



# “Catching Up”

## KENNEBECASIS ROWING CLUB

### 2010 HIGHLIGHTS



#### Greetings

The Kennebecasis Rowing Club has had many successes since our club first started in the early seventies. KRC rowers have won medals at the National Championships, Canada Summer Games, Canadian Henley, English Henley, Pan American Games, World Championships and many the other important regattas.

We have put our fair share of athletes on the national team including Andrew Messer, Wayne MacFarlane, Ed Winchester, and Katie Reynolds.

While we have an impressive past we have an exciting future. 2010 had over 160 rowers register for our programs that included Learn to Row, High School Rowing (Spring & Fall), Competitive Summer and a new Masters Program. All in all, it was a busy year led by our Head Coach, two time Olympian Dolores Young.

With all that is going on at the club, we decided now was the perfect time to launch a news letter reconnecting our Alumni with what is going on at the club. It is an opportunity for you to “Catch Up” with what is going on at the Kennebecasis Rowing Club. Have a read and enjoy!

Chris Flood  
President KRC



COACHES REPORT



Dolores (Dee) Young has been the coaching at KRC since 2007. She moved to the Kennebecasis Valley from Winnipeg in 2005, when she took a position at Rothesay Netherwood School. Dee spent many years on the Canadian National Team. A few of her rowing highlights include bronze medals at the World Championships in 1977

(Amsterdam) and 1978 (New Zealand) as well as a competitor at 2 Olympics (Montreal '76 and Los Angeles '84). More recently, Dee was one of the coaches at the 2009 Canada Summer Games where her crews took silver in the men's pair and bronze in the men's 8.

2010 was a bit of a rebuilding year for KRC, following the 2009 Canada Summer Games held in Prince Edward Island. But while it was a rebuilding year there were some notable highlights.

A number of high schools extended their rowing programs into the fall. Athletes from Rothesay High School and Saint John High School joined Rothesay Netherwood School many warm September and cool October afternoons. It was a first to have so many high schools row into the fall season and

was a real improvement for the future of Canada Summer Games Team. This created a team atmosphere, which was felt at the fall regatta in Dartmouth. All crews competed well with KRC bringing home several medals.

2010 saw KRC start a Masters program which culminated in mens double attending the Head of the Charles in October. The Masters rowers also brought an added benefit to the club. Being frustrated by rough fall water they took their boat several weekends and tried the water around Hampton and Darlings Island. "The testing of this water on the Hammond River and Upper Kennebecasis has the potential to open up some cost effective weekend training camps where we can be guaranteed long stretches of very good water" said Young.

2011 is a year that we hope to grow on what we started this year. We would like to see the Master's program grow, attracting more alumni and looking at getting to more Master's regattas. We would like to see the high school program continue into the fall and see more athletes come out. We would also like to see the relationship between the kayakers and rowers strengthen and explore ways we can work together to expose kids to several water sports at the same time.

ROWERS LATEST TO BE INDUCTED INTO SAINT JOHN SPORTS HALL OF FAME



Chris Flood & Wayne MacFarlane (left) are 2 members of the class of 2010 the national team in 1991 and 1992.

On October 7, 2010 the 21<sup>st</sup> annual Saint John Sports Hall of Fame dinner was held at the Trade & Convention center. Among this year's inductees were KRC alumni Chris Flood and Wayne MacFarlane.

Most, if not all of you, know Chris and Wayne. Chris and Wayne started rowing at KRC in the early 80s. They dominated the pairs competition in rowing in both the heavyweight and lightweight categories for a period of six years from 1985-1991. Their victories included Canada Games, Canadian Schoolboy championships, Pan American Games, Canadian Henley regatta and the English Henley. In fact in the 6 years they were only defeated once in the men's pair division. Both competed for Canada for

October 7<sup>th</sup> was an exciting night with each inductee being presented to the crowd and their award unveiled to the crowd. Chris and Wayne tag-teamed a great speech where they reflected on their experiences to the crowd and shared with everyone how the support at home was always something that kept them focused and motivated as they trained and competed throughout North America and Europe.

Wayne commented that it was great to see a bunch of the rowing alumni out to celebrate with him. "It was great to tell the crowd some of the stories of rowing at KRC and have many of the friends I rowed with in the audience".



**KEEGAN DRUMMOND - FUTURE OLYMPIAN?**



Keegan Drummond first started his rowing career at the KRC a number of years ago. In 2009, Keegan had a very successful regatta at the Canada Summer Games in PEI where he won Silver in the Men's Pair and Bronze in the Men's eight. 2010 was a big year for Keegan seeing him compete both at the Royal English Henley and the World University Games. *Catching Up* recently caught up with Keegan to see what he did in 2010.

I understand you rowed Varsity at Brock? Can you give me a description of what your main results were and how you enjoyed the experience.

•Last season (Fall 2009) at Brock we were supposed to have a very good season, but unfortunately we did not finish very well, coming second at OUAA (Ontario University Athletic Association) and Sixth at CURC(Canadian University Rowing Championships). So after a rough fall we hit the training hard that winter. When the spring came around we went down to the Dad Vail Regatta in Philadelphia and placed first, which earned us a sponsor who would send us to Henley Royal Regatta in England.

Can you tell me about about the trip to English Henley?

•Going to England was not on my do list this summer, and I was thrilled about the opportunity to take part in this event. Although the traveling was not the most fun, having all your



**Henley Royal Regatta 2010**

*Keegan Drummond, rowing in 6 seat (4th from left), at the Henley Royal Regatta in England*

crew mates with you made it enjoyable. The style of "match" racing was much different than normal regattas: only having one opponent to race, and knowing only one of you two were going to continue made every race intense, and if that wasn't enough there were spectators at every point in the race only meters to the side of your boat. Also when the racing was done, there were celebrations taking place everywhere.





What was your impression of the caliber of the competition?

- Going to an event like this does not only allow you to see the top crews at your level but also those at the top of the sport. Being able to see some of the fastest and biggest guys from all around the world can be a little intimidating, but then seeing others your size and some smaller competing at higher levels only drives you to train harder.

Talk about the University Games. How did that opportunity come about? What was the competition like? What boat did you row in? How did you do?

- Once I was back from England I was fortunate enough that there was also a University Games crew that was going to be training out of my schools boat house, which had allowed me to try out, and I fortunately made the straight four (4-). Since this is not a U23 event you are able to be up to 28 and in university to compete, which made this event quite tough. This competition was again different from any I have been to before. Although it is the same racing style as most regattas, 6 boats across, competing was quite a shock for me. Unfortunately we were not ready for the level of our competitors and had place last in ninth place. But being able to see the speed and drive of these other athletes has again made me excited to get back and train harder, so that when I return I will be able to compete at this level.

What's next? I assume your back to Brock in a few weeks. Longer term.

- For now I will be heading back to Brock to train and have what looks like the fastest year Brock has had for some time. During this time I will compete at NRCs, hoping to again earn a spot at the U23s training camp that takes place in March. As for next summer, a few possibilities are available to me which may include another summer like the one I just had, or possibly doing U23, but the plan will be to train harder than ever and get to the next level in rowing.

## **MASTERING THE CHARLES RIVER**

Last summer, Jeff Bonham who started rowing in the mid-80s, was out cycling with a group of friends and endured a serious crash on his bike. Being out of commission from biking for a while, he needed something else to keep in shape. "A co-worker of mine, John Oxley, had been at me the previous two years to go out rowing" said Bonham. "I figured now might be the time to get on the water".

Last June Bonham and Oxley took a double on the water. "The first few rows were a bit shaky but within about a week it felt good. We certainly had room to improve, but it felt pretty solid".

After a month of rowing, Oxley suggested that they put an entry in for the Head of the Charles. "At the time it seemed so far away and I figured we had nothing to loose so I said sure". In early September they received confirmation that they were in for the 24th October.

Dee Young set up a serious training program, which included 4 days on the water and the remainder doing dry-land training. Training was going well but frustration mounted as Mother Nature was always whipping up the mighty Kennebecasis with strong Southerly winds.

In an attempt to get better rowing conditions, the pair of Masters decided to try rowing elsewhere one early September weekend. This resulted in leaving the double at Dee Young's house on Darling's Island. Taking advantage of her water access they were able to get in 2 fantastic rows despite strong fall winds. "After that we ventured up their several weekends and really took advantage of what the upper Kennebecasis and Hammond Rivers had to offer.

In preparation for Boston the two competed at the Head of the 4 Bridges in Fredericton where they came second overall. While this was good preparation for Boston, it was only a small taste of what was to come.



The weather on the 24 of October, 2010 was sunny, cold and windy. They were on the water for over an hour before our race. "When the race started we were feeling good" said Oxley, "But it became apparent to us as the race started that this was going to be tough". Of the 20 crews, about 6 had former Olympians, which reinforced how competitive this race was.

At a few points along the course things became quite tight. "When we went under Anderson Bridge, just before the 2 Mile mark, we were in the process of passing a boat and being passed", said Bonham. "I wasn't sure that we would all fit through - it was very tight"

In the end the pair ended up finishing 15<sup>th</sup> out of 21, with a time of 20:06. The winning time was 18:03. "Next year we hope to race again", says Oxley. "With more time rowing and racing we should hopefully move up the ranking". We shall see.



**CATCH UP WITH CATCHING UP**

This has been the first issue of Catching Up. For the next while this will likely be an annual publication. However, as we uncover more information that we can put in here, we may publish more frequently.

We would love to hear from any of you. Drop me a line via email and let me know what you have been up to. I would also love to get your thoughts and feedback as to how we can make this newsletter better. As well if you know the contact information of any other alumni, please let us know so we can include them on the mailing list for Catching Up.

Thanks and we'll see you on the water.

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**Greetings Fellow KRC Rowers,**

We at the Kennebecasis Rowing Club are very excited with a new initiative that we have started. In an effort to reconnect you to our rowing club, we are introducing our first annual newsletter which we call "Catching Up".

Most of you had your first rowing experience rowing on the Kennebecasis River. Summer mornings and evenings spent gliding over the calm waters while you concentrated on strong leg drive, hard catches, and quick finishes were special times. Not only did we become fit and have fun but we learned the lessons of hard work, commitment and teamwork.

We are introducing this newsletter in conjunction with our new KRC fund raising campaign. As you remember the KRC is a modest club that does great things with a small budget. The budget we have is stretched to cover many things, which include buying and maintaining rowing equipment, regatta entry fees, coach development, trailering boats, operating coach boats, club maintenance and the list goes on. We have been very good over the years running the club on a lean budget which has allowed us to continue to offer a good quality rowing experience, but each year is a challenge.

I know that many, many deserving organizations are soliciting you for charitable donations. I am asking you to strongly consider donating, \$50, \$100, \$250 to our club. Not only are you helping the club continue its operations, you are enabling others to share in the same life experiences and education that we all received during our time at the Kennebecasis Rowing Club. There were many people that stood behind your success at the Kennebecasis Rowing Club. Now I am asking you to support the new rowers at the Kennebecasis Rowing Club.

To make a donation to the club, please send a cheque payable to the Kennebecasis Rowing Club at the address above. The mailing address for this campaign is listed above. For all those people contributing from Canada please include your return address and email. Our campaign co-chair John Oxley is dealing with the logistics and will work to get charitable donation receipt for tax purposes.

Thanks for your attention and generosity. A little money can go a long way to helping the KRC develop coaches, athletes and champions.

Sincerely yours,

Chris Flood  
President, Kennebecasis Rowing Club.