

THE SPORT OF ROWING

129. Ted Nash at Penn

Staines and Jones – Coffey Staines

Penn After Joe Burk

Ted Nash had stood on top of the podium at the Olympics in 1960. When he moved to his University of Pennsylvania Freshman coaching job straight from the 1964 Olympics, his vision extended far past the Schuylkill River Valley, and he got his Penn crews to see with him.

Gardner Cadwalader: “Ted came from a distant, mythical place to us Easterners. Lake Washington was spoken of as the oracle, the shrine in the mists, the font of rowing lore, wisdom and manhood. It was where the boats were made. It was where Ted had burst forth, won medals, broke oars, raced with legends like Conn Findlay, the man the Pococks had to rebuild the inside of a boat for because he was so big.”⁵⁷⁹⁵

“Legends. Lake Washington. The Pococks . . . and yet this man from Valhalla was focusing his attention on us. What a thrill for an 18-year-old!”⁵⁷⁹⁶

Ted Nash would cultivate his larger-than-life image at Penn and around the world. In 1970 and beyond, there was a swagger to Penn under Ted Nash that had not been seen before or since.

Hugh Stevenson: “I rowed all four years at Penn for Ted, and I was in three eights that won the IRA (‘69, ‘70, ‘72) and two eights that won the Eastern Sprints (‘69,

‘70). We took home *hundreds* of shirts in those days!

“No question that Harvard was the crew to beat when I got to college in the fall of 1968, but I lost to them exactly once: the 1971 Adams Cup on the Severn. Well, twice if you consider the Adams Cup on the Schuylkill in 1972 when we sank in an experimental new Pocock ‘Cedar Speeder’ at the 1,000 meter mark while ahead by one length and moving away as we went down.

“A week later at Quinsigamond, we pounded them in the opening heat by over a length. We took them apart in the final, too, only we were so into beating Harvard that we let Northeastern and Brown in the far outside two lanes go ahead to win the *real race*, dammit!!!

“But one week later, we murdered Northeastern easily on the Schuylkill for the Burk Cup . . . and Brown? Check out the splits from the IRA final on Onondaga. That race was over at the 1,000 meter mark, and we won by four lengths over Washington with Brown third.”⁵⁷⁹⁷

Calvin Coffey, 1972 Northeastern stroke: “The Schuylkill was at flood stage the day of our race with Penn. They weren’t even sure they should hold the race, but ultimately they did.

“Now that year, we had a *very* strong crew. No one was faster than us in the last 500, but we never led a single race off the line. Our strategy was to just grind our opponents down and sprint by.

⁵⁷⁹⁵ another legend. The Pococks refused. See Chapter 82.

⁵⁷⁹⁶ Cadwalader, personal correspondence, 2007

⁵⁷⁹⁷ Stevenson, personal correspondence, 2006

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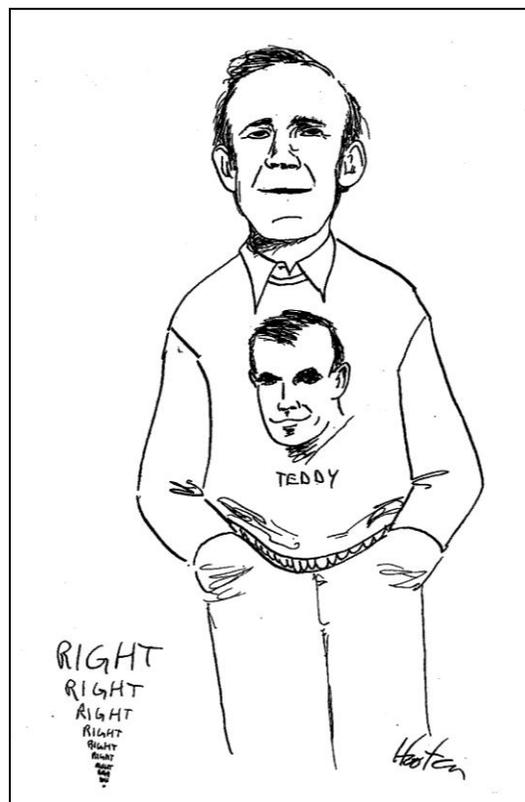
“But what was needed on the Schuylkill that day was a long, high start at around 40 and then never come down because, with the raging current, the race was going to be over in less than five minutes. Penn knew this, but I was stroking and I didn’t figure it out until it was too late and we were open water behind.

“Hugh is correct. Penn won that race, but it was my fault. I take nothing away from them, though. They also beat us at the IRA.”⁵⁷⁹⁸

Walter Updegrave, 1972 Penn stroke: “Calvin is absolutely right that the Schuylkill was a raging torrent the day of the Burk Cup. Tree branches and other debris were clocking 1:30 500-meter splits.

“It’s also true that we at Penn knew it would be an extremely fast race; in fact, I remember Ted telling us it would be over in no time. So we did tailor our race plan somewhat to the conditions. I went off the line at about 48 strokes a minute, and I doubt we ever settled below 36. As I recall, we won by about two seconds or so in a time of 5:31+, which was a record (albeit flood-abetted) that stood for many years.

“That said, it’s not as if our Burk Cup strategy was radically different from what we normally did. We were always a high-stroking crew. We used these Pocock oars with long thin blades – we called them ‘Nash specials’ – and Ted specifically trained us to row high with them. For example, the race plan Ted gave us for the ‘72 IRA final was to go off the line at our usual 44-46, settle for a bit, see where we were, and then alternate 20 at 40, 25 at base the rest of the way down the course . . . which is pretty much what we did, although I think with all the excitement of the final, our 20s were higher than 40 and our 25s were sometimes close to that rating. As Hugh says, the race was over at the 1,000 meter mark.



Ted Nash

Cartoonist John Hooten’s take on this period

“After the race, I remember walking by one of the Northeastern guys who called out to me, ‘Hey, Updestroke!’

“I got a kick out of that.”⁵⁷⁹⁹

Stevenson: “**Harry Parker** is a rowing phenomenon, plain and simple, but he had company, and he knows it. I weary of the constant hagiography of all things Harry.

“If one is known for the quality of one’s opponents, then Harry is deservedly well known partly due to the University of Pennsylvania during the late 1960s and early 1970s!

“In those days, Pennsylvania could easily stand together with Harvard at the summit of American rowing, and Ted Nash deserves to be recognized for his unique

⁵⁷⁹⁸ Coffey, personal conversation, 2007

⁵⁷⁹⁹ Updegrave, personal correspondence, 2010

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stimulation of the collegiate scene and for his wide-ranging contributions to our sport. He is a master of the game.

“Harvard? Yeah, they were reliable competition. It was good to have them around to keep us loose.

“Ted Nash lived as if he would not see 50, and here he is today [2006] well into his 70s, looking great and still producing champion crews. He has been a huge influence on so many, many lives.

“Has he pissed off a few folks? Well, run with the dogs or stay on the porch, laddie. Or, alternatively, if one has a better idea and keeps mum, then shame on thee!

“Not Ted!!

“What’s not to like about Ted Allison Nash? He’s a protean force, and I am grateful to know him.”⁵⁸⁰⁰

Nat Reece: “Ted used to sign his letters:

‘Best in sports, Ted.’

We always suspected he was well aware of the possible double-meaning . . . ”⁵⁸⁰¹

College Boat Club

During the 1970s, as Ted Nash continued coaching the Penn undergraduate heavyweight crews, an increasing amount of his energy started going toward graduate crews preparing for international competitions. These crews competed under the auspices of **College Boat Club**, carrying on a rich Penn tradition that included graduate crews in 1936 under Coach **Rusty Callow** and in 1964 under Coach **Joe Burk**.

At the end of the 1968 Mexico City Games, one member of the undergraduate Penn Olympic Coxed-Four⁵⁸⁰² vowed to qualify for the next Olympic Team in 1972. That person, **Luther Jones**, was one of

many Penn rowers who carried on for Ted after they graduated.

1972: Staines and Jones

Luther Jones: “After rowing in the Olympics in 1968 and in the Threevee for Joe in 1969,⁵⁸⁰³ the 1970 season was very hard on me. We were flying at the Adams Cup and beat Harvard by open water, but then the boat just got slower and slower. I was tired, both physically and mentally.

“Many people have said that the intensity of Ted Nash can eventually burn a person out. The next year I rowed mostly for Vesper next door. Ted asked me to come back for a week to row in the Eastern Sprints, which I was happy to do, but my biggest priority that year was graduating from Penn.”⁵⁸⁰⁴

“As I look back at the spring of 1972, I only recall a couple of things. I rowed pretty hard at Vesper in fours and pairs, with an occasional eight-oared day. It was clear that my options were limited. I was not in any No. 1 Vesper crew, and I was not feeling good about my Olympic prospects.

“The ‘72 U.S. eight and four-with-coxswain were coming from a selection camp under Harry Parker,⁵⁸⁰⁵ and I had not been invited to participate. The single and pair-without would be decided in trials on July 22 and the double, four-without and pair-with on August 5.

“In May, as the likelihood of making the team was getting less and less, I tried teaming with some Vesper rowers who were also not in their primary straight-four, but nothing was really clicking. I was clearly not making progress.

“I returned to rowing under **Ted Nash** and College Boat Club at the end of June. I

⁵⁸⁰⁰ Stevenson, op cit.

⁵⁸⁰¹ Reece, personal correspondence, 2007

⁵⁸⁰² See Chapter 95.

⁵⁸⁰³ Ibid.

⁵⁸⁰⁴ Jones, personal conversation, 2007

⁵⁸⁰⁵ See Chapter 103.

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Boyce Budd

1972 U.S. Coxed-Pairs Olympic Trials Winner Coxswain **Aaron Herman**,

Bow **Luther H Jones** 6'6" 198 cm 205 lb. 93 kg, Stroke **Mike Staines** 6'7" 201 cm 201 lb. 91 kg
consoling Tom Butterfoss in the other College Boat Club pair.

was planning on rowing in a couple of races at the July 4th Regatta, so my wife, Linda, and I got up early, bundled up the rowing gear and got a half a block when a drunk driver ran a red light and smashed into the front of our car. One minute we were pointing North on 38th Street, and in an instant, we were pointing West on Chestnut. The force of the impact landed Linda in my lap.

"A police car arrive in minutes, got the car pushed out of the intersection, and we were taken to the hospital to be checked out. The whole process took a couple of hours, and I missed one of the races for which I was scheduled. I did row in a four-with, but by then I had stiffened up from the accident, and we did not do well. My thoughts were

that this was the end of my summer and my Olympic dreams.

"The next Monday, I met with **Mike Staines**, a Cornell alumnus who had won the IRA in '71. He was taller than I was and bigger overall. We decided to try competing as a pair under the auspices of College Boat Club. He would stroke, I would bow, and **Aaron Herman**, a Penn sophomore, would be our coxswain. Ted would be our coach, and we would go for both the pair-without and pair-with at the Trials.

"It was a turning point, for the better."⁵⁸⁰⁶

⁵⁸⁰⁶ Jones, op cit.

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Technique

Mike Staines: “For my Freshman Coach at Cornell I had **Clayton Chapman**,⁵⁸⁰⁷ and I had **Stork Sanford**⁵⁸⁰⁸ and later **Todd Jesdale** as Varsity Coaches.

“I can remember this fantastic Penn boat my freshman year with Rick Crooker and Luther Jones and all these huge guys in it.⁵⁸⁰⁹ They just killed everybody! Then when I heard that Jones and Crooker were both going to the Olympics as freshmen, I wondered how we would *ever* beat them.

“But we did . . . sort of. We won the IRA as seniors, but Luther and Rick were no longer in the Penn boat. Both had moved on.

“If you wanted to row 31 down the course for three miles, there was no better coach than Stork Sanford. Jesdale was in touch with more modern trends in rowing,⁵⁸¹⁰ and under him we rowed higher and accelerated our slides just a bit on the recovery, more than we did with Stork, but certainly nothing like Harvard was doing at the time.

“We didn’t row half the recovery with the blades square. We would square up late, get a quick catch and just tick the boat along, light and quick.”⁵⁸¹¹

Jones: “As for me, I didn’t think much about rowing technique. I just rowed. I didn’t have any trouble adjusting to Mike. What he describes for technique sounds pretty good to me.”⁵⁸¹²

‘72 Nationals

Staines: “First we had to row in the U.S. Nationals, and clearly the team to beat was the Stanford pair of Hough and Lyon with Kent Mitchell as their coach and coxswain.”⁵⁸¹³

Larry Hough and his previous partner, Tony Johnson, had dominated the coxless-pair for several years, winning the ‘67 European Championships and Pan-American Games, getting Silver in the ‘68 Olympics and winning the ‘69 European Championships.⁵⁸¹⁴ Hough had then teamed with Monk Terry⁵⁸¹⁵ to place seventh in the World Championships in 1970.

Jones: “**Dick Lyon** had rowed to Olympic Bronze with Ted in 1964⁵⁸¹⁶ and had rowed against me in the 1968 Coxed-Four Trials. He was hard as nails.”⁵⁸¹⁷

Kent Mitchell had been the Olympic Bronze Medal coxswain for Conn Findlay and **Dick Draeger** in Rome in 1960. They then won Olympic Gold in ‘64 with **Ed Ferry** replacing Draeger.⁵⁸¹⁸ Kent had been the small boats coach for the 1966 World Championships.⁵⁸¹⁹

Mitchell: “In the fall of 1971, we were training at Stanford for the Olympic Trials and had a good four-with which had Lyon in it but not Hough.

“Then the NAAO announced that the National Camp would preempt open trials in that event, and we stopped rowing. There was no interest in disrupting jobs, personal lives, etc. to go East to the Camp.

“At that point, Dick contacted Larry and asked if he would be interested in rowing

⁵⁸⁰⁷ See Chapter 70.

⁵⁸⁰⁸ Ibid.

⁵⁸⁰⁹ See Chapter 95.

⁵⁸¹⁰ See Chapter 105.

⁵⁸¹¹ Staines, personal conversation, 2007

⁵⁸¹² Jones, op cit.

⁵⁸¹³ Staines, op cit.

⁵⁸¹⁴ See Chapter 110.

⁵⁸¹⁵ See Chapter 103.

⁵⁸¹⁶ See Chapter 85.

⁵⁸¹⁷ Jones, op cit.

⁵⁸¹⁸ See Chapter 82.

⁵⁸¹⁹ See Chapter 102.

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together. They then started training in the pair-without as their focus event in the spring of 1972, and I coached them out here at Stanford.

“I was planning on doing the split timing⁵⁸²⁰ at both the Nationals in Philadelphia and the Trials on Lake Waramaug in Connecticut, so I was going to be in Philadelphia where Larry and Dick planned to race the straight-pair as a warm up for the Trials. Since we were all there anyway, they decided to enter the pair-with at the Nationals as a one-time affair, never having rowed the boat before, just to get some racing experience together.”⁵⁸²¹

Jones: “The ‘72 Nationals were on July 17. We got off to a good start. At one point, we were a full length ahead of the field, but then Stanford began to move. We watched their bow ball moving from our stern past Mike, through me and past Aaron. We were dead even as we passed the head of the island about a quarter mile from the finish line.

“They pulled ahead with thirty strokes left, and I could feel it slipping away. I yelled, ‘Mike, let’s go now!’ Up went the stroke. We put in ten and then twenty and finally thirty strokes.

“Not only did we catch Stanford, we passed them and crossed the finish line 0.3 seconds or about a half a deck ahead. We had overtaken the clear favorites, and they were really disappointed because the three of them wanted to go to the Olympics.

“It was those last thirty strokes that had made the difference. Now, all we had to do was replicate it in the Olympic Trials.”⁵⁸²²

Staines: “They were complaining that they should have won because we had such

a light coxswain, but then their coxswain, Kent Mitchell, reminded them that their boat weighed about thirty pounds less than ours. We had a Pocock, and they had a Stämpfli or a Donoratico or something.”⁵⁸²³

Mitchell: “I don’t remember what make of boat we had, but I probably wasn’t even close to 110 pounds (the Olympic weight) because entering the pair-with at Nationals was only an afterthought, and I was *not* planning on competing in the Olympic Trials in any case.”⁵⁸²⁴

Coxless-Pairs Trials

Jones: “We were now ready for the Trials for the pair-without. It was a week after the Nationals on Lake Waramaug, Connecticut. Hough and Lyon were there, having decided to forgo the pair-with since we had beaten them at the Nationals.

“I was staying at Kent School on the bottom bunk in a room with Mike, and the night before the race I was having no luck getting to sleep. Every breath Mike took, I woke up. After a few hours, I pulled my mattress from the bunk and set it up at the end of the corridor. I slept briefly but not well.

“The first race was not good. First, I forgot to lock my oar into the oarlock. Never in five years had I forgotten . . . until that day. As we pushed off the dock, my oar came loose, and our boat flipped over.

“Now, it would have been bad enough to flip at the dock *any* time, but at the Olympic Trials?

“It was horrible! The other competitors watched us flip, swim to shore, empty the boat, and reseat ourselves for our row. It was really an embarrassing moment for me.

“We got off to a fair start and were in second place at the 1,500, but then Mike

⁵⁸²⁰ Mitchell is president of JAMCO™, which provides split timing and real-time audio and video streaming for rowing events.

⁵⁸²¹ Mitchell, personal correspondence, 2007

⁵⁸²² Jones, unpublished memoir, 2006

⁵⁸²³ Staines, op cit.

⁵⁸²⁴ Mitchell, personal correspondence, 2007

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started pulling me around. I could not compensate enough by using the rudder. We moved from our lane through two others before we were disqualified for interfering with the other rowers. This was just *not* our day.”⁵⁸²⁵

Staines: “I think we frightened Hough. Twice he thought we were going to ram them. We were in that race until they disqualified us.

“And that steering wasn’t Luther’s fault. Penn didn’t have a straight-pair, so Ted managed to borrow some women’s double or something from down Boathouse Row and had **Wayne Neal**, the Penn rigger, adapt some sweep riggers and a rudder to fit it.

“That poor boat was just not up to the task with the two of us in it. When we rowed, I could see the stern deck torque with every stroke.

“Hough and Lyon ended up winning the Trials and representing the U.S. in Munich. I think we had rowed a straight-pair exactly two days before the Trials. With a little more time and a decent boat, I think we could have beaten them.”⁵⁸²⁶

Coxed-Pairs Trials

Jones: “At the next Trials [two weeks later], there would be heats and finals. We had been rowing well in Philadelphia. Our training was sound, and we were able to keep going straight with Aaron steering.

“The heats were rowed into a headwind so stiff that I think the winning times were all around nine minutes. It was a brutal, brutal race. There was heavy chop, and we managed to slog along at a rate that enabled us to get into the final. However, we did not do nearly as well as we had hoped. The combination of our Pocock boat and wide blades, nicknamed pizza paddles for their

shape, made us pretty unwieldy in a headwind.

“The Pairs-With Trials were really just about us and a boat from the University of Washington. They were typical Washington rowers: thick, strong, well conditioned. [**Cliff Hurn** ‘72, 6’4” 193 cm 198 lb. 90 kg, nicknamed Cliff House, **Bruce Beall** ‘74, 6’5” 195 cm 205 lb. 93 kg, and coxswain **Dwight Phillips**. This crew ended up representing the U.S. the following year.] Despite our size, we were more of a finesse team, and in a headwind, we might have not done well against them.

“Luckily, the wind turned around for the final. We were a full two lengths ahead of them when we crossed the finish line. I went nuts. I was screaming, splashing, slapping my oar. I carried on for quite a while. I found out later that Mike thought I really had lost it.

“As in any endeavor of this magnitude, there is a great deal of luck involved when you do well. I was lucky enough to make my first Olympic Team largely because I was with more experienced rowers who guided me through. The four years between Olympics were successful for me, but no medals.

“But making two Olympic teams is *not* luck. I knew that, and I was cheering because I recognized that I really had the odds and the National Team selection process against me, and still I had won.

“I was also cheering because four years before, in the closing ceremonies for the Mexico Olympics, I had made myself a promise to be in the next Olympics. The sign had said ‘Hasta München,’ ‘Until Munich,’ and by damn, I now was going to be there!

1972 Olympics

Jones: “About a week before we left for Munich, I began to get a deep, dull pain in my back between my shoulder blades. It got

⁵⁸²⁵ Jones, Jones, op cit.

⁵⁸²⁶ Staines, op cit.

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so I could hardly breathe. Ted thought that it was probably bursitis. I tried everything, heat, cold but could not shake it. I ended up rowing in my wet weather gear in Philadelphia during the summer to get warm and keep my back warm. It didn't keep it from hurting, but I was able to train.

"We continued to practice in Philadelphia until getting our Olympic gear in Washington, DC.

"I remember rowing on the Potomac River under the bridge between the District of Columbia and Arlington, Virginia, along



Ted Nash Collection

shores that had divided the Union from the Confederacy. Robert E. Lee's Plantation was on the south side and the Lincoln Monument was on the North.

"My back hurt like hell, and every plane that took off from National Airport went directly over our heads, the jet wash shaking our boat. I hated it every stroke I took there.

"We had our accomplishments entered in the Congressional Record and had a reception in the East Wing of the White House with Mrs. Nixon and her daughters. President Nixon was not available (probably taping Democrats). They had a dinner to send us off with pride in the U.S. Vice-President Spiro Agnew provided the keynote speech.

"It is funny, but while we were in Philadelphia training for the Olympics, the Watergate Hotel was being burglarized. This led to President Nixon's resignation almost exactly two years after the Pairs Trials. Spiro Agnew also resigned in 1973.

"The trip to Munich was a lot of fun. We were on a chartered flight and had the run of the plane, so we had a lot of laughs and good times on the way. We arrived on the morning on August 17, 1972. Groggy from the flight, we had to get processed into the Olympic Village. My Olympic ID picture shows the effect of sleep deprivation.

"We had more than a week to get acclimatized to the six-hour time difference, and that was probably enough. Luckily, we didn't have the altitude and other problems we had in Mexico City.

"The Olympic Village was just across the street from the BMW headquarters. It was fully enclosed, with all access and egress being through security gates."⁵⁸²⁷

Staines: "Actually, the security there was pretty poor. My parents went to the security gate and were turned away, so they got in touch with me, and I told them to just drive into the basement into the parking garage below the dorm and ride the elevator up, and that's what they did. I think the Germans were just bending over backwards to have a happy experience for everybody."⁵⁸²⁸

Jones: "There were busses to the rowing venue just outside town, close to the site of the Nazi concentration camp at Dachau. It's a manmade course oriented to minimize cross winds, and the prevailing winds, if any, would be tail winds.

"We got our boats ready, and started workouts. For this Olympics, Ted was actually named the small boat coach so he had access to our training and all the other Olympic activities.

⁵⁸²⁷ Jones, op cit.

⁵⁸²⁸ Staines, op cit.

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Steve Orova

1972 College Boat Club Coxed-Pair
Coxswain **Aaron Herman**, Bow **Luther Jones**, Stroke **Mike Staines**

“I had the only massage in my life from one of the official team trainers. I never had another because that one was so brutal. I felt like I had been put into a blender, and could hardly raise my arms when I left the trainer. I refused to return, but time had healed my back, and I was ready to go.

“We worked out twice a day, just like in Philadelphia, and were doing pretty well. Mike and Aaron and I were very compatible in the boat, and could work through about anything . . . until something happened to us that we couldn’t really understand.

“At Olympic courses, there is always a road that circles the course used by coaches on bicycles. As always, Ted would give us our split times over measured distances.

Aaron would also take the time on his watch. For some reason, Ted began giving us times that didn’t match Aaron’s. For example, if we did a 1:50 500, he might say 1:47. We found out by accident, asking Aaron and then Ted giving us his time.

“With the time change and the location change, living in cramped quarters with my bunk in an open walk-in closet, and given the very real stress of competing in the Olympics, I began to get short tempered.

“When we found that Ted was fibbing to us about our times, I exploded. It was ugly. I recall it happening to this day. We also had a disagreement about our boat. We’d tried a Stämpfli, and it was quite a bit different from our American Pocock, but we

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felt like it went faster. Mike and I eventually prevailed, and we raced in the new boat. We would, however, continue to use Ted's pizza paddle blades.

The Heat

"Race day, Sunday August 27, was perfect, just a breeze down the course from the starting line, and we had a good lane to see the other crews. With us were Poland, Uruguay, and the Netherlands.

"Heats are not finals, and people play games in them, going all out for a short period, bagging it the whole way, and such. One thing for sure, if we won, we would go to the semi-finals and would be able to skip the repêchages. That would give us three days between races.

"We took off. We had a good start and went quickly into our racing cadence. We maintained third position for most of the race, and at 700 to go rowed through Poland and the Dutch and finished the race in first with a time of 7:50.0, beating Poland by three lengths.

"All in all, we felt pretty good about the race. We didn't have to push ourselves and easily moved through the other crews. We were deemed to be strong Gold Medal prospects by the *Associated Press*.

"Since we had three days between events, we planned to do a full workout on Monday, watch the repêchage races on Tuesday and have an easy row over the course on Wednesday before our semi-final on Thursday.

"As I said, the race course was oriented to take advantage of the normal winds for August and September. Unfortunately, the wind turned around from a mild tailwind into an almost gale force headwind the day after the heat. Horrible news for us.

"Monday morning we had whitecaps blowing up the course. Ted gave us our workout. We were to get used to the wind

by rowing 3 x 2,000 meters at three-quarter power.

"After one piece, my arms felt like overdone spaghetti. After two, our shoulders ached, and we just barely made it through. Mike and I decided that we were done and told Ted that we were tired and would not do any more hard work until our semi-final.

"That didn't go over very well. We continued to bicker with Ted about the boat, the oars and everything else. I really didn't want to be managed in this manner any more."⁵⁸²⁹

Analysis

That the crew felt fine and was competitive in a tailwind but had trouble recovering between workouts and was sluggish and uncompetitive in a headwind strongly suggests overloading, both in training regime and in rigging leverage.

Cal Coffey: "I was also in the '72 Pairs Trials, came in third or fourth as I recall. I was working for **Ted Van Dusen**⁵⁸³⁰ making boats at the time, and that was when I first got into rigging. I would add three to four inches to standard oar handles and move the collars. Then I would bolt a plate onto the Pocock rigger that allowed me to bolt the pins a couple of inches further out from the center of the boat. This would get me the change in load I was looking for in a Pocock pair that was almost universal in the United States.

"Load is very complicated. You have to take into consideration the composition of the crew, the style they are rowing and the conditions, so I can't be sure that Luther and Mike were loaded too heavily in 1972."⁵⁸³¹

⁵⁸²⁹ Jones, op cit.

⁵⁸³⁰ See Chapter 140.

⁵⁸³¹ Coffey, op cit.

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The Semi-Final

Jones: “Our semi-final was *not* good. We were still aching from our Monday work out, and with our pizza paddle oars pushing against the wind, the whole race was like doing a push-up every recovery.”⁵⁸³²

Staines: “With the stiff cross-headwind, the races were coming down pretty much skewed across the course.”⁵⁸³³

Jones: “We ended in last place and because of that, rowed in the petit final the next day.

“Although we were both disappointed at not being in the grand final, I think that I was a little relieved as well. I was still very angry at Ted for messing with the boat decision, changing our times and giving us a training plan that caused us to be exhausted instead of feeling strong for the race.”⁵⁸³⁴

Staines: “Worn out and tired, the sting had gone out of our emotions.”⁵⁸³⁵

Jones: “We had a couple of beers after the semi-final race, and I felt better immediately.

The Petit Final

Jones: “Petit finals are for places seven through twelve. The headwind continued, and we battled the wind and the other crews to an eleventh place in the regatta. Our time was 8:04.8, and we were spent.

“At least it was over.”⁵⁸³⁶

Staines: “After the disappointment of the semi, I didn’t feel the snap. I was just going through the motions.”⁵⁸³⁷

Jones: “The grand final result was:

GDR 7:17.25

CZE	7:19.57
ROM	7:21.36
FRG	7:21.72
URS	7:24.44
POL	7:28.92

“Yes, the wind had turned around, and instead of a gale from the bow, it was a gentle cross wind. Poland, the crew that we had easily passed in the heats, finished sixth.

“The result looked like a list of Warsaw Pact nations. Maybe we should have encouraged tearing down the Berlin Wall before the Olympics.”⁵⁸³⁸

The 1972 Olympics are best remembered for the **Black September** terrorist attacks.

Staines: “I was actually sitting in a beer garden and enjoying myself, in Altdorf, Switzerland. I looked at the television, said, ‘Time to go back,’ walked over to the station and took a train back to Munich and stayed through to the end. The Games resumed after thirty-six hours. There had been some controversy, but the athletes were solidly in favor of continuing.”⁵⁸³⁹

Luther and his wife Linda were in the Olympic Village relaxing after the rowing events had concluded. After the attack, they left at the earliest opportunity and returned to the United States.

Jones: “It was time to retire again, and I swore to never row again.

“I kept that promise to myself until 1995.”⁵⁸⁴⁰

Nash: “Multi-sport winner in high school, a true phenom for Penn, Lujo was loved by his fairy-tale undefeated ‘68 frosh crew and elected captain. I will always remember him as a gentle giant, handsome and solid, talented, sensitive, a real thinker,

⁵⁸³² Jones, op cit.

⁵⁸³³ Staines, op cit.

⁵⁸³⁴ Jones, op cit.

⁵⁸³⁵ Staines, op cit.

⁵⁸³⁶ Jones, op cit.

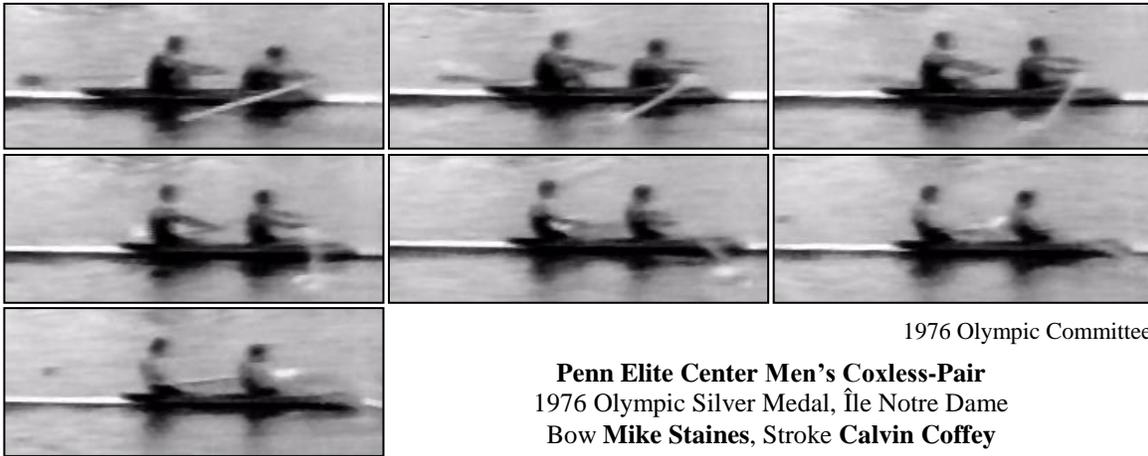
⁵⁸³⁷ Staines, op cit.

⁵⁸³⁸ Jones, op cit.

⁵⁸³⁹ Staines, op cit.

⁵⁸⁴⁰ Jones, op cit.

THE AGE OF ENLIGHTENMENT



1976 Olympic Committee

Penn Elite Center Men's Coxless-Pair
1976 Olympic Silver Medal, Île Notre Dame
Bow **Mike Staines**, Stroke **Calvin Coffey**

0°, +25° to -10°, 0-10, 0-10, 0-10 Classical Technique
Early leg motion, late arm motion.

and he was the youngest Olympian I ever coached.⁵⁸⁴¹

1976: Coffey Staines

Four years later, Ted's post-graduate program, by then known as **Penn Elite Center**, gave shelter to another pair trying to qualify for the Olympics.

U.S. Team selection procedures were similar to those of 1972, the eight coming from a camp run by **Allen Rosenberg**, the coxless-four from a camp at Vesper Boat Club run by **Dietrich Rose**, and the rest by Trials.

The various aspirants at Vesper asked Dietrich not to drag the process out, to make cuts quickly so that people would have a chance to form coxed-fours and pairs for the Trials. **Mike Staines**, Luther Jones' pair-partner in Munich, was cut early when he became ill and lost a seat race.

Staines: "I thought to myself, 'That's it for this year. That's it for my Olympic hopes.'⁵⁸⁴²

Calvin Coffey, stroke of the North-eastern 1972 and 1973 Eastern Sprints

champs, was also cut, but his situation was a bit more complicated.

Coffey: "Dietrich and I had come to an agreement to collaborate in making pairs, and I had moved to Philadelphia and set up shop. The first boat went to the Jonik sisters at Vesper. They had been the U.S. women's pair the previous year in Nottingham. The second boat went to the Borchelt brothers at Potomac Boat Club. Mark had rowed with me in the 1975 U.S. coxless-four from Vesper

"I was working on the third boat, an orange pair we called *The Pumpkin*, when my agreement with Dietrich fell apart. It was bad, and meanwhile he was running the camp I was trying to make. It would never have worked, and I was cut.

"I approached Mike and asked him if he would like to try to make a pair on our own. He agreed, and we kept rowing *The Pumpkin* out of Vesper while Dietrich and I tried to extricate ourselves from our previous business arrangement.

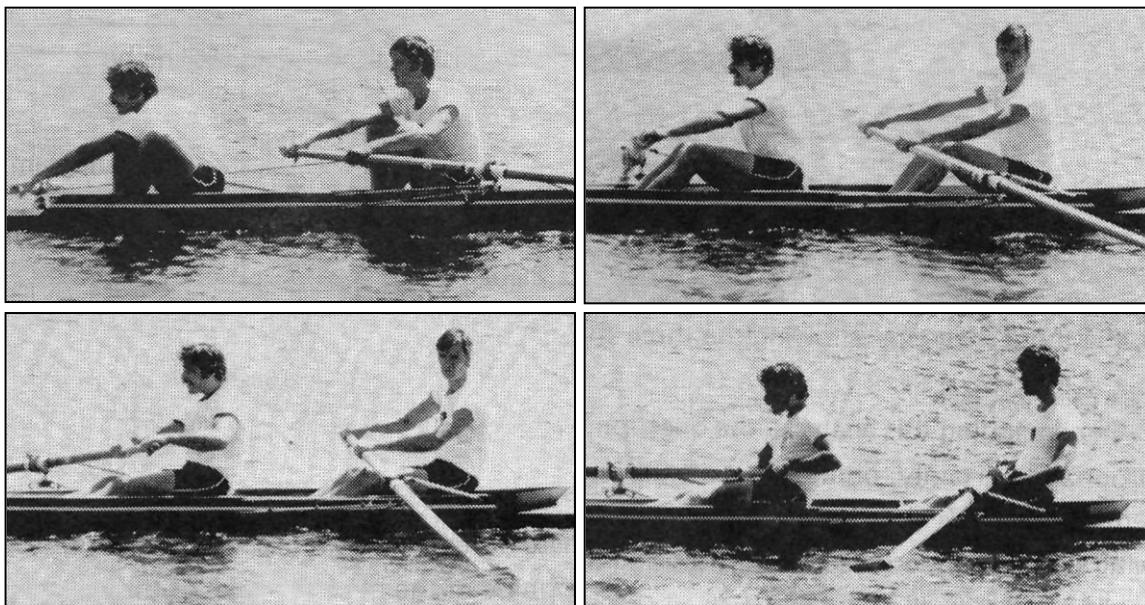
"We completely organized our training ourselves, except that one night, since we had no idea what we looked like, we asked Ted to take a look at us from the launch."⁵⁸⁴³

⁵⁸⁴¹ Nash, personal correspondence, 2010

⁵⁸⁴² Staines, op cit.

⁵⁸⁴³ Coffey, op cit.

THE SPORT OF ROWING



Peter Klavora

United States Men's Coxless-Pair

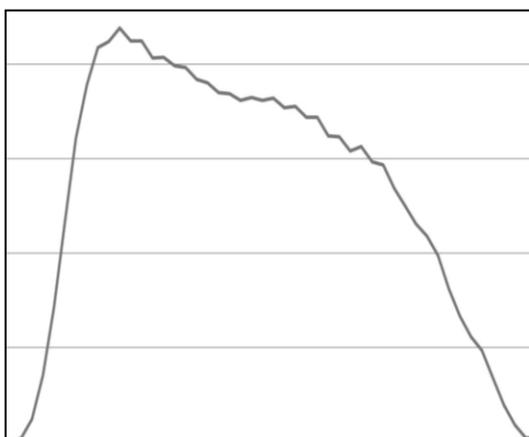
1976 Olympic Silver Medal, Île Notre Dame

Stroke **Calvin Coffey** (Northeastern) 6'2" 188 cm 201 lb. 91 kg,

Bow **Mike Staines** (Cornell) 6'7" 201 cm 201 lb. 91 kg

0°, +25° to -10°, 0-10, 0-10, 0-10, rate 38, sprint 41

Modern Orthodox hybrid-concurrent to a ferryman's finish



Author

Mike Staines
Kernschlag

Staines: "My recollection is that we were not going very well, didn't seem to have any punch and no discipline. We were

getting absolutely no help at the time from Dietrich or Woody Fischer, his camp assistant, so I think it was a good thing that Ted came on board.

"And it was also a good thing that Calvin was experienced enough and had a strong enough personality that Ted's role was somewhat limited, but I really think he made a big difference to us."⁵⁸⁴⁴

Nash: "Coffey and Staines were *real* athletes and *real* people. They wanted to prove they were valued and valuable to the USA cause. Their departure from the camp made me feel there may have been past personality conflicts with coaches rather than any ineffective rowing.

"If ever I saw men who would race to their top level, it was Coffey-Staines. They

⁵⁸⁴⁴ Staines, op cit.

THE AGE OF ENLIGHTENMENT

had no fear. I came on board *after* they had joined up and gotten going well indeed.”⁵⁸⁴⁵

Technique

In Canada’s *Rowing 3*, **Peter Klavora** used Coffey-Staines as examples of the **Rosenberg Style**,⁵⁸⁴⁶ and indeed the technique of the pair was Modern Orthodox *Kernschlag* with a parabolic force curve after the initial hit.

Where they diverged a bit from most people’s perception of the Rosenberg Style was that Calvin and Mike would tick the boat along at relatively high ratings. They had this particular feature in common with **Karl Adam**⁵⁸⁴⁷ of the Ratzeburger Ruderklub, whose impact on rhythm was still visible worldwide but on the wane by 1976. The connection to Adam ran through Mike’s Cornell coach, **Todd Jesdale**.⁵⁸⁴⁸ However, this was also similar to Rosenberg’s 1974 World Champion Eight. That boat’s magic seemed to dissipate as they lowered their ratings and upped the effort levels a bit during the next two years.⁵⁸⁴⁹

Cal Coffey’s coach, **Ernie Arlett**,⁵⁸⁵⁰ had been a British Fairbairn coach from Henley-on-Thames, more interested in the end result out at the blade than in body mechanics.

Coffey: “Rowing with Mike was a pleasure.”⁵⁸⁵¹

Olympic Trials

Coffey: “The Trials were on Lake Carnegie. I liked the course. I felt comfortable there.

“I knew a lot of races were won with psychology. For our race plan, we decided to row the first 500 like it was the only 500 we would row that day . . .

“Then we would push it out to the 1,000 at the same pace.

“I had done some studying of world-class pairs, and it seemed that their third 500 tended to be their weakest, so we decided we would have to attack them there. That just left the last 500, and we figured that would take care of itself.

“Not exactly a good strategy for a heat or a semi-final, because it would take a few days to recover, but this was to make the Olympics.

“It was so foggy that morning that you could barely see across the lanes. We took off and immediately separated ourselves from the other boats. I didn’t look out. I just executed the race plan.

“When I finally did look after the third 500, there was nobody there, and I realized that I’d have to collapse and die for us not to make it to the Olympics . . . so we just stroked it in.

“A week or so after we won the Trials, I finally made a deal with Dietrich, but he got *The Pumpkin* and wouldn’t let us use it in Montréal. I got busy laying up a new boat when I realized one night that I should be resting and training, and here I was stressing over making another boat. I got on the phone with Mark Borchelt, whom we had beat in the Trials, and he very graciously allowed us to borrow back the boat I had built for him, and that’s the boat we trained in and took to Montréal.

⁵⁸⁴⁵ Nash, personal correspondence, 2007

⁵⁸⁴⁶ Klavora, *Rowing 3*, p. 18

⁵⁸⁴⁷ See Chapter 92.

⁵⁸⁴⁸ See Chapter 105.

⁵⁸⁴⁹ See Chapter 114.

⁵⁸⁵⁰ See Chapter 116.

⁵⁸⁵¹ Coffey, op cit.

THE SPORT OF ROWING

1976 Olympics

Coffey: “When we got to Montréal, we continued to set our own training schedule and to look after our own boat, but Ted was very helpful scouting out the other crews and bringing back reams and reams of times, which Mike and I would pour over at night.”⁵⁸⁵²

Staines: “I have only been coached a couple of times by Ted, and for only a couple of months each time, and I found his enthusiasm really infectious. I understand how Luther could get worn out by it after several years, but I really enjoyed my associations with Ted, including 1976.”⁵⁸⁵³

Nash: “Mike’s wife, **Laura Terdoslavich**, was the bow with **Sue Morgan** in my women’s coxless-pair which had also won the Olympic Trials. Also, the Penn Elite Center men’s coxed-four of **Mark Borchelt**, **Mike Plumb**, **Pat Hayes**, **Bob Zagunis** and coxswain **John Hartigan** had won their Trials, so it was easy to have the men’s pair informally join in our group. They fit!

“As in 1968, I had not been named to the ‘76 Team even though I had three boats on the squad . . . but it all worked out, as these nine athletes and two spares wrote a letter to the USOC on my behalf, and I



Ted Nash

1976 United States Men’s Coxless-Pair
In front of the boathouse, Île Notre Dame
Bow **Mike Staines**, **Ted Nash**, Stroke **Calvin Coffey**

joined the team in Canada one day prior to opening day.”⁵⁸⁵⁴

The Heat

The Oarsman: “The first day of racing was Sunday, July 18. The day was relatively windy, mostly crosswind from the Lane 1 side, shifting more towards a tailwind.

“In the straight pairs, we weren’t sure what we had in **Cal Coffey** and **Mike Staines**, and they drew mixed luck in their

⁵⁸⁵² Coffey, op cit.

⁵⁸⁵³ Staines, op cit.

⁵⁸⁵⁴ Nash, op cit.

THE AGE OF ENLIGHTENMENT



1976 Olympic Committee

1976 United States Women's Coxless-Pair

Penn Elite Center
Olympic 7th Place, Île Notre Dame
Bow **Laura Terdoslavich Staines**
5'10" 178 cm 150 lb. 68 kg,
Coach Ted Nash,
Stroke **Sue Morgan (Hooten)**
5'9" 175 cm 161 lb. 73 kg

heat, fortunate with Lane 1, unfortunate with the **Landvoigt twins** of East Germany.⁵⁸⁵⁵

After a rather poor first few strokes, our pair showed great fortitude, coming right back through the field.

⁵⁸⁵⁵ See Chapter 119.

"By 500 meters they were second, a position they held down the course to finish ahead of the Russians by three seconds, though the same margin behind the Easties. From all appearances, the pair looked strong, smooth and savvy.

"In other heats, crews from Czechoslovakia and Yugoslavia won in virtually identical times with virtually identical margins over crews from Poland and Bulgaria, respectively."⁵⁸⁵⁶

Staines: "The heats were pretty encouraging. Before them, we had no idea how fast we were, but we knew who the Landvoigts were. They had won the Worlds in commanding style in 1974 and 1975."⁵⁸⁵⁷

Coffey: "You can't succeed unless you can imagine yourself succeeding, and I was *determined* to succeed."⁵⁸⁵⁸

Semi-Final

The Oarsman: "The semi-finals were scary. Unfortunately, the day was not the best. The evening showed that a storm was blowing in, and the wind increased in velocity from 2.7 to 4.4 meters per second⁵⁸⁵⁹ during the racing, blowing cross tail. These were the worst water conditions so far, with the wave patterns high and coming in rollers and troughs rather than short chop.

"In straight-pairs, the first semi saw the vaunted Landvoigts have trouble with the Czechs all the way down the course, finally nosing them out by only .12 second, with the Bulgarians flying out of fifth place to overhaul the Finns and Canadians for the last qualifying spot. A major surprise was the wire-to-wire sixth place row of the Russians.

⁵⁸⁵⁶ Men's Rowing, *The Oarsman*, July/August 1976, pp. 24-30

⁵⁸⁵⁷ Staines, op cit.

⁵⁸⁵⁸ Coffey, op cit.

⁵⁸⁵⁹ 6 to 10 mph

THE SPORT OF ROWING

“The U.S. appeared to have the best of the draw in semi number two. Cal and Mike showed that their strong row in the heat was no fluke at all as they started well, were second by just a bit to the Yugoslavians through 1,000 meters, and then rowed through them to win a tough struggle by 0.93 of a second. The West Germans took the Dutch for third, with Poland and England well back.”⁵⁸⁶⁰

The view from within the boat was a little different.

Staines: “There was a roaring tailwind with rough water, and so we blasted off the start, and found we were even or a little bit up on the Yugoslavian guys.

“It was three to qualify and all we had to do was finish third, so when we got to about 250 meters to go and still a close second, we figured we could flip and still swim it across the finish, so Calvin said, ‘Let’s just blow a few in here and pass these guys!’



Ted Nash Collection

“So we did and just took it across the line a little bit ahead, but it was such a roaring tailwind that the challenge had been just to stay upright. We got across the finish line and felt barely winded, that was a pretty

⁵⁸⁶⁰ *The Oarsman*, op cit.

neat feeling. I think that’s when we really started thinking maybe we had something here.”⁵⁸⁶¹

Coffey: “We were really fast in tailwind or flat conditions, and that was the way it was in the semi-final. We were rowing easy, shooting for no higher than the third qualifying spot, and still we were right behind the Yugoslavians with the finish line approaching. So I said to Mike something like, ‘Let’s put in a hard 20 and show them something.’

“Well, we did and we set a time that was only 0.01 seconds behind the time of the Landvoigts in the other semi, and they had been fighting the Czechs all the way down the course.

“The crazy thing is that that time of theirs stood in the Guinness Book of World Records for like eighteen years and was only beaten by Steve Redgrave,⁵⁸⁶² I think. I always regretted not pulling just a little bit harder in our race. I’m sure we had another hundredth of a second within us.”⁵⁸⁶³

The Final

The Oarsman: “Finals day came up more calm than the previous two days, although the wind was now cross head. The course was behaving well, and the water in quite good shape.

“Cal and Mike got off very well and showed their fine instinct for staying closely in touch with the race.”⁵⁸⁶⁴

Again, the race looked very, *very* different from within the boat.

Staines: “We jumped the gun something fierce. At least we felt we did, and about three or four strokes into the final we just let

⁵⁸⁶¹ Staines, op cit.

⁵⁸⁶² See Chapter 130.

⁵⁸⁶³ Coffey, op cit.

⁵⁸⁶⁴ *The Oarsman*, op cit.

THE AGE OF ENLIGHTENMENT



Mike Staines

1976 United States Men's Coxless-Pair
Stroke **Calvin Coffey**, Bow **Mike Staines**

It would be twenty-four years before another American pair would medal in the Olympics.

off the pressure without saying anything to each other.

"We look over, thinking that they're going to call back the race. Nope. They didn't call it back.

Coffey: "We false started. I'm *sure* we false started, so after the first stroke I inevitably eased off, waiting for the signal calling us back. It never came."⁵⁸⁶⁵

Staines: "I remember thinking after about five strokes, 'Holy cow! We better get going again. The race is on!'

"The Landvoigts had jumped right with us, but they didn't let off the pressure. They kept on going.

"They had all the experience, probably done that a dozen times, and just kept on going. That put us in a hole that we couldn't get out of."⁵⁸⁶⁶

The Oarsman: "At the 500, they were third behind the Landvoigts and the West Germans. In the next 500, they rowed the second fastest split of the crews and rowed through the West Germans to take second by over one second at 1,000 meters, although four seconds behind the Landvoigts."⁵⁸⁶⁷

Coffey: "We planned two moves, at the 700 and at the 1,100, and I think we moved both times. The Landvoigts were on the

⁵⁸⁶⁵ Coffey, op cit.

⁵⁸⁶⁶ Staines, op cit.

⁵⁸⁶⁷ *The Oarsman*, op cit.

THE SPORT OF ROWING



Official Report XXI Olympiad

1976 Olympic Men's Coxless-Pairs Final

Île Notre Dame, Montréal

1 **GDR** 7:23.31, 2 **USA** 7:26.73, 3 **FRG** 7:30.03, 4 **YUG** 7:34.17, 5 **BUL** 7:37.42, 6 **CZE** 7:51.06

other side of the course, and I wasn't looking out."⁵⁸⁶⁸

Staines: "I *was* looking out, and we moved *a lot!*"⁵⁸⁶⁹

⁵⁸⁶⁸ Coffey, op cit.

⁵⁸⁶⁹ Staines, op cit.

The Oarsman: "Over the next 500, Coffey and Staines rowed by far the fastest split of all crews and picked up two and a half seconds on the Landvoigts with a very aggressive show of competitiveness."⁵⁸⁷⁰

Staines: "Our move at the 1,100 brought us up virtually even with the Landvoigts. I

⁵⁸⁷⁰ *The Oarsman*, op cit.

THE AGE OF ENLIGHTENMENT

think if we had gotten through them at that point, they might have cracked.”⁵⁸⁷¹

Coffey: “I wish I had known. They had never been behind. I think we might have broken them if I had just known and poured it on at that point.”⁵⁸⁷²

Staines: “Man, I was yelling at Calvin *every move!* We’d pull up and probably get within a deck of breaking through them, and then they would match our move and pull back out.

“Every time we’d get within a deck, I’d say to Calvin, ‘Come on! *We got ‘em! We got ‘em!*’”⁵⁸⁷³

The Oarsman: “Over the last 500 meters, the heavily favored Landvoigts protected their Gold by finishing 3.42 seconds over the USA. Cal and Mike had no trouble at all holding on to a very impressive Silver Medal, by 3.30 seconds over the Bronze Medal West Germans.”⁵⁸⁷⁴

Staines: “We got down to the last 500, and we had a great finish . . . but we didn’t sprint. That was Cal’s decision. We felt we weren’t going to break them, we weren’t going to get through, and he didn’t want to do something and lose the Silver.

“We kept our same rating, our same pressure and just went across the line . . . which . . . who knows? Maybe we should have gone balls to the wall, but who knows?”⁵⁸⁷⁵

Coffey: “The grandstands along the Montréal course weren’t actually at the finish line. They were a bit further up the course. I remember you could hear the fans get louder and louder, and then they were beside you, and then the noise would recede and you still had ten strokes or so to go.

“I have this kind of clock inside me, and I try to time my efforts so that I have given

everything by the last stroke of the race, and I pushed really hard early in the last 500 as we approached the stands. I don’t like to look around in a race, but as the noise started to recede I was pretty much used up, and I looked around to see the Landvoigts still ahead of us. I also remember looking over to the West Germans and saying to myself, ‘Well, no way *they* are going to catch us,’ and that’s pretty much how we crossed the finish line.

“Who knows what might have happened if we had cracked them earlier in the race, but the last twenty strokes or so ended up a bit of an anticlimax.”⁵⁸⁷⁶

The Oarsman: “A satisfied Coffey and Staines stood proudly to receive their Silver, but to me their faces reflected just a few misgivings over not being able to take the Gold. And therein may lie the reason for their wonderful success, in that they were consummate competitors, aggressive and experienced.

“Ironically, they had defied conventional wisdom by not having been together as a crew for years, a fact noted with some ruefulness by some oarsmen who had been in crews together for a long time.”⁵⁸⁷⁷

Staines: “In fact, there wasn’t much of a sense of team at all in Montréal. It was very disappointing. After the race, I don’t think a single American congratulated us except maybe Allen Rosenberg, who said to me, ‘Nice job,’ as he walked by me in the hallway the next day.”⁵⁸⁷⁸

The Oarsman: “They obviously ‘clicked’ together, and perhaps that is even more important. They were simply not

⁵⁸⁷¹ Staines, op cit.

⁵⁸⁷² Coffey, op cit.

⁵⁸⁷³ Staines, op cit.

⁵⁸⁷⁴ *The Oarsman*, op cit.

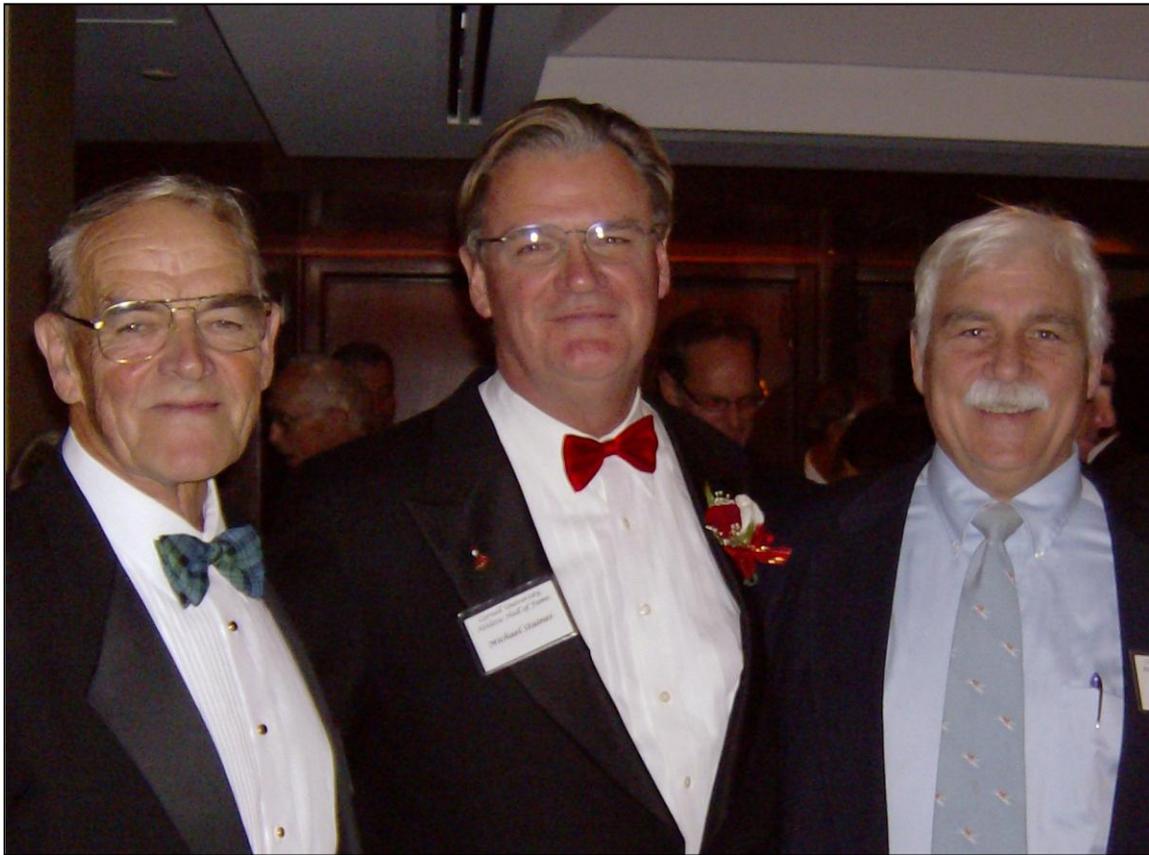
⁵⁸⁷⁵ Staines, op cit.

⁵⁸⁷⁶ Coffey, op cit.

⁵⁸⁷⁷ *The Oarsman*, op cit.

⁵⁸⁷⁸ Staines, op cit.

THE SPORT OF ROWING



Mike Staines

Ted Nash, Mike Staines and Cal Coffey
at Mike's induction into the Cornell University Athletic Hall of Fame, 2010

going to be denied in this regatta, and their achievement is truly magnificent.”⁵⁸⁷⁹

Coffey: “The East German stroke couldn't get out of the boat by himself after the race. His brother had to help him.

“In 1994, I was selling boat technology and hull molds to the guy who was then the head of the Russian federation, and he had talked to the Landvoigts' coach.

“The coach told him that the Landvoigts had been on steroids, as were the Russians at the time, and that at least one of them was having some later health problems as a result of their drug use.

“He also said that they had told him that 1976 was their hardest race ever. They thought they had lost their touch, thanks to us.

“The next year they didn't race at all. Then they came back in 1978 and picked up where they left off, winning the World Championship by more than ten seconds.”⁵⁸⁸⁰

“Back in the day, I always had respect for the DDR pair, and, based on our back-to-back semi-finals, I believed we had more speed in flat or tail conditions.”⁵⁸⁸¹

⁵⁸⁷⁹ *The Oarsman*, op cit.

⁵⁸⁸⁰ Coffey, op cit.

⁵⁸⁸¹ Coffey, personal correspondence, 2010

THE AGE OF ENLIGHTENMENT

Staines: “Even a few weeks prior to the Olympics, I don’t think anyone gave us a real chance of medaling. I’m not sure I would have either. As we got into the racing, good heat and better semi, that changed and I know that Cal and I felt we could beat the DDR. As Cal has said, a good race on our part and a mistake from them . . .

“As it turned out, we made one mistake at the start and missed a couple opportunities during and at the end of the race. Don’t know if they executed as well as they could have. Oh well, a Silver is not too bad, but I, too, was pissed to find out about what appears to be their systematic use of performance-enhancing drugs.

“The chance to win a Gold is so rare that

to have missed out because the other team CHEATED really infuriates me.”⁵⁸⁸²

Bernd and Jörg Landvoigt⁵⁸⁸³ won again in 1978 and 1979 and retired after winning the 1980 Olympics. Their international record stood at 179-1.

Coffey: “Funny, the only ones to beat the Landvoigts was a Russian crew – probably more juiced than they!”⁵⁸⁸⁴

“But their record speaks for itself, and we can be proud that we once pushed them hard.”⁵⁸⁸⁵

Today both Cal and Mike have children who are rowers.

⁵⁸⁸² Staines, op cit.

⁵⁸⁸³ See Chapter 119.

⁵⁸⁸⁴ Coffey, op cit.

⁵⁸⁸⁵ Coffey, personal conversation, 2007

THE SPORT OF ROWING

132. Ted Nash at Penn A.C.

The Island of Misfit Toys: 1985 - 1994

Ted Nash spent ten years in the armed forces. He spent nineteen years at Penn, the last fourteen as head coach.

In 1983, Ted moved next door on Boathouse Row in Philadelphia to the **Penn Athletic Club** or Penn A.C., and immediately the club began a rise to rival its Frank Muller era of the '20s and '30s.⁶³²⁰ In his first year, Ted produced the Pan-American Champion men's coxed-four and the World twelfth-place men's coxed-pair.

Wherever Penn A.C. went, their coach's reputation preceded them. The exaggerated view from **Australia**: "The Americans were coached by a gnarled Vietnam veteran called Ted Nash, whose hard reputation around the boatsheds rested on the story that he had once killed a man with his bare hands. His aura of toughness was also heightened by stories that he used to harden his crew by wrestling with them."⁶³²¹

Nash: "I don't know where any of this came from, but it is totally incorrect! No Vietnam! *No* deaths!!

"My only death scare was my own! When I first attended the Kodokan

Institute⁶³²² in kendo and judo, every other person there could whip me, and they played me like a punching bag until I had learned a thing or two."⁶³²³

In 1984, Penn A.C. members **Kevin Still**, **Bob Espeseth** and coxswain **Doug Herland** won Olympic Bronze Medals in the coxed-pairs on Lake Casitas, and after Los Angeles, the club continued to gather momentum as several more top athletes joined to prepare for the 1988 Olympic Games in Seoul four years hence.

Ted Nash: "In 1985, we had a pair-with and a pair-without at the Worlds in Hazewinkel, Belgium, and they became the foundation for our 1986 four."

1985 Coxless-Pair

Unfortunately, as soon as he arrived in Europe for the Worlds, the stroke of the coxless-pair, **Dave Krmpotich**, had to have his wisdom teeth pulled, got an infection and lost twenty-five pounds.



⁶³²⁰ See Chapter 56.

⁶³²¹ Yallop, p. 119

⁶³²² the famous judo institute in Tokyo, Japan.

⁶³²³ Nash, personal correspondence, 2010

THE AGE OF ENLIGHTENMENT

Krmpotich's partner, **Dan Lyons**: "Dave was violently ill, but we rowed the heat, the rep and the semi with him. Once we failed to make the final, Dave was carted off to the hospital, and I asked to row with the spare, **Chris Clark**, in the petites. Everyone thought we were crazy. As a matter of fact, Kris Korzeniowski,⁶³²⁴ National Technical Coordinator, almost didn't allow it, but we went forward.

"At the start of the race we were 46 off the line for the first 25 and were down by a length! We settled to 36, Clark and I hit the perfect swing, and we couldn't move fast enough. The boat was running so fast that we almost had *too much* time for the recovery!

"Ten strokes after the settle we were level, ten strokes after that nearly a length up, and at the 1,000 we wound up leading by twelve seconds over the 1984 Olympic Gold medalists from Romania. I remember Clark almost turning around and saying, 'So this is World Championship rowing?' and Ted Nash told us, 'it looked like a perfect race from 200 gone to the finish!'

"That was the EASIEST race I ever rowed. We were over four lengths up on Romania at the finish.

"Clark's technique was very different from Krmp's. Clark was low in the boat, and while his catch was quick and tight to the water, he rowed very 'level' with his body and blade. Krmp's technique was very punchy with a magnificent sense of catch timing to the flow of the boat (something which I think is *the* most important element of boat moving).

"I have always felt that power application is the only thing that really matters. That is why Krmp's stroke was so effective. The *timing* of the power application was and is key.

⁶³²⁴ See Chapter 124.

"Length does not always equate to speed. You can be a very long crew and be a very slow crew. While rowing with Krmp, even though the stroke was shorter, we habitually understroked other crews while going faster.

"Power application at the same time and with alacrity equates to speed. But, that begins at the catch.

"I've rarely rowed with anyone who has had such perfect pulse timing and such a beautiful feel for the run of the boat as Dave Krmpotich.

"Both pairs that year were very fast, Gold Medal speed, but both were VERY different in feel, approach, and technique."⁶³²⁵

Ted Nash: "Dan Lyons is an amazing artist in adaptation to whomever he rowed (and still rows) with. Clark's catch was quick and helped Dan be light to water as well as long.

"Chris Clark,⁶³²⁶ like Geoff Picard in 1964,⁶³²⁷ proves once again how *valuable* a great alternate can be for any team."⁶³²⁸

1985 Coxed-Pair

The coxed-pair of nineteen-year-old **John Riley**, twenty-year-old **Ted Swinford**, and coxswain **Steve Shellans** came in fifth in their final and earlier were brilliant in eliminating the 1983 Silver Medal Soviet crew with a crushing third 500 which, according to Ted Nash, "shocked us all."⁶³²⁹

Swinford: "I first met TED in 1983 during the IRA in Syracuse, NY. I asked about rowing on the National Team, and he

⁶³²⁵ Lyons, personal correspondence, 2006

⁶³²⁶ Chris Clark will reappear in this book as a participant in what has become known as the Oxford Mutiny. See Chapter 144. As I write this, Clark is the coach of the 2008 IRA Champion University of Wisconsin Varsity.

⁶³²⁷ See Chapter 85.

⁶³²⁸ Nash, personal correspondence, 2006

⁶³²⁹ Ibid.

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Ted Nash

Penn A.C. Men's Coxless-Four

1985 World Champion, Holme Pierpont
Bow **Ted Swinford** 6'5½" 197cm 185lb. 84kg,
2 **Dan Lyons** 6'4" 193cm 185lb. 84kg,
3 **John Riley** 6'5" 195cm 205lb. 93kg,
Stroke **Bob Espeseth** 6'4" 193cm 209lb. 95kg

told me, 'Come on out, and I'll let you know in two weeks time if you have what it takes to be an elite oarsman.'

"This I did, and sure enough he came to me to give me the news: 'You can do it. I've never seen you mouse a stroke.' All I needed to hear.

"This is what TED means to me. Kris K.⁶³³⁰ told me in '85, 'You are too slow. Go home,' but TED looked past a tall, skinny kid from the Cal Jayvee Boat and saw the passion and drive that others didn't.

"A story repeated many times before and since: **Penn AC, the Island of Misfit Toys.**"⁶³³¹

John Riley has referred to 1985 as "the summer of my life. Ted finds combinations and makes them go. He's like a really good

⁶³³⁰ See Chapter 124.

⁶³³¹ Swinford, personal correspondence, 2010

farmer. He finds some plants that he thinks will grow in this soil, and he puts them together. Here at Penn A.C., they give him the farmland to work with."⁶³³²

1986

The challenge for Nash at Penn A.C. was to keep an elite club program going in the face of formidable subsidized competition from athletes at the USRA National Camp. Each year, the Camp got first pick of the country's best oarsmen. In 1986, **Krmpotich** and **Still** made the Camp Eight, but **Lyons** from the '85 Coxless-Pair was active-duty military, and the Navy wouldn't let him travel with the Camp to competition within the Soviet Bloc.

Espeseth from the '84 Coxed-Pair was also eventually released by the Camp.

Riley: "Swinford and I were training together and planning on rowing the pair-without in 1986. Espe got cut from the camp, and Lyons had the military issue, so TAN suggested the four-without."⁶³³³

Nash: "When Espe was cut early from the Camp in Indianapolis in '86, I was delighted for the opportunity. I knew he was a hard driver, as are most Wisconsin Badgers. I had watched his 1984 Olympic Coxed-Pair races, and I knew he could be a great weapon for our plan and perhaps a good coxless-four stroke, as I also knew he could steer.

⁶³³² Qtd. by Craig Lambert, Ted Nash and the Penn A.C.: Bodies, Spirit and Seoul, unpublished, 1988, p. 8

⁶³³³ Riley, personal correspondence, 2010

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“But Espe would have to beat out five other ports who also wanted their chance at the one seat left. Ted Swinford was already in the crew as he was our cleanest craftsman and was an excellent choice for a long port bow arc. And he never made mistakes.

“Espe beat them all, and the deal was done. His experience was invaluable to my younger men, and Riley could match his length out of the 3-seat.

“Espe loved to stroke, so we felt like we found the answer to our puzzle.

“Since Dan Lyons was a natural blender, he was instantly put into the tandem 2-seat, and we closed the club’s boat selection.”

Espeseth: “The saga of ‘86 for the four, all the stuff that we went through to get there, if I ever sat down with somebody and told them everything, they would say this is just unbelievable. It was pretty amazing how things came together, and how all of us kind of got the rugs pulled out from underneath us and how Ted kind of pulled it all back together for us, too.

“I can still remember it like it was yesterday, the whole entire year.”⁶³³⁴

Nottingham

At the 1986 World Championships at the British National Watersports Centre in Holme Pierrepont, 8k south of Nottingham, England, Penn A.C. was up against the two-time defending World Champions from **RC Hansa Dortmund/RC Witten** in West Germany.

Espeseth: “In ‘86, the biggest disadvantage we had was that we had not raced internationally. We had never raced that particular boat until we got to the World Championships. But also the biggest *advantage* we had was we had never raced internationally, so nobody knew anything about us. Nobody knew how to judge us.

“Coaches normally dictate racing strategy, telling you what to do and when you’re going to do it. Ted sat down with all four of us, and *we* decided amongst all of us, all five, the racing strategy we were going to use in the heat, in the semi-final and in the final, and basically we knew what we were going to do every single stroke of the regatta.

“We all had a voice. We all talked about things. We all talked about the other boats and what *we* had to do and what we wanted to do, what our strengths were and what our weaknesses were.

“We all knew we were fast off the line. I honestly believe that if the West Germans had known how fast we were, they would have beaten us for the World Championship in Nottingham! But they didn’t know because we never showed it to them until the final. We got them in our heat, and fortunately had them in our semi-final. In both races we got off quickly, measured them, watched for the first move and then let them go by towards the end of the second 500. In the final it would be different.

“We were using the secret of keeping all of our cards hidden. Only we knew how good we really were.”⁶³³⁵

In the final, the Penn A.C. boat led from the starting command, was briefly challenged by the Czechs after 500 meters but maintained a half-length lead at the 1,000.

During the second half of the race, West Germany gradually began reeling the Americans in.

Espeseth: “We had our moves set. Everything was preplanned, and the only option that we had in the whole regatta was in the finals. Danny Lyons, who was calling all the moves, could start the sprint at 600 meters to go, but it would *definitely* start at 500 meters to go. And he did start it at 600

⁶³³⁴ Espeseth, personal correspondence, 2011

⁶³³⁵ Espeseth, op. cit.

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because we knew the West Germans were coming.”⁶³³⁶

Penn A.C. had only a deck-length lead with 250 meters to go but held on to win by a single meter at the line.

Nash: “For a number of reasons, the final was not our best race, but it was the most exciting. John Riley had hurt his knee playing hacki-sac with the Canadian women and couldn’t row for two days.”⁶³³⁷

Lyons: “I had contracted walking pneumonia right before the semi, and I was much worse for the final. Basically, the first stroke felt like we had already gone 500 meters. Despite that, and despite the fact that the final was probably our worst race of the regatta, the other guys in the crew, Espe, Riley and Swinford, did an unbelievable job making sure we won that race.

“It was sheer ferocious determination. Had I been healthy, I don’t think the race would have been that close.”⁶³³⁸

Nash: “It may not have been pretty, but it was twenty-six years since the USA had won the men’s four – and it was done on courage by the crew and a great job by Espe in the sprint.”⁶³³⁹

In fact, it was the first time that the United States had won a World-level title in the coxless-four since Nash’s own Lake Washington Rowing Club crew won Olympic Gold in 1960!



FISA 1986 Video

1986 Men’s Coxless-Fours Final

Holme Pierrepont

1 USA 6:03.53, 2 RFA 6:03.63, 3 RDA 6:06.25,
4 CAN 6:06.33, 5 ITA 6:08.43, 6 TCH 6:08.80

In addition, it was the first Gold Medal in *any* heavyweight men’s event since 1974, a fact that only added fuel to the controversy in America between “camp” and “club,” especially given the fact that the Gold Medal was won by athletes who had been evaluated and released by or had resigned from the National Selection Camp.

Technique

The technique of the 1985 pairs and the 1986 four embodied essential truths that Ted Nash had learned from some of the century’s most thoughtful coaches.

By the time that Ted arrived at Penn A.C., he had been seriously involved in the sport for three decades. His mentor during his Lake Washington days had been **Stan**

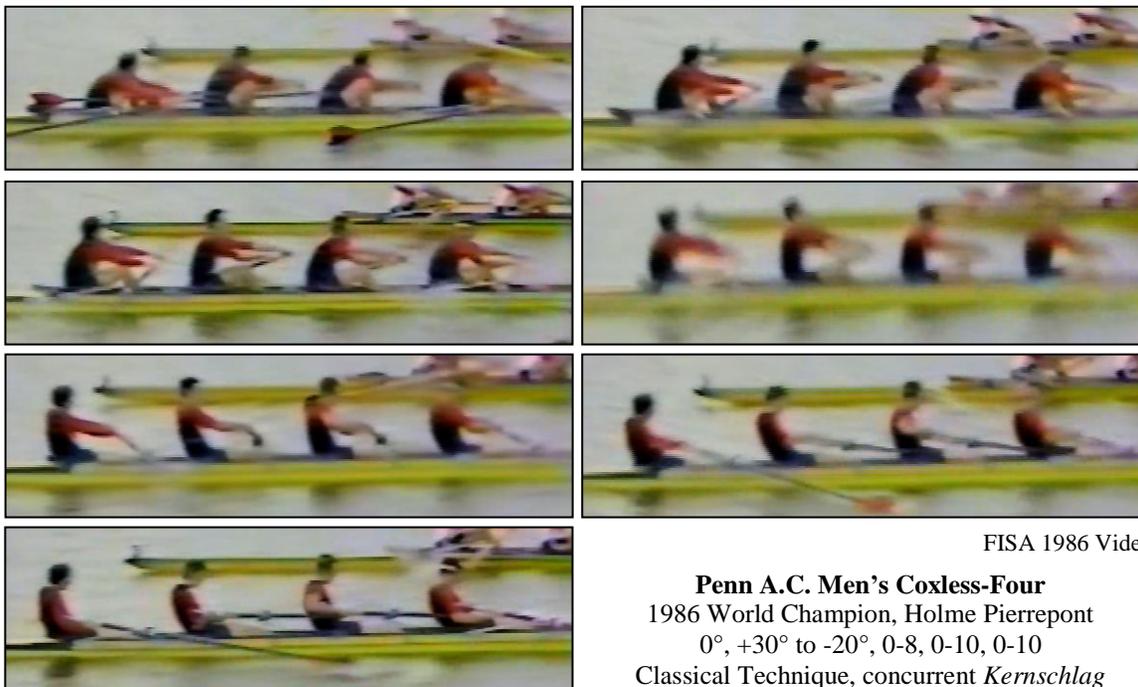
⁶³³⁶ Ibid.

⁶³³⁷ Nash, op cit.

⁶³³⁸ Ibid.

⁶³³⁹ Ibid, 2007

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FISA 1986 Video

Penn A.C. Men's Coxless-Four
 1986 World Champion, Holme Pierrepont
 0°, +30° to -20°, 0-8, 0-10, 0-10
 Classical Technique, concurrent *Kernschlag*

Bow **Ted Swinford**, 2 **Dan Lyons**, 3 **John Riley**, Stroke **Bob Espeseth**
 Coach Ted Nash's most frequent call is "Leverage!"
 Pullthrough was concurrent with the intent to lever the boat from entry to finish.

Pocock,⁶³⁴⁰ with additional guidance from **George Pocock**,⁶³⁴¹ **Rusty Callow**⁶³⁴² and **Al Ulbrickson**,⁶³⁴³ along with **Walter Hoover, Sr.**⁶³⁴⁴ during his days at Detroit B.C.

Penn coach **Joe Burk** brought him to Philadelphia.⁶³⁴⁵ To the day Joe died, Ted called him "Boss."

In 1974, he worked closely with **Allen Rosenberg**⁶³⁴⁶ as his assistant all summer during the development of the 1974 World Champion eight, the first U.S. crew ever to beat a GDR eight.

Ted credits each of these men with helping to make him the coach he has become.

Nash: "Early in my career, an old coach who had once been a farm boy said to me, 'There are only two kinds of coaches. There are crows, and there are owls. Who do you think gets the most mice? The owls . . . because they look all around and see everything.'

"Crows have absolutely myopic vision, focused on one, single thing, and they miss a lot. The owls never do. They know where the mouse is and where it can go, and they get there first.'

"He was relating this to coaching, and I totally agree with him because what you've got to say as a coach is, "I don't know it all, and I will never know it all, and I have to keep wanting to learn.'

"So you watch *everybody!*"

⁶³⁴⁰ See Chapter 83 ff.

⁶³⁴¹ See Chapter 45 ff.

⁶³⁴² See Chapters 53 and 64.

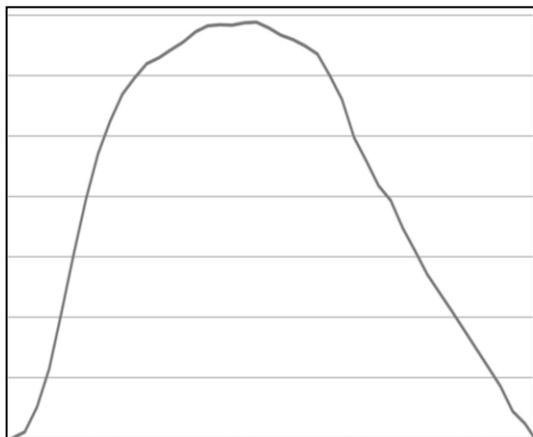
⁶³⁴³ See Chapters 59 and 89.

⁶³⁴⁴ See Chapter 55.

⁶³⁴⁵ See Chapter 94.

⁶³⁴⁶ See Chapter 111.

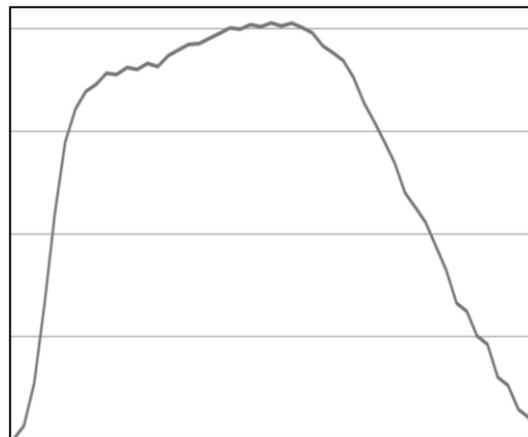
THE SPORT OF ROWING



Author

John Riley

This test was done at *very* high effort level.
Very smooth, very aggressive *Kernschlag*.
No more acceleration after back stopped
swinging at 70% of pullthrough



Author

Dan Lyons

Strong initial *Kernschlag* hit followed by
aggressive back heave at mid-stroke.
Almost *Schubschlag* in attention
paid to second half of pullthrough.

“I have old logbooks that go back to when wheels were square, and sometimes a note will jump out like a neon sign: ‘*This* is what I need for this year! I can’t believe I forgot that!’”⁶³⁴⁷

Not surprisingly, given the giants of the sport who inspired Ted, his 1986 Penn A.C. coxless-four was a fine example of rowing technique based on sound fundamentals that dated back to the first half of the 20th Century and before.

At Lake Washington, Ted had been concerned that Ulbrickson’s UW crews didn’t “lock and lever” from sufficient reach,⁶³⁴⁸ and that remained a priority for him at Penn A.C.

Ted, speaking from the launch: “*Lock in!* Reach out and directly into the water! Visualizing that we’re going to lock as we reach. We’re back-strokers, aren’t we? Reaching the lever *back!* Locking up near

the bow ball. We’re using all the lever connections of your bodies.

“Pretend the catch is a part of the reach, and insert the blade directly into the water.”⁶³⁴⁹

Body mechanics for the ‘86 crew were Classical Technique concurrent *Kernschlag* with strong initial whole-body commitment, including back swing through a generous 55° arc, reminiscent of the technique of Penn oarsmen **Luther Jones**, a 1968 U.S. Olympian, **Rick Crooker**, 1968 Canadian Olympian, and **Somerset Waters**.⁶³⁵⁰ Ted had been their freshman coach at Penn.

John Riley: “My four stressed the front half. It looked long, but it was emphasized that we go off the toe. The only thing that allowed us to survive was that Espe was taught how to put the blade in, and we all religiously matched that. We got in really well. We never missed water, but we stood the hell on it in a really hangy, overcompromised position.”⁶³⁵¹

⁶³⁴⁷ Nash, personal conversation, 2005

⁶³⁴⁸ See Chapter 84.

⁶³⁴⁹ Nash, 1988 training film.

⁶³⁵⁰ See Chapters 91 and 92.

⁶³⁵¹ Riley, personal conversation, 2009

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FISA 1986 Video

Penn A.C. Men's Coxless-Four
1986 World Champion, Holme Pierrepont
Note full body commitment in Frames 3 and 4.
Effort continued strongly to the release.

Dan Lyons: “With Korzeniowski⁶³⁵² it was legs, back, arms push, and with Ted it was the levered drive.

“I believe that the major technical difference between the 1986 to 1988 Penn A.C. crews and the Korzeniowski- and Teti⁶³⁵³-coached crews was the connection between arms, shoulders and hips. With Ted-coached crews, there was very little ‘slippage’ in the body connection. Once we locked on, there was no additional motion. There was no looseness in the joints. There was relaxation, but there was always

connection. The body COMPLETELY levered the boat.

“I believe this to be very important as the speed of a boat class decreases. In the smaller boats, there is no room for slippage in the joints. That kind of slippage limits the ability to FEEL connection and the ability of the rowers to meld together at every point in the stroke, which is the key to a true crew rather than a collection of ergs.”⁶³⁵⁴

High ratings had been a priority for Ted’s LWRC crews, and in 1964 he was willing to sacrifice length at the finish in order to get the ratings up. By 1986,

⁶³⁵² See Chapter 124.

⁶³⁵³ See Chapters 155 and 156.

⁶³⁵⁴ Lyons, op cit.

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evolution of equipment and training had made that unnecessary. The world had caught up to Ted Nash, and everybody rowed high.

At Holme Pierrepont, Ted's crew rowed the course at 36 to 37 with 10s to 39, only slightly understroking the World Champion West Germans, who never went below 38.

In order to extend their leveraging of the boat from the catch all the way to a longer finish, the Penn A.C. four employed -25° layback, considerably more than the -15° of Ted's 1964 LWRC crew.

Nash: "The Penn A.C. boat was a tall and mostly thin group, not a lot of bulk, so swing instead of muscle was the best approach."⁶³⁵⁵

Ted's 1960 coxless-four had rowed a glorious last 500 as high as 41 to win the Gold, and Ted's 1986 four was equally impressive, taking it to 42 with 400 meters to go and withstanding a devastating rush by the defending World Champions.

A strong last 500 would become a hallmark of all of Ted's Penn A.C. crews.

Dave Krmpotich: "In 1986, the youth of John Riley was countered by the experience of Espe, Lyons and Swinford. This veteran leadership became the hallmark of the Penn A.C. fours that followed. This continued until the camp system provided too strong a financial incentive beginning in 1994."⁶³⁵⁶

Swinford: "In '86 after winning the final in the four-without, I saw Kris K. on the shore. I called out to him: 'Can I go to your camp now?'"⁶³⁵⁷

1987

Nash's success in '86, putting together the first World Champion American boat in

twelve years from a bunch of National Team Camp cuts, put the U.S. Rowing Association in a bind and raised a legitimate question. What was the best way to select a crew? Open Trials or unchallengeable National Selection Camp?

The USRA's Solomonic solution was to designate Penn A.C. as a USRA training center and make Ted's coxless-four the priority boat for 1987.

With ever more athletes coming to Penn A.C., attracted by their new federation status and with their success in 1986, the club qualified both fours and both pairs to compete at the Worlds that year in Copenhagen. This equaled Lake Washington's achievement in 1960.⁶³⁵⁸ Altogether, the club placed twenty-one men on the 1987 U.S. squad.

Swinford, Lyons, Riley and Espeseth retained their seats in the coxless-four, and at the international regatta in the late spring at the Italian National Training Center in Piediluco, they won Gold over the Soviets and Italy.

Then Espeseth seriously injured his back in a sudden "racing stop" to avoid a single in their lane. He was anxious to keep trying, but for days Ted rested him and put in Dave Krmpotich so the crew could train.

The Competition from GDR

During this same time on the other side of the rowing world, a number of older GDR rowers had retired after the 1984 Olympic Quadrennial and were being replaced by the next generation of athletes coming up through the system. New combinations of athletes were coming to the fore.

On the Bagsrværd Sø in Copenhagen in 1987, GDR would be represented in the coxed-four event by a crew from **SG Dynamo Potsdam**, one of the eight elite

⁶³⁵⁵ Nash, personal correspondence, 2007

⁶³⁵⁶ Krmpotich, personal correspondence, 2007

⁶³⁵⁷ Swinford, op cit.

⁶³⁵⁸ See Chapter 83.

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rowing centers run by the *Deutscher Ruderverband*.⁶³⁵⁹

Assembled in 1985, this Potsdammer coxed-four had won Bronze their first year, then Gold in 1986, and they would repeat in '87.

With the Potsdammers dominating the coxed-four event, the 1982 World Champion Coxed-Four from **SC Einheit Dresden/ASK Vorwärts Rostock** switched to the coxless-four and won the 1985 GDR Championships with two of the original members still on board. They won Bronze at the 1985 World Championships in Hazewinkel.

In 1986, Einheit put together an all-Dresden crew but came in only third in the GDR Championships, soundly beaten by a crew from **SC Berlin-Grünau**, who went on to win Bronze behind the U.S. and the West Germans at the 1986 World Championships.

In 1987, the DRV combined Berliners **Ralf Brudel** and **Jens Lüdecke** from the 1986 boat with Dresdeners **Olaf Förster** and **Thomas Greiner** from the 1985 boat, and this turned out to be a truly formidable combination that clicked immediately.

Förster and Greiner had won 1986 World Bronze in the coxed-pairs. The next year they were GDR Champions in the coxless-pairs.

Greiner had also been a member the World Champion 1982 coxed-four and had won World Gold in the coxed-pairs in 1983, relegating the incomparable Abbagnale Brothers to the only Bronze in their fourteen consecutive years of World and Olympic Medals.⁶³⁶⁰

Although Lüdecke was of only moderate stature, the Americans estimated that the other three averaged 6'4" 193cm and 210lb. 95kg. They imagined Brudel to be at least

6'8" 203cm⁶³⁶¹ and quickly nicknamed him "Bruno."

Though a relatively young combination, nevertheless the members of this Dresden/Grünau coxless-four traveled to Copenhagen in 1987 already having won two individual Gold and six individual Bronze Medals.

The 1987 World Final

With stroke-seat Espeseth still at less than 100% after his injury in Piediluco and despite the rough water and headwind, the U.S. drove into the lead, as they had the year before, and maintained a 0.38 second advantage at the 1,000 meter mark.

The third 500, however, was all GDR. Rowing their *Schubschlag* pullthrough more elegant and seemingly effortless than that of the Americans, they smoothly pushed to open water over Penn A.C.

In the last 500, GDR ceded half a length to the surging Soviets but crossed the line the clear winners.

1 GDR	6:39.70
2 URS	6:41.30
3 USA	6:43.46
4 GBR	6:45.58
5 ITA	6:50.30
6 HOL	6:52.11

Swinford: "Yes, we lost in '87 due to Espe's injury. Silly stuff, but it happens. Even so, we led for over 1000m. The Easties barely got through us."⁶³⁶²

This gave GDR 1987 Gold to go with their 1986 Bronze, matching the Americans' 1986 Gold and 1987 Bronze.

⁶³⁵⁹ See Chapter 119.

⁶³⁶⁰ See Chapter 145.

⁶³⁶¹ Penn A.C. had an exaggerated view of the GDR boat. The three larger men averaged 6'3" 191 cm 197 lb. 89kg. "Bruno" was 6'4" 192 cm 198 lb 90kg. See newsreel frames and stats, Chapter 119.

⁶³⁶² Swinford, op cit.

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After that final, GDR 3-seat “**Bruno**” **Brudel** approached the men from Penn A.C. with a smile and a question: “Best two out of three?”⁶³⁶³

It was never to be.

The ‘86 Boat in 1988

In 1988, with Ted’s coxless-four again the USRA priority boat, followed by Kris Korzeniowski’s Camp eight and coxed-four and then the Trials-selected pairs, the uneasy “camp versus club” alliance continued, but the greatest competition for the now two-time World Medalist Penn A.C. coxless-four would come from their own teammates.

Swinford: “In ’88, we went to Piediluco to race the world and avenge ’87. We met the Russians who had squeaked past us that year for the Silver. We were given an old heavy wooden Filippi that would not track straight in any kind of crosswind, so what did TED do? He had the boatman graft on some more fin area, making an already inferior boat heavier still with more drag, but it cured the directional problems, and we beat the Russians in their own backyard in an inferior boat.

“But the sharks started circling when Espe got hurt only days after our return to the States, including the **Killer Bs**. Before that, there was no chance for anyone else. The four-without event was ours.”⁶³⁶⁴

Ted’s Penn A.C. B-boat was a formidable combination. Bow-seat **Raoul Rodriguez** was a former football player at Tulane University. He and 3-seat **Dave Krmpotich** had rowed in the 1987 Penn



Dave Krmpotich

1988 San Diego Crew Classic

Exhibition Coxed-Fours Race

1 Penn A.C., 2 Penn A.C. 3, 4, 5, 6 U.S. Camp

“The margin appears to have been less than eight seconds.”

- **Dave Krmpotich**

A.C. Trials-winning coxed-four, while 2-seat **Tom Bohrer** had stroked Ted’s Trials-winning 1987 Coxless-Pair. Only stroke **Rich Kennelly, Jr.** had not yet represented the U.S. in world competition.

They quickly earned the nickname “Killer Bs.” The competition between the two Penn A.C. boats was passionate and intense, and that passion continues today.

Dan Lyons: “In 1988, my four, the ‘86 four, won again at Piediluco by six seconds over the Russians, and when we came back to the States we beat the other Penn AC four (containing my 1985 pair-partner, Dave Krmpotich) in coxed-fours by eight seconds (easily) in San Diego.”⁶³⁶⁵

Nash: “That race had been thrown together at the San Diego Crew Classic by Korzo because the Olympic Committee wanted press and TV publicity for the National Team performing before a big crowd, but our second place boat had not raced or practiced before or after, *ever*, and it definitely was *not* my ‘other’ Penn A.C. four that would later go to the Trials.”⁶³⁶⁶

⁶³⁶³ Qtd. by Lambert, op cit, p. 11

⁶³⁶⁴ Swinford, op cit.

⁶³⁶⁵ Lyons, op cit.

⁶³⁶⁶ Nash, op cit.

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Dave Krmpotich: “The lineup that Dan Lyons defeated in San Diego was not the eventual ‘88 Olympic straight-four. Raoul and I were in the boat along with Mark Berkner and Tom Bohrer stroking. Our main concern that weekend had been the eight race, which the British won with Penn A.C. second and the Camp third.”⁶³⁶⁷

Nash: “The truth is that year *on purpose* I never let my two fours race each other. I went out mostly with each crew alone, and only did steady state or technique rows when they were side by side.”⁶³⁶⁸

Lyons: “As the ‘86 World Champions, we were the prohibitive favorites that year, which is why the USRA moved the Olympic Trials to late May, but two weeks before the Trials, Espe fractured his ribs on both sides during a cold and drizzle-filled morning work-out.

“Kris Korzeniowski, in a launch going the other way, had just finished saying, ‘Ted, they look wonderful! Just keep them healthy!’ when Espe felt one rib go at the start of the last piece. He should have stopped immediately, but he kept going, favoring the one rib, and eventually cracking another.

“At the time, we were rowing significantly faster than we had in 1986 or in 1987. By the time we got off the water that morning, it was over for us. It is my belief that we would have won the Gold in Seoul over the East Germans.

“We were forced into the Trials without Espe. We drafted **Jim Pew** (Stanford) to fill Espe’s stroke position and petitioned the USRA to give us another shot with Espe back in the boat a few weeks after the first set of Trials.

“Jim had come directly from Cambridge University where they emphasized a very quick catch. He was a very good oarsman.

In practice, we meshed with Jim almost as well as we had with Espe, and we had actually done very well in a series of five minute pieces against the Kennelly/Krmpotich four, beating them by almost four lengths every time.”⁶³⁶⁹

Krmpotich: “I question Dan’s ‘series of five minute pieces’ recollection. Ted specifically restricted the B boat from ever practicing at the same time as the A boat.”⁶³⁷⁰

Lyons: “At the first Trial, we did not get off the line well. Jim got a little excited, and we caught two crabs. We never got into the swing that we had come to know so well with Espe, and even with Jim in practice, and wound up losing by six seconds

“Espe did not return until about five days before the second set of Trials. He was still wearing his protective chest brace, and the boat never got into any kind of a swing, though we looked the same as always, unless we were in a tailwind. (The reason did not become clear until later in the summer.)

“We were all desperately looking for the timing and the quickness, but we could not find an answer. So, we just pulled harder, which is never a solution.

“At the second set of Trials against Krmpotich’s four, we led by a few feet at the half way (2:56 to the 1,000), but we were doing it strictly on power, and frankly, we did not have the power of the other four. They went through us shortly thereafter, and we lost by six seconds again.”⁶³⁷¹

Krmpotich: “The Penn A.C. ‘B’ boat led both Olympic Trials races by the first 500 meter mark, as the tapes of the Trials demonstrate.”⁶³⁷²

Riley: “I’m not too comfortable with the ‘us vs. them’ thing between Krmp’s boat

⁶³⁶⁷ Krmpotich, op cit.

⁶³⁶⁸ Nash, op cit.

⁶³⁶⁹ Lyons, op cit.

⁶³⁷⁰ Krmpotich, op cit.

⁶³⁷¹ Lyons, op cit.

⁶³⁷² Krmpotich, op cit.

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and ours. Unlike any camp, where everyone is out to 'make the team,' we *were* a team. Penn A.C.!

"We had our moments. I know we were faster when healthy . . . and so did they, but that is not relevant to the story. The story shouldn't be 'us versus them.' The Killer Bs won the Trials and raced great in Seoul . . . period!"⁶³⁷³

Lyons: "Afterwards, Espe and I went to the camp while Riley and Swinford got back in the pair, went to the Henley Royal Regatta and won the Silver Goblets.

"At the Camp, Espe was beaten by everyone, until the last day, and he had already been told he was going to be cut after a July 4th inter-camp race between the six fours at the camp.

"They randomly picked the lineups, and I wound up rowing behind Espe in the four. We won easily. The boat felt wonderful, and in that moment Espe and I realized what had happened when he was injured.

"Basically, as a result of his rib injuries, he was protecting the ribs by opening the back early in lieu of driving the legs against the back. Because of that, there was no leg explosion off of the catch, which is why it felt better in the strong tailwind. He had quickness, but without the explosion.

"When a stroke's legs are not firing, there is no pulse to the boat, and there is pretty much nothing anyone behind him can do about it. Once Espe remembered his legs, he was back to his old self.

"Unfortunately, that happened too late for us. Earlier in the summer, during the five days leading up to the second set of Trials, not even Ted knew the problem in the four or how to correct it.

"It's possible that with Espe's six-week layoff, he would have been incapable of driving the legs like he would have needed to in order to beat the Bs. Having said that,

with Espe healthy, we were easily the fastest four in the country."⁶³⁷⁴

Nash: "I can't ever say that Dan's four, if healthy, would have beaten the Killer Bs, nor the other way around. It is certainly possible that if the '86 boat had not had the back and rib injuries and had not lost those special Trials to the Kennelly boat, they might have become a strong and terrific four again, faster than in earlier years. One thing for sure – I deeply respect each member of both boats."⁶³⁷⁵

After the Coxless-Four Trials, everyone else at Penn A.C. was preparing for the two Pairs Trials, the last of all the men's sweep boats to be selected, scheduled only eleven days prior to departure for Korea.

Bob Espeseth and **Dan Lyons** from the 1986 World Champion four won the Coxed-Pairs Trials with Penn's **John Fish** coxing. Of the eleven original pairs training under Ted, four had now been named to the team in one event or another, and the seven remaining entered the Coxless-Pairs Trials. The ultimate winners were **Kurt Bausback** and **Ed Ives**, who had been cut from the Eight Camp.

When the Trials second-place coxless-pair, **John Riley** and **Ted Swinford**, became the Olympic Team spares, every member of the Penn A.C. A and B fours had made it to the Seoul Olympic Games, which was a personal goal of Ted's.

Lyons: "I believe very strongly that our 1986-'87-'88 four was the fastest four ever to come out of this country. Healthy, there was no one on earth that could beat us. It was like driving an incredible high performance Ferrari.

"I was in charge of calling moves and such, and when I did, the crew responded instantly, like pressing the accelerator. While the recovery was smooth, easy and

⁶³⁷³ Riley, personal correspondence, 2010

⁶³⁷⁴ Lyons, op cit.

⁶³⁷⁵ Nash, op cit.

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fluid, the DRIVE was unbelievable. We were extremely quick on the front end, did not miss any water, and picked the boat up with speed and power without any discernible 'clunk.'

"We really could not tell where the recovery ended and the drive began. The 'lock and pry' effect of the leveraged stroke was instantaneous. Not 'pounding,' not 'driving,' not 'clunky,' just smooth, connected, immediate and FUN. What a joy it was to row that boat, and how fortunate I was to be a part of it."⁶³⁷⁶

The Killer Bs

The technique of the 1988 Penn A.C. B four had evolved only slightly from the 1986 crew. The '88 boat showed elongated lats plus oval armpits to help a long but connected reach rotation.

This was coupled with 5° more layback, leading to longer suspension and a lot more swing. Very long rows at sub-maximal pressure had yielded a smooth, relaxed, swinging crew that was a pleasure to watch, even more like the technique of Penn A.C. immortal Jack Kelly, Sr. than the '86 crew had been.

After the second set of Trials in 1988, the Seoul-bound Killer Bs traveled to Lucerne to participate in the



Ted Nash

Penn A.C. Killer Bs

1988 Olympic Silver Medal, Seoul

Bow **Raoul Rodriguez** 6'3" 190cm 205lb. 93kg,

2 **Tom Bohrer** 6'4" 193cm 216lb. 98kg,

3 **Dave Krmpotich** 6'5" 195cm 205lb. 93kg,

Stroke **Richard Kennelly** 6'4" 193cm 201lb. 91kg

-10°, +30° to -25°, 0-9, 0-10, 0-10

Concurrent *Kernschlag*, smooth swinging horizontal motion

⁶³⁷⁶ Lyons, op cit.

THE SPORT OF ROWING



Ted Nash

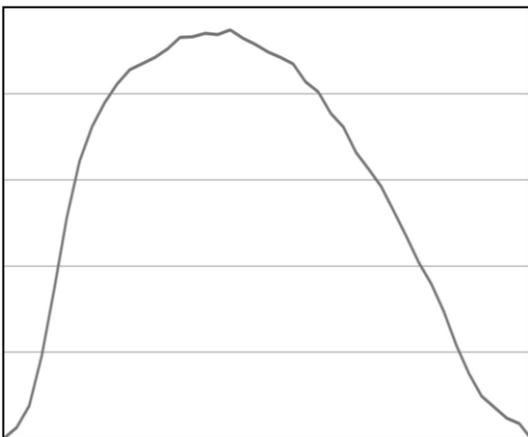
1988 Penn A.C. Men's Coxless-Four

3 Dave Krmpotich

0°, +30° to -25°, 0-9, 0-10, 0-10

Long miles at sub-maximal effort led to appearance of effortless-ness reminiscent of their East German competition.

Nash: "Long lumbar swing and good finish patience offset less than full leg compression at catch."



Author

Dave Krmpotich
Seamless *Kernschlag*

Internationale Rotsee Regatta. In their preliminary heat, they beat the World Champion GDR by a full nine seconds,

"another fun shock for us,"⁶³⁷⁷ according to Nash.

The Lucerne final (following page) demonstrated how competitive the Olympic coxless-four field would be later that summer. The Easties rebounded to win by a deck over Great Britain, which in turn had deck over the U.S., who beat the Soviets by a hundredth of a second. The Italians were less than a length further behind.

1988 Olympics

In Seoul, Dave Krmpotich was selected as the U.S. team torch bearer. The Olympic Torch came down from the North Korean

⁶³⁷⁷ Nash, op cit, 2006

THE AGE OF ENLIGHTENMENT



FISA 1988 Video

1988 Internationale Rotsee Regatta, Lucerne

Men's Coxless-Fours Final at the moment the U.S. crossed the finish line.

1 RDA (Lane 3), 2 GBR (Lane 5), 3 USA (Lane 2), 4 URS (Lane 4), 5 ITA (Lane 1)

border under armed guard with ninja-clad troops in the crowds.

The coxless-pair came in ninth, and the coxed-pair eleventh.

Lyons: "I joined up with Espe in the coxed-pair, and we were very fast, probably fast enough to win the Olympics, (and there is much empirical evidence to support that). But Espe got sick with a virus (like Andy Sudduth and Kurt Bausback and many others that year), and we finished last.

"All in all, pretty disappointing."⁶³⁷⁸

For the coxless-four, the Olympic final went much like the Lucerne final a few weeks earlier.

Krmp: "Because of the strong 3.3 meter cross-headwind coming off Lane 6, the lanes assigned in the final were 0 through 5.

We had previously waited twelve hours for the semi-final race, and American Head Referee Bill Knecht⁶³⁷⁹ gave us the option of postponing the final. The semi hadn't gone well, which is why we had ended up in Lane 0 in the final. We decided to go ahead."⁶³⁸⁰

The GDR crew, with **Roland Schröder** in place of **Jens Lüdecke** in the bow-seat, ground away from everyone in the first 500 meters, and even though this time the U.S. separated itself from the rest of the



Ted Nash Collection

⁶³⁷⁸ Lyons, op cit.

⁶³⁷⁹ See Chapter 107.

⁶³⁸⁰ Krmpotich, op cit.

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field, they soon found themselves rowing 38 strokes per minute a canvas down on GDR, who were understroking them.

Gradually, a foot at a time, GDR put a bit more than half a length on the U.S. by the 1,000 meter post.

Krmp: "We went all out in the third 500 because we realized on the way to the start that we would catch the brunt of the crosswind at that point. This is the reason the rest of the field closed on us at the beginning of the last 500. We talked about it after the race, and all agreed that we were winded at the 1,500.



Ted Nash

Penn A.C. Men's Coxless-Four

1989 World Silver Medal, Bled

Bow **Raoul Rodriguez** 6'3" 190cm 205lb. 93kg,

2 **Jack Rusher** 6'3" 190cm 201lb. 91kg,

3 **Tom Bohrer** 6'4" 193cm 216lb. 98kg,

Stroke **Rich Kennelly** 6'4" 193cm 201lb. 91kg



FISA 1989 Video

1989 World Men's Coxless-Fours Final

Bled, Yugoslavia

1 **GDR** 6:06.94, 2 **USA** 6:07.92, 3 **NZL** 6:08.63

"The East Germans had Lane 3, and their margin of victory was gained in that third 500."⁶³⁸¹

Penn A.C. entered the last 500 a full length down on GDR and less than a seat ahead of 1985 World Champion West Germany in third place. With 250 meters to go, the West Germans had moved into a virtual tie with the Americans, with the British and Italians not far behind.

The last 250 was all Penn A.C. as they caught their breath and moved back out half a length ahead of West Germany, but GDR looked unruffled as they stroked home nearly a length to the good.

Krmp: "The East Germans were a formidable crew. Given the conditions, we were happy to get any medal."⁶³⁸²

⁶³⁸¹ Ibid.

⁶³⁸² Ibid.

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1989

“If the previous year was an emotional and dramatic peak for Penn A.C. and the club system, 1989 produced in sheer volume of medals and number of participants, a vindication of the club system. Overseas, the Penn A.C. straight four beat thirteen other national teams to win at Piediluco for the third consecutive year. In the Worlds Trials, where time standards were first put into effect, the straight-four set a U.S. record in the event.

“At the Royal Henley, the pair-without and the straight-four both won.”⁶³⁸³

Doug Burden: “For Piediluco in ‘89, the boat was without Raoul (school or injured), so Ted contacted me in Sevilla, Spain, where I was learning Spanish and training in a single through the winter. I agreed to join them, traveling first to Bañolas for four days to hop in a sweep boat before joining Penn A.C. in Italy, which proved very satisfying indeed.”⁶³⁸⁴

At the Worlds in Bled, Yugoslavia, Penn A.C. was represented by one member in the eight, one in the four-with, plus the straight-four of **Raoul Rodriguez, Jack Rusher, Tom Bohrer, and Rich Kennelly.**

Rusher, a Harvard grad and new member of Penn A.C., had replaced Krmpotich who was injured in an on-the-job accident.

In 1989, there again was extremely close racing for the World title in the coxless-four, during this era perhaps the premier international rowing event, and for the fourth year in a row, Penn A.C. was right in there, but the now two-time defending champion four from **SC Berlin-Grünau/SC Einheit Dresden** took half a length in the first 250 meters, held it down the course, and survived the American sprint by just

over a deck to take Gold for the third consecutive year.

This was among the last of the great GDR crews. Less than three months later, the Berlin Wall fell, and the GDR sports machine quickly collapsed. The Grünau/Dresden four competed as a team one last time on Lake Barrington in 1990, winning Bronze behind a new crew from Australia which, as we saw in Chapter 131, had the benefit of expatriate GDR coaches.

1990

In 1990, Penn A.C. was no longer the USRA site for selection of the coxless-four.

The combination of **John Riley, Tom Bohrer, Raoul Rodriguez** and **John Rusher** represented the U.S. at the Goodwill Games in Seattle but were beaten at the Worlds Trials by a crew training in Boston.

Boston stroke **Jeff McLaughlin:** “I was coming back from a year away from rowing. The Korzeniowski eight [Gold at Copenhagen in 1987 and Bronze at Seoul in 1988. See Chapter 124.] had been physically and mentally taxing on many of us.

“In late 1989, I decided I was ready to get back into rowing and joined the club that had been producing many of the best U.S. scullers, **Boston Rowing Center.** It was a collection of Boston-based rowers intent on not moving to Philly or the other training centers more than a formal rowing club with coaches, equipment, etc.”⁶³⁸⁵

McLaughlin: “Boston Rowing Center rowed out of the Harvard and Radcliffe boathouses and was coached by **Harry Parker**⁶³⁸⁶ as well as by other area coaches, including my Northeastern University coach, **Buzz Congram.** While the lack of intensity was a relief on the mental side of our training, it certainly did not pay off as far as our results showed at the Worlds.

⁶³⁸³ Sweeney, *www.boathouserow.org*

⁶³⁸⁴ Burden, personal correspondence, 2010

⁶³⁸⁵ McLaughlin, personal correspondence, 2006

⁶³⁸⁶ See Chapter 100 ff.

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“We had **Harry** coach our four, and it was *just* a mess! There’s something to be said for an icon, and Harry certainly is an enigma because I don’t think any of his guys know what makes him Harry. He just is.

“Our boat in 1990 was **Pat Manning** [7 in the ‘89 Camp eight] and myself [6 in the ‘87 and ‘88 Camp eights] from Northeastern along with **Rob Shepard** [3-seat in the 1989 Camp eight] and **Chris Sabs**. The different personalities thrown together in a Boston Rowing Center four that Harry was coaching just didn’t work in 1990.”⁶³⁸⁷

“We beat the Penn A.C. coxless-four at the Trials and then went slower and slower leading up to the Worlds and finished a dismal ninth.”⁶³⁸⁸

Meanwhile back in Philadelphia, Ted created an eighty-five person armada to participate in and dominate the U.S. championships and Canadian Henley, and he coached **C.B. Sands (Bohrer)** to fifth place in the Worlds in the women’s lightweight single.

1991

McLaughlin: “After the debacle in the coxless-four in 1990, the U.S. coaches decided to again make the coxless-four a priority boat. It was to be the first boat selected, based on speed-order races and a mini-camp. **Pat Manning, Tom Bohrer, Mike Porterfield** and I were announced as the four.

“Porterfield, Manning and I had been part of the Northeastern University crew that had won the Intercollegiate Rowing Association Regatta in 1988, the year of the tragic death of our boatman, Charlie Smith,

en route to Syracuse.”⁶³⁸⁹ We had dedicated our boat and that race to Charlie.”⁶³⁹⁰

In 1990, Bohrer had rowed 5 and Porterfield had rowed 7 in the Camp eight while McLaughlin and Manning had been in the ill-fated 1990 Boston Rowing Center coxless-four. Between the four of them, they already had one Gold, two Silver and one Bronze Medal in international championships. All had rowed at least one year in Camp boats for Kris Korzeniowski, and in addition, Tom Bohrer had been at Penn A.C. under Ted Nash for five years.

McLaughlin: “After we were selected in 1991, we were allowed to choose our coach for the Worlds, and given Tom’s past success with **Ted Nash**, we selected him as our coach.”⁶³⁹¹

“Pat, Mike and I didn’t have any real background with Ted. We had heard stories and were a little afraid to commit ourselves to somebody who came with a reputation of being such a micromanager, such a hands-on guy, such a unique individual by all accounts.

“However, realizing his intimate knowledge of the coxless-four event and the difference that somebody like him could make in the pulling together of two pairs who had just come through Trials, it was really fairly easy to decide, ‘Okay, we want Ted to be our coach, and we’ll row out of Penn A.C.’”⁶³⁹²

“It was the best decision we could have made to help us regroup and train for the Worlds in Vienna. Ted’s incredible attention to detail and rigorous training moved us from 1990 and the worst result in recent U.S. rowing history in the event to a Silver Medal in 1991.”⁶³⁹³

⁶³⁸⁹ Smith died in a van accident. Northeastern coach Buzz Congram rallied his devastated rowers to the school’s first IRA victory.

⁶³⁹⁰ McLaughlin, op cit.

⁶³⁹¹ McLaughlin, op cit.

⁶³⁹² McLaughlin, personal conversation, 2007

⁶³⁹³ McLaughlin, personal correspondence, 2006

⁶³⁸⁷ McLaughlin, personal conversation, 2007

⁶³⁸⁸ McLaughlin, personal correspondence, 2006

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That Silver would turn out to be the top medal won by the U.S. in Vienna.

Technique

The technique of the 1991 boat was noticeably different from the Penn A.C. fours of previous years, and it was dictated by the three Northeastern rowers, Mike Porterfield and Jeff McLaughlin in the bow-pair and Pat Manning in stroke. Whereas in previous boats, the legs, backs and arms were coordinated in a fluid, concurrent effort on the pullthrough, in 1991 the back dominated the legs Korzeniowski-style, and the crew seemed to wrench their upper bodies backward during the middle of the pullthrough.

In addition, McLaughlin and Manning especially would reach practically their full (and generous) layback with their arms still virtually straight, making the end of the pullthrough an awkward attempt to lever the handle into the body while studiously avoiding a ferryman's finish.

The result was a great deal less elegant than had been their predecessors of '86-87 and '88-89. The crew seemed to be muscling it through the water.

McLaughlin: "Much of the technique stemmed from our Northeastern University style combined with the Korzeniowski style: hang



FISA 1991 Video

National Camp/Penn A.C. Coxless-Four

1991 World Silver Medal, Vienna Neue Donau

Bow **Mike Porterfield** 6'3" 191cm 195lb. 88kg,

2 **Jeff McLaughlin** 6'6" 198cm 201lb. 91kg,

3 **Tom Bohrer** 6'4" 193cm 216lb. 98kg,

Stroke **Pat Manning** 6'3" 190cm 205lb. 93kg

Northeastern rowers: -10°, +25° to -40°, 0-9, 0-9, 6-10

Exaggerated throwing back of the head (Frame 4)

with arms held straight much longer than Bohrer (Frame 6)

and then awkward finish with arms only (Frame 7).

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your body weight on the oar at the catch, leverage it through the water and quickly finish the stroke with the weakest part of the muscular connection: the arms.⁶³⁹⁴

“Starting with the body swing and then accelerating the arms in and away quickly resulted in moments of the magical rhythm that helped the 1987 eight win the Worlds by open water, the last crew to do so, I believe.”⁶³⁹⁵

1991 Worlds

The coxless-four final in Vienna, however, followed an unfortunate pattern that had continued since 1988. In those days it was GDR who took the lead early, held it down the course and then matched Penn A.C.’s sprint to win comfortably.

In 1991, it was the defending World Champions from Australia⁶³⁹⁶ who pulled to a half length lead in the first 300 meters and crossed the 1,000 almost a length ahead of the Americans in second. The margin eventually expanded to a foot or two of open water before closing a few feet in the sprint to the line.

1992

McLaughlin: “It was now late ‘91 with the ‘92 Olympics coming fast, and the coxless-four was again to be the priority boat because we had been the highest finishing ‘91 crew with the most potential and the best world class times.

“We agreed, ‘Let’s spend the next year with Ted, and let’s get ourselves to Philly, not just as a summer sublet but as a full time thing. Let’s put the time and effort in.’

⁶³⁹⁴ This was the way Korzeniowski described his style, not how his 1987 crew rowed it. See Chapter 124.

⁶³⁹⁵ McLaughlin, op cit.

⁶³⁹⁶ See Chapter 131.

“After ‘91, we all rededicated ourselves to the fact that this guy Ted Nash was *good!*

“Ted is definitely an acquired taste. The stories about him for the most part are *true!* And that becomes part of the understanding. The fact that he knows the average human head weighs a certain amount, and you’re wasting your muscles by holding it too far to the right . . . those types of stories, well, that’s Ted. How can you argue?”⁶³⁹⁷

“Mike Porterfield’s back failed him and required surgery without enough time to recover and make the four. I convinced **Doug Burden** to jump from sculling back to sweep to join us in the selection process for the coxless-four.”⁶³⁹⁸

Princeton-grad Burden was the owner of two Bronze and one Gold Medal in sweep boats before spending one year stroking the quad and two stroking the double.

Burden: “For me, Barcelona was ultimately about trying to win a Gold Medal. But I was taken with the notion of trying to set up the opportunity to win in the double in Barcelona, which after defeating the ‘88 Olympic Champion Dutch and the ‘89 World Champion Norwegians and narrowly missing the Bronze in ‘90 on Lake Barrington in Tasmania, I thought was possible.

“But after the ‘91 season [sixth], I had my doubts, so when Mike Porterfield’s back went, I was susceptible to Jeff’s overtures. At first I just agreed to be Tom Bohrer’s pair-partner for the winter trip to Tampa, Florida. I figured, ‘Okay, if I can end up beating out Mike and break into that Silver Medal four from ‘91, that’s likely my best shot at Gold in Barcelona.’”⁶³⁹⁹

McLaughlin: “Ted maintained a dual citizenship as the torch bearer for keeping

⁶³⁹⁷ McLaughlin, personal conversation, 2007

⁶³⁹⁸ McLaughlin, personal correspondence, 2006

⁶³⁹⁹ Burden, op cit.

THE AGE OF ENLIGHTENMENT

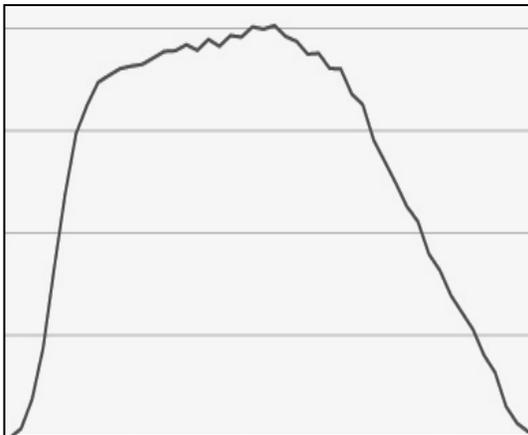


Ted Nash

Penn A.C. Men's Coxless-Four
1992 Olympic Silver Medal, Lago de Bañolas

Bow **Doug Burden** 6'5" 195cm 196lb. 89kg, 2 **Jeff McLaughlin** 6'6" 198cm 195lb. 88kg,
3 **Tom Bohrer** 6'4" 193cm 216lb. 98kg, Stroke **Pat Manning** 6'3" 190cm 205lb. 93kg
+5°, +30° to -20°, 0-8, 0-9, 0-10

Northeastern backs no longer dominated the legs early in the drive. All four oarsmen broke their arms simultaneously. Lay back was cut from -40° to -20°, and there was a hint of ferryman's finish.



Philip Mallory

Tom Bohrer
Kernschlag

Strong initial hit, strong back surge.

U.S. club rowing alive while being part of the U.S. Camp system. He was the 'selector' of the Camp boat, though it was

not an open camp. It was by invitation-only from Ted and the other U.S. coaches."⁶⁴⁰⁰

Nash: "The seat racing was done in the non-current lanes at Princeton. It was intense, and a strong crew evolved from it all."⁶⁴⁰¹

Technique

After a year working in Philadelphia, the 1991 crew with its stern three still intact had evolved as it moved into the '92 Olympic year. There was more leg compression at the entry, and the backs no longer dominated the legs during the pullthrough. Ted Nash's signature back swing became the strong, unifying feature of the stroke, and leg and back coordination was closer to that of the '86-'88 and '88-'89 generation crews.

⁶⁴⁰⁰ McLaughlin, op cit.

⁶⁴⁰¹ Nash, op cit.

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None of Ted's long line of Penn A.C. fours had broken their arms particularly early, but only Porterfield, Manning and McLaughlin in '91 had ever broken their arms noticeably late.

This idiosyncrasy had disappeared by 1992, and with it went the -40° layback of 1991. With the leg, back and arm motion more integrated to the release, the second half of the stroke looked much less contrived.

McLaughlin: "The change between '91 and '92, with **Mike Porterfield** going and **Doug Burden** coming in, you took out a third of the Northeastern influence, but all of us had been very familiar with the Korzeniowski style as well, and the sequential legs-back-arms is definitely how Kris talks. One of his favorite coxswain calls during a race is 'Legs! . . . Swing! Legs! . . . Swing!' That's where we were getting our rhythm in '87 and '88, generating the power with the legs and then just *completely* extending that momentum through the swing into the quick arm snap.

"With Ted, if your catch is quick enough so that you are not losing any of the effectiveness of your quick legs, all of a sudden you've encountered resistance where in your wildest dreams if you wanted to just slam your legs down, you couldn't because from the very first instant of the catch, you're engaged with your back so that it's supporting the legs with the beginning of its swing, but your back swing really picks up speed when your legs are half-way down so that you're not losing the connection and the momentum.

"The coaching that went on between '91 and '92 was to tie the pieces together and continue to leverage.

"When you've got Tom Bohrer in your boat, you are foolish not to take advantage of creating as much force as you possibly can because he was by all accounts one of the most powerful rowers in the world during those years, and having him engage

his power at the catch was key to picking the boat up and moving it along.

"I remember a lot of coaching with video and repetition to get the quick catch with *some* but not a ton of backsplash. Ted, Kris and Buzz had all stressed the need for minimal but some backsplash. If you're getting a lot of backsplash, you're trying to jam it in too hard when you are heading up the slide. When you miss and you get frontsplash, you've obviously missed the catch, and your legs are becoming less effective.

"Ted helped us a lot by getting us to visualize two posts in the water, so you would put your blade between the posts, and that would lock it in. The posts are there, and they are stationary, and there's no way around them. They prevent you from sliding your blade into the water, either going back and getting backsplash or going forward and getting frontsplash. Visualizing the posts made it easier to actually do it."⁶⁴⁰²

Altogether, Penn A.C. placed thirteen male rowers and two coxswains on the 1992 Olympic Team in Barcelona. Besides the coxless-four, the coxed-pair of **John Moore**, **Aaron Pollack** and coxswain **Steve Shellans** came in second in the Olympic Petit Finals. **Sean Hall** and **Jack Rusher** were members of the Olympic fourth-place Camp coxed-four. **John Riley** and **Chip McKibben** were in the eighth-place Camp quad, and **Richard Kennelly** from Ted's '88 and '89 fours, **Jeff Klepacki** and coxswain **Mike Moore** were in Kris Korzeniowski's fourth-place Camp eight. **Mark Berkner** was a spare.

The Coxless-Four

After their selection to the U.S. Olympic Team, the Penn A.C. coxless-four traveled

⁶⁴⁰² McLaughlin, personal conversation, 2007

THE AGE OF ENLIGHTENMENT



Ted Nash

1992 Koninklijke Holland Beker Regatta Penn A.C. easily pulling away from the Oarsome Foursome with cyclists on both sides following the race.

to Lucerne and won their heat. The final was close, with the two-time World Champion Aussies winning with the Americans a close third.⁶⁴⁰³

Two weeks later at the Koninklijke Holland Beker Regatta on the Bosbaan in Amsterdam, and, two days in a row, they beat the undefeated two-time World Champion Australians, now known as the **Oarsome Foursome**. It was the first time the Aussies had ever lost a final race in their two and a half years together.

This was quite a turnaround, and the Americans entered the Olympics hoping to regain the top of the podium for the first time in six years.

The 1992 Olympics

As they had the previous year during the World Championship final in Vienna, in both its Olympic heat and semi-final on Lago de Bañolas, the Penn A.C. crew gave up too much ground in the first 500.

So they began their final with real determination.

At 500 meters gone, they were even with the Australians, and at the 750 they had fallen only half a deck behind in second place with Slovenia a close third.

Tomkins, the Australian stroke-oar: “The opposition knew the only way to upset us was to get ahead of us out of the start. The Slovenians got a little bit ahead, and the Americans were level, then we pulled away. After 700 metres we were cruising half a length up, and **Mike [McKay]** was saying, this is great, I’m not even rowing hard. I felt

exactly the same, and I even had time to think about Bridget, my girlfriend, for a split second.⁶⁴⁰⁴

The Americans lost the Gold in the next 500 meters. By 1,250 gone, the Aussies had pulled a length past both the Americans and Slovenians.

McLaughlin: “I was in charge of watching the crews and calling our moves according to our race plan. In the finals, we saw the Aussies slip out in the middle of the race and tried to respond to keep them closer, but then realized the Slovenians were ahead as well.”⁶⁴⁰⁵

Tomkins: “We knew the Americans would go at 1,000 metres. The plan was to hold them for 250 metres and then go for it at 1,250.

“Mike kept saying, hold it, hold it, hold it. We were just waiting to unleash it.

“Then we saw the marker and Mike said, right, let’s go, Gold Medal time.”⁶⁴⁰⁶

⁶⁴⁰³ For the Australian point of view, see Chapter 131.

⁶⁴⁰⁴ Qtd. by Yallop, p. 123

⁶⁴⁰⁵ McLaughlin, personal correspondence, 2006

⁶⁴⁰⁶ Qtd. by Yallop, p. 123

THE SPORT OF ROWING



Ted Nash

Penn A.C. Men's Coxless-Four
1992 Olympic Silver Medal, Lago de Bañolas
Bow **Doug Burden**, 2 **Jeff McLaughlin**, 3 **Tom Bohrer**, Stroke **Pat Manning**

THE AGE OF ENLIGHTENMENT



Ted Nash Collection

McLaughlin: “Tom Bohrer was without a doubt one of the strongest rowers in the world at that time, and he knows the coxless-four exceptionally well. He called us up at 600 meters to go, and Pat responded.

“The rate came up, and I saw that we easily moved ahead of Slovenia, who had spent themselves too early.”⁶⁴⁰⁷

Tomkins: “With 500 metres to go we were a length in front, and we maintained it with 250 to go.”⁶⁴⁰⁸

McLaughlin: “We were quickly moving back on the Aussies every stroke and continued to increase the stroke as we started to run out of race course. With all our effort being put into each stroke, and Tom calling us ‘Up!’ we could only move back so far before we heard the first and then second place air horn blasts as we crossed a little over a second behind the Oarsome Foursome.”⁶⁴⁰⁹

Both Australia and the U.S. broke the existing world record in the Olympic final.

Tomkins: “The Americans came up to us afterwards and said they’d known we were back to our best after seeing us in the heats. They felt they’d had their best row, too.”⁶⁴¹⁰

This made four Silver Medals in five years for Ted Nash and his Penn A.C. coxless-fours. Add in the 1986 Gold and two other Bronze Medals, and this was and remains the most impressive international run of success in American rowing history. Only Frank Muller’s Olympic scullers of the 1920s and the crews associated with Lake Washington (with Ted Nash on board) in the 1950s and ‘60s can possibly compare.

And Ted was not finished.

1993

In 1993, Penn A.C. was again dropped as a National Training Center and lost its meager funding, but still Ted found a way to put together another fast coxless-four.

Jeff Klepacki: “Kris Korzeniowski had coached the U.S. Team through ‘92. I had rowed 4-seat in the eight in Barcelona, but then I herniated two disks in my back, had surgery in November of ‘92, took six weeks off and got back into training like in January of ‘93.

“I was feeling myself out, seeing what I could do after the injury, and still living in Princeton where the whole team had trained. There was a small group left over from the previous year, among them **Sean Hall** and **Jim Neil**, the stern-pair of the 1992 World Championship fourth-place coxed-four.

“**Mike Spracklen**⁶⁴¹¹ came in and had a meeting with us, maybe in the early spring of ‘93, and he said, ‘I’m the new head coach. I’ve been hired to win an Olympic Gold Medal in the men’s eight.’

“As Mike went around the country to find the next generation of Olympic athletes,

⁶⁴⁰⁷ McLaughlin, op cit.

⁶⁴⁰⁸ Qtd. by Yallop, p. 123

⁶⁴⁰⁹ McLaughlin, op cit.

⁶⁴¹⁰ Yallop p. 123

⁶⁴¹¹ See Chapter 149.

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the guys who had raced the quadrennial before just kind of hung together in Princeton, and Jim Neal, Sean Hall and I started soliciting **Tom Bohrer** from the '92 Barcelona Olympic Silver Medal coxless-four to join us in a new four.

“Hey Tom, you have a wealth of experience rowing this event. You *own* this event in the United States. You can show us the path. We're three eager guys chompin' at the bit here.”

“We catered to his schedule. He was working. He had a family. We would drive over from Princeton to Philly like three mornings a week, and there were days when we'd drive all the way down to the boathouse in rush hour traffic, and we'd get a phone call from Tom saying, 'I can't make it today.' We were like 'Okay, we're here,' and we'd go out in a single and a pair, and the three of us would do a weight circuit together.

“We kept training and training and training, hoping that Tom would come around, and as soon as Tom saw the commitment that we were putting forth, he talked to his wife and straightened it out, and we got him on board, and it was like someone turned a switch. That four went from rowing 6:08 to rowing 5:55, 5:56. It was more than a ten second turnaround.

“We got Ted Nash to coach us. Ted is one of the most caring guys. When you're on Ted's team, that's the guy you want pulling for you. He will fight tooth and nail with officials, with other coaches, with boat makers, with other athletes to do what he thinks is best for his crew.

“Maybe it was his military background, but man, did you feel like you had a guy who was in your corner when you were going into the twelfth round of a heavyweight fight. Almost obnoxiously so, where outsiders would say, 'Can you believe

this guy?' but when you're *his* guy, you felt like you had a partner on your side.”⁶⁴¹²

Technique

Klepacki: “Ted had a knack for the straight-four. I think in a slower boat like a four the application is a little bit different. In the eight, you can be super aggressive and just whale on it, while in the four and the pair you had to have an element of finesse.

“I think that one thing that Ted really opened my eyes to was that Ted would emphasize length of stroke and time in the water. He always taught that you had to take as long a stroke as you could and get the blades through the water as *fast* as you possibly could. The length of stroke was something that really helped us move that boat along.”⁶⁴¹³

Klepacki's slow recuperation from back surgery meant that he and his teammates had a total of exactly seventy-one workouts with the boat intact before the Worlds.

Nevertheless, at the 1993 World Championships in Račice, Czech Republic, the Penn A.C. coxless-four won its heat and then won its semi-final in 5:58, upsetting Croatia (the winners at Lucerne) and twice beating a strong crew from Poland. The final was hard fought with Poland and Canada leading early, followed closely by the U.S., who were a deck up on France.

In 1993, for only the second time since Ted Nash began putting together coxless-fours at Penn A.C., the early leader failed to hold on to win. In the last 500 meters, the French roared through from fourth place⁶⁴¹⁴ while the Americans overtook Canada.

⁶⁴¹² Klepacki, personal conversation, 2008

⁶⁴¹³ Ibid.

⁶⁴¹⁴ a tactic that two of that four would employ again to win the coxless-pairs at the 2000 Sydney Olympics. See Chapter 137.

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1 FRA	6:04.54,
2 POL	6:06.63,
3 USA	6:08.50,
4 CAN	6:10.31,
5 GBR	6:12.18,
6 GER	6:15.97.

The American crew finished eighth, while the Abbagnales ended up second to the Searle brothers of Great Britain for the second straight year.⁶⁴¹⁸

The Club Era Ends

Klepacki: “We had beaten the Poles by three-quarters of a length in our semi-final, and they went on to nip us by the same amount in the final.

“We were psyched! The four is *such* a competitive event. We kind of threw the boat together at the last minute and came home with a medal!

“Regrettably, that was the last medal that the U.S. has won in that event.”⁶⁴¹⁵

Penn A.C. alum **Mike Porterfield** rowed a coxed-pair that year with **John Moore** and coxswain Walter Mullen.

Porterfield: “Are you compiling a list of the greatest coxed-pairs of all time? You know the highlight of that regatta was beating the Abbagnales in the opening heat when they shut down in the last 250m, and we rowed through them. (Insert laughter here).”⁶⁴¹⁶

Moore: “Mike had a gymp back that summer, probably aggravated by rowing in that boat, which didn’t increase our odds of getting in the middle of an Abbagnale-Searle rematch.”⁶⁴¹⁷



Ted Nash

United States Women’s Coxless-Four
1996 World Champion, Strathclyde
Bow **Emily Dirksen**, 2 **Sara Field**,
3 **Amy Turner**, Stroke **Rosana Zegarra**
Coach **Ted Nash**

Mike Porterfield was in the ninth-place coxless-four, and **Tom Bohrer** and **Pat Manning** came in eighth in the coxless-pair in Indianapolis, but the balance of power in American rowing had shifted. The National Camp had become a year-round institution with permanent homes in Princeton, New Jersey and at the ARCO Olympic Training Center on Otay Lake in Southern California. As the Camp began training its members in pairs, they soon came to dominate all the small boat sweep events at the elite level in

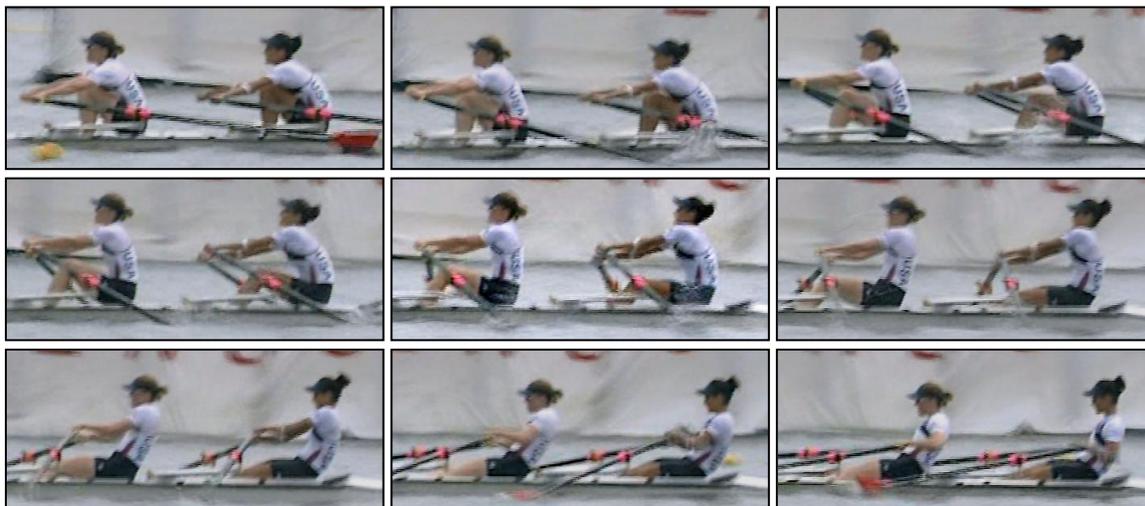
⁶⁴¹⁵ Klepacki, op cit.

⁶⁴¹⁶ Porterfield, personal correspondence, 2009

⁶⁴¹⁷ Moore, personal correspondence, 2010. The Abbagnale-Searle reference was to their epic struggle at the 1992 Olympics. See Chapter 133.

⁶⁴¹⁸ See Chapter 133.

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FISA 2005 DVD

United States Lightweight Women's Double

2005 World Silver Medal, Gifu

Stroke **Julia Nichols**, Bow **Renee Hykel**

Hykel: -5°, +25° to -25°, 0-8, 0-10, 3-10

Nichols: -5°, +35° to -20°, 0-7, 0-9, 3-10, ferryman's finish

Schubschlag, late arm break, high ratings, ticking the boat along, attacking late in the race.

the U.S. during the 1990s. The possibility of a private club competing with the National Team in fours or even pairs evaporated.

Ted turned his attention to other athletes. In 1996, Romania had won the Olympics in Atlanta in the women's eight, and a month later they sent their Gold Medal stern four, including **Elisabeta Lipa**, 6'3" 191cm 180lb. 82kg, winner of eleven FISA championships, to contest the women's coxless-four event at the Worlds in Strathclyde, Scotland. Ted's crew rowed them down in the last 500 to win.

In the last decade, Ted coached twice-world Champion lightweight woman sculler **Sarah Garner**,⁶⁴¹⁹ and he assisted Mike Teti with the 2004 world record-setting U.S. men's eight, the first American eight to win

Olympic Gold since the 1964 Tokyo Games.⁶⁴²⁰

Penn A.C. earned Silver in the coxed-pairs in Seville in 2002, and three Penn A.C. men won Gold in the coxed-pairs on l'Idroscalo in 2003 as a part of the National Camp.

In the run-up to Beijing, Ted was again coaching on Mike Teti's Olympic staff, handling a number of small groups including for a time a superb lightweight women's double. The 2008 Olympics in Beijing were Ted's eleventh Olympic Games, a record.

Closing the Club-Camp Divide

During the 1970s and 1980s, Ted Nash at Penn A.C. was often the most visible and passionate advocate of the club side of the club versus camp controversy, and so it is

⁶⁴¹⁹ See Chapter 169.

⁶⁴²⁰ See Chapters 155 and 156

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fitting that he have the last word on this issue that long divided the U.S. rowing community.

Ted Nash: “After **Kris Korzeniowski** returned to the U.S. in 2001, he and National Men’s Coach **Mike Teti** calmed the storms and addressed all of the long-standing complaints from clubs in a well-planned series of meaningful new opportunities for United States athletes to select *themselves!* The doors are now open to all individuals if they prepare well and demonstrate solidity.

“I have great appreciation for the planning and thinking of Mike and Kris, which created the following six areas of opportunity for all of U.S. athletes equally:

1. In any weight division, if an athlete’s ergometer scores are impressive and indicate future promise, that athlete can count on an invitation to be evaluated at the Princeton or Mercer Training Centers, even if they don’t possess a strong college or club race record.
2. Mike and Kris really brought the country together with an annual series of three **National Selection Regattas** (NSRs) on Mercer Lake, New Jersey, the first two held about three weeks apart in April and the third around the first week in June. They are held in singles, doubles and coxless-pairs, for heavyweights and lightweights, men and women. The NSRs are open to all, whether they are National Camp, club, school or unaffiliated, and all results are ranked. Any athlete can race against anyone else as all Camp athletes also must race in the same events in each NSR. All athletes can evaluate each other, and all coaches can see what everybody else is doing early in the year. The National Coaches and USRowing watch each race with great care. The results are sent to the High Performance Committee as well.
3. If a crew shows speed in a particular event at the NSRs, the National Coaches could invite that crew to the

Princeton or Mercer National Camps to blend into their team training. A camp athlete might even move into the club crew, so the door swings both ways.

4. If an early NSR event is won, that boat may be funded to the first or second World Cup of the year in Europe and can then immediately qualify for a U.S. Team berth if a regatta performance standard is met. A promising performance may also result in funding to the third World Cup event in July in Luzern. A solid placing in the Final A there could also result in immediate appointment to the Team in that event.
5. If that crew competing in Europe does not meet the performance standard set for qualification for the U.S. Team, they still can enter the open U.S. Trials in their event several weeks later.
6. Those who do well in the NSRs could be invited for one to three months of flat water, warm weather training the following winter at the U.S. Olympic Training Center on Otay Lake in Southern California, living, training and undergoing testing alongside the Camp Teams as equal members. A club crew’s coach might also be invited to participate and assist as needed.

“Now any athlete and any crew from anywhere can be seen and feel appreciated. I can say first-hand that the major issues of clubs in past years have been answered in one stroke of the pen by Mike Teti and Kris Korzeniowski.

“This is a splendid end to an era of stress that I am glad to now see recede into the past.”⁶⁴²¹

Appreciating Ted Nash

Dave Krmpotich: “My personal perspective on the panorama of successful Penn A.C. fours is dominated by the thread

⁶⁴²¹ Nash, op cit.

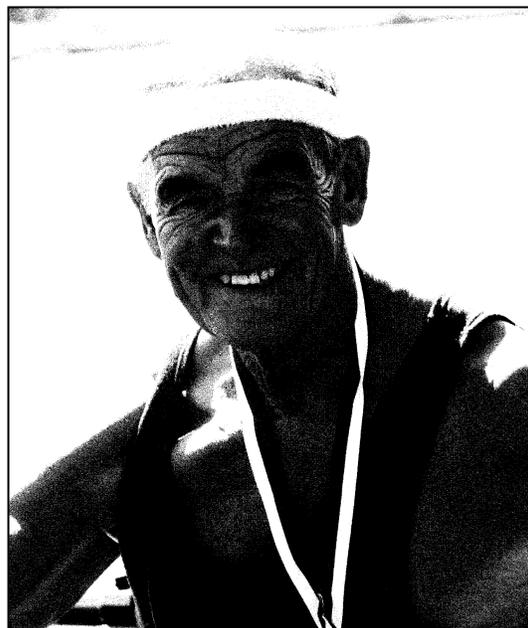
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that bound them together. The thread that completed the loop in all of the boats was Coach **Ted Nash**. His drive, commitment and flexibility combine to provide the leadership that would make any program a success.

“Ted’s commitment was exemplified by fostering an atmosphere where people of any background could come to train and feel comfortable. All were welcome. The Philadelphia rowing community is supportive in general, helping rowers find their way because all are aware of the difficulties encountered in training and working full-time, and Ted took the lead in this endeavor, offering new rowers miscellaneous work as soon as they arrived. **John Riley**’s first day was spent raking leaves. The leaves were not important. The willingness to do it was.

“Ted often demonstrated his work ethic as a method of instilling drive into his oarsmen, from doing an occasional set of weights with us while passing through the weight room to leading the way onto the water in a business suit and a rain hat when it was raining so hard you can’t see. The thought was if Ted could still do that, I ought to be able to do so much more.

“In 1982, James Galgon, Jon Fish and I broke an oarlock while warming up for the final of the pairs-with in Lucerne. The Swiss pride themselves on being on time, so the officials told us they did not want to delay the race. Ted hollered from the shore to see what the problem was. When we got to the dock, Ted was running up with his wrenches and a new Empacher lock. A pit mechanic couldn’t have gone any faster as he proceeded to change the lock, check the spread and adjust the pitch, complete with the requisite three strands of black tape in case additional pitch adjustment is needed on the water. Ted’s hands were a flurry of activity, sending us back on the water in less than two minutes.



Ted Nash

Ted Nash

Still competing in 2004

“Whether it was rigging or training, Ted’s drive kept everyone focused on the goal. In 1988, we arrived in Lucerne to find that our boats hadn’t. Ted’s plan was to work out the jet lag with a run around Lake Lucerne. This didn’t sound too bad. We envisioned a leisurely, flat run around the edge of the lake. Unknown to us were the many cow fences, streams, jagged rocks and other natural barriers surrounding the lake.

“Ted set the early pace until we got to the first fence. All of a sudden, Ted bolted up a steep, mountainous hill. At first we laughed until we realized he was serious. He wasn’t coming back.

“It was a good quarter-mile climb before we could get around the first fence. It soon became a race and a guess as to which trail, culvert or fence to follow. Doubling back became common. We did eventually pass Ted, who was twenty to thirty years our senior.

“One of my favorite memories is coming around the last turn of the lake by

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the grandstand. I can still picture Tom Bohrer taking a shortcut across the slippery top of the rock dam below the finish line. The dichotomy of a large person like Tom trying to move quickly and at the same time not slip into the water was hilarious.

“The most consistent asset on the oarsman side of Penn A.C. has been without question **Tom Bohrer**. His physical strength, athleticism and humble personal demeanor made him more than just the common denominator for the club’s amazing run of success into the early ‘90s. Not too many people have two Olympic Silver Medals.

“From the first day he came to the club, Tom was moving forward. I was doing some weights, and he asked if he could join in. He jumped into the thick of workouts and was pushing people right from the start. At first, it wasn’t apparent on the water, as he was learning the finer points of the rowing stroke.

“With his strong land work ethic, you could see that he would not be held back for long. Tom and Mark Berkner surprised everyone by winning the 1987 Straight-Pairs Trials. This was a fantastic feat in what is considered the most difficult of sweep events to master. They had to defeat members of the 1986 World Champion Penn A.C. straight four and future members of the 1987 World Champion eight.

“The next year he was in the Olympic Silver Medal four. The rest is history.”⁶⁴²²

Jeff McLaughlin: “Ted’s legacy at Penn A.C. is phenomenal. His ability to take athletes of all different shapes and sizes and backgrounds and pull them together in a

club system against many, many odds and a nationalized rowing system still amazes me today. He was able to adapt, and one of the things that I was lucky to experience was all the different ways onto a National Team: through the club system, through a Trials system and through an invited guest-system.

“It continues to amaze me that Ted, the consummate club rower and coach, is able to feed into the U.S. National Team so well.”⁶⁴²³

Nash: “All in all, I have had an absolutely *wonderful* life in rowing. I met the world’s very best people and was coached by great teachers. From high school crews in Seattle, the women’s crews, World and Olympic elites, FISA winners, masters – all rowers are *real* people, honest, tough, generous and loyal to a fault.

“Rowers don’t quit. They stay the course, no subs, no timeouts . . . brave every one! They give up a lot to live the life.”⁶⁴²⁴

From the very beginning of my research, Ted Nash has been perhaps the biggest supporter of the book you are now reading. There has been no one more enthusiastic or more generous with his time and his resources. Many of the illustrations in this book originated in Ted’s collection of photos, films and tapes. He has written innumerable longhand letters and spoken to me for hours on a wide range of topics, answering my every question. I am proud to say that Ted Nash is my good friend.

TED A. NASH

⁶⁴²² Krmptich, op cit.

⁶⁴²³ McLaughlin, personal conversation, 2007

⁶⁴²⁴ Nash, personal correspondence, 2010