

August 1983

The Lagoon Maroon



Vol. I No. 1

Edited by D. Kathryn Pace

A Message from our President

Though things are hectic, and sometimes confusing, the club is barreling through the summer at a steady clip. It will be good to see you all again in the Fall, or sooner, when things are more predictable and smooth!

We have a lot of work to look forward to this year. First and foremost is keeping shape.

Next are our fund-raising activities. We must be especially fruitful and prudent this year. As you know, we have purchased a bus and a boat. The time has come to pay for them, so fund-raising will be a big part of our activities. Car washes, sales, the "annual" auction, and the prospect of a professional fund-raiser will help abolish the debt.

In any case, please enjoy the summer, and please send me a note at PO Box 272, Winnetka, IL 60093 to say hello or give me any ideas you have. I'll appreciate it greatly!

- Gordy Williams

Sculling Print

Greg Prince has become aware of a print of a Thomas Eakins watercolor entitled, "John Biglin in a Single Scull." It's 23" x 17", and costs \$7. If you want a copy, send a check* to Greg, 1451 W. Flournoy #3, Chicago, IL 60607 by August 15. Any proceeds will go for equipment.

* PAYABLE TO COED CREW.

Fall Plans

For the fall, we're planning a number of head races. All of us will be rowing in the Head of Chicago, in the middle of October. The novices will tentatively be racing in Indiana at the end of October. For the experienced rowers, we are exploring the Head of the Charles, and the Head of the Tennessee.

BUT, these are long races, three miles or 5,000 meters, and we need to be in good shape before school starts in the fall. So... the suggested workout for the rest of the summer, to build up your aerobic capacity:

- 5 times a week: run for at least 30 mins.
- 3 times a week: 20 mins. of body weight workouts- 40 secs. on, 20 secs. off- of sit ups, push ups, jumping rope, burpees, leg lifts, and the dreaded Cromwells.

See you in the fall-in shape.

- Mark Sexton

A Coxswain Learns to Row

I met one of the JV coaches for Brown's crew team a few weeks ago at a party. The conversation inevitably turned to rowing, and I told him I wanted to learn to row. He told me not to, saying, "Once you realize how hard it is, you will never work your crew as hard as before." Last fall, Sue Urbas (I know I risk impeachment mentioning her) tried to recruit me, but insisted that I learn to row, and race regularly. Her reasoning: "In order for your crew to respect you, they must know you are a good rower." Well, they both are wrong. A cox is a cox, and a rower is a rower, and never the two shall meet.

But recently I've had a taste of rowing, and I love it. It's a good thing I know I'm too small to row competitively, or you may lose a cox. I've learned a lot, like how



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In our nation's capital...

Marty Howard has officially moved to DC, where "I don't know anyone; it'll be boring" Let's keep in touch with him. He'd love some mail, or a call: Marty Howard aka Nolan, 1501 12th Street NW, Washington, DC 20005. 202-477-2685. He gets a copy of this newsletter too. So, let's come through for him.

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- Daria Pace

Miscellaneity

- A letter about your financial status will go out soon.
- Learn to Row has nearly 30 enthusiastic members, and we hope many will stay with us
- We've had nearly 3 continuous weeks of over 90° days, with little hope left.
- Coxswains and lightweights are urged to stay thin this summer. (There are rumors of a womens light 8 at the Charles).
- Morry's Fried Fish Palace went out of business, and will go Mexican soon.

