



STANFORD
ROWING

BOATHOUSE OF CHAMPIONS

NEWSLETTER VOL. 4

SEMI-ANNUAL PUBLICATION
ON STANFORD ROWING

PRESENTED BY
THE ROWING ASSOCIATION

I N D E X

ON THE COVER

Thank you to Jonah Alben ('95) for providing the cover photo for this issue.

THE ROWING ASSOCIATION

Our organization and purpose.

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CATCHING UP WITH KAREN (HOLLOWAY) WILLIAMS ('82)

Hear from Stanford Rowing Alumna, Karen (Holloway) Williams ('82).

WELCOME TO THE FOURTH EDITION OF "BOATHOUSE OF CHAMPIONS" A SEMI-ANNUAL NEWSLETTER PUBLICATION ON STANFORD ROWING, PRESENTED BY THE ROWING ASSOCIATION.



STANFORD COXSWAINS THROUGH THE DECADES

A collection of interviews that capture the unique perspective of the Stanford Coxswain. In this piece, we re-connect and report insights from the point of view of alumni spanning sixty years.

THE ROWING ASSOCIATION MEMBERSHIP PROGRAM

The Rowing Association is thrilled to announce our new membership program.

MEMBERSHIP PROGRAM FAQS

SHARE YOUR STORY

Interested in being featured in a future edition of Boathouse of Champions? Share your story with us!

MORE FROM THE ROWING ASSOCIATION

Connect with us! Follow us on social media and visit our website for more on Stanford Rowing.

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Our team of incredible individuals who have worked to bring The Rowing Association to life.

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THE ROWING ASSOCIATION

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

The Rowing Association is thrilled to see three squads returning in strength to campus this fall. The Women are back with a vengeance in chase of a National title after narrowly missing last year. The Lightweights are regaining numbers and preparing to return to dominance in their field. The Men return several veteran leaders who immediately got to work onboarding a fresh group of underclassmen by returning to The Charles. Each coach gives us more color on their program within the body of this newsletter.

In this edition of Boathouse of Champions, we look back at Stanford Rowing through various lenses. We reached out to a handful of coxswains spanning six decades of Stanford Rowing. Their stories speak for themselves. We also include a perspective on the early days of Stanford Women's Rowing from Karen (Holloway) Williams (which we will follow up with in Volume 5 by catching up with pioneering Stanford Women's coaches John and Wendy Davis).

The Rowing Association exists To Ensure the Unique Experience of Rowing for Stanford Endures. We will continue our focus on

Securing,

Strengthening, and

Delivering Something Bigger for Stanford Rowing

Keeping in contact with our Association is essential, and we're glad to have you engaged.

Go Cardinal!



COACHES REPORT: AN EXCITING RETURN

Madison Keaty, Associate Head Coach, Stanford Lightweight Women's Rowing

Following an exciting return in the 2021-22 season as a reinstated varsity team, the lightweights jumped into the fall quarter, ready to build upon last year. We turned our attention this fall toward establishing a foundation that emphasized training, technical development, and team building. From the very first practice, a new distinct focus among the group set us up for a solid fall. The newcomers have collectively been a spark plug for the squad with their enthusiasm and athleticism. From partner competitions to time trial pieces, it is clear that they love to throw down and compete. The returners have done a great job bringing their new teammates into the fold with inclusivity, encouragement, and established expectations led by returner captains Emily Molins ('23), Lydia Garnett ('24), and Avery Louis ('25). The way the group has emerged as a team so far over the short fall quarter gives tremendous excitement for the upcoming season.

We also welcomed a new assistant coach to our team this fall - Antonella Kugler! Antonella joined the lightweight program from Austin, Texas, where she coached at Austin Rowing Club while working as an Oracle business analyst. A former coxswain on the Boston University Women's Lightweight Rowing Team, Antonella brings a wealth of knowledge and experience in the world of collegiate lightweight rowing to our program. Her energy, positivity, and love of rowing have already had an incredible impact on the team. An added bonus - the boathouse dog squad gained another teammate with her dog Boba.

While our focus was primarily on training this fall, we did enter one local regatta in November, racing an eight, two fours, and two doubles at Head of the Lagoon in Foster City, CA. Using this regatta as a bit of a dress rehearsal and exhibition for Spring, all boats took care of business in their respective events despite variable wind conditions, and the collective takeaway was a solid racing effort while recognizing we have areas for continued growth and improvement. All in all, this has been a productive quarter of training in small boats, big boats, sculling, and sweeping.

Shoutout to the team for the intentionality and purpose mixed with fun and lightheartedness (see: shark slides) they brought to practice. We have seen a great dynamic built along with improved speed and consistency throughout the fall, and we look forward to building upon this momentum toward spring racing on the horizon!

COACHES REPORT: GAINING EXPERIENCE

Derek Byrnes, Head Coach, Stanford Women's Rowing

Happy fall, Y'all!

The summer heat has softened to the whispering, cool breeze of fall on the Farm, indicating the start of the 2022-2023 season. This season has rolled in with several noteworthy accomplishments to recap.

Nine athletes from our 2022 roster represented SWC in shining form at the U23 World Championships in Varese, Italy. First, becoming Champions of the U23 World, we had Azja Czajkowski '23 and Belle Battistoni '24 sending it as the stern pair of the USA Women's 8+. But their fearless German teammate, Luise Bachmann '25, pushed them all the way down the course, finishing in third just behind them. Then, racing for GB, Lettie Cabot '24 captured the silver in the 4-. Caroline Ricksen '22 coxed a stunning performance in the USA 4+, placing third, while Lucy Black held it down in the Canadian 8+ and Beckie Leigh '24 competed in the New Zealand 4+. On the sculling side, recent grad Esther Briz-Zamarono '22 and senior Katelin Gildersleeve '23 both had powerful showings in Spain's 1x and the USA's 4x, respectively. Some of our newcomers also took to the international racing stage this summer. At the Senior World Championships in Racice, Czech Republic, freshman Celia Dupré laid it all on the line in the Women's Quad, coming in fifth in the A-Final. At the U19 world championships, going head-to-head in the 8+ were Nora Goodwillie with the USA and Alice Baker with GB, who placed first and second, respectively, with all smiles and good sportsmanship. Annika Jeffrey gritted through in the coxed 4+ event, taking home a gold medal and setting a world record while doing so. Meanwhile, Meg Knight (GB) and Heather Schmidt (USA) duked it out in the women's quad, with GB just edging out the USA for a spot on the podium and the bronze medal.

While it was a very exciting summer of racing for SWC, we continue to be incredibly proud of their accomplishments off the water. Here are some of the internships and jobs that our women held in their time away from campus: Rachel Miller '23 was the chief of staff intern for 12 Tides, a company that makes snacks out of regeneratively grown kelp. Kylie Oakes '23 worked as an EMT in exciting San Francisco and got to see all the fun stuff. Katelin Gildersleeve '23 worked in customer service for Sequel Tampons, a Stanford athlete-engineered product. Natalie Clemans '24 held an undergraduate laboratory internship at Brookhaven National Lab, working on climate research. Caia Costello '24 was kept busy by her cryptocurrency startup, Kaladin, writing infrastructure for cross-blockchain swaps. Jill Weldon '23 worked at Amazon as a Software Development Engineer intern (and has now also accepted a full-time SDE position postgrad!). Just as the alumni group has gained some SWC legends this year (adding to the long list of folks we will talk about for years to come), we now have twelve new additions of Stanford Alumnae Hopefuls here on the Farm, too! Amongst this class there, we have several national champs as well as regional champs, a Henley Royal runner-up, HOOCR winners, a World Indoor Virtual runner-up and sixth finisher, a boat club "rower of the year," scullers and sweepers, one and two-time U19 world champions, one U23 champion and a CanAmMex winner! The legacy of excellence continues to grow into this 2022-2023 squad.

Everyone here on The Farm loved watching several of our alumnae charge down the course at HOOCR this year, doing us proud! In fact, the annual reunion row has become something to look forward to; we often hear seniors rumblings about it as they look toward graduating.

Yass Card!

The team took part in two scrimmages this fall, one with the University of Southern California on the Port of Los Angeles and the other with our Bay Area rivals at the University of California Berkeley on Briones Reservoir. Both events provided the team an opportunity to gain experience racing numerous combinations and boat classes. Specially, we were able to race pairs in a 4K head race format and broke the team into fours and eights for a few 2Ks. So, each student-athlete was able to race several times over the course of the day. It was an invaluable experience for our first years, giving them a taste of that fierce PAC12 competition. At the same time, the pair racing allowed our athletes a chance to fully appreciate our awesome coxswain culture.

Go Card!

SWC Coaches

COACHES REPORT: POSITIVE DIRECTIONS

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

The 2022-2023 Stanford Men's Rowing Team is a work in progress. We have an enormous opportunity to be a great team this year while simultaneously laying the foundation for future teams to be even better. We still have numerous challenges to overcome, but it's hard to be anything other than incredibly positive about the team and its direction.

We welcomed nine new frosh athletes to campus this fall, which has been a huge boost to the all-around mentality of the squad. Not only has it fortified the roster in terms of the number of athletes we have in boats each day, but the group has brought great energy to our work so far. That energy has reinvigorated the team's competitive spirit, and it has begun to bring the best out of all of the classes.

As we head into the winter, the selection for the varsity and second varsity eights is as wide open as it's been since I've been at Stanford. The environment is ripe for motivated athletes to embrace the work over the next few months and create separation between one another as we get into boat selection this spring. While it is great to have this kind of environment brewing internally, we have fewer athletes this year who immediately stick out as meeting a varsity eight level standard than we've had in the past. With that said, we also have more athletes than we've had in the past who can develop to that standard which is exciting. We are starting to see a group emerge who could reach that standard this year and ultimately be the foundation for a stronger group moving forward.

Raising the group's standards this year is important for this squad and our future teams. We want the culture to be positively developing to support the building of a bigger roster as we add incoming recruiting classes. At present, we have almost finalized a great class of athletes who will join us in the fall of 2023. The class will end up between 10 and 11 athletes and represent some of the best junior rowers and coxswains from the US, UK, and Australia. We still have room for improvement, but the addition of this class will give us the deepest group of athletes we've had in a long time, and will make it so we have a full squad (1V/2V/3V) competing for the Ten Eyck Trophy (overall team points) at the 2024 IRA. In another piece of huge news for Stanford Rowing, I would officially like to welcome John Pojednic to The Farm as our new assistant coach. Before Stanford, John spent 20 years as the head coach at Northeastern University, where he guided the program to numerous top-five finishes nationally. John also oversaw an unprecedented addition of resources for Northeastern Rowing, which fundamentally secured the programs standing within the University and changed the competitive outlook for the program going forward. Having John on board is a fundamental component to the future success and stability of Stanford Men's Rowing, both for who he is as a person and a coach and for what it means to have a third full-time position on our staff. Between the continued support of Niles Garratt, John, and myself, the program will be better positioned to recruit, support, and develop our athletes than we have been in a long time.

As we welcome the new year and take stock of our progress this past year, you must know that we couldn't do this without you. Your support of Stanford Rowing, specifically The Rowing Association, gives us purpose, strengthens our community, and allows the lessons learned on the water to be a critical part of the Stanford experience for all our athletes. Thank you, and I hope to see you at Redwood Shores this spring!



The Rowing Association would like to congratulate James Wright '22 for being selected to the US Under-23 National Team this past summer and winning a silver medal at the 2022 Under-23 World Championships, rowing the seven seat of the US 8+. By making this team, James continued a 17-year streak of a Stanford Oarsmen being named to the US Under-23 National Team. We hoped to have James back for a post graduate year, but he was offered an incredible opportunity to join American Magic Sailing Team, and he will hopefully follow in the footsteps of Conn Findlay and represent Stanford in the 2024 America's Cup Regatta. This position essentially allows James to combine his mechanical engineering degree (of which James graduated with a 4.15 cumulative GPA) and his incredible physical capacity to be a grinder on the boat, and also assist with technical adjustments off the water. It's an absolutely incredible opportunity for James. We're so proud of him and wish him all the best in the preparations for the race in 2024.



2022 FALL RACING SEASON



2022 HOOCR HIGHLIGHTS

The Rowing Association was thrilled with the

The Rowing Association was thrilled to see the Men racing at the Charles for the first time since 2017 in the Men's Championship Eights. Representing Stanford were Peter Chatain ('22), Travis Senf ('24), Flynn Traeger ('23), Caspar Griffin ('26), James Pullinger ('26), Rollo Ferguson ('26), Sebastian Marsoner ('26), Nicholas Woehrle ('24), and Logan Morley ('25).

Two Women's alumni boats raced in the Alumnae Eights, finishing 4th and 15th. Congratulations to Elizabeth Sharis Tinsman ('19), Rena White ('19), Kaitlyn Kynast ('22), Christine Cavallo ('17), Anja Zehfuss ('20), Brittany Presten ('16), Chase Shepley ('19), Margaret Seaton ('19), Ardsley Sanders ('17), Kathryn Rusher ('16), Ellie Parker ('16), Simone Jacobs ('16), Ruth Clark ('17), Emily Grundman ('16), Audrey Hope Sheils ('16), Alison Fauci ('14), Amanda Lorei ('15), and Naomi Cornman ('15).

Greg Klingsporn ('92) and his brother Geoff – rowing for the Twin Donut Rowing Club, which is totally a real club – again finished second (argh!) in the Men's Senior Master Doubles. *Next year is definitely the year.*

Greg and Geoff teamed up with Zander Packard ('92) and Matthew Collins to finish 5th in the Directors' Challenge Men's Quads.

Eva Nates ('22), racing with MIT, finished 6th in the Women's Club Eights.

Hillary Umphrey ('21) raced with Nobles High School in an Alumni 4+, finishing 7th.

Alie Rusher ('18), racing for the Cambridge Boat Club, and Emily Delleman ('20), racing for the Green Racing Project, finished 9th and 11th, respectively, in the Women's Championship Singles.

Steve Johnston ('85) stroked the Marin Rowing Association to a 10th place finish in the Men's Senior Master Fours.

Jon Allbin (previous freshman coach) and Matt Altman ('04) won in the Master 40+ 8 with Marin rowing, a 3-peat win.

Chierika Ukogu ('14) and Daphne Martschenko ('14) raced as part of the Rowing in Color entry in the Women's Club Eights – the first all-Black boat at the HOOCR. (related link). Launched in 2020, Rowing in Color is a podcast and community that amplifies the voices of color in rowing.

Bonnie (Baker) Pohlig ('92) pulled double duty for Boston's Community Rowing, Inc. over the race weekend. On Saturday, Bonnie finished 11th with Noah Blohm in the Mixed Para Inclusion 2. The next day, she and her daughter Katherine Pohlig finished 22nd in the Directors' Challenge Parent/Child Doubles.

And finally... The Stanford Rowing community made a strong showing off the water with more than 30 alumni, coaches and parents getting together on Friday evening at Notch Brewery and Tap Room. A few Olympians and National team athletes made time to drop in, whether they were racing the next day or living in the area. For those who came out, thanks for finding time to fit us into your busy Charles weekend!

Visit our website www.therowingassociation.com for continued coverage and in-depth recaps of Stanford Rowing and Alumni racing!



REUNION WEEKEND 2022

While generations of Stanford rowers raced on The Charles, it was Reunion Weekend on campus. Rowing held what is now an annual event, The Rowing Mini Reunion where alums gather for a chance to catch up with each other and meet some of the current team. As an added plus, several took the opportunity to grab brunch at the Boathouse Saturday morning and catch the teams coming off the water. Thank you to coaches for orchestrating the campus social and current parents for hosting the Boathouse Brunch!

Plan on attending these events at your reunion!



Alums Tom Beischer ('91) and Steve Voorhis ('92) join Coach Ted Sobolewski for boat dedications held during Reunion Weekend.



CATCHING UP WITH KAREN HOLLOWAY WILLIAMS ('82)

The Rowing Association got a chance to catch up with Karen (Holloway) Williams ('82).

Karen (Holloway) Williams was part of early Stanford Women's Rowing when boats were mainly filled by picking students out of registration lines. Karen quickly became a leader in the boathouse, and the work she and her teammates put in quickly established Stanford Women as a national powerhouse.

With her BSE from Stanford in Product Design, Karen went on to complete her MBA at Harvard in 1991, then went on to work with Fortune 500 companies to improve product development and operations processes, driving innovation through testing and implementation. Most recently, Karen served as CEO and Board Member of Savitude, a fashion tech start up. She is actively seeking her next adventure - stay tuned! Karen lives in Seattle with her husband, Vaughn Williams ('84). In between raindrops, they enjoy beach walks and tandem bicycle rides.



Karen (Holloway) Williams ('82) (left) pictured with Helen (Crocker) Frykman and Heather (Cook) Lindquist

Karen tells the story best:

I grew up with boats in my family. As a toddler, my father had a cabin cruiser that I still believe was named after me. When I was in kindergarten, living on Oahu, my father bought an outrigger canoe (picture Hawaii Five-0) that had been handcrafted by our neighbor. When we moved, the outrigger came with us and caused quite a stir when we drove across the US from one military assignment to another. I always loved being in the outrigger. Its name (translated from Hawaiian) said it all: "having fun while traveling on the water. When I was invited to join the crew team my junior year, with the promise that I didn't need to know anything, I believed I was prime for the picking.

The team was big on recruiting. As one can imagine, the novice team often filled several boats at the beginning of the year. By double days and racing season, the numbers dwindled significantly. There was a need to continue to bring in bodies as rowers dropped out and graduated. Further, crew was a club sport at the time and needed a lot of emissaries. Recruitment was a big deal. At registration – which in those days was in-person and required a writing implement – the crew shopped at registration for tall women. ("Hey, you're tall! Ever thought about rowing?")

I had quite a lot to learn when I joined – not just how to row but also how to condition and gain strength. While heading off for our regular run around Campus Drive, the novice coach stopped me, asked if I had ever run before, and then told me that I wasn't doing it right. Corrected and a little humiliated, I finished the run, and I learned.

I was asked if? and how? crew impacted my life, both during and after Stanford. On reflection, crew provided a continuous challenge and required commitment to every pull-up, stadium stair, and erg for relatively few minutes of actual racing. The experience of trying new things with no promise of success gave me a level of comfort in dealing with hard stuff and uncertainty. The fact that I earned a seat in the JV boat, which won a silver medal in the 1982 Pac-10 rowing championship, makes a difference. The fact that I traveled with the Varsity boat to Nationals that year stuns me.

Continued on Next Page...



**CONTINUED:
CATCHING UP WITH
KAREN (HOLLOWAY) WILLIAMS ('82)**

I realize now that I have continued to attempt things, without formal experience, throughout my life and career, often because someone else said, "You can climb Half Dome! You can lead the Finance and Strategy team! Come on! Risk-taking is one of the key leadership principles of XYZ group!" Now I am looking at these adventures differently. Crew gave me the ability to accept risk and uncertainty and be comfortable enough to proceed, thinking that I'd probably figure it out.

I have used my experience with crew as both metaphor and motivation for my work with cross-functional teams. I tell the story of the most transformative 20 seconds of my life. I will never forget my moments of SWING, not ever. I try to explain it in the hope that the team will experience the magic at some point during our work together, with each member contributing in their own way. I can always tell when we are driving great results when all are in sync, and the group FEELS it.

I have also leveraged crew for recognition. The Varsity Crew Award (a framed varsity letter, customized by company color and name) was presented to team members for the role they played in winning a race. I likened their contribution to a specific seat in the boat and detailed how their unique work benefited the overall team. (Only once did I compare a person to the erg, but to be fair, she was the associate corporate counsel.)

The changes due to Title IX began to take place when I rowed. I know I didn't understand the importance or the opportunity at the time as I hadn't participated in any organized sport previously. Did we know we were pioneers? We knew we had to get up at 5 in the morning. Did we know that Stanford women's crew would become one of the strongest programs in the country? No, but I did know that the women I rowed with were strong of body and spirit, amazing and terribly impressive. Several were in really tough majors, and we all had limited time to do our work. I had great leaders to follow, plus John Davis (Coach) was a really tough customer.

As the treasurer for the women's program my second year, I did appreciate the transition from a Club Sport to Varsity B status as a result of Title IX. While fundraising continued to be a part of our activities, we went from having to raise all of the coach's salary to needing to raise only 50%. What a relief! That, of course, didn't keep us out of cleaning the stadium after football games to earn a bit more money.

So, here are two funny stories:

- Once I joined the crew team, I stopped going to football games completely – even though my brother, Brian Holloway '81 was playing. In fact, I never even saw my husband (32 years and counting), Vaughn Williams '84, play either as I couldn't bear the thought of seeing people throw down trash that I would have to pick up.
- A few years ago, someone asked me if I was a varsity athlete in college. I quickly replied, "no". My husband and son countered, "Yes, you were; you were on the crew team!" What an eye-opener. Until that moment, I had not considered Stanford Crew, a Varsity B sport, as a varsity sport. Huh. I continue to learn.

STANFORD COXSWAINS THROUGH THE DECADES

The Rowing Association wanted to capture the perspective of the Stanford Coxswain. Here, we re-connect and report insights from their points of view.



STANFORD
ROWING

DAVE LEWIS ('62)



Team: Men

Coaches: Phil Waters and Conn Findlay

Favorite Rowing Location: Old Stanford Boathouse near the salt piles in Redwood City

Preferred event: Enjoyed both 4+ and 8+ competition

Head Race or 2000M Race preference: 2,000 meters

Favorite Boat: Wooden Pocock, the only boat I ever competed in. Beautiful floating sculptures.

If you could have one person as your stroke seat, who would you choose? John Holmstrom ('64). When we went to the Harbach Cup (two-mile race) in Los Angeles in 1962, our JV boat was having a hard time swinging together. Our stroke was very precise in hitting any rate I called for, but his style was a bit inconsistent. Standing on the dock waiting to load up to head to the starting line, I lamented to Coach Conn Findlay that I wished we had John Holmstrom ('64) setting the style for the boat. John, at bow, was the smallest man in the boat, but he had an impeccable stroke. Conn thought for a minute and then said, "Okay, we aren't going to win the way we are, let's move him to seven." We shuffled the seating, moved John to seven, and with no practice, headed for the start. The first half mile was rough, but the boat began to settle in smoothly following John's rhythm. Although we were well down, we started to move. By the one-mile mark, we were in the middle of the pack and moving up. With John's beautiful work in the seven-seat, our boat was rowing better than ever before, but at a conservative rate. With a half mile to go, we were in second place. The coxswain in the leading boat called for a sprint. Without changing our stroke rate, however, we were able to hold our length-down position against our sprinting opponents. I had to make a tactical decision on whether or not to gamble on a sprint. I yelled down the boat, "Sit tall, breathe deep," our signal that we were about to shift to a sprint. Then I yelled, "Down two!" Our stroke looked bewildered but took it down two. John, at seven, led the rest of the boat in a flawless transition. The change unleashed a surge of smooth power like the boat had never experienced before. We started to move up. When we were even with the other boat, they took it up another time. But again, without changing our stroke, we were able to hold them from gaining on us. As they began to fade with exhaustion, we began to pull ahead, finishing with open water between the two boats. John's rowing had brought the boat together.

Do you say "way 'nuff" or "let it run?" "Way 'nuff," of course; isn't that what all good coxswains say?

What was your "catchphrase" when the boat was moving REALLY well? "This is great! Let's beat Cal!"

Tell us your rowing "origin story": Before the days of computers, Stanford students had to go to the old basketball pavilion to register each quarter. In the fall of my junior year, the crew had a magnificent new Pocock eight on display on the lawn in front of the entrance to the pavilion. I thought it was the most beautiful boat I had ever seen, and I asked to join the crew.

Did you continue to row/cox after graduating? I cox'd a little with the Manila Boat Club while I was a Peace Corps Volunteer in the Philippines. My first time out, I had just gone to watch the races and was standing on the shore chatting with some of the members when a fellow came up and said, "We have a boatload of oarsmen who would like to row in the next race, but they don't have a cox'n. Would you like to sit in?" Ten minutes later, I was pushing off in a boat with a bunch of oarsmen I had never met before. The trip to the starting line was rough, and I fell back into my old cox'n role of telling each oarsman what he needed to do to get his act together. We got off to a bumpy start, but then things started to fall into place, and we began moving up through the pack, but not fast enough. I told the stroke to take it up four. He responded, "I can't." I told him, "Shut up and row." He took it up four, and we won. The crew was pretty well wrung out, but after catching his breath, the stroke said, "That boat we just beat has never lost a race." And then, after another pause of heavy breathing, "and this boat has never won a race." Back at the boathouse, we introduced ourselves, and the stroke, the guy I had told to "shut up and row," gave me his card—"Executive Vice President of the Philippine/American Life Insurance Company," one of the biggest financial institutions in the country. We became good friends.

After the Peace Corps, I dabbled here and there in various recreational rowing activities, but nothing serious. Since retiring, I have gotten involved with the Southern Maryland Rowing Association, a modest organization in which I am working to promote access to rowing for disadvantaged youth. There is a lot of interest, but we have a long way to go. At age 82, my personal rowing activity is focused on sculling my Alden Quest, a nice stable recreational boat.

What are you up to now? Retired Professor of Urban Planning, Cornell University. Rowing recreationally with Southern Maryland Rowing Association and Board member of The Rowing Association.

What's your most memorable race or race call? Competing in the Club Four event at the post-season Western Sprint Championships where we came from behind to win with a photo finish (six inches) on the last stroke of the race. It was my last race for Stanford.

The most challenging part of coxing: Getting the most out of each oarsman without pushing him over the brink of alienation.

KATHRYN MILLS GESTRI ('83)



Team: Women

Coaches: Tom Brown and John Davis

Favorite Racing Location: In college I loved the San Diego Crew Classic.

Preferred event: I only ever coxed an eight.

Head Race or 2000M Race preference: Women only rowed 1000 m races in those days or head races and I preferred the thousand meter races.

Do you say "way 'nuff" or "let it run?" "Weigh enough" was my call to stop the boat.

What is/was the most challenging part of coxing? As a coxswain I really loved the challenge of being an onboard coach and helping rowers improve their technique, and working with the coach on race strategy. I loved being able to do the land workouts with my teammates and fondly remember running the stadium stairs and Zippy's hill. I remember the challenge of trying to back an eight into the starting line position in heavy wind conditions alongside of six other boats.

Did you continue to cox after graduating? After graduation I worked with Wendy Davis and helped cox and coach a team of Stanford grad students.

Are you still rowing? I moved to Santa Cruz from Palo Alto a few years after graduation because I got involved in ocean rowing. I have a single rowing shell made for ocean rowing, a Maas Aero, and row regularly on the Monterey Bay. I typically row from anywhere between about three and 12 miles depending on the conditions. I've had great pleasure to row alongside humpback whales, gray whales, dolphins, otters, giant jellies, and even a few sharks.

I've done several long-distance rows, including crossing from Santa Cruz to Monterey, a 26 mile row, 4 times: in a single, a double, a triple, and a quad. I've also done the Catalina to Marina del Ray crossing (32 miles) in a quad and in a double, and the San Diego Bay to Bay, a 20 mile row, in a double.



Kathryn (Mills) Gestri ('83) at the finish line of the Santa Cruz to Monterey crossing, a 26 mile race, in 1991. She was the first woman to do the crossing in a single with a time of 4:41:53.



Kathryn shared a photo collage from her time at Stanford - (roughly between 1981 and 1982).

An Exclusive Peek into Volume 5 of Boathouse of Champions:

In next season's edition, we catch up with John and Wendy Davis (pictured in the collage above) who stewarded the Women's Rowing program for more than a dozen years. They oversaw the team during the early Title IX days for women's rowing, taking it from club program to perennial PAC-10 and National Championship contender.

MAE TAI ('94)



Team: Men

Coaches: John Pescatore, Wieslaw Kujda

Favorite Rowing Location: The little rivers near Henley that we trained on getting ready for the Royal Regatta

Preferred event: 8+

Head Race or 2000M Race preference: 2K. Steering head races was always super stressful.

Favorite Boat: I spent most of my time in high school and college in Vespolis and Pococks. But I'm fairly confident I crashed a few Empachers along the way, too.

Do you say "way 'nuff" or "let it run?" WAY ENOUGH

Tell us your rowing "origin story": I was a junior in high school in San Francisco. Tall people were going around hanging posters in the school bathrooms saying that if we joined Pacific Rowing Club ("PRC"), we could get into Ivy League colleges, and at the same time, my mom's PTA friends were urging her to get me to try out as they needed small people to cox. I was a competitive runner then, but I figured I'd see what this was all about. I didn't know what crew was and needed to learn what a coxswain was (or how to pronounce the word). Coxing was very uncomfortable for me in the beginning. It was not natural for me to boss people around or talk loudly. I didn't like it, and I guess it showed during tryouts. At the time, the girls team for PRC had always been much more successful than the boys team. So they would save the good coxswains for the girls team and dump the rejects onto the boys team. I was offered a spot on the boys team. It took me many weeks before I was able to raise my voice loud enough for anyone to hear me. Once racing season started, we realized we were FAST. We won California Junior Rowing Association championships handily that year and with a time widely considered to make us the fastest high school boys boat in the nation. Senior year was equally fruitful. Stanford invited us out for some friendly races that year against their top 8s, and we won all of them. At the time, Ken Dreyfuss was the Stanford Men's coach and recruited me to come cox at Stanford. I ended up getting recruited by a couple of the Ivy Leagues and Georgetown. Georgetown had always been my dream school, but my mom told me it was Stanford or nothing. So, Stanford, it was.

**Editor's note, by the time Mae arrived at Stanford, there was nothing left of Mae's timid or hesitant approach to coxing*

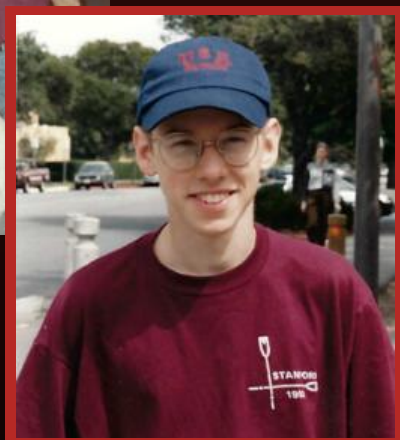
If you could have one person as your stroke seat, who would you choose? Roger Federer. Something tells me he'd be a great stroke.

What is/was the most challenging part of coxing? Coxing is a challenging role for anyone, but for me, being a woman on a men's team created additional challenges. Although I remain close with many of my rowers from both high school and college, the dynamic was always going to be different for me than if I were a guy or if I were on a women's team. Earning and maintaining respect was that much tougher. It was always awkward when we were on the road--I of course couldn't share a room with a teammate the way the rowers did, so I was always alone. I remember when the men's team decided to switch the uniform to unisuits for the first time. I had to wear the same men's unisuit as the rowers, in the smallest size available. Not comfortable, not flattering. At a certain point, I was never going to be in on the jokes or the pranks or the boy's nights out in quite the same way. But those years as a woman on a men's team made me really tough, and I think ultimately gave me some pretty incredible tools when I became a lawyer and sat in boardrooms surrounded by men. In addition, it was hard for me as a really accomplished athlete (I was recruited to run, too) to not be physically competing myself, and often feeling like dead weight in a boat (which I think is how the rowers often viewed me as well!). Sometimes when we were doing land workouts I would run with the team (and beat a few of the guys), which maybe helped a little in terms of the rowers getting that I, too understood the physical agony of sports. I think it's hard for coxswains to always feel confident about their role and the value they bring to the team, and those days where you were drawing S curves in the water or ran into something could be really demoralizing. I also hated being thrown into the water, especially on cold days when fully clothed in sweats, etc. I think I almost drowned a few times.

What's your favorite Stanford Rowing memory or most memorable race? Not sure it's my favorite memory (and it has nothing to do with actually being on the water), but it's one of my most vivid. Freshman year, I decided to participate in sorority rush, which would require me to miss a practice. Coach Pescatore was not super excited, not so much because of the missed practice, but because he didn't understand why I would need to join a sorority. He said: "you have us, why do you need a sorority?" On the first day of rush, as I entered one of the sorority tents out in Wilbur Field, I turned around to see a few really strange-looking girls behind me also entering the tent. Upon closer inspection, I realized they were rowers from my Frosh boat dressed as women. I was confused and disturbed but went about rush without much incident until near the end of the afternoon when my rowers started launching water balloons at me and other rushees from the Wilbur roof. I ultimately did receive a coveted bid from a sorority, but Coach Pescatore got his wish--I didn't accept, and crew was my life for most of my time at Stanford.

What are you up to now? I am a recovering attorney and mother of 3 boys, so I have my 4+ —two boys in college (NYU & Yale) and a junior in high school. I built and sold a legal services firm and spend most of my time either playing or coaching tennis (currently coaching the varsity boys team at Taipei American School). I have been living in Taipei for the past nine years.

JONAH ALBEN ('95)



Team: Men

Coach: Wieslaw Kujda

Preferred event: 8+

Favorite Boat: Empacher

Head Race or 2000M Race preference: 2K

Favorite Rowing Location: Redwood Shores

What is/was your favorite part of coxing? I only had a vague sense of it at the time, but my favorite part in retrospect was that struggle and challenge. Many leadership books will say that the road to success is paved with failure. But there's no chance of success unless you have the willingness to persevere.

While I learned a lot in the classroom at Stanford, I felt that my time on the crew team was one of my most important experiences in terms of teaching about perseverance and preparing me for the real world, where many great experiences have blessed me, and every one came after a great deal of challenge and struggle.

Did you say "way 'nuff" or "let it run?" Way 'nuff

What is/was the most challenging part of coxing? Like a lot of folks coming to Stanford, I was used to being a high achiever at whatever I set out to do. Coxing was very uncomfortable because it wasn't something I'd ever done before, and I had to try to figure it out and stick with it. Whether I felt qualified or not, or whether I was having a good day or not, I had a responsibility to the team, and I had to figure out how to get the job done and lead the boat.

What's your favorite Stanford Rowing memory or most memorable race? My favorite memory was the 1993 Pac-12 championships. My JV boat gave it everything we had, and the Varsity boat beat out Cal to finish second to Washington and qualify for the national championships - a great accomplishment for the guys in the boat but also for the whole team who pushed each other all season long to do our best. In a nutshell, this was the prototypical experience of a season of perseverance paying off in the success we had all been aiming for.

What are you up to now? I haven't gone very far from the tree - still living in San Jose. Have a great family. Kids are 10 and 13 now and are full of interesting ideas. I have been working for NVIDIA for the past 25 years, which has been quite an adventure from the early startup days to now, getting involved in all kinds of cool computing problems.

CHRISTEN YOUNG ('04)

Team: Men

Coach: Craig Amerkhanian

Favorite Rowing Location: Redwood Shores. Love the intimacy of the starting line.

Preferred event: 8+

Head Race or 2000M Race preference: 2K

Favorite Boat: Empacher

If you could have one person as your stroke seat, who would you choose? I'd go for a mixed 4+ with Barack and Michelle Obama and Bill and Hillary Clinton.

Did/do you say "way 'nuff" or "let it run?" Way 'nuff.

What was your "catchphrase" when the boat was moving REALLY well? "Swiiiiing."

Did you continue to row/cox after graduating? Yes! From graduation in 2004 to the birth of my daughter in 2018, I spent many seasons coxing at Potomac Boat Club with the mens sweep program, including some really memorable top-five finishes at Head of the Charles and hot summer weeks at Masters Nationals. I look forward to getting back in the coxswain's seat once the kids are a little older!

What's your favorite Stanford Rowing memory or most memorable race? Some of my favorite memories with the team have nothing to do with the water. At the beginning of the fall season, the guys would do a trail run to the top of Half Dome in Yosemite. I remember the coxswains leaving campus at 3 am, driving to Yosemite, and then hiking to the top at a reasonable speed, weighed down by several gallons of water. The guys would depart a few hours later, run to the top, and drink the water we'd hauled up. I also think a lot about the team's hallowed tradition of NEVER telling Coach who was late to the van in the morning; no matter how late we were, we closed rank since we all showed up at the boathouse together.

What are you up to now? I work at the White House as the Deputy Assistant to the President for Health and Veterans Affairs. I live in DC and have two small kids: a four-year-old and six month old.



SAM CHANG ('05)



Team: Men

Coach: Craig Amerkhanian

Favorite Rowing Location: Can't beat Redwood Shores (2k) and the Charles (head race)!

Preferred event: As a coxswain, definitely the eight!

Head Race or 2000M Race preference: 2K. Everything matters.

Favorite Boat: Toss-up between Empacher and Hudson

If you could have one person as your stroke seat, who would you choose? I've been lucky to cox a lot of really good stroke seats; aside from them, I'll go with Conn Findlay.

Did/do you say "way 'nuff" or "let it run?" A combination of "way 'nuff" + "and glide" as appropriate.

What is/was the most challenging part of coxing? In the abstract, the most challenging part of coxing is always trying to be a value-add when you can't physically move the boat. Fighting complacency is always a chore; blind spots are aptly named. More concretely, coxing a disparate lineup that's never rowed before is a common challenge in masters coxing. You have to find a common understanding of how the boat needs to row and smooth out any differences. If you can't make the workout productive, it's a wasted practice session that could have been spent erging.

Did you continue to row/cox after graduating? I've been coxing at the local level (club/masters) in Austin, Texas since leaving Stanford. It's been an interesting transition to normal, community rowing after having learned rowing in a select, collegiate program. In college, you're very focused on earning seats, competing, and winning. In masters rowing, there's a lot more emphasis on development and meeting the athletes where they are (some are adult learners, some are lifelong rowers). I've also become a licensed coach and referee, and I've spent much of the last ten years working as a USRowing referee. I highly recommend becoming a referee as a way to stay involved with rowing; let me know if you're interested. The referee corps could use a lot more Stanford Rowing representation!

What are you up to now? I'm a USRowing Referee as well as a masters coxswain and occasional coach.

ZACK COOPER ('05)

Team: Men

Coach: Craig Amerkhanian

Favorite Rowing Location: Henley

Preferred event: 8+

Head Race or 2000M Race preference: 2k — less chance of hitting things!

Favorite Boat: Resolute

If you could have one person as your stroke seat, who would you choose? Mr. David Banks ('05).

Did/do you say "way 'nuff" or "let it run?" "way 'nuff" even though I never knew what it meant

What was your "catchphrase" when the boat was moving REALLY well? No catchphrase, just more power 10s!

What is the most challenging part of coxing? A good coxswain has to juggle multiple tasks at the same time. You can't win a race as a cox, but you can't definitely lose one. Bad steering can lose a race. Bad strategy can lose a race. Bad teamwork can lose a race. Learning how to juggle and give your team a chance were important life lessons for me. Not so different from national security policymaking, actually (see below).

What's your favorite Stanford Rowing memory or most memorable race? I'll never forget the semifinal at the San Diego Crew Classic during my senior year. In my time at Stanford, we had never been competitive with Cal or Washington. But we beat Cal in that hard-fought semifinal at San Diego, and it felt like we had announced that Stanford finally arrived.

What are you up to now? I work on national security issues in Asia for a think tank in Washington; I teach at Princeton and am a partner in a consulting firm.



Fun Fact; Zack coxed during an episode of Mythbusters called "Row Skiing".

Check it out on YouTube:

<https://youtu.be/e131NJWTeuE?t=65>

NATHALIE WEISS ('16)



Team: Men

Coaches: Craig Amerkhanian, Jake Cornelius

Favorite rowing location: Craig took us on a couple of "rowing safaris," where we'd drive a few hours in any direction and select a scenic body of water to row on. It was a very special way to explore California. My favorite was probably Monterey, though we cut the practice short because the otters became a little too curious!

Preferred event: Men's Heavyweight 8+

Head Race or 2000M Race preference: Head race! I loved contributing to faster times by steering a tight course. Favorite Boat: Front-loaded Empacher fours. I like eights for their speed and social nature, though I had my most successful races in fours, so they hold a special place in my heart.

If you could have one person as your stroke seat, who would you choose? Austin Hack ('14). We had fun but also had a solid foundation of trust and respect.

Did/do you say "way 'nuff" or "let it run?" Way 'nuff

What was your "catchphrase" when the boat was moving REALLY well? The opposite of a catchphrase, but I enjoyed playing with silence when making calls. For example, my favorite move was a 10-2-10, and I would be silent during the two off strokes before doubling down and bringing hyped-up energy to the next power ten. On Stanford's home course, I would time the move so that I was silent when we went under the bridge, relishing the echo of oars clicking in unison.

What's your favorite Stanford Rowing memory or most memorable race? The first race of my collegiate career will forever be my favorite. We won the Men's Championship Four at the Head of the Charles. I couldn't believe it when I heard the results! (It was a head race, so we found out the results afterward). Back on campus that Sunday night, all my freshman friends were busy studying. I was beginning to deflate, unable to celebrate the win. Then I got a call from Oivind Lorentzen ('13) asking me where I had disappeared to and telling me to make it over to KA to celebrate with the guys! It was the fall of my freshman year, and at that moment, and being welcomed as part of the team, I knew I belonged at Stanford.

Tell us your rowing "origin story": I'm the youngest in my family, and I remember my mom talking up coxing to my sisters when I was growing up. They had no interest, and she gave up when I came around, but my curiosity was piqued. I signed up for my high school team and joined the Thompson's Boat Center (TBC) club team in Washington, DC. The summer after my junior year, I switched from the women's team to the men's team and went from the 5V of the women's team to the 1V of the men's. Within a week, I went from the 5V of the women's team to the 1V of the men's. A few days later, I was hit by a car while biking to afternoon practice. The result was a broken jaw, ironically, the only physical injury that could impede a coxswain. I got back in the boat, though, and we ended up winning USRowing Club Nationals later that summer. Switching teams was a seminal event in my life. I went to an all-girls high school, so I didn't have any deep interactions with male peers up to that point. As it turns out, my direct communication style resonated well with male teammates. The switch unlocked my abilities as a coxswain, allowed me to express myself authentically, and changed the direction of my life. I will never forget the call I received from Craig where he said, "Hi Nathalie, this is your coach calling." Admissions had been released that afternoon. I didn't know it yet, but my acceptance letter to Stanford was waiting, unread, in my inbox.

What are you up to now? I'm a second-year MBA candidate at Wharton. My background is in architecture, and I'm interested in urbanism, so I'm focusing my time on the future of cities and will be joining McKinsey in NYC after graduation. I credit current Rowing Faculty Liaison Tom Beischer '90 for helping me find my passion for architecture and art!



SHEA COURTS ('18)



Team: LW Women

Coaches: Derek Byrnes and Kate Bertko

Favorite rowing location? Lake Carnegie (honestly anywhere but San Diego Crew Classic)

Preferred event: 8+

Preferred race length: 2k or head race? 2k

Favorite boat? Hudson

If you could have one person as your stroke seat, who would you choose? My forever stroke seat, Claire Smythe ('21)

Did you say "way 'nuff" or "let it run?" Let it run!

What was your "catchphrase" when the boat was moving REALLY well? Yeah Lights!

What's your favorite Stanford Rowing memory or most memorable race? My favorite memories are all about my teammates, and most often, my 2018 classmates Hannah Levy, Keagan Hanley, Laura Stickells, and Taylor Harris. We lived together, drove vans together, climbed into windows to wake each other up, and had so much fun. There is one specific racing memory, though, that comes to mind for me. During my freshman year I coxed our 8+ at Head of the Charles. I had never been to HOCR before, so I was super nervous. (*Like nauseous in the Weld boathouse bathroom nervous.*) Especially considering the boat was full of upperclassmen who terrified me. Things were going fine enough, until we approached the infamous Weeks Bridge. It was congested and chaotic, and boats nearby were colliding or drifting off course. Thanks to great coaching from Derek Byrnes, though, I nailed the turn. I heard Christine Cavallo's ('17) "Hell yeah, Shea!" echo under the bridge, and my little freshman self almost died of happiness. Many HOCR turns later, this first one was still my best! And of course the upperclassmen turned out to not be terrifying, but amazing friends.

What are you up to now? I live in NYC with my husband and cat. I work at the Medicare Rights Center and love playing piano and reading fantasy.

RACHEL MILLER ('23)

Team: Women

Coaches: Derek Byrnes, Molly Hamrick, Megan Bigning, Sarah Dougherty

What are you up to now? Still at school! In my senior year finishing up my undergrad degree in Human Biology and beginning my coterm in Sustainability Science and Practice.

Favorite rowing location? The Cut at UW - I haven't been there since high school but it's by far the most exciting venue I've raced at.

Preferred event: 8+

Head Race or 2000M Race preference? 2K

Favorite boat? Hudson or Vespoli

If you could have one person as your stroke seat, who would you choose? Brie Perry ('23) - she's got great boat feel and always has a smile on her face.

Do you say "way 'nuff" or "let it run?" Way 'nuff

What is your "catch phrase" when the boat is moving REALLY well? "Yeah Stanford. This is it. This is good."

What's your favorite Stanford Rowing memory or most memorable race? My favorite moment is the quiet time when we're sitting on the start line of finals at NAAs. I lock into the boat then look left and right across the lanes. I smile at my stroke seat and know there is no team I'd rather be on. We've done the work and now we get to show it. No one is more gutsy and committed than SWC!

Race Day Outfit: Camo Stanford hat (given to me by Caroline Rickson '22), my beaded necklace that says "DANGEROUS" (given to me by Eva Nates '22), hot pink Oakley's (often borrowed from Lucy Black '23), hot pink nails, Stanford uni, and chacos.



BECOME A MEMBER OF THE ROWING ASSOCIATION

As we enter our third year as The Rowing Association, we are happy to report that we have an actively engaged Community of Parents, Friends and Alumni of Stanford Rowing! Our overarching objective remains:

To Ensure that the Unique Experience of Rowing for Stanford Endures

We plan to remain connected and engaged with the Community to bring you updates on the Program, host events and share from within the Community. With that, we are excited to launch The Rowing Association Membership Program.

MEMBERSHIP PROGRAM – THE ROWING ASSOCIATION

Community members can become subscribing members in several ways:

With a \$50/year membership donation

Or

With a \$5000 one-time Lifetime Membership donation

- Donors can also make a Lifetime Membership in another person's name. For example, a donor could recognize someone who has made a significant contribution to the Program.
- Additionally, Alums in their first two years after graduation will be granted funded Membership thanks to the generous support of a Rowing Association supporter. We will invite recent alumni to contribute in year 3 after graduating.

**A donation to The Rowing Association is not a donation to Stanford. The Rowing Association operates with permission of The University in support of Stanford Rowing.*

Memberships are 100% deductible as The Rowing Association is now a registered 501(c)(3).

Donors wishing to make a Lifetime Membership contribution can do so through Donor Box, or directly to The Rowing Association.

**The Rowing Association
1100 Alma Street, Suite 210
Menlo Park, CA 94025**

Attn: Greg Klingsporn

Contributions can also be made through Donor Advised Charitable Accounts that many donors have already established. The Formal Name is:

**All Right Now Rowing Association
(The Rowing Association)
Tax ID 85-3570682**

Thank You for your continued support of Stanford Rowing!

THE ROWING ASSOCIATION MEMBERSHIP PROGRAM

FREQUENTLY ASKED QUESTIONS

Will there be an annual donor list published?

Yes, though donors will need to “opt in” to be named in any donor lists.

Are Dues mandatory to be part of The Rowing Association?

You are a part of The Rowing Association by being a Parent, Friend or Alum of Stanford Rowing.

How will funds be used?

Funds will be used to Operate the primary functions of The Rowing Association. Communications, Events, and Development as well as other administrative expenses.

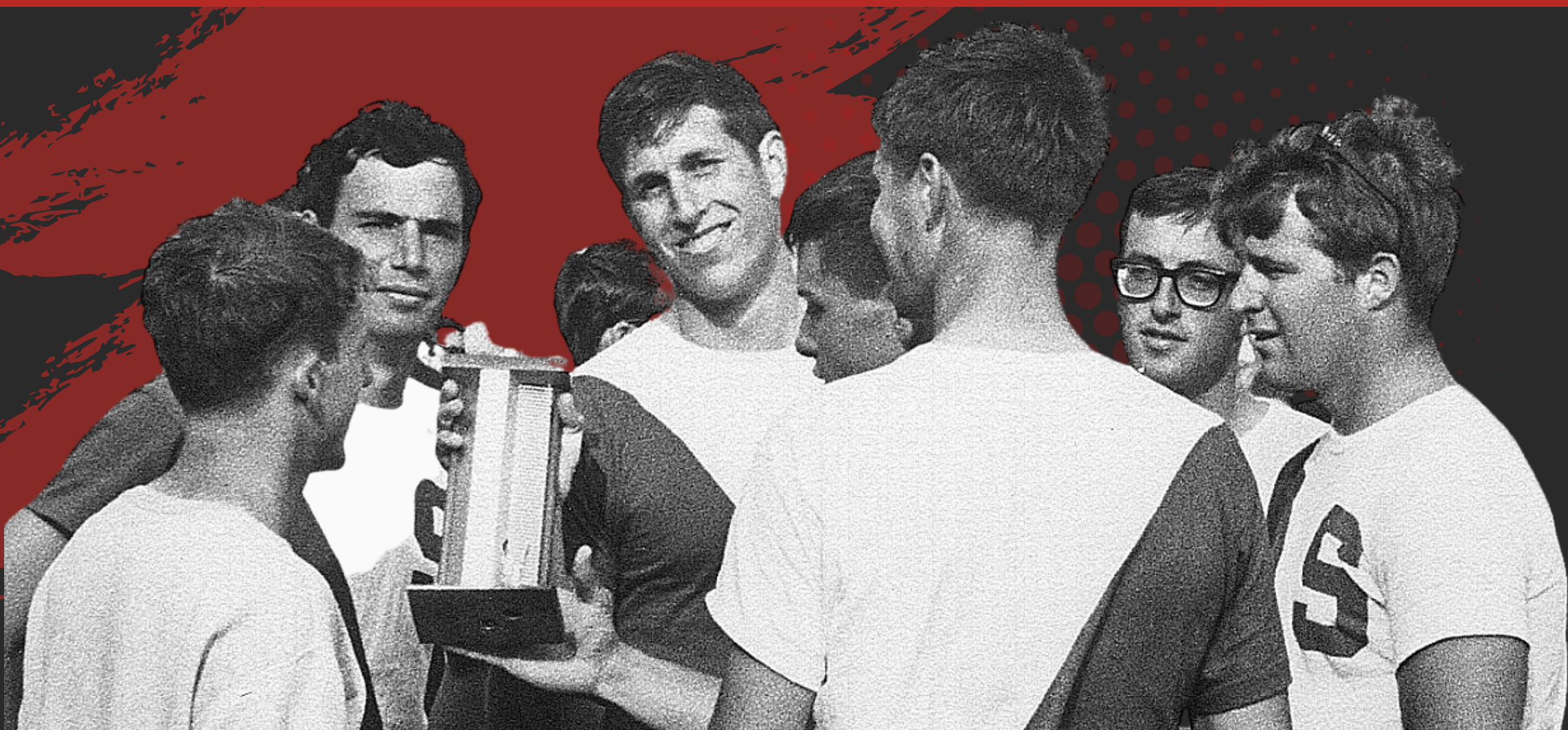
Will The Rowing Association do fundraising other than Membership?

Yes, The Rowing Association will continue to fundraise in collaboration with Stanford to Secure and Strengthen Stanford Rowing. Your help here has made a tremendous difference already! Thank you!

The Rowing Association may also periodically lead a fundraise to drive an incremental opportunity for a team(example: racing at Henley).

How To Join?

Annual dues can be processed through Donor Box via our website (www.therowingassociation.com)



SHARE YOUR STORY

As a member of The Rowing Association community, you have the opportunity to connect with other rowers who share a passion for the sport and a commitment to excellence. You also have access to a wealth of knowledge and experience, as well as opportunities to learn from and be inspired by some of the best rowers in the world.

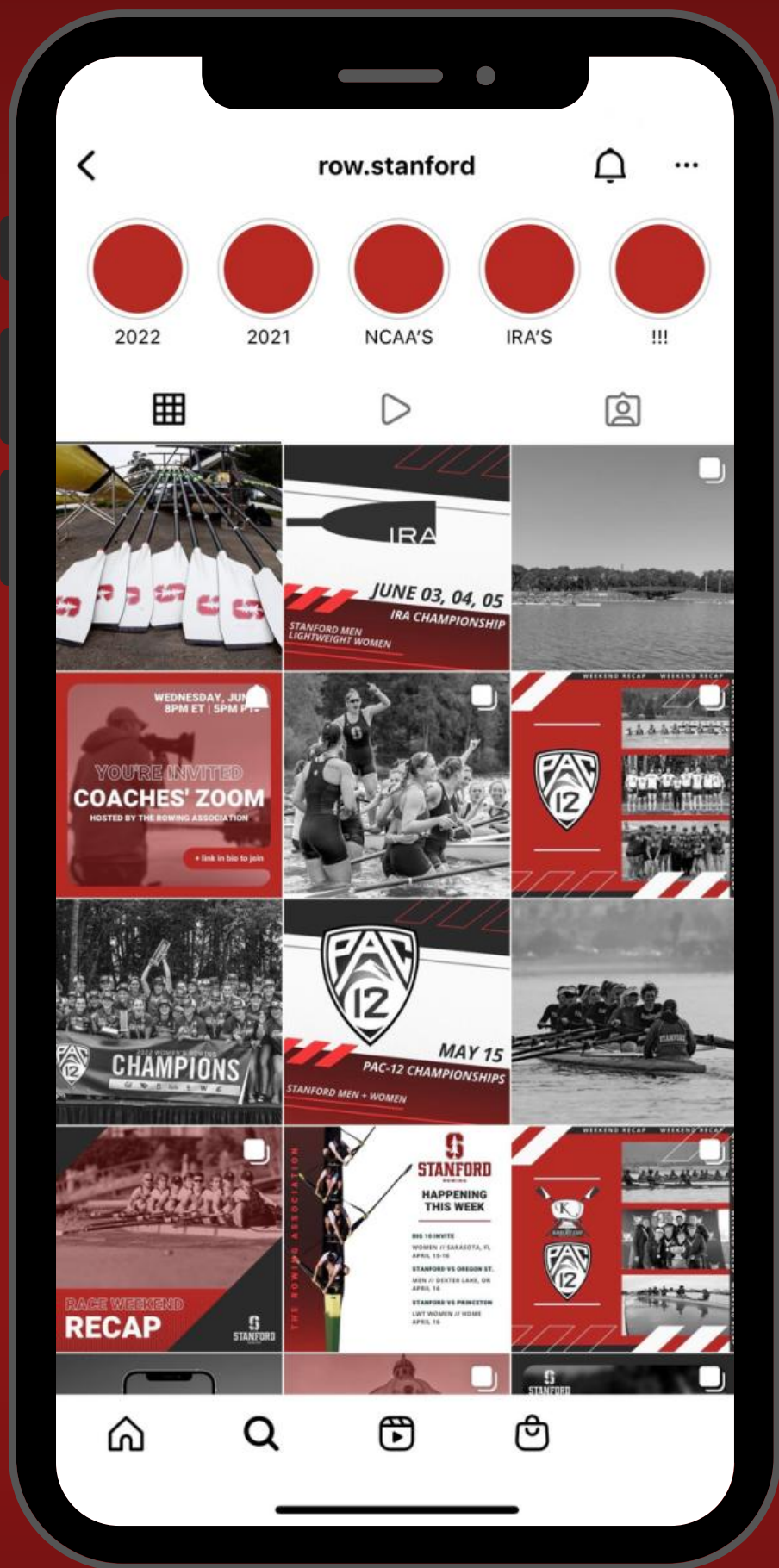
Sharing your story with The Rowing Association community is a great way to inspire other rowers, and foster a sense of commonality within the rowing community. We want to hear from you! Reach out to us for the chance to be featured in future communications from The Rowing Association.

Email hello@stanfordrowing.org for more details.



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Connect with us! We'd love to hear from you. Follow us on social media and be sure to subscribe to our email and mailing list by filling out the form on <http://eepurl.com/g-EKGT> to receive exclusive content and become part of The Rowing Association community.



SUPPORT STANFORD ROWING

In the past year, we have had significant wins supporting Stanford Rowing. Your contributions have helped offset current operating budgets while building endowments. Thank You! Your support helps cover the cost of coaches, scholarships, facilities, and running the program.

Stanford Rowing now has 4 fully endowed coaching positions

All Teams have gained support, with the Men's program now fully endowed

As a reminder, the University has opened up the opportunity for "Pooled Endowments" for each of the three teams. What this means, is that your contributions will combine with others to establish permanent endowments to support the team of your choice. If you haven't yet done so, please make a pledge to contribute today by visiting 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 Team listed below.

Tom Beischer '91 beisch@hotmail.com

Steve Munn '85 smunn92651@gmail.com

Kate Hayes '08 kayhay627@gmail.com

Or contact Stanford Athletics Development directly:

Nikol Frisch, Associate Director Development- Athletics
Nikol@stanford.edu

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