



STANFORD
ROWING



BOATHOUSE OF CHAMPIONS

NEWSLETTER VOL. 2

SEMI-ANNUAL PUBLICATION
ON STANFORD ROWING

PRESENTED BY
THE ROWING ASSOCIATION

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WELCOME TO THE SECOND EDITION OF

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A SEMI-ANNUAL NEWSLETTER

PUBLICATION ON STANFORD

ROWING, PRESENTED BY

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HEAD OF THE CHARLES 2021

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STANFORD WOMEN'S CHAMPIONSHIP EIGHT
WINS THE HEAD OF THE CHARLES

Racing for the first time this season, Stanford Women's Rowing won the title in the Women's Championship Eight division at the 2021 Head of the Charles Regatta.

WOMEN'S ROWING: BACK ON THE FARM WITH BIG GOALS

Derek Byrnes, Head Coach, Stanford Women's & Lightweight Women's Rowing

A new era for Stanford Lightweight Rowing

This summer, I was asked to take on a new role within Stanford Women's Rowing. In this position, I will support, offer guidance, and assist in the development and continued success of our Lightweight program. Having coached the Stanford Lightweight program for several years, I am excited to help position the program moving forward.

I'm thrilled to announce that we have hired Madison Keaty to be the new Associate Head Coach for Lightweight Rowing. Madison started her rowing career as a lightweight rower at Holy Names Academy in Seattle, which is the same high school as Stanford Lightweight legends Mackenzie Crist, Grace Cotter, and Isabella Garcia-Camargo.

From Holy Names, Madison went on to compete for Gonzaga University, where she led Gonzaga to its first NCAA appearance and was also named the WCC Rower of the Year in that same season. After Gonzaga, Madison started her coaching career at Ready Set Row in North Andover, Massachusetts. She coached at Ithaca College before returning to coach at her alma mater, Gonzaga. Most recently, Madison coached at the University of Alabama, helping Alabama to its first ever NCAA appearance in 2021.

Our interview process was extensive and from the outset Madison just stood out. It was really important for us to find a candidate that not only had the capacity to maintain the high standard of success this program aspires to, but who could also demonstrate an awareness of the unique demands of lightweight rowing. Madison is uniquely qualified and I am pumped for her to lead the program.

The spring of 2022 will mark the 20th anniversary of Stanford Lightweight Rowing. In just two decades, a program that originated as an all walk-on-based team, grew into a rowing juggernaut. The last two years have been challenging to say the least, but I am encouraged by what the future holds for this team. We have received a lot of support from the department over the last several months, especially in regards to our recruiting. The opportunity to recruit more student-athletes than in years past should position the team well as it heads into its third decade. As we have mentioned to each recruit, we have no intention of this being a slow build.

Strength in Numbers

On the Women's Rowing front overall, we began this autumn quarter with our largest roster in memory. With over 50 women currently rowing, we find ourselves renting vehicles simply to get everyone to practice. After a Covid season where we struggled to field a full roster, this year's increased numbers are a welcomed challenge.

As a team, we are fully aware of the opportunity before us. Building on last season's performance will not be easy, but if there was ever a group to do it, it's this squad. We return a number of strong, dedicated student-athletes from our 2021 NCAA roster, including two 5th year sensations: Kaitlyn Kynast and Grace McGinley. All in all, roughly 80% of our NCAA team is back this season, which is encouraging. But what has our coaching staff really excited are the strides many members of the team made over the summer to create an even increased level of depth.

This autumn quarter, we made a concerted effort on emphasizing overall development and decreased intensity to allow our student-athletes an opportunity to spend more time focusing on being college students again. Given these past few years, a slow build just seemed appropriate. Prior to the start of our academic year, it hit me that over half our team has never "done Stanford." So this quarter has been more about how great life is on the Farm and finally getting a chance to savor those college years.



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CONTINUED... WOMEN'S ROWING: BACK ON THE FARM WITH BIG GOALS

Derek Byrnes, Head Coach, Stanford Women's & Lightweight Women's Rowing

By the way, we won the Head of the Charles.

Clearly, this is a competitive group which wanted a few chances to throw down this fall, so we sent a boat down to Boston. As a program, we philosophically believe that you shouldn't be gearing up for the Head of the Charles, so our tendency is to put as little race preparation forth as possible. This year was no exception, and in the days leading up to departing, I realized that we might have been too laissez-faire in our approach. What I love about this team, though, is what they showed in Boston, which is fearlessness and how much they love to compete. After having spent only a handful of minutes above a 30 stroke rating in training prior to Boston, the group went down the course above a 34 for 4500 meters! It may not have looked good or felt good, but they had a lot of fun. (editor's note: by the way, they happened to win as well!) When the group returned home, they immediately stepped back into our pairs matrix and got down to working with the base of the team. The group has some big goals and we are hopeful that we can piece something together with a full year on campus.



BUILDING A NEW FOUNDATION

Ted Sobolewski, Farwell Family Director, Stanford Men's Rowing

It is hard for me to convey how much different this fall feels compared to the fall of 2020. Twelve months ago, we faced what appeared to be two insurmountable challenges; advocating for the reinstatement of men's rowing as a varsity sport and trying to determine when, if ever, we would have the team back on campus training together. Fast forward to today, and somehow, we are almost back to normal. The challenges of the past year have gradually faded away, and we have moved on to tackling the new challenges that stand between us and a successful spring racing season in 2022.

Starting the fall quarter with everyone back on campus and in person for class was a bigger adjustment than we all expected. I wish you all could have felt the energy on campus in the first few weeks – it was absolutely electric. Our sophomore class, who were essentially isolated to their dorms last spring, found they had no idea where they needed to go for class and needed to rely on Google Maps to navigate around campus. I think the entire team was reminded that in person instruction, while very much a welcome return to normal, brings increased academic demands that they didn't quite have to deal with during remote learning. As we approach the end of the quarter, we are thankful that everyone has successfully settled in, and we are essentially back to what most would consider a normal quarter on The Farm.

On the water, this fall has been a reminder that we still have quite a bit of work to do as a team. In order to achieve a similar level of boat speed to where we ended last year, we will need to see significant development in all of the areas we train. With that acknowledged, there has been substantial progress made over the first five weeks of the year, and we feel like we have traction towards building our speed through the winter quarter and into the spring.

We've had great leadership so far from our captains, Nick Mayhew and James Wright. There is still room for the rest of the squad to figure out how to assert their identities and find their roles. It is incredible to think that only the current seniors have rowed a full year at Stanford. Our junior class missed their frosh spring due to COVID-19, and we only had the current sophomores on campus for the spring quarter of last year. I think it's been an adjustment for our junior class especially, as now they are the older athletes on the team and need to figure out how to fill that role. Our sophomores have been in school for a year, but missed so much of the development that usually happens through the fall and winter quarters because of being remote. They all have a steep improvement curve ahead of them if they can keep the typical growth mindset that is inherent to being a frosh.

With the focus on overall development in mind, we chose not to do a lot of external competition this fall. Instead of preparing to race, we've spent time focused on building the foundation of our physiology and our rowing stroke. We'll cap the fall season off with some internal racing in pairs at Redwood Shores, and the results of that racing will ultimately inform lineups for a local race in Foster City, called Head of the Lagoon.

We don't have any recruited frosh joining the team this year, and we definitely feel the impact of missing the 11 athletes who are not here as a direct result of the sport's discontinuation last year. On a positive note, we were able to run a wall on tryout this fall that yielded four new athletes joining the roster. Two of the athletes, Noah Tan and Logan Morley, are coxswains with prior experience at the high school level. The other two athletes, James Fetter and Kyle Bergstedt, are completely new to the sport and taking their first strokes ever at Stanford. In doing so, they are keeping alive a tradition that has been an integral part of the program since its beginning, and continues to be a piece of the mission today.

Regardless of how this season plays out on the water, we couldn't be more grateful to everyone that got us to this point. We will have an opportunity to compete at the 2022 IRA National Championship. While we are trying our best to move past what happened last year, we will always remember the countless hours invested by those involved in the Save Stanford Rowing effort, the creation of The Rowing Association, and the 36 Sports Strong effort. Furthermore, through the generous gifts made by so many of our alumni, we are closing in on fully endowing the men's program. Completing the endowments will firmly solidify the program's future on The Farm and help put our athletes in the position to win at the highest level of the sport for decades to come. Thank you again to all who have made this possible.

We are looking forward to fully welcoming spectators back to Redwood Shores this spring, so I hope I see you all on the bridge soon. **Happy Holidays and GO CARD!**

FROM THE CAPTAINS

The Captains from all three Stanford Rowing Teams report on the Fall 2021 racing season.



STANFORD WOMEN'S ROWING

Eva Nates, Rachel Miller, Kaitlyn Kynast

Stanford Women's Openweight Rowing is extremely pumped to be back on campus! The team has come to life, as locker room chat is flooded with our underclassmen discovering campus for the first time, and upperclassmen reconnecting with friends they had not seen in almost two years. Campus has completely opened up, all of the coffee shops, libraries, and classrooms are fully open. We are back erging in our lovely new erg room, Arrillaga Hall. The Athletic Academic Resource Center (AARC) is open, as well as many other athletic resources.

There is a sense of gratitude in the boathouse, thankfully still housing all three teams. We could not imagine this year without the Men and Lightweight teams. It feels like a normal school year with the addition of masks inside - something we are all very used to by now. During the first practice of the year you could feel the itch in the room, everyone was excited to be back on campus and even more excited to start training as a team. After a second place NCAA finish, there is an obvious goal for this season.

Focusing on the fall, we sent off our Varsity 8 to the Head of the Charles in Boston, MA. They crushed it, bringing home the gold. With two Stanford alumni boats racing the previous day, the Charles was full of hardworking Stanford women. The entire weekend sparked excitement and a sense of pride back at our homebase in Palo Alto. There is still plenty of work ahead of us and we are ready (and eager) to rise to the challenge!



Stanford Lightweight Women *Martha Yates*

So far returning to campus has been great! With the return of varsity status for our team comes a renewed sense of commitment to the end goal of representing the Stanford Lightweight legacy well at IRAs and continuing to foster our team culture. Throughout the uncertainty of last year, I really felt the team came together with a collective sense of purpose to send off the team with a strong showing at IRAs, but more importantly the team was incredibly tight knit and the culture was wonderful. As we move into this year, it's been so wonderful to see that team culture translate over even as we all live in our separate corners of campus. Whether it's on the ergs, on the water, or outside of practice, everyone has been supporting each other in every way, and it's been heartening to see how that support and culture has fostered an increase in fitness and speed as our training has ramped up. As we approach our team race at Head of the Lagoon, I think the team is full of positive energy and motivation both from our recent race at Head of the Charles and from all the hard work being put in every day at practice.

STANFORD MEN'S ROWING

Nick Mayhew & James Wright

Following a tumultuous last year and a half, we're beginning to see a return to the training and studying that we all know and love. From having the full squad at the boathouse to erging in Arrillaga Hall, all of us are eager to work towards our first full season since 2018/19. As school has started with in person (but still masked) classes, the academic side of things has felt refreshingly normal. The infamous late-night Stanford midterms are back for the first time since March 2020, and serve as a reminder of the dedication we all have to have in the face of a looming 5:45 AM departure for practice. Building off the success at IRAs last year, the team has continued to gain momentum. We had guys back for an organized pre-season training camp at the boathouse (for the first time in recent memory) which allowed us to hit the ground running when the full squad was back together for the start of the fall. While on the water sessions, erging, and lifting have largely gone back to the pre-Covid status quo, what is different is the feeling on the team itself. Without an incoming class of recruits this year, the squad has become more close knit, and even more so internally motivated. Truly, now more than ever, every person is pulling for the man next to them, with each stroke pushing the program forward. We're all looking to step up and compete at the highest level of varsity rowing. And with the security of the team, the strength of the coaches, and the determination of the guys, we're shooting to get there.

MAKING WAVES IN OEIRAS

Two Stanford Rowers, Christine Cavallo '17 (pictured left) and Esther Briz Zamorano '22 (pictured right) overcame the crushing blow of pandemic cancellations by conquering a new sport.

Much like all of 2021 so far, the elite international rowing season felt like a "Twilight Zone" between the wiped 2020 season and more normal times. World Cups went on as planned and the Olympics came together one year after their original due date, albeit sans spectators and with extensive COVID-19 safety protocols. Even the Junior and U23 World Championships took place quietly but successfully. But for the non-Olympic events at the senior level, another year was disrupted as the World Championships in Shanghai were canceled mid-summer. For athletes who did not make an Olympic berth, this closed the door to international racing. Unless, of course, they had snuck their way into the World Rowing Beach Sprints Finals in Oeiras, Portugal.

The race format consists of an on-land sprint from a designated starting platform, down the beach, and into a boat waiting for them in the surf. Taking off from shore, athletes then row through the surf break and slalom through buoys for 250 meters before making a 180-degree turn and surf-rowing back on waves as high as 1 meter, sprinting back up the beach, and diving onto a big red buzzer.

The sport is crazy. All of the athletes competing seemed to know that. And two Stanford rowers – Class of '17 Christine Cavallo and current athlete, class of '22 Esther Briz Zamorano both found themselves there with a "sure, why not?" attitude. Both had planned on racing in Shanghai and when plans changed, they found that the 2021 Beach Sprints was a great opportunity to get some international racing in, while also trying a completely new racing discipline in a low-stakes environment that was a lot of fun. Both women made the most of the opportunity: Christine won Bronze in the USA Mixed Quad as a member of the first-ever official US National Team, while Esther walked away with a gold medal for Spain in the Mixed Double and went on to win another gold in the distance event the following weekend.

The Beach Sprints Format is expected to be a hot event in the coming years as the Olympic Committee explores adding it to the 2028 Olympic games in Los Angeles.



"The sport is crazy. All of the athletes competing seemed to know that—

Two Stanford Rowers found themselves there with a 'sure, why not?' attitude"





The Rowing Association caught up with the four Stanford Alumni who competed in the 2020 Tokyo Olympics - Austin Hack '14, Grace Luczak '11, Alie Rusher '18 and Stephanie Grauer '19. Below you will find exclusive interviews with each athlete about their time in Tokyo.

AUSTIN HACK '14

Returning for his second Olympic charge, Stanford Rowing Alumni Austin Hack '14 finished 4th in the Men's 8+ in the Tokyo Olympic Games

What about your experience in Tokyo stands out the most to you?

The COVID management protocols. The Japanese Government and Organizing Committee put an incredible amount of thought into managing COVID as best they could. We were constantly getting tested, filling out forms, having temperature checks, and sanitizing our hands. Despite the negative press coverage, I don't think they could have done much more to make the games safe and COVID-free.

What part of your training build-up leading into the Games was the most impactful to you?

We put in years of solid training to even get to the Olympics, but I think the highlight was our training trip immediately before we went to Japan. The entire team went to Honolulu for a week to start adjusting to the climate and get a jump on the time change. The rowing course in Honolulu isn't ideal - it's barely 2,000 meters of windy, shifty water - but it was great for team bonding, and we left with high morale.

How bad was the heat? Was there anything you did that was different than what you normally do in order to cope with it?

It was hot, but nothing too crazy. It wasn't any worse than your average humid East Coast summer day. I was probably sweating a lot because I found it hard to maintain my weight, but otherwise we tried to stay well-hydrated and wear ice vests to cool down.



How much freedom of movement did you have?

We were free to walk around the Olympic Village, but couldn't leave the perimeter and enter the rest of Tokyo. There's a deceptive amount of walking at the Olympics, because the village is basically spread over a few city blocks, and you need to walk to go to the dining hall, buses to the course, or anywhere else. I wouldn't want to walk much more than I already had to. For me, the dining hall is always a highlight -- every kind of food you could imagine, and a good opportunity for people-watching.

Did you get to meet or hang out with any of the athletes from other sports?

You definitely get a chance to chat with other members of Team USA, whether you're waiting for the elevator, eating breakfast, or otherwise. I also know a lot of the Australian rowing team, because my girlfriend was in their women's pair and women's four. I trained with the Australian women's team for a few months around this time last year. It was special for the two of us to be in Tokyo together, especially since we hadn't seen each other in 9 months due to our rowing schedules and strict COVID lockdowns in Australia.

What's one thing about the Olympic experience that the rest of us non-Olympians would be surprised about?

I've heard a lot of people describe the Olympic experience as "surreal," because you dream of being on the starting line of the Olympics for so many years, but almost never get to experience it. It almost feels like you're watching yourself in the third person. It's so important to stay focused on the task in that situation.

With the games behind you, a huge amount of mental energy and focus is probably freed up. What are you setting your sights on now?

It's unlikely I'll continue to row competitively, so I'm really looking forward to focusing on my career. I work in finance for a family office in San Francisco, and am starting to explore a transition into the investing world. Please reach out if you'd like to chat!

GRACE LUCZAK '11

After racing the Women's Pair in Rio, Grace Luczak '11 made her second Olympic appearance in the stroke seat of the Women's 4-, placing 7th during the 2020 Tokyo Games.



What part of your training build-up leading into the Games was the most impactful to you?

The day the Olympics were postponed was the day I interviewed for a job, working for Visa. I had serious considerations about not coming back for another year if things were ultimately going to be canceled. After a few weeks as a couch potato and struggling to work out on my own, I got my act together. Visa let me delay my start date and I started to train again. It was a similar situation when I tried transitioning from working out to training in Miami Beach at Hydrow. I trained with Christine Cavallo('17). She kicked my butt every day in the single, in the weight room, on the erg and with spandex fashion. We lifted each other up and created an Olympic training atmosphere in the middle of Miami Beach.

Did you attend the Opening Ceremony?

We watched the procession through the stadium lounging on our cardboard twin beds in our full Olympic Ceremony gear. The USA rowing team doesn't usually attend the Opening Ceremonies and Tokyo was no exception. The Rio Closing Ceremony was amazing but unfortunately in Tokyo we had to leave within 48 hours of competing.

What about your experience in Tokyo stands out the most to you?

The cafeteria has sections of food from every culture around the world. The Japanese food section was popular with the endless buffet of sushi. Someone on the team had a bowl of ramen with every meal for the 12 days we were at the Village. Which ended up being 546 ounces of ramen. I guess when you can't leave the village you have to eat your cultural experience.

How bad was the heat? Was there anything you did that was different than what you normally do in order to cope with it?

Now that I have on wool socks in Boston I miss the heat in Tokyo. It was hot and looked even warmer for the Paralympics a few weeks later. Ice vests were a must. Every training session for the 2 years leading up to Tokyo we kept the heat in mind. The pre-Olympic training camp wasn't just about swimming with the turtles in Hawaii. It helped us adjust to the time change and heat acclimation.

How much freedom of movement did you have? Were you able to do anything else besides row and stay in your dorm room?

We had the doors of the bus literally taped shut between the Village and the course. It felt a little like we were hamsters going in a tube from one plastic bubble to the next. While it was certainly a more limited Games experience than Rio, the magic in the air and excitement for competing were just as exhilarating. Our floor of the Team USA house had rowers and skateboarders (one of the new sports added in Tokyo). We befriended the team and they dropped off Tech Decks (little skateboards that fit your fingers) in a ding-dong-ditch at our front door.

Did you get to meet or hang out with any of the athletes from other sports?

The Olympics are like Disney World. The number one currency is pins. People wear their lanyards covered with country pins all around the Village. Some people would target specific groupings of pins like only collection pins with animals (Hello Kitty counts), obscure countries or only the "-stan" countries. I was desperate to get pins for my British cousins and unknowingly traded with Andy Murray. He only had one GB pin left and his doubles partner called him out to guilt him into trading.

With the games behind you, a huge amount of mental energy and focus is probably freed up. What are you setting your sights on now?

I'm working for Visa in a leadership rotational program for the next 2 years. I've picked up running with my dog, Jelly. I'm going to have to pick up new winter sports -- and I'm all ears for suggestions.

ALIE RUSHER '18

In her first Olympic charge, Stanford's Alie Rusher '18 raced to a 10th place overall finish in the Tokyo Olympics in the Women's 4x.



What about your experience in Tokyo stands out the most to you?

The Athlete Village was my favorite part. Being surrounded by that much greatness at breakfast or walking through the park is pretty special. The volunteers were also incredibly helpful and uplifting, and I can't thank them enough.

What part of your training build-up leading into the Games was the most impactful to you?

The heat training in Hawaii was most helpful to me – I usually struggle a lot with heat (I was having dehydration issues in Princeton before we left), but by the time we arrived in Tokyo I felt prepared to handle the heat index.

How bad was the heat in Tokyo?

The heat was very persistent and the sun was strong. We had practiced with an extremely high UV index in Hawaii, so I knew that I had to wear long sleeves with those shirts soaked and sitting in the freezer before we went out (as well as a neck towel). I put slushie ice in my sports drink and brought a frozen water bottle along. The ice vests were super helpful – I wore mine while prepping the boats/warming up and had it waiting on the dock for when we landed. It was amazing to have air-conditioned rooms both at the Village and at the course.

What's one thing about the Olympic experience that the rest of us non-Olympians would be surprised about?

I was surprised by the variety of shapes and sizes of all the Olympians. Many of the other sports favor much smaller builds than rowing does, and I didn't think that I would tower over these famous personalities who seem larger than life. It was actually pretty awesome because it showed that there was no need to have some sort of unattainable body shape in order to be an Olympian.

How much freedom of movement did you have?

We could walk around the Village as much as we wanted (there were two dining halls, a rec room, a workout room, and a marketplace). The Team USA building had a few common spaces we were allowed to hang out in, but since we knew that some people on the team (in other sports) had contracted COVID we avoided those. We were not allowed to leave the Village except to go to the course.

Did not having spectators make a difference?

I think it made a HUGE difference! Even if there's not usually a roaring crowd, you know that your loved ones are watching in the stands and ready to give you a big hug afterwards no matter the outcome. The Olympics is such a unique event because it's not about the individual athletes -- it's about everyone who chipped in to get you there. My grandfather video-recorded my mom's silver medal race in Barcelona from the stands and you can hear her whole family chanting "USA!" as they sprint for the finish line. My grandfather's voice breaks at the end, and you can really feel how the Games are an expression of the human spirit that ties people together. We missed that entire aspect.

With the games behind you, what are you setting your sights on now?

First, I need to refill those reserves of mental energy! You use up everything you've got preparing for and at the Games. I signed up for the American Birkebeiner with my whole family (50km ski race in Hayward, WI) and I have to retake the MCAT since my score expires too soon, so that will occupy me.



STEPHANIE GRAUER '19

Stephanie Grauer '19 made her Olympic debut with Team Canada and raced to a 10th place overall finish in the Women's 4-.



What part of your training build-up leading into the Games was the most impactful to you?

My teammates were the most impactful to me! The other three athletes in my boat, as well as our spare, were such an inspiration. They all brought something so unique to the crew, and seeing their drive and passion and loyalty made me want to be the absolute best athlete and teammate I could be. Together with our training partner, the M4-, and our coach Terry Paul, we created a unique training environment where everyone felt completely supported, and we pushed each other to be better every day. We valued having fun while working hard, and this made our final push to Tokyo some of the best months I've ever had rowing.

Did not having spectators make a difference?

It made a huge difference! On a personal level, it was disappointing for my family to not be able to come. My parents have been the best supporters possible throughout my whole rowing career and have put so much into helping me get to the Olympics; I truly would not have been there without them. To not be able to share this experience with them was hard, and I think it was disappointing to them, too.

From a racing perspective, it was a very different atmosphere with no spectators. The Olympics is already such a small regatta with so few boats qualifying, compared to a World Championships, so to have zero spectators and a very quiet environment made it feel even smaller. Obviously, this doesn't impact how you race, and there aren't spectators in the first 1500m anyway, but fans bring a certain energy/ excitement/ electricity to the finish line and boat park that was missing.

What about your experience in Tokyo stands out the most to you?

Tokyo was an incredible experience, and I feel so lucky to have had the opportunity to race there and to be on such an amazing team. But what stood out to me the most about my Olympic experience is that the 'experience' wasn't just the two weeks I spent in the village or the three races I had, it was the years leading up to it. It is so cliché, but it really reinforced that it is about the journey, not the destination. There is never any guarantee the outcome, so it is so important to enjoy all and good (and bad) along the way.

I cherish all the relationships I've built with incredible teammates, both at Stanford and in Canada, and the girls in my boat were no exception. Sharing the experience with them certainly stands out as the highlight of my Tokyo experience. Seeing how strong they are, and knowing we all have each other's backs no matter what, was so powerful and I am so thankful to have raced with them. The laughs we shared and obstacles we overcame together on the journey to Tokyo is what I will remember and value for years to come.

Did you attend the Opening Ceremony?

No, our heat was the next morning, so we watched from our room (then went to sleep halfway through)!

What's one thing about the Olympic experience that the rest of us non-Olympians would be surprised about?

It goes by in a flash! We finished racing, and the next thing I knew I was in my parent's living room in Vancouver, watching track events like any other Olympics. I couldn't comprehend that 24 hours ago I had been there competing just like they were. You spend years and years thinking about this one event, and when it finally comes, it flies by in the blink of an eye!

With the games behind you, a huge amount of mental energy and focus is probably freed up. What are you setting your sights on now?

Right now I am back at Stanford to complete my MA, which is my main focus for these next few months!





Elle Logan '11 picked up All-American honors all four years at Stanford and guided Stanford to their only NCAA championship in varsity eight rowing in 2009 following a Pac-10 title. She was named Pac-10 Athlete of the Year in 2011 and also won three Olympic gold medals in 2008 (Beijing), 2012 (London) and 2016 (Rio de Janeiro).

CONGRATULATIONS

ELLE LOGAN '11

2021 Stanford Athletics Hall of Fame Inductee

CATCHING UP WITH COCO UKUGO '14

The Rowing Association caught up with Coco Ukugo '14 recently. Coco is a board member of The Rowing Association.



Coco received her BA in Human Biology in 2014 from Stanford while rowing for the women's team. After college, she went on to be the first rowing representative from Nigeria in the Rio Olympic Games prior to starting school at Mount Sinai medical school. While at Sinai, Coco was active in student leadership and community engagement for other underrepresented students. Currently, she resides in Boston and is completing her residency training at the Harvard Combined Orthopedic Surgery Residency Program. When not in school, Coco enjoys high fashion, working out, and going home to see her family.

So, how did you end up rowing at Stanford?

Rowing at Stanford was definitely a game-time decision for me. I had made up my mind about rowing at a school in New York and first went to California for my Stanford official visit. Once I got to campus, I was blown away by the energy. Everyone was genuinely interested in getting to know the recruits and there was a west coast energy and kindness that I was drawn to. There was also mutual respect between athletes and non-athletes. I was impressed with the diversity on the team, and it was comforting and welcoming to see people of color on both the men's and women's teams.

Can you give us your perspective on the balance of being a student-athlete, the power of the combination?

The power of the combination stems from the fullness of life it brings. We often talk focus on the things we have to sacrifice because of athletics, but I believe that we have the unique opportunity to get so much more out of the day. I'm still getting through my workouts, laundry, and grocery shopping before 11am and I love it!!!

Tell us about the experiences and learnings from rowing for Stanford?

I had a complicated relationship with rowing at Stanford. I knew that I wanted to go to medical school and there were times when my coursework made it very difficult to juggle rowing. There were a lot of tough lessons about time management, sacrifice, delayed gratification, and mental fortitude that I worked through during college.

Training for Rio made me fall back in love with the sport. It was honestly the first time that I turned off everything to solely focused on rowing and getting faster, and I loved it!

Tell us how your rowing experience has paid off?

Rowing has given me the gift of perspective and compartmentalization. If I focus on the finish line at the start of the race, I find myself feeling overwhelmed at a seemingly unsurmountable challenge – but I know that I can do anything for 500 meters. I feel the same way about challenges in my life.

Stanford Rowing also sent me my wonderful fiancée Graeme! (pictured with Coco, below)



TWIN DONUT FINALLY WINS (AND THEN DOESN'T WIN) THE HEAD OF THE CHARLES



Greg Klingsporn '92 raced in Boston in a double with his twin brother Geoff, as he has fourteen times (!!!) since 2001 under the auspices of the Twin Donut Boat Club, which is totally a real club. Having finished 2nd in the 2019 Senior Masters (50+) 2x event to the Narragansett boat, they also expected to face a stiff challenge in the event from the Cambridge Boat Club double including Zander Packard '92 starting 4th, but that boat scratched due to a non-soccer-related injury.

Racing in great conditions on Friday morning, Twin Donut initially were called the winner, with the fastest raw time by a little under 5 seconds over Narragansett.

Then they were assessed a 5-second buoy penalty, dropping them to second.

Then the penalty was withdrawn, and the "Official Results" listed Twin Donut as the winner. Congratulations, medals, and trophy pictures ensued.

But then ... on Saturday morning, the referees reinstated the buoy penalty, and asked for the medals to be returned.

There's always next year...

THE ROWING ASSOCIATION

*Welcome to the second edition of Boathouse of Champions,
a bi-annual update on Stanford Rowing!*

The Mission of The Rowing Association includes ensuring that the experience of Stanford Rowing endures, and having three teams return to the boathouse this Fall is a major milestone towards achieving that. Seeing several oarsmen return early to campus to train in pairs was early validation that the energy spent saving the programs was worth it. Seeing the Stanford Women win The Head of the Charles confirmed what Stanford student athletes can accomplish when given the opportunity and support. Hearing straight from the Rowers featured in this newsletter reminds us what the experience of Rowing for Stanford means. This is a great time for Stanford Rowing!

The Rowing Association's focus has shifted from saving the programs, to securing them, strengthening them, and helping Stanford Rowing become something bigger. We are working closely with team leadership and the University to be advocates for the sport across three teams and appropriately influence the attention they deserve.

Our primary activities are:

Engaging the Stanford Rowing Community through communications that keep parents, friends, and alumni informed and up to date on what's going on with Stanford Rowing. We are 2000+ strong at this point and a very engaged group! It is good to have you part of that!

Organizing a presence at regattas or other events such as reunions that keep our community connected and show support for our teams. We are happy to report that we had a successful reunion gathering as "attendable activities" start up again and event possibilities open up.

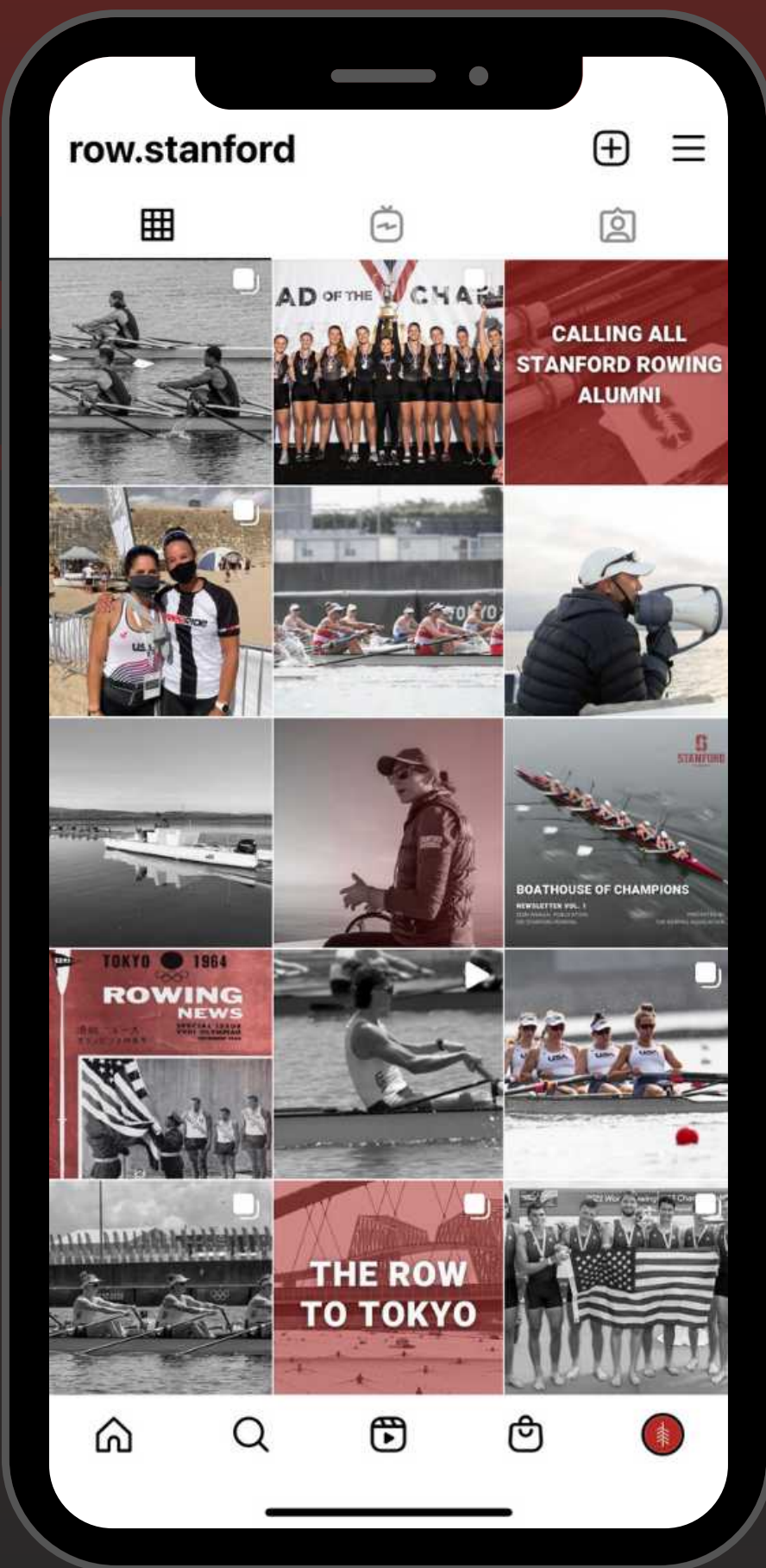
Fundraising to endow our teams. The long-term viability and strength of the programs depends on solid endowments for the teams. We are happy to report that since reinstatement, we have endowed two coaches (1 Men's, 1 Women's) and nearly fully endowed the Men's program and scholarships. Many thanks to those who have jumped behind these efforts already! We will reach out to you periodically seeking your support while helping assess where the current needs of the program are and advise accordingly.

As we all know, the power of the Stanford Rowing experience is more than just training and racing. So while we will always engage in support of the program, we will also look to appropriately influence and build on some of the nuances that make Stanford Rowing unique. As examples, Stanford has a deep Olympic history, and we look to help that carry into future games. Stanford has a history of diversity within its teams, and we look to continue that leadership. Stanford has a history of alums going on to varied leadership roles once they leave the boathouse, and we expect the re-connection, re-engagement, and networking that comes from our organization will only build on that.

Again, it's great to have the Stanford Rowing Community re-connecting. We hope to see you this Spring!

MORE FROM THE ROWING ASSOCIATION

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Connect with us! We'd love to hear from you. Follow us on social media to become part of The Rowing Association community.



PLEASE CONSIDER A CONTRIBUTION TO STANFORD ROWING

We hope you've enjoyed catching up with Stanford Rowing! Our plan to secure three teams going forward is to continue building the financial support behind them, specifically through adding to endowments with focus on Coaches, Scholarships, Equipment, and Operating Expenses. The University's opening of a new Pooled Endowment Program makes endowment gifts easier to make. Additionally, we will look to support at once needs such as Facility Refurbishment and Miscellaneous Equipment.

We have made significant progress to date and there is still much to be done.

THANK YOU to those who have made pledges and contributions!

For those wanting to know how they can contribute, visit
www.stanfordrowing.org/pledge

For those with questions on how they might support the program, please feel free to contact any of The Rowing Association Development Committee listed below.

Tom Beischer '91 • beisch@hotmail.com

Simona Chin Campbell '02 • campbell.simona@gmail.com

Kate Hayes '08 • kayhay627@gmail.com

Steve Munn '85 • smunn92651@gmail.com

Coco Ukogu '14 • cukogu@gmail.com

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