretty sweet sparkly puffy paint t-shirts).

Tessa Hansen '05 is in Guyana (that's South America, not Africa), finishing her two years with the Peace Corps. She works with the Red Cross in Georgetown, mostly in the areas of child protection and HIV and AIDS education/prevention. There are ferries, speedboats and dugout canoes plenty there, but no rowing she says. She's excited to see if she still knows how!

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Class Notes (continued)

Jillian Baker '05 is currently serving as a volunteer with Brethren Volunteer Service. She spent about six months working as a Soup Kitchen Coordinator in Washington, DC (where she would gaze longingly at the boats on the water as she rode by on her bike) and is now beginning a two-year commitment in El Salvador, specific project as yet to be determined.

Vito Castelgrande '05 is the Artist Services & Operations Coordinator at Jacob's Pillow Dance Festival in Becket, MA. He lives in Pittsfield, MA and plans on joining the Berkshire Rowing Club when the lakes thaw.

Beth Magill '06 After graduation, Beth moved to New Haven, CT to begin working towards her masters degree in Divinity. She is currently a 2nd year student at Berkeley Divinity School at Yale. She hopes to become ordained as an Episcopal Priest when she graduates in 2009. During the 2007-2008 school year she has been coaching the Yale Women's Crew Team, responsible for the walk-on novice members of the team. She has also been coaching the Yale Graduate School Crew Team. She spends the rest of her time interning at Trinity Episcopal Church on the Green, working primarily with the youth of the church. She is thoroughly enjoying her studies and coaching opportunities.

Michael Schobel '06 is in his second year of law school at Duke University and is running for the executive board of the Law Review. He will be working for a firm in New York City after graduation. He also mentioned he is eager to hear what the club is up to these days.

Class Notes (continued)

Megan Barry '06 is busy with her first year of Medical School at UVA.

Sean Blaney '06 is currently living in Madison, CT working at a therapeutic boarding school while pursuing a master's degree in special education at Southern Connecticut State University. After a year of coaching at the high school level, he is no longer directly involved with rowing, but is always interested in participating in alumni events, as well as supporting the team at regattas.

Sean Gillick '07 After graduation in May, Sean moved up to Philadelphia, and is living and working in Center City. He looks forward to cheering on the team at the upcoming Spring races and welcomes any alumni visiting Philadelphia.

Erin Fenlon '07 just spent three months this fall on a Rocky Mountain semester course at the National Outdoor Leadership School where she got to rock climb, kayak, canoe, hike in the canyon lands, winter camp, ski, and get wilderness first responder certified all while camping in some beautiful places...basically having a grand adventure. As for what's next, she's hoping to start grad school at UW Madison this coming fall.

Olga Grosh '08 will graduate this May with a degree in Hispanic Studies and International Relations. Future plans include Law School.

William & Mary Rowing Club Alumni at Occoquan Sprints, April 2008



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Levels:	Contribution Amount	Designation:
Benefactor	\$500 _____	_____% FWR General Fund
Patron	\$300 _____	_____% William and Mary Rowing Club
Sponsor	\$150 _____	_____% Williamsburg Boat Club
Member	\$50 _____	_____% Boathouse Fund
		_____% FWR Endowment

Name(s): _____

Address: _____

Phone: _____

Email: _____

Are you a resident of Williamsburg or James City County? Yes No

Would you like more information about the Williamsburg Boat Club? Yes No

Are you a W&M Graduate? Yes No Graduation year: _____

Former crew member? Yes No Years _____

Are you a parent/relative of crew member? Yes No Student _____ Graduation _____

The name/address or other information above is new or corrected: Yes No

I/we wish to remain anonymous.

Please contact me regarding a major gift to William & Mary Crew.

Return this form and check payable to "Friends of Williamsburg Rowing" to:

Friends of Williamsburg Rowing
PO Box 303
Williamsburg, VA 23187-0303

Or donate online at: <http://www.williamsburgrowing.org/donate>. You can choose to pay by credit card, debit card, or PayPal.

Friends of Williamsburg Rowing is a non-profit organization incorporated in the Commonwealth of Virginia, and is exempt from Federal income taxes under section 501c(3) of the Internal Revenue Code. Donors may deduct contributions as provided in section 170 of the Internal Revenue Code.