

THE SPORT OF ROWING

83. Lake Washington Rowing Club

Early Years – 1960 Coxless-Four

During the 1950s, as the influence of the philosophy of **George Pocock** became more and more evident in the crews of Tom Bolles, Rusty Callow, Joe Burk and Stork Sanford, and after **Stan Pocock**'s success working with the Stanford coxless-pair³⁴⁷¹ and coxed-pair³⁴⁷² and the Washington Athletic Club coxless-four³⁴⁷³ prior to the 1956 Olympics, Seattle increasingly became a Mecca for athletes seeking Olympic glory.

Georg N. Meyers, Sports Editor of *The Seattle Times*: “On an August afternoon in 1958, **Dan Ayrault** and **Ted Frost** collared an interested listener and made a two-way speech.

“Rowing talent is going to waste here,” said Ayrault, then a Navy lieutenant from Tacoma and a Gold Medal winner in the 1956 Olympic Games in Melbourne.

“After four years, a college oarsman has just reached his prime,” said Frost, a Seattle accountant and 1954 captain of the University of Washington crew.

“We have provided no means of keeping oarsmen in competition in an area which is the natural place to furnish this country’s best rowers for international events.”

Ayrault, an ex-Stanford oarsman, and Frost rounded up all the ex-college paddlers they could unearth — most of them ex-

Huskies — and formed the **Lake Washington Rowing Club**.³⁴⁷⁴

The 6’4” 193cm 190lb. 86kg **Ayrault**, Conn Findlay’s 1956 partner in the coxed-pair,³⁴⁷⁵ and the 6’4” 194cm 205lb. 93kg **Frost** immediately recruited **Stan Pocock** to coach the new LWRC and **Harry Swetnam**, strength trainer at Shultz’s Gym in downtown Seattle, to supervise land training.

LWRC soon accommodated grads from Washington, Cal, Stanford and several Eastern colleges, many of whom were members of the armed forces who had been stationed in Seattle in order to train for the Olympics. For their boathouse, they refurbished a lean-to against the back of an old hangar³⁴⁷⁶ around the corner from the new Conibear Shellhouse.

Stan Pocock: “The old lean-to had formerly served as the varsity and lightweight dressing rooms when the UW crews used the hangar [as their boathouse in the 1930s]. LWRC were loaned the use of it and had to clean out all the accumulated gunk and build racks for the shells.^{3477,,3478}

³⁴⁷⁴ Georg N. Meyers, New Crew Capital, No Waste Talent, *The Seattle Times*, July 9, 1960

³⁴⁷⁵ See Chapter 82.

³⁴⁷⁶ It is now known as the **Canoe House** and is clearly visible from Route 520, Evergreen Point Floating Bridge.

³⁴⁷⁷ **Ted Nash**: “Stan did all of the skill-work, and our twenty men simply carried lumber and watched the master at work!” personal correspondence, 2006, 2007

³⁴⁷⁸ S. Pocock, personal correspondence, 2009

³⁴⁷¹ See Chapter 81.

³⁴⁷² See Chapter 82.

³⁴⁷³ See Chapter 81.

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Meyers: “[Of the nineteen entrants in the 1960 Olympic Trials,] all have full-time occupations, including winning bread for twelve wives and six children.”³⁴⁷⁹

Rowing Coverage in Seattle

During the first half of the 20th Century, rowing received unprecedented coverage in the Seattle press. Rarely has a city so embraced its rowers as Seattle did during this era. The University of Washington was covered throughout their training, during their dual meets with California and their trips east to the IRA, and there were daily articles, columns and opinion pieces during their participation in the 1936, ‘48 and ‘52 Olympics. When the Huskies sent their crew to Henley and Moscow in 1958, a local television station sent young local sportscaster **Keith Jackson** along to cover the trip for the home viewers.³⁴⁸⁰

Several Seattle newspaper columnists actually contributed to rowing history. **George Varnell** of *The Seattle Daily Times* ran a contest that named the Conibear Stroke during the 1920s,³⁴⁸¹ **Royal Brougham** of the *Seattle Post-Intelligencer* referred to himself in print as “Your Old Neighbor” as he wrote daily articles quoting his good friend Al Ulbrickson from Henley and Moscow, and **Georg N. Meyers**, Sports Editor of *The Seattle Times* during the 1950s and ‘60s, wrote columns from the Olympic regatta courses in 1960 and 1964.

In Rome, Meyers was instrumental in helping organize a scrimmage between the

selected eight from Annapolis and a pickup eight made up of members of Lake Washington Rowing Club competing in other events.³⁴⁸² As we shall see in Chapter 90 on the Navy Eight, that informal race may well have had a significant impact on the Olympic results.³⁴⁸³

Meyers called LWRC “**the Lakers**” and covered them the way NBA teams are covered a half century later.

Early LWRC History



The Seattle Times

Georg N. Meyers

One of the first to join Lake Washington Rowing Club in 1958 was 6'4" 193cm 194lb. 88kg **John Sayre**, stroke of the 1958 University of Washington Varsity.

Teammate **Ted Nash**: “John was without a doubt the best and toughest stroke I ever rowed behind.

“After Washington’s ‘58 Moscow victory,³⁴⁸⁴ I knew I wanted to row with John, but I wasn’t sure I could make the top LWRC boat, where I knew he would come to rest. I was not by any means a technical wizard. I ran on endurance and just hoped I could get a shot at his boat.

“John led by example. He was physically strong, had a great sense of leverage, and what I liked most was that he was happy to raise the rate until everyone else folded.

“When John decided to ‘go,’ our four went! John had two gears, race and super race, and all of us in the boat had better be ready. If John was a length up or three

³⁴⁷⁹ Meyers, op cit.

³⁴⁸⁰ See Chapter 89.

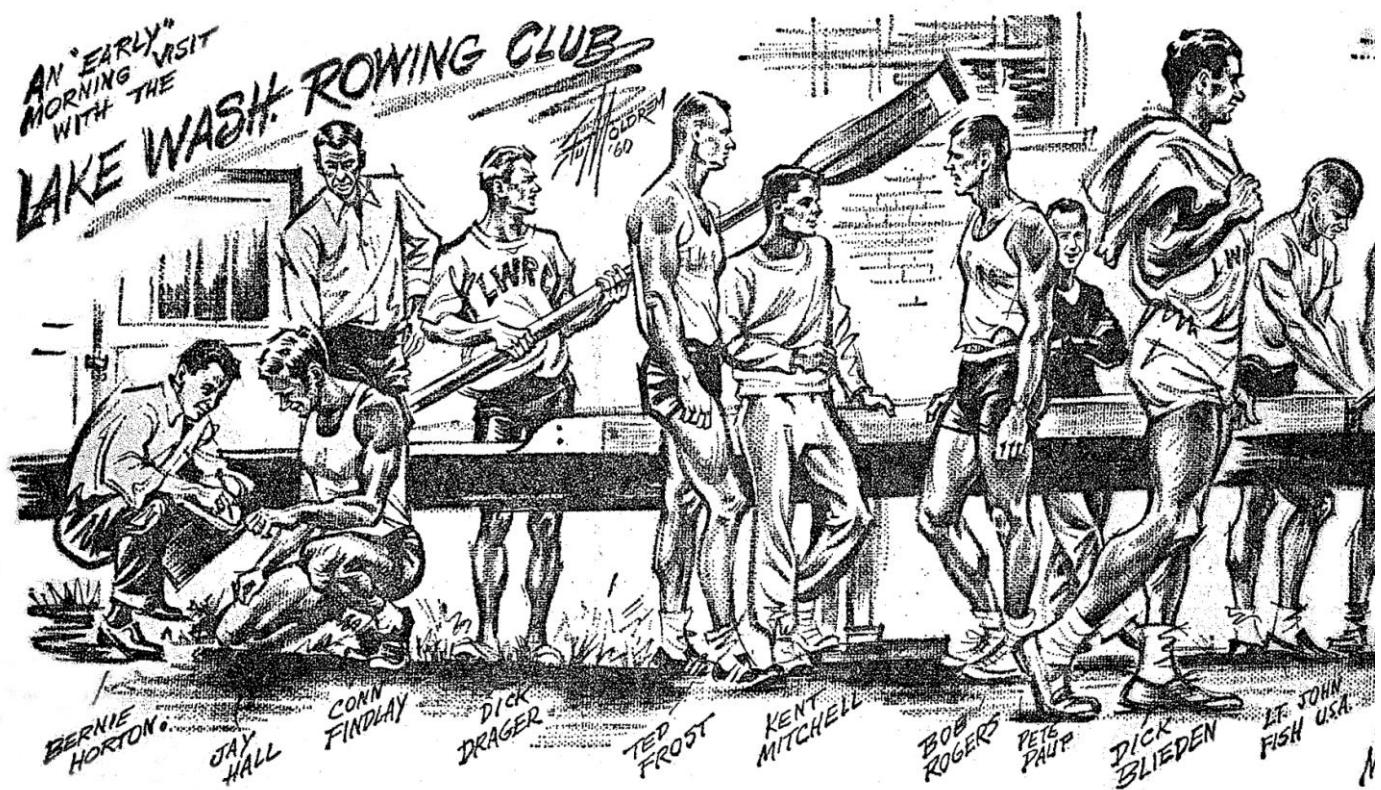
³⁴⁸¹ See Chapter 46.

³⁴⁸² Stan Pocock: “The ‘secret’ practice race was actually organized by Navy Coach Lou Lindsey and myself.” – personal correspondence, 2009

³⁴⁸³ See Chapter 90.

³⁴⁸⁴ See Chapter 89.

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Stu Moldrem, *Seattle Post-Intelligencer*

Lake Washington Rowing Club, prior to the 1960 Olympic Trials

lengths down, I'm not sure there was any alternative possible in his head. He simply threw the switch, and it was time to win.

"Some of his puddles may still be swirling out by Lighthouse Point on Lake Washington. He made memories for a lot of us.

"Stan Pocock used to say, 'If you want to be in our top boat, each of you needs to be asked for by the others, as I only want a crew that has confidence in all members.'

"We all knew who would stroke the boat. John Sayre."³⁴⁸⁵

Stan: "At the outset, I told all those turning out that they would have to pick

their own lineups. I wasn't going to get stuck with doing that!"³⁴⁸⁶

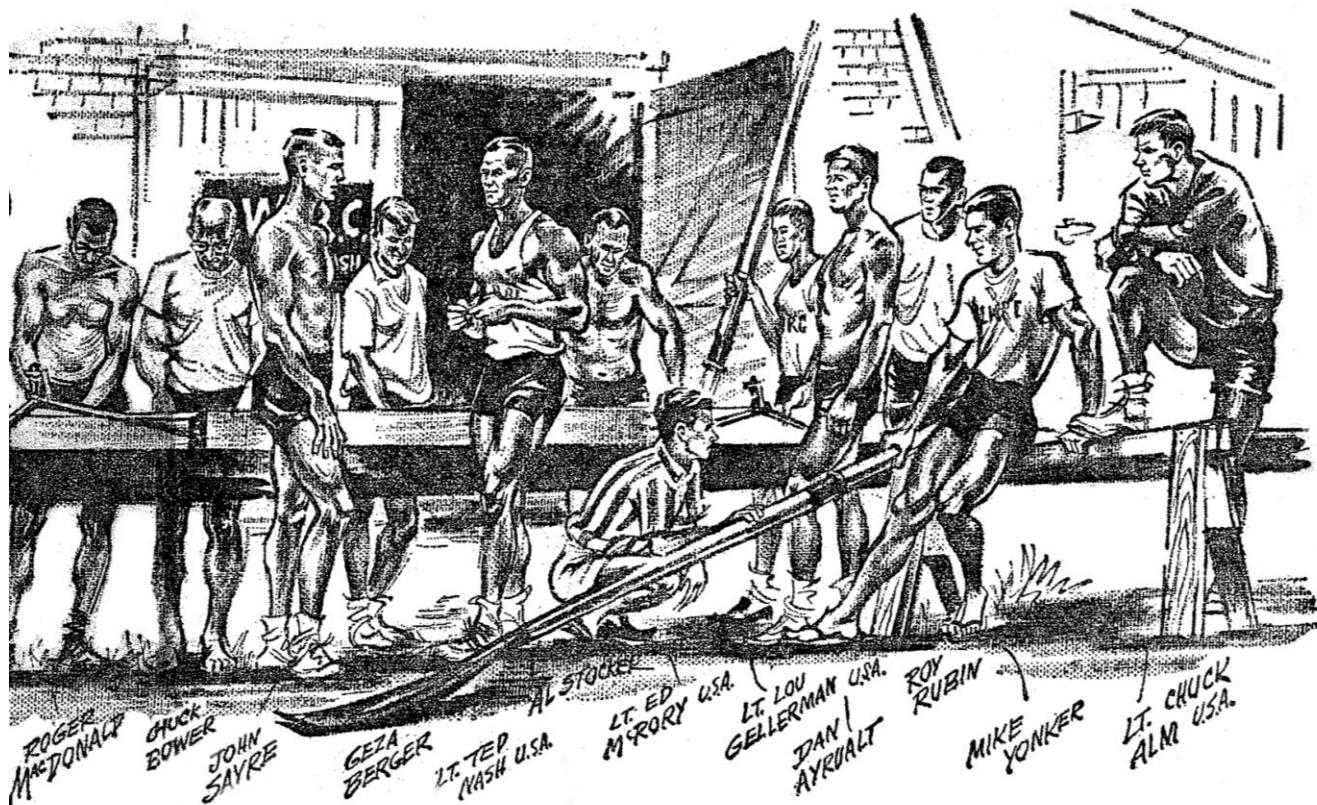
In 1959, LWRC sent two coxed-fours, a coxless-four and a coxed- and coxless-pair to the Pan-American Games Trials in Detroit. Sayre stroked the coxless-four:

Sayre: "We were on the Detroit River for the Pan-Am Trials. One of our boats lost the first race when they shouldn't have, so Stan goes out and drifts blocks of wood down each lane because Lake Washington had been assigned Lane 5 or 6 in each race, while Detroit Boat Club got Lanes 1 or 2. The drifting blocks showed the Lane 1 side was considerably faster. There were currents and sand bars and whatever, and so it was a fixed race in our view.

³⁴⁸⁵ Nash, personal correspondence, 2007

³⁴⁸⁶ S. Pocock, personal correspondence, 2009

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Stu Moldrem, *Seattle Post-Intelligencer*

In 1960, LWRC represented the U.S. in both pairs and both fours.

"When we got to our race, we were so mad we couldn't see straight. We took off, caught a huge crab, took off again, smacked into Vesper, pulled away and tried to get ahead of them, and smacked into them again. I saw a huge piece of oar go flying in front of me and thought, 'I hope that's not one of ours!'

"The ref came over and said, 'Lake Washington, you do that again, and you're disqualified!' and **Jay Hall**, our bow-man, yelled '[Have a nice day!]' at the top of his lungs back at the referee.

"We eventually got past Vesper and cut across five lanes and all the other crews to get over to Lane 2. Nobody said boo. The referee disappeared, never to be seen again.

"Detroit Boat Club was in the lead at the time, and I think we won the race by about

two feet. We had probably rowed about 2,500 meters!

"Not exactly my favorite race . . . but my favorite memory!"³⁴⁸⁷

Despite the lanes, three LWRC boats, the coxless-pair and both fours,³⁴⁸⁸ qualified for the Pan Am Games. Only a fluke wash from a Coast Guard cutter in the coxed-pair Trials prevented Conn **Findlay**, his latest partner, **John Fish** from the UW, and coxswain **Pete Paup** from joining them.

All three Lake Washington qualifiers won Gold Medals in the 1959 Pan American

³⁴⁸⁷ Sayre, personal conversation, 2007

³⁴⁸⁸ The coxed-four was actually a Green Lake high school crew coached by Don Voris. They were included in the LWRC effort after beating some of the regular LWRC coxed-fours.

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Games in Chicago, including LWRC co-founder **Ted Frost** in the coxless-pair.

Ted Nash: "In 1959, **Dan Ayrault** was not yet fully in shape after the service, and he did not make the Pan American Team. He shook all our hands and wished us good luck, and then he said, 'I'll be ready for a seat next spring,' and he was, too. When we resumed in early fall, Dan began to systematically beat all of us, and there was no doubt that he would be in the boat when trials time came around.

"Our coach, Stan Pocock, knew this well ahead of us. Dan was a force that moved us to higher energy and intense levels of training, and his leadership made him the captain of our team."³⁴⁸⁹

The 1960 Coxless-Four

By the 1960 Olympic Trials, Lake Washington's dominance was complete. They won *all* the sweep small-boat Olympic trials, both pairs³⁴⁹⁰ and both fours, a feat never equaled, before or since, by a single club.

The LWRC coxless-four, their 1960 priority boat, was an all-star squad:

As expected, in the stroke-seat sat 6'4" 193cm 194lb. 88kg **John Sayre**, 24, UW varsity stroke at Henley and in Moscow in 1958³⁴⁹¹ and 1959 Pan Am Champion in the coxless-four.

In the 3-seat was 6'6" 197cm 194lb. 88kg **Rusty Wailes**, 24, who had rowed 7 in the 1956 Yale Olympic Gold Medal Eight³⁴⁹² and 1959 Pan Am Champion in the coxless-four.

³⁴⁸⁹ Nash, op cit.

³⁴⁹⁰ After 1960, the Findlay coxed-pairs would officially represent Stanford University Crew Association while they continued their relationship to LWRC and Stan Pocock.

³⁴⁹¹ See Chapter 89.

³⁴⁹² See Chapter 69.

In the 2-seat was 6'4" 193cm 190lb. 86kg **Ted Nash**, 27, from Boston University, University of Washington and the U.S. Army and 1959 Pan Am Champion in the coxless-four.

In bow sat the only addition to the 1959 LWRC Pan Am Champion four, 6'4" 193cm 190lb. 86kg **Dan Ayrault**, 25, former Stanford team captain, LWRC co-founder and captain, and a member of the 1956 Olympic Gold Medal Coxed-Pair.³⁴⁹³

"All four were mature athletes with years of rowing experience, probably the only non-European crew which on paper approached the statistics of the continental oarsmen."³⁴⁹⁴

Technique

With two Olympic Gold Medalists and the Moscow-winning UW stroke on board, all from mainstream Conibear Classical Technique programs, technique was an easy matter of consensus: concurrent body mechanics, excellent suspension from catch to a subtle ferryman's finish, *Schubschlag* parabolic force application. The intensity of the squeeze to the release was obvious in their body language.

Nash, only a Pan Am Champion and the last man to make this august boat, was the least polished of the four. His initial leg drive was just slightly more aggressive than that of his LWRC teammates, and therefore his parabolic force curve was very slightly biased toward the front end.

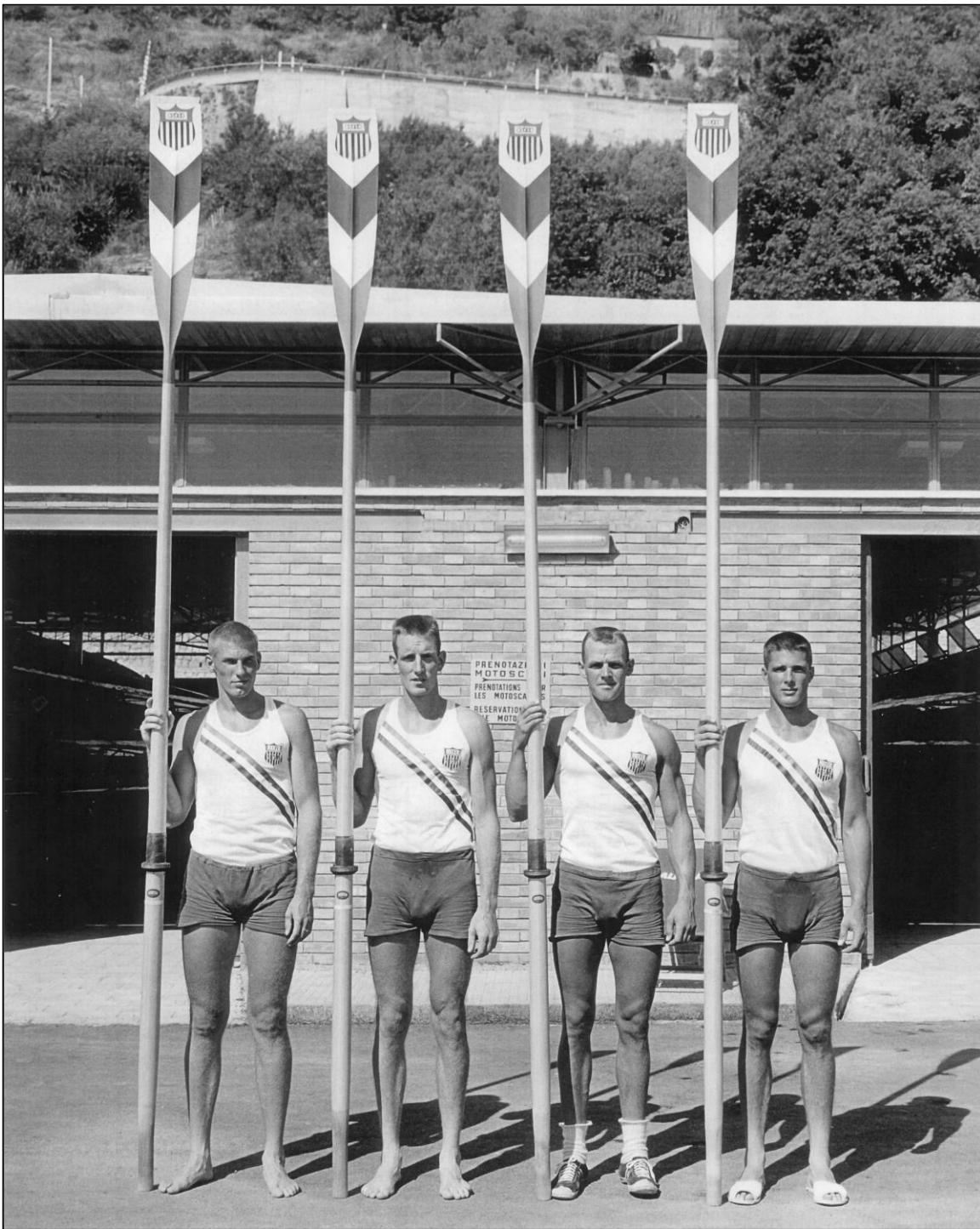
1960 Olympic Trials

Phil Durbrow, destined to be a part of the Lake Washington effort four years later

³⁴⁹³ See Chapter 82.

³⁴⁹⁴ Craig Swayze, *A Critique of the Rowing Regatta at the XVII Olympiad, NAAO Official Rowing Guide, 1961, p. 31*

INTERNATIONAL ROWING TURNS PROFESSIONAL



Ted Nash

1960 United States Men's Coxless-Four

Olympic Champion, Lago di Albano

Stroke **John Sayre** (Univ. of Washington) 6'4" 193cm 194lb. 88kg,

3 **Rusty Wailes** (Yale University) 6'6" 197cm 194lb. 88kg,

2 **Ted Nash** (BU and Univ. of Washington) 6'4" 193cm 190lb. 86kg ,

Bow **Dan Ayrault** (Stanford University) 6'4" 193cm 190lb. 86kg

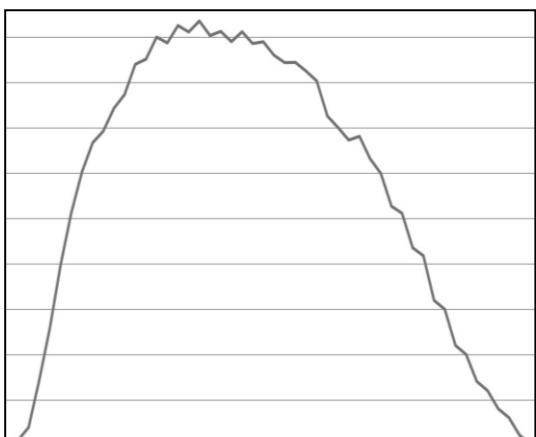
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www.youtube.com/watch?v=zJ1JXKtdB3o

1960 Lake Washington Coxless-Four
Olympic Champion, Lago di Albano
Bow **Dan Ayrault**, 2 **Ted Nash**, 3 **Rusty Wailes**, Stroke **John Sayre**

Nash: -10°, +35° to -15°, 0-9, 0-9, 0-10 ferryman's finish
Classical Technique, concurrent *Schubschlag*, excellent suspension.



Author

Ted Nash

Near parabolic *Kernschlag*

The others were pure *Schubschlag*.

in 1964: "I first encountered LWRC when I was the 19-year-old stroke of a straight-four from Menlo College that unexpectedly had made it to the finals of the 1960 Olympic Trials. I was sitting on a bench in the locker room when Ted Nash walked out of the

shower with all his muscles gleaming. He opened the door to his locker, started toweling off his back (more rippling muscles). He then flexed his back, snapped the towel into two pieces, which he dropped to the floor, one for each foot, and began combing his hair (with his bulging arms).

"We would never have won the finals anyway, but with that display of intimidating gamesmanship, I'm afraid I was already hopelessly deflated."³⁴⁹⁵

The Post Standard of Syracuse: "Lake Washington's crackerjack four-without-cox made it four victories in the first five finals by spread-eagling their field right from the start. They won by four lengths over a Navy crew that steered out of its lane somewhat but still finished ahead of Princeton and the Menlo Crew Association four."³⁴⁹⁶

Final Results:

³⁴⁹⁵ Durbrow, personal correspondence, 2009

³⁴⁹⁶ *The Post-Standard*, July 10, 1960

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1 Lake Washington	7:16.0
2 Navy	7:27.3
3 Princeton	7:32.1
4 Menlo Crew Assn.	7:35.0

Durbrow: "Four years later,³⁴⁹⁷ I would get to benefit from Ted's talent for devious demoralization of competitors."³⁴⁹⁸

1960 Olympics



Ted Nash Collection

Kent Mitchell, coxswain of the 1960 U.S. Coxed-Pair, from his journal: "August 20, 1960. Nash raced around Albano in his beloved single after his four's workout. Claims he raced with Ivanov a few times and even took him twice. Knowing Ted, he tends to exaggerate the facts to the limit. I tend to question his enthusiastic stories somewhat."³⁴⁹⁹

Georg Meyers: "The oarsmen hastened their workout today [August 25, 1960, five days before the heats] so they could join the

³⁴⁹⁷ See Chapter 85.

³⁴⁹⁸ Durbrow, personal correspondence, 2009

³⁴⁹⁹ Mitchell Journal

rest of the American team for the mass audience by Pope John.

"This was the paddlers' first look at the world leader of Catholicism, but it is possible the Pope has been peeking at them. The Albano crew course is within easy spying distance from the windows of the Castel Gandolfo, the Pope's summer home, and he is known to be interested in sports."³⁵⁰⁰

The Heat

International coxless-fours of that era still tended to go out hard, rowing their fastest 500 of the race in the first 500. The 1960 Lake Washington crew was part of a new trend in international rowing,³⁵⁰¹ tending to row more even splits, but this meant they often trailed the field early and had to come from behind.

Lago di Albano was nestled within the caldera of an extinct volcano outside of Rome, and in the opening Olympic heat, Hungary pulled out half a length on Great Britain and a length on the USA in the first 500 meters. By the 1,000, the **Barn Cottage Four** of Mike Beresford, Colin Porter, John Vigurs and Chris Davidge³⁵⁰² had pulled back to within a deck of Hungary, with the Americans only a foot or two behind them in third place.

Just past the half-way point, the Americans hit a buoy in the tailwind swirling within the high walls of the volcano, and Ted Nash's oar split down the length of the thin blade in use in those days.

In the third 500, as the crippled U.S. fell half a length off the pace, the British continued to slowly reel in the Hungarians.

³⁵⁰⁰ Georg N. Meyers, Clubmen Spring Pre-Olympic Upset, *The Seattle Times*, September 26, 1960

³⁵⁰¹ Like the U.S. coxless- and coxed-pairs of the 1950s. See Chapters 81 and 82.

³⁵⁰² See Chapter 78.

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Lake Washington lost another half-length to the Brits in the last 500 as Hungary ran out of gas and faded past them into third.

Georg Meyers: “The four-without-coxswains are the toughest to steer. And the Yanks proved it. In their preliminary, they veered into a buoy, and Nash broke an oar. They continued on, rowing two-thirds of the course with the broken blade flapping. The Lakers ended up a distant second to Great Britain.”³⁵⁰³

Stan Pocock: “With the broken piece hanging on by the copper tip, Ted had to wrestle with the damaged oar all the way down the course – an almost superhuman effort. Still, they finished second to Britain.

“After the race, the British stroke [and captain], **Christopher Davidge**, came over. He had heard that Ted had broken a ‘blyde’ and asked whether this had affected their performance. Ted quickly broke in to say that it had not, and that they had done their best. Ted congratulated him and his crew on their win and urged them to go after the [favored] Germans [in the final].

“Later, in private, he showed me his arm.³⁵⁰⁴ It was blown up like a balloon from the struggle he had just endured.

“His effort on the water that day was a great display of fortitude, his actions on shore a great display of gamesmanship.”³⁵⁰⁵

Georg Meyers: “Immediately afterward in a practice row, they hit a buoy again. This time Ayrault broke an oar.”³⁵⁰⁶

With only one crew advancing to the final from their repêchage, the Americans lined up against that summer’s European Champions from **RC Germania Düsseldorf** of West Germany.

Meyers: “Germany had goofed off in its preliminary and was forced into the

repêchage after a photo finish with the Italians.”³⁵⁰⁷

Georg Meyers spoke to Dan Ayrault before the repêchage: “These are the toughest crews I ever saw,” said Ayrault, who rowed with Findlay and Kurt Seiffert for a Gold Medal in Melbourne four years ago.

“Now our perspective has changed. We’ll feel lucky to get into the finals.”³⁵⁰⁸

Down by nearly a length of open water to the fast-starting Germans after 500 meters, Lake Washington set out to reel them in during the middle 1,000. They finally caught up with about 600 meters to go and won by open water, advancing to the final and breaking by nearly four seconds the new Olympic record set by the British just the day before.

The Final

In the Olympic final, Great Britain led the Soviets by a deck after 500 meters with the United States again more than a length and a half behind the leaders. The British then quickly slipped to the back of the field with their bow-seat weakened by illness.³⁵⁰⁹ In their absence, the Soviets took over first, and as the field as a whole slowed, the U.S. took over second by the 1,000, three seats ahead of the Italian **Moto Guzzi** crew but still a deck of open water down on the Soviets.

The third 500 saw the Americans pull away from Italy and close to within three-quarters of a length of the Soviets, while the Czechs moved up even with the Italians for third.

The fourth 500 was all USA and Italy. As the Czechs faded out of the medals, the leading Soviets were passed by the

³⁵⁰³ Georg N. Meyers, U.S. Crews Need ‘Miracle’ – Pocock, *The Seattle Times*, September 3, 1960

³⁵⁰⁴ The left forearm had turned blue!

³⁵⁰⁵ S. Pocock, p. 181

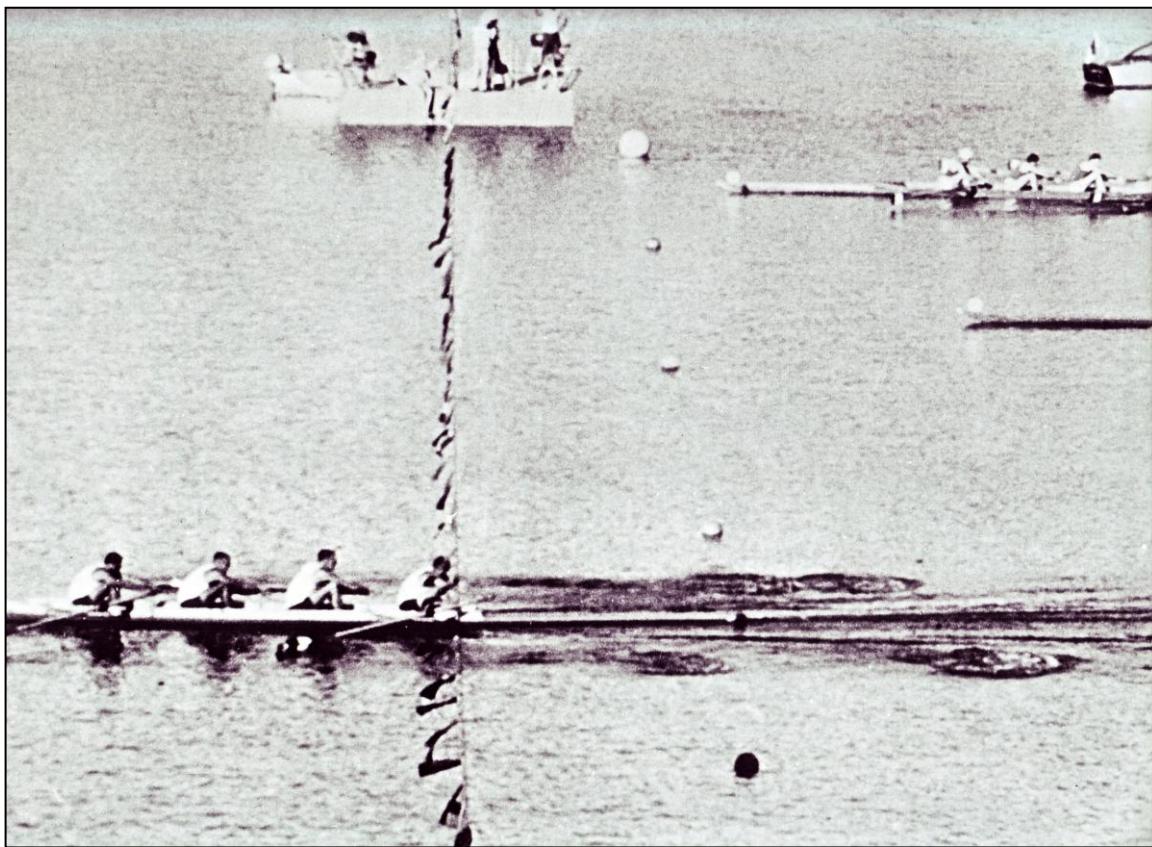
³⁵⁰⁶ Meyers, op cit.

³⁵⁰⁷ Meyers, op cit.

³⁵⁰⁸ Meyers, op cit.

³⁵⁰⁹ See Chapter 78.

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Ted Nash

1960 Olympic Coxless-Fours Final

Lago di Albano

1 USA 6:26.26, 2 ITA 6:28.78, 3 URS 6:29.62, 4 CZE 6:34.30, 5 GBR 6:36.18, 6 SUI 6:38.81

According to Nash, the U.S. did not see the finish line and continued another fifteen strokes until the officials yelled, afraid they would reach the end of the lake.

Americans with 300 meters to go. Just before the finish, they were also caught for the Silver by the Italians.

Sayre: "The race was very much what we expected it to be. The Russians led half way because they had the fastest start. We cannot match their starts.

"Our plan was to stay within closing distance. We finally overtook them and rowed as hard as we could to take the lead. It was a tough race."³⁵¹⁰

The Legend

Ted Nash has glorious memories of the race: "That finish by our four was the *best* racing I ever felt in my life, before or since!

"We had just about caught the Russians, but the Italians were still open water ahead of us, but we felt so good we were all screaming.

"Sayre already had us at 40 with 350 to go, and the three of us behind him were yelling, 'Up! Up! Up!' and John was *loving* it!"

³⁵¹⁰ Qtd. by Associated Press, September 3, 1960

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"Rusty and his wife, Lynne, had just had a brand new baby girl, and I recall yelling for an extra 10 for the baby. Rusty went *ballistic!*"

"The lake is inside of a volcano crater, and we could hear the cheers from the finish area. Half were yelling 'Italia! Italia!' and half were yelling 'Oosa! Oosa!'"³⁵¹¹

"When we pulled even with the Italians' 2-man, there were maybe eleven strokes to go, and we beat them by two meters of open water. That's how *fast* we were going! At the finish we couldn't stop. We felt so good we did maybe twelve or fifteen more strokes until the officials called to us. They were afraid we were going to hit the marble wall at the end of the lake."³⁵¹²

After nearly half a century, that race has indeed taken on the heavy patina of legend.

The Daily Herald, Everett, Washington: "According to Sayre, the U.S. team had resigned itself to second place when Wailes barked: 'Winning a Silver Medal is like taking an aspirin! I came here to win Gold!'"³⁵¹³

But **John Sayre** himself remembers things a bit differently: "Truth be told, Rusty never yelled anything during the race. The aspirin quote came from an article we did together three years later [1963]."³⁵¹⁴ If



www.thais.it

Papal summer residence Castel Gandolfo

on the rim above Lago di Albano

anybody said anything, I believe I yelled once, 'Going up!' We weren't singing and dancing. We were in the final 500 of the Olympics, for God's sake.

"And we were never behind the Italians after the first 500 meters. Ted has that wrong, and the splits bear me out."³⁵¹⁵

This was the first time the United States had won this most prestigious of European events at the Olympics since 1904 in St. Louis when only American crews were entered. No U.S. crew has won it since.

³⁵¹¹ "USA" with an Italian accent.

³⁵¹² Nash, personal conversation, 2005

³⁵¹³ Scott M. Johnson, *Perfect Oarsman*, www.heraldnet.com, August 9, 2004

³⁵¹⁴ Nash: "Rusty *did* say that, but I can't recall where in the race *or* if prior to it. It certainly

moved me, and I never forgot it" – personal correspondence, 2010

³⁵¹⁵ Sayre, personal correspondence, 2007

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Georg Meyers: "Dan Ayrault today credited a broken oar for winning the Gold Medal.

"The Seattle crew finished second to Great Britain in a preliminary heat after Ted Nash snapped an oar against a buoy.

"If that hadn't happened, we would have won that race easily and probably gotten fatheaded," said Ayrault. "It scared us to death, but made us concentrate on steering a straight course and working like dogs to win our way back through the repêchage heats. We probably would have had the same attitude as the British crew. They beat us and felt they had the world by the tail. They finished fifth in the final."³⁵¹⁶

The Pope Story

Ted Nash, 2004: "When we got out of the boat, all four guys without thinking reached for the other guy's hand. We all held hands, and we hadn't done that before, ever!"

"The whole crowd had been yelling 'Italia! Italia! Italia!' but after we went through the favored Italians,

Pope John XXIII came down from his grand box and was the first one to greet us on shore, and he said in perfect English, 'You have brought great honor to your country and to ours.'

PRELIMINARY HEATS - FOUR WITHOUT COXSWAIN - AUGUST 31, 1960

Heat 1. 11:00 AM						
Gr. Brit.	1:34.11	1:36.39	1:39.17	1:37.51	6:28.18	
USA	1:35.24	1:35.32	1:40.68	1:38.43	6:29.67	
Poland	1:36.58	1:38.26	1:38.97	1:40.39	6:34.20	
Hungary	1:32.86	1:36.90	1:40.09	1:45.05	6:34.90	
Denmark	1:37.72	1:38.58	1:40.90	1:47.00	6:44.20	
Finland	1:44.84	1:43.78	1:49.34	1:50.89	7:08.95	

Heat 2. 11:20 AM						
Czech	1:34.26	1:38.06	1:43.70	1:40.63	6:36.65	
Rumania	1:35.27	1:39.40	1:44.95	1:43.83	6:43.45	
S. Africa	1:36.29	1:40.40	1:46.12	1:43.77	6:46.58	
Australia	1:40.46	1:41.23	1:45.37	1:42.77	6:49.83	
Canada	1:38.48	1:42.20	1:48.02	1:47.62	6:45.32	

Heat 3. 11:40 AM						
Russia	1:36.71	1:34.91	1:37.08	1:40.71	6:29.41	
Italy	1:34.16	1:36.72	1:39.47	1:41.49	6:31.84	
Germany	1:38.32	1:36.16	1:41.95	1:40.38	6:36.81	
Switz	1:37.47	1:38.67	1:43.26	1:44.08	6:43.48	
Argentina	1:42.02	1:40.00	1:45.34	1:44.96	6:52.32	

(WINNERS TO DIRECTLY TO FINALS - OTHERS TO REPECHAGE HEATS)

REPECHAGE HEATS - FOUR WITHOUT COXSWAIN, SEPTEMBER 1, 1960

Heat 1. 4:00 PM						
	Country	1st 500	2nd 500	3rd 500	4th 500	Tot. Time
USA	1:36.80	1:34.25	1:35.63	1:38.16	6:24.84	
WIND:						
3 M/S Est. S. E.	Germany	1:31.86	1:37.62	1:37.97	1:40.16	6:27.61
	Canada	1:34.10	1:45.10	1:42.35	1:43.32	6:44.77
	Australia	1:36.14	1:43.88	1:42.31	1:42.92	6:45.25

Heat 2. 4:20 PM						
Switz.	1:35.70	1:40.51	1:41.93	1:44.05	6:42.19	
Rumania	1:36.40	1:42.04	1:44.27	1:44.33	6:47.04	
Poland	1:37.45	1:43.17	1:44.10	1:43.78	6:48.50	
WIND:	Argentina	1:39.61	1:44.00	1:47.16	1:45.58	6:56.35
4 M/S Est. S. E.	Finland		SCRATCHED			

Heat 3. 4:40 PM						
Italy	1:34.35	1:42.57	1:41.04	1:39.83	6:37.79	
WIND:	Hungary	1:36.21	1:43.19	1:43.13	1:40.91	6:43.44
2 M/S Est. S. E.	Denmark	1:39.09	1:43.05	1:42.84	1:44.77	6:49.75
	So. Afr.	1:37.01	1:43.82	1:44.58	1:44.91	6:50.32

(WINNERS TO GO TO FINALS)
FINALS - FOUR WITHOUT COXSWAIN - Sept. 3, 1960 - 5:00 PM

	Country	1st 500	2nd 500	3rd 500	4th 500	Tot. Time
USA	1:34.53	1:35.71	1:39.04	1:36.98	6:26.26	
WIND:	Italy	1:32.11	1:39.16	1:40.95	1:36.56	6:28.78
2 M/S North	Russia	1:31.22	1:35.13	1:40.82	1:42.45	6:29.62
	Czech	1:33.08	1:39.39	1:39.75	1:42.08	6:34.30
	Gr. Brit.	1:30.56	1:42.90	1:41.05	1:41.67	6:36.18
	Switz.	1:33.73	1:41.61	1:42.22	1:41.25	6:38.81

John Sayre

1960 Olympic Coxless-Fours Results

"Just that moment makes me think how the Olympics could transcend everything else. It was bigger than we ever thought, and that always stuck in my mind."

"It changed all our lives."³⁵¹⁷

John Sayre: "Different people remember different things, and then they tell

³⁵¹⁶ Georg N. Meyers, *The Seattle Times*, September 4, 1960

³⁵¹⁷ Nash, qtd. by Cranston

THE SPORT OF ROWING

the story, and it gets embellished over the years. If Ted saw the Pope, then he saw the Pope. None of the rest of us did.

"The Seattle paper here did a story on our Olympic crew about a year and a half ago, and that's the first time I heard the Pope Story. The first thing I did was call Stan. I said, 'Stan, you were down on the finish line. Do you remember seeing the Pope down there?'

"Stan asked, 'What the hell are you talking about?' so I read him what Ted had told the paper, and he just started laughing."³⁵¹⁸

Nash, 2007: "The Pope Story? After forty-seven years, I guess I must finally tell how I was taken in by Australian single sculler **Stuart Mackenzie**.³⁵¹⁹ It is as embarrassing as it can possibly be, and I hope you will forgive my youthful innocence.

"In 1960, Stuart arrived early at Lago di Albano, training several short sessions a day and spending most of his time, both at the boat yard and at the Olympic Village, dissolving the spirit of his future opponents.

"In a semi-final that summer at Lucerne, he had yelled to an opponent, 'Hey myte, check your gate. It's damn near out!' As the poor victim glanced down at his lock, Sam went up four and drove away without much of an answer at all.

"I knew no target was sacred to Mackenzie, but by then I had heard all his tales for more than a year, and I believed that he and I were friends. I really knew him, or so I thought. I now could call him Stu!

"Just before the second workout for our four, Stuart told a bunch of us on the ramp that the archbishop of the province had been an oarsman and that if we waved when we were up the lake near the start, cardinals *and*

even the Pope would wave back at us from his summer palace, **Castel Gandolfo**.

"For days the Brits, Czechs and I dutifully watched and waved as we looped around the starting end of the lake. No one answered, yet we could swear we saw the princes of the church on the balcony – and so we persisted.

"Workout upon workout I'd wave. My crew laughed at me, but Germans, Canadians and Swiss were also waving.

"Stuart must have been in heaven. All was right on his race course.

"Now for Mackenzie's *coup de grace!* It is impossible to recount this without a blush of pure embarrassment.

"Stu told us that if we medaled, the Pope and his entourage would allow us to visit him in a separate reviewing stand.

"Only the medalists,' he said, 'and be sure to kiss their rings!'

"Now I'm *not* Roman Catholic and know very little of rituals or even *how* to kiss a sacred ring . . . but I was psyched!

"When the great race was over and we indeed had won, I was in tears and so proud of my teammates, but there I was trying to edge away from my victorious crew and our loyal followers.

"I wanted to be a part of more history!

"I could see the growing line of international medalists, some from the double and some from the four, even a few medal winners from the pairs. I went up and asked if this was the proper line to visit with the Pope, and the answer from a cheerful Italian was, 'Oh, absolutely!'

"I waited and then anxiously waited some more . . . but it was *never* to be! I turned out to be standing in line for *gelato*!

"I was devastated. I turned bright red. My hero had undone me again! Was I the only one 'Waiting for Godot?' I hoped that my crew hadn't actually seen what I had done.

³⁵¹⁸ Sayre, personal conversation, 2007

³⁵¹⁹ See Chapter 86.

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"What an easy mark I had turned out to be. At the height of my life, I couldn't tell the truth from fantasy. I blamed Stuart . . .

". . . and so I tried to hide my embarrassment and equal his verve with *my own trick . . . my Pope Story!*

"That youthful foolishness has now extended into middle age, but never in all these decades has my story convinced even one official or one coach or one single oarsman that I really did stand in line to see the Pope!

"Mea culpa! As history teaches us, Rome is a double-edged axe. The only good side of the story for me was that Stuart Mackenzie became ill and had to withdraw from the 1960 Olympics."³⁵²⁰

Associated Press: "Stuart Mackenzie, the young sculler from Australia who was regarded as a Gold Medal certainty, put in a surprise appearance at Olympic Village and said it wasn't definite that his bleeding ulcers would force him out of competition.

"Mackenzie strolled into the Australian headquarters while officials were seeking him in England, on the Continent and in South Africa.

"I'm having some trouble with ulcers," the strapping six-foot-four sculler said, "They're still bleeding, and I've had little chance to train. But if the doctors say I'm okay, I'll row,"

"A three-time winner of the Diamond Sculls at Henley,"³⁵²¹ young Mackenzie was rated as a championship certainty in his event.³⁵²²

Halberstam: "[Defending Olympic Singles Champion Vyacheslav Ivanov] and Mackenzie worked out before the 1960 Olympics on Lake Albano, and Mackenzie

realized that he could not possibly beat Ivanov. Mackenzie had one Silver [behind Ivanov in Melbourne in 1956], and he did not seek another. He did not row in the Olympics."³⁵²³

Sayre: "I love Ted. I wish I could bottle his enthusiasm. When I sent him a copy of that newspaper article, all I said was, 'Gee, Ted, sorry I missed the Pope!'

"I just wish the other guys from our boat were still here with us to share in these memories."³⁵²⁴

In Memoriam

Arthur D. Ayrault 1935-1990

After graduating from Stanford and serving in the Navy, Dan Ayrault became a teacher of math and history and coach of rowing at the Lakeside School at the north end of Lake Washington while he was rowing for LWRC. At Lakeside, he "continued the tradition of the Lake Washington Rowing Club and their unorthodox emphasis on weight training and dry-land conditioning,"³⁵²⁵ meaning the oarsmen plunged into this program using barbells and running flights of stairs.³⁵²⁶

Later, after earning a graduate degree at Harvard, he returned to Lakeside School as its headmaster until his early death in 1990.

Ted Nash: "Dan was one of the most intelligent men I've ever met. He was both serious and funny. He was an accomplished folk singer and guitar player, and I doubt he knew how good he was. He just really enjoyed playing for people.

"He was very close to his lovely wife Susan, his family and later his Lakeside School.

³⁵²⁰ Nash, personal correspondence, 2007

³⁵²¹ By 1960, it was actually four times since 1957. He would go on to make it a record six in a row.

³⁵²² *Associated Press*, August, 1960. Exact date uncertain, from Kent Mitchell scrapbook.

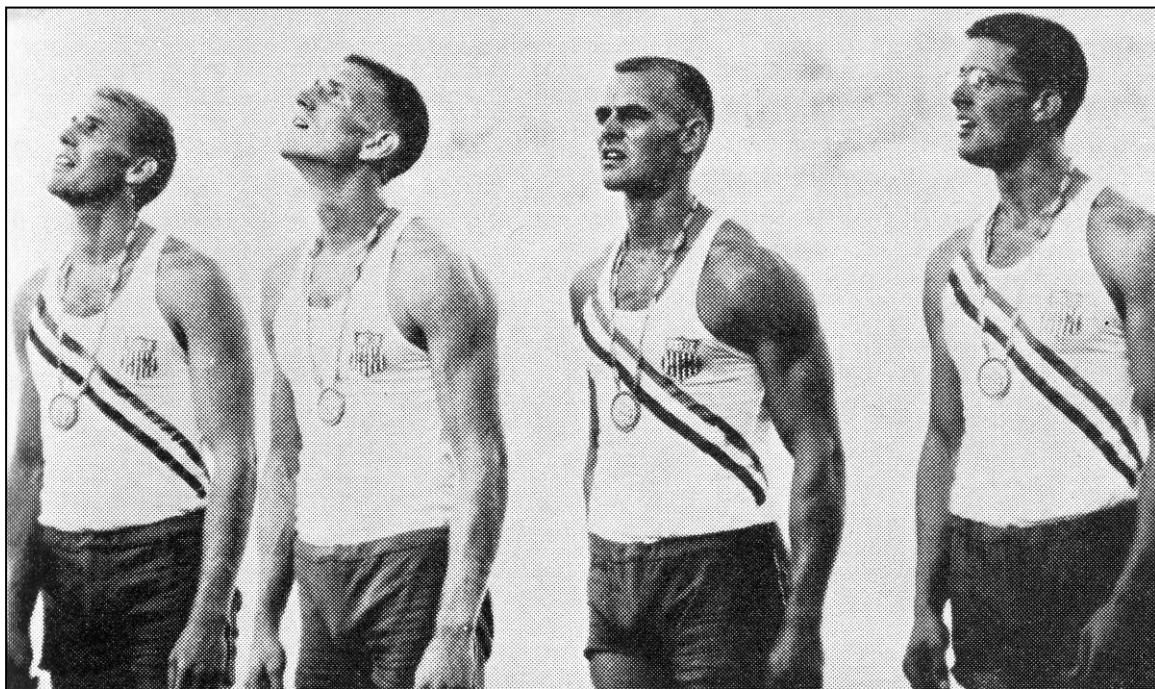
³⁵²³ Halberstam, p. 95

³⁵²⁴ Sayre, personal conversation, 2007

³⁵²⁵ See Chapter 84.

³⁵²⁶ www.lakesideschool.org

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AP Wirephoto

"They had tears in their eyes as the Star Spangled Banner was played." - AP

"Dan was a superb oarsman. He rowed both sides and sculled. He made no mistakes and was an excellent steersman and would hold our small boat course even when racing bow-to-bow with crews in adjacent lanes. Two Olympic Gold Medals is not just validation. It is close to perfection!"

"We missed him leaving us so early in his life."³⁵²⁷

John Sayre: "Dan died the earliest of all of us. He was the headmaster of Lakeside School here in Seattle, headmaster of Bill Gates and Paul Allen, kind of got them going under his wing."

"He had a heart murmur. They put a pacemaker in, and something went wrong. Wham! He was dead in his 40s."

"Dan had two Olympic Gold Medals!"

Richard D. Wailes 1936-2002

Sayre: "Same thing with Rusty. He also had two Gold Medals!"

"Rusty was my closest friend for fifty years, and we did all kinds of things together. We had a boat and a fishing operation in Alaska. We had cabins on an island in the San Juans. Losing him was not just losing a friend. It was almost like losing a brother."

"We knew each other so well, our good points and our bad points, that we almost didn't have to talk to each other when we were doing something together. We knew exactly what the other guy was going to do."³⁵²⁸

Nash: "Here was a tall 6'7" giant of a quiet, warm, friendly man. Rusty had won his first Gold in his Yale 1956 Melbourne

³⁵²⁷ Nash, op cit.

³⁵²⁸ Sayre, personal conversation, 2007

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Olympic Crew³⁵²⁹ and was really enthusiastic to go to the Pan-American Games in 1959, leading to the Rome Olympics in 1960.

"I was always confident that Rusty would stay glued in rhythm to our stroke, John Sayre. He was deliberate in each catch and release of every stroke. Rusty thought like an engineer and crafted his strokes like an artist.

"Rusty was very close to John in many ways, and they made a near-perfect stern pair. Their families and lifestyles blended, and they later had many years of adventure and hobbies.

"Rusty was a coach's dream, I think, in that he was like Dan Ayrault, making no mistakes. He was mature, religious and friendly to all. His personality charmed everyone. He became the matrix center which held the crew together when we were in the roughest of water and winds.

"We raced in what was then called an 'Italian rig'³⁵³⁰ with both starboard oars one behind the other. It may have been the first of its kind out of the USA at an Olympics. In the tandem behind Rusty, I felt in touch

with Sayre because Rusty was so exacting.

"Rusty also had a way of keeping us all on Stan Pocock's program and schedule in case Stan had to stay at his work late. Rusty saw to it that we never cut any corners or took mileage out.

"In later years on Lake Washington, Rusty rowed in masters' crews, and that's where he died, doing what he loved."³⁵³¹

Sayre: "He went way before his time.³⁵³² I got one of the first calls, and it was a total shock. He was in better shape than ninety-five percent of his age group.

"I've gotten to know a number of his Yale crewmates, and of course they all came to the funeral. I just spoke to his brother last week.

"Everyone who ever knew him misses Rusty Wailes."³⁵³³

Nash: "At the 2004 Olympic Games, the American eight that set the world record and won the Gold Medal was named ***Richard 'Rusty' Wailes 1956, 1960***, a gift to USRowing from his family, his Yale teammates of '56 and his many friends and teammates in Seattle."³⁵³⁴

The image shows two handwritten signatures. The top signature is "John Sayre" in a cursive script. Below it, the bottom signature is "TED A. NASH" in a stylized, slanted font. Both signatures are written in black ink on a white background.

The image shows a handwritten signature that reads "Richard O. Wailes". The signature is fluid and appears to be in black ink on a white background, matching the style of the other signatures above it.

³⁵²⁹ See Chapter 69.

³⁵³⁰ See Chapter 75.

³⁵³¹ Nash, op cit.

³⁵³² See Chapter 69.

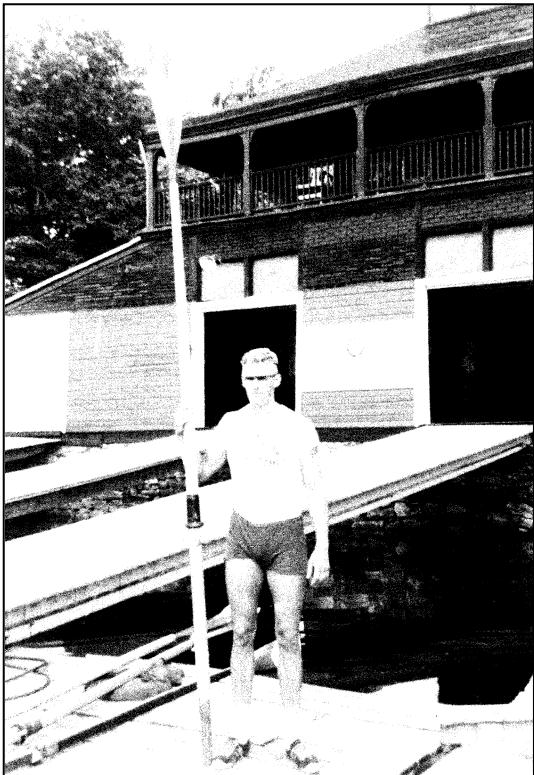
³⁵³³ Sayre, personal conversation, 2007

³⁵³⁴ Nash, op cit.

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84. Ted Nash

Lake Washington Technique – Training



Ted Nash

Ted Nash
1959 Pan American Trials
New York Athletic Club

LWRC coach Stan Pocock, called his 1960 Olympic Champion coxless-four “the toughest, most determined racers that I had ever come across.”³⁵³⁵

After Rome, everyone moved on but the irrepressible **Ted Allison Nash**.

³⁵³⁵ S. Pocock, p. 182

At 6'4" 196cm 217lb. 98kg, TAN, as he often signs his name, is the most colorful individual I have met in my fifty years in the sport! No one within three lengths of him!

Don Spero:³⁵³⁶ “There’s everybody else on the planet, and then there’s Ted.”³⁵³⁷

Ted began rowing at the age of eight in Carmel, California when he discovered that his next-door neighbor was an old



Ted Nash

Ted Nash, aerobatics instructor
for the Korean and Indian
Military Advisory Groups

³⁵³⁶ See Chapter 87.

³⁵³⁷ Spero, personal conversation, 2009

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University of California oarsman named **Malcolm Steele**. Ted imagined him to be a member of the 1932 Olympic Champion Crew, but there is no indication that Steele ever rowed in a Cal Varsity Eight.

“One day Nash noticed Steele salmon fishing from his racing single on the Carmel River, right near the ocean outlet.

“I thought it was very funny at first,’ Nash said. ‘At the time, I was trying to learn how to play baseball, football and everything else, but I kept watching him. He then asked me if I would like to row in his boat and I said, ‘How do you row when you’re fishing?’”

“With Steele showing him, Nash spent every weekend for the next few months learning the fundamentals of rowing. After he stopped meeting Steele, he didn’t think a thing about rowing until he got to high school, but it didn’t matter because those weekends had piqued Nash’s interest.

“Before he completed high school in 1951, Nash enlisted in the Marine Reserves, but when he was found to be under age, his orders were cancelled, and he returned to school. When he turned 18, he joined the Army, where he was an instructor overseas for the Korean and Indian Military Advisory Groups and an Army Officer Candidate School Tactical Officer.

“I was never in black ops or in combat in Korea. I enjoyed the Army but was not often in jeopardy anywhere, Turkey, Japan or Sri Lanka. I was an instructor pilot and also taught aerobatics as an escape tactic, plus anti-guerilla warfare tactics.

“Ted attended both Boston University and the University of Washington during his years in the service.

“It took a lot of maneuvering for me to get training time. I had very understanding professors, and my coaches all understood.

“He raced for B.U., Detroit Boat Club, Vesper and Lake Washington.

“At Lake Washington, I rowed with a super group of athletes including many

armed forces personnel. All five military branches would assign any good rowers to Seattle. The services take great pains to get their possible Olympians to a setting where they can perform and medal. They really went out of their way to help me, given my weird occupational numbers.”³⁵³⁸

For his 1964 Lake Washington four, Ted Nash helped recruit and train three new teammates, 6’4” 196cm 185lb. 84kg **Ted Mittet** from Green Lake Junior Crew in Seattle and the University of Washington, U.S. Army officer and Stanford grad, 6’3” 193cm 185lb. 84kg **Dick Lyon**, and Army officer 6’3” 193cm 190lb. 86kg **Phil Durbrow**, who had rowed at Menlo College, where **Duvall Hecht**³⁵³⁹ had started a crew, and at the University of California.³⁵⁴⁰

Nash: “A lot of what we did at Lake Washington in ‘61 through ‘63 was changing crews. After 1960, we lost everybody in my boat except for myself, and we were always searching for a better boat, better guys, and each of us carried all these ideas. It was like having a whole batch of chefs.

“At Lake Washington Rowing Club, we trained in singles, doubles, pairs, and fours. We never rowed an eight unless Canada asked us to come up and row, which we would do on a weekend.

“I rowed in different seats. I sculled in doubles and singles, rowed in fours and anything they wanted me to row, but we were always looking for the straight-four again.

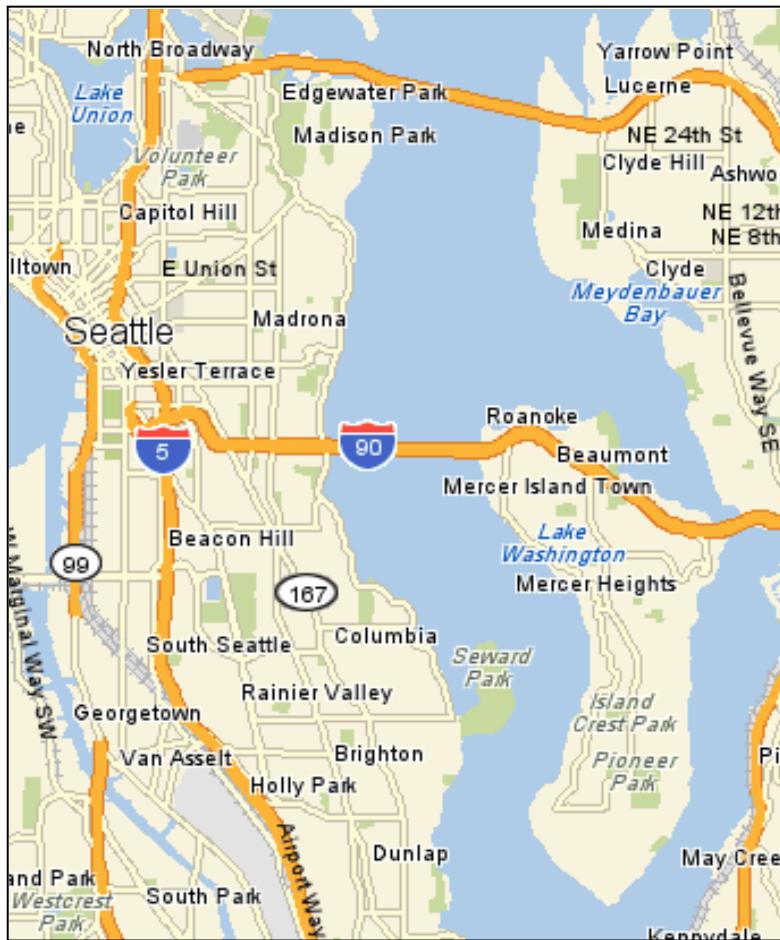
“We went through racing our five four-withs, with the winning crew getting to pick their own boat the next day. This was Stan’s

³⁵³⁸ Cranston, substantially supplemented by Nash, 2008 and 2010

³⁵³⁹ See Chapter 81.

³⁵⁴⁰ S. Pocock, p. 202

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maps.yahoo.com

Rowing from **Union Bay** (top, left-center) around **Mercer Island** (lower right) and back was twenty-one miles!

stuff³⁵⁴¹ that we had done forever and ever. We all loved it, and Stan made it fun!

"We'd row in our straight-four against Washington's eight around Mercer Island all the time.

"Once we rowed around the entire lake, a thirty-eight mile row against them, but most of the time it was twenty-one mile Mercer Island races on Saturdays, and

³⁵⁴¹ In his first year as freshman coach at the UW, Stan "introduced the first *ham'n'eager* – randomly drawn boatings, and weekly intrasquad races," www.huskycrew.com

they'd give us about a five to ten second lead, and they'd usually catch us by Renton [south end of Lake Washington] because they could turn tighter around Mercer Island with a coxswain, but I think we'd always catch them up, and mostly beat them, and a lot of times building to 43 or 44 in the last half-mile to the dock.

"Stan Pocock was the Lake Washington sweep coach, and George Pocock was my sculling coach.

"I can remember George coming up to me on the water and saying [imitating a British accent], 'Mr. Nash, if you bend your arms that early, you're going to wear out on the way home. If you keep your arms straight on the way up, you'll be much fresher on the way down,' and then he drove away, and that's all he said to me that day.

"The next day, he said, 'Mr. Nash, you didn't hear me yesterday. You're bending your arms, still.' And he was so pleasant saying it, how could I not try harder?

"Twelve miles of pain to Juanita Beach and back . . .

"One day I did it right, and I won going away. 'Well, Mr. Nash, you've finally decided to keep your arms straight.'

"I don't know if I did or not, but he said it in such a way that *I felt* great . . . and I still remember it.

"He did more than anybody to help my confidence in my single because I started out losing by 30 seconds to Findlay and

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Ferry in their pair-with,³⁵⁴² and in six months George had me as fast as they were some of the time.

"The club had this wonderful father-son thing with George and Stan. We also had **Rusty Callow**³⁵⁴³ [who had retired to Seattle] as a mentor. We had **Al Ulbrickson, Sr.**³⁵⁴⁴ as a mentor. Ulbrickson would come by in his launch almost every morning and spend some time watching us, never saying a word, but one day in 1959 we heard him say to George and Stan, 'No Gold Medal in *that* boat,' before he drove away.

"Our stroke that year was **John Sayre**, who had been Ulbrickson's stroke in 1958 when Washington upset the Soviets in Moscow, and he [so valued the approval of] his college coach that the first thing John did when we won in Rome was to make a long-distance call to Ulbrickson to say, 'Yes, there *is* a Gold Medal in *that* boat!'

Stan Withdraws a Bit

Stan Pocock: "I had spent far too much time away from the shop over the previous three years. I had to pay more attention to business. Besides, I wanted to spend more time with my family. Though still the coach on paper, I took small part in the training and preparation for regattas, devoting neither the time nor the energy of previous years."³⁵⁴⁵

Nash: "Going into '64, Stan did less coaching than perhaps we wanted him to. He had some obligations, so yeah, I did some coaching, but always consulting with him on everything. He was still the boss.

³⁵⁴² See Chapter 82.

³⁵⁴³ See Chapter 64.

³⁵⁴⁴ See Chapters 59 and 89. By this time, Al Ulbrickson, Jr. was rowing for his father at the UW.

³⁵⁴⁵ S. Pocock, pp. 192-4

"Stan taught me to row and to race. He taught men to be men. You never took an easy stroke for Stan Pocock.

"You never wanted to let him down. That's something that's gone away a little these days, and maybe we need more of it.

"Basically, I just did at Lake Washington what Stan had already taught me, and I sort of ended up running most of the workouts, but never without feeling that he was still the coach. I never tried to take over and be the only coach. It just sort of ended up that way.

"Anyway, I was a bit too loud and opinionated to coach teammates from within the boat. It wears thin.

"The idea of skimping on a workout because the *official* coach wasn't there never entered our heads. At LWRC, if Stan held a meeting and said something, we just assumed it came from the mountain, and we did it.

"I remember that he told us one time that our weight-trainer, **Harry Swetnam**, had said to him that we were up there lifting, but we really weren't doing enough.

"Holy cow! We didn't just do a few more reps. We *doubled* them. We stayed in that Lakeside gym from 5:30 in the morning until 9:00. We could hardly walk, and then we went down for a normal row.

"You count on the military people in Lake Washington Rowing Club, and now you know why we did what we were *told!*

"I tell you the truth. I was blessed to row with a bunch of masochists. I think we all *liked* it. Every weight session was a contest!"³⁵⁴⁶

LWRC Technique Under Ted Nash

After his coxless-four had won the 1959 Pan American Games in Chicago, Ted Nash's crew branched off a bit from the 2nd

³⁵⁴⁶ Nash, personal conversation, 2004

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Ted Nash

1960 Lake Washington Rowing Club Coxless-Four

Olympic Champion, Lago di Albano

Bow **Dan Ayrault**, 2 **Ted Nash**, 3 **Rusty Wailes**, Stroke **John Sayre**

Unlike 1964, in 1960 Nash's head was straight and level.

The 1960 Coxless-Four was a beautiful crew.

Generation Conibear technique taught them by Stan Pocock.

Nash: "The technique that seemed to have the best of everything for us wasn't the [University of] Washington Style. We were only four hundred meters away from the Conibear Shellhouse, but there's no question that we were different. Stan had smoothed us out and harmonized our motions.³⁵⁴⁷

In 1964, as they made their way to the starting line in Tokyo, Ted was coaching and steering the boat from the stroke-seat, and you could pick him out from halfway down the course. He was wearing his favorite crinkled-up jungle hat, a souvenir from his days as an Army Ranger, and on each pullthrough the head under that hat repeated a remarkable lifting arc.

By 1964, Ted would very distinctively lift and turn his chin, head and shoulders to the right at the catch, almost as if he were a prize fighter slipping a right hook in slow motion. Absolutely unique in the sport of rowing. His head would then straighten and

drop back down toward the finish. Note the film sequence later in this chapter.

Interestingly, Ted had not thrown his head in 1960. It was an idiosyncrasy he only picked up in the years after the Rome Olympics, during the time he was steering and in charge of on-the-water workouts.

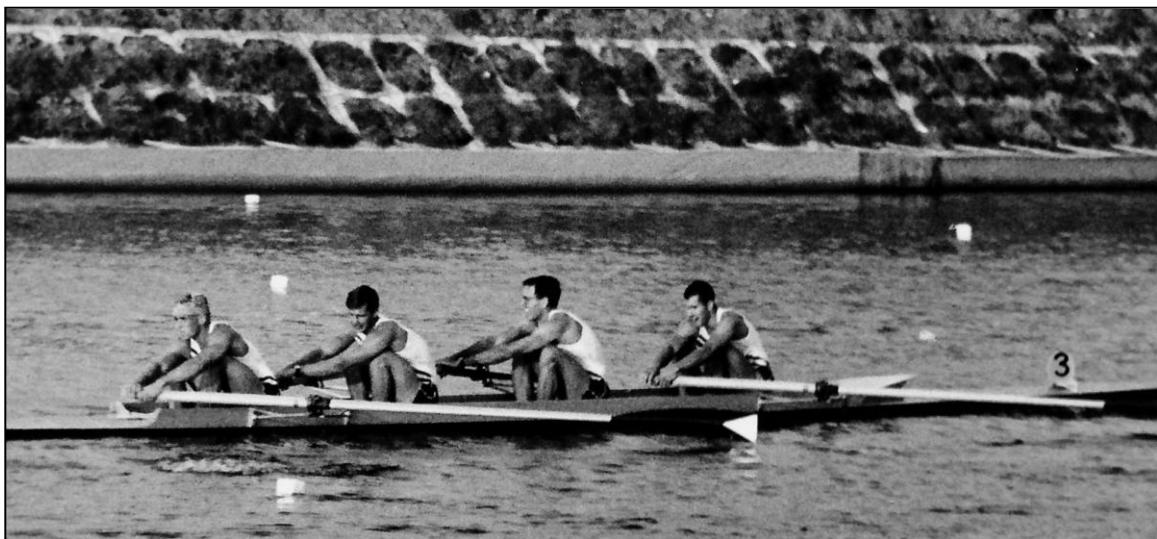
Nash: "I know I threw too much back and body-weight into it. If I chose the top hundred technical rowers I've ever seen, I wouldn't be in there. The guys I coached *all* rowed better than I did. If I helped them be smooth, I certainly didn't help *myself* be smooth."³⁵⁴⁸

If you looked to that head motion only, Nash's 1964 rowing technique might remind one of the aggressive catches of the Moscow Style, with which Ted was quite familiar. Ted had attempted to learn from everything and everyone he had seen during his international career.

³⁵⁴⁷ Nash, op cit.

³⁵⁴⁸ Nash, op cit.

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Ted Nash

1964 Lake Washington Coxless-Four
Olympic Qualifying Heat, Toda Bashi
Stroke **Ted Nash**, 3 **Phil Durbrow**, 2 **Dick Lyon**, Bow **Ted Mittet**

“We’d reach way the hell out.” – Ted Nash

Reach

Nash: “I had felt that Washington never got to full compression in 1959 to 1961. They began with a slip-catch at 7/8 slide, and even though they looked like they were reaching way out before they slipped the blades in, their *effective* reach in the water was not that great.

“Instead, we wanted to put the blade into the water just as we got to our maximum *useful* reach, optimal but not exaggerated.

“We’d reach way the hell out and rotate our bodies, all in one motion. We didn’t want to dislocate the shoulder, but we wanted long armpits. We wanted the lats to look like a greyhound’s, really long, and we extended them *early* in the recovery, not late like the Soviets, who *jumped* into the catch.^{3549, 3550}

³⁵⁴⁹ See Chapter 79.

The Entry

Nash: “In the early days, ‘57 or ‘58, we were taught the slip-catch³⁵⁵¹ by Stan Pocock, Big Al and Al Ulbrickson, Jr. You would reach out and take the water with the bottom edge of the blade. The blade would then flip itself over and bury on the fly.

“The Washington guys, who were almost half of us, wanted to keep doing it that way, slip it into the water, hardly squaring up. I thought they were just slicing, and we would never beat anybody rowing that way.

“The rest of us asked, ‘Why are we doing this? We’re missing the width of the blade!’

“Admittedly, it was the traditional pencil blade back then, but none of us wanted to miss *anything* because that’s the

³⁵⁵⁰ Nash, op cit.

³⁵⁵¹ See Chapter 47.

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front end, and you want to bend the shaft earlier because we had learned that from our various coaches around the country.

“But we didn’t all agree on what to do.

“We had guys from Cal who wanted to roll up before they’d even completely exited the water. There was that period of time when Cal under Jim Lemmon didn’t row any technique that anybody had ever seen. They hardly feathered. They were like Italians of today rowing in a tailwind!

“And then we had the Stanford guys, the Yalies and a few others who wanted to roll into the catch, which seemed okay to all of us.

“Stan’s magic was that he listened, and he didn’t insist that we row *his* technique.”³⁵⁵²

Stan Pocock in 1960: “They are products of many coaches. I wouldn’t presume to tell them how to row. My feeling is that they do better if they don’t have someone trying to do their thinking for them.

“Most of them are bigger and more mature than college oarsmen. And they are extremely eager to win because it’s a lot of sacrifice for them to row at 5 or 6 o’clock every morning.

“They are not picture-book crews. I wouldn’t brag about their form. But they move.”³⁵⁵³

Nash: “Starting after the Pan Ams in 1959, we started rolling into the catch. We didn’t overreach so that we might slide in and miss water. We definitely didn’t let the water take our blades. We *captured* it.

“We wanted the bottom-biting edge to roll back and *in*, and not to go back and have the top edge roll over because when you’re tired you then will miss water.

“Our intent was to touch the water exactly when the blade was square and then have it disappear quickly but silently and deeply.”³⁵⁵⁴

Dick Lyon: “Stan had us imagine that there were a couple of rails under the water on either side of the shell, with pegs sticking up just below the surface. The idea was to hook your blade onto one of those pegs at full reach, and then pull.³⁵⁵⁵ Thinking of those pegs taught you to envision the water as something to be locked into, not missing water by driving the blade into the water (which will check the run of the boat by driving it backwards with pressure on the footboards before there is any force against the oarlock towards the bow), and not creating too much backsplash during the entry (which will check the run by creating a force on the back of the blade against the forward momentum of the boat.) He expected a minimal backsplash, but no splash from the face of the oar.

“Stan taught a pause coming down the slide towards the catch as a coaching mechanism to make us think of a smooth, deliberate entry, the recovery preparing us for the catch, but we never had time for a pause at a racing pace.

“Immediately when the blade was covered in the water, we would begin a quick drive of the legs with the back prying against the legs to effectively use the strongest muscles of the body during the drive.”³⁵⁵⁶

Rating

Nash: “Lake Washington Rowing Club rowed higher than anybody else in the United States, and we learned that from

³⁵⁵² Nash, op cit.

³⁵⁵³ Qtd. by Georg N. Meyers, A Modest Coach, I was Lucky, *The Seattle Times*, August, 1960. (The date is estimated as the article was found clipped out in Kent Mitchell’s scrapbook.)

³⁵⁵⁴ Nash, op cit.

³⁵⁵⁵ Nash later used the same analogy in his own coaching career. See Chapter 137.

³⁵⁵⁶ Lyon, personal correspondence, 2009

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legendary stories about **Joe Burk** coming down the course at Henley in 1938 at 38 strokes per minute. Nobody had ever heard of that before, but we wanted to row higher than everybody else, and the splits were indeed better.”³⁵⁵⁷

Lyon: “The ‘ratio’ of time during the recovery to time on the drive was considered important – quick drive, relaxed recovery. That, too, disappeared at a 40, when there was no ratio, but the quick drive remained.”³⁵⁵⁸

The Recovery

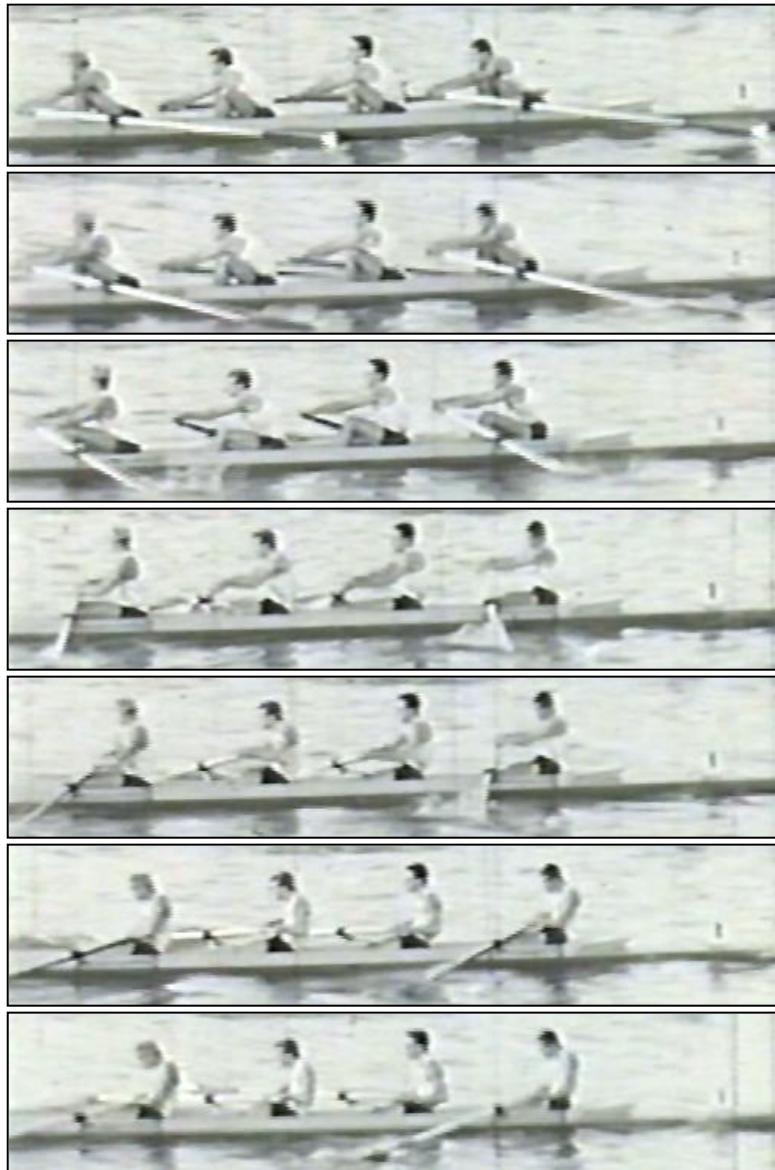
Nash: “We promised ourselves that we’d whip our hands down and away fast enough that the momentum would *pull* us out of bow. We didn’t want to use the full range of abdominals because we were going to row a 38 instead of a 32, 34.

Length at the Release

Nash: “To row higher, we had to give something to get something, so we cut away the finish of the pullthrough and went right back for another stroke.

“Let’s get more on the catch and middle. We’ll then give a little on the finish, and let’s get out.”

“Our goal was to get all we could out of seven-eighths length of the stroke, but from



FISA 1964 Film

1964 Lake Washington Rowing Club Coxless-Four

Olympic Bronze Medal, Toda Bashi

Stroke **Ted Nash**, 3 **Geoff Picard**, 2 **Dick Lyon**, bow **Ted Mittet**

For Nash: -10°, +35° to -15°, 0-8, 0-10, 0-10

Force application characterized by strong bend of the oar shaft maintained to the finish of the pullthrough.

our *full* reach to seven-eighths finish, not from seven-eighths reach to a fuller finish like Washington. We wanted our thumbs to

³⁵⁵⁷ Nash, op cit.

³⁵⁵⁸ Lyon, op cit.

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reach our shirts but not bury our hands deep into our body.

"We couldn't see how a longer finish was going to help us do anything except stabilize and balance because, again from the standpoint of the mechanics of a lever that bends, you get very little out of the finish, whereas you get everything out of the front-end and the middle 60° of the arc of the oar. What was vital to us was to make sure we didn't tear out of the water.

"What we tried to do was mimic the numbers of Joe Burk in a single, still have a front end that was really powerful, and since we were doing all these dead-lifts and knew our trunks were strong, we said, 'Let's get it on *early!* It's free! Easy speed!'

"We rowed 36 to 40 all the time, and nobody could figure out why we did it. Well, it was because we *liked* being in front,³⁵⁵⁹ so we stayed there.

"That was my mental state . . . It didn't always work, but ninety percent of races it did.

The Pullthrough

Nash: "I would have to say that in those days the opening of our legs and back started at the same time. The back opened and continued all the way as far as we could for the rate. Looking back after all these years, I think we opened our backs a bit too early, but we were strong, and it felt like they *wanted* to do it.

"This was the same as at the University of Washington, but they aimed for a tremendous surge. They wanted power through to the finish, and it seemed to me

that they were willing to give away a bit at the catch.

"We used our leg drive much differently. We *exploded* the catch.

"We said, 'We want *all* energy on the catch so we can bend the shaft *earlier*.'

"The other thing was that with a Class 2 lever, both anatomically and in leverage mechanics, you get the most benefit as the bent shaft passes 90°, but the real 'power range' is often 25° before to 25° after perpendicular. Unless the oar bends early, you may not take full advantage of the beginning of the range.

"The loom of the oar, that precious area just above the spoon, has to be fully bent for the middle of the shaft to bend, and you can't do that *late* in the pullthrough. It's too late, so where we differed at Lake Washington from the University of Washington Technique was that everything exploded off that end and bent earlier, and we then held it firm at our endings.

"If you think surge to the finish, you risk getting to the sweet spot of the pullthrough arc *before* the blade gets bent. We wanted to be already at full power going through the *real* rower's perpendicular, that 25° on each side of the middle of the stroke.

"Those 50° were much more important to us than the end, when we knew that the blades were losing their grip, and if we didn't bend the shaft early enough in the arc, the boat was already up and gone.

"Anybody who has already got the shaft fully bent 25° to 30° *before* perpendicular is going to get more power from the lever thrusting the boat to the bow.

"The '60 and '64 Olympic boats and all the boats in between were getting the lever to bend another foot farther to the bow, and that's when the power began to come. We began to feel the boat leaping, and that's true speed, so when we knew, rowing against Washington or rowing against the Canadians, that we could clean them out as long as they continued that slip-catch entry.

³⁵⁵⁹ In 1960 and 1964, however, Nash's boats tended to row relatively even splits, start behind and row through their opponents, just as Joe Burk had done and just as a number of today's high-stroking crews tend to do. See Chapter 163.

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Official Report of the XVII Olympiad

1960 United States Men's Coxless Four

Olympic Champions, Lago di Albano

Stroke **John Sayre**, 3 **Rusty Wailes**, 2 **Ted Nash**, Bow **Dan Ayrault**

Note the strong squeeze to the release.

The Release

Nash: "It would look like we were finishing strong, but there wasn't a lot of extra juice or thumping on those endings. We weren't giving it away. We were *maintaining*, just not *adding* anything."

"We weren't trying for what you hear today called a 'power finish.' We were more interested in the beginning and middle. We didn't bust it to get the handle into the chest, but we didn't let it go either. We played it, but we played it with fingers, not fists."³⁵⁶⁰

Theory versus Practice

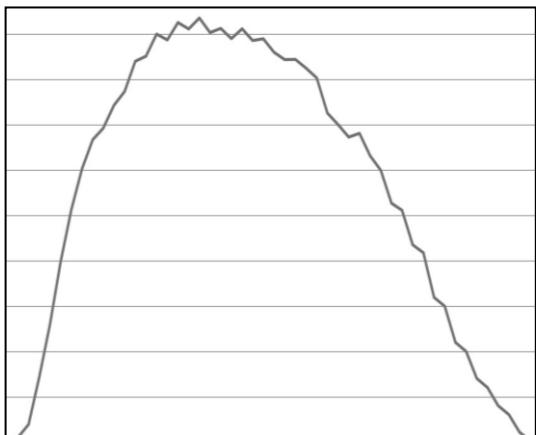
Film of Ted's 1964 Lake Washington boat in action speaks more eloquently than Ted himself about how he and his teammates went about the business of boat moving.

In looking at the blades, one can see the large, consistent puddles, indicative of bend in the oar shafts, all the way from the entry to their abbreviated second half.

Calling Lake Washington a *Kernschlag* team is not enough. The 1964 crew in Tokyo accelerated strongly from entry to release. This is not the first nor will it be the last example of an elite oarsman or coach seeming to say one thing while his boat does another, but as Ted, a thoughtful and experienced rower and coach speaking in the fullness of his career, has stated so

³⁵⁶⁰ Nash, op cit.

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Author

Ted Nash
Near parabolic *Kernschlag*
with *Schubschlag* characteristics.

categorically that he does not believe in stressing an accelerated pullthrough, it is important to examine this particular dichotomy in greater depth.

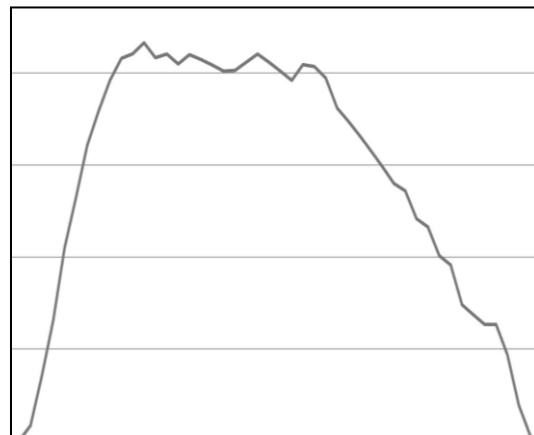
The issue of explosion versus surge is history's second major example of the shortcomings of language in dealing with force application during the rowing stroke.³⁵⁶¹

Ted Nash's words categorically rejected the theory of University of Washington *Schubschlag* in favor of Lake Washington *Kernschlag*, and yet films clearly show that his Lake Washington boats actually utilized what appear in the second half of the pullthrough to be very effective *Schubschlag*.

There must be an explanation!

Above all, it must be remembered that *Schubschlag* and *Kernschlag* are not mutually exclusive. They form a continuum.

³⁵⁶¹ We have already described in detail the first example, how George Pocock's writings unequivocally described sequential *motion* when he always intended concurrent *effort*. See Chapter 48.



Author

Dick Lyon
Force application was strongly *Kernschlag*
with strong surge to the release.

When rowed well, they have a lot in common. Ted's curve, while having a slight *Kernschlag* bias toward the front end, is about as close to a *Schubschlag* parabola as you will find in the real world.

Dick Lyon, who rowed 2 in Ted's 1964 boat, also has a force curve with characteristics of both approaches. His curve has the early spike typical of *Kernschlag*, while the last two-thirds of the curve follow a *Schubschlag* parabola.

When Lyon rowed a pair in practice with Conn Findlay³⁵⁶² after the 1964 Olympics, he was astonished at how strong Findlay was in the second half of the pullthrough, which indicates the Nash/Lyon four indeed had a first-half bias.

However, Nash's natural desire to get power on immediately in order to bend the shaft prior to the sweet spot of the stroke is a quality universally desired by *both* approaches to boat moving. If the University of Washington crews of Ted's era were slow in applying their effort, this was a technical fault not shared with earlier Ulbrickson crews. Note the various images

³⁵⁶² See Chapter 82.

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of 1936 Washington stroke-seat **Don Hume** on Chapter 59.

In 1964, from their perspectives in the boat, Ted and his mates were making every effort to bend their oars immediately upon entry and then maintain that bend consistently to the finish. They made *no* extra effort later in the pullthrough. They merely *maintained*, but maintaining the bend required *uninterrupted* and *consistent* force, and as the force acted upon the boat, it smoothly and effectively responded by accelerating from entry to release.

This is the very essence of *Schubschlag*.

According to **Dr. Körner**, the intent of *Schubschlag* is to generate “a homogeneous and complete pullthrough curve. Pressure is taken up with some sensitivity, and an attempt is being made to maintain the pressure on the blade throughout the entire stroke.”³⁵⁶³

The “sensitivity” to which Körner was referring recognized that it is possible to apply so much power at the entry that it can be disruptive and also cannot be maintained past the entry, which is the essential trap represented by *Kernschlag* and its mindset.

Since Lake Washington maintained their power all the way to their abbreviated releases, what Ted strove for with his “explosive catch” had more to do with *instantaneous* force application than explosion in the literal sense of the word.

Nash: “True.”³⁵⁶⁴

GDR’s concept of *Schubschlag* has often been praised for its beauty, and their scientists and coaches traced their original inspiration back to the writings of **Steve Fairbairn**. Since the time of T.S. Egan and before, *Schubschlag* has been followed by rowers and scullers around the world. Its

intent was and is to be “the most economical flow of movements possible.”³⁵⁶⁵

Over the years, the terms “beautiful” and “economical” have not often been used to describe the rowing of Ted Allison Nash, but a fresh look at the photos of the 1960 and 1964 Lake Washington fours indicate how well-deserved these words actually are.

Ted has always been an enigma, a gruff exterior but a sensitive inner self, and as a rower Ted had a *Kernschlag* mouth and mindset but a hybrid *Kernschlag-Schubschlag* result.

Training

Nash: “Now the other thing that Lake Washington did that was different was the serious volume of weight training. We became *very* strong. I have training logs on simple things like pull-ups, going to an amazing number of pull-ups (like I later tried to do with the freshmen at Penn) and just *ungodly* numbers of dead-lifts.

“You know, Rusty Wailes was a tall, thin man, but he could dead-lift with the best of us, and we were doing three hundred fifty pound dead-lifts, and we did all kinds of specialty weights that **Harry Swetnam** brought from his work with professional football teams.

“From 1958 to 1961, Harry’s program served us very well. He gave us fundamentally solid periodic lifting plans including the Olympic lifts and some circuit training. We quickly improved using his three-times-a-week workouts.

“Later we incorporated ideas from **Karl Adam**³⁵⁶⁶ which we picked up at his clinics and during visits to Ratzeburg. .

“We lifted at Lakeside School. We lifted at the university. We lifted downtown at the Washington Athletic Club.

³⁵⁶³ Körner, pp. 6-7

³⁵⁶⁴ Nash, op cit.

³⁵⁶⁵ Herberger, p. 71

³⁵⁶⁶ See Chapter 92.

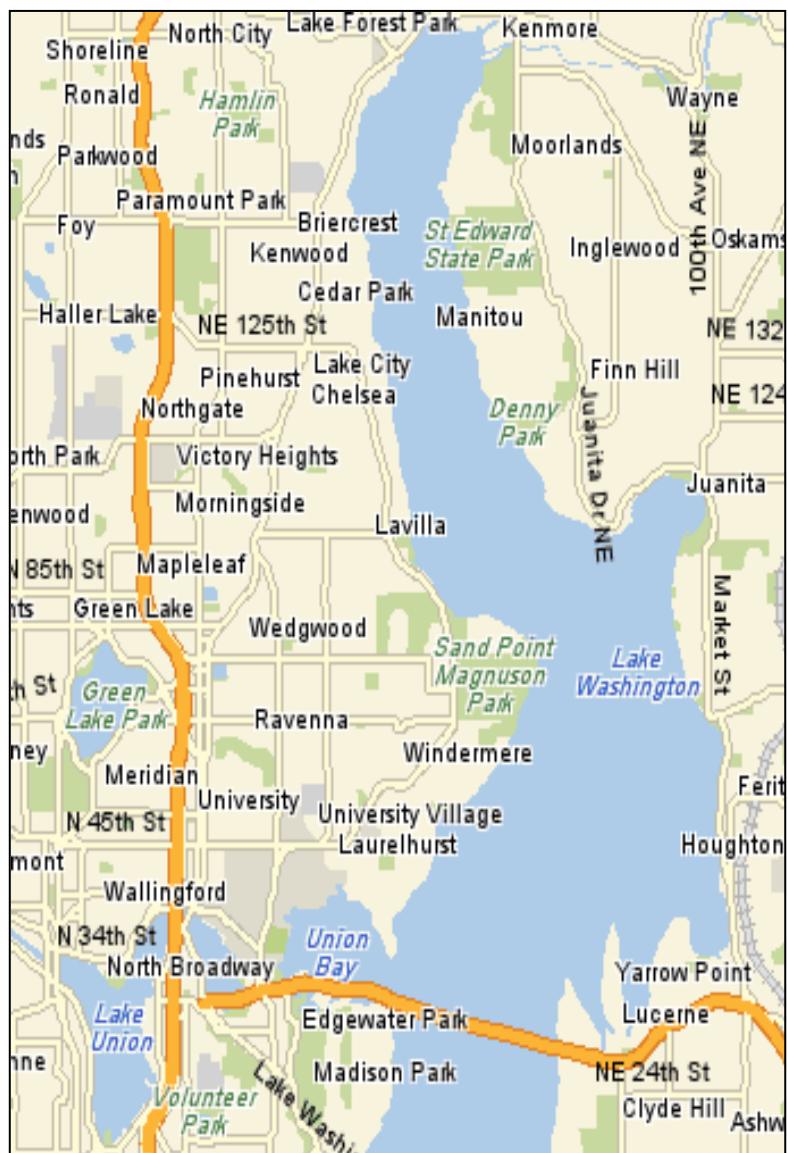
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"We ran, and we did stairs until everyone could catch Chuck Holtz, who was the fastest guy on the planet on stairs.

"And the other thing we did, which was probably a first, was we weighted our singles, rowing in wherries or singles six-across before the four was selected, and we put a twenty-kilo weight on a peg in each boat, and we rowed to Juanita Beach³⁵⁶⁷ and back, and if we didn't sink, the winner got points, so Joe Burk wasn't the only inventor of the point system.³⁵⁶⁸ The first I ever heard of it was at Lake Washington Rowing Club, and the man who told us to do this was **George Pocock**, who was our sculling coach.

"Joe used to use a deck of cards, and George and Stan used tongue depressors."³⁵⁶⁹

Dick Lyon: "Stan and George thought rowers should be built more like race horses than weight lifters. Earlier in the season at one of our weigh-ins, I remember Stan discouraged at my 191 pounds [87kg], in disbelief that I could be that heavy and still look like 'skin and bones.' A few months later I weighed 185 [84kg], even though we probably ate over 4,000 calories a day."³⁵⁷⁰



maps.yahoo.com

Rowing in a weight-loaded single back and forth from **Union Bay** (bottom, center) to **Juanita Beach** (in cove, right, upper middle) was nearly twelve miles!

Training Load

Nash: "The other thing that we *obsessed* about was *mileage*. We learned that if we rowed more miles than anybody else our

³⁵⁶⁷ "'Sonova Beach' in the Husky oarsman's lexicon." S. Pocock, p. 165

³⁵⁶⁸ See Chapter 91.

³⁵⁶⁹ Nash, op cit.

³⁵⁷⁰ Lyon, op cit.

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endurance was better. Now that's about as unsophisticated an approach as you can get!

"I'd land my plane at Sand Point Naval Air Station,³⁵⁷¹ where they permitted me to tie down my Army aircraft on a little Navy Reserve strip, run [3 mi. 5 km] down the Burke-Gilman Trail³⁵⁷² to my houseboat, jump in my single, row to the LWRC dock, throw it in the slings, jump in the four, – they were waiting for me, pissed off usually – go out and row, come back, row my single back, run back up the trail, get in my plane, go back, teach lessons all day, and do it *all over* for the afternoon row.

"How did I do that . . . ?

"In 1960, the other guys were doing the same kinds of things. Rusty was going to Renton³⁵⁷³ for engineering. Dan was teaching, and he was in the Navy, off half the time on ships and training like crazy on deck. Sayre was like a lunatic. He trained and did everything!

"What we called paddle is now called steady state. We did our distance rows at 90%. Everything else was full pressure all the time."³⁵⁷⁴

Lyon: "In 1964, in one of his more impressive feats in the middle of a workout, Nash showed us how to peel an orange with his pocket knife. It was at the half-way point around Mercer Island, a single spiral peel without a break that could be put back into the shape of an orange after its lovely contents had been consumed. I wowed my kids with that technique years later.

"After an orange and water, we then literally raced one of the other fours the twelve miles or so back to the boathouse – not a part of the original workout plan – but no one wanted to finish second.

³⁵⁷¹ across from Juanita Beach on the map on this page.

³⁵⁷² Interestingly, the Burk-Gilman Trail didn't exist until the 1970s. It was a railroad right-of-way during the '60s, per Bob Koch, 2010.

³⁵⁷³ at the south end of Lake Washington.

³⁵⁷⁴ Nash, op cit.

"It was often difficult to stand up after a workout. We had to sit in the boat a few minutes at the dock before being able to pull ourselves upright. I had veins standing out on my back. I couldn't sleep on my back without a pillow under my knees. We were like steel springs."³⁵⁷⁵

Nash: "We discovered that miles around Mercer Island and around the lake made us stronger to the point that we never felt any time we raced that we were fully extended.

"Sometimes we'd row three times in a day. I think nobody had ever *heard* of three times in a day until then."³⁵⁷⁶

Overall

In technique, despite Nash's theatrical head motions, the difference between the technique of the 1964 Lake Washington coxless-four and that of the 1964 Conn Findlay coxed-pair,³⁵⁷⁷ which stayed closer to Stan Pocock's teachings, was that Ted's crew actually pushed the front end a bit harder and used their upper bodies *less* than did Conn's.

At the end of the stroke, instead of swinging to -25° of layback and employing a ferryman's finish, Ted basically cut short the pullthrough after the legs were flat and the backs had reached only -15° past vertical. As Ted himself has described, this allowed the boat to hastily begin a fast recovery and row higher ratings down the course.

With his slightly shorter layback and higher ratings, Ted may have taken his inspiration from international crews of the time, the Soviets, Italians or perhaps the West Germans, who for several years had been raising eyebrows with a radical new technique, which we will discuss shortly.

³⁵⁷⁵ Lyon, op cit.

³⁵⁷⁶ Nash, op cit.

³⁵⁷⁷ See Chapter 82.

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85. The Last Great LWRC Boat

The 1964 Coxless-Four



Dick Krahnenbuhl

1964 Lake Washington Rowing Club Coxless-Four

Stroke **Ted Nash** 6'4" 193 cm 190 lb. 86kg, 3 **Phil Durbrow** 6'3" 191 cm 190 lb. 86 kg,
2 **Dick Lyon** 6'3" 191 cm 185 lb. 84 kg, Bow **Theo Mittet** 6'4" 193 cm 185 lb. 84 kg

Dick Lyon

Dick Lyon: "I rowed at Stanford, graduating in 1961. We had little success as a university team, but I did have the honor to row with **Dick Draeger** (two years ahead) and **Ed Ferry** (two years behind), and **Conn Findlay** was my varsity coach.³⁵⁷⁸

"After school, I was in the U.S. Army stationed at Ft. Lawton, Seattle, working for Army Counterintelligence. When the 1964 Olympic year was coming up, Conn and Ted

Nash encouraged me to apply for permission to train. I did, and permission was granted.

"At the year's first official meeting of LWRC, Stan Pocock having reluctantly agreed to coach again, started with, 'I can hardly wait to hear what I will say . . .

"I thought about what it means to win a Gold Medal, and I came to the conclusion that an Olympic Gold Medal means you are the best in the world at doing something absolutely useless.

"Then I thought more about it and realized that when men go to war, it's a terrible ordeal, but at least they learn *who* they are during that experience. Others don't have to go to war. When you train and

³⁵⁷⁸ See Chapter 82.

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compete as an athlete at the highest levels, even if you don't come out the winner, you are forced to learn more about who you are deep down.'

Lyon: "We all had tremendous respect for Stan. He had a keen eye for detail and a clear vision of the ideal rowing stroke. He also knew that he lacked the ability to yell and motivate crews, so one day when he was a little disappointed in our progress, he faked anger, throwing his megaphone into the coaching launch and speeding down the course ahead of us. That worked to make us go even harder."³⁵⁷⁹

Phil Durbrow

Phil Durbrow: "When it was decided that Stan Pocock would gather some of the best oarsmen in the country to train in Seattle for the 1964 Olympics,"³⁵⁸⁰ I was not one of the guys that anyone would have thought of, having only rowed for two years."³⁵⁸¹

Durbrow had a unique background. He had worked as Troy Donahue's stunt double for equestrian scenes in *Susan Slade* and other Hollywood films.

Georg Meyers, *The Seattle Times*: "Durbrow banked his movie earnings, enrolled at the University of California, rowed in Coach Jim Lemmon's junior varsity and was drafted by the Army."³⁵⁸²

Durbrow: "I feel very lucky that **Duvall Hecht**"³⁵⁸³ had been my first rowing coach [at Menlo College]. Duvall helped me to appreciate the artfulness as much as

the physical aspects of rowing. He had learned from George and Stan Pocock, and he was not about brute force and strength.

"He raised rowing to the level of a Zen master. For him, it was about getting totally in tune with the water, the feel of the boat, the unity of effort, the beauty of it all, while applying the horsepower! I remember Duvall saying, 'Don't hunker down and plow away. Sit up tall, and act as though you have the greatest disdain for the effort, while you lay it on.'

"Duvall called Stan and got me invited to Lake Washington. I was on special assignment for the Army at the time, and the Army wrote back saying they couldn't find me! Eventually, they did locate me and ordered me to Seattle for training.



Ted Nash Collection

"When I arrived, it was clear that I was the least experienced guy there. The group already had many Olympic and Pan American Gold Medalists. They were all wearing well-used USA sweatshirts! They would gather in little groups and try to put together boats with the guys they wanted to row with. I had naïvely thought it was going

³⁵⁷⁹ Lyon, op cit.

³⁵⁸⁰ Stan Pocock: "I had nothing to do getting people to show up!" – personal correspondence, 2009

³⁵⁸¹ Durbrow, personal correspondence, 2009

³⁵⁸² Georg N. Meyers, Hollywood Stuntman, Phil Durbrow's Dream, *The Seattle Times*, October 16, 1964

³⁵⁸³ See Chapter 81.

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to be all about who could make the fastest boats, but it seemed to be very political, and I started to realize that no one really wanted the absolutely fastest boat . . . if *they* weren't in it, so I kind of stood around on the outskirts while they courted each other.”³⁵⁸⁴

Among the athletes present were **Wayne Frye** from the 1952 Navy Olympic Champion Eight,³⁵⁸⁵ **Dan Ayrault**,³⁵⁸⁶ two-time Olympic Gold Medalist, in the coxed-pairs in 1956 and in the coxless-fours in 1960, back from a long layoff, Ayrault's 1960 teammate **Ted Nash**,³⁵⁸⁷ and of course **Conn Findlay**,³⁵⁸⁸ the 1956 Olympic Champion and 1960 Bronze Medalist in the coxed-pairs, with his latest partner, **Ed Ferry**.³⁵⁸⁹

Lyon: “Stan kept trying to put together a fast eight, training and racing everybody in small boats and putting the eight together periodically, but no combination got under six minutes, and the ‘jayvee’ boat sometimes beat the chosen eight. Usually the boats with Conn and Ed prevailed, but they felt that they had a much better chance in their pair than in a slow eight.”³⁵⁹⁰

Two eights would go out regularly and scrimmage. The times were not particularly fast.

Durbrow: “The big problem had been that everybody had all had so much success rowing their own way that they weren't very good at adjusting and rowing together. Each seemed to think the other guy should do it ‘my way.’”³⁵⁹¹

The Seattle Times: “In an informal race while most of the city slept yesterday morning, the Lakers stroked by Lyon trailed

the Vancouver, B.C. Rowing Club by two and one-half lengths.

“‘Winning or losing that race was not a deciding factor for us,’ Pocock said. ‘We've got a week left to see whether we can find the right eight to slide up that blinking slide together.’”³⁵⁹²

Lyon: “The Eight Trials were July 11, the Small Boats Trials August 26-29. I think it was around July 4 that Stan sadly told us it was time to choose our own small boats. He said we should have learned by the 1960 example: make the small boats go fast before putting together an eight.”³⁵⁹³

Georg Meyers of *The Seattle Times* gave Stan's decision a parochial twist.

Meyers: “The Lake Washington Club declined to organize an eight because the members did not wish to compete in the Olympic Trials against the University of Washington crew. The club was primarily to develop small-boat crews.”³⁵⁹⁴

Durbrow: “Eventually, we gave up on trying to put together an eight and started focusing on small boats.

“Then disaster struck for me. It was decided we should all row in singles to get a sense of who were the best oarsmen. I had never even sat in a single before, so – I'm admitting this for the first time – I went to Stan and said that I needed to return home because my mother was not well. He was very sympathetic and said to come back as soon as I felt I could.

Lake Washington at Night

Durbrow: “Instead, I would get up early each morning and watch the guys in their

³⁵⁸⁴ Durbrow, op cit.

³⁵⁸⁵ See Chapter 64.

³⁵⁸⁶ See Chapter 82 and 83.

³⁵⁸⁷ See Chapters 83 and 84.

³⁵⁸⁸ See Chapter 82.

³⁵⁸⁹ Ibid.

³⁵⁹⁰ Lyon, op cit, 2008

³⁵⁹¹ Durbrow, op cit.

³⁵⁹² Georg N. Meyers, An Olympic Decision, Laker Eight Eager, *The Seattle Times*, June 28, 1960 (estimate)

³⁵⁹³ Lyon, op cit.

³⁵⁹⁴ Georg N. Meyers, Clubmen Spring Pre-Olympic Upset, *The Seattle Times*, September 26, 1960

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singles with binoculars from my secret vantage point. Then, at night, I'd sneak out in a single and try to figure it out.

"It was really beautiful on the lake at night, and the water was very flat with reflecting lights that looked like jewels spread out on black velvet. I focused on rowing as quietly as I could (not knowing what else to focus on). I tried to make totally silent catches and releases with zero rattling of the oar locks.

"It was lovely. I often still think of those nights, all alone under the stars, on Lake Washington.

"When I saw the guys had stopped rowing singles, I reappeared, told everyone my mother was better and began rowing in various fours again with everyone else.

"I decided that there was no way that I could please all the experienced guys who had different points of view about rowing, so I decided that Stan was our coach and that I'd make every effort to do everything exactly as *he* instructed us. I was always getting new corrections, and I would keep a running list and try to ensure he didn't have to repeat any one to me.

"I think my advantage was that I was totally and eagerly coachable.

"After a while, Stan would point out how I was rowing to the others and tell them *that* was what he was looking for. This resulted in some of the more competitive guys dubbing me 'The Pretty Rower,' implying that I only *looked* good.³⁵⁹⁵

Theo "Ted" Mittet

Mittet: "I grew up in a family home overlooking Lake Washington. I saw the University of Washington Crew and other teams practicing daily and was frequently reminded that my father had

rowed for the U. of W. I tried high school football and basketball, but they didn't suit my aptitudes.

"I turned out at Green Lake Crew as a sophomore, where I was nurtured by a wonderful and caring coach, John Halberg. He changed my life.

"That very first season, I made the team that went to Hawaii to race against Punahou and Iolani, both private high schools on the island of Oahu. We won our events, and it was through this experience that I began to perceive myself as an athlete for the first time. Instead of returning home with my team, I spent the remainder of the summer in Hawaii surfing. It was a teenager's dream come true.

"I rowed my freshman year at the U. of W. but left the rowing program before the racing season due to the rigors of school, where I was studying architecture and city planning.

"When I returned to rowing, it was with clubs . . . The small boats attracted me.

The 1964 Coxless-Four

Mittet: "Altogether, I rowed from the age of sixteen until I was thirty-something. Subsequently, I coached the Western Washington University crew for two years. Nothing in all my years of rowing and coaching ever came even close to experiencing the intangible magic, spirit and energy of our 1964 Lake Washington coxless-four. This went beyond rowing together. We were disparate personalities whose respective strengths merged in support of the whole.

"I was a bit of a latecomer to LWRC's Olympic aspirations. By the time I arrived, many of the seats had been claimed, often out of old alliances. Nash, Durbrow and Lyon had been together for some time, but they had not settled on who would take the

³⁵⁹⁵ Durbrow, op cit.

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bow position. Weeks went by, and still they had not made a final selection.

"Eventually, I was given the opportunity. From the first stroke, I was awakened to a level of rowing that I had never before imagined possible. I knew at once that my best bet was to do no harm. The boat set perfectly on center, and during subsequent big 20s and clocked 500-meter runs we could literally hear and feel the boat riding on bubbles passing beneath the keel."³⁵⁹⁶

Durbrow: "We were trying every conceivable combination of oarsmen in a number of fours that went out every day. Boats that I expected to be super fast felt heavy or ungainly, but one time, Ted Nash, Ted Mittet, Dick Lyon and I went out together with Nash stroking, and it felt light and quick."³⁵⁹⁷

Lyon: "Fortune was with us, and the first day we were together, the boat was pretty fast.

"We had rowed in many combinations before, but Ted Nash, our inspiration, our energy-filled, positive-attitude maniac, got the four of us together, and we rowed out into the bumpy waters of Lake Washington, churned by power boats. For unexplainable reasons, the boat set up well right away and it just felt really good. Ted had his watch strapped to his boot stretchers and suggested that we see how we do over a 500-meter trial.

"So we went for it, and I think we did something like a 1:34 on the first try in bad water. Ted was elated with the number, whatever it was.

"Ted then tried another combination a few workouts, but it was a little rough."³⁵⁹⁸

Durbrow: "We continued trying other combinations, and about a week later, Nash, Mittet, Lyon and I went out again, and it felt

good again. I remember saying to Nash, 'Ted, this boat has the best feel of all the other combinations. Why don't we go with it?'

"As the previous Olympic Gold Medal winner in the boat, it was up to Ted."³⁵⁹⁹

Mittet: "Ted was the obvious leader, and I knew that it was he who would decide my fate. I rowed each workout with the fear of being replaced. Others took my place, but I always returned."³⁶⁰⁰

Dick Lyon's daily journal: "Weds – 22 July 64. Timer with 4+ and 2- toward Bellevue along bridge, slight following breeze, 6:33. First day trying 42 start 30 strokes, then 37 for body; rough release, set & steering.

"Talked w/Stan, decided against going to Nationals [July 31 – August 2 on Hunter Island Lagoon, New York] due to possible loss of surprise factor and loss of at least 1 week training and money. Need 6:25 to win Trials. Army people squared away for Lyon & Durbrow, full-time training now, no need to go into the office. Legs burned ~1,300m, found self waiting for finish, could put out more.

"Encouraged that Stan gave us coaching.

"Ate whole box of Life cereal . . . "³⁶⁰¹

Lyon: "I found some old journal pages – we were still trying another combination on Sunday, July 26th, when we (Nash) made the final decision to stay with this lineup."³⁶⁰²

Durbrow: "Ted sat still for a while out on the water, then turned and agreed to go with us. In terms of rowing with me, I've always felt, but don't know that it's true, that as Ted sat there considering us, he may have had in the back of his mind, the fact that Stan was very positive about my

³⁵⁹⁶ Mittet, personal correspondence, 2009

³⁵⁹⁷ Durbrow, op cit.

³⁵⁹⁸ Lyon, op cit, 2009

³⁵⁹⁹ Durbrow, op cit.

³⁶⁰⁰ Mittet, op cit.

³⁶⁰¹ Lyon, op cit.

³⁶⁰² Ibid.

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rowing. Stan and Ted respected each other a great deal.”³⁶⁰³

Lyon: “Larry Hough, European Champion in the straight-pair,³⁶⁰⁴ recently said to me, ‘In the pair, you know right away if it’s going to be fast.’

“It was like that in this four. The first day we knew it could be fast, though it would take some time. We had only a month until the Trials, so we stayed together, and we kept looking for other boats to race, gaining consistency and speed and fitness.

“Stan told us we still weren’t keeping the squeeze on at the finish.”³⁶⁰⁵ Phil asked Stan what he should be working on, and Stan said something we had never heard before. He said, ‘I really can’t see anything, Phil. Just keep doing what you’re doing.’

“Nash was the spirit and leader of the boat, but Phil provided our smoothness.

Training

Lyon: “Ted would have us do racing starts after he had announced the lanes as if we were lining up at the Olympic finals: ‘Allemagne prêt? États Unis prêt? Italie prêt? Étes-vous pres? Partez!’

“At the end of one time trial, I remember Stan said, ‘Okay, now twenty more strokes,’ making the finish sprint last well beyond the finish line . . . and we did it, proving to ourselves that we still had something left in the gas tank.”³⁶⁰⁶

“We stretched out our starts to the entire first 500 meters above 40. We did bursts at 46 to improve timing and quickness, looking

for flat water in the estuaries and under the freeway by the Arboretum.

“One day we had one of those ‘Way enough! Hold all *hard!!!*’ experiences, after which our bow rode up on top of a little fishing pram between the two occupants whose eyes were *huge* with disbelief.

“By my estimate, each of us had rowed over 3,000 miles that season in preparation for the Trials, plus the weights, the stairs, sit-ups, chins, running.

“Ted Mittet used to remark that ‘Pain is a flower.’”³⁶⁰⁷

Mittet: “As our training regimen increased and other parts of our lives faded, we became dedicated to one another, to our Olympic goal – nothing else existed.

“On long endurance workouts the endorphins kicked in, and we achieved what seemed to be an effortless Zen state.”³⁶⁰⁸

Nash: “I don’t know much about a Zen state, but I remember being way north up at Lake Forest Park³⁶⁰⁹ in a double with Bill Flint and having a steel-head salmon jump across our stern deck as if he wanted to join in. I also loved having the Husky Varsity eight alongside our four with two miles to go coming back from a Mercer Island trip.”³⁶¹⁰

Mittet: “I shall never forget one early morning workout on the mirror-flat surface of Lake Washington. We had been rowing nonstop for over an hour, and the only sound was the perfect rhythm of our stroke cycle – our soft, nearly silent catch and hard, bluewater finish. The trail of our whirlpools sliced through the sunlit reflection of Mt. Rainier’s summit directly off our stern.”³⁶¹¹

³⁶⁰³ Durbrow, op cit.

³⁶⁰⁴ 1967 and 1969. See Chapter 110.

³⁶⁰⁵ See Chapter 84.

³⁶⁰⁶ Nash would later use this same trick with his Penn freshman crews. See Chapter 94.

³⁶⁰⁷ Lyon, op cit.

³⁶⁰⁸ Mittet, op cit.

³⁶⁰⁹ the far north end of Lake Washington, about 10 mi. 16k from the shellhouse.

³⁶¹⁰ Nash, personal correspondence, 2009

³⁶¹¹ Mittet, op cit.

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Phil Durbrow

1964 Lake Washington Coxless-Four
Olympic Trials Winner, Hunter Island Lagoon
Stroke **Ted Nash**, 3 **Phil Durbrow**, 2 **Dick Lyon**, Bow **Theo Mittet**
1 LWRC 6:23.1, 2 **Harvard** 6:26.0, 3 **Vesper B** 6:32.5, 4 **Detroit** 6:34.0,
5 Union 6:37.1, 6 **Schuylkill Navy** 6:46.1

Stan Pocock

Mittet: "We were so lucky to have Stan Pocock as our coach. He was firm in his convictions, but always heard and honored our opinions.

"Stan coached from a boat's perspective. 'Be gentle. The boat likes that.' He taught us to listen to the boat.

"Stan often said things that changed the paradigm. He had a way of describing technique by analogy – simple, clear picture images. He taught us to think of our stroke cycle as a belt traveling around two pulleys, the line between their axes parallel to the surface of the water at all times:

The finish, release and recovery should all be sequenced around the top and bottom of the bow pulley. Prepare for a strong finish and clean release. Then as the hands come around the pulley radius, prepare to force the blade into a very fast initial recovery while loosening the grip on the handle.

Thrust the hands, head and shoulders fast out of bow – gain full [upper body] reach as soon as possible, and pull the slide seamlessly out of bow with maximum speed to enhance boat momentum. Keep the head up and the eyes fixed straight to stern.

Race to mid-recovery, maintaining maximum slide speed and [upper body] reach, and then gradually slow recovery to a

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pause just before entry. Extend to *absolute* maximum reach before entry.

Prepare for the entry. Edge the bottom lip of the outreached blade forward, splash a little water to the bow at the split-second of entry.

Roll around the bottom of the stern pulley with a clean entry. Anchor the blade while passing through the radius of the pulley ‘as if the blade were being set into a notch in concrete.’

Roll around the top of the pulley while engaging the hands, wrists, forearms, biceps, shoulders, abdomen, back and then legs in a seamless pre-drive sequence.

Be solidly anchored against the ‘notch’ before engaging the drive with the legs. Then achieve full body drive. Squeeze to a bluewater finish. Never heave at the end.

Release rapidly, cleanly and gracefully around the radius of the bow pulley with a back swing as you prepare for another perfect recovery.

“Once we mastered all of this, it became our technique. The true test was doing all of the above together, at the same time and in the same way.

“Stan spoke to the danger of the catch and finish: ‘Always pause for a soft catch, and anchor before the drive . . . Follow through to a hard, clean finish and spring-loaded release.’

Ted Nash

Mittet: “Ted Nash was nearly ten years my senior at 31. He was a rowing celebrity, an Olympic Champion and a dedicated oarsman. His drive was from deep within and always under control. I cannot recall an instance when we couldn’t count on his being 100% available.

“In addition to his skill as an oarsman, he also had an uncanny ability to psyche out an opponent. If we were in a neck-and-neck race, he might loudly and conspicuously call out a ‘*Big 20 sprint!*’ We had codes and

knew when this was real or fake. The intention was to force the competition into an early sprint while we held them at a lower stroke. We might do this once, twice or even three times during a race in an attempt to exhaust them prior to engaging our own final sprint.

“And it always worked!

“Ted would talk a race through before pushing the boat away from the dock . . . If this happens, then we X or Y, and if that happens, then we Z. Ted was the consummate tactician and master strategist.”³⁶¹²³⁶¹⁴

1964 Olympic Trials

Lyon: “Detroit Boat Club had been second at the Nationals behind the Canadian Olympic crew and ahead of Harvard. We did a practice start with them before the heats at the Olympic Trials [on Hunter Island Lagoon] that summer, and Ted Nash broke a blade on one of the maple flagpoles sticking out of the Styrofoam block lane-markers.³⁶¹³ We barely made it to the line in time after sprinting back to the NYAC boathouse to get another oar.”³⁶¹⁴

Mittet “It is normal for the bowman in a coxless-four to steer, and so I was assigned the task. There were instances when I came too close to the lane buoys or, in one or two races we actually crossed over them with our blades. I always feared losing a critical race due to steering error. It was decided that Nash in the stroke seat would act as co-pilot. We installed dual steering so that either of us could make corrections. This worked perfectly, but I always felt bad for placing this added burden on Ted. He had enough to concentrate on as stroke.”³⁶¹⁵

³⁶¹² Mittet, op cit.

³⁶¹³ For Detroit rower Tom McKibbon’s recollection of this incident, see Chapter 88.

³⁶¹⁴ Lyon, op cit.

³⁶¹⁵ Mittet, op cit.

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Bert Demmers

1964 United States Coxless-Four

In practice on the Charles River, September 4, 1964

“Ted and Phil had a nice way of early power, putting the bend in the oar by the time the hands had crossed the toes.” – **Dick Lyon**

Lyon: “When we were heading to the starting line for the finals, thinking we had plenty of time, Ted Mittet announced that he had to pee. There went our ‘plenty of time.’

“In the final we were still at 39 at the 1,000 meter mark, and TAN said, ‘I guess we can take it down now,’ as we had a length on Harvard, which we held to the finish.”³⁶¹⁶

NAAO Official Rowing Guide: “The Lake Washington boat was given more than token competition by the Harvard four (composed of four members of the Harvard eight defeated by Vesper), which it beat by one quarter length, and by the Detroit Boat Club, which rowed even with Lake Washington for the first 500 meters and then pulled slightly ahead before bowing to the greater power of Ted Nash and his mates.”³⁶¹⁷

1 Lake Washington 6:23.1

2 Harvard	6:26.0
3 Vesper BC	6:32.5
4 Detroit BC	6:34.0
5 Union BC	6:37.1
6 Schuylkill Navy	6:46.1

Lyon: “The stroke of that Harvard boat, **Geoff Picard**, would end up being our spare in Tokyo.

“After the Trials we trained for a while in Cambridge.”³⁶¹⁸

Nash: “Harry Parker was kind to invite us and house us at the Harvard shellhouse. That training was valuable time, and we learned a lot there on the Charles.”³⁶¹⁹

Lyon: “A famous coach on the Charles River thought we would wear ourselves out doing three workouts in a day, but we persisted. We kept getting faster, doing a 1:27 500m in Long Beach before leaving for Tokyo.”³⁶²⁰

³⁶¹⁶ Lyon, op cit.

³⁶¹⁷ William L. Henry, United States Olympic Rowing Trials, 1965 NAAO Official Rowing Guide, p. 62

³⁶¹⁸ Lyon, op cit.

³⁶¹⁹ Nash, op cit.

³⁶²⁰ Lyon, op cit.

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Disaster at Toda Bashi



Ted Nash Collection

The 1964 Olympics did Ted Nash and his 1964 teammates no favors. **Phil Durbrow**, who Nash considered “the strongest man I ever rowed with”³⁶²¹ and who Dick Lyon said provided their smoothness, ruptured his congested sinuses³⁶²² during their opening Olympic heat on the Toda Bashi course.

Stan Pocock: “Durbrow was the original hard-luck kid. A fine horseman, he was selected to train for a previous Olympic Equestrian Team, only to be forced out due to illness.”³⁶²³

Meyers: “For experience in 1956, Durbrow entered the Olympic Equestrian Trials. To the embarrassment of America’s finest horsemen, Phil won the over-all three-day event. But Uncle Sam refused to take him to Melbourne.

“Phil was 16. The minimum age for Olympic equestrians is 18.

“By the time Phil was 18, he had outgrown the saddle.

“The best equestrians go about 165 pounds,” Durbrow said. ‘I shot up to about 200 pounds.’

“So in 1960 Durbrow’s ambitions turned to rowing.”³⁶²⁴

Nash: “In the first heat in Tokyo, we just flew off the line and were gone. We were well ahead of Great Britain at the 750-meter mark, and the boat was comfortably flying when Phil coughed and spit blood on and over my right shoulder.

“The boat slowed, and we stopped. We came to a complete stop.

“Then Phil said, ‘I’m okay. Let’s go.’

“We were screaming by *everybody* once again, but Phil had a second episode of blood loss, and the guys in the bow, who could see his condition, yelled down to me, ‘Phil’s really hurting. Please paddle.’”³⁶²⁵

The Times of London: “The United States four gained a slight lead at the start and by half way were about half a length to the good. From that point the British four, rating 37, steadily overhauled the American crew and at the 1,500 metres were a length ahead, after which they were able to ease up a little and won comfortably by nine seconds [6:47.04], in a time which was six seconds faster than that of Denmark [6:51.78] who won the first heat.

“They were, however, ten seconds slower than Germany [6:37.83], the winners of the third heat. But the Germans had a hard race all the way against Russia and France, so that if the British crew can

³⁶²¹ Nash, personal conversation, 2004

³⁶²² Stowe, p. 150

³⁶²³ S. Pocock, p. 202, edited by Durbrow

³⁶²⁴ Georg N. Meyers, Hollywood Stuntman, Phil Durbrow's Dream, *The Seattle Times*, October 16, 1964

³⁶²⁵ Nash, qtd. by Stowe, p. 150

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Rowing Magazine, Dec 1964/Jan 1965

1964 Tideway Scullers Coxless-Four

Olympic Silver Medal, Toda Bashi

Stroke **John Russell** 6'0" 183cm 176lb. 80kg,

3 **Hugh Wardell-Yerburgh** 6'2" 189cm 183lb. 83kg,

2 **Bill Barry** 6'2" 188cm 187lb. 85kg,

Bow **John James** 6'0" 183cm 165lb. 75kg

reproduce today's form, they should provide a real challenge in the final.”³⁶²⁶

Mittet: “I remember the absolute disbelief of watching Phil's blade falter. How could this be? What was wrong?

“Our feelings and concerns shifted totally to Phil in an instant – we knew that this was serious.”³⁶²⁷

Meyers: “Coughing, wobbling, nearly toppling out of the boat, Durbrow survived the heat. Moments later in the shellhouse, Durbrow collapsed. Hospital X-rays revealed a severe lung infection.”³⁶²⁸

Nash: “Durbrow was rushed to the hospital. We tried to visit, but they wouldn't let us see him. The doctor told me it was a tremendous fluke, a rare re-injury of an old wound.

“If I recall what he told me a couple of years earlier, Phil had been the chief horse trainer in Hollywood for the movie, *The Four Horsemen of the Apocalypse*. In it, the four horses (representing war, famine, pestilence and death) had to gallop side by side on a cloud. For the cameras, the clouds

would be dry ice, and the horses would be on rollers. Phil had to teach the horses to do it. Well, there was an accident, and one horse fell on him.

“Rowing in the heats for the 1964 Olympics, with all the pressure and excitement, maybe he had never pulled so hard . . . he was incredibly strong, Phil apparently reopened the injury.

“I believe this is what happened. I also heard sinus problems, so I can't really say. It was a terrific shock to our crew.”³⁶²⁹

Durbrow: “I'm surprised Ted remembers that I did stunts with horses in Hollywood, but I never got badly hurt in that work. My situation in Tokyo was just totally unexpected and very disappointing after all our efforts.”³⁶³⁰

Meyers: “The doctor forbade him to row.

“‘I didn't know whether to cuss or cry,’ Durbrow said. ‘I guess I did a little of both.’”³⁶³¹

Nash: “Phil still makes me appreciate what an influence a great 3-seat can have on a stroke and a boat. I recall Phil Durbrow as a coach's and stroke-seat's dream. He could get you off the line and always ratchet up the finish regardless. Phil always knew when to go and quietly would say the word ‘Now!’”³⁶³²

Mittet: “Phil Durbrow was, in my opinion, the most naturally gifted athlete among us. He was both sensitive and powerful, and he could immediately intuit when we were not in sync.

³⁶²⁶ Coxless Four Give Lift to British Team, *The Times*, October 12, 1964

³⁶²⁷ Mittet, op cit.

³⁶²⁸ Meyers, op cit.

³⁶²⁹ Nash, personal conversation, 2005

³⁶³⁰ Durbrow, op cit.

³⁶³¹ Meyers, op cit.

³⁶³² Nash personal correspondence, 2009

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"Losing Phil during our Olympic heat at Toda Bashi was a tragedy. We had never been beaten. We were ahead by a comfortable margin. Then . . . we watched the other boats go by.

"Later, we regrouped as a sad threesome. By then, we knew that Phil was going to be all right, and we knew that we had another crack at the Olympics through the repêchage . . . We dedicated it to Phil."³⁶³³

Durbrow: "In one of our last workouts in Los Angeles before leaving for Tokyo, we did some extremely fast starts and some very high-rate pieces, and I remember thinking, 'This boat is flying!' We were totally in sync.

"I feel bad that my guys had to row the Olympic final with a substitute at the last minute. They deserved better."³⁶³⁴

The Harvard Substitute

There were already cultural thunderclouds on the horizon for the United States in 1964. President Kennedy had been shot a year earlier, the Beatles had appeared on Ed Sullivan, and the Vietnam War had begun in earnest. The seeds of generational conflict had been well sown.

In many ways, the U.S. Olympic Rowing Team in Tokyo was a caricature of the country as a whole. On the one hand were the Lake Washington guys, older, short hair, mostly state college types, three of them active-duty military. On the other hand were the Harvard guys, still undergraduates at the world's elite university, hair already getting just a bit longer, preppy elites, patrician royalty destined to rule the world soon enough, and well aware of their privileged status.

Chris Kirkland, Geoff Picard's Harvard roommate and manager of the 1964

Harvard Crew: "I don't know about ruling the world. Maybe they were more ready to serve and care for the world: four doctors, an eco-green lawyer, two bankers, a teacher and a writer/gardener/gentleman sculler. They were, to a man, well aware of their privileged status and of their responsibilities."³⁶³⁵

Ted Washburn: "As the press correctly put it with regard to the Harvard rowers and the Vesper and Lake Washington oarsmen, the college guys were 'boys' and the club rowers were 'men.' There was a really wide generation gap there, although we Harvard types scoffed at the suggestion."³⁶³⁶

The top American collegiate crew had won every U.S. Olympic Eights Trials since 1920, so it is understandable that Harvard had arrived at the Olympic Eights Trials considering themselves the presumptive heirs, undefeated and expecting to be anointed.

And they were *very* good. Even when they were upset by Vesper Boat Club,³⁶³⁷ seven of the nine Varsity members made the Olympic Team anyway.

Their coach, **Harry Parker**,³⁶³⁸ split his eight into a coxed- and a coxless-four. The coxed-four won its Trials.³⁶³⁹ The coxless-four finished second in its own Trials, just 2.9 seconds behind Ted's Lake Washington crew. **Geoff Picard** and **Bobby Schwarz** were then picked for the Olympic Team as port and starboard sweep spares.

In the middle of the U.S. Olympic Team's cultural divide was the Vesper eight, a combination of club rowers and Ivy grads, undergraduates and military officers rowing

³⁶³⁵ Kirkland, personal correspondence, 2009

³⁶³⁶ Washburn, personal correspondence, 2009

³⁶³⁷ See Chapter 100.

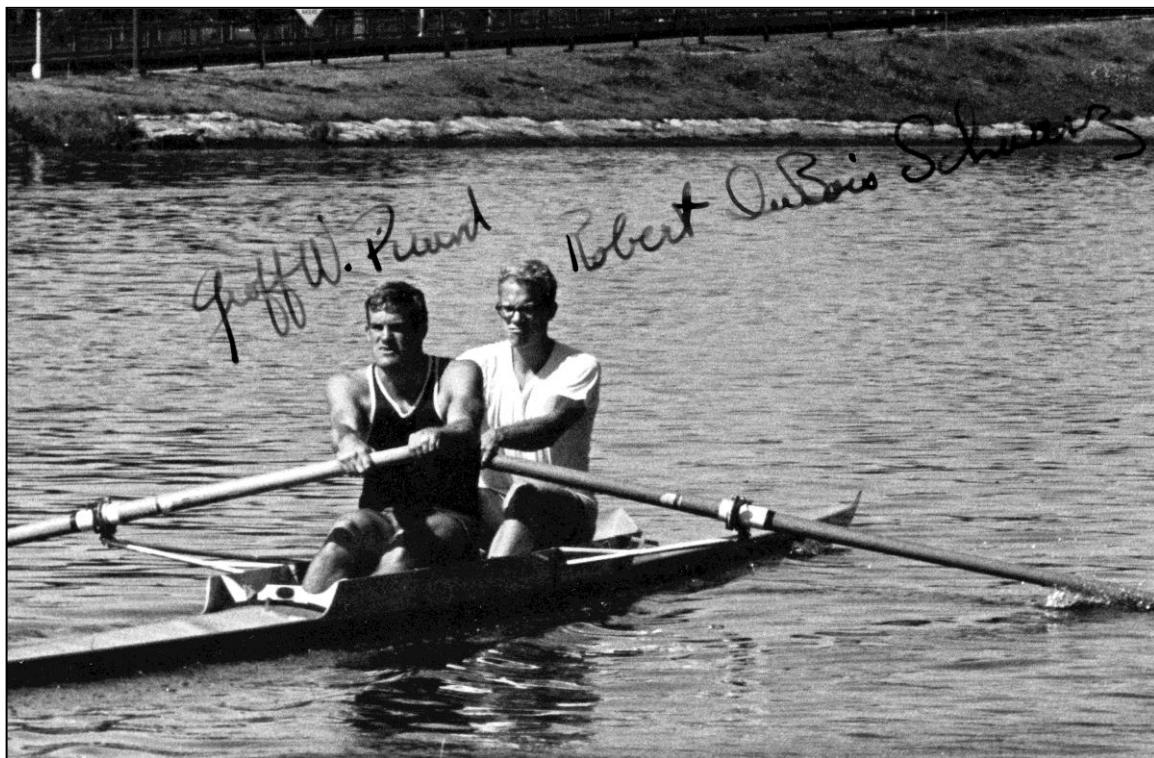
³⁶³⁸ See Chapter 101.

³⁶³⁹ Ibid.

³⁶³³ Mittet, op cit.

³⁶³⁴ Durbrow, op cit.

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Theo Mittet

1964 U.S. Sweep Spares

Training in Cambridge, Massachusetts
Stroke **Geoff Picard** 6'3" 192cm 196lb. 89kg,
Bow **Bob Schwarz** 6'3" 191cm 178lb. 81kg

together and taking only their rowing seriously.

One man in particular, **Emory Clark**, Yale '60, the 5-seat in the Vesper Eight, had a foot in both camps, and he seemed to delight in most everyone's company. He first met Geoff Picard in Long Beach on the way to Tokyo. Geoff sat in for Vesper 6-seat Boyce Budd for a couple of workouts.

Emory Clark: "Even though Boyce was really irreplaceable, the boat went well, – we couldn't tell the difference – and there was nothing wrong with Geoff's puddle."³⁶⁴⁰

Emory and Geoff soon became fast friends.

³⁶⁴⁰ Clark, Requiem for an Oarsman, written in memory of Geoff Picard, 2001

Picard had been stroke of the Harvard Varsity, and when Lake Washington port-oar Durbrow was injured, Geoff got the nod to replace him in time for the reps. Observers wondered about the chemistry.

Emory Clark: "I can't imagine what it must have been like to row for the first time in his life in a small boat without a coxswain,"³⁶⁴¹ with older fellows who rowed a different style, had trained differently and who probably resented him."³⁶⁴²

³⁶⁴¹ Picard actually had perhaps a month of experience stroking the Harvard coxless-four prior to the Trials and two additional months stroking a coxless-pair with Schwarz after the Trials.

³⁶⁴² Clark, op cit.

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Theo Mittet

1964 Lake Washington Rowing Club Coxless-Four Olympic Bronze Medal, Toda Bashi

Picard looks a bit bewildered in this photo.

Emory was wrong about the resentment. After losing Durbrow, Picard was the LWRC four's great hope, in fact their only hope.

Meyers, writing in *The Seattle Times* prior to the repêchages: "Picard has practiced in the shell with Nash, Dick Lyon and Ted Mittet only three times. Lyon and

Mittet also were bitten by the flu bug but keep saying they are recovered."³⁶⁴³

Déjà Vu

As the U.S. lined up against France, Japan and Australia in its repêchage, its last

³⁶⁴³ Georg N. Meyers, Flu Hits Lake Washington Crew, *The Seattle Times*, October 13, 1964

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chance to make the 1964 Olympic final, Georg Meyers of *The Seattle Times* was busy drawing parallels to four years earlier.

Meyers: "Nash can remember when the Italian four was appraised as unbeatable on its home waters, Lake Albano, in the 1960 Olympics. The Yank shell, with Nash at No. 2, beat the unbeatables and brought back to Lake Washington the United States' only Gold Medal in rowing."

"This year, the Russian four is the 'invincible,' and its performance in the recent European Championships is the evidence. It rowed 2,000 meters – 1 mile 427 yards – in 6:14.4."

"Nash, Durbrow, Lyon and Mittet won on New York's [Hunter Island] Lagoon in 6:23.1.

"It is obvious that, for what it's worth, the Lakers will inherit the underdog's advantage in Tokyo."³⁶⁴⁴

After the rep, there were more parallels to be made with 1960.

Meyers: "Four years ago, in a preliminary rowing heat during the Rome Olympics, Nash bashed a buoy and broke an oar; his four-man crew finished second behind Britain. The next day they won a second-chance repêchage heat and went into the finals, where they won the United States' only rowing Gold Medal in 1960."

"Four years later, Phil Durbrow, No. 3 man for the Lake Washington Rowing Club, collapsed with a lung infection, and Nash's crew again finished second to Britain."

"That was yesterday. Today, in a tedious repetition of history, Nash's four-without-coxswain returned in the repêchage and swept into the finals with Geoffrey Picard in Durbrow's seat."³⁶⁴⁵

³⁶⁴⁴ Georg N. Meyers, September Morn, Delights Await, *The Seattle Times*, September 1, 1964 (estimate)

³⁶⁴⁵ Georg N. Meyers, Nash Repeats History, *The Seattle Times*, October 14, 1964

Repêchage 1

1 United States	6:38.93
2 France	6:42.85
3 Japan	7:00.29
4 Australia	7:01.07

Nash: "Picard did a great job, but with our different West Coast technique and rhythm, he told me he never totally felt in synch."³⁶⁴⁶

Meyers: "France menaced the Yanks for 1,500 meters today; then Nash, Picard, Dick Lyon and Ted Mittet leaned on their oars in the final 150 yards and won by two lengths."

"First to greet the victors in the shellhouse was Durbrow.

"When we got to the starting line," Nash told Durbrow later, "we all shook hands and said, 'Let's get this one for Phil.'"

"Okay," Durbrow replied, "then get the next one for me, too."

"The next one is the run for the medals."³⁶⁴⁷

Durbrow: "I'm afraid this newspaper account is not accurate. I wasn't there at the boathouse after the race, but that doesn't mean I wasn't hoping they'd get the Gold."³⁶⁴⁸

Geoff Picard, after the rep: "If we should luck out and win a medal, I'll saw it in half and split it with Durbrow. He earned it."³⁶⁴⁹

The repêchages had been a tense time for the U.S. sweep team. Only the coxed-pair had advanced directly to the final. The coxless-pair and the Harvard coxed-four failed to advance. The eight and coxless-four survived the reps, and there was a bit of

³⁶⁴⁶ Nash, qtd. by Stowe, p. 151

³⁶⁴⁷ Meyers, op cit.

³⁶⁴⁸ Durbrow, op cit.

³⁶⁴⁹ Qtd. by Georg N. Meyers, Flu Hits Lake Washington Crew, *The Seattle Times*, October 13, 1964

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Official Report XVIII Olympiad

Røforeningen Kvik, København Coxless-Four

1963 European Fourth Place, Bagsværd Sø

1964 European Silver Medal, Bosbaan

1964 Olympic Champion, Toda Bashi

The most popular winners in Tokyo.

Bow **John Ørsted Hansen** 6'1" 185cm 181lb. 82kg,

2 **Erik Petersen** 6'0" 184cm 179lb. 81kg,

3 **Kurt Helmut** 6'4" 194cm 220lb. 100kg

Stroke **Bjørn Borgen Hasløv** 6'0" 182cm 181lb. 82kg,

gallows humor spread around, especially in the Vesper Eight.

Emory Clark: "As soon as Geoff got into the [LWRC] boat, what had been 'Nash's four' became 'Picard's four,' and

we took considerable delight in telling Teddy how much better his boat looked."³⁶⁵⁰

The Final

The coxless-four final started at 4:49PM, nineteen minutes after the coxed-pair. The northeast wind that had made the first two races, the coxed-four and the coxless-pair, had shifted so that it blew straight down the course for the rest of the races. For the coxless-fours, it was blowing from the east southeast at 4.3 mps,³⁶⁵¹ down from 5.8 mps the previous race, and it would continue to moderate for the last two races. The lanes appeared to be fair with a possible slight advantage for Lane 6, next to the wall. Nevertheless, the race started with an echelon.

Italy in Lane 3 were never a factor in the race. After 150 meters, the **Netherlands** crew in Lane 6 led by nearly half a length, followed by **Germany** in Lane 5, **Great Britain** in Lane 4 and **Denmark** in Lane 2 all within a few feet of one another. The **United States** in Lane 1, were losing ground quickly, already three seats behind the Danes in the lane next to them and rowing at 34½ into the wind.

Nash: "Our start was '*shaky!*' That's the only word for it, and it was *my* fault. It was only the second start the new combination had ever done, even in practice, and in the excitement of the Olympic final, I tried to go out as high as we usually did. Geoff had been a very good stroke at Harvard, and he was great at high ratings, but we should have been two points lower on the start due to the weather.

"We blitzed off, and we were *shaky!* I immediately was very dissatisfied with

³⁶⁵⁰ Clark, op cit.

³⁶⁵¹ 9.6 mph

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myself. Had I used my head a little more, we would have had more swing, but it was the Olympic final, and . . .”³⁶⁵²

By 250 meters, Lake Washington had fallen more than five seats behind Denmark, Britain and Germany as those three boats fought for second place behind the Netherlands, leading from Lane 6. Ted Nash’s second Olympic Gold Medal was already lost.

Nash: “At 300 gone, we finally got the timing together and started to move.”³⁶⁵³

For the next 1,700 meters, Ted and his teammates remained agonizingly close to Denmark, losing another four seats in the second 250, then holding them in the second 500, only to fall open water behind in the third 500 before gaining back three seats in the final sprint.

The Danes

This was a very determined Danish boat from **Røforeningen Kvik** in Copenhagen Harbor after what had happened to them in previous two **European Championships**.

Bjørn Borgesen Hasløv, stroke-seat: “In Copenhagen 1963, we broke a swivel just before the finish line in the final. Before the accident, we were second in the race after the four from Germany.

1963 European Championships

1 Germannia Düsseldorf	6:13.88
2 Italy	6:16.53
3 France	6:17.97
4 Austria	6:34.87
5 Denmark	7:58.71

“The reason for the break was a combination of material failure, a boat that was too small and a strong tailwind.

The next year in Amsterdam, we used a new and better boat.”³⁶⁵⁴

³⁶⁵² Nash, personal correspondence, 2005

³⁶⁵³ Ibid.

But the luck of the crew from Copenhagen went from bad to worse at the 1964 European Championships, held on the Bosbaan two months before the Tokyo Olympics.

The Times of London: “Denmark snatched an early but slender lead in the coxless-fours and hung on to it for 1,500 metres, where they were one second ahead of the holders, Germany, and two seconds ahead of Russia. Then they began a sustained attack which took them to a length up at 1,950 metres. With Gold Medals in their grasp, they caught a crab. If they could have recovered next stroke, they must still have won. But their boat slewed round, and all was lost – by just four fifths of a second.”³⁶⁵⁵

1964 European Championships

1 Germannia Düsseldorf	6:15.10
2 Denmark	6:15.90
3 Italy	6:17.33
4 Soviet Union	6:18.82
5 Netherlands	6:29.30

Meanwhile back to the final at Toda Bashi, where it had become a three-boat race for the medals.

Italy had never been in it, and two-time European Champion and Olympic heat-winner **Germannia Düsseldorf** surprisingly faded back during the second 500, as did **Netherlands**, the early leaders.

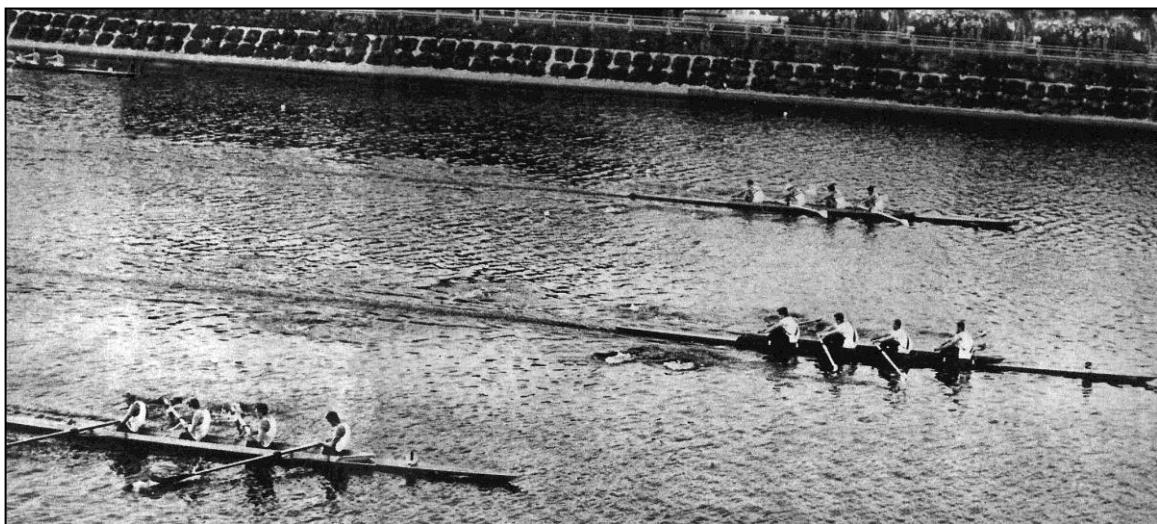
Great Britain was the wild card. They had started even with Denmark but steadily lost ground to them throughout the middle 1,000, even falling a couple of feet into third place behind the U.S. as the two boats crossed the 1,500 meter mark.

Nash: “The Tideway Scullers four in ‘64 rowed a very aggressive start and a very conservative middle with almost no moves in their race and then almost a mechanical upshift-sprint finish: twenty strokes, twenty

³⁶⁵⁴ Hasløv, personal correspondence, 2009

³⁶⁵⁵ Webb and Cooke Surpass British Rowing Hopes, *The Times* of London, August 10, 1964

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Dick Lyon

1964 Olympic Men's Coxless-Fours Final

Toda Bashi

1 DEN 6:59.30, 2 GBR 7:00.47, 3 USA 7:01.37, 4 NED 7:09.98, 5 ITA 7:10.05, 6 GER 7:10.33

Thirty feet, nine meters separated first (middle) from third (foreground).

strokes, twenty strokes, that kind of a thing, whereas our crew was very fast in any given 1,000, probably no faster than our '60 American crew in the middle, but we had an inordinately fast finish which usually caught almost everybody.³⁶⁵⁶

Denmark in Lane 2 started sprinting first, and then the U.S. in Lane 1 responded with a rush, cutting the lead to two-thirds of a length by the 1,750, but from there the Danes held them.

It was the British in Lane 5 who provided the excitement, coming back relentlessly from more than a length down on the Danes with 500 to go, and crossing the finish line only four seats short of the Gold with the U.S. three seats further back.

For Theo Mittet, Dick Lyon, Geoff Picard and Ted Nash, the finish line brought frustration. Despite a superb effort, Denmark still remained a heartbreaking

thirty feet (less than ten meters) beyond their reach, and Britain had sliced through them to take the Silver.

Rowing: "The Tideway Scullers surpassed themselves and everyone's wildest hopes, but the victory of the Danes, after their cruel luck in Copenhagen and Amsterdam, was probably the most popular of the regatta."³⁶⁵⁷

Post Mortem

Theo Mittet: "Geoff Picard was an excellent oarsman and a gentleman. Our style must have seemed a foreign culture to him, yet he responded with determination in the few hours we had together. I credit our Bronze Medal to Geoff's serious effort to adapt on extremely short notice."³⁶⁵⁸

Ted Nash: "After all we had been through, that Bronze meant a lot to us. After

³⁶⁵⁷ Special Report – Olympic Regatta, *Rowing*, December 1964 / January 1965

³⁶⁵⁸ Mittet, op cit.

³⁶⁵⁶ Nash, op cit.

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NAAO Official Rowing Guide, 1965

1964 Lake Washington Rowing Club Coxless-Four

Olympic Bronze Medal, Toda Bashi

Stroke **Ted Nash** 6'4" 193cm 190lb. 86kg, 3 **Geoff Picard** 6'3" 192cm 196lb. 89kg,
2 **Dick Lyon** 6'3" 191cm 185lb. 84kg, Bow **Theo Mittet** 6'4" 193cm 185lb. 84kg

the race, we all made it clear to Geoff how grateful we were. He had *saved* us.

"Geoff Picard was a gentleman. He remembered Phil even as he received his Olympic Bronze Medal.

"Geoff was *damn* good! He showed us how important a spare can be to a team. He's passed away now, but he was a tremendous friend to everyone, and I miss him.

"Somebody told me that Geoff was the first Harvard rower ever to win an Olympic medal.³⁶⁵⁹

"Nevertheless, I believe that with the original crew we might have won the Gold. That's my true belief because we were not that far behind with a new man who had never been in our boat before and who was

rowing a slight pause at the stomach because in those years that's how Harvard rowed.³⁶⁶⁰

"But Geoff was right with me in the last 600, and we made up a lot of distance. He was really great.

"But the start? *Poor*, and that was *my* own fault!"³⁶⁶¹

Indeed, analysis of the film frames in Chapter 84 discloses that during the Olympic final Geoff Picard rowed impeccably under the circumstances, but he was using his legs much more aggressively than the Lake Washington guys, which was the largest difference in technique between the two squads in 1964. Harvard relied more on legs while Lake Washington Technique as it had evolved under Ted Nash relied more on the back.

³⁶⁵⁹ which must have been ironic for Harvard coach **Harry Parker**. His own coxed-four failed to make the final in Tokyo, and Ted Nash would go on to provide some of the strongest competition Harvard would face during Harry's historic coaching career.

³⁶⁶⁰ **Ted Washburn**, 1964 Harvard coxswain: "No, we had no pause in '64. That came after we came home from Tokyo." – personal correspondence, 2009

³⁶⁶¹ Nash, personal conversation, 2005

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As a result, Geoff was not entirely in sync with the rest of the crew's back swing.

After Tokyo

At the end of the 1964 Olympic competition, **Ted Nash** flew straight from Tokyo to Philadelphia to begin his new coaching duties at the **University of Pennsylvania**. He has been a legend in American rowing and a fixture in American coaching ever since.

Joe Burk,³⁶⁶² Ted's gentleman boss during his early years at Penn, considered him "a great guy, loyal and hard working. He had an important role in our success, but he did it from another point-of-view, that of physical and mental toughness."³⁶⁶³

The 1964 military-based Lake Washington Rowing Club coxless-four turned out to be the last of its kind. As the Vietnam War heated up, American servicemen were required to spend their time fighting instead of training for the Olympics, but the idea of bringing the best post-collegiate oarsmen together to form composite crews was increasingly recognized as the only possible way to be competitive with international competition during the new Era of Professionalism.

Other programs, notably the **Pennsylvania Athletic Club** in Philadelphia during the 1980s and '90s under the leadership of Lake Washington alumnus **Ted Nash**,³⁶⁶⁴ would attempt with considerable success to recapture the LWRC magic. Ultimately, the future would belong to National Team Camps.

Chris Kirkland: "After Tokyo, Geoff hooked up with **Emory Clark** to tour Australia and New Zealand, blazing a riotous bacchanal. They raced a straight-

³⁶⁶² See Chapters 94 and 95.

³⁶⁶³ Burk, personal correspondence, 2005

³⁶⁶⁴ See Chapter 132.

pair, once memorably forgetting to lock their swivels and capsizing off the dock in front of the Australian Olympic Team.

"They remained close friends for life."³⁶⁶⁵

Mittet: "After the 1964 Olympics, I sold my return ticket to the States and traveled throughout Japan for several months with a member of the New Zealand eight.³⁶⁶⁶ I studied historical and contemporary Japanese architecture and city planning. I returned to the States via the Panama Canal to New York on a merchant ship.

"It was during my Japanese travels that I met the woman that I would be married to for twenty-three years and who remains a best friend. We have a lovely forty-year-old married daughter, Naomi, and we are loving grandparents to our three-year-old granddaughter, Sachiko."³⁶⁶⁷

After Tokyo, **Phil Durbrow** was considering another Olympic quest in 1968, this time in the modern pentathlon.

"I can ride, swim, shoot and run. I don't know anything about fencing, but I'm ready to learn."³⁶⁶⁸

Theo Mittet and **Dick Lyon** would row together again in a U.S. coxless-four in 1966 with other LWRC alumni. They came in ninth.

Mittet: "In 1965, I trained with Lyon and others at Stanford University Rowing Association for the 1966 World Championships in Bled, Yugoslavia."³⁶⁶⁹

Lyon: "I stroked a four-without with **John Kieley** (6-seat in winning 1964 Cambridge Blue Boat), **Geza Berger** (1963

³⁶⁶⁵ Kirkland, personal correspondence, 2009

³⁶⁶⁶ Tex Clark. See Chapter 118.

³⁶⁶⁷ Mittet, op cit.

³⁶⁶⁸ Qtd. by Georg N. Meyers, Hollywood Stuntman, Phil Durbrow's Dream, *The Seattle Times*, October 16, 1964

³⁶⁶⁹ Mittet, op cit.

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Pan Am Champ with Ted Nash in the four-without), and **Ted Mittet**. We managed to win the U.S. Nationals easily but finished ninth at the World Championships. Geza had dysentery with a temperature of 104 degrees the day before our first heat.^{,3670}

Mittet: “We trained so hard. A sad day after so much work.”^{,3671}

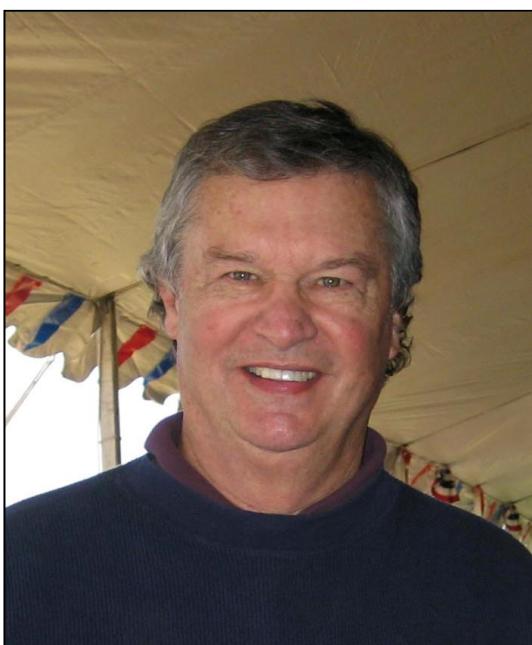
Dick Lyon later rowed a pair with **Larry Hough**^{,3672} at the 1972 Olympics. Again, they came in ninth.

In the early 1970s, Dick, a mechanical engineer working for Hewlett-Packard in Palo



Author

Dick Lyon and the Author at the 2009 IRAs



Author

Phil Durbrow in 2009

Alto, California near the Stanford University campus, co-developed the so-called **Stanford ergometer** that predated Concept2, Gjessing and Rowperfect models.

Durbrow: “His ergometer was different from other models in that it had a sweep handle pulling through an arc versus a straight pullback.

“**Steve Gladstone**^{,3673} calls Dick ‘the guy who ruined rowing!’ He also says that Dick’s erg is still the best, except that it cost too much.”^{,3674}

Mittet: “I left architecture for a time after my divorce. I have recently returned to my profession and also created a startup company specializing in the design and fabrication of storage products and accessories for boats and other markets.”^{,3675}

Lyon: “I have been retired since

³⁶⁷⁰ Lyon, op cit.

³⁶⁷¹ Mittet, op cit.

³⁶⁷² See Chapter 110.

³⁶⁷³ See Chapter 105.

³⁶⁷⁴ Durbrow, op cit.

³⁶⁷⁵ Mittet, op cit.

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Theo Mittet

Receiving their Medals

“Geoff had such a delighted look on his face. That is how I remember him.” – **Theo Mittet**

2001 after working with several electronics companies in Silicon Valley. I have five wonderful children from several marriages. I am divorced and live half-time at my waterfront home on Quadra Island in British Columbia and half-time on my boat on Lake Union, Seattle.³⁶⁷⁶

Today, Dick Lyon and Ted Nash often row together in international masters' competitions. Phil Durbrow has a son rowing for Cal.

Durbrow, June 28, 2010: “A package in plain brown paper arrived for me today. When I opened it up, it contained a very wonderful letter from Ted Nash, saying that he could only imagine the disappointment I

experienced when I was unable to row in the finals in Tokyo. As a tribute to our friendship and recognition of all we had been through together, he offered me his Olympic Medal. He requested that I not decline it, and that I understand how much he wanted me to have it. There are many stories about how competitive Ted is, but few that convey his generosity of spirit. I thought that this should be represented in your rowing history.”³⁶⁷⁷

Kirkland: “Geoff Picard went to Harvard B-School and became a remarkably successful Pacific Rim banker, raising three children with his wife Lynne, mostly in Tokyo and Hong Kong.

³⁶⁷⁶ Lyon, op cit.

³⁶⁷⁷ Durbrow, op cit.

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"He was Morgan Stanley's top guy in Asia for many years, then started his own investment company and made a boatload. He eventually moved back to the Bay Area and Tahoe, and was also developing a Russian lumber business in 1998 when his son noticed that Geoff was no longer himself physically. Until shortly before then, he had been matching his old erg scores."³⁶⁷⁸

R.I.P.

I only met Geoff Picard once, more than thirty years ago now, when I chanced to find myself in a cab with him and his wife at the airport in Montréal one evening before the Olympics in 1976. When we realized that we both knew Ted Nash, Geoff was kind

enough to share with me his fond memories of the few days he spent rowing on the last great Lake Washington Rowing Club crew. There were miles of smiles all around.

Kirkland: "We got the Harvard '64-'65 crews together *in toto* at Geoff and Lynne's manse on Lake Tahoe in mid-July, 2001. Junie Tew listened to our stories and observed: 'You guys don't know that very few people in life are as close and competent together as you were – so treasure that, and don't keep expecting it.'

"Geoff Picard died on September 14, 2001. Emory Clark and I, Lynne, and Geoff's daughter Coco dove deep into the luminous cloud of Geoff's ashes in Tahoe's Emerald Bay."³⁶⁷⁹

³⁶⁷⁸ Kirkland, personal correspondence, 2009

³⁶⁷⁹ Kirkland, personal correspondence, 2009