



**STANFORD**  
ROWING

# BOATHOUSE OF CHAMPIONS

**NEWSLETTER VOL. 8**

SEMI-ANNUAL PUBLICATION  
ON STANFORD ROWING

PRESENTED BY  
THE ROWING ASSOCIATION

STANFORD







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A thank you to those who  
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## BOARD OF DIRECTORS

**BOATHOUSE OF CHAMPIONS**





# THE ROWING ASSOCIATION

*Welcome to Volume 8 of Boathouse of Champions!*

What do you remember most about being part of Stanford Rowing?

For me, what stands out is the quality of light on the water as the sun rose. I loved sharing with others that slender moment as we turned the boat around, somewhere past the wires, enclosed within a cocoon of pastel light. Though each of us answers that question on our own terms, each has a heartfelt response, one that anchors our experience being part of Stanford Rowing.

The Rowing Association's mission is to ensure that the Stanford rowing experience continues for both current and future students.

Since our last issue, The Rowing Association has maintained a busy pace both on and off the water.

Hopefully, you enjoyed the regular updates of Stanford alumni competing in the Paris Olympics — or the report of our terrific showing of current and alumni rowers in the 60th Head of the Charles Regatta.

Don't miss the photos/story of the 1980–81 Frosh Men's Crew, who went out for a row on Homecoming / Reunion weekend. Off the water, the Stanford Rowing Community gathered on Friday night of Homecoming weekend.

Also, thanks to the hard work of Mark Berwick and Tom Grace, we are pleased to announce a Networking Program designed to connect current rowers and recent alums with one another.

Finally, in November, we launched a series of "decade" calls with the twin goals of reconnecting friends of Stanford Rowing with one another and announcing two funds that will support the current program.

Looking ahead, the Rowing Association is committed to fostering connections and supporting the success of Stanford Rowing, both now and in the future.

***Go Card!***

***Jennie (Glockner) Whitcomb '85, Board Chair***



# CHARTING NEW WATERS: A SEASON OF GROWTH FOR STANFORD MEN'S ROWING

*Ted Sobolewski, Farwell Family Director of Men's Rowing*



As we embark 2025 season, I am both excited and reflective about the journey ahead. This year's team is one of the youngest we've had, with a roster that is still very small compared to many of our competitors. While these factors present unique challenges, they also present an extraordinary opportunity for growth and development — a chance to lay a foundation for long-term success built on values, commitment, and a shared vision for the future of Stanford Rowing.

This season, we have made a deliberate choice to focus inward. Our goals are centered on cultivating the culture necessary for sustained success, knowing that if we can do that, great external results will follow in time. We've worked hard to define and embrace what it means to be a part of Stanford Men's Rowing, emphasizing work ethic, trust, and an unwavering commitment to the team. Our internal goals are not flashy or extraordinary in any way and achieving them won't immediately vault us to the top of collegiate men's rowing. However, we can already see that focusing on them is changing the way the team operates, and we are confident the team will be well-equipped to meet the challenging opportunities we will face on the race course for years to come.

With a young and developing roster, it's difficult to predict exactly what this team will become over the course of the year. What I can say is that their dedication to the process is undeniable. Every practice, every stroke, and every moment spent together is an investment in the standards and expectations that will carry this program forward — not just this season, but into the next chapter in the history of Stanford Men's Rowing.



We've already seen glimpses of the team's potential. Training sessions have been marked by grit, resilience, and an eagerness to learn. The athletes are embracing the mindset that results come not from shortcuts, but from consistent, intentional effort. They are showing up every day ready to put in the work, and that commitment is creating a foundation of belief — belief in their individual abilities, in their teammates, and in the direction this program is headed. That said, we are under no illusions about the road ahead. Competing at the highest level requires time, patience, and the hard-earned lessons that come only through experience. We know there is still much to be done before we can expect to produce the kind of results that match the legacy of Stanford Rowing. Our competitors are formidable, and we respect the level of excellence they bring to the sport. But rather than focusing on the gap between where we are and where we aspire to be, we are putting our energy into closing that gap, step by step.

This season will be about more than just the results we achieve on the water. It will be about how we rise to the challenges we face, how we hold each other accountable to our standards, and how we create a culture that empowers every athlete to thrive. These are the measures by which we will define success this year, and they are the building blocks for what we believe will be a bright future. I am pleased to report that we have just completed recruitment for the fall 2025 incoming freshman class. This class is significant in that they will represent the 4th consecutive complete recruiting class since our program was reinstated following the sport cuts. For the first time in many years, our 2025–2026 roster will be comprised of 4 classes of highly capable recruited athletes, and our overall numbers will grow from 25 oarsmen and 5 coxswains to 35 rowers and 4 coxswains. Next year will undoubtedly be a pivotal year for Stanford Men's Rowing.

To our alumni: your unwavering support and belief in this program inspire us every day. You've built a legacy of excellence that we strive to honor with everything we do. We may be young, and we may have a small roster, but we are driven by the same passion and commitment that have always defined Stanford Rowing. As we move through the season, we hope you'll follow along and share in our journey. While there is still much work to be done, we are excited about the progress we're making and the potential we see in this team. Together, we are building something special, and we can't wait to see where this journey takes us. Thank you for your continued support. Go Card!









# FALL ON THE SLOUGH

*Lizzy Houston, Associate Head Coach, Lightweight Women*



It's been an exciting year for the Stanford Lights! The team returned to sunny Palo Alto in September, eager to get to work. While we bid farewell to several veterans, we welcomed eight newcomers who have brought a fresh wave of energy, fire, and tenacity to our driven group of Women.

We made another fantastic addition to the program by bringing on Sophia Luwis as the Assistant Lightweight Coach. Sophia's wealth of experience as a lightweight rower has already made a tremendous impact on our team, and I am beyond thrilled to be working with her. Before joining Stanford, Sophia served as the alternate for the Lightweight 2x at the 2024 Paris Olympics, complemented by years of outstanding international racing experience.

For our training this fall, we switched things up, opting to focus primarily on smaller boats (fours and doubles) to refine technical skills while mixing up boat lineups. While we jumped into eights on piece days to get some competitive side-by-side action, the small-boat work allowed us to hone in on the finer details we aim to perfect by spring racing. There is always work to be done, but I am pleased with the progress we've seen on the water and equally impressed with the strides made on land.

We chose 5k's as our main test piece this quarter, and almost everyone achieved personal bests on each one. This effort puts us in a strong position to make a serious impact on the racecourse come April.

As for fall racing, we sent a Lightweight 8+ to Boston for the Head of the Charles. It's been several years since we've brought an 8+, so I was excited to see the team take on the course with the big boats. As our only race this fall, the athletes were motivated and ready to give it their all over 4,800 meters. One thing I can always trust with this group is their willingness to embrace tough days and push beyond their limits, even with only a few weeks of training under their belts. As most know, the Charles is always a bit of a gamble. If luck is on your side, it can be an incredible experience. Unfortunately, the goddess of good fortune wasn't with us this year, and the Lights got snagged on the buoy line approaching the Eliot Bridge, disrupting their piece. Nevertheless, I was impressed by their resilience and determination to finish as strong as possible. In many ways, I think the experience reignited their drive and brought a renewed energy back to the boathouse.

Fall can be a challenging season for the athletes. Starting later than many of their peers and with only one race on the calendar, you really feel the grind. However, the team dug in, made consistent strides, and continued to deepen their skills. Whether on the water or the ergs, we saw significant growth this quarter. As long as everyone stays fit and healthy, I am confident we'll set ourselves up for an incredible spring racing season.







# FALL REFLECTIONS WITH SWC

*Derek Byrnes, Farwell Family Director of Women's Rowing*

Wow this fall quarter has flown by. It feels like just last week we were welcoming the team back to campus. As the fall comes to a close, I am reflecting on this past year. As a program, we have so much to be grateful for and so much still ahead of us.

I'd like to start off by welcoming two new coaches, Antonella Kugler and Molly Milligan. Antonella transitioned from the Lightweight to the Openweight coaching staff, and as a former Boston University coxswain, brings a wealth of knowledge and expertise to support the Stanford coxswains. Molly, a former Princeton rower, came to Stanford from the Naval Academy, and is proving to be a true sports aficionado – you can ask her any question about any professional or collegiate sport, and she'll have the answer.

A personal highlight from this past year was just getting the chance to be a super fan and support SWC. At the Paris Olympics I was able to cheer on three recent SWC alums and a current student athlete: Emily Delleman ('20), USA Women's Quad, Ester Briz ('22), ESP Women's Pair, Azja Czajkowski ('23), USA Women's Pair, and Celia Dupre ('27), SUI Women's Quad, as they all lived out their Olympic dream. The semis proved to be really fun as Delly and Cece squared off in the quad semi-final and Azja and Esther faced each other in the pair semi-final. It was so cool to watch former Cardinal teammates competing against each other on the world stage.

My son, Liam, still talks about Celia's quad final, which was just an epic race. Toward the end of the summer, I was able to make my way up to St. Catherine's, Ontario for Mega Worlds. For the U23 portion of Worlds, we had a number of current and recent SWC student athletes racing. Beckie Leigh ('24) and Lucy Burrell ('25) took a silver medal racing together in the New Zealand straight four, with Mathilda Kitzmann ('24) also racing in the event, taking 10th place for Germany. In the 8+, one of the most competitive events of the regatta, we had three current SWC rowers racing for three different countries: Alice Baker ('26, Great Britain) took gold, Luise Bachmann ('25, Germany) took bronze and Sarah Marriott ('29, Australia) battled her way down the course for 4th place. For the U19 portion of Mega Worlds, I was excited to see incoming frosh Carly Brown ('29) and Charlotte Jett ('29) team up as a stroke/six-seat combination to lead the USA Women's 8+ to a gold medal finish. Another incoming first year rower Martha Shepherd ('29) helped Great Britain to a silver medal in the straight four. It all made for a really exciting SWC summer and it was so fun to finally not be the coach pacing that sideline as crews charged down the course.

Shifting back to life on the Farm, this fall we welcomed new teammates to campus, put in a lot of productive "K" on the water, rediscovered our love for biking and maintained our undefeated stranglehold on the collegiate quad. Taking the team to the San Diego Fall Classic was easily my highlight from this fall. The team spent the weekend in the sun, chatting, beaching and racing. All in all, it was a great fall and I am excited for what's ahead this spring.



# MEET THE COACHES: NILES GARRATT

## *Alben Family Assistant Men's Rowing Coach*

*The Rowing Association would like to give our Community the opportunity to get to know our coaches a bit better. Coaches play a central role in defining define the essence of Stanford Rowing and leave their signature on different eras as much, if not more than the athletes. We are watching an exciting era of Men's Rowing emerge, and the Assistant Coaches play a large role in that. For this edition of Boathouse of Champions, we got the chance to connect with Niles Garratt, the Alben Family Assistant Men's Rowing Coach.*



**TRA:** *Tell us about your journey as a rower.*

**NG:** My parents signed me up for a learn-to-row at Green Lake Crew, a city parks program in Seattle, the summer after 7th grade, partly because I had a grandfather who rowed at MIT and an uncle who rowed at Harvard. I wasn't very good at first (I have a clear memory of breaking 8:00 for the first time on a 2k and only made the novice "B" boat my first year), but I improved as I continued to work at it and, with that improvement, became more and more engrossed in the sport and grew to love it. I rowed at the University of Washington in college (my time there was actually part of a twelve-year span during which at least one person in my extended family was rowing at UW), and while I saw some success, I was never in the varsity or second varsity eights. I found the sport deeply challenging, allowing me to learn a lot about personal accountability and commitment. After Washington, I spent two years rowing at Cambridge University and had the privilege of competing in two of the Cambridge-Oxford Boat Races, which was very different than Washington but was equally rewarding. Following my time at Cambridge, I briefly pursued national team rowing but quickly realized that it wasn't a realistic option for me. I don't row much anymore but I jump into boats occasionally for practice with the team if it helps a boat practice. I was really fortunate to be part of some good crews to be coached by some incredible coaches (Nat Hopper and Ed Maxwell at Green Lake, Luke McGee and Michael Callahan at UW, and Steve Trapmore at Cambridge) and, cumulatively, they provided a set of experiences that drew me so deeply into the sport.



**TRA:** *Tell us about your coaching journey.*

**NG:** My first coaching role was at Cambridge where I worked with one of the college teams that was preparing for the May Bumps racing, but it was a relatively informal role. I quickly learned that there was a big difference in the seriousness of the Boat Races squad and the teams preparing for Bumps! In the summer after I finished at Cambridge, Michael Callahan, the UW head coach, reached out to me about becoming a volunteer coach. At the time, I declined because I was pursuing national team rowing, but a few months later, when I stopped rowing, Mike reached out again, and I accepted.

I didn't know if coaching would be my career, but I knew that I wanted to try it. At the end of the year, Mike offered the opportunity for me to become a graduate assistant, where I would enroll in a master's program and be given a scholarship and stipend. I joined a new program at UW through the department of education focused on coaching. The program was exceptional, and that year as a coach, I worked with the varsity men. Over the next two years, I became a full-time coach and had a great experience. In the summer of 2017, I moved down to Stanford to work with Craig Amerkhanian. My first two years were with Craig, and I briefly became the interim head coach when he retired in April 2019. When Ted was hired, I stayed on as his assistant.

As everyone reading this probably knows, those first few years with Ted were incredibly difficult and tumultuous due to the men's rowing team nearly being discontinued. We felt as though we were building a lot of momentum in that 2019–2020 season with the development of the current squad and with recruiting the next generation of Stanford oarsmen, but the near discontinuation totally interrupted that and had me seriously questioning whether coaching was a viable long-term career path. With three recruiting classes heavily impacted, it has felt as though we have had a hole in our team that is gradually moving through. The graduating classes over the past few years have done an incredible job of leading the team through those difficult years, and it's not an understatement to say that we wouldn't be here as positioned for success as we are without their leadership and hard work.



In the last few years, momentum has started building again with the hiring of John Pojednic and Gabby Medeiros, along with the addition of several strong classes of recruits. So now it feels as though the momentum is building again and that we are on the edge of something incredible. The boathouse is really exciting, with the lightweight women's squad seeming to be in a similar place to us, while the openweight women's squad is a juggernaut that seems to keep getting better and better.

**TRA:** *What's your perspective on the state of the program?*

**NG:** Across the three rowing teams, we're building something special here. I 100% believe that Stanford will be the most successful boathouse in the country over the next decade-plus and, more importantly, that it will be both an incredible experience for the student-athletes involved and an incredible community to be part of.



**TRA: How would you characterize your coaching style?**

**NG:** At the core of everything is my belief that this is about the athletes, not about me. If something is happening that I don't like or something isn't happening that I want to happen, I need to make changes to what I'm doing. I don't blame the athlete. If I want the athletes to take ownership of their development, it needs to start with me taking ownership of my part. I try to be clear about what will happen in each session and what the goals of the session are. To me, clarity and simplicity are paramount. With the actual on-water coaching, while I certainly believe there is a lot of value in providing effective technical cues, I think the most effective coaching is when you can help athletes figure things out for themselves rather than force-feeding it to them. As part of this, I am a big believer that the best coaches are exceptional at structuring training so that guys will naturally make the changes that will help them make the boat go faster. Building a system that makes sense and is both clear and simple allows the athletes to take more ownership of their own development.

**TRA: What roles do you play within the team?**

**NG:** I spearhead our recruiting efforts but also function a bit as a sports scientist, focusing on our training, biomechanics, and data analysis more generally. I consider myself to be a bit of a "rowing nerd" (I love to learn about all aspects of the sport and coaching more generally), so this role fits me well! With recruiting, Ted has been an incredible mentor, and while I consider myself to be an introvert, I really enjoy meeting people.

**TRA: Tell us about the recruiting side of being a coach.**

**NG:** Recruiting is hugely important. To be candid, most of the difference in results between teams at the end of the year is due to differences in recruiting. You first must identify who the right athletes are for your team, which means having preliminary conversations with hundreds of prospective student-athletes (PSAs) each year. From there we go through a thorough process of vetting the PSAs and narrowing down our pool to a smaller group that are serious candidates for Stanford based on their athletic ability and potential, grades and test scores, and personality/character. All through this, we are also helping them to understand the opportunity at Stanford and whether it is a good fit for them. The process is demanding and never-ending, but it is essential that we bring in the best group of PSAs for us, and it is a place where we can separate ourselves from our competition.

**TRA: One theme we hear a lot about is the strength of Stanford's boathouse culture. How would you describe it? How does the team of coaches build it? How can you tell when you have it?**

**NG:** There is definitely a boathouse culture, and I believe it's centered around the common goal of developing young men and women and the importance of that development and growth. While each of the three rowing teams' coaching staffs operate a bit differently, there is a lot of mutual respect and sharing of ideas. It's a really collaborative atmosphere in which everyone is rooting for everyone else. We all support each other and help each other, and I think it's a real advantage. Amongst the student-athletes, they cheer each other on at races and during practice. If someone is erg testing, it's common that members of other teams will be in the crowd behind them cheering them on. It requires open, respectful, and honest communication between everyone involved and a genuine interest in seeing others succeed.



**TRA:** *What's your approach to race day?*

**NG:** I'm generally of the belief that the upper limit of what you're capable of doing on race day has been determined long before the race starts. The challenge, then, is to reliably put out performances that are close to your best. For me, routine and practice are keys to that. You practice every element of the race day experience many times before race day, and that builds the confidence that you can reliably create strong performances. I'm not one for big speeches or "hype" — that never resonated with me as an athlete and doesn't as a coach. In the days leading up to a race, I make sure there isn't any ambiguity around the plan or the details of race day, and in the pre-race meeting, I try to ensure that the guys are confident they can put out a good race.

**TRA:** *Former rowers know the feeling of backing into the start line before a big race. The dead time before crews are polled . . . the combination of adrenaline and butterflies. What does it feel like watching a boat you've coached back into the starting platform?*

**NG:** It's honestly similar to getting ready to race as an athlete, except you don't get the physical release that comes with being in the boat. Your job as a coach is different in that you have very little direct control on race day and need to get your crew ready to race. I certainly still feel the adrenaline and butterflies.

**TRA:** *We come to races and see a crowd of parents, friends, and athletes from other sports lining the shore. They're all armed with cowbells and decked out in Stanford gear. What does that mean to the athletes and coaching staff?*

**NG:** It means a ton to us. Earlier this year, we talked as a team about the idea that, while every student-athlete here is incredibly hard-working and talented, no one got here alone. There are family, friends, coaches, etc., who helped each of us get to where we are. The current student-athletes are very cognizant of this. In-person support from alumni, friends, and parents is evidence of that. Personally, I am incredibly grateful for it. I know that it is a huge privilege and responsibility to coach here because it means so much to so many people.

**TRA:** *TRA: What do you like to do in your free time?*

**NG:** I like being active, and I like the outdoors — running, hiking, camping, and generally things that are challenging/hard! Molly and I have two dogs and they often join us in our outdoor adventures. That said, I also enjoy cooking (I wouldn't say I'm highly skilled, but I'm enthusiastic) and watching a good movie/TV show. I'm curious and love to learn, so I like reading as well.

**TRA:** *Which do you prefer: 2k or 6k erg test? Head Race or side-by-side?*

**NG:** 2k and side-by-side. While I always did well in time trials, I preferred to race with someone next to me because I felt that my composure in pressurized situations was a strength. I prefer 2ks because I like the blend of speed and endurance.

**TRA:** *What's your favorite place to row outside of Redwood City?*

**NG:** I've enjoyed almost everywhere I have rowed. To me, the location doesn't really matter, it's more about the people you're with and how you're doing things. To give a straightforward answer, though, I would say Green Lake. It's where I learned to row, and while it has its challenges, being only 1300m across, I wouldn't be where I am now without it.





# STANFORD LIGHTWEIGHT ROWING

*Lightweight Team Leaders — Channing Brook '28, Lauren Koester '27, Brooke Ruszkiewicz '26, and Sophie Molins '25*



This fall has been an exciting quarter for the Lightweight team. We have proudly welcomed seven freshmen to our squad, whose enthusiasm and drive have brought new energy to the team. With 23 members, the team is the largest it has been since its reinstatement in 2020.

The steady growth of our roster over the past four years is a testament to the dedication of our athletes, staff, and alumni. Your ongoing support continues to fuel our journey, and we thank you for being a part of our progress.

Underclassmen currently make up the majority of the team, which has helped foster healthy intrasquad competition and much growth over just the course of our fall quarter. Our junior class has also stepped up as key leaders of the program alongside our seniors, and watching them embody leadership with poise and excitement has been an inspiring part of these first months.

We were also thrilled to welcome two new additions to our coaching staff: Assistant Coach Sophia Luwis and Strength Coach Jacob Garvin. Coach Sophia's extensive rowing experience and keen perspective have provided invaluable guidance both on and off the water. Alongside Associate Head Coach Lizzy Houston, who has returned for her second season on the Farm, Coach Sophia has helped take our training sessions to a whole new level. Meanwhile, Coach Jacob's strength programming has been instrumental to our progress in the weight room, where the team is consistently making gains as we head into our winter training block.

We spent our early morning rows this fall in a mix of doubles, fours, and eights. With fall training officially concluded, the team is eagerly anticipating the winter quarter to get back on the water. This fall, we also traveled to Boston to compete in the Head of the Charles regatta. Although the race did not go as planned, the team enjoyed the competition and bonding experiences on the East Coast.

Our results have left us hungry for more racing opportunities, and we're channeling that determination into preparing for a successful spring season. Our spring schedule is full of racing and traveling — including several trips to the East Coast. Opening the spring season with a race against Princeton is something we are all looking forward to. Thank you for supporting us as we continue to grow, train, and compete.

We look forward to sharing the next chapter of the Stanford Lights with you in the New Year!  
*Channing, Lauren, Brooke, and Sophie*







# STANFORD MEN'S ROWING

*Stanford Men's Rowing Team Captains James Pullinger '26 and Caspar Griffin '26*

Dear Alumni, Parents, and Friends of The Rowing Association,

First and foremost, we want to express our gratitude for your ongoing support and share our excitement for this season. We are both members of the Class of 2026 – the first class recruited after reinstatement – which means we're particularly aware of the generosity that has made it all possible. The team is only going to get bigger and better from here, and we can't wait to see what happens next. For now, we're taking it day by day, enjoying every minute ripping stick on the bay or grinding meters out in A-Hall. It was awesome to meet alumni earlier on this quarter, learning from some of the best on how to row the single (to the bridge and back, at race pace) and the correct way to respond after losing a 5x7' grinder on the water (not talking to each other for a week, apparently).



In all seriousness, it was a privilege to look back on footage with the '08 IRA crewmembers to see what it takes to strive for a National Championship for the Cardinal. We can't emphasize enough how much the success and work ethic of previous years inspires what we set out to do each day. And each day this quarter, we've been doing a lot.

The squad has been buoyed by the addition of shiny new Hudson singles, helping the guys to get a close feel for the water – maybe even too close at times, but the odd capsize never hurt anyone. We raced the whole squad together at the inaugural Singles Henley a few weeks ago, and Pairs Henley is coming up at the end of the quarter. We've committed to consistent mileage and speed testing throughout the fall, and the benefits are evident in how guys are learning to move boats and compete on the water. Guys from all classes have also reached new physiological heights as a result of the expert programming of Ted, John, and Niles, with some giant PRs in the erg testing done before Thanksgiving.

A shoutout has to go to the Freshmen, who came in hungry and adapted fast, and the huge acquisition of the 'Uncles' – fifth years Adrien and Max. We've been training hard, having a lot of fun, and kept the big train rolling. A packed racing schedule awaits us, with East coast teams like Yale and Brown joining old rivals Cal and UW to battle it out at the shores. As we head into Winter break, spirits are high and the training has kept on going. It's been a solid Fall, but it's not over just yet. By focusing on the controllables and sticking to the plan, we'll have what it takes to start revving engines and picking up speed when January comes.

Go Card!

*James and Caspar*



# STANFORD WOMEN'S ROWING

*Women's Rowing Junior and Senior Class Leaders Susie Mallen '26 and Iris Klok '25*



At the end of the first quarter of the new school year, we get to reflect on all the events of the past few months. We'd like to share some of the highlights of the term and look ahead to an exciting spring, where we will be racing in the ACC for the first time.

One of the challenges our team faces every year is the short training block we have together during the fall. While other teams have about an extra month of training before the end of the year, we get to some really exciting fitness levels in only 8 weeks. Instead of seeing this as a limitation, we use it to train with the highest intentionality possible and hold each other to high standards to make sure every stroke counts.

Like previous years, our first opportunity to race another team was the scrimmage against Berkeley at the Briones Reservoir. We got to race some serious rate-capped pieces against the Bears, where we demonstrated the work we've done at lower rates and showed them our top-notch power-per-stroke generation. We also topped the day off with something rare – a one-thousand-meter all-out piece racing eight eights at once!

This year's focus on lifting is one of the ways we have increased this aforementioned power-per-stroke. Every member of the team has made so much progress in the weight room, and by consciously focusing on lifting, we'll increase our boat speed even further. Rob Lavalley, our new lifting coach, is incredibly dedicated to our team and our pursuit of another NCAA championship. He and his knowledge about lifting, specifically for the rowing motion, are a great addition, and we can't wait to continue working with him in the winter! Alongside Rob, we've also added a few other members to our coaching staff — Molly Milligan and Antonella Kugler. They've both had such a great impact on the team in such a short amount of time and having a higher number on the coaching staff has led to higher efficiency on and off the water.

On top of all of this efficiency, we always leave a little bit of room for some fun. The end of fall quarter means spending some time building our own workout schedules and coordinating with our friends! The last day of fall week ten also marked our annual class day event, a three-team extravaganza involving mixed lineups by class and some of the best sprinting you'll see on the port during fall (the class of 2026, of course, won their third of three class day regatta installations. Be on the lookout for a newsletter this time next year reporting on our four-peat! (Suze) According to the rules... the seniors won! (Iris)

Looking into the future, we see nothing but clear skies ahead. Our freshman class is excited to be here, super strong, and has done an excellent job getting right into the swing of things. Thanks to the generosity of our donors, we also have some new equipment coming our way, meaning we can boat more fours at practice at once and increase the amount of side-by-side action we get outside of eights! When we come back in January and get to build off all the work we've put in this fall, our Stanford rhythm will be nothing short of lethal. With our transition to the ACC (now surely standing for the All-Coast Conference!), we'll begin to see some new places and new competitors. Our first journey of the spring is a trip to Tennessee in late March. Until then, we'll be at home in cozy Palo Alto working towards our goals, with eyes set on every rep, stroke, and second we can juice until the ACC and NCAA championships. We hope to see you out on the shore this year, especially those of you on the East Coast who may not usually get to watch regular-season racing. To everyone reading this newsletter,

Thank you SO much for your support. Wishing you all lots of joy in this coming holiday season!

Warmly,  
*Iris and Susie*









# 2ND ANNUAL STANFORD HENLEY REGATTA

*Editors' Note: We recognize that by the time this edition of Boathouse of Champions goes to print, this terrific new event will have already been completed. The Rowing Association will continue to provide updates on Stanford Rowing events in 2025.*

## STANFORD HENLEY PREVIEW

*From John Pojednic, Assistant Coach for Stanford Men's Rowing*

We've made a commitment to capping off each fall quarter with a "Henley Style" pairs event at Redwood Shores. The main thing to know is that this is a really cool event! One of our goals as a team is to maximize the Redwood Shores Lagoon as a resource that amounts to a measurable competitive advantage. Very few of our competitors have access to a body of water like RWS, particularly through the winter training phase where grit applied over time amounts to raw boatspeed. We row and race the 1x, 2-, and 8+ consistently at RWS with the intent to ensure that our athletes and crews are intimately familiar with every meter of the racecourse. The neutrality of conditions on that course also allows us to collect meaningful data including but not limited to boatspeed and meters per stroke based on GPS, and wattage, slip, wash and arc angles as measured by our in-boat telemetry systems. From training cycle to training cycle, this information is helpful to adaptation of training loads, coaching individual athletes, and crew selection. Over time, this helps us to keep each of our athletes on a 4-year development trajectory.

For Stanford Henley, pairings are self-selected by the oarsmen based on a ranking system that considers individual performance over the course of the fall quarter. The ranking system gives equal weight to the results of a 6k erg test, a 2k erg test, a 2km 1x time trial, and a 6km 2-time trial. The top ranked oarsman gets first pick of a pair partner, the next ranked oarsman gets 2nd pick, etc.

The team will arrive at RWS on Saturday, 12/14, at 0830. The overall event will amount to 4 x 2000m raced in the 2-. The event will begin with a 2km time trial with the top 8 pairs from the TT moving into a Henley Style bracket that will be constructed off TT times. From there, we will complete both winners' and losers' brackets through the Quarterfinal, Semifinal, and Final rounds of racing.

- J.F. Fetter (USA) and P.E. Wolfensberger (SUI)
- E. Donovan-Davies (GBR) and T.O.J. Corbett (GBR)
- W.D.A. Fulford (GBR) and H.B. Harvey (GBR)
- M.PN. Ericson (NZL) and C.S. Griffin (GBR/USA)
- A.J.B. Scott (GBR) and S.S. Audley-Williams (GBR)
- A.D-B. Richez (USA/FRA) and M. Shakespeare (GBR)
- J.M.P. Pullinger (GBR) and L. Hainlein (GER)
- A.J. Orio (USA) and T.M.I. Herzog (USA)
- G. George (USA) and C.D. Vachris (USA)
- C.G. Berwick (USA) and J. Griffin (USA)



*This event is super-spectator friendly and we plan on this becoming an annual event, so please mark your future calendars!*







# 1980–81 FROSH BOAT HITS THE WATER REUNION WEEKEND

In late October, the 1980–81 Men's Frosh Boat went out for an early morning row. Mostly members of the Class of 1984, back for their 40th reunion, the following folks filled an eight: Dan Cornew (bow), James Watt (2), Braxton Lathrop, '85 (3), Pete Lewis (4), Jim Pew (6), Ron Moller (7), Jan Boyer (8), and Steve Garwin (cox). They recruited a ringer from the Class of 1964 to sit in the five seat. Jack Elder. Pete Spivack, the boat's three-man came out for the event. Bill Stinson, Steve Debenham, and Bill Hansen couldn't make it. Hopefully, the original nine will make it out on the water the next time.

Jan Boyer did all the organizing, a significant achievement to talk everyone into turning out. Jim Pew, as one of the last-minute holdouts, reported, "I can attest to his persuasiveness." Jan even had commemorative ScrewU t-shirts made with each rower's name and the lyrics of the Blondie song he sang to motivate folks in the morning. In hindsight, maybe Jan's singing motivated the crew to leave the relative warmth of the old boathouse because everyone wanted to get away from the noise. Steve Garvin traveled the farthest, coming from Australia, while Jan, who journeyed from Switzerland, earned second place in the travel prize.

With relatively calm water, the boat set up quickly. Sitting in the five-seat, Jack Elder '64, who still rows regularly, commented on how stable the boat felt. They even did a few 20-stroke pieces, which improved through the build.



All noticed the significant step up in boathouse digs. Gone are the Quonset tin shack, sagging dock, port-a-potty, and a fleet of aging Pococks. In its place, the current boathouse has multiple bays, a permanent dock, bathrooms with working toilets, and a fleet of Empachers. Though the boathouse differs significantly, what's surprising is how much being on the water feels like home.



# CAL GEYMAN '83 TAKES ON THE PACIFIC CREST TRAIL

*The Rowing Association got a chance to catch up with Cal Geyman '83 as he took a break from hiking the Pacific Crest Trail. The PCT spans 2,650 miles, starting and terminating at the Mexican and Canadian borders.*



Geyman competed when Rowing was a club sport and Sunday “teamwork and camaraderie” meant cleaning the football stadium with the Women’s Team after home games. Cal was one of those guys that rode his bike from campus to the boathouse and back, rain or shine, every day for four years. Cal would get off the water, rush back to campus to make an 8:00 class, scarf some food along the way, and then promptly fall asleep. Cal was voted Most Valuable Oarsman by his peers in 1983, and while one of the smaller guys, was known for his team-leading erg scores and tenacity. No one worked harder than Geyman. After completing his residency in Internal Medicine, Cal spent his 30-year career practicing with Kaiser Permanente in Denver. Cal is married with 2 kids and living his retirement in Missoula.

The Rowing Association asked Cal about his experience with The Pacific Coast Trail.

**TRA:** *Most people would fly from Mexico to Canada or at least drive. Is it any coincidence that the guy who rode his bike to practice every day chose to hike that distance instead?*

**Geyman:** I left the boathouse in '83 but still loved rowing, so I bought a single to scull the reservoirs around Denver for many years. The reservoirs around Denver weren't that exciting, however, so when I retired, I decided to pursue some new adventures.

I started by building a plane, an RV-9 kit plane, which I've since had to build again, as an airlock in the fuel supply of my first plane disabled the fuel pump, and I crashed. I suffered a brain bleed, a detached retina, and several broken bones. Both of my legs had fractures, and I couldn't walk or bear weight for several months. Walking was still tough after a year, and I had to lean on shopping carts for support. Hiking the PCT was actually how I chose to complete my rehab.

**TRA:** *So, you were struggling just to walk again, and you decided to do the 2,650-mile PCT??*

**Geyman:** Yes, it was nine months after the crash, and I was maybe able to walk a mile or two, though it was challenging. So, I signed up for the PCT. It helped me focus.



**TRA: Tell us about your experience on the PCT?**

**Geyman:** I started hiking the PCT in March '24, which allowed me to do the SoCal desert section in perfect conditions. I developed IT band (leg pain) and foot troubles and had to restart twice, going home for several weeks of rehab mid-hike. I was able to complete 750 miles over two months in California and part of Washington. I felt bad not being able to do the whole thing in one go, but at age 63, it was harder than I anticipated.

Half of the hiking crowd were 20 to 30-year-olds, though I mainly bonded with the older crowd, the 55-65-year-olds, of which there were plenty. Most of us older folk were happy to last two months or more on the trail. Not many 60-year-olds were able to make it the whole way due to injury (in the Sierras) or inability to hike 20 to 30 miles a day. You really need to step up the pace once you hit Oregon if you want to finish by mid-September and avoid snowy, wet, and freezing weather.

I did apply to hike it again in 2025 and hopefully will be better prepared. My fondest memories from the trail were cowboy camping (sleeping bag on the ground without a tent) and the friends I met.

**TRA: Great to see you still have the same tenacity that made you a leader in the boathouse. Any thoughts looking back on that?**

**Geyman:** A big Hello to all my fellow oarsmen who rowed under Coach Whitford. I hear the new boathouse is amazing, and the program is now competing well on the national level. Congratulations. Rowing is a great sport and a great part of Stanford.



*Pictured: Stroke-John Kauffman, 7- Lance Campbell, 6-Dave Bennett, 5-Marty Johnson, 4- Bill Clark, 3-Cal Geyman, 2- Willy Seavey, 1- Dan Corner, Cox- Leigh-Ellen Louie*

**Editor's note: Cal has dedicated per-mile pledges to the Missoula Homeless Shelter- Poverello Center <https://thepoverellocenter.org/>**







# 2024 HEAD OF THE CHARLES RECAP

*Stanford showed up in big numbers at the 2024 Head of the Charles. Over 45 rowers, both alumni and current students, competed across the event.*



Stanford women had two crews in the Women's Alumni event. Stanford assembled a strong W8+, with multiple past and present Olympians and National Team members. Across a 16-minute race, Openweight alumni placed first overall, with a less than half a second victory over the Texas alumnae boat. Lightweight alumni placed a strong 24th among a mostly openweight field. Congrats to such a strong showing for our alumni listed below.

Note that in a head race bow numbers reflect the prior's year's HOCR performance. For the Lightweight alumni crew, the jump from bow #42 to a 24th place means the crew passed at least one other boat. Passing on the HOCR course, especially for an 8+, entails bold coxing and skillful steering.

## **Women's Openweight (bow #2, placed 1st):**

C: Leigh Warner '18  
 8: Azja Czajkowski '23  
 7: Isabella Battistoni '24  
 6: Kaitlyn Kynast '22  
 5: Emily Delleman '20  
 4: Alison Rusher '16  
 3: Erin Barry '19  
 2: Christine Cavallo '17  
 1: Chase Shepley '19

## **Women's Lightweight (bow #42, placed 24th):**

C: Lydia Garnett '24  
 8: Kate Hickey '20  
 7: Emily Molins '24  
 6: Michele Holtkamp '20  
 5: Brigitte Schmittlein '20  
 4: Ally Hinson '19  
 3: Lauren Howe '24  
 2: Annika Khouri '23  
 1: Mikayla Chen '24



The Stanford Men also entered a M8+ of recent alums, including Paris Olympics bronze medalist Peter Chatain '23.

**Men's Alumni Eights (bow #32, placed 27th)**

- C: Varun Subramaniam '21
- 8: Nicholas Mayhew '22
- 7: Ryan Cardiff '20
- 6: Henry Stewart '23
- 5: Peter Chatain '23
- 4: Tyler Baumann '22
- 3: Porter Weisberg '23
- 2: John Spencer '21
- 1: Paul Gorka '22



Our Lightweight Women entered the lone Stanford collegiate boat in the regatta. As an early season race on an unfamiliar winding course the team faced a good test against its IRA competitors. An effective strategy to win is to take tight turns wherever possible. This year, pursuing that strategy unfortunately led to the Lightweight Women catching some oars in a buoy line, bringing the boat to a complete stop. As Coach Houston points out in her fall recap, the team showed a lot of resilience and determination to finish the race strong despite this major setback.

**Women's Lightweight Eights (bow #7, placed 7th)**

- C: Marrisa Chow
- 8: Lauren Koester
- 7: Juliette Lermusiaux
- 6: Brooke Ruskiewicz
- 5: Brooke Legenzowski
- 4: Eliana Rosenfeld
- 3: Grace Padula
- 2: Jordan Stock
- 1: Campbell McClellan



Stanford alums showed well in masters' events. This included two entries from the legendary Twin Donut Boat Club (founded by Greg Klingsporn '92 and his twin brother Geoff). Greg's boat got a little aggressive with the turns and was assessed a small 15s penalty for missing a buoy – not a lot of time, but it did up their placing by one spot!

**Men's Senior Master Doubles (50+)**

- 7th – Twin Donut – Greg Klingsporn '92
- 20th – Twin Donut – Jason Stinson '90 and Matt Dalva '90

Stanford even had representation among the Head of the Charles officiating. Sam Chang '05, was reportedly an umpire at the event. (Maybe team Twin Donut should have sent him a baker's dozen to avoid that pesky penalty!)

Zander Packard '92 also led the field with most races – both within four hours of each other – doing both a quad and parent/child double with his daughter Avery.



**Directors' Challenge Men's Quads**

13th – Cambridge Boat Club – Zander Packard '92

**Directors' Challenge Parent/Child Doubles**

18th – Cambridge Boat Club – Zander Packard '92

**Men's Master Fours (40+)**

3rd – Sammamish Rowing Association – Michael English '00

For the Openweight Women, Esther Briz Zamorano '22 competed in the **Director's Challenge Mixed Doubles** event (after competing in the W2- in the Olympics for Spain) placing 3rd overall!

**Men's Masters 8+**

Matt Altman '04 sat in the 4-seat of Marin Rowing Masters 8+ that placed 2nd

**Directors' Challenge Mixed Doubles**

3rd – Raspas del Embarcadero – Esther Briz Zamorano '22

For alums racing in singles, Bonnie Baker Pohlig '92 and Sherman Knight '94 competed in **Grand Master 1x** events. Sherman's bow number was quite a bit higher than his placing, which must have made for some interesting passing!

**Women's Grand Master/Veteran Singles**

16th – Community Rowing Inc. – Bonnie Baker Pohlig '92 (bow #18)

**Men's Grand Master/Veteran Singles**

39th – Potomac Boat Club – Sherman Knight '94 (bow #66)

One of Stanford's most successful Olympians, Adam Kreek '07, (M8+ Gold for Team Canada, 2008 Beijing Olympics), rowed for both Oar Board SUP as well as the Ex Nemo rowing club in the Men's Master Fours.

**Men's Master Fours**

13th – Ex Nemo Boat Club – Adam Kreek '07

For alums just a little bit older, Steve Johnston '85 stroked his Men's Grand Masters M4+ with Marin Rowing Association to a strong 5th place finish.

**Men's Grand Master Fours**

5th – Marin Rowing Association – Steve Johnston '85

Three progeny of Stanford rowers also raced in the HOCR. Class of '90 Becky Schroeder's son, Bradley Edington (Dartmouth lights); Class of '90 Jason Stinson's daughter, Olivia Stinson (MIT lights); and Class of '92 Zander Packard's daughter Avery Packard (Duke) raced in a double with her dad.

**GO STANFORD ROWING!**





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ROWING



# A LOOK AHEAD – RACING AND EVENTS IN 2025

With conference realignment and the Women's move to the Atlantic Coast Conference (ACC), Stanford Rowing's spring racing schedule will look a bit different than what we're used to. The Women's schedule includes duel races vs. new ACC rivals Syracuse and Virginia at Redwood Shores in mid-April, as well as the ACC Championships in Clemson, SC in mid-May. The Men are now members of the Mountain Pacific Sports Federation (MPSF), whose championship will be in mid-May on Lake Natoma in Sacramento and will feature CAL, UW, and several non-former-Pac-12 schools, giving it a "Pacific Coast Rowing Championships" feel for those of us who participated in the PCRC era. As usual, the Lights will seek competition from schools outside the West Coast with duel races at Princeton and home versus Wisconsin and BU. The Lights' last race before IRAs will be the Women's Sprints in Worcester, MA in early May.

One thing that won't change is Big Row scheduled for the first weekend of May at Redwood Shores. The same goes for NCAAs and IRAs, both scheduled for the last weekend of May in New Jersey. NCAAs will be in West Windsor (between Trenton and Princeton), where the Women will be looking to reclaim the Championship after a second place finish to Texas in 2024. IRAs will be down the road on the Cooper River in Collingswood (just east of Philly) where the Lights and Men will be looking to build on their strong 2024 performances.

## February 21-22

February Family Weekend  
Boathouse brunch and row  
Stanford Boathouse, Redwood City

## March 1-2

vs. Oregon State (Men)  
Redwood Shores

## March 28-30

San Diego Crew Classic (Teams TBD)  
Mission Bay, San Diego

## March 29

vs. Tennessee (Women)  
Knoxville, TN

## April 5

vs. Washington and Wisconsin (Men)  
Redwood Shores

## April 12

vs. Princeton (Lights)  
Princeton, NJ

## April 12-13

vs. Virginia and Syracuse (Women)

vs. Brown, Syracuse and Yale (Men)  
Redwood Shores

## April 19

vs. Wisconsin (Lights)  
Redwood Shores

## April 25-26

vs. Oklahoma and Texas (Women)  
Austin, TX

## April 26

vs. Boston University (Lights)  
Redwood Shores

## May 3

Big Row (Women, Men)  
Redwood Shores

## May 4

Women's Sprints (Lights)  
Worcester, MA

## May 16-17

ACC Rowing Championships (Women)  
*OUR FIRST EVER!*  
Clemson, SC

## May 17-18

MPSF Championships (Men)  
Lake Natoma, Sacramento

## May 30-June 1

IRA Championships (Men, Lights)  
Cooper River, Collingswood, NJ

## May 30-June 1

NCAA Championships (Women)  
Lake Mercer, West Windsor, NJ



# RUSS ALLEN'S PRESS BOX

We're back in school and the time has come to open up The Press-box for another year. Before rushing into the Fall Sports Scene here at the Farm, let's look back at summer activities and especially the performances of Stanford athletes in the trials and finals of the 1960 Olympic Games.

This summer the track Final trials were here in the Stadium and all who saw were very impressed with the athletes' performances at the fine meet put on by Payton Jordan, Jim Terill, Don Liehendorfer, Dick Barnes and others.

In the track trials, Ernie Cunliffe's team placing showing in the 800 meters came as expected but shotpunter Jerry Winter's effort—of almost 60 feet—went by almost unnoticed behind the tosses of Messrs. Long, O'Brien, Davis and Nieder. Winters—currently playing end for Jack Curtice—was the second best collegiate punter, behind SC's Dallas Long, and should give the Trojan a lot of competition in the NCAA meet this spring. John Kelly was another Stanford athlete in the trials last July but he too did not make the trip to Rome.

Besides Cunliffe Stanford had two swimmers who competed and won medals for the U.S. in Rome. George Harrison and Paul Hait both picked up gold medallions.

Besides the track and swimming stars, Stanford's Kent Mitchell, Conn Findlay and Dick Draeger piloted and propelled the cox with two shells to a bronze medal on Lake Albano, Mitchell, a Stanford senior, coxswained both Findlay and Draeger to the third place finish behind the Germans and Russians.

Mitchell had quite a bit to say about his experiences during their trials, Olympic Rowing, and life at the Village.

He said that Findlay and Draeger had been working out for the games since January when most Californians were traveling to Squaw for the Winter Olympics. They approached Kent—who had been a cox on one of the Varsity eight-man shells last spring—in May—and he started in the new task with workouts on Seattle's Lake Washington Rowing Club.



KENT MITCHELL  
Olympic coxswain

### Down to 110 Pounds

Mitchell—who normally weighs in at around 130 lbs.—found that both Findlay and Draeger were not going to let him get into the shell weighing more than 110 lbs. during the whole series of trials and finals. He said this was the only drawback of his whole trip.

The three men trained together through June and the first of July up North then moved to Syracuse July 7-8-9 where they won the preliminary heat and the final. After being outfitted for the trip with the U.S. uniforms, blazers, etc., the boys returned for more practice. They left New York August 13th and after twice-a-day rowing sessions on Lake Albano, they eventually were beaten by the favored Germans and a surprising group from Russia in the finals.

Kent pointed out that the real reason for German success in the six-odd crew events in the Olympics was not their new and controversial oars but rather their precision and training. "Germany has approximately 300 active rowing clubs with top coaches to our eleven," explained Kent, "and have a lot better rowing conditions on their lakes."

Germany had used oars with a shorter, fatter blade but their better training and organization enabled them to row away from anyone they faced because of their faster stroke. The Germans used a stroke of from 40 to 48 which means they dipped their oars ten more times a minute than any U.S. crew can do at present.

### Friendliness at the Village

Mitchell commented on the friendliness of other athletes at the Olympic Village. He enjoyed swapping pins and bags as well as shop talk with members of other teams. The Village was a complete town within itself with each country having its own dorms, post office and there were stores, a bank and dining rooms for the athletes.

One of several reasons given for the U.S. collapse in the Games and especially in the track events was their wild living in Rome.

Kent repudiated these accusations and said that there was a strict lights-out policy at 10 o'clock and—because all the U.S. male athletes were housed together—it would have been very hard for individuals to break training and do all the after-hour "sightseeing" that they were accused of without others seeing them. Also Kent remarked that there was too much to do to get in trouble. Training, talking with other teams and sightseeing kept the U.S. team members very busy.

Right now Kent is starting classes with the rest of us but already he is thinking of getting back at the Germans and Russians in the 1964 Olympics. His shellmate Findlay will still be around coaching the Frosh Crew and is on the lookout for another medal-winning crew for those same Games during 1964 in Tokyo.

# Soccer Practice Starts

Practice for the season began yesterday under the tutelage of Stanford soccer coach Fred Priddle. Coach Priddle comes back a number of letters from last year's team, which finished fourth in the West Coast Soccer Conference.

Among the lettermen are all-conference forward Knaggs, all-conference mention forward Dick I high-scoring Rune Engel fullbacks Dick Vouake and Farthing and goalie Hunt.

Stanford opens the season today against Balboa, which they defeated last year with Engel's four goals and Bartlett's

**SOCCER SCHEDULE**

Oct. 1	Stanford vs. Balboa
Oct. 8	Stanford vs. San Jose State
Oct. 15	Stanford vs. USF
Oct. 22	Stanford at Santa Clara
Oct. 29	Stanford vs. San Francisco
Nov. 5	Stanford at City College of San Francisco
Nov. 12	Stanford vs. California of Davis



## Daily Sports

### GRID Practice Report

The shift from daylight time to the standard time caught the varsity football out in the cold these days. A good part of the Indian practice sessions are now in the gymnasium parts of the stadium.

Yesterday the starter break from the shiver after practicing punts a goal for an hour, they side where it was warm.

Captain Jack Curtice, inained with the third an strings and for an hour half watched them know. This is standard process Monday practice.

Curtice's big problem moment is that of fight just who is going to fill the sized gaps in the line left untimely departure of De Shaw and Doug Pura starting center and guard both injured in the W game Saturday.

So far it looks like Chr and Errol Scott will split duties and any of the mores could fill in for H.

Randy Vahan, Bob D and C. B. Simons will see the tackle spot.

### Thinclads Show Try Out Now

All men who wish to try the Stanford track team report to the track office.

Fall track and cross country in progress and a dates are urged to partici

### Mural Sched

Officials for touch football needed. Officials make 5 game and anyone inter this job should see Mr. I the intramural office.

Also there will be a nagers meeting at 4:30 P in the BAC. Signups sports are posted and signed by Monday.

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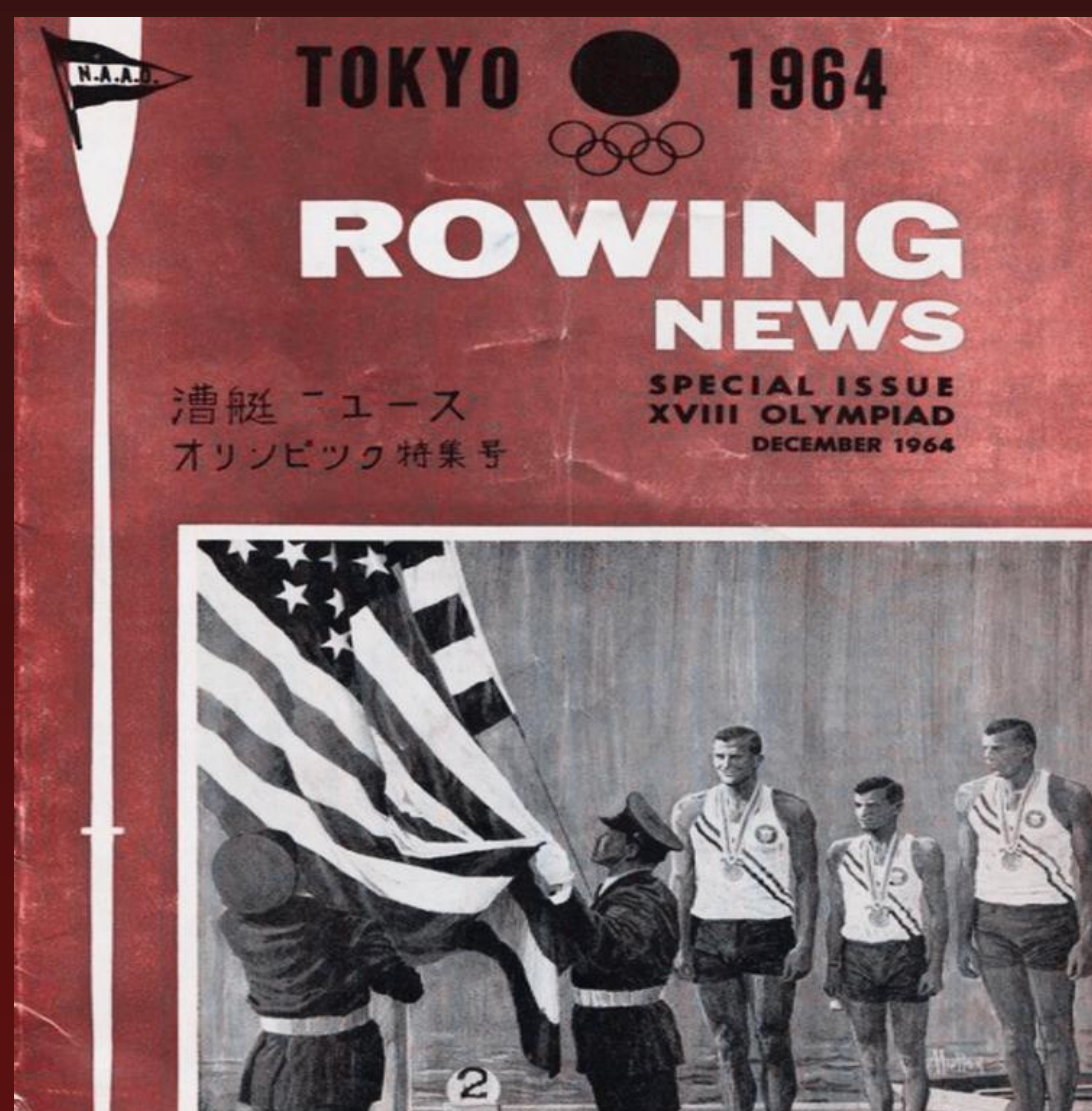
*fine italic student medium*



# NATIONAL ROWING FOUNDATION HONORS KENT MITCHELL '61

*The National Rowing Foundation honored Kent Mitchell for a lifetime of Exceptional Service to Rowing at their annual US Team Reunion. Mitchell, class of '61 and two-time Olympic medalist, was honored along with others who were newly inducted into the NRF Hall of Fame. While Mitchell is a prior inductee, he was further honored for his contributions as a Pioneer in Live racing graphics, media, and statistics. Kent is also one of the five founders of the NRF.*

*Earlier this fall, Kent attended the coaches' launch for Saturday practice. The Rowing Association took the chance to catch up with him afterward:*



**TRA:** *The 50's and 60's saw Stanford Rowing on the podium both at National level and Olympic level and you were a central part of that. Can you tell us how you ended up at Stanford and eventually in the coxswain seat from 1957-1961?*

**KM:** After three different high schools (9th grade in northern New Jersey; 10th grade in southern California; 11th & 12th grade in Beaverton, Oregon), I finally got to choose where I wanted to go to school. I chose Stanford, the only college I applied to (wouldn't try that today). On my first day in my dorm room in Cedro One, a big guy came down the hall, stuck his head in my room, saw a skinny kid and said he was with the Crew, and thought I looked the right size for a coxswain. Then he asked me if I would turn out for Frosh Crew...my reply, "no", as I had no idea what he was talking about, and was worried enough about grades without a distraction like crew. Then he made the closing pitch: "Well, as long as you show up, this fulfills your one unit P.E. requirement and you get an automatic 'A' and 4 points towards your grade point average." That did it and was the *only* reason I turned out. The rest is fate and history.



**TRA:** *You walked into the boathouse on the heels of Fifer and Hecht and Ayrault, Findlay, and Seifert, all winning Gold in the 1956 Games. Tell us what that was like. Was there momentum in the boathouse, or was there a need to rebuild after graduation?*

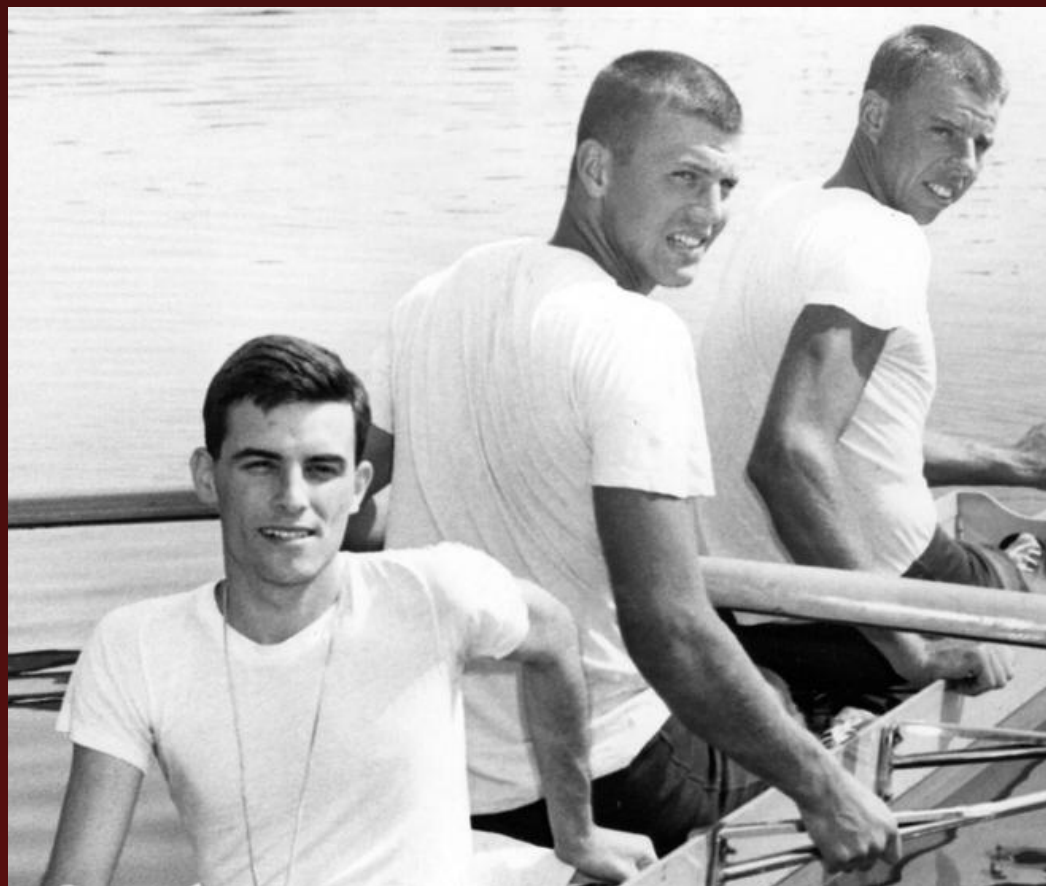
**KM:** I don't recall much being said about those guys back then, at least during my first year.

Conn was not coaching but was getting his MBA from Cal and hanging around the workbench area in the back of the A-Frame boathouse that he and other crew guys built in the mid-50s across the water from the Leslie Salt dock. Conn had coached frosh crew before I arrived. Lou Lindsay was coaching the varsity, had placed 3rd at the IRA, and beaten Cal in the Big Row the 1957 season before I landed at Stanford. We knew all about that but not too much about the Olympians.

The varsity and frosh crews did all right my first year against all but Washington and Cal. The Stanford-Washington dual races were in Seattle – 3 miles for Varsity, 2 miles for Frosh in the Seward Park Lagoon.

I got a big kick on that trip when the Stanford Crew's bus had a police escort to the race course from the YMCA where we were staying. Looking back, it turned out like it did for the lions being brought in cages to the Coliseum.

By the time my frosh crew crossed the finish line, it was humiliating to see Washington's frosh already lifting their boat out of the water. There was a huge crowd on the shoreline jeering at us . . . They even tossed stuff at us as we dejectedly rowed back to our launching area.



Varsity did not do much better, and it was the final year of Lou's coaching at Stanford. I remember sitting in the bus with the entire crew when the student-run steering committee, which then ran the Crew program, not the athletic department, voted to find a new volunteer varsity coach. Lou soon surprised us all when he got the varsity job at the Naval Academy, then unexpectedly won the 8-oar Olympic trials in Syracuse in 1960 and took his crew to Rome, which placed 5th.

Little known, our group of small boats from the Lake Washington Rowing Club coached by Stan Pocock won at those same 1960 trials in 3 of the 7 events: four without, pair without, and pair with. Then during the Rome Olympics at one workout on Lago Albano (site of Castel Gondolfo, the Pope's summer residence), our three boats took a flat out staggered time trial against each other in the morning. Then, after lunch, expecting a light paddle in the afternoon, we saw that Navy was taking its time trial and asked if we could put our three boats in an eight and pace them. I was the coxswain and with a tired bunch of old guys, we beat Navy by almost a length – a real shocker since the USA had never lost the Olympic eight event before. Next morning the Navy cadets were doing jumping jacks with the "old guys", after previously mimicking our guys when we did them after every earlier workout.



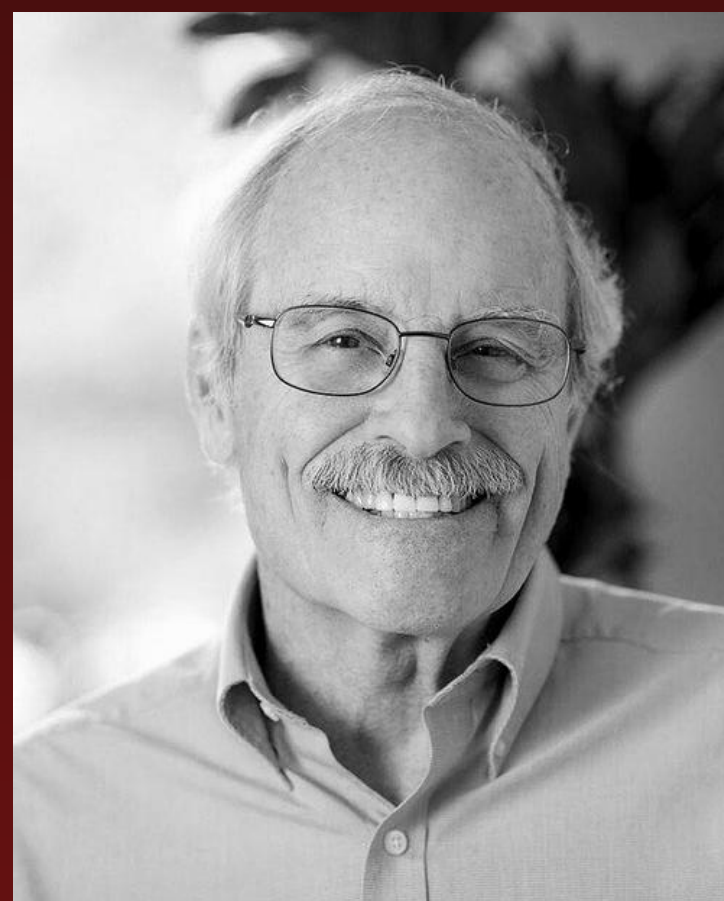
**TRA:** *You ended up coxing two Olympic boats, 1960 and 1964, bringing home Bronze and Gold. Stanford also won a couple of National Championships during that time. Can you tell us about how the success at Nationals played into becoming the US Olympic entry in those years?*

**KM:** Well, the 1960 Nationals were also the Olympic Trials. We won our trials event by about 6-lengths in Syracuse. It was a “two-fer”. Of course, we drove almost non-stop from Seattle to Syracuse in private cars to get there, so I guess we were proving ourselves somewhat hardy and up to the task.

It was pretty spotty between 1960 and '64. Won both pair without and pair with (Ferry and Findlay) in '61 and '62 Nationals (again after cross-country drives with a 36-foot boat strapped to the top of Conn's old green Plymouth). No rowing in the summer of 1963 (Ed had his NROTC summer cruise obligation to cover). Then at Nationals in '64 in New York, we were beaten by a Vesper pair with, both boats overlapped all the way down the course. Real bummer, since the Vesper crew went to the European Championships the following week and did not even make the finals. What chance did we have even if we made it to Tokyo? (Nationals and Trials were separate events in '64) I had to take the California Bar Exam the following week after driving back to San Francisco from New York. The exam was all day Tuesday, Wednesday, and Thursday. Thursday was also the first day of our heat in the '64 Trials in New York. They got a cox from Penn for the prelim. I caught a red-eye in SF Thursday night, planning to race Friday in the repechage if they had lost, but they won the heat. Afterward, the Penn cox said that was the first race he had ever won! On Saturday, we won the trials handily. Busy week.

We then had 2 months to figure out what we were doing wrong. With much help from Stan and George Pocock, we improved our 500-meter interval times by 2 to 3 seconds each interval, which made a massive difference in Tokyo. (Having a crew with two big, strong guys rowing a long stroke in an 18-mile-per-hour headwind also fit right into our race plan.)

**TRA:** *So, decades of Stanford Rowers shared the early morning waters on the Redwood Slough with Conn. Many of us never realized he was actually a USC rower until later in our lives. Can you tell us how he ended up being a fixture of the Stanford Boathouse? By the time you arrived at Stanford, Conn had already been in 2 Olympics and was on his way to a third. What influence did that have on you and the other guys in the boathouse in those years?*



**KM:** Conn's younger brother, Bill, had rowed at Stanford. Conn rowed at USC only in his senior year. Within 2 years, he had won his first gold medal in Melbourne in 1956, that time with Dan Ayrault and Kurt Seiffert on the tiller lines. During the winter and spring of '56, George and Stan Pocock coached them via review of 16mm film loops of their Stanford workouts. Sort of like a mail order course in crew. They then trained in Seattle all summer next to Stanford's Jim Fifer and Dewey Hecht in the pair without, both crews winning gold in Melbourne with on-site guidance of Stan and George.



In my junior year, I was varsity cox, and Conn had a huge influence on me. Once he and Dick Draeger decided to go for the pair with in Rome (in '60), Conn was revamping a boat moving the cox's seat traditionally in the stern to a lie-down area in the bow. Conn never liked to be eye-to-eye with coxswains. Often, at the end of our Varsity workout, Conn would put the boat he was reworking on in slings and ask me to get in and recline in the bow. It was sort of like being fitted for a suit. When the Varsity season ended, we started training together that way. Everyone at Stanford was then looking God-like up to Conn, knowing that he was going for the gold again. It was quite a surprise for us in Rome to get waxed in our heat by much smaller guys from Russia (actually, good guys from Lithuania who hated Russians). Did a little better playing third fiddle in the finals to Germany and Russia. Actually, we had a great closing 500m against them but came up short with the bronze (which, incidentally, is a much nicer piece of hardware than the gold medals).

Where we went to Rome expecting a shot at gold, we went to Tokyo (in '64) after our fiasco at the '64 Nationals looking forward to a nice trip to the Far East. Conn's mother was the only one who said, "you'll win". When the draw for our heat pitted us against the European Champion and two other European Championship finalist crews that crushed the Vesper boat that beat us at Nationals, as well as a Czech crew that beat the German champions a week later, it looked like a quick trip for us to the grandstands to watch the finals. Quite a shock to us and everyone when we won our heat, qualified directly for the final, and then beat them all again for the gold.

***TRA: The boathouse now sits in a prime location off of Seaport Boulevard. Can you tell us about the efforts to secure the land and ultimately build the boathouse we have today?***

**KM:** Basically, Redwood City wanted the land underneath our A-Frame back for what is now the Seaport development. The crew was able to construct a big box about where the boathouse now stands. Conn almost single-handedly demolished the A-Frame, saved members and parts where he could, and used them to put a big box together. Then there was a gift from a charitable remainder trust, the crew receiving a bequest of almost \$3M. This was used to buy the land from Cargill where the boathouse now sits with its long sought permanent home. The University then jumped in and raised funds to build the current boathouse. The generosity of John Arrillaga and possibly to some extent Title IX requirements for women's sports enabled this to happen.

***TRA: Lastly, after graduating from Stanford, you went on to get your law degree from Cal, win gold in Tokyo, and start numerous impactful rowing ventures. Your law office has never been far from the Stanford Boathouse, though, and several rowers-turned-lawyer have hung their licenses there through the years. Even today, The Rowing Association is headquartered in those offices. Any final thoughts on all that? The influence of Stanford Rowing on your path?***

**KM:** Stanford Rowing has impacted everything in my life – met my wonderful wife who was referred to me by Conn who met her through rowing people in Annapolis who told him she was coming to the Bay Area; then around 1997 started working out with former Olympians who happened to be in the Stanford boathouse area, when John Pescatore (World Champ, 1987) was coaching Stanford, and others equally pedigreed also ended up in the area – spent the next 25 years winning masters' races across the US, and in Canada, Henley England, Australia and New Zealand, with guys just like them who've stayed in shape, are natural champions, and just wanted to row together and beat people. As for the gold medal, Ed Ferry always said "it's the gift that keeps on giving."



FUMBLES & FOIBLES

Stanford's Varsity Crew

Stanford's Varsity Crew continued its amazing surge to the forefront of national rowing prominence by dominating the American team which competed in the World Rowing Champion ships in Bled, Jugoslavia from September 8 to 11 . . .

Overwater Demolition - Guided by Coxswain Kent Mitchell, Stanford '61 and Olympic gold medal winner, the eight oarsmen devastated everything in sight in Seattle and won every race they entered by stunning margins.

When the waves subsided, the Indians had coasted to victories over 2 Canadian entries and a boat composed of University of Washington oarsmen in the eight-oared final, the four with coxswain and the four without Coxswain.

Fresh from Seattle, the eight Stanford oarsmen ventured east to the National Rowing Championships in Philadelphia, Pennsylvania at the end of August. There the Indians ran into a stiff wall of competition from boats from Australia, New Zealand, Canada and America's 1964 Olympic gold medal winner, the Vesper Boat Club eight.

All Boats Reach Finals - Once again Stanford entered two fours and an eight. All three boats got into the finals after mounting impressive qualifying times. Only the four without coxswain, however, managed to win an American title beating the Potomac Boat Club by 2 1/2 lengths. The eight finished third and the four with coxswain was fifth.

Due to Stanford's strong showing in the nationals, Kent Mitchell, the Indian coxswain, was selected as a coach of the U.S. team bound for Jugoslavia. In addition Stanford's four-without was rewarded with berths on the team.

Larry Hough, last year's captain and Jim Madden, a Junior Varsity oarsman in the '65 campaign, were chosen as alternates and also accompanied the team to Bled.

Boats from all over the world including West Germany, U.S.S.R., Italy, Australia and East Germany assembled in Bled on September Bth to decide the world rowing champion . . .



Four in The Flood

Stanford's team of four-with-coxswain glides through Seattle water 2 lengths ahead of nearest competitor. The Indians excelled in Washington and made good showing at the national meet in Philadelphia, qualifying six men for international competition in Bled, Jugoslavia.

Stanford Crew Sends Six Men To Jugoslavian Meet

By CARL MUNDT

Stanford's Varsity Crew continued its amazing surge to the forefront of national rowing prominence by dominating the American team which competed in the World Rowing Championships in Bled, Jugoslavia from September 8 to 11. The road to Bled began in Palo Alto in June with the implementation of an experimental rowing program for varsity oarsmen. After weeks of grueling preparation Larry Hough, Bill Stump, John Stitt, and Jim Madden - members of last year's varsity - teamed up with Dick Lyon and John Kiely, graduate students in Engineering, and Ted Mittet and Geza Berger, Bay Area Olympians, to race in the Northwest Invitational Regatta in Seattle, Washington on July 16.

Rowing Championships and the European Championships in Vichy, France. Stanford's coaching staff is confident that a large number of undergraduates will be on that team.

Consequently, an expanded rowing program will be offered on the Farm this autumn. In addition to the regular Frosh and varsity turnout, the coaches hope that a large number of inexperienced upper classmen and transfers will learn to row this year.

The fall schedule includes great emphasis on acquiring the fundamentals of rowing technique. Led by captain Bill Stump the Indian boats should be tough to beat by racing season next spring.

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Six Indians Participate

Six Stanford oarsmen rowed or coxed in these races and certainly were impressed by the speed of the East Germans who dominated the program. The four-without finished 9th and four-with finished sixth as last year's captain Larry Hough moved up from alternate to bowman.

Indian oarsmen will have much to aim for next summer also. An American team will be sent to the Pan American games, the North American

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*'The Stanford Rowing Network is available to athletes, alums, parents, and friends of Stanford Rowing and is for professional purposes only.*

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- **Secure Access:** Every application is carefully reviewed and approved by the TRA team, ensuring you're in great company among alums, parents and friends of Stanford Rowing.



# OUR COMMUNITY CONTINUES TO SUPPORT STANFORD ROWING!

## THE ROWING ASSOCIATION LAUNCHES TWO NEW FUNDS

The Rowing Association is pleased to report that members of our Community, Gail and Nick Farwell, '70, MBA '80 have made a gift to endow the Women's Rowing head coach position. As announced on GoStanford.com, this gift builds on the Farwell Family's legacy of support for Stanford Athletics and Stanford Rowing. Derek Byrnes is the inaugural Farwell Family Director of Women's Rowing and we thank Gail and Nick for their continued commitment and generosity to Stanford Rowing!

The Rowing Association is also happy to report that initial support for our two new funds is in place and we are in the process of gathering support for them. We thank those who have already pledged their support and encourage others to do so!

The Two New Funds were built with the input from our coaches, and are specifically structured to address needs that are difficult for them to meet with current budgets.

The first, **The Assistant Coaches Support Fund**, or formally, the **Administrative Support Fund** is an endowment that supports creation and funding of contract roles within The Rowing Association. The contract roles can be filled, but are not limited to, assistant coaches.

The second, **The Rowing Equipment Fund**, is an endowment that supports the overall equipment needs of Stanford Rowing and designates new budget for racing shells

ASSISTANT COACH SUPPORT FUND

**RAISE \$3M.**

CAN BE ADDED TO IN FUTURE

*Established to retain the best assistant coaches in the sport. Contract content and core work of The Rowing Association via 1099. Program built to meet requirements of the University, IRS, NCAA, and State of CA. \$3M endowment to sit within The Rowing Association, be professionally managed, and deliver approximately \$165K/year in support of the Program.*

STANFORD ROWING EQUIPMENT FUND

**RAISE \$3M.**

CAN BE ADDED TO IN FUTURE

*Established to support the annual equipment needs of all 3 teams. Though Equipment is budgeted, the actual spend can become discretionary when actual spending is tight. This endowment supports the needs of the coaches AND the University's priority to offset budget deficits. Endowment will specify frequency of new racing boats.*

*Assistant Coach Support Fund  
\$1M of \$3M Goal  
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*Stanford Rowing Equipment Fund  
\$750k of \$3M Goal*





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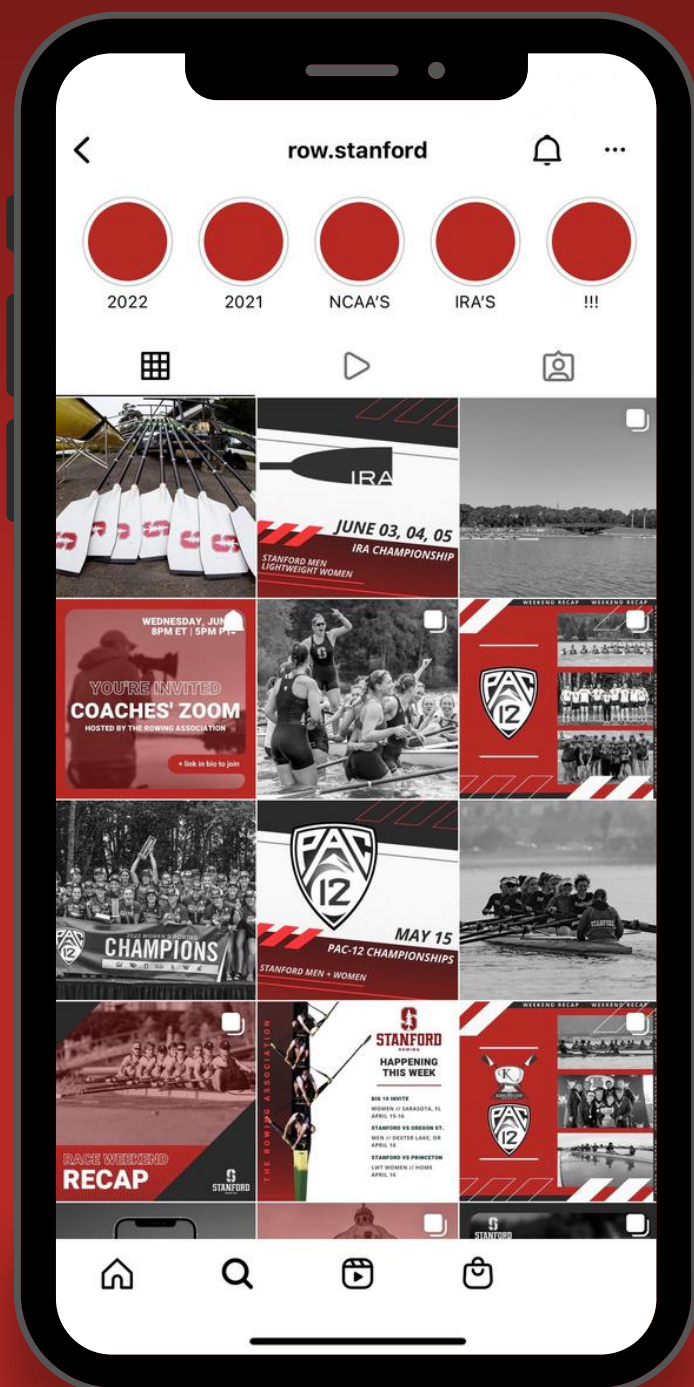






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