

January, 2007



## Coach's Corner

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**Strokewatch** is the newsletter of the UCLA Men's Crew. Its editor & publisher is Rob Justus '75.

I first want to thank everyone who welcomed me and made me feel at home as a new member of the Bruin rowing family. It has been a great experience thus far, and I am very excited about the upcoming racing season.

### Fall '06

As we prepare for the start of the spring season, here is a brief look back at my first fall at UCLA...I enjoyed a large returning group of oarsmen from last year's squad with the addition of a few transfers and high school recruits. The group is motivated, eager to learn and highly athletic which made my job much easier than it could have been.

Our on-campus fall recruiting effort produced an initial turnout of 85 candidates; of these we finished the fall semester racing with four 8s of novice oarsmen and coxswains. Our three assistant coaches, Greg Everett, Patrick Joseph, and Sean Glazier deserve a lot of credit for this excellent level of retention.

During the fall, we had scrimmages with Loyola and USC in which the Varsity 8 easily handled the competition. Our only fall race was the Newport Autumn Rowing Festival in which the entire squad participated. Read about the results on the website:

[www.uclamensrowing.org/articles/2006-1.tpl](http://www.uclamensrowing.org/articles/2006-1.tpl)

### Spring '07

This year our goals for the spring are to:

- 1) have four 8s rowing and developing,
- 2) beat all our non Pac-10 West Coast competition and,
- 3) be competitive in all four events at the Pac-10 Championships.

These are challenging but realistic and attainable goals.

The 2007 racing schedule will have a lot of the familiar events with two additions. On April 20 the Varsity 8 will travel to Oak Ridge, Tennessee to compete in the Southern Intercollegiate Rowing Association Championships. The Crew will see excellent competition from all over the Midwest and East Coast. This is a great regatta and will be a good experience for the Crew and will also provide good recruiting exposure for the program.

In addition, the first weekend in June the Bruins will return to the IRA for the first time in a few years. The IRA will be a regular part of our schedule from now on. It is likely that during the season we will have at least one of our recruited freshmen in the Varsity 8; if this is the case, we will probably take to the IRA only a Varsity 4 and Frosh 4. This is because the IRA still doesn't allow freshman to row in the Varsity 8 event...the "caveman rule".

It should be noted that for the first time in history, the 2008



Coach Paul Mokha

IRA will be at Lake Natoma in Sacramento. This is great for West Coast men's rowing and our resurging program! If you were not aware, there is an alumni race during the regatta that has become very competitive. I expect to see several UCLA entries, so start training. You will have your first 2K ergometer test in October to start the selection process!

Our team is young, motivated and committed...good ingredients for an exciting season. I hope many of you come out to support this year's Crew at our various regattas and get a chance to see these fine young men compete. I have had the privilege of having several alumni visits this fall and hope to have many more. If you happen to be in Los Angeles, come by the boathouse and watch a practice. You are most welcome. I can be reached at: [pmokha@ucla.edu](mailto:pmokha@ucla.edu) or 310-822-8168.

**Go Bruins!**

## Alumni/Parent Weekend 2007, March 10<sup>th</sup> & 11<sup>th</sup>



1989 Pac-10 Champions

**Alumni Weekend, March 10th & 11th, 2007. Recognizing retired Coach McMahan and the Pac-10 three-peat champions '87, '88, '89.**

Alumni/Parent Weekend gets underway starting with the Crew's first race, the Loyola University Lions. The race will be held March 10th, Saturday morning at Ballona Creek (schedule will be posted at [www.uclamensrowing.org](http://www.uclamensrowing.org)).

Saturday night, the Alumni/Parent Banquet will again be held at the California Yacht Club in Marina del Rey. The year 2007 marks the 20th anniversary of the first season of the Bruin's "three-peat" PAC-10 Champions of '87, '88 and '89. Come to the Banquet to hear the story of the most successful Bruin Crews in our

history. We are also recognizing retired Head Coach Erinn McMahan's valuable contribution to the Men's Crew after ten years of dedication to the program.

That night we will christen the Crew's newest racing shell, the acquisition of which was made possible by a generous gift from Lisa Cundall, wife of Steve Cundall '89. At the Silent Auction the nine seats of the newly christened Varsity boat will be "sold" to the highest bidder. Each winner will have his name (or inscription) placed on the gunwale of his seat for one year.

The naming rights of a new racing four will also be auctioned off.

As in prior years, Sunday morning at the boathouse will feature Alumni races (750 meters) and a family BBQ. Bring the entire family and share with them this chapter of your life!

Mark your calendars! Contact your teammates! This year's annual Alumni and Parent Weekend is shaping up to be bigger than last year's. You can go to our website at: [www.uclamensrowing.org/alumni.tpl](http://www.uclamensrowing.org/alumni.tpl) to RSVP. Contact Paul Steinke at [paulcsteinke@gmail.com](mailto:paulcsteinke@gmail.com) with any questions.

## Reunion for Classes of '76, '77, '78, and '79



1977 Crew

Oarsmen and coxswains from the classes of '76, '77, '78 and '79 will reunite for cocktails and hors d'oeuvres at the California Yacht Club on Saturday, March 10, 2007, at 4:30 p.m., immediately prior to the Alumni/Parent Banquet. Please plan to join us at the event and bring your families, as well as pictures and stories from our racing years. We will also set a boat of our era oarsmen for the alumni race day the

following morning. No seat races required. Just let us know that you want to row with your teammates and we will do the rest.

Please contact Tim Powers (214.651.5610 or [timothy.powers@haynesboone.com](mailto:timothy.powers@haynesboone.com)) if you plan to attend the cocktail reception and/or if you want a seat in the boat on Alumni Day, March 11th.

## Masters Rowing

A regular event at the annual IRA National Championships is the 2,000 meter Masters-

Alumni 8-oared race in which the boating is done by school.

In June of 2008 former Bruin oarsmen and coxswains of all ages will have the opportunity to line up against the crews that you raced when you rowed for UCLA. The Intercollegiate

Rowing Association (IRA) has recently decided that for 2008, the IRA National Championships will be held for the first time on the West Coast, at Lake Natoma, home to many Pac-10 regattas.

This event has been met with great enthusiasm by the rowing community, and the regatta may have to be expanded into 'A', 'B' and 'C' competition categories or handicap the race based on age.

This means that former UCLA oarsmen may represent the UCLA Bruin in 2008, but more importantly it means that we have two years to prepare to

race Yale, Harvard, Cal, Washington, Brown, Princeton, Stanford, and USC alumni for a national championship.

Of the 1,000+ Bruin oarsmen that have passed through our boathouse doors, only about a dozen are still rowing at masters events with any regularity. Wouldn't it be wonderful to start discussing the event among our brethren and put together a few "decade" boats from UCLA's past?

If you have been thinking about what it would be like to race again, here is your chance to represent UCLA on the water once again. **Go Bruins!**



1973 IRA Varsity Four Champions

# Meet Lisa Cundall - UCLA Men's Crew Supporter

The UCLA Men's Crew has recently become the beneficiary of a generous gift from Lisa Cundall, the widow of UCLA oarsman Steve Cundall '89. Lisa's generosity will enable the Crew to purchase a new racing shell every 5 years...starting with a new shell in 2007. In addition, Lisa is volunteering a great deal of her time to help rally and organize Steve's teammates. We asked Lisa to share with us what motivated her to help the men.

**Strokewatch:** *Tell us a little about Steve.*

**Lisa:** I am sure many of you know more of the details than I do about Steve's rowing career. What you may not know is that, though he wasn't one for endless chatter, he always lit up and got very involved whenever the question of crew came up. I had never encountered rowing/crew/racing and was not aware of what was involved. Frankly, the first time he took me to the boat house, I thought it was going to be something like "watching the submarine races."

What I can tell you is that rowing was never far from Steve's mind. His crewmates have been a big part of his life and he always appreciated hearing from them. The discipline and dedication he learned from the 5am training (or was it 4am?) served him well through his career, keeping him on a project until he saw it through, no matter what it took.

**Strokewatch:** *When did you first*

*encounter FOUR?*

**Lisa:** Steve started an e-mail group a year or so before he died to try to get previous crew members talking to one another. After the disappointment of having the program crumble – twice – he felt it was important to get the guys to be active in seeing what could be done to make sure the program would not disappear altogether.

I have to admit that when he told me he thought he would like to pitch in financially in a significant way (he thought he would like to do something insane like buy the team a boat!!) I told him he was nuts, since, to my mind, UCLA is a public school supported with tax dollars. I thought our money would be better used donated to a private institution that did not benefit from the dollars we continually pay in taxes.

**Strokewatch:** *What changed?*

**Lisa:** I was invited to come to the Alumni/Parent Banquet in 2005. I had been talking with one of Steve's crewmates about wanting to meet more of the guys he rowed with, since the kids are so fascinated with his rowing photos and medals. I was hoping to see this great big group of [great big] guys who rowed with Steve and find out how to get in touch so my kids could hear some of the stories they would miss otherwise. Unfortunately, there weren't too many of Steve's contemporaries there, but there were guys there from other years and they

all were somewhat like Steve – loyal; successful; a bit loud and boisterous, but not out-of-control; I think that was when I realized how much of the man he was came from rowing and being part of the Crew program...And then I started thinking how much I want my kids to be like that...

I know my daughter Abby will have a shot at rowing when she gets to college – having "Big Craig [Webster]" as a sort of uncle and co-incidentally, assistant women's coach at USC ought to be a bit of a help; I hope the opportunity will exist for Devin. It would be a real loss and injustice if my son (and his peers) do not have the opportunity to learn the skills, gain the strength and develop the integrity it takes to get up in the dark and row till it hurts...and then some, go to school, and then do it all again the next day...only because the Men's program is allowed to dissolve because of lack of support.

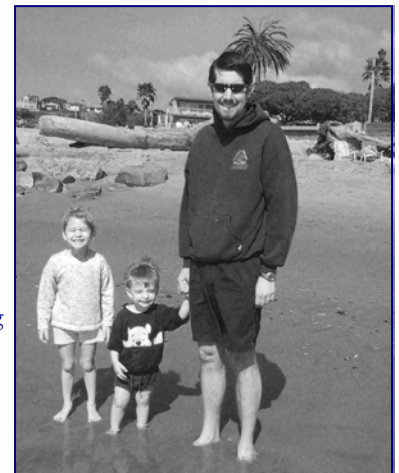
I am not going to force either of my kids to do anything, but I hope with all my heart that they follow in their daddy's footsteps and grow to be strong, dedicated, hard-working and with a sense of humor and I will do everything in my power to help make this program a success.

**Strokewatch:** *From our hearts we thank you for your generosity and support.*



*Lisa and the Kids*

After the disappointment of having the program crumble – twice – he felt it was important to get the guys to be active in seeing what could be done to make sure the program would not disappear altogether.



*Steve and the Kids*



*Newport Autumn Rowing Festival Squad, November 2006*





*1970 Pac-8 & Western Sprint Champions*

## 2007 UCLA Men's Crew Schedule

March 10	Loyola Marymount	Ballona Creek
March 17	UC Irvine & San Diego State	Ballona Creek
March 31, April 1	San Diego Crew Classic	San Diego
April 20-22	Southern IRA Championship	Oak Ridge, Tennessee
April 28	USC	Ballona Creek
May 12	Pacific Coast Rowing Championship	Lake Natoma
May 13	Pac-10 Championship	Lake Natoma
May 31- June 3	IRA Championship	Camden, New Jersey

## We Can't Thank Enough Those Who Support the Crew!

### **Gold Medalist:** **\$20,000 or more**

Allen Bailey  
Lisa Cundall  
Mike Hatley  
John Nelson  
Julian Wolf

### **Olympian:** **\$10,000-\$19,999**

Tim Powers

### **National Team:** **\$5,000-\$9,999**

David Arnold  
Andy Bacas  
Barry Berkett  
Stephen Bohlmann  
Alex Frasco  
Duncan Henderson  
Augie Johnson  
Kurt Kohler

### **IRA Champ:** **\$2,000-\$4,999**

Kingston Cable  
Joel Coster  
Bill Dyer  
Tim Emanuels  
Thomas Humphrey  
Charlie Jackson  
Charles Joseph  
Rob Justus  
Bruce Kroyer  
John Lopuch  
Rick Love

Robert Swartz  
Norm Witt

### **Pac-10 Champ:** **\$1,000-\$1,999**

Peter Aude  
Peter Biocini  
Edward Bold  
Edward Borgens  
Brian Boxer-Wachler  
Edward Cleland  
Kevin Curran  
Mitch Henderson  
Jim Jorgensen  
Rudolph Massman  
J.E. McAmis, Inc.  
David Nelson  
Bob Newman  
Dennis Phelan  
Jack Salyer  
Kevin Still

### **Varsity Boat:** **Under \$1000**

Lawrence Aabel  
Malcolm Abzug  
Philip Baker  
Bob Barry  
Jeffrey Baus  
Roger Bell  
Mike Bennett  
Larry Bennigson  
Sandy Bettelman  
Susana Bice  
Christian Boehmer  
Mark Breeding

Joel Breman  
Geoff Bremer  
Steve Broudy  
Burleigh Family  
Kevin Burns  
Bruce Cadman  
Scott Case  
John Cooper  
Patrick Cotter  
Wanda Cox  
Cramer Family  
Raymond Curran  
Dekker Family  
Patrick Delaney  
Nicholas DeSantis  
Dick Dulgarian  
El-Saden Family  
Mark Ellis  
Douglas Engh  
Edward Essick  
James Everett  
Dave Fahmer  
Mark Fall  
Farkas Family  
Faucher Family  
Robert Frassetto  
Damian Gallagher  
Rick Galliard  
Robert Gillen  
Tim Glidden  
Scott Goodwin  
Philip Goulding  
David Grant  
Paul & Gloria Griffin  
Mark Griswold  
Kempton Hall

Michael Harris  
Warren Hayes  
Lorraine Henderson  
Chris Hirth  
David Hooker  
William Houghton  
Charles Hughes  
Gordon Hunter  
Irvine Company  
Robert Izeman  
Ken Jablonski  
Ray Jenks  
Michael Jensen  
Mark Johnson  
Rod Johnson  
Louise Jones  
Nancy Jones  
Douglas Keller  
Rick Kieser  
Kitch Family  
Mark Koch  
Arthur Kochman  
Michelle Kunkel  
Tom Larson  
James Lasswell  
Milan Lazich  
Craig Leeds  
Guy Lohead  
Ronald Lovely  
David Lubarsky  
Mike Lynch  
Patrick Lynch  
Douglas MacInnis  
Richard Maire  
Carl Marscellas  
Marchewka Family

Todd McAteer  
Jim McShane  
David Mead  
Mendenhall Family  
Wallace Merryman  
Anne Meyer  
Frank Meyer  
Jack Millikan  
Patrick Moran  
Kia Mortazavi  
Andrew Murphy  
Gary Nelson  
Robert Nelson  
James O'Donohue  
Larry Offner  
Terry Oftedal  
Elliot Olson  
George Pardee  
Rita Pichler  
Don Pierro  
Kevin Pifer  
Lyle Randles  
Daniel Reynolds  
Steve Richardson  
James Ries  
Greg Rinehart  
Annie Rohan

John Scanlin  
Eddie Shelldrake  
Glenn Sherman  
Charles Shryock  
Bob Sire  
William Smith  
Guy Speers  
Roydon Steinke  
Mike Still  
Geoffrey Strand  
O'Rourke Swinney  
Andrea Tapia  
Leonard Thomas  
Craig Tilson  
Ching Tu  
Dean Turner  
Kerry Turner  
Wayne Vincent  
Patrick Walsh  
Craig Webster  
Lynne Welch  
Lyndsey Wells  
Steve Wolf  
Helen Wong  
Joe Woo  
Angela Wu  
Gary Yetter

This represents cumulative gifts to the UCLA Men's Crew From July 1, 2001 through January 15, 2007.

In addition, numerous people have made donations of auction items to our Annual Silent Auction. These names are not included in the above listing. Such donations are very much appreciated and we thank you all as a group for your profound generosity!



*1990 Bronze Medalists—National Collegiate Championship Regatta*

# Working Out

Editors Note: In this and the next Strokewatch, we are featuring workout devices unique to the sport of rowing. In this edition, we look at two devices used at UCLA in the 60s before ergometers. In the next edition, we will feature two devices, one a forerunner of modern ergometers, and the other our beloved "widow maker" from the 70s.

### The Harnesses:

During the Bissett years of 1964-68, the Crew performed land workouts that involved a torture device popular among football programs of that era, viz., the "Exergenie".

The Exergenie consisted of a rope which was pulled through a pulley, enclosed in an cylindrical housing, the friction of which was adjustable (in terms of lbs.) thereby providing variable resistance to the oarsman doing the work. The oarsman

doing the workout was "assisted" by another oarsman who would feed the other end of the rope through the appliance at varying rates of feed; the slower the feed, the greater the resistance and resulting distress for the oarsman doing the exercise.

In the top photo on the right we see an oarsman wearing a harness with rope attached as he attempts to run and pull the rope through an Exergenie. If you look closely enough, in the background you can see one of his teammates, the "assister", feeding the rope slowly through the Exergenie as he tries to pull the rope through the device.

### The Rowing Sleds:

Creative uses were found for the Crew's Exergenies. From the mid 1960s through the early 1970s they were employed in conjunction with a

rowing simulator, the "sleds".

As can be seen in the middle photo on the right, the sleds comprised two opposing slides on tracks, boot stretchers, and two oar handles to which were attached each end of the rope that passed through the Exergenie. The Exergenie is seen in the middle of the sled. As was the case with the "harness", one man would try to pull the rope through the Exergenie by pulling on the oar handle (attached to his end of the rope) while his teammate would feed the rope slowly through the Exergenie, all the while providing him words of encouragement. In the third photo on the right, we see Bob Newman (1967 Western Sprint Champion - 1971 U.S. National Team Pair With - UCLA Head Men's Crew Coach '80-'85) working out on one of the sleds.



Is this "Mad Dog" Sims?



Rowing Sled Circa 1968



Bob Newman, '68

# Can You Volunteer?

The Friends of UCLA Men's Rowing (FOUR) is looking for enthusiastic alumni, family and friends willing to volunteer their time to help the Men's Crew. FOUR has established committees to plan the Parent/Alumni Weekend, keep

the website current and fresh, administer its fundraising efforts, and report and publish the Strokewatch. If you have a few hours a month to help on one of these committees, FOUR would love to hear from you.

Interested? If so, send an e-mail with your name, address and areas of interest to FOUR President Alex Frasco at: [alex@bfcpas.com](mailto:alex@bfcpas.com). You'll be contacted to discuss available opportunities.



1957 Varsity Crew. Left to Right: Bow-Jeff Baus, 2-Jim Sternberg, 3-Jim Harris, 4-Jay Smith, 5-Allen Bailey, 6-Bart Jacobs, 7-Larry Bennigson, Stroke-Bob Billings / Cox: Jan Humble. Identification provided by Ed Borgens '61, Allen Bailey '59 and Jeff Baus '59.



1935 Crew

Friends of UCLA Men's Rowing  
c/o Alex Frasco  
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San Francisco, CA 94105

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UCLA Men's Rowing (FOUR)

## About FOUR and Your Contributions

The Friends of UCLA Men's Rowing (FOUR) provides financial support and assistance to the UCLA Men's Crew. The Men's Crew is wholly self-financed by the oarsmen, alumni, and friends and for the program to continue to grow and prosper, it is vital that new sources of revenue be found.

Today each UCLA oarsman must pay roughly \$600/year in order to row; this figure covers approximately one-half of the per oarsman cost of equipment, travel, salaries, uniforms, etc. The balance of the annual operating budget must be made-up with contributions of donors. In order to ensure that the young men who want to row have the possibility of having the rich rowing experience that we had, you can help

by sponsoring an oarsman for a year by donating \$600.

These are extraordinary times for the UCLA Men's Crew. This new era begins with an exceptional coach, an enthusiastic resurgence of support by alumni and most importantly the Crew's commitment to explore the potential of its members.

One of the most important functions of FOUR is building an endowment, the UCLA Men's Crew Forever Fund. A gift to the endowment will provide for the program in perpetuity.

Your contribution...ALL CONTRIBUTIONS...(to the endowment or to our annual operating fund) are needed and appreciated! To contribute to

the UCLA Men's Crew Forever Fund, please indicate on your check that you would like your contribution to go toward the endowment. Your check should be made payable to "FOUR" and mailed to:

Friends of UCLA Men's Rowing  
575 Market Street, Suite 2000  
San Francisco, CA 94105

FOUR is a non-profit organization as defined in Section 501(c)(3) of the Internal Revenue Code and is affiliated with the UCLA Alumni Association. Funds raised by FOUR become part of the UCLA Foundation. Your donations to FOUR are tax deductible.

