

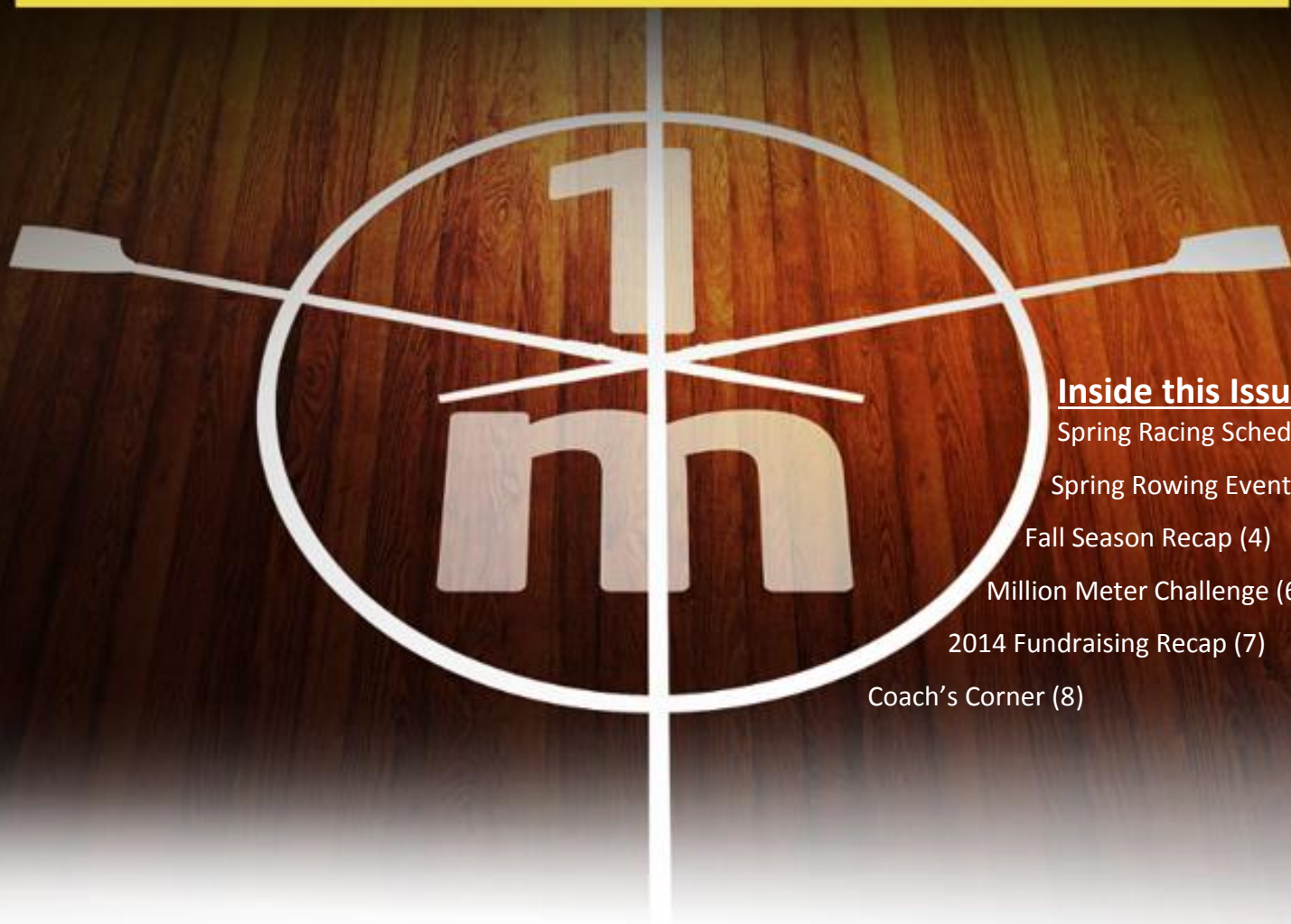
University of Oregon Club Rowing Presents



THE FIRST ANNUAL MILLION METER CHALLENGE

Join us at McArthur Basketball Court Sunday, February 15th at 11am

Featuring: Race a Rower, Track Town Pizza, a pasta meal, and a raffle featuring prizes from local businesses



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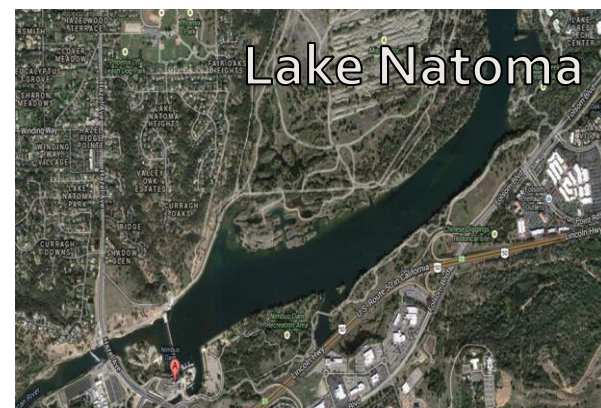
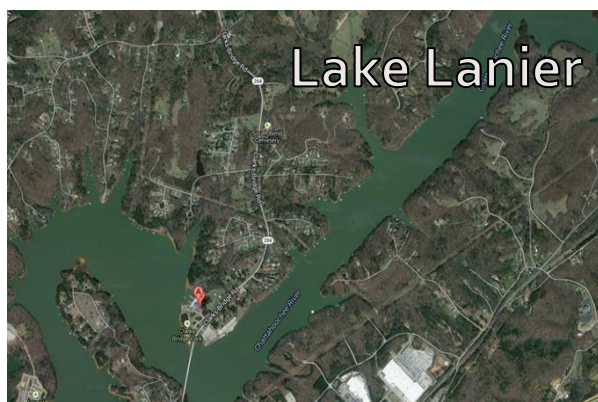
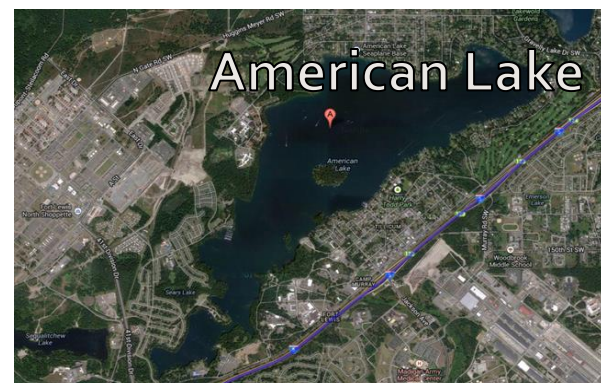
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Friends of Oregon Rowing February 2015

Spring Racing Schedule

- Scrimmage at Hagg Lake; Sunday March 15th
 - o Hagg Lake, Forest Grove, OR.
- Daffodil Sprints; Saturday March 28th
 - o American Lake, Tacoma, WA.
- Collegiate Covered Bridge; Sunday April 11th
 - o Dexter Lake, Eugene, OR.
- WIRA; Saturday April 25th – Sunday April 26th
 - o Lake Natoma, Rancho Cordova, CA.
- ACRA; Saturday May 21st – Sunday May 22nd
 - o Lake Lanier, Gainesville, GA.

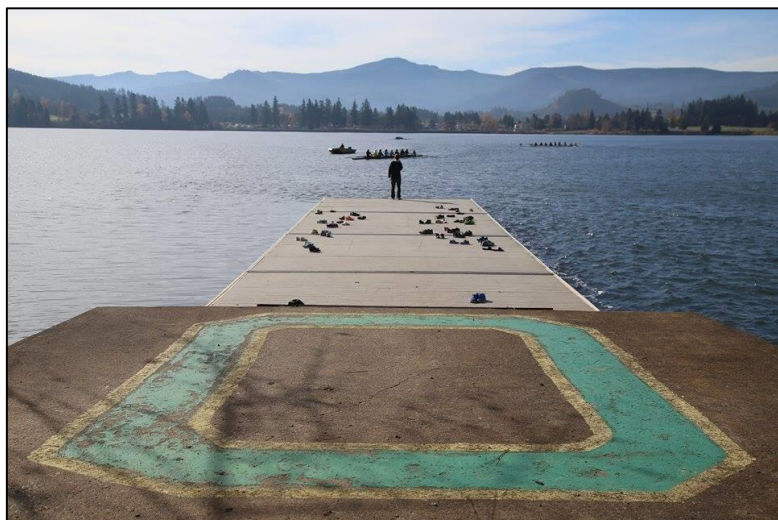


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Stay involved!

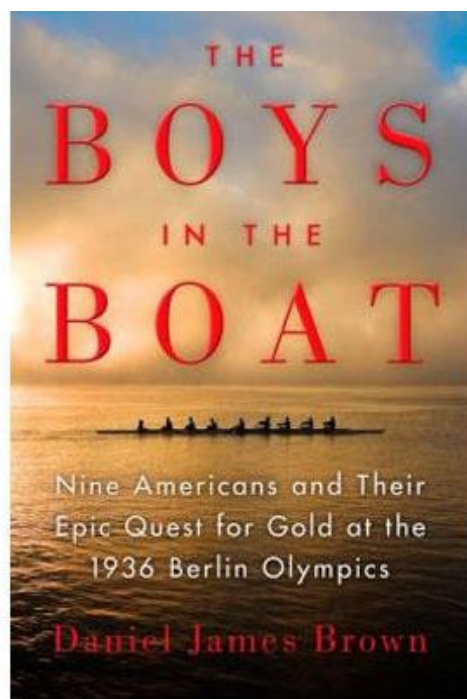


Alumni Reunion at Covered Bridge – April 11th

Put it on your calendars now! The team will be hosting an Alumni Dinner event on **Friday, April 10th**, then come out to support the Ducks as we race against local collegiate competition on **Saturday, April 11th** for the first rendition of the Collegiate Covered Bridge Regatta at Dexter Lake.

Formal invitations will be sent out, but if you're interesting in attending please let us know at roworegon@gmail.com

Do you know someone who would be interested in receiving this newsletter? Send their Name and mailing address (or email) to roworegon@gmail.com. Put "Newsletter" in the subject line!



Boys in the Boat Author Coming to Eugene, April 16th (Tentative)

The University of Oregon is in discussions with the Author of the bestselling hit *Boys in the Boat* to come to campus on **Thursday, April 16th** to give a talk and hold a book signing.

The event will coincide with the masters-juniors Covered Bridge Regatta on April 18th and will feature a number of events.

This is an exciting step for raising visibility of rowing in the Eugene area and on campus. If you are interested in more information, stay tuned for our next newsletter or send us an email at roworegon@gmail.com



Fall 2014 Racing Results

Strong start for the Ducks highlighting four regattas

After a long, restful, and productive summer break, the returning varsity members were anxious to get back in the swing of things. Water practices began on the first day of class (Sept. 29th), and were moved into the afternoons.

Additionally, mornings spent conditioning at MacArthur Court helped the rowers get back into shape quickly.

LO/OP & Portland Fall Classic

Portland, OR

October 25th-26th 2014

At the LO/OP on Saturday the team raced under tumultuous conditions. The two Oregon women's eights and two men's fours used the race as a warm-up for Sunday's Fall Classic, competing against sparse competition because of the weather. The novice men faced varsity crews from Lewis and Clark and Western Washington, and successfully finished their first race intact. The novice women's event was canceled as the weather progressively deteriorated.

The following day, the Varsity squad competed in the Portland Fall Classic. Conditions improved, but it was still rainy and windy. The WV8+ went 19:46, finishing 8 seconds behind first place, DIII crew Lewis and Clark. The WJV8+ completed the course in 21:35. The Men's fours went against OSU, WWU, and SU, and placed behind them. A disappointing result, considering the M1V4+ finished first last year. The crews focused on improving for the next two fall head races.

Head of the Lake

Seattle, WA

November 2nd 2014

Practices continued, and the varsity crews got ready to make their way to Seattle for Head of the Lake at the University of Washington. The conditions were not bad, but the competition was fierce.

The WV8+ came in 7/9, defeating DIII rival Pacific Lutheran by 42 seconds. The WV4+ had an impressive race, coming in 6/9, one minute behind Seattle and UP. The MV4+ faced 4 UW boats, 3 OSU crews, 2 WWU squads, and Canadian teams. They finished 13/16 in front of a rival Seattle U lineup. Stroke-seat Frank Leng set the pace and never stopped. The M2V4+ was not far behind.



Head of the Lagoon Regatta

Head of the Lagoon

Foster City, CA

November 8th – 9th 2014

The top WV4+ and MV4+ went to the Head of the Lagoon for UO Rowing's first showing at the regatta. Head Coach Marlene Kindorf set up the race in order to get the UO crew competing against the club's central spring competition, California crews. The MV4+ placed 5th out of 8 at 20:53 behind 3 Cal crews and DI Santa Clara, defeating teams from Cal Maritime and Sac State.

The WV4+ also had a strong race, coming in 7/10 at 22:24, defeating rival NCAA crews from Santa Clara, Saint Mary's, and Humboldt St. They were within one second of the Stanford women's B boat. It was the highlight of the fall racing season for the Varsity squads, who will compete there again next year.



Alumni Event and Reunion Row

Paint the 'O' Alumni Event

Eugene, OR

October 18th 2014

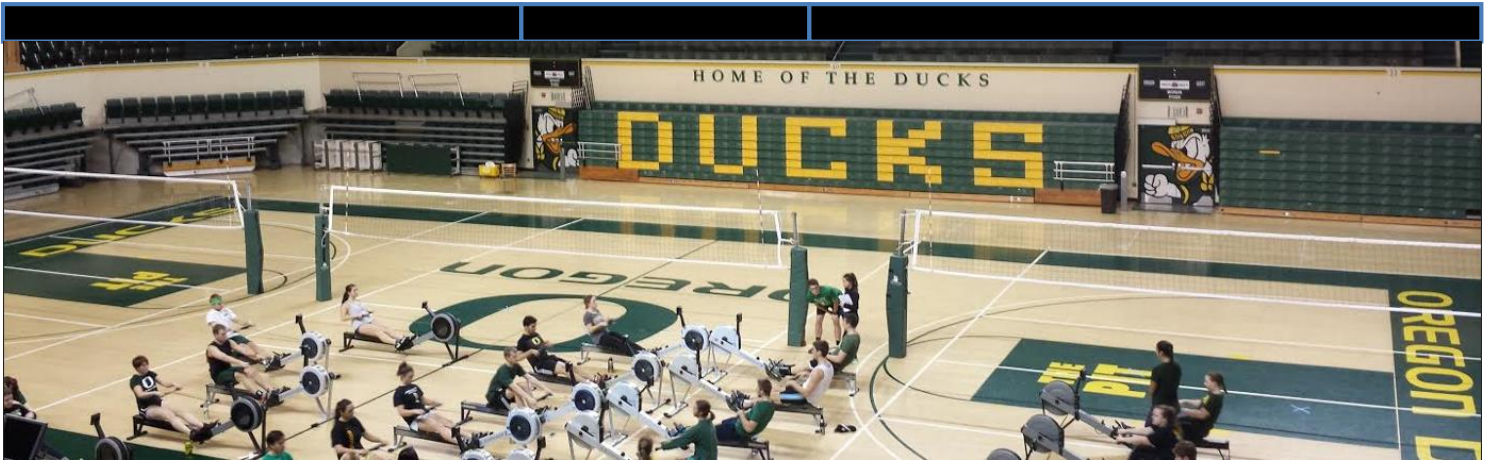
Thanks to a generous grant of \$1500, we were able to host our first alumni event this season at Dexter Lake. The event, which involved varsity rowers and a dozen alumni of the program featured pizza and refreshments from the local pizza maker pizzAldos.

Unfortunately we could not actually repaint the O because of conflicts with a rowing clinic using the dock, but we hope to finish the job this summer.

The event featured a detailed exhibit of the team's history along with an alumni row where nine former members of the team took out a boat and rowed a full 5,000 meter lap around Dexter Lake.



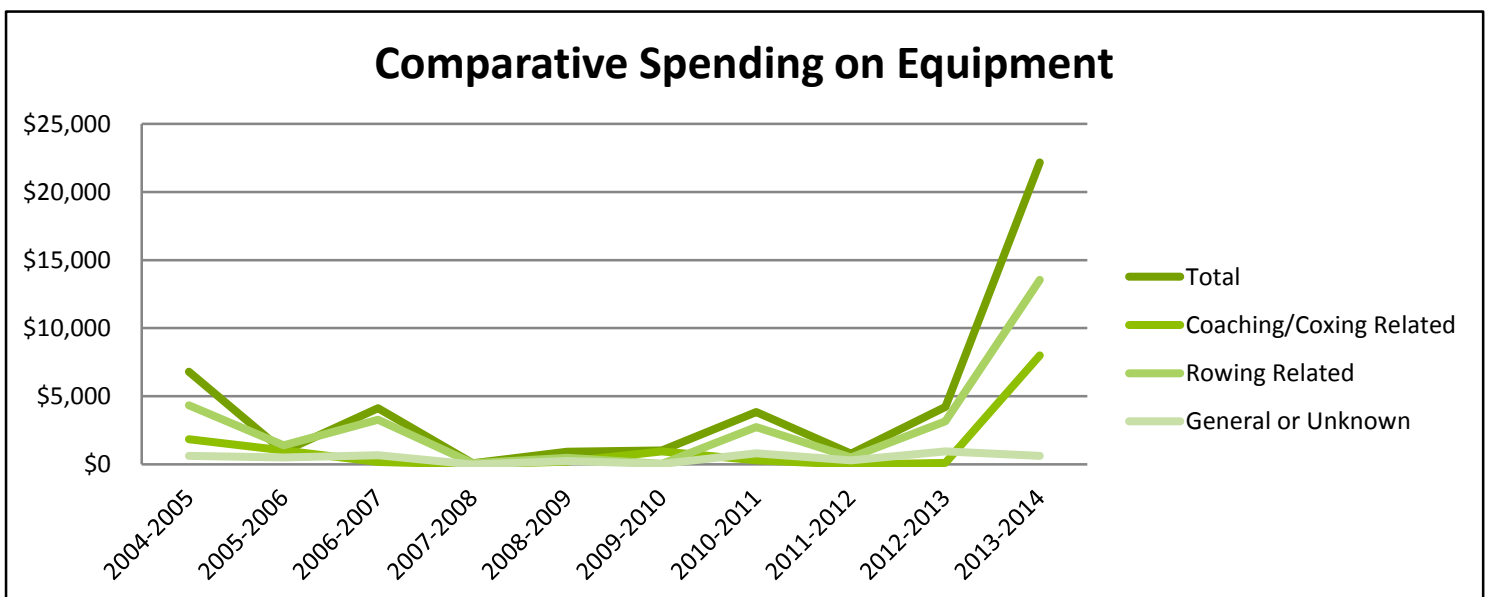
Thanks to all the friends and alumni of Oregon Rowing for your support, and to the rowers themselves for a great season!



Million Meter Challenge

On **Sunday, February 15th** (Valentines Day) the UO Crew will mark the halfway point of its winter season with an erg-a-thon fundraiser. The event will include refreshments, a raffle for prizes, great music, learn-to-row for spectators, and, of course, a team effort to row 1,000,000 meters over the course of the day.

All local alumni and friends of the team are encouraged to stop in and enjoy the event. Through the generous donations we hope to raise money to purchase new sets of oars and new rowing machines for the team.



Help us continue this upward trend! If you have any questions about our fundraising goals please email roworegon@gmail.com. To donate, go online to <http://blogs.uoregon.edu/uorowing/support-us/>



Funds Raised For:

- \$6.6 K 7 New Rowing Machines
Alumni Donation
- \$1.2 K 4 Rowing Machine Repairs
Student Work
- \$1.8 K New Speaker Equipment
Alumni Donation
- \$1.4 K 2 New Cox-Boxes
Team Fundraising
- \$1.2 K 5 Used Cox-Boxes
Student Donation
- \$6.4 K 2 New Launch Engines
Team Cost Savings
- \$3.6 K 10 New Oars
Team Cost Savings
- \$3 K Boat Refurbish Project
Friend of Team
- \$6 K Club Sports Nationals Fundraising
ASUO Surplus Allocation
- \$10 K Parent and Alumni Cash Donations
- \$3.8 K Team Cleanups & Fundraising
Team Fundraising
- \$5 K Season End Surplus
Team Cost Savings

Oregon Rowing - 2014 Fundraising Recap

COACH'S CORNER: A Message from Coach Kindorf:

"Winter training." The very thought of it probably sends familiar shivers down the spines of many alumni. The endless hours on the ergometer, the never-ending jumps, push-ups, crunches and the daily question, "When, oh when, are we finally going to get back on the water?" As is customary for UO Rowing, we transitioned to winter training after competing at Head of the Lake and will remain indoors until early March. While we are able to get out to Dexter Lake for one long water workout per week, the vast majority of this time is spent indoors at Mac Court. Are these athletes complaining? Not one bit. I'm seeing a team that is coming together, bonding with their teammates, and challenging each other to strive for their very best, every day. The varsity athletes are guiding the novices, and the novices are making huge improvements in fitness and technique on a daily, almost minute-by-minute basis.



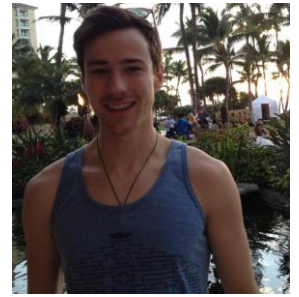
From a coach's perspective, this is also a wonderful time to work with athletes one-on-one, making significant technical corrections on the ergometer through in-depth explanations, diagrams on the dry erase board, and even by viewing video on the spot. This season, we've introduced the use of heart rate monitors for specific zone training, personal data collection and charting of ergometer splits, time, distance and watts and the use of *Coach's Eye*, a video analysis app that allows coaches to video their athletes, sketch diagrams directly onto the tablet, slow down the stroke in order to pin-point specific areas of development, and even compare and contrast side by side videos on a split screen.

We are also able to vary daily workouts and I am including a significant amount of strength and conditioning work into our daily practice routines. A collaborative attitude has emerged with some athletes introducing yoga, tabata, and weight-lifting circuits to their teammates. Coaches have designed plyometric and dynamic stretching routines and all of these are utilized on a weekly basis. Keeping things varied and fun certainly helps to fend off the winter doldrums! The occasional team erg relay also helps to keep the competitive spirit flowing.

So, while we may still do the countless jumps, push-ups and crunches, and while we may all still be dreaming of the day that we can get back onto the water full-time, our indoor training time has been truly valuable and I expect to see all of that technique development, strength, and fitness transition into fast boatings come March 14th. The spirit, attitude and camaraderie that is currently being felt within this entire team will also most certainly take quite a few seconds off of that first 2k time. GO DUCKS!

Featured Student-Athlete of the Issue:

Spencer Kales, Men's Captain



I knew I wanted to row before I came to the UO, my friend in high school convinced me that we would join the team together. Well, a week later, she'd had enough of sitting in soaked for two hours a day. I, however, knew I had found something I would stick with through college and onward. Ranked in the slowest quarter of the novice men my first year, I kept with it, knowing I could work harder and improve. I stayed because the team became my closest friends, and because it was the best way I could imagine spending my free time...all of it! Sophomore year I was in the Varsity 8. I started to get a hang for technique, and worked to earn my spot as a varsity dude. I occasionally felt my relatively smaller size was an impediment, but Coach Carly Schmidt reassured me that I could still compete with the bigger guys.

I was elected Team Logistics Coordinator for my second and third year. I enjoyed taking on responsibilities to help make the operation run smoothly, earning the nickname "Daddy Kales" along the way. Junior year, I made my way to the top of the fitness rankings from erg testing (Kg/Watt), and remain there as a lightweight. The highlights of my career so far include winning the 2013 NCRC MV8+ with open water, and competing in the Grand Finals (placing 5/12) in the MLTV4+ at WIRA 2014 with my favorite lineup to date, the "Boat of Destiny."

Now in my final year of collegiate competition, I'm proud to be the Men's captain. As I apply to internships at the country's top museums for after graduation, it's hard to imagine leaving the team. I plan to make the most of my last Spring season. I have high expectations for this year's dudes, including a very promising Novice squad. I know there will be something worth reading in the next newsletter!

University of Oregon Rowing

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