



Friends of Oregon Rowing October 2014

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Dear Alumni, Parents, and Friends:

We're happy to present you with the first of many issues of the Friends of Oregon Rowing (FOR) newsletter. Our team has experienced tremendous growth recently, and we want to ensure that all of our supporters are able to stay abreast with the latest news from Dexter Lake.

If you haven't kept up with the team, here's a quick primer on the past few years: In 2008 the Oregon Rowing club was on the brink of extinction, dwindling to a handful of members and only practicing in the Spring season. This past year we had a fall term membership of over 60 rowers, and took 22 competitors to the American Collegiate Rowing Association (ACRA) National Championships. In our four years attending ACRA's, we've produced 16 Academic All-Americans, 1 All-American, 9 All-Western Region Rowers, claimed 3 medals, and 5 top 8 finishes!

This success is a credit to the dedication of our rowers and the hard work of our coaching staff (lead by Head Coach Marlene Kindorf). The mission of FOR is to support the men and women of Oregon Rowing to the fullest, and to keep the "O" on the medal stand!

GO DUCKS!

-Delaney Butler '14, Trevor Mathwick '13

Stay involved!

ALUMNI WEEKEND 2014

Put it on your calendars now! The team will be hosting an Alumni Day event for Homecoming weekend, October 17th-19th 2014. On Saturday, October 18th we will host a “repaint the O” event at Dexter Lake, and if enough alumni are interested we will hold an alumni race as well. There will also be a barbeque hosted by the team for all attendees. Reminisce about how you learned to row in the GB-III by rowing in the GB-III again! We would love to meet you and hear your stories from times on the UO Crew team.

If you’re interesting in participating in the Repaint the O event or an alumni row, please send an email to roworegon@gmail.com and put “Alumni Day” in the subject header!

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!

Fall Race Schedule



- Portland LOOP; Saturday October 25th
 - Oak Park, Portland OR.
- Portland Fall Classic; Sunday October 26th
 - Willamette River, Downtown Portland OR
- Head of the Lake; Sunday November 2nd
 - Conibear Shellhouse and Montlake Cut, Seattle WA.
- Head of the Lagoon; Saturday November 8th
 - Foster City Lagoon, Foster City CA.

We encourage **all** alumni who are near one of our regattas to come out and support the team! Send us an email at roworegon@gmail.com or post on our Facebook page (Oregon Rowing) to let us know that you’ll be there! More info for each event can be found at regattacentral.com





WIRA Championships - 04/26/2014

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2013-2014 Racing Results

A season that began with transition finishes with national championship medals

In the fall of 2013 the team went through a transition phase, saying goodbye to our coach of 5 years, Carly Schmidt. Coach Carly helped resurrect the Oregon program, and it was tough saying goodbye to a longtime mentor and friend. We were fortunate enough to find a fantastic replacement, with our new Head Coach Marlene Kindorf. Marlene rowed at UC Berkeley and coached at Pacific Rowing in San Francisco, California for 8 years before coming to Oregon. The team bought into Coach Kindorf's philosophies and training plan, and boy did it pay off!

Fall Season:

Despite battling injuries and an especially late start to the school year (the UO didn't resume classes until the beginning of October), the men and women performed admirably in head racing. The men swept the Varsity 4+ and JV 4+ at the Portland Fall Classic, and the Women's V4+ fared well against tough DII and DIII competition.

At Head of the Lake (on the University of Washington's home course!) the Men's Varsity 4+ flew through Montlake Cut to capture 4th place (behind two UW boats, who happened to take home gold at IRAs this year). The women placed 8th, faring admirably against D-I competition from UW and Washington State.

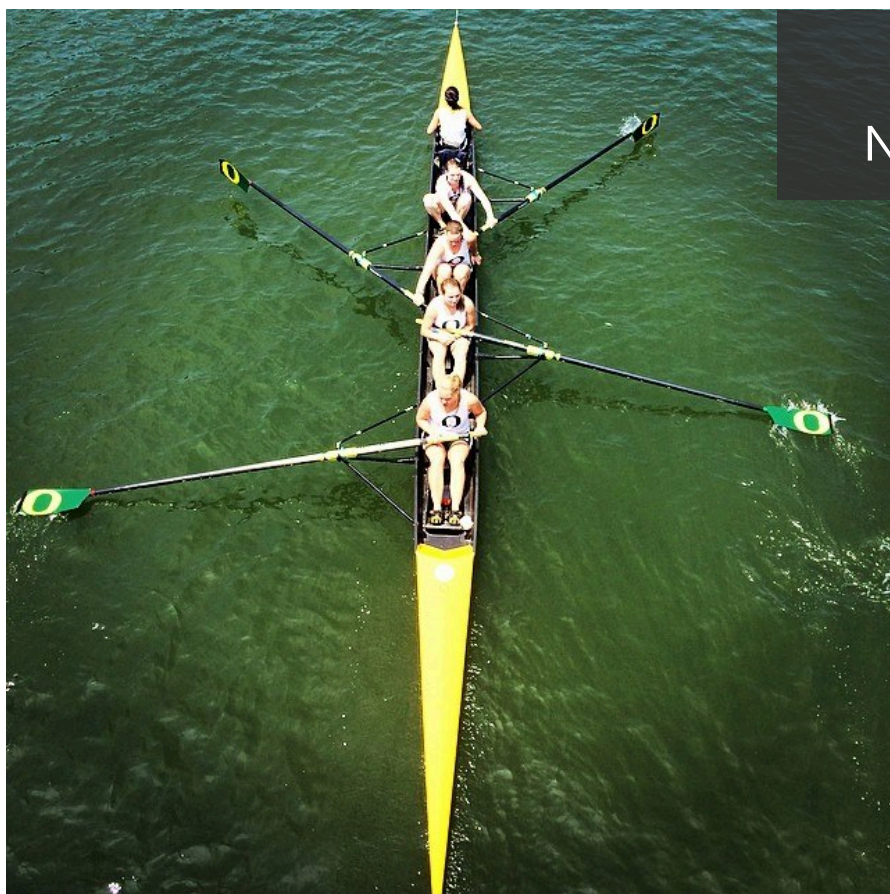
Because of the late start to the school year, novices didn't race at any Head events. Instead, they waited until the spring to show their tough stuff!

Spring Season:

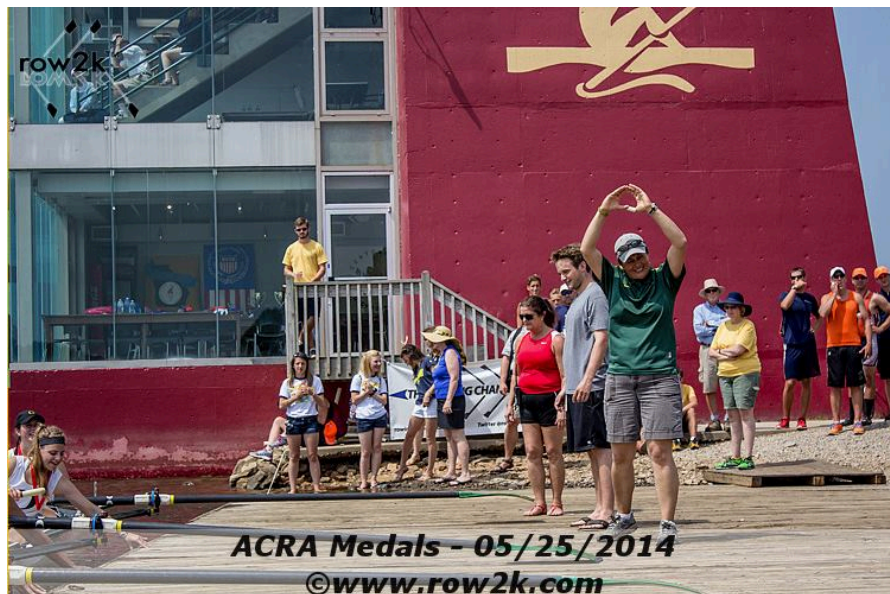
The crews spent a few weekends warming up to spring racing with the Daffodil Cup and Lewis & Clark Invite before racing at the home regatta on Dexter Lake. The Covered Bridge Regatta (CBR) saw the hometown Ducks take home quite a bit of hardware! The team brought home 1 silver (WV8), 2 bronze (MV8, MN8), and an impressive 4th place by the WN8 against DI & DII competition.

The team then traveled South to Lake Natoma for WIRA championships. The crews of the weekend were the WN8, who raced against DI & DII teams (again) yet still placed 5th in Grand Finals, and the MVL4 (Men's Varsity Lightweight 4), who placed 5th in Grands as well. It's not easy to advance to the Grand Finals at WIRAs, and the Oregon men & women definitely impressed!

(continued...)



The WV4 warms up at ACRA National Championships



Coach Marlene Kindorf celebrates the WN8 and their second place finish at ACRA National Championships

ACRA National Championships

Gainesville, GA,
May 24th-25th 2014

The season's capstone came Memorial Day weekend, when the Ducks flew 2,600 miles south to Gainesville, GA for the American Collegiate Rowing Association (ACRA) National Championships. ACRA brings together the best collegiate club teams in the country to compete for a national championship. Over 64 clubs attended this regatta from all corners of the country.

The weekend began with the men's pair, who set the tone for the Oregon teams by placing 2nd in their heat and qualifying for Grand Finals. The women's novice 8 also qualified for Grands, posting the 2nd-fastest qualifying time of the day. The MVL4 and WV4 were able to secure spots in the petite finals after tough racing on Saturday.

Sunday started with the men's pair race, who placed 8th in the nation despite being severely waked during their grand final race. This is even more impressive when we consider they had practiced in the pair for less than 2 weeks together! The MVL4 placed 5th in the Petites, and the WV4 placed 2nd in their petite final.

The story of the weekend, though, was the WN8. In their final 2k race of the season they surged away from the competition, and crossed the finish line as the second best boat in the nation. These impressive ladies made the most of their hard work from October to May, and look to form the core of a strong women's team for years to come.

The Oregon oarsmen and oarswomen also took home an impressive collection of All-American nominations. Three rowers were honored as All-West Region: Delaney Butler on the men's side, along with Ruoxi He and Lily Oswald on the women's. The team also had 3 First Team Academic All-Americans (GPA of 3.85 or higher): Delaney Butler, Spencer Kales, and Lauren Raymond; and 4 rowers were Second Team Academic All-Americans (GPA of 3.5-3.84): Chris Gronseth, Connor Benson, Ruoxi He, and Leah Schluter.

***Congratulations to all the Oregon
coxswains and rowers for their impressive
results at National Championships!***

Why should you join the Friends of Oregon Rowing?

Friends of Oregon Rowing wants to bring together all supporters of the Oregon Rowing team to help elevate this program to the next level. Maybe you rowed for the Oregon team, and remember how much it added to your collegiate experience. Maybe you have a son or daughter on the team now, and want to help them achieve the highest levels of success. Maybe you just love all things UO, and love to see the Ducks win. Everyone is welcome under the FOR umbrella (it does rain quite a bit in Eugene).

What does a membership in FOR give you? Access to a quarterly newsletter that will detail the triumphs of the Oregon Rowing team. The newsletter will include information on alumni events, fundraising goals, and an update from Coach Marlene on the status of the program. Membership is **FREE**, we want everyone to have access to up-to-date information on the Oregon Rowing team.

Want more information on your high-flying Ducks? Like the "Oregon Rowing" page on Facebook and follow us on Twitter (@UORowing). We also have an alumni group on Facebook (search for "University of Oregon Rowing Alumni Page").

Why does the University of Oregon Rowing Team need your support?

As rowers we pride ourselves on our toughness on and off the water. This past year the UO rowers rose before the sun every day (430 am!) to practice on the water before school. How many collegiate students can will themselves out of bed before 10am? UO Rowers then go to some of the most challenging classes that the UO has to offer, and they succeed in the classroom as well! Several team members are Honors College students, and the *average* GPAs of the teams are astounding (Women: 3.67, Men: 3.59).

Despite all our hard work, that does not mean the team is immune from challenge. As a club sport the University of Oregon's athletic department does not support us, meaning we have to fund ourselves. The expenses of the team are nearly **\$100,000 per year**. These costs range from regatta travel to equipment expenses to busing for practice. The UO rowers spend their free time cleaning the basketball arena and softball stadium after games to make money, and each individual still has to pay \$800 a year out of pocket in dues. Thanks to the great management skills of our student leaders we've created a tightly run organization, but each and every bit of assistance we receive is greatly appreciated.

The goal of FOR is to establish an alumni and friends network that keeps everyone involved in the happenings of the team. If you're interested in helping us expand our network, don't hesitate to email us at roworegon@gmail.com



COACH'S CORNER: A Message from Coach Kindorf:

I am very excited to introduce myself to all of you, our loyal supporters of University of Oregon Rowing. My name is Marlene M. Kindorf and I've just completed my first season as Head Coach for this growing and exciting program. I began my tenure with UO Crew in March of 2011 as an assistant coach and rigger, under the leadership of Head Coach Carly Schmidt. From my earliest days here, I saw so much enthusiasm, excitement, and a growing desire to become a stronger and more competitive program. It was this desire that lured me to the boathouse and prompted me to become more involved with the team.



I see rowing as an environment where students test themselves, challenge themselves and allow their many inner-strengths to emerge, making them stronger athletes, more successful students and more focused individuals. Rowing changes lives, as it did mine, and I hoped to bring that influence to the athletes I coach.

It has been a great experience thus far and I would definitely call it a collaborative effort. University of Oregon Rowing can only flourish as a result of the hard work of its student leadership. These student-athletes have become more organized than ever, managing all aspects of the team, including financial records, fund-raising, logistics, and boathouse management. I am in awe of these young men and women and the incredible amount of work that they do to make this program a success. Their commitment to their teammates, their tenacity during land workouts and on the water, their highly successful academic ranking, and their attention to detail in the management of this team are all a result of the hard life lessons of rowing. They are taking the tough lessons of rowing – commitment, discipline, work ethic, and drive and applying them not only to their rowing, but to the management of their team, to their academic work, and to many other aspects of their young lives. While it is wonderful to see crews fine-tuning their technique and going faster during the power workouts, it is even more rewarding to see these young men and women grow and flourish as individuals and members of this special community called University of Oregon Rowing. I am honored to be a part of it!

GO DUCKS!



Featured Student-Athlete of the Issue:
Ruoxi He, Club President and Coxswain

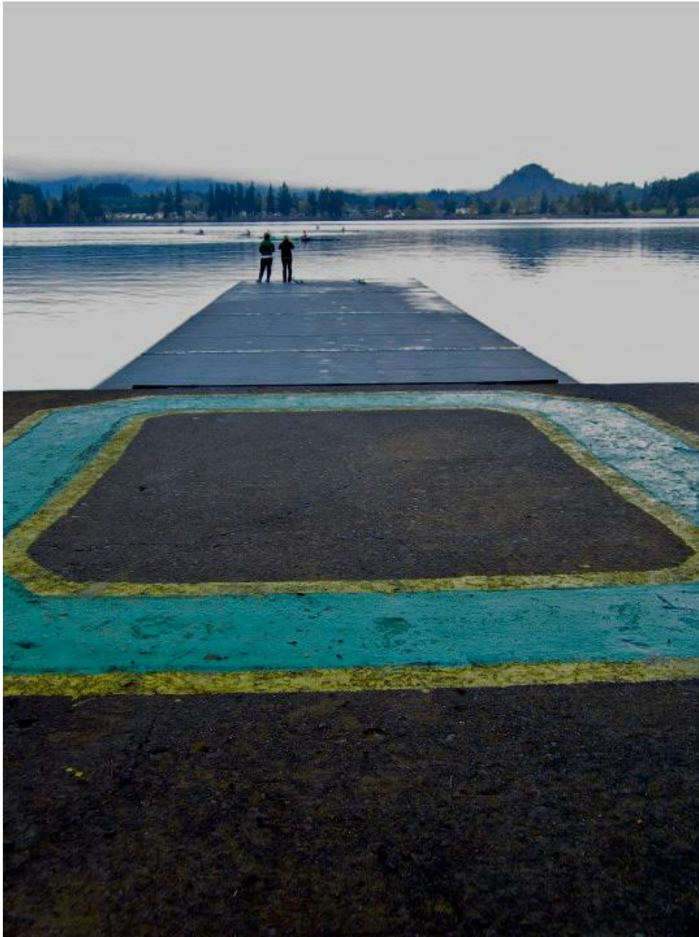
I'm from Sunnyvale, California--where it's actually sunny more than 300 days a year--yet, I fell in love with the University of Oregon's student community and its beautiful campus. This fall season will be the start of my senior year, working toward a Business Administration major, marketing concentration, and a minor in psychology. I joined the rowing team my freshman year and found my niche on campus. To further improve my academic and social experience at the university, I also joined our school's chapter of Alpha Kappa Psi, a co-ed business fraternity. Although AKPsi has provided me the opportunity to improve my networking, interviewing, and communication skills, rowing has taught me invaluable lessons that helped me become the leader I am today. Going into my fourth year on the team, I am extremely honored and excited to be Club President. I look forward to working with our coach, Marlene, and the rest of the team to continue our success as a competitive collegiate team and student organization.

Alumni Scavenger Hunt:

Here are two pictures from the UO Rowing archives. Recognize those faces in the boat, know the year, race, or any other relevant information? Send it to us at roworegon@gmail.com



Friends of Oregon Rowing



University of Oregon Rowing

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