

16 March 1981

Team:

The next two weeks is a time when some of us will loose contact with rowing—don't loose contact with yourself. Keep in shape. Now is the time to be increasing the intensity of your workout. Keep running two or more miles every other day, get on those 10 sets of 50 crowsells, sprint up stairs or hills on off running days, go through that circuit of exercises from Murray. Don't allow the hard work of the previous ten weeks to erode away. This year we want to be winners. When your finals are over or you get back from break and are ready to hit the water, please call 536-1643 and talk to me, Alan, Alec, or James. We hope to be out each morning of spring break with at least one eight and out in full force the following week.

Our schedule this season:

April 11 or 12	scrimmage vs. Wisconsin	Madison
April 18	Notre Dame and Michigan State	South Bend, Ind.
April 25	Mid-West Sprints	Madison
May 9 or 10	LPBC and another team	Chicago
May 16	Waterloo Open	Waterloo, Iowa
May 23 or 24	Michigan Championships	Grand Valley, Mich.

Best wishes for finals and spring break.

A handwritten signature in black ink, appearing to be 'Cliff', written in a cursive style.