

2009  
**HO**  
**TC**  
Head of the CUYAHOGA



14th Annual Head of the Cuyahoga  
**September 19, 2009**

## Dear Athletes and Spectators,

On behalf of the Cleveland Rowing Foundation (CRF), we welcome you to our 14th annual Head of the Cuyahoga (HOT C) Regatta and to the City of Cleveland. Over 150 dedicated volunteers will be your host today for our challenging head race! With more curves than the famous Charles River which hosts the country's largest head race, the Cuyahoga is an amazing challenge for any crew and a nightmare for coxswains!

The HOT C is an official US Rowing Regatta and has many new additions this year including a new logo, two new race categories, massages available for athletes, US Rowing merchandise, and the sprints for the best overall times in men's and women's fours and eights. We are honored to have Olympians Dr. Esselstyn (1956) and Pete Nordell (1988) join us at 11:30am in Spectator Village to share their rowing achievements with us.

The HOT C has over 250 entries this year with over 1,000 rowers! The regatta is one of the most important events that CRF puts on each year and celebrates recreation on the Cuyahoga River. The Cleveland Rowing Foundation celebrated its 20th Anniversary this year boasting over 500 rowing members from the original five rowers that took their shells to the river.

Rowing, truly a lifelong sport, is one of the fastest growing sports in the country. CRF plans to expand both our programs and facilities to extend Cleveland's rowing family.

We truly hope you have a memorable experience both on and off the river today!

Sincerely,

**Theresa Gang**

Executive Director  
Cleveland Rowing Foundation

clevelandrowing@gmail.com  
www.clevelandrows.org



## HISTORY OF ROWING IN CLEVELAND

Did you know that rowing was the first sport ever played between colleges in the U.S.? In 1852 the first intercollegiate sports competition in the nation's history took place when Harvard raced Yale. Three years later, the sport of rowing came to the mighty Cuyahoga. The Ivanhoe Boat Club and its Captain George W. Gardner were on the river in 1855 using shells built in Cleveland. The event stirred up local interest as such a unique use of our waterways that The Plain Dealer, in an article dated July 5th, 1855, offered a challenge to other crews:

"We hope next 4th of July, 1856, to have the pleasure of seeing a "Regatta on the Lake" between boats built here, and manned by Cleveland Boatman; and we do now promise a Silver Cup worth one hundred dollars to the victorious Club boat on that occasion."

However, the initial days of rowing were numbered due to the increased commercial traffic brought on by growth and the Civil War...and the fragile racing craft were crowded off the river.

Organized rowing, sadly, did not reappear for another 125 years. In 1981, four enthusiast, who had either moved to Cleveland from the East Coast or had rowing experience from colleges in the East, began sculling on the Cuyahoga. They rented space for their shells and called themselves the "Cuyahoga Rowing Association."

Then Charles Mosley arrived on the local rowing scene. Part impresario, part entrepreneur, he was above all else, a super salesman: he thought there was money to be made from rowing. He solicited a major brewing distributor for overall sponsorship and went from bar to bar in the Flats seeking their sponsorship for each crew. Demonstrations of erging were held at

Tri-C and other locations. In 1988 the for-profit "Flats Racing League" was up and running using second-hand shells purchased by Mosley. Practices and races were held at what is now called the Nautica area near the mouth of the Cuyahoga. At its height there were over 750 participants. Mosley promoted rowing in the high schools by forming a non-profit organization called the "Cleveland Rowing Federation." Beaumont, St. Ignatius, and Benedictine High Schools were soon rowing.

Some of Mosley's rowers took to the sport with incredible zeal and soon learned about regattas being held in other cities. Mosley was reluctant to allow his shells to travel. At the same time the high schools wanted to go in a different direction. As a result, five of those rowers set up the Western Reserve Rowing Association (WRRRA) as a non-profit corporation. They rented space from the Cuyahoga Rowing Association in a wooden boat house. While Benedictine dropped rowing, Beaumont and St. Ignatius continued the programs under the banner of the WRRRA.

They used the second floor to store their four-man shells and walked them down the ramp. By 1989 it had grown to 26 members plus the two high schools. That year the competitive group hosted the very first Cleveland Sprints Regatta inside the breakwall on Lake Erie.

The rowing scene in 1990 consisted of the Cuyahoga Rowing Association, and WRRRA (focused on competition), with the high schools renting space from them and Mosley's Flats Rowing League for recreational rowers. Around 1990 nearly 90 rowers left the Mosley organization and formed the North Coast Rowing Association. This group did not last long as some went back to the league and others joined the WRRRA.



Summer 1992 marked the official beginning of rowing as a city sport endorsed by the City of Cleveland Division of Recreation. At that time WRRRA entered into a formal contract with the city for 1992 and 1993 to sustain the Cleveland-WRRRA Summer Youth Rowing Program. The mission of this program was to use rowing as a non-traditional vehicle for reaching diverse high school youth. The two-year project served 40 boys and girls, approximately 50% minority. The 1993 program culminated in a regatta at FlatsFest '93 with youth teams visiting from Pittsburgh to compete. Due to a lack of City funding, the program was not continued in 1994.

A few dedicated students from John Carroll University met in the fall of 1992 and decided to start a rowing team. By the next year they were ready to compete in their first regatta. By the spring of 1996, forty-five members traveled on their first annual trip south for training.

In 1993 Charles Mosley ended his racing league. With so many rowers hooked on the sport, someone needed to step forward and organize a new recreational league. Three men, Dr. David Propp, John Fowler and Kevin Duden took over this responsibility, creating today's Summer Rowing League, one of the country's largest learn-to-row programs. The next year a strategic planning session brought together members of the rowing community.

In 1994, a strategic planning process reorganized this collection of adult, university and high school crew programs. An umbrella organization for these programs, the Western Reserve Rowing Foundation (WRRF), was established as a non-profit 501(c)3 dedicated to competitive and recreational racing and the expansion of the sport of rowing in the Greater

Cleveland area, with a particular focus on youth rowing (ages 13 -18).

By 1995, teams from Kent State, Hathaway Brown, John Carroll, and Cleveland State were rowing out of the boathouse. After a one year hiatus, the Cleveland Sprints Regatta transformed itself in 1996 to the Head of the Cuyahoga Regatta. The venue was moved from the breakwall to the Cuyahoga River, and the distance was changed from a 2000 meter sprint to a 2.5 mile head race. The initial race, which was included as a Cleveland Bicentennial event, involved over 250 rowers and 3,000 spectators. The race has grown and has moved to the Nautica complex to accommodate the 1,100 plus rowers from over 30 organizations from schools and clubs throughout the Midwest.

In 1998, the Foundation ran a pilot summer youth program called City Crew. Approximately 20 youths from the Greater Cleveland Council for Economic Opportunities (GCCEO) Neighborhood centers and the Boys and Girls Club participated in the 6-week learn-to-row program.

In the fall of 2000, former St. Ignatius and University of Cincinnati coxswain Dan DiAngelo returned to the Cleveland rowing scene. He recruited enough Cleveland State University rowers to man two "eights" of men and women and thereby revive the college's defunct rowing program. In their first race ever at the Head of the Cuyahoga, both boats took home the gold in the Novice classification.

Also in 2000, St. Ignatius High School won the Midwest Scholastic Rowing Association (MSRA) championship - its first of eight. The MSRA is comprised of 50 schools from nine states and is considered the premier high school race in the Midwest.

The Cleveland Fire Department made an exciting and timely visit in August 2002 to the boathouse. A tenant at 1948 Carter Road that stored and repaired delivery vans in bays next to ours had an explosion involving a gas tank. The ensuing smoke and fire missed our shells by mere minutes. The tenant decided to service its delivery fleet elsewhere, leaving the Foundation and its landlords considering the possibility of an expanded, renovated home for rowers. Work began the following year.

In 2003, the WRRF changed its name and structure, becoming the Cleveland Rowing Foundation (CRF) and revising its governance structure to officers and a board of directors that includes rowing representatives as well as community and corporate directors.

And in summer 2004, the CRF moved into a new 22,000 square foot facility directly adjacent to its existing boatbays. And history was made: now in place running water, showers, staff offices, a workout facility, and a Common Room that could accommodate 100-plus.

Rowing continues to grow in Cleveland, and our vision of a larger Community Boathouse/ Recreation Center on the Cuyahoga continues to thrive. See our Long Range Plan section on the following pages to learn more about our interest in partnering with other exciting recreation initiatives to enhance the health and recreation amenities of the Cuyahoga River.

In September 2008, CRF hired their first paid part time Executive Director, Theresa Gang.



The Ivanhoe Boat Club in the 1850s, posing for a group photograph. Western Reserve Historical Society

## THE FUTURE OF ROWING IN CLEVELAND

After having a temporary home for 25 years the Cleveland Rowing Foundation (CRF) is currently working with The Trust for Public Land to purchase the site on the Cuyahoga River which previously housed the Commodore Club Marina.

CRF's prospective new home, tentatively called Rivergate Park, will be nearly 9 acres of an environmentally friendly urban park setting with 1,100 feet of river frontage. Planned human-powered activities include accommodations for rowing, kayaks, dragon boats, and bicycling. Rivergate Park will provide a unique opportunity for public to enjoy the Cuyahoga River, provide youth the opportunity to build self confidence through team-based competitive exercise, and be a lifestyle enhancement for all urban and area residents. Rivergate Park will allow our current rowing programs to grow, and provide needed space for future expansion.

Rivergate Park will also serve as a centerpiece for the revitalization of the Cuyahoga River and it's surrounding areas. It will complement and be connected to the Canal Basin Park, the Tow Path Trail which extends to Whiskey Island, and a proposed, state-of-the-art Skate Board Park. As with many boathouse projects which have recently been constructed, it is anticipated that Rivergate Park will be a positive catalyst and spur economic development in the surrounding areas of the industrialized Flats area.

Renderings of Rivergate Park -- the exciting new home for Cleveland Rowing -- are posted in the Athlete's Village, the Spectator Village, and the VIP Tent. Please see them and share our vision!

For more information on this project, to make a donation, or find out how you can support this project, please email Theresa Gang, CRF Executive Director, at [www.clevelandrowing@gmail.com](mailto:www.clevelandrowing@gmail.com)

### DESIGN COMPONENTS

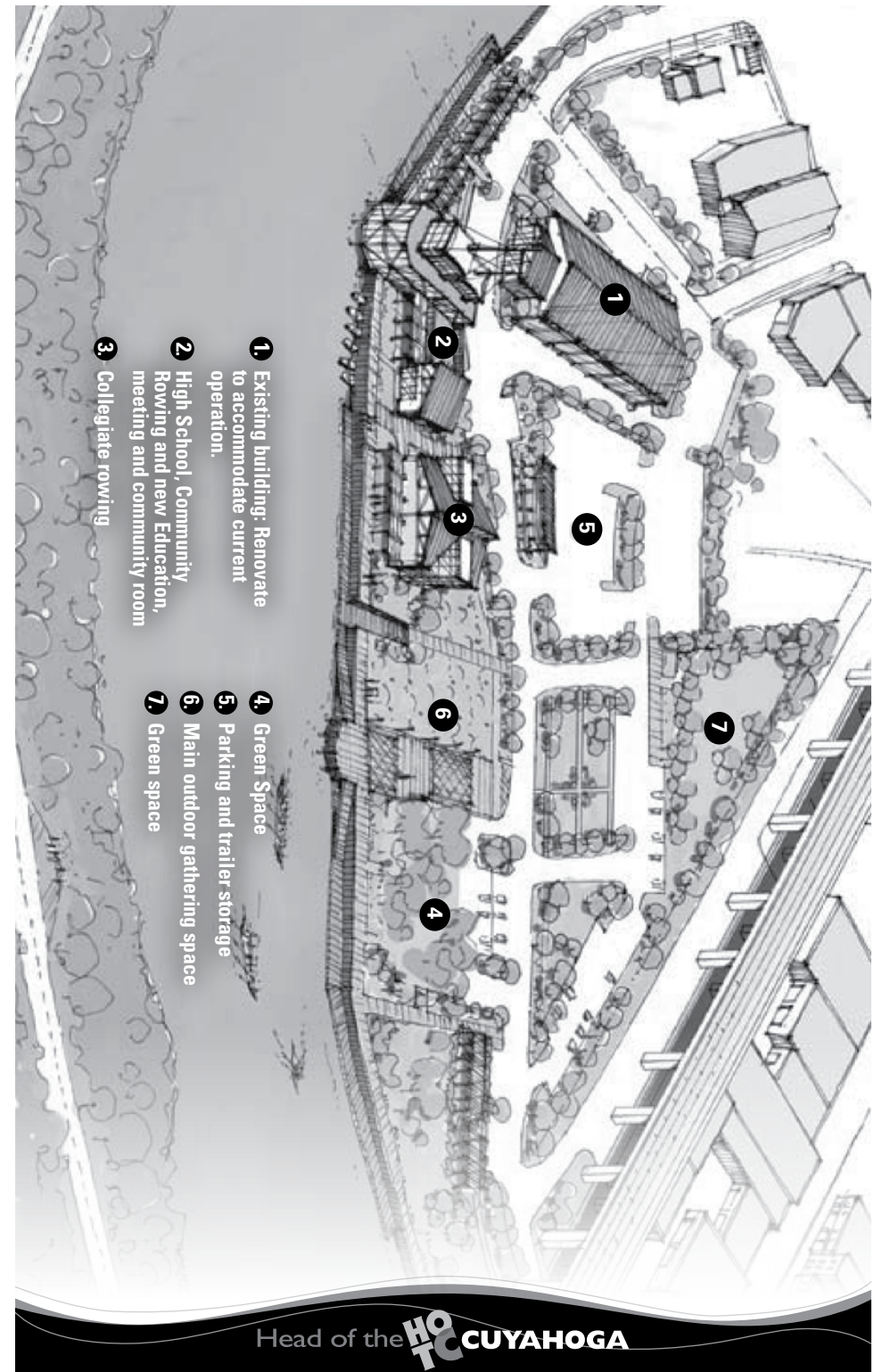
In meetings with CRF and members of Cleveland rowing community, several priorities emerged:

**Water resources and storm water management:** The preliminary site master plan proposes the use of on-site storm water management practices, reducing large expanses of impervious pavement.

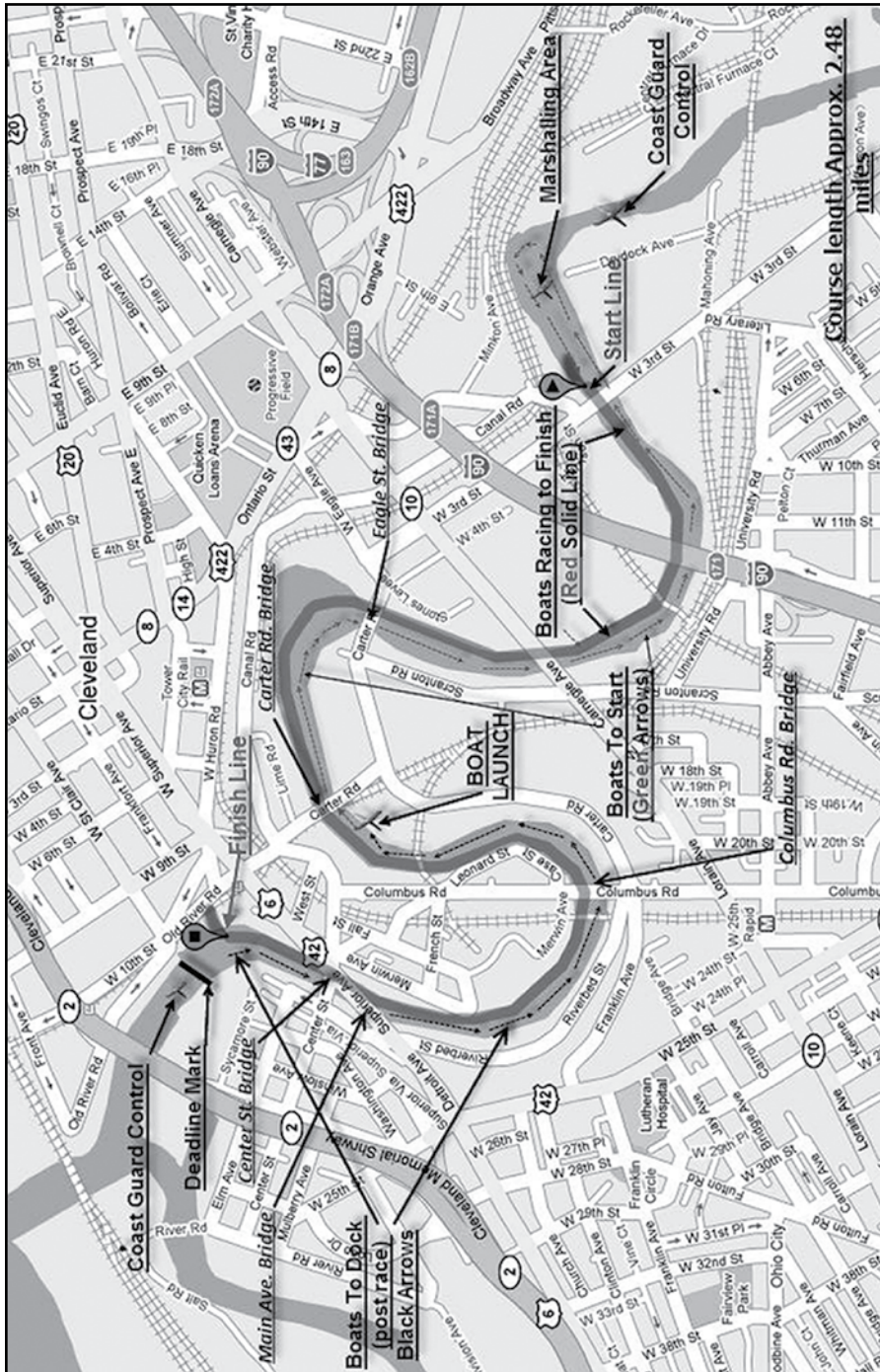
**Green space connections:** The rowing community values the proximity to current and proposed green space. Safe, convenient pedestrian connections from the site are proposed to expand the amount of green space on site for gathering and increasing the green edge of the river which are critical components of the plan.

**Increasing Public Access:** The preliminary site master plan identifies three areas to access the river creating opportunities to increase access for CRF and it affiliated groups as well as increasing opportunities for the public to use the new facility.

**Green Building:** The preliminary plan proposes that all facility renovation and new construction should be designed to reduce the overall impact of the built environment on human health and the natural environment by efficiently using energy, water, and other resources; by protecting occupant health and improving employee productivity; and by reducing waste and pollution.



# HOTC COURSE MAP



www.clevelandrows.com

# REGATTA EVENT SCHEDULE

C&C 7:00 am Coach, Cox, Scullers Meeting (Option 1)

head races	Head Race Events
1 8:05 am	Mens Ltwt 8+ (Open, Jr, & Masters)
2 8:15 am	Mixed 8+ (Open, Jr & Masters)
3 8:25 am	Womens Rec 8+
4 8:35 am	Mens Open 2x
5a 8:45 am	Womens Masters 1x A
5b 8:45 am	Womens Masters 1x B
5c 8:45 am	Womens Masters 1x C-D
6 8:55 am	Womens Open 1x
7 9:05 am	Mens Open Novice 4+
8 9:15 am	Womens Open Novice 4+
9 9:25 am	Womens Jr Ltwt 8+
10 9:35 am	Mens Jr 4+
11 9:45 am	Womens Jr Novice 8+
12 9:45 am	Womens Open Novice 8+
13 9:55 am	Womens Open 4+
14 10:05 am	Mens Masters 4+
15 10:15 am	Mens Open 1x
16a 10:25 am	Mens Masters 1x A-B
16b 10:25 am	Mens Masters 1x C
16c 10:25 am	Mens Masters 1x D-F
C&C 10:30 am	Coach, Cox, Scullers Meeting (Option 2)
17 10:35 am	Womens Masters 2x

break	15 Min. Break
18 10:50 am	Mens Open 8+
19 11:00 am	Mens Jr Novice 8+
20 11:00 am	Mens Open Novice 8+
21 11:10 am	Womens Jr Ltwt 4+
22 11:20 am	Mixed Recreational 8+
23 11:40 am	Womens Jr 4+
24 11:50 am	Mixed 2x - no handicap
25 12:00 pm	Mens 2-
26 12:05 pm	Womens 2-

break	25 Min. Break
27 12:30 pm	Womens Open 8+
28 12:40 pm	Womens Masters 4+
29 12:50 pm	Mens Masters 2x
30 1:00 pm	Mens Jr 8+
31 1:10 pm	Mens Open 4+
32 1:20 pm	Womens Jr 8+
33 1:40 pm	Mens Ltwt 4+ (Open, Jr & Masters)
34 1:50 pm	Mens Masters 8+
35 2:00 pm	Womens Masters 8+
36 2:10 pm	Womens Rec 4+

break	30 Min. Break
sprints	Sprint Race Events
37 2:40 pm	Womens 4+ Sprint
38 2:45 pm	Mens 4+ Sprint
39 2:50 pm	Womens 8+ Sprint
40 2:55 pm	Mens 8+ Sprint



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Wealth  
 Management



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**VOLUNTEER COMMITTEE**

RACE RESPONSIBILITY	INDIVIDUAL LEAD
Apparel	Zita Varnelis
Athlete Village coordinator	Cara Sieberth
Awards	Jim Ridge
Auction	Anna Chanakas
Concessions	WRRRA Masters Team
Cox Meeting	Matt Previts
Dock Master	Russ Eckles
Finish Line	Jay Moldavani & CSRA Parents
First Aid	Eileen Gordon, Kathy Whitford, Mary Flood from WRRRA
Friday Night Course Sessions	Preya Nixon, Case and David Dressler, CSU
Friday Night Set up	Ron Dorchak and John Carroll Students
Launches & Drivers Training	Aaron Marcovy
Marketing & Media	Nikki DiFilippo, Zita Varnelis
Music & Entertainment	Erik Murdell
Parking	Ben Williams and St. Ignatius Parents
Pasta Dinner	Wendy Turkuc
Post Race Clean UP	Preya Nixon, Case and David Dressler, CSU
Pre Race Clean Up	Janet Clark
Pre Race Registration	Ann Ortega
RACE COURSE & Launches	Aaron Marcovy
Referee Liason	Cathy Reichel
Regatta After Party	Chris Kozak
REGATTA DIRECTOR	Theresa Gang
Results & Timers	Diane Shubeck, Karen Trimbball
Spectator Village Director	Tim Marcovy
VIP Tent	CRF Board – Kevin Roberts, Bob Valerian, Bill Braun, and Justin Rogers
Starting Line	Nora Murphy and Shaker Parents
Umpires/Course Spotters	SRL –Pam Walker, Carla Campanella
Visiting Team Accommodations	Jeff Scheid
Volunteers	Rebecca Osborne
Web Site	Aaron Marcovy



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Taft wishes  
smooth water  
to all regatta  
participants.

Bob Valerian and your friends at  
Taft support the Head of the  
Cuyahoga regatta and the  
Cleveland Rowing Foundation.

Taft/

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## ROWING QUICK FACTS

- Rowing is one of the original sports in the modern Olympic Games.
- Baron Pierre de Coubertin, founder of the modern Olympics, was a rower.
- Rowers were the third largest U.S. delegation (48 athletes) to the Olympic Games in 2000.
- Eight-oared shells are about 60-feet long - that's 20 yards on a football field.
- Rowing was the first intercollegiate sport contested in the United States. The first rowing race was between Harvard and Yale in 1852.
- Physiologically, rowers are superb examples of physical conditioning. Cross-country skiers and long distance speed skaters are comparable in terms of the physical demands the sport places on the athletes.
- An eight, which carries more than three-quarters of a ton (1,750 pounds), may weigh as little as 200 pounds. The boats are made of fiberglass composite material.
- Singles may be as narrow as 10 inches across, weigh only 23 pounds, and stretch nearly 27-feet long.
- The first rowing club in the U.S. was the Detroit Boat Club, founded in 1839.
- The first amateur sport organization was a rowing club - Philadelphia's Schuylkill Navy, founded in 1858.
- From 1920 until 1956, the USA won the gold medal in the men's eight at every Olympic Games.
- The first national governing body for a sport in the United States was for rowing. Founded as the National Association for Amateur Oarsmen in 1872, it was changed in 1982 to the United States Rowing Association.
- Yale College founded the first collegiate boat club in the U.S. in 1843.
- FISA, the first international sports federation, was founded in 1892.
- Dr. Benjamin Spock, the famous baby doctor, was an Olympic rower in 1924 and won a gold medal in the eight. Gregory Peck rowed at the University of California in 1937.
- Physiologists claim that rowing a 2,000-meter race - equivalent to 1.25 miles - is equal to playing back-to-back basketball games.
- A single sweep oar cost approximately \$350 per oar. A set of sculling oars cost approximately \$400 per set.
- A new 8 man racing shell cost starts approximately at \$22,000.



Head of the **HO TC** CUYAHOGA

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“Trials and general practice of law”

CRF Board member

Welcome to the Head of the Cuyahoga.  
Good luck to all our athletes!



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## ROWING FOR SPECTATORS

As a sport, rowing has two distinctive forms: sweep rowing and sculling. In sweep boats, each rower holds one 12 foot oar, facing “backwards” towards the stern of the shell. In the 19th century, crews of 2, 4, or 8 are most common. With coxswain in the stern of the boat, facing the crew – he or she is the only person in the shell who can see where the boat is heading. The job of the coxswain is to steer the boat, decide tactics and establish and maintain the speed and rhythm of the strokes of the rowers.

The other form of rowing is called sculling, where one or two rowers hold an oar in each hand, again sitting backwards. These oars are shorter than sweep oars, measuring 10 feet long. Scullers steer by turning their heads to see the course ahead or utilizing a rear view mirror. Both sweep and sculling crews sit on sliding seats that move on rails, with the rower’s feet placed into shoes on the inside, affixed to the bottom of the shell.

Rowing looks like an upper body sport. Although the upper body strength is important the power of the stroke comes from strong legs. Rowing looks graceful and fluid, but can result in “catching a crab” when the force of the water propels the oar out of the rower’s hand and over their head!

The racing shells themselves are light and streamlined, made out of a special

composite of honeycomb and fiber glass skin that is less than an eighth of an inch in thickness. For example, an 8-oared shell is sixty feet long, weighs less than 230 pounds and can carry a crew weighing as much as 1800 pounds.

There are eight rowing positions in a racing shell. Seats 1 and 2 are referred to as the bow pair (bowman is referred to as “bow”): they are the first in the boat to cross the finish line in a race. This pair is responsible to “set the boat.” Rowers in these positions must have smooth and fluid technique. Seats 3, 4, 5 and 6 are referred to as the power or engine room seats. Rowers in these positions must be large and strong. Seats 7 and 8 are referred to as the stern pair. They set the stroke for each side of the boat. The 8 seat is usually the hardest to row; it is referred to as the “stroke.” The coxswain is the eyes and ears of the boat. The coxswain has to be a good motivator because once the race begins, the coxswain is the only one who can talk to the rowers.

All three sections of the boat are equally important. A good winning boat consists of eight people rowing in unison under the direction of their coxswain.

Once the race has begun, only a referee may stop the crews. Since a head race is a race against the clock, the winning boat is the one whose bow crosses the finish line in the shortest period of time.

### GLOSSARY OF ROWING TERMS

**Bow:** The forward section of the boat. The first part of the boat to cross the finish line. The person in the seat closest to the bow, who crosses the finish line first.

**Lightweight:** Refers to the rowers, not the boats; there is a maximum weight for each rower in a lightweight event as well as a boat average.

**Oar:** Used to drive the boat forward: rowers do not use paddles.

**Port:** Left side of the boat, while facing

forward, in the direction of the movement.

**Rigger:** The triangular shaped metal device that is bolted onto the side of the boat and holds the oars.

**Starboard:** Right side of the boat, while facing forward, in the direction of movement.

**Stern:** The rear of the boat; the direction the rowers are facing.

**Stretcher or Footstretcher:** Where the rower’s feet go. The stretcher consists of two inclined footrests that hold the rower’s shoes. The rower’s shoes are bolted into the footrests.

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Join us for the

**POST-RACE AFTER PARTY**



**DATE / TIME :**

Saturday, September 19th  
 Arrive anytime after your last race

**LOCATION :**

**The Harp**  
 4408 Detroit Ave  
 Cleveland, OH 44113  
 (216) 939-0200

Parking is on both sides of the street near the restaurant,  
 plus there are 2 parking lots on either side of the building.

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**SPECIAL AWARDS**

**MARCOVY CUP**

introduced in 1990

Presented to first place winner Open Womens 4+

Named after Tim Marcovy, first President of the Western Reserve Rowing Association.

2008 Winner South Niagra Rowing Club

**CHRIS ERNST "A HERO FOR DAISY" AWARD**

Presented to the Women's 8+ (junior, open or masters) with the overall best time in honor of Chris Ernst, a former Yale and Olympic Rower is a noted advocate of women's sports.

2008 Winner Westerville Rowing Club Junior 8+

**IVANHOE BOAT CLUB AWARD**

introduced in 1996

# Presented to the Men's 4+ (junior, open or masters) with the overall best time in honor of the 150th Anniversary of Racing the Cuyahoga.

2008 Winner Western Reserve Rowing Association, Cleveland Ohio Masters 4+

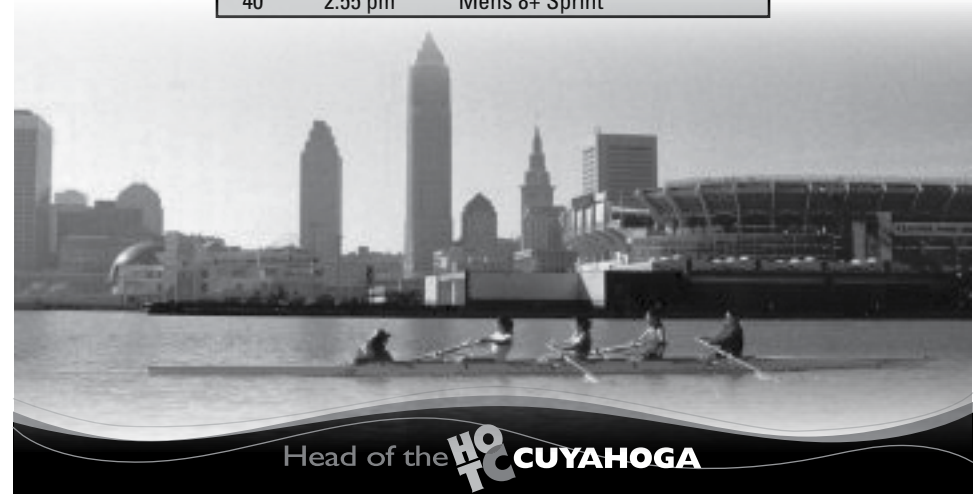
**OVERALL POINTS WINNERS**

**SPRINTS -NEW EVENT!**

The top 3 times overall from the Men's & Women's 4+ & 8+ across all categories are automatically entered into the Sprints for a NK SpeedCoach System worth \$199!

The sprint will be a 500 meter dash for the finish line! The finish will be in front of the docks of the boathouse and viewable from spectator village.

sprints		Sprint Race Events
37	2:40 pm	Womens 4+ Sprint
38	2:45 pm	Mens 4+ Sprint
39	2:50 pm	Womens 8+ Sprint
40	2:55 pm	Mens 8+ Sprint



Good Luck Rowers!



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## CLEVELAND ROWING FOUNDATION (CRF) MEMBER ORGANIZATIONS

<b>St. Ignatius</b>	Matt Previts	Head Coach
<b>Shaker Heights</b>	Bob O'Connor Nora Murphy Sharon Romilly	Head Coach President of Parents Coach
<b>Cleveland Scolastic Rowing Ass. CSRA</b>	Dave Yormick Jay Moldovanyi	Head Coach President of CSRA Board
<b>Hawken</b>	Brad Whitehead	Head Coach
<b>John Carroll</b>	Ronald Dorchak	Head Coach
<b>Case Western</b>	Preya Nixon Patty Wolford Miranda Cullins	Coach Coach Coach
<b>Cleveland State University</b>	Dave Dressler	Head Coach
<b>Baldwin Wallace</b>	Jeff Zabor Aaron Marcovy	Liason Coach
<b>Western Reserve Rowing Ass. WRRRA</b>	Kathy Whitford	President WRRRA



## 2009 SUMMER ROWING LEAGUE (SRL) SPONSORS

- |   |                                    |
|---|------------------------------------|
| <b>The Harp Irish Pub</b>                     | <b>Mulberry's Sports Bar</b>       |
| <b>The Old Angle Tavern</b>                   | <b>Grumpy's Café</b>               |
| <b>Nicholas Jewelers</b>                      | <b>Buckeye Beer Engine</b>         |
| <b>Hellenic Preservation Society of NE OH</b> | <b>Great Lakes Brewing Company</b> |
| <b>Paul R. Vecchio, D.D.S.</b>                | <b>Market Avenue Wine Bar</b>      |
| <b>Hooples Riverbed Café</b>                  | <b>McCarthy's Ale House</b>        |
| <b>The Happy Dog</b>                          | <b>Tremont TapHouse</b>            |
| <b>The Flat Iron</b>                          | <b>The SouthSide</b>               |
|   | <b>Whole Foods</b>                 |

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## SPECIAL GUESTS DR. ESSELSTYN AND PETE NORDELL, OLYMPIC ROWERS

Spectator Village at 11:30am at the Awards Tent

### DR. ESSELSTYN

A special guest appearance will be made by Dr. Caldwell Esselstyn, who rowed in the 6 seat and was a 1956 Olympic Gold medalist in rowing. Says Dr. Esselstyn, "How has the Olympics influenced my life since? For some athletes an Olympic Gold Medal is the pinnacle of their life. I viewed it as a springboard. The experience provided the utmost in confidence, belief in one's self, the rewards of total effort, personal courage, and most importantly persistence." Dr. Esselstyn will bring his gold medal for viewing and will be speaking at 11:30am about his Olympic experience at Spectator Village. He is currently a Preventive Medicine Consultant at the Cleveland Clinic Wellness Institute.

### PETE NORDELL

Oarsman Peter Nordell '88, who had never rowed before arriving at Yale, joined the men's heavyweight crew team his freshman year as a walk-on. Nordell quickly excelled at the sport, made the National Team his sophomore year, and traveled to South Korea for the 1988 Olympics the summer after his senior year. "Any way you look at it, Yale was pretty influential," said Nordell, whose U.S. team won bronze in Seoul.

Nordell said the encouragement of Yale's crew coaches propelled him to the Olympic stage. His freshman year coach convinced him to pick up an oar, while head coach Tony Johnson, who owned one of only four trial rowing machines, submitted Nordell's name and statistics to the national team.

Peter spent three summers on the US Team, and 2 of them in the US Mens 8. In 1987 his crew won in Copenhagen Denmark, and in 1988 brought home a bronze medal from the Seoul Olympics. He continues to row in the Head of the Charles annually with the 1987 crew, nicknamed 87Gold RC.



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**WE THANK ALL THE REFEREES FOR MAKING THIS REGATTA POSSIBLE.**



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