

STARBOARD PRESSURE

Alex Grümmer

WELCOME!

Welcome to our third edition of Starboard Pressure. Once again, I am pleased to report that our programs are strong (and growing!), made possible, as always, by the incredible dedication of our amazing staff, coaches, volunteers, and supporters.

2018 marked our seventh decade of changing lives through rowing. We celebrated the occasion with the largest gathering of our Green Lake community at MOHAI in November where we celebrated much of what we have accomplished and the contributions of so many people that got us where we are today. All who joined us that night left inspired by our history and energized for what lies ahead.

If there was one key takeaway from the 70th, it was the role so many people played as we broke barriers: the first youth rowing program in Seattle in 1948, the first girls program in 1963, and the role we played in masters rowing in the 1980's. It is now up to us to chart a course for the next 70 years.

As we start our eighth decade, we invite you to put "hands on" and help us build on our legacy of commitment to our youth and our community.

— by Mike Stanley

President, Rowing Advisory Council



SUMMER REGATTA SCHEDULE

- ▷ **06/21-23** **NW MASTERS REGIONAL CHAMPIONSHIPS**
Vancouver, Washington
- ▷ **07/20-21** **CASCADIA MASTERS CHAMPIONSHIPS**
Delta, British Columbia
- ▷ **08/03** **GREEN LAKE SUMMER EXTRAVAGANZA (JUNIORS AND MASTERS)**
Green Lake

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Alex Grümmer

GREEN LAKE CREW 70TH ANNIVERSARY CELEBRATION



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OUR HEARTFELT GRATITUDE

goes to the generous sponsors of the Green Lake Crew 70th Anniversary Celebration, held November 17, 2018, at MOHAI

Gold

- George Pocock Rowing Foundation
- The Christie Law Group
- Pocock Racing

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- George and Arlys Osborne
- The Seneca Group
- The Ziker Family

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- Ziker Joyce Parkinson, LLP

Special Thanks

- MOHAI
- RowingArchives.org



Alex Grümmer

A Mighty Program on a Little Lake

At our 70th anniversary celebration last fall, Leonard Garfield, director of the Museum of History & Industry, gave a wonderful speech about the inextricable link between the sport of rowing — and specifically Green Lake Crew — and Seattle's history and core values. We publish the speech here, so that more people can enjoy his remarks.



Good evening everyone. Welcome to the Museum of History & Industry on this beautiful evening. My name is Leonard Garfield and I am the director of MOHAI.

This is a special evening because it's not often in a city as young as ours that we get the chance to celebrate an institution on their seventieth anniversary — and for a history museum, we relish that kind of accomplishment. So, it gives me great pleasure to wish Green Lake Crew a hearty and heartfelt 70th birthday.

But tonight is much more than that. Because in celebrating Green Lake Crew we are also celebrating who we are as a city.

When I look back at Seattle's history — which I get to do a lot in my role — I find a few core values that have characterized our region and distinguished us from the rest of the nation. Let me give you three: 1) our deep and enduring connection to the water, 2) our uncompromising work ethic and commitment to innovation, and 3) our belief in a strong community, of pulling together. And you don't have to look very hard to realize that Green Lake Crew embodies all those core values.

In fact, in ways both subtle and profound, Seattle's tradition of rowing has shaped the larger culture of our city — even when you may not expect it.

One example: Look up! Above your heads is the very first commercial aircraft ever built by the Boeing Company, the B1, assembled by craftsmen just yards from where we are standing now. It literally launched a new age in human history. You know that.

But what you may not know — though if you look closely you might be able to tell — the pontoons of this flying boat were built by none other than rowing legend George Pocock. Over the entry desk you will see one of George's singles, built not long after — a reminder of how Seattle's

rowing tradition shaped an industry that would change us forever. And that's just one example.

In a city so keen on change and transformation, rowing has been a true constant.

We have other teams and great athletes, of course, but no other sport has taken hold of us as a city — and never let go.

My historian colleagues who study sports in American life often say that baseball is the American constant. That may be, we'll concede that, but I let them know that in Seattle — it's rowing.

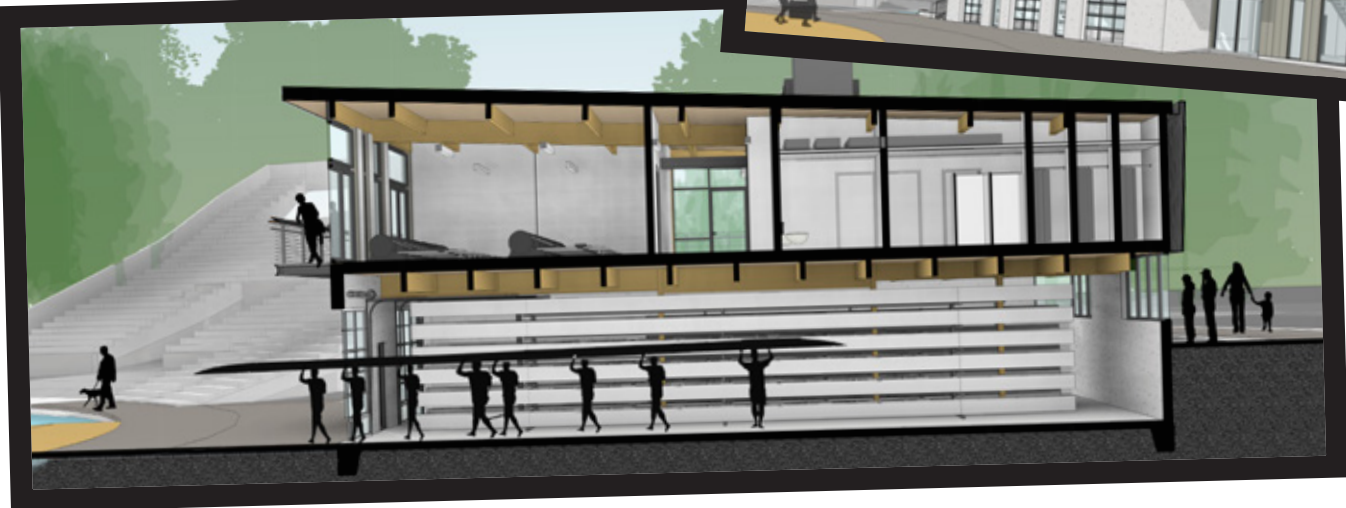
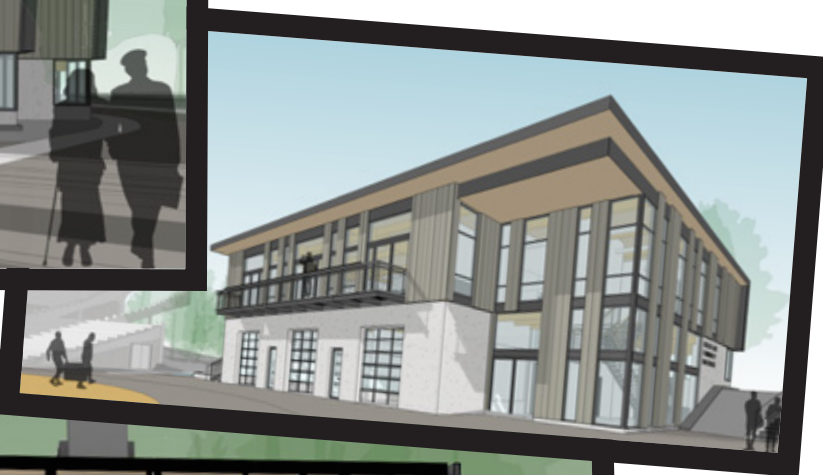
In fact, the long legacy of the UW rowing program — stretching back more than a hundred years, up through the Legendary Boys in the Boat and subsequent Olympiads, all the way to the current power house — is, by far, the longest running and most successful sports team in our city and our state's history. (I understand Joe Rantz's daughter, Judy, and Joe's grand daughter, Jennifer, are with us tonight.)

I mention the legacy of the University of Washington program because that brings us to this special night, and a chance to pay tribute, after seven decades, to one of the most inspiring offsprings of the Washington rowing legend — the Green Lake Crew.

With much of the scrappiness of the UW "Boys," Green Lake Crew started with little, and created an enduring legacy, touching so many Seattleites, for so many years, in ways both personal and profound. There are some great oral histories being assembled to capture that story — you'll see some clips in the video tonight — but the impact of the program, and its breadth and depth across our city, is perhaps best reflected when you travel around Seattle and hear the same words from people of all ages: "Oh, yeah, I rowed at Green Lake." It is a tradition that binds so many — and that is a very precious thing.

This mighty program on a little lake has made such a big difference in our city and our lives.

— by Leonard Garfield
MOHAI Director
GLC 70th Anniversary Celebration
November 17, 2018



NEW BOATHOUSE UPDATE: THE THIRD “500”

The second 500 is behind us and as we pass the 1000 meter mark the boat is moving well. It’s the hardest part of the race, but the work we all put in distant months ago is paying off...

This past fall we completed the first phase of design and completed a series of approvals and outreach/public meetings. We are pleased to report the Seattle Design Commission enthusiastically embraced our design; our public meetings were well attended and supportive of the project.

We also passed a critical milestone with the approval of our grant application under the City’s Major Project Challenge Fund. This \$2.9 million matching grant is essential to the project and with it the road to the new boathouse is clear. At the same time, the burden has shifted back to us to raise the balance of the funds for the project.

Thanks in a large part to the unflagging efforts of Bob Ratliffe and the Campaign Task Force, the campaign recently passed the \$1.2 M milestone — more than

halfway to our total goal. It has been a great start — but if this was a 2K, we are now entering the hardest part of the race — the third 500!

We are eagerly awaiting word on funding from two major grants: the Washington State Recreation and Conservation Office grants. Both applications finished well in the overall rankings, both will depend on the total funding approved in the State budget.

We entered 2019 riding a wave of support from the 70th Celebration. It is our hope that support will carry us well into the final half of the campaign.

Thank you to all who have given your time and resources to this project and gotten us this far. We look forward to a busy year ahead as we move into the final phases of design and the next (and hardest) phase of fundraising. It’s up to us now!

— by Mike Stanley
President, Rowing Advisory Council



Alex Grimmer

GLC FUNDRAISING: THE BIG PICTURE

2019 is clearly going to be a big year for GLC, perhaps even more so off the water than on. Building on the base laid down in 2018, the capital campaign for the new boathouse will be shifting into a new phase, and we’ll be asking everyone to help us push the effort closer to the finish line. And while that campaign gains ever more momentum, we still have to do our best to keep our financial (boat)house in order. To facilitate our budget planning and your program giving, we long ago regularized our business-as-usual fundraising around two events — the fall “ergathon” and the spring season auction-dinner, the “Raisin’ of the Green.”

It’s simply a fact that class fees alone do not cover everything we do at Green Lake. Beyond class fees, “business-as-usual fundraising” is required and translates principally into equipment purchases and upkeep and financial aid to program participants as needs are identified. We realize that conducting such business as usual at the same time that we are engaged in a major capital campaign is asking a lot of our rowers and supporters, but GLC has always shown an ability to face challenges squarely and succeed time and time again. Thanks for both your understanding — and your continued support. We do not take it for granted.

— *The Rowing Advisory Council*



Alex Grümmer

COACHES CORNER: JUNIOR GIRLS

The experienced girls squad started the fall season with a focus on technique and training, building both every day and having fun competing first with our old selves from previous seasons so that we can be ready for other teams. We had about four 8+'s of girls return from last year. We welcomed new assistant coach Serafina Wright and new team captain Laurel Aronson, and welcomed back assistant coach Tom Kicinski and head coach Coby Stites.

Tail of the Lake gave Green Lake a great start to the season with a fun regatta on Lake Washington! There were lots of medals, including varsity and 3v each placing second in their races, and JV placing first. Tail of the Lake left girls hungry for more competition!

For the Head of the Snohomish we had to rig boats when it was really dark out and it was so foggy that even getting to the racecourse was a challenge. Races were delayed for around three hours but Green Lake girls found ways to keep themselves occupied and ready to race at a moment's notice. When races began it didn't take long for the regatta to find its rhythm. The Varsity and 4v eights both got 1st place and the jv 4+ did as well (although they were the only boat in their race).

Two Head of the Charles crews — varsity 8+ and varsity 4+ — traveled on a redeye Wednesday night from Seattle to Boston. Both crews improved upon last year's placement in the competitive field. The 8+ had one memorable moment under the Weeks footbridge when two crews collided as we were passing another crew. Through some fancy driving and inspired calls, coxswain Lucy Grim was able to avoid the pile up in front of her and inspire the girls in her boat to an epic performance. The 4+ came in 26th place out of 85 entries and the 8+ finished 4th out of 85 entries.

The Portland Fall Classic started with our varsity and junior varsity boats racing. As the day went on the weather seemed to get worse. The wind picked up and a big black cloud rolled over the race course stopping all boats who were on the course and those beginning to launch. The experienced girls crews all waited patiently as the weather rolled over the course when the referees finally decided to call the regatta off, which was unfortunate due to the fact that some girls had only this one race. We began loading the trailer and suddenly the sun came out but we were already headed home. We found out later that the weather that went over Portland that day was a small tornado!

Frostbite Regatta was rainy and so cold that the girls almost got frostbite. Jv girls did not have anyone to race with so



Alex Grümmer

they wore mustaches and raced the 5v guys. The v8 and the 3v both won their races and the 4v and 5v got second and third place respectively. The girls also raced in 4s and u-16 boats and raced hard. The food tent made delicious quesadillas while 2000s music played in the background! GLC girls ended the season on a high note!

For winter conditioning we had record numbers of attendance with more than 50 girls training at Green Lake and with strength coach Jesse Aspuria at SeaTown Crossfit.

— Coby Stites, Varsity Girls Head Coach

COACHES CORNER: JUNIOR BOYS

The boys team had a very strong fall season. The 3V boys went undefeated through the fall regattas, and the 2V trained at a very high level, with trips to Brentwood and a strong showing at the Portland Fall Classic. The 4V/5V guys all medaled at the Frostbite regatta, all the while racing up. Attendance was good enough that we regularly put out 5-6 boats every day. The Novice boys also medaled at the Frostbite regatta, and attendance was good enough to boat two 8's consistently through the season. The Varsity boys found themselves by the end of the season, after struggling a bit in Boston. They came back and put in a ton of hard work to finish fourth at Head of the Lake after starting second to last and being the only crew to have raced at the Frostbite the day before.

We are excited for the spring season, and to keep building off the momentum from a very successful fall season. Go Green Lake!

— by Scott Selfridge, Varsity Boys Head Coach

AUCTION THANK YOU!

A loud shout-out to all who supported April's Raisin' of the Green at the Nile. The event netted just over \$60,000, with a record \$38,000 donated to our financial aid program via "Raise the Paddle!"

MASTER'S UPDATE

As rowers, we rely on coaches to envision and help us realize our collective potential, taking imperfect individual rowers and turning us into a crew striving toward perfection. This past fall, Green Lake Adult Crew (GLAC) was fortunate to welcome two phenomenal coaches on board: Steph Taylor and Marie Coffren-Barton. Both women bring remarkable energy and enthusiasm to our competitive and weekday recreational groups, respectively, and we couldn't be happier. Within just a few weeks of coming on board, Steph led our Women's 4+ and Men's 4+ to the Head of the Charles, where both crews finished toward the back of very competitive categories, but left determined to make strides in fitness and technique over the winter months. But first, members of both crews were able to join forces to take 3rd in the Mixed 8+ at Head of the Lake two weekends later.

This spring we have a strong group of novices, many of whom took 2nd in the Open Women's Novice 8+ at Frostbite (narrowly beaten out by none other than our Juniors!). They're certainly keeping our more experienced, recreational rowers on their toes, who always welcome a bit of friendly competition and new faces to the group — both on the water and in the erg room. Our GLAC coaching staff is stronger than ever, bringing new energy to the novice and experienced/recreational rowing classes, while preparing the competitive rowers for medal contention at Northwest Masters Regionals in June. Until then, we'll be logging as many high-quality meters as we can to continue growing our team and reaching new heights together. Go Green Lake!

— by Nick Fradkin, Masters Rowing Coordinator

CORRECTION:

It has come to our attention that the photograph of Novice Girls Coach Lily Britain in our last edition of Starboard Pressure is not Lily Britain.



Alex Grümmer

GLC MAKES STRONG SHOWING AT YOUTH REGIONALS

The Girls Varsity 8+ and Varsity Lightweight 8+, and Boys Varsity 4+ represented Green Lake Crew at the 2019 US Rowing Youth National Championships, June 6-9, in Sarasota-Bradenton, Florida. This article, by parent Erika Hermanson, highlights their qualifying races May 17-19 in Vancouver, Washington.

Green Lake Junior Crew joined 51 other teams on the shores of Vancouver Lake in Vancouver, Washington, May 17-19 for the US Rowing Northwest Youth Championships. Together our 145 rowers made a strong showing with many boats medaling and a few qualifying for nationals.

“Overall, we had one of our best regionals, with one of the best outings as one Green Lake team,” said Coby Stites, Green Lake experienced girls coach.

GIRLS’ RESULTS The Lightweight Varsity 8+ took first place and qualified for nationals — the first time since 2011 that Green Lake Crew has qualified in this category. Green Lake also raced two Lightweight 4+s in two separate races. The first Lightweight 4+ came in third, and the second Lightweight 4+ placed first.

The Varsity 8+ came in second, after being slightly edged out by Holy Names Academy. “We had a rough

start giving Holy Names a four-seat lead at the start,” said Stites. “We made up for it by coming in second — only 1.5-seconds behind Holy Names.” Despite the second-place finish, the Varsity 8+ qualified for nationals — extending Green Lake Crew’s long record of qualifying for nationals in this category.

Green Lake also raced two Varsity 4+s, placing second and first, respectively. “The 3V and 4V squads raced very well,” Stites added. “They really finished the season on a high note.” Green Lake novice girls also raced extremely well and made a good showing at their first regionals.

BOYS’ RESULTS “The boys team had a great end to the regular season,” said Scott Selfridge, head boys coach. “They are well positioned for next year after competitive finishes in almost every event.” Despite a disappointing result in the Varsity 8+, the boys finished second in the Varsity 4+, and fourth in the Varsity 4x.

“We are lucky this year to continue onto nationals in the four,” said Selfridge. “Then we will return to Seattle for a short week before boarding another plane bound for the Henley Royal Regatta, in the UK.”

The Junior Varsity finished second in their race with an impressive sprint in the last 500 meters. They will accompany the Varsity boat to Henley in June. The 3V and 4V boats finished fourth and second, respectively,

CONGRATULATIONS, JASON!

We are proud to have given Jason Frisk the Carl Lovsted Award at our 70th Anniversary Homecoming event in November. The award is given annually to recognize those individuals who meet one or more of the following criteria:

- Significant lifelong commitment to youth rowing and/or service to the programs of Green Lake Crew.
- Achievement on or off the water that demonstrates a commitment to the values of Green Lake Crew of hard work, personal commitment, teamwork, self-improvement and accomplishment.
- Demonstration of a commitment to making rowing accessible to the youth of Seattle through support of or service to Green Lake Crew.

Clearly Jason checks all these boxes!

The lead-up to the award required a stealthy effort by everyone involved to surprise “the Tuna.” A special shout-out goes to Griff Overturf for bringing Jason’s mother up from Tacoma (without Jason knowing). We were also happy to recognize Jason’s wife, Becki, and thank her for the many, many nights and weekends Jason has spent with his “other family.”

Jason’s award was presented by Carl Lovsted Jr. in a touching speech that highlighted Jason’s 27 years of service to the program and his special relationship with Carl’s father. Jason has been the heart and soul of the program and

touched the lives of thousands of kids — not to mention his running 80+ regattas. We were delighted to present the award in the company of the largest gathering of the Green Lake family ever and feel the outpouring of love and respect for what he has done for so many.

Past recipients of the award include Carl Lovsted, Kathy Whitman, Frank Coyle, and Tim Amen. We welcome Jason to their esteemed company!

— by Mike Stanley
President, Rowing Advisory Council



Lenny Kong

FOOD MEDALS

What powers our rowers to push themselves during competition? A team of parent volunteers serving nutritious meals in the Green Lake Crew food tent! Headed up by Emily Marks and Patty Finney, this year the parents prepared four meals for regionals: breakfast on Friday, breakfast and lunch on Saturday, and breakfast on Sunday. “It doesn’t sound like a lot of meals, but actually it’s weeks of preparation and a day-plus of shopping,” said Marks.

The volunteers also transformed a large tent space into an outdoor kitchen featuring two grills, a food preparation area, a dish washing station, and buffet serving area. “At regattas, there is a lot of down time in between my daughter’s races,” said Erika Hermanson, parent of an experienced girl. “Working in the food tent is a great way to pass the time — all while working with a fun group of parents and getting to know the kids on the team.”



Emily Marks

A “volunteer” naps after a shift washing dishes

in their events against some very tough and competitive teams.

“This ends an incredible year for these two boats, who raced hard and really matured throughout the season,” said Selfridge. “Big things lay ahead for this group next year.”

The novice boys also finished their season strong. They finished second in the first novice event — a timed final due to weather conditions. The second and third Novice 8+s also raced in a timed final, placing third and fifth, respectively, in a ten-boat event.

“Thank you to all the seniors for your hard work and dedication,” said Selfridge. “And to the guys coming back next year — ‘any seat, any boat, any time!’”

— by Erika Hermanson



Alex Grümmer



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GLC COMPETES AT YOUTH NATIONALS

The Green Lake juniors had a great showing at the USRowing Youth National Championships this year! After qualifying three boats at regionals — the Varsity Woman’s 8+, the Varsity Lightweight Woman’s 8+, and the Varsity Men’s 4+ — and a few more weeks of training, the crews were off to Sarasota, Florida. After a long weekend of racing, GLC finished with fantastic results:

- The Varsity Woman’s 8+ made it to the grand finals and placed 6th in the nation.
- The Lightweight Woman’s 8+ came in 3rd in the B final and 9th overall and were the fastest Northwest crew.
- The Men’s Varsity 4+ won the C final and came in 13th overall.

Great job, all crews! **GO GATORS!**

— By Malorie Stites

WHAT’S IN A NAME?

THE HISTORY BEHIND THE MASSART SHELLHOUSE

Did you know that the Green Lake Crew shellhouse actually has a name? Not many people know that name, and you may have to trim some nearby tree limbs to see it yourself, but in fact GLC rows out of Massart Shellhouse.

When the program went on the water in the late 1940’s, “Green Lake Junior Crew” stored its equipment and rowed out of the Conroy Boathouse, located by today’s Evans Pool. But when Aqua Theater construction began in 1950, a local Wallingford business leader named Clarence Massart convinced the contractor to construct (at no cost!!) a new boathouse at GLC’s present site. Clarence had been elected to the City Council in 1950 and served on that body for 17 years.

During the 1965 earthquake, the “south-end” shellhouse received extensive damage, and rather than just repair it, the Parks Department undertook a wide-ranging renovation of the real estate. (It likely did not hurt that Clarence was by that time the City Council president!) Upon Massart’s retirement from the Council in 1967, the shellhouse was named in his honor. Through successive remodels and earthquakes, it has retained that name.

The 1965 quake was not the only one that that shook up rowing at Green Lake. Thirty-six years later, just as the Rowing Advisory Council was on the verge of announcing a campaign for a new shellhouse, mother nature struck again. The 2001 Nisqually Quake virtually destroyed the Massart Shellhouse, with the cement columns that supported the roof girding being pretty much the sole survivors. GLC survived, adapted — and thrived. Chain link fences and containers in the parking lot, combined with a gradual conversion into small-boat storage of the space below the Aqua Theater overhang, kept us on the water. When the rebuilding was complete, we even ended up with a second bay on the boat-house. Sometimes an insurance policy can come in handy!

— by Tim Amen

Rowing Advisory Council





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