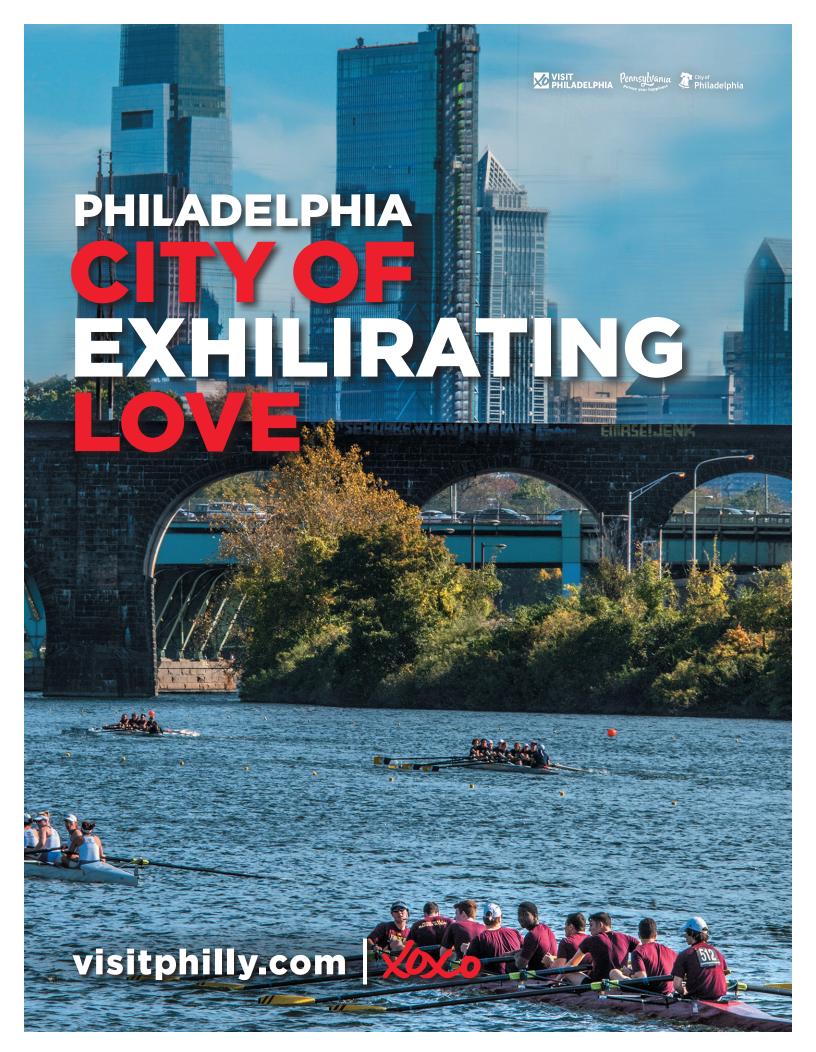


HEAD OF THE SCHUYLKILL REGATTA

PHILADELPHIA, PA OCTOBER 27-28 2018





Cooper Bone and Joint Institute *Keeping you in the Game*

Cooper Bone and Joint Institute is proud to sponsor the Head of the Schuylkill Regatta. The experts at Cooper Bone and Joint Institute treat athletes at all ability levels using the most advanced care in South Jersey and Pennsylvania. We use skilled, hands-on evaluation and appropriate diagnostic testing to determine the best overall care plan for each individual athlete.

We have offices conveniently located in Newtown Square, PA, Camden, Cherry Hill and Voorhees.

To find out more or make an appointment, visit **CooperHealth.org/ortho** or call **1-800-8-COOPER**.







Photo: Sabina Louise Pierce

THE SCHUYLKILL and Cooper River rowing communities said good-bye to a faithful friend late last year. Miss Pippin was rescued by the guardian of our waterway, Al Wachlin, many years ago, from what was later affectionately termed 'Pippin Island.' Pippin's inseparable bond with Al, and her steadfast presence in the community, illustrated that great partnerships are built upon trust, interdependence, and a desire to lift one another. We say farewell friend, but you will remain in our hearts as a constant reminder of why we call the river 'home'. Welcome Letters

WHERE YOU ROW

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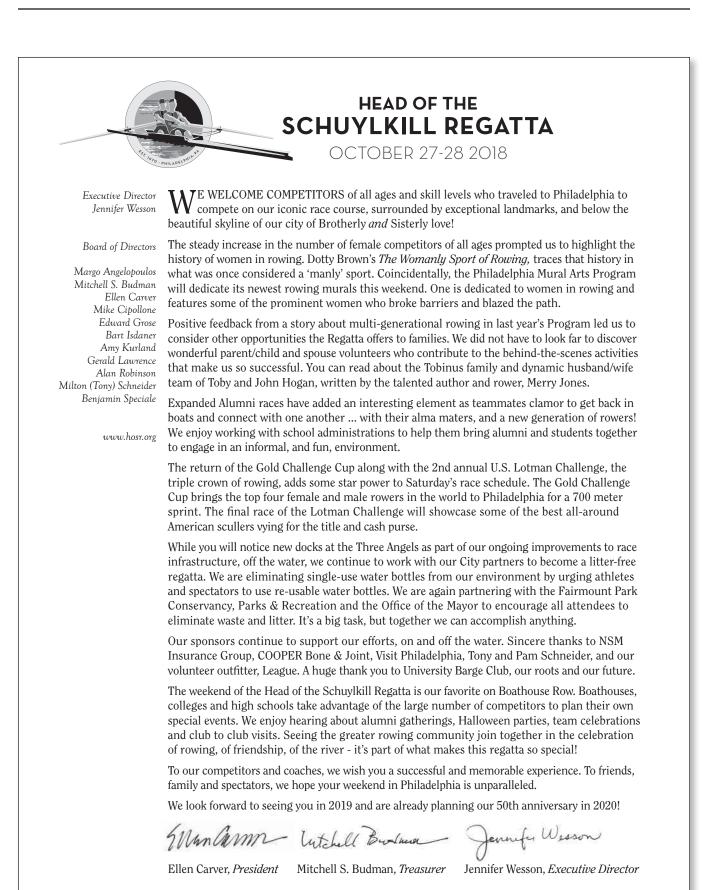
Photo Credits: Susan Cohen, Michael Murphy, USRowing, Sport Graphics

Head of the Schuylkill Regatta 2019: October 26 & 27 2020: October 24 & 25 (50th Anniversary)

For updates and results go to www.hosr.org

Cover: STROKE (detail), Artist: Cheryl Schlenker

Cheryl Schlenker's love of painting includes finding the surprising colors that exist in what is seen everyday, mixing media to enhance the individual properties of each one, and finding joy in compositions of contrast and color that go beyond subject matter. Her works have been in several juried international exhibitions, and she has a signature membership in both the Philadelphia Water Color Society and the Pennsylvania Watercolor Society. She has won several awards from local art centers and currently serves as President of the Board of Directors for the Philadelphia Water Color Society.







CITY OF PHILADELPHIA

OFFICE OF THE MAYOR 215 City Hall Philadelphia, PA 19107 (215) 686-2181 FAX (215) 686-2180 JAMES F. KENNEY MAYOR

October 27, 2018 Dear Enterthes:

It is my great pleasure to welcome thousands of participants, coaches, family and friends to Philadelphia for the 48th Annual Thomas Eakins Head of the Schuylkill Regatta. There are so many races and events that make the Regatta 'America's favorite.' I always look forward to the Mayor's Cup, awarded to the first place finishers in the highly competitive high school varsity eights, the John Timoney Race and several other races honoring Philadelphia rowing legends.

Philadelphia is still America's destination city for competitive rowing, hosting more regattas each year than any other racing venue in the United States. The Head of the Schuylkill is the City's largest regatta, with more than 9,000 competitors expected again this year. There are a growing number of friendly rivalries among high schools, colleges and rowing clubs who come here from as far away as England, Australia, Canada, California, Colorado and Florida. And, the Alumni races are especially fun for old rivalries who return to Philadelphia, year after year.

The Regatta will again partner with the Gold Challenge Cup, the most storied race in Philadelphia's rich rowing history. Along with the Gold Challenge Cup featuring the top International competitors, this year they will again run the Lotman Challenge, a triple crown of rowing focusing on singles scullers from the U.S. The third and final race of this exciting competition will be held in Philadelphia by the Head of the Schuylkill Regatta and the Gold Cup Foundation in partnership with the U.S. Rowing and the Head of the Charles Regatta.

The Head of the Schuylkill benefits from the year-round efforts of over 350 volunteers as well as the support of corporate sponsors, partners, in-kind contributors, vendors and individual donors. All work together to ensure a wonderful experience, on and off the water.

Once again, please accept my best wishes for a successful Regatta. During your time in Philadelphia, I hope that you all take the opportunity to visit our cultural and historical attractions—there are numerous "off the water" attractions for everyone! Have a wonderful weekend.

Sincerely,

ames F. Kenney

Mayor



CITY OF PHILADELPHIA

Parks & Recreation Kathryn Ott Lovell Commissioner

One Parkway 1515 Arch Street, 10th Floor Philadelphia, PA 19102-1587 Phone: 215.683.3600

October 27, 2018

Welcome:

As Commissioner of the Philadelphia Department of Parks and Recreation, it is my privilege to welcome competitors from more than half of the United States as well as more than a dozen countries, their coaches, their friends and families and spectators to Fairmount Park for the Head of the Schuylkill Regatta presented by the NSM Insurance Group.

Fairmount Park, the largest urban park system in the world, is never more spectacular than it is this time of year. Green, gold, red, orange, yellow and purple foliage provide a perfect backdrop for more than 9,000 athletes who will compete on the challenging 2.5-mile head race course.

The Schuylkill River has a long and storied history in Fairmount Park. As the Park's steward, the Department of Parks and Recreation is dedicated to providing competitors and coaches with a first class racing venue and the spectators with an experience they will long remember.

We take great pride in Philadelphia's rowing community and we congratulate the Head of the Schuylkill's organizing committee that works year-round for producing the city's largest and most inclusive regatta now in its 48th year. We also thank the Regatta for their efforts to keep our park litter-free by implementing a LOVE WHERE YOU ROW program to encourage all visitors to respect the park and keep it clean.

We thank the Regatta's sponsors, in-kind contributors, donors, partners and, especially, its 350-plus volunteers, for their support. Without it Philadelphia's Fall Festival of Rowing would not happen.

Please enjoy your weekend. We encourage you to take time to explore the historic landmarks and statues along the race course and the iconic Benjamin Franklin Parkway.

Sincerely,

Kathryn Ott Lovell Commissioner Philadelphia Parks and Recreation



The 48th Head of the Schuylkill Regatta

thanks its generous sponsors, partners and friends. We urge you to support our sponsors, advertisers and vendors!

Presenting Sponsor

NSM Insurance Group

Partner Philadelphia Gold Challenge Cup Foundation

> **Platinum Sponsor** COOPER Bone & Joint Institute

Platinum In-kind Sponsor Philadelphia Water

Official Volunteer Outfitter League Collegiate Outfitters

Gold Banner Sponsor VisitPhiladelphia

Gold Intern Program Sponsors Tony & Pam Schneider

Bronze Sponsors Keystone Property Group, Valley Forge Convention & Visitors Bureau, Semanoff, Ormsby, Greenberg & Torchia

Race Sponsors

Carlton Services LLC, The Colgan Family, Friends of Bob Brasler, Sibby Brasler, W. Reed Kindermann, MD, Daniel Swartley McCardle, Friends of John F. Timoney, Friends of Michael O'Gorman, Anonymous (2)

Angels

Alta Management Services, Ellen Carver, Mitch Budman, Amy Kurland, Gerald Lawrence, John Basinski, Anonymous (3)

Other In-kind Sponsors

University Barge Club, Philadelphia Parks & Recreation, Sport Graphics, Stradley Ronon, Nielson-Kellerman, Howard Greenberg, The Clay Studio

Media Partner: Rowing News

Registration: provided by RegattaCentral

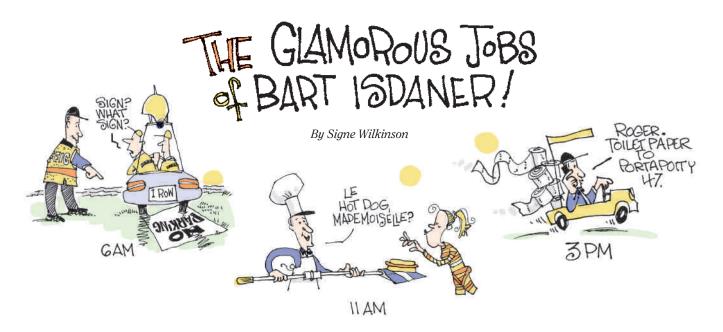
Timing Services: provided by HereNow

Race Course Manager: Al Wachlin

Special Thanks to: Margo Angelopoulos, John-David Franklin, Lauren Geddes, Bruce Lalonde, Annelise Smith, Signe Wilkinson, The Office of the Mayor, City of Philadelphia; Philadelphia Parks & Recreation; The Fairmount Park Conservancy; Laurel Hill Cemetery; USRowing; The Head Of The Charles Regatta; Philadelphia Mural Arts Program; RowAmerica

Sincere appreciation to the Schuylkill Navy, our friends and clubs, schools and colleges/universities on Boathouse Row and Kelly Drive for your cooperation and participation.

(List complete as of September 28, 2018)



HEN BART ISDANER JOINED the University Barge Club in the fall of 1997, HOSR uber volunteer Mitch Budman immediately conscripted him for that year's Head of the Schulkill Regatta a few weeks later.

Bart's first job was running what was then a modest food concession stand, which he staffed by conscripting his four young sons. One son, thinking he was helping boost profits for the regatta, figured out that he could make more money by only using a half a packet of hot chocolate mix with each drink. When Bart found out, he delivered a quick lesson about customer service and the hot chocolate returned to full strength. The man pays attention to details.

Bart moved from the glamorous food court to the highly sought after job of planning the complicated parking along the regatta route. He had to juggle the competing needs of local commuters (who really love having their commute interrupted) with the needs of out-of-town competitors and all their trailers, busses, family cheering sections, etc., and then get it all approved by Philadelphia's Byzantine traffic and police regulators. Figuring out what to do with the bouquets and thank yous he continually receives for his efforts does not take up much of his time.

Which is good, because, as a board member, Bart doesn't have much spare time. He also helps the regatta file its tax returns, go over financial strategies and generally keep an eye on the overall flow of the event. Oh, yeah. He works full-time as an accountant at his company, Carlton Services.

Bart started rowing at nearby Harrington High School and won Nationals in 1977 in 4+. Twenty years later he joined University Barge Club where he is now President. None of his four boys, all super athletes, took up rowing which they have told their father is "a sport for non-athletes." Sting.

Ellen Carver, the regatta's Chief of Getting Stuff Done, appreciates and praises Bart's tireless behind-the-scenes efforts that most people don't even notice. She says, "No one SHOULD know what goes on behind the scenes. Everything should look like it 'just happened'. That's what Bart does so well. He makes the rest of us look good."

Mitch Budman, who relies on Bart's work in the boathouse and during the regatta, says, in a good way, that Bart's always coaching, no matter what seat he's in.

To which Jen Wesson, the HOSR executive director, adds, "As a coach, one is always looking for added value to the boat - Bart IS added value. He really demonstrates the essence of rowing - leadership, sportsmanship, perseverance, cooperation, commitment - without the spandex - he doesn't do spandex."

Amen and thanks, Bart!



Signe Wilkinson is a Duffer Class Rower and the editorial cartoonist for the Philadelphia Inquirer and Daily News. The Washington Post Writers Group syndicates her nationally. You can follow her on Twitter: wilkins, Instagram: SigneWilk, Facebook: Signetoons

WHERE YOU ROW

Investing in Excellence

By Samantha E.M. Audia

HAT DO A NATIONAL ROWING EVENT and an investment and wealth management firm have in common? More than you would think. Both the **U.S. Lotman Challenge** and the **Glenmede Trust Company** call Philadelphia home, and both have a longstanding commitment to serving their community.

T HIS YEAR, Glenmede built upon its history of supporting rowing in the Philadelphia area by making a commitment to serve as a Premium Sponsor of the U.S. Lotman Challenge. We are thrilled to partner with this dynamic team of individuals and athletes. The ideals that define Glenmede have a strong synthesis with the character that distinguishes the Lotman Challenge and its namesake, Herb Lotman.

Excellence With Integrity

Glenmede prides itself on striving for the best wealth outcomes while maintaining the highest level of ethical and intellectual integrity. This means that Glenmede views integrity not only as a critical component to our firm's success, but as a critical component in every client relationship. This approach will ultimately allow us to deliver the best results to the individuals, families, endowments and foundations that we serve.

It resonates with us that the Lotman Challenge encourages their contenders to excel and reach their highest potential on and off the water. For Lotman Challenge athletes, excellence lies not only in developing athletically, but in developing a character that allows them to win and succeed with integrity.

We know that excellence driven by integrity so often cements a legacy – and this principal is well-illustrated in the lasting impact of Herb Lotman, founder of the Gold Challenge Cup Foundation. Herb Lotman, through his philanthropy and volunteer work, made a lasting impact that continues forward through the Lotman Challenge today.





Similarly, Glenmede empowers our clients to reach their goals, and ultimately cement their legacy. Our partnership with the Lotman Challenge will support and reinforce the Gold Cup Foundation's remarkable passion for excellence.

Stewardship

Glenmede's commitment to excellence extends beyond our workplace to serving and supporting the communities in which we conduct business. By leveraging our resources in an effective way, not only can we help our clients find success, but we can also reach into communities of need and help create change.

Similar to Glenmede's partnership with Triskeles and Cristo Rey students, supporting the Lotman Challenge will not only support athletes in their competitive endeavors, but in their commitment to mentor underserved students in the Philadelphia community. U.S. Lotman Challenge athletes support children in Philadelphia through their Learn-to-Row Program, giving underserved populations an opportunity to challenge themselves and learn a new skill.

Through its partnership with the Lotman Challenge, Glenmede feels confident that together, our respective efforts to bolster our community and promote inclusivity, integrity, and healthy competition can have real impact. Glenmede looks forward to the adventures and successes this will bring.

The Philadelphia Gold Challenge Cup

By Elle Carolan, Gold Cup Planning Committee



THE PHILADELPHIA GOLD CHALLENGE CUP EVENT, otherwise known as "The Gold Cup," began in 1920, during the heyday of Philadelphia rowing. The event pitted the best amateur male single scullers in the world against each other in a sprint race on the famed Schuylkill River course. Philadelphia's own John B. Kelly, Sr. was the first recipient. The contest, and the solid gold cup, disappeared in the early 1960s.

After a 50-year hiatus, The Gold Challenge Cup Foundation was founded in 2011 to resurrect the most storied race in Philadelphia's rich rowing history and one of the most exciting rowing competitions outside of the Olympic Games. A private group of Philadelphia rowing enthusiasts led by the late businessman and philanthropist Herb Lotman rediscovered the Gold Cup (found in an antique shop in the 1990s) and reinstated the event and tradition to its rightful place in single scull rowing prominence, with the positive expansion of the competition to women.

Today, the top four fastest amateur male and female single scullers from around the world are invited to compete in a 700 meter sprint race for the title of world's fastest single sculler and \$10,000 in prize money. Recent winners of the Gold Cup race have medaled in Olympic Games.

The Head of the Schuylkill Regatta is proud to partner with The Philadelphia Gold Challenge Cup Foundation to bring a timeless tradition back to the Schuylkill River, and provide competitors (and spectators!) the opportunity to be part of history.

HEAD OF THE SCHUYLKILL REGATTA

OCTOBER 27-28 2018

The 2018 Gold Cup event will take place on Saturday, October 27 at 1:00PM. The award ceremony will be held at 3:30PM in the Festival Tent. Please help welcome the competitors to Philadelphia!

2018 Gold Challenge Cup Competitors

Damir Martin (CRO) Defending GC Champion Kjetil Borch (NOR) Robert "Robbie" Manson (NZL) Olliver "Olli" Zeidler (GER) Sanita Puspure (IRL) Magdalena "Magdi" Lobnig (AUT) Kara Kohler (USA) Carling Zeeman (CAN)

To read more about the mysterious Gold Cup history, view the list of past winners, and learn more about The Philadelphia Gold Cup Foundation's mission, go to www.thegoldcup.org.

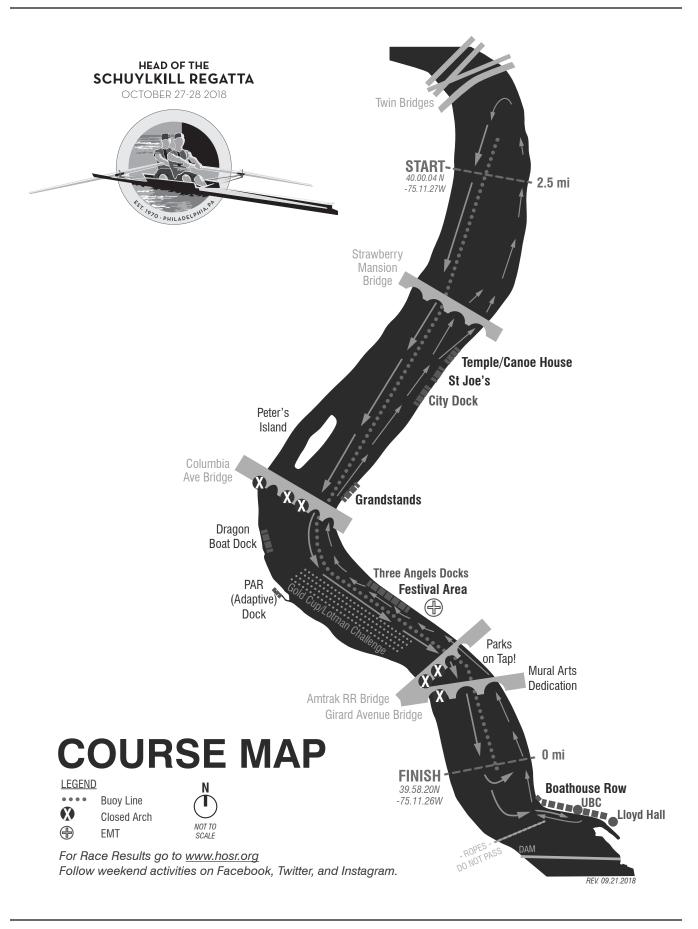
IN MEMORY OF OUR FRIEND,

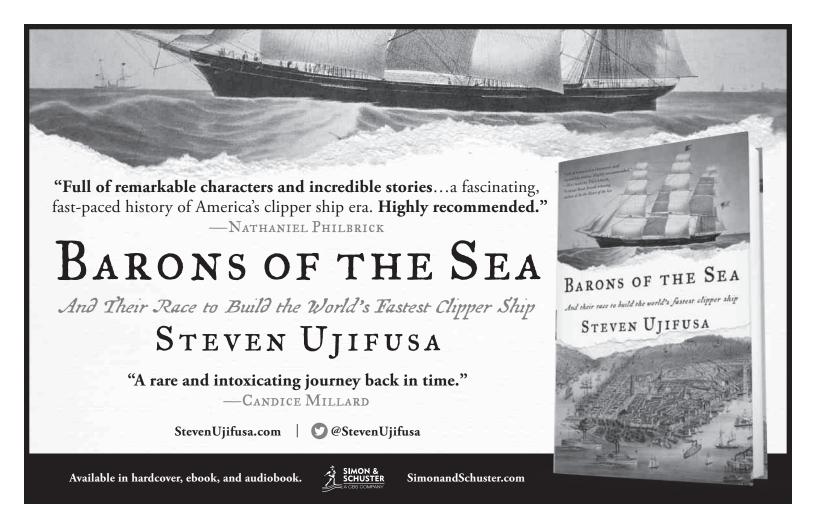
COXSWAIN AND COACH



MICHAEL O'GORMAN

1965-2018





To **all** the competitors in this year's Regatta: Smooth seas **do not** make skillful sailors!

"Good fortune to you."

Alexis Franklin, John-David W. Franklin, Zachary J. Franklin & Samuel Martin Franklin, Esq.

"All Together" - Vesper Boat Club

The HOSR Medal: Evolution Of Its Design

By Christopher Blackwall

T N THE EARLY YEARS of the Head of the Schuylkill the medal awarded to winning boats (not individuals) was part of a limited edition commissioned by the Philadelphia Museum of Art and executed by the noted sculptor and printmaker Leonard Baskin. In lieu of individual medals, occupants of first-place boats received engraved plates in recognition of their performance.

Baskin's medal (a few may still be available) is a substantial piece, minted in solid sterling silver. Its obverse ("heads" side) portrays a middle-aged Eakins, looking characteristically disheveled. For several years, proceeds of its sale benefited the Eakins House restoration fund.

Over time the cost of the Baskin medal rose substantially due to the increasing price of silver and the diminishing number of medals as yet unsold. Simultaneously, the regatta was growing in size and increasing the number of events on its schedule.

Eventually, The University Barge Club (UBC), which organized and hosted the regatta for the first 30 years of its existence, decided it could no longer afford the number of Baskin medals the regatta required, not to mention the cost and hassle associated with the engraved plates for victorious individuals.

It was time, therefore, for a major rethink. UBC's regatta organizing committee recommended that in addition to discontinuing the "boat medal," the club should create a unique medal design for the regatta, and to produce it in two sizes; the larger to be awarded to all first-place individual winners and the smaller to be awarded to all second-place finishers.

The committee agreed that in addition to uniqueness the ideal replacement medal design should evoke a direct association with the Schuylkill River, Thomas Eakins, the City of Philadelphia and the sport of rowing.

As luck would have it, an excellent solution to all these criteria lay in a perspective drawing that Eakins – disheveled in life but always a meticulously disciplined artist – created in preparation for his iconic oil painting "The Pair-Oared Shell." In this beautiful work, the champion Biglin brothers, Barney and John, are depicted negotiating a river bend with a bridge abutment looming ahead of them. The scene is very evocative of a real bend on the Schuylkill, just upstream of Girard Avenue.



Furthermore, the painting itself, along with two of Eakins' preparatory perspective drawings, happen to be in the permanent collection of the Philadelphia Museum of Art.

The person who so skillfully melded all of the committee's criteria into a creative design for the obverse of the new HOSR medal is longtime UBC member Jeffrey Walker, an accomplished architect and selfless volunteer for both UBC and the regatta.

> However, Jeff's rendition of Eakins' perspective drawing is not just a simple copy. He added a twist. Usually, the obverse of a coin or medal is rendered in what a trained artist would call a "cameo." Leonard Baskin's depiction of Eakins provides a perfect example.

Instead, Jeff's interpretation of the perspective drawing is the opposite: an "intaglio." This treatment of the lines that converge into the drawing's "vanishing point" adds depth to them, causing them to suggest another image familiar to rowers, a multi-lane regatta course. Further, that menacing bridge abutment looms inward behind the pair of rowers, instead of outward, adding a certain air of mystery to the feature.

After more than twenty years, during which the HOSR has experienced many changes including the introduction of gold, silver and bronze medals complete with ribbons, Jeff's design lives on. In fact, it has become so emblematic of the Head of the Schuylkill Regatta that it can justifiably be said to have acquired its own iconic status.



Celebrating Excellence in Sportsmanship

Margo Angelopoulos

Vice President of the Board of Directors Head of the Schuylkill Regatta

Launch Captain Regatta Organizing Committee

M G A P A R T N E R S Architects www.mgapartners.com | Philadelphia

Chuckwagon Cook-Off Challenge

A New Tradition

I N 2017 THE HEAD OF THE SCHUYLKILL REGATTA launched its first Chuckwagon Cookoff competition after years of marveling at the food preparation and display at high school and club tents that line the river bank during the weekend. We wanted a visible way to show our admiration for the parents and booster clubs who work tirelessly behind the scenes devoting time, and talent, to prepare healthy and delicious food for their teams.

NNAPOLIS JUNIOR ROWING from Annapolis, MD won first prize in the inaugural competition last year. With 70 rowers, they brought 11 boats to the Regatta.

We asked the moms-in-charge about their winning recipe, simply titled, *Barbecue Sandwich*. They have been serving this for several years, and at least once per season. It's an easy hot meal that they serve in the fall and usually prepare 100 - 125 servings at one time!!

Rae Anne Davis and Debbie Pugh share the responsibility and they were happy to share their recipe. According to them, the basic ingredients are chicken, pork, and LOVE. Rae Anne makes the chicken half of the dish and Debbie, the pork. Their entry was a pulled chicken slider and a pulled pork slider. They serve both meats to help divide the labor. They also gave a big shout out to Susanne Barrett who has the daunting task of coordinating the team's regatta food.

Their considerations for choosing food for regattas: anticipated weather for the season; whether the regatta host site allows open barbeques; desire to serve hot food when it's cold; attempt to minimize mess and food contamination risk.

Note: They cook the meat ahead of time and reheat onsite and use chafing dishes and sterno to maintain safe temps while serving.



Barbecue Chicken

9-10 pounds of boneless, skinless chicken thighs, or more (1/4 pound per person), salt, pepper and barbecue sauce.

- 1. Heat grill, I use a smoker.
- 2. Put 1/4 to 1/3 of chicken into a large bowl or tray, depending on how large your grill surface is, and season with salt and pepper.
- 3. Grill chicken, I smoke it for about 20 minutes and then turn up the heat to finish cooking.
- 4. Remove chicken from grill and shred. *TIP: Use a Kitchen Aid stand mixer for this to speed it up when making food for a large crowd. The paddle blade makes quick work of shredding chicken while it's warm.*
- 5. Lay out the shredded chicken on a rimmed baking sheet until cool enough to handle about 5 minutes.
- 6. Bag shredded chicken in 1 or 2 gallon zippered storage bags and freeze or refrigerate until needed.

Reheating at Regatta:

Reheat one bag at a time in a large pot over medium heat, stirring frequently. Add a cup or so of hot water to loosen the cold chicken. Keep warm in chafing dish over sterno. You can add barbecue sauce or just serve it on the side. This can be served as sandwiches, alone or over mac & cheese (the rowers love this combo on a cold day).

Barbecue Pork

Pork shoulder 6-8 pounds, bone in (one roast feeds about 16, multiply accordingly. Debbie makes 3), liquid smoke (1 bottle), 1/2 tablespoon of kosher salt and 3 tablespoons of water.

- 1. Put everything in a heavy roasting pan covered with foil. Bake in a 325 degree oven for 8 hours.
- 2. Remove meat reserving the liquid. Cool enough to shred the meat and return it to the liquid.
- 3. Package meat and liquids in gallon freezer bags.
- 4. Freeze or refrigerate until ready to serve. (Package and freeze the meat prior to transporting. Food safety is very important.)

Follow the same reheating instructions as the chicken. Serve warm. Pairs well with your favorite BBQ sauce, or slaw. It is also tasty on rice, macaroni and cheese or as a stand alone.



The Sights of Turtle River

By Merrill Hilf, PT, DPT

The SCHUYLKILL RIVER'S headwaters are located in Schuylkill County, near Schuylkill Haven, and the river flows 135 miles south and east, to empty into the Delaware River. The river has had many different names, but the name Schuylkill is derived from the Dutch word, schuylen which means to hide, or to take refuge, and kil, which means creek. Of course before the Dutch gave the river a name, the Leni Lenape indians, who lived in the area, called it Turtle River (translated). I kind of like the name Turtle River, but that wouldn't be as much of a conversation starter as Schuylkill.

AST YEAR I FOCUSED ON the battle between rowers and milfoil (the weeds!!), this year I thought I would mention the sights above the water. Those of us that row out of the boathouses on Boathouse Row get to see the iconic boathouse lights all year round. It's easy to forget that having so many boathouses right next to each other, is not only rare and unique, but also historic. The city ordinance that buildings could not be built higher than William Penn on top of City Hall, was done away with in 1987, and since then the city skyline has changed drastically. We have Liberty One, Liberty Two, the Comcast Tower, the Cira Center, and my personal favorite, the PECO building. Without the PECO building, I wouldn't know what time it was, if it was as hot or cold as I thought, and what animals recently welcomed new babies at the zoo. Speaking of the Philadelphia Zoo, it overlooks the Schuylkill River, and which happens to be America's first zoo, opened in 1859.

As you row north, upriver, towards the start of the race course, you will pass landmark sculptures, most notably, The Three Angels, actually titled "Playing Angels," and installed in 1950. Close by is General Ulysses S. Grant, keeping a close eye on illegal parking during the regatta. At the grandstand, the monument to John B. Kelly, champion oarsman, reminds us of a time before composite boats existed. As you pass under the Strawberry Mansion Bridge, look up, and you will see Laurel Hill Cemetery, founded in 1836, and the final resting place of many Philadelphia notables, among them Frank Furness, the famous architect that designed Undine Barge Club. It all comes back to rowing!

There is an abundance of wildlife in, and around, the river. I've seen fish jumping out of the water, entire families of turtles lined up on logs like dominos, sunning themselves. Bird watchers may see great blue herons, egrets, cormorants, mallard ducks,





kingfishers, various hawks, swallows, bald eagles (not the football team), and the exotic, non-migrating Canada geese. There are also racoons, mice, rats, squirrels, naked yoga man (he seems to have moved on), and too many types of dogs to mention. A member of my boathouse discovered a dead goose one morning. I immediately thought of all the survival shows I'm addicted to on the Discovery and History Channel, and knew that someone on that show would not only make a meal of this goose, but would also "repurpose"





the carcass into a fanny pack or something. When I came back to reality, I hypothesized that this goose had simply become exhausted, after spreading an exorbitant amount of poop all over our dock, fell, and broke his neck. Now if we could only train the geese to eat silt, maybe they would poop out small bricks, and we could build tiny homes for homeless people, and not have to dredge the river! It would be a win for everyone. Have a good row, and don't forget to see more than the back of someone's head.

Merrill Hilf PT DPT, is a rower before dawn, a physical therapist during the day, a swimmer in the evening, and keen observer all time.

All Day Saturday

REfill REuse: Water Stations Meet and Greet National Team & Olympic Medalists Author Signings & Conversation Philadelphia Trash Academy: Philadelphia Mural Arts Program

Music by The KP Collection

Saturday, 1:00pm – 4:00pm Sunday, 12:00pm – 3:00pm **The KP Collection's** sound comes from a blend of The Beatles, Steely Dan, Vulfpeck, and Stevie Wonder. Through adamant study of straight ahead jazz they synthesize the captivating elements of musicianship from jazz with the compelling songwriting influences of funk and rock heroes to make a contemporary sound that's all their own and gets the audience on their feet

at PARKS ON TAP

and grooving.

& Sunday Selfie Stations

PARKS ON TAP 11:00am – 7:00pm Watch the races (or celebrate after your row) from Philadelphia's traveling Beer Garden, located on Kelly Drive between the Railroad Bridge and the Girard Avenue Bridge, along the Schuylkill River Trail.



Schedule of Events

The Three Angels Statues Festival Area is the Official Location for Information, Vendors, Awards Ceremonies, Food, Race Results, Sports Announcing, Fun! and the Launch Docks for Out of Town Boats.

The Finish Line Area is the Location for Sports Announcing & Information

Saturday, October 27

6:00 – 9:30am	Registration: Lloyd Hall			
5:00 – 7:00pm	Registration: Universtity Barge Club, #7 Boathouse Row			
8:00am	National Anthem at Three Angels Statues			
8:00am – 5:20pm	Racing Events			
12:00pm	Ribbon Cutting: New docks by Poralu/Row America in partnership with Dad Vail Regatta Organizing Committee and The Friends of the Schuylkill Navy. <i>Three Angels launch area</i> .			
	THE LOTMAN CHALLENGE: Third & Final Race of Triple Crown of Rowing			
12:30pm	Womens A & B Finals			
12:50pm	Mens A & B Finals			
	PHILADELPHIA GOLD CHALLENGE CUP RACES			
1:00pm	Mens Gold Challenge Cup			
1:15pm	Womens Gold Challenge Cup			
10:30am, 12:00pm, 3:30pm & 4:30pm	Awards Ceremony* at Festival Tent Olympic Medalists & World Champions Appearances			
6:00pm	Medal Distribution at University Barge Club, #7 Boathouse Row			
Sunday, October 28				
6:00am – 9:30am	Registration: University Barge Club, #7 Boathouse Row			

#7 Doathouse Row
Racing Events
Ribbon Cutting and Dedication of Philly Rowing murals by the Philadelphia Mural Arts Program. <i>Girard Avenue Bridge/Kelly Drive</i> .
Awards Ceremony* at Festival Tent Olympic Medalists & World Champions Appearances
Medal Distribution at University Barge Club, #7 Boathouse Row
Second Annual Chuck Wagon Cook-off Challenge: Festival Tent

*See complete awards ceremony schedule on page 24.

Schedule complete as of September 24, 2018. Subject to change.

Check Out Some Special Activities at the Head of the Schuylkill Regatta in Between Races!

October is Mural Arts Month

www.muralarts.org

Philadelphia and the Head of the Schuylkill honor the Mural Arts Program's 3,800 works of public art. Be a part of the Mural Arts activities at the regatta!

Mural Dedication: Philly Rowing

Sunday, October 28 from 11:00am to 12:00pm Under the Girard Avenue Bridge, Kelly Drive Side

Celebrate the legacies of women and youth in rowing. Artist Jon Laidacker has created another pair of murals along the Schuylkill River, the home of American rowing. Originally a blue-collar pastime, rowing grew into an international sport that shaped local National Historic Landmark Boathouse Row. From local waterways to the Olympic stage, these athletes have been trailblazers in the sport, and models in leadership.

Trash Academy

Supported by Mural Arts Philadelphia's Restored Spaces Initiative, Trash Academy aims to collaboratively and creatively address the issue of trash. We are a "collaboratory" of Philadelphia residents, artists, youth, business owners and environmental activists. Our process is designed to build community and support our collective capacity to generate solutions. We create, test, and share innovative solutions that are situated at the intersection of public art and sustainability. Our projects are rooted in grassroots community organizing, advocacy, and public education.

Penn Reunion

The 1967-68 University of Pennsylvania Freshmen Men's Heavyweight crew are celebrating their 50-year reunion this weekend. In the words of then Penn freshman coach Ted Nash, "This Freshman Crew compiled the finest record in Pennsylvania Rowing - Undefeated, Unheaded, Untied. The crew welcomed all comers and were racers." Their official record stood at 34 wins, 0 losses, 0 ties, for the first boat, and 10 wins, 0 losses for the second boat, including all of their cup races, the Eastern Sprints, the American Henley, and the Intercollegiate Rowing Association. Though there was no Head of the Schuylkill Regatta in 1968, several members of the crew raced for Penn in the 1970 HOSR, the first regatta. Welcome back!!

A big shout out to the University of Pennsylvania 1967-1968 Freshmen Mens Hwt Crew!

Make It A Weekend In Philadelphia!

Fairmount Park Conservancy

www.myphillypark.org

Go Take a Hike: Fairmount Park Trolley Tour Saturday, October 27 from 10:00am to 1:00pm

Guided Trail Run Along the Trolley Trail

Sunday, October 28 from 9:00am to 10:30am

Laurel Hill Cemetery

Main entrance at 3822 Ridge Avenue

Overlooking the Schuylkill River and offering majestic views of the colorful fall foliage and vibrant landscape along Kelly Drive, there is no better time of year to visit. Guests are invited to visit for self-guided walking, driving or audio tours. Open Saturday and Sunday from 9:30am to 4:30pm. Free admission. For more information: *thelaurelhillcemetery.org*.

Fall Family Day

Sunday, October 28 from 1:00pm to 3:00pm. \$5 per person.

Smith Memorial Playground & Playhouse

3500 Reservoir Drive, just up from the Three Angels Festival Area

Attending the regatta with children? This is a must! The Playground is home to the century old Ann Newman Giant Wooden Slide, a treasured play experience for generations of Philadelphia's children. In addition, Smith's 16,000 square foot Playhouse was designed solely as a play space for children. Take some time between races to explore!

Healthy Halloween at Smith Playground

Saturday, October 27, 10am to 12pm. Nature Exploration, Live Music, Thriller Dance Party, Messy Arts, Healthy Treats, \$10 per child.

Hours: Saturday, 12pm to 4pm and Sunday, 10am to 4pm. Pay as you wish.

Greater Art Museum Area/Fairmount

Restaurants and businesses lining the streets of the Fairmount neighborhood welcome rowers on regatta weekend providing an authentic taste of Philadelphia.

Eastern State Penitentiary: Terror Behind the Walls

The country's biggest haunted house is a prison! The famous, shuttered, Gothic former fortress offers six attractions where guests can achieve the perfect level of fright. Tickets in advance online is suggested.

Philadelphia Zoo

America's first zoo, is celebrating over 150 years of innovation and achievement and is a key part of our region's life and culture. Located at the corner of 34th Street and Girard Avenue in historic Fairmount Park. Open everyday from 9:30am to 5:00pm.

Boo at the Zoo

October 27 & 28 from 10am to 4pm. Put on your favorite costume, bring your family for a day of spooky adventures and a trick-or-treat safari. Included with Zoo admission.

The Glow: A Jack O'Lantern Experience

West Fairmount Park, 5201 Parkside Avenue

The Glow returns to West Fairmount Park with more than 5,000 hand-carved pumpkins that illuminate a trail throughout the public space.



Strong Sense of Community Helps PCR Succeed

By PCR Staff

WHEN PHILADELPHIA CITY ROWING (PCR) was founded in 2009, we knew that much of the transformative power of rowing comes from the strength of the community - the pool of role models, the breadth of the professional network, the global neighborhood that you get to live in when you can say "I'm a rower." Those of you within this community and who take pride in your ability to identify as a rower, understand the inherent life lessons and shared sense of accomplishment our sport offers.

As the birthplace of American rowing, that sense of community here in Philadelphia is strong. Our city has been, and continues to be, home to some of the country's most talented oarsmen and women, and most prestigious regattas, clubs, and scholastic teams. Since PCR's founding, we have worked to break down the many barriers – cost, comfort around water, supportive adult figures, the list goes on - that keep so many young people in our city from being able to consider themselves members of our community.

Here at PCR, we use a positive sports-based youth development model to empower Philadelphia public school students to reach their greatest potential. In addition to a rigorous rowing program, we also provide nutrition education, mentoring, water safety instruction, college counseling, SAT prep courses, college visits, and career exploration. In 2014, we added a middle school program that allowed us to reach students even earlier in their development of healthy habits and hopefully in time to help them stay on track for high school graduation. Last year we added an environmental education curriculum to help better connect participants to our community and the Schuylkill's watershed. All of our programs and services are offered to our participants at no cost, except the commitment of their time and effort.

For us, it's not simply about working hard to win on the water. It's about finding the kids who need our program the most and making sure we do everything in our power to put them on a path for future success. We aim to offer a transformative experience to every participant. For some young people in our program, this means moving from involvement with the justice system to community college or moving from being pre-diabetic to perfectly healthy. For others, it's about finding friends, becoming more confident in their own skin, and finding their voice. We understand that success is different for everyone, and we believe the diversity of our program and the support we provide helps all our students find a meaningful path in life.

Over the last 8 years, PCR has established a track record of improving the academic achievement, health outcomes, and personal development of our participants. Our program size has more than doubled, and last year we served over 150 students from 27 different high schools and 18 different middle schools. Each year we reach more and more of the students who need us most through expanded service offerings and targeted recruiting efforts in schools identified as high-need.





More importantly, our academic performance metrics show that PCR participants outperform the district population in SAT scores, GPA, on-time graduation, and college acceptance. We are extremely proud to have a 100% on-time graduation rate and nearly all of our participants graduating with plans to continue their education or professional training.

We are also quite proud of our exceptionally dedicated and well-trained staff that empowers the young people with whom we work to be advocates for themselves, and for healthy choices in their homes and communities. We currently have three coaches on staff who are alumni from some of PCR's first graduating classes. Their skills and commitment to giving back to their community speak volumes about the impact we have on our participants.

As we look to start the next chapter, we are focusing largely on furthering our relationships with other academic and institutional circles throughout the city. We recently appointed a new executive director, Caitlin Mance, who comes to PCR from the largest community boathouse in the world – Community Rowing, Inc. in Boston. She brings exceptionally relevant experience in fundraising, program management, and rowing that will help PCR build on past success and deepen its relationship with both the rowing and Philadelphia community at large. As Caitlin gets started, she will specifically be looking to grow our pool of supporters, including our Friends of PCR volunteer group and Board of Directors, as well as expand our fundraising efforts. We will continue to increase the depth and breadth of our programs so that we can continue to impact more and more students each year.

Our growth and the success of our student-athletes over the last 8 years is a testament not only to our staff, volunteers, athletes, and their families, but the entire rowing community here in Philadelphia. PCR is incredibly grateful to the Head of the Schuylkill Regatta, the City of Philadelphia, the Schuylkill Navy, and the rowing community at large for their continued support of our mission and our amazing athletes. As you head down to the river this weekend, please be sure to keep an eye out for the many student-athletes we have out there racing!



PCR Alumni & Coach Spotlight

PCR works to foster a sense of community and commitment to service among our student-athletes. We are especially proud to highlight the accomplishments of our alumni who choose to return home to help us deliver the same transformative experience that shaped their lives to the next generation of PCR student-athletes.

Anna Kohler is a 2013 graduate of the Philadelphia High School for the Creative and Performing Arts and a 2017 graduate of Franklin and Marshall College, where she majored in cognitive science and philosophy and rowed in the varsity crew. She is currently a web designer at Media Dei, a local IT company that works with schools and non-profits. This will be her second year coaching PCR's novice women.

Summer Nelson is a 2014 graduate of Girl's High and a 2018 graduate of Temple University, where she majored in communications. This year she is participating in AmeriCorps' Coach Across America program. This national program provides training and support for coaches and places them in communities where their mentorship can help influence the physical activity, healthy decision-making, and nutrition habits of young people. Summer will join Anna in coaching PCR's novice women.

Myi Harte is a 2017 graduate of Science Leadership Academy and is currently a student at the Community College of Philadelphia studying psychology. He started coaching while still in high school, helping with PCR's summer learn to row programs for younger students. Last year he served as a coach for PCR's middle school program, and this year he'll be assisting at the high school level as well. Myi wants to become a sports therapist to better assist athletes that have physical and mental injuries.

"At PCR they pushed home the idea that I was a student first and athlete second, and they were there to help me succeed not only in rowing but in school as well. PCR gave me critical motivation and help in my four years of high school, and I want to do the same for the next generation of rowers that come to PCR."

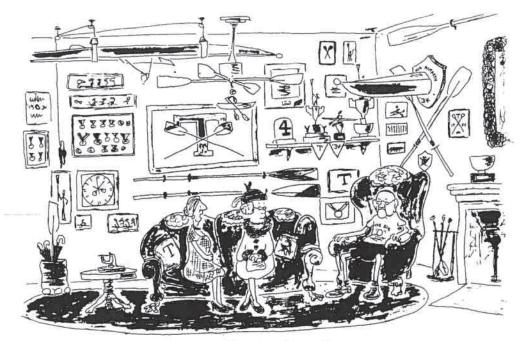


In Memory

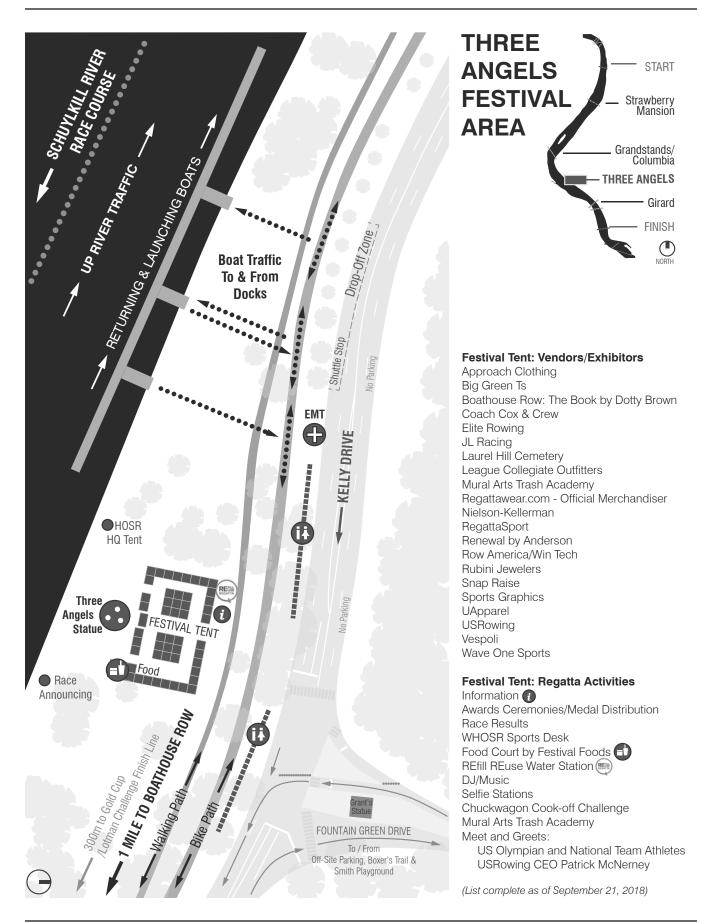
John J. Hooten

October 3, 1951 - March 5, 2018

National Team Member, Coxwain Extraordinaire, Coach, Keen Observer of the Sport of Rowing



"Osgood used to row"





Award Ceremonies, *Race Sponsors & Honorees

EVENT		RACE SPONSOR/HONOREE
SATURDAY:	10:30AM Award Ceremony at the Three Angels Festival Tent	
1A & 1B 1C & 1D 2A & 2B 3A & 3B 4A & 4B 5A – 5D	Para Racing Singles and Doubles Adaptive/Inclusion Double (USRowing Classified LTA, TA & AS (PR 1-3) Athletes) Adaptive – TA Double (USRowing Classified TA (PR 2) Athletes) Mens & Womens Championship Pair w/out Cox Mens & Womens Masters Pair w/out Cox Mens & Womens College Frosh/Novice Fours w/Cox Parent/Child Doubles	
	12:00 Noon Award Ceremony at the Three Angels Festival Tent	
6A – 6D 7A - 7D 8A - 8D 9A & 9B	Mens & Womens Championship Fours w/cox Mens Masters & Veterans Fours w/Cox (27-39)(40-49)(50-59)(60+) Womens Masters & Veterans Fours w/Cox (27-39)(40-49)(50-59)(60+) Mens & Womens College Frosh/Novice Eights	The Commodores Race
	3:30PM Award Ceremony at the Three Angels Festival Tent	
10A & 10B 11A & 11B LCA & LCB GC 12A - 12D	Mens & Womens Alumni Quads Mens & Womens Alumni Fours w/Cox US Lotman Challenge Mens & Womens A & B Finals Mens and Womens Gold Challenge Cup Sir Steven Redgrave Challenge: Mens & Womens Championship Singles	In Honor of Sir Steven Redgrave
	4:30PM Award Ceremony at the Three Angels Festival Tent	
13A & 13B 14A – 14D 15A – 15D 16A & 16B 16C 16D	Mens & Womens Club Championship Eights Mens Masters & Veterans Eights (27-39)(40-49)(50-59)(60+) Womens Masters & Veterans Eights (27-39)(40-49)(50-59)(60+) Mens Masters Doubles (27-39)(40-49) Mens Masters Doubles (50-59) Mens Veterans Doubles (60+)	Christopher I. Blackwall Race The Fred Duling Cup In Memory of John F. Timoney
	6:00PM Award Ceremony at the University Barge Club, #7 Boathouse Row	
17A – 17D MM4 18A & 18B 18C & 18D 19A & 19B 19C & 19D 20A & 20B 21A – 21C 21D	Womens Masters & Veterans Doubles (27-39)(40-49)(50-59)(60+) Mixed Masters Fours w/Cox Mens Championship Doubles Womens Championship Doubles Mens Championship Eights Womens Championship Eights Mens & Womens Championship Quads Mens, Womens & Mixed Alumni Eights Corporate Challenge Eights	NSM Insurance Group
SUNDAY: 22A & 22B 22C & 22D 22E & 22F 23A & 23B 24A & 24B 24C & 24D 24E & F	IO:OOAM Award Ceremony at the Three Angels Festival Tent Mens High School Trainer Singles (Varsity & JV) Womens High School Trainer Singles (Varsity & JV) Mens & Womens High School Trainer Singles (Frosh/Novice) Mens & Womens High School Quads (Frosh/Novice) The Jim Barker Mens High School Singles (Varsity & JV) The Jim Barker Womens High School Singles (Varsity & JV) The Jim Barker Mens & Womens High School Singles (Frosh/Novice)	In Honor of Jim Barker
	12:30PM Award Ceremony at the Three Angels Festival Tent	
25A & 25B 26A,C,E,G 26B,D,F,H	Mens & Womens High School Fours w/Cox (Varsity) Womens Master & Veteran Singles (27-39)(40-49)(50-59)(60+) Womens Master & Veteran Lightweight Singles (27-39)(40-49)(50-59)(60+)	



27A & 27B 28A & 28C	Mens & Womens High School Doubles (Frosh/Novice) Mens Master Singles (27-39)(40-49)	Joseph William Burk Memorial Race sponsored by W. Reed Kindermann, MD
28E,G,I	Mens Master & Veterans Singles (50-59)(60-69)(70+)	
28B,D,F,H	Mens Master & Veteran Lightweight Single (27-39)(40-49)(50-59)(60+)	In Moments of Coash Mishael O'Courses
29A & 29B 30A - 30D	The Michael O'Gorman Mens & Womens High School Eights (Frosh/Novice) Mens & Womens High School Quads (Varsity & JV)	In Memory of Coach Michael O Gorman
	3:30PM Awards Ceremony at Three Angels Festival Tent	
31A 31B-31E 32A & 32B 32C & 32D 33A & 33B 34A 34B 34C & 34D	Mixed Championship Doubles Mixed Masters & Veterans Doubles (27-39)(40-49)(50-59)(60+) Mens & Womens High School Fours w/Cox (JV) Mens & Womens High School Fours w/Cox (Frosh/Novice) Mens & Womens High School Eights (Varsity/First Boat) Mens High School Doubles (Varsity) Mens High School Doubles (JV) Womens High School Doubles (Varsity & JV)	The McArdle Family Race
	4:30PM Awards Ceremony at Three Angels Festival Tent	
35A - 35D 36A - 36D	Mens Masters & Veterans Quads (27-39)(40-49)(50-59)(60+) Womens Masters & Veterans Quads (27-39)(40-49)(50-59)(60+)	
37A & 37B	Mens & Womens High School Eights JV and Lower Boats 5:30PM Awards Ceremony at the University Barge Club, #7 Boathouse Row	Mitchen S. Buuman Race
38A		
38B - 38E	Mixed Championship Quads Mixed Masters & Veterans Quads (27-39)(40-49)(50-59)(60+)	

* Athletes are encouraged to attend the Award Ceremony for their respective event(s). If you are not able to attend the ceremony you may pick up your medal(s) between 10AM – 5:00PM in the Three Angels Festival Tent. The Awards Desk located outside the University Barge Club (#7 Boathouse Row) will be open from 3:00PM-6:30PM each day to collect medals and for the final Award Ceremony.

Athletes and coaches are welcome to take pictures on the Awards stage in the Festival Tent at any time of the day; we encourage you to post your photos on the HOSR Facebook and Instagram pages! Photo opportunities will be available at the University Barge Club as well. Medals not collected will be subject to a mailing fee.







The "Womanly" Sport of Rowing

By Dotty Brown

O THE MANY THOUSANDS OF YOUNG WOMEN now competing in high school and collegiate crew, it may seem inconceivable that rowing was once considered a "manly sport," unseemly for women and far too difficult.

IN THE 19TH CENTURY, pretty much the only way a Philadelphia woman got into a crew shell was riding as a passenger in a "ladies boat," her beau rowing her upriver to inns in East Falls, where they would dine on catfish and waffles washed down with mint juleps and rum punches.

While women won the right to vote in 1920, it would be 1938 before they landed a place to row on the Schuylkill River. That's when women formed the Philadelphia Girls Rowing Club, dedicated to racing. Yet the press called it a "matrimonial club," only interested in dating oarsmen.

Then there's this fact: men rowed in the Olympics in 1896, the first year of the modern day games; women's rowing won inclusion only in 1976, eight decades later.

All this may seem like ancient history, given the prowess of American women rowers today. The U.S. Women's Eight holds the world record in the 2000 meters and for 12 of the last 13 years, they have won every world and Olympic championship – gold medal after gold medal, with the latest win this September at the World Rowing Championships in Bulgaria.

From almost nonexistent before 1972, girls high school crew programs rival that of boys today, thanks in part to Title IX, which requires schools to close the gender parity gap in spending. For instance, of the more than 3,000 Philadelphia area high school students who raced in last spring's Manny Flicks, 47 percent were girls.

Here at the Head of the Schuylkill Regatta, with 6,967 rowers last year, 48 percent were female.

At the collegiate level, women's crew has exploded since 1997, when it became an NCAA sport. In that year, there were 98 Division I, II and III women's programs across the country. By 2016 the number had swelled to 146.

And at USRowing, the national organization with 75,900 members in 2017, women outnumbered men 53 percent to 47 percent.

Fittingly, a new mural being unveiled this weekend on the Schuylkill is dedicated to several of the women on whose shoulders women's achievement rests.

Joanne Wright Iverson, who joined PGRC in 1959, was shocked to learn women rowers could not compete in the Olympics and dedicated herself to changing that. She launched the National Women's Rowing Association in 1963 to organize national regattas for women and promote colleges and clubs to initiate programs. But even then it wasn't clear whether women could handle the physical demands of competitive rowing, something that Iverson confronted when she trained the first racing women's crew at the University of Pennsylvania in the early 1970s.

"When I started coaching at Penn, one of the difficult things was we didn't know how hard to make [women] train. We didn't know what kind of weights they could lift. We didn't know if they could run Lemon Hill and stay alive and not have a heart attack. We didn't know any of these things and a lot of this had to be found out by trial and error," Iverson said.

Dismayed that they were restricted to racing 1,000 meters, as they did in the 1976 Olympics, women in the 1980s succeeded in pushing the distance for world competitions to 2,000 meters, just like the men.

Anita DeFrantz, in the first U.S. Women's Eight to compete in the Olympics, would prove that women could succeed even without the support widely available to men at the time. Unlike the men, "we had to pay our own way: to Europe for the world championship at Nottingham in 1975; to the '77 games in Amsterdam; the '78 games in New Zealand; the '79 games in Slovenia." At the 1976 Olympics, her crew surprised the world, winning a bronze medal in those first games with women rowers. (Joan Lind Van Blom won silver in the single). DeFrantz surprised again when, in 1986, she was the first woman to be elected vice president of the International Olympic Committee where she has served for decades as a staunch advocate for athletes.

Carol Bower, head rowing coach at Bryn Mawr College for the last 20 years, has watched women's rowing sprint ahead since her own world championship medals of the early '80s and Olympic gold in the 1984 Women's Eight. Key factors have been a dramatic increase in the number of rowers and "better opportunities for each rower with weight training, injury support, and academic and financial support," she said. "Plus the excitement around high school rowing set up the opportunity for women to row in in college."



Susan Francia benefitted from the women who made waves before her. Now, as assistant coach of women's crew at the University of California San Diego, she is sharing with young rowers the skills she learned as part of the remarkable U.S. women's crew with whom she won gold in the 2008 and 2012 Olympics. She loves that crew is still a sport you can walk onto in college, which is how she started rowing at the University of Pennsylvania. "I did not have a lot of eye-hand coordination but I had a lot of strength and am super competitive," she said.

What motivated the national team to excel, she said, was that "we always wanted to prove ourselves, not to others but to prove to ourselves that we could be the best in the world. ... At the starting line, we knew we'd done everything you have to do to be the best we could be."

As a coach, she's passing on a lesson she learned from others: "not how to go six seconds faster, but how can I make this girl be a confident woman, confident in herself. That's the biggest joy."

A remaining challenge for accomplished women rowers who want to stay in the game is landing a head women's collegiate coach position. NCAA data show 52 women held such posts last year compared with 102 men, a ratio that has not budged for a decade. These posts open infrequently, several people said, and colleges may lean to picking people who have moved their families as they climbed the coaching ladder, something women may be less eager to do. In hiring interviews, one champion rower said she was asked, "What makes you think that being on a team makes you a good coach?"

2018 PROGRAM

As the women's rowing mural is celebrated this weekend, along with a second mural dedicated to youth, recognition should be given to Tony Schneider, who funded both projects through Philadelphia Mural Arts. Schneider, who is principal of the Glenville Group, took up rowing in 2001. "That was when women started to dominate in the eight," said Schneider, who is also a major supporter of Philadelphia City Rowing. Impressed by the women's determination and drive, he thought funding the mural was an obvious choice.

"American women are becoming such an important part of rowing in Philadelphia and America," said Schneider, "it seemed like the logical thing for a mural."

Dotty Brown is author of Boathouse Row, Waves of Change in the Birthplace of American Rowing. www.BoathouseRowTheBook.com



Love Where You Row: A Community of Stewards Partnering to Be the Change

By Alan Robinson

T LAST YEAR'S HEAD OF THE SCHUYLKILL REGATTA, as part of our water and zero litter initiative, we spread six different free pins on the water bottle station tables. The pins carried messaging towards our goals and actions but one pin jumped off the tables – it read "Love Where You Row." Reflect on that – Love Where You Row. We have.

A SYOU PARTICIPATE in this year's 48th Head of the Schuylkill Regatta, whether you are a competitor or spectator, contemplate this: In nearly all other sports and recreational activities there are thousands of facilities in which you can practice, play and compete (think about the number of football fields in use this weekend). But where can you row? Not so many places, and for the majority of Americans, there are none. Now think back to where you row – a special place, right?

The quality of the rivers and other waterbodies on which we row, while not perfect, have come a long way. As recently as the 1960s, wastes poured into our rivers. Aquatic life was virtually nonexistent. This was occurring in the Schuylkill, Potomac, Hudson, Charles, and other rivers and lakes on which we row. Then, great investments of time and resources were made in a national effort to clean up our waterways through partnerships between federal, state and local governments, research institutions, industry and the public. The result - the waters on which we row are greatly improved in quality with an abundance of aquatic life. Pretty special effort.

Four years ago, after a river bank cleanup during which we collected some 4,600 plastic bottles and over a 1,000 pounds of litter from the bank of the river, the Head of the Schuylkill Regatta and the Schuylkill Navy's River Stewards Committee realized something ... unless there was a societal change to halt the littering that allowed rainwater runoff to carry the litter to our rivers, this would be a never ending problem.

That was the beginning! What could we rowers do to work towards solving this 21st century water quality problem? We decided to focus on single-use plastic water bottles, the litter, on active stewardship. We also recognized that no matter how well-meaning and hands-on we may be, we could not achieve our goals alone.

Even if this is your first Head of the Schuylkill Regatta, you are likely already aware of the WaterMonsters and permanent water stations, our pre-regatta messaging to leave your singleuse water bottles at home, the network of trash and recycling barrel sets, food waste separation for composting, and encouragement of actions you can take to help achieve our regatta's stewardship goals: 1) zero single-use water bottles; 2) zero litter at all times; 3) zero waste, and 4) departing with the park and the river looking even better and more beautiful than when we arrived.

"Love Where You Row." What we realized over the past 12 months is that the words on that pin captured everything that we had been talking about and doing these past four years – stewardship, community, partnership, action! All of us are a part of a community of stewards. Our community need not be confined to these two days or the banks of the Schuylkill River. We welcome you to take it and use it for your river, your community. Adapt it – "Love Where You Run," "Love where You Paddle."

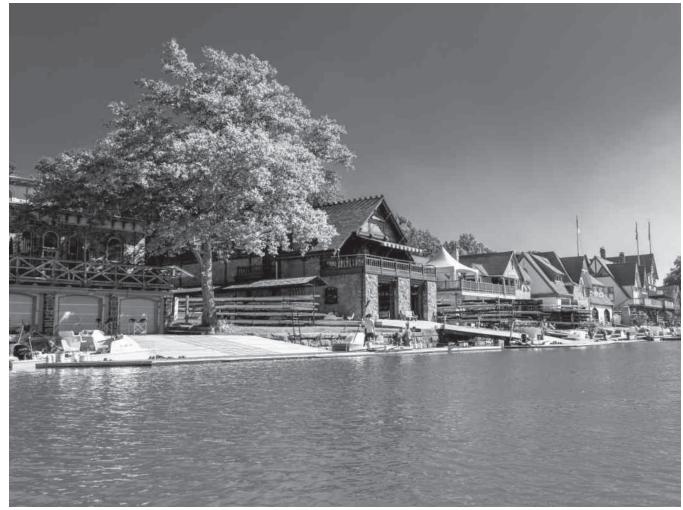
How far might the message go? What might it help accomplish? Well, that's up to you, me and us. We welcome your feedback and suggestions on our initiative. Even more, we would love to learn what you are already doing or may soon be doing on your home rivers and communities - Love Where You Row.

Read more about HOSR stewardship efforts at www.hosr.org.

THANK YOU for doing your part and we look forward to seeing you in 2019.

2017 HOSR Stewardship Achievements By The Numbers:

- ★ Zero litter end of day Saturday and Sunday
- ★ Bulk water distributed (from WaterMonsters and permanent water stations) 1,640 gallons
- ★ Single-use, individual-size plastic water bottles saved from waste stream 13,000
- **\star** Trash collected 13,360 pounds
- ★ Recyclables collected 3,040 pounds
- ★ Compost collected 880 pounds
- **★** Waste diverted from landfill 23%, 3,900 pounds = almost 2 tons



2018 HOSR Stewardship Goals

- 1. Zero single use, individual size water bottles
- 2. Zero litter at all times
- $3.\ 50\%$ (by weight) of waste collected as recyclables and compostables

Five Actions to Achieve the 2018 HOSR Stewardship Goals

- **1. Leave single-use plastic water bottles at home.** Bring refillable water bottles and containers only from individual-size to 5 gallon jugs and refill at HOSR water stations.
- **2. Pack in pack out.** Minimize waste left on site especially Styrofoam, and large food serving containers.
- **3. Apply our Zero Litter goal at all times.** Pickup and properly dispose of any litter you see.
- **4. Place waste in appropriate trash, recycling and compost barrels.** Recycle plastic, glass and aluminum beverage containers (drained), and clear, hard-plastic takeout food containers, and cardboard; do not recycle Styrofoam, plastic wrap, plastic utensils. Place food waste (no meat, eggs or milk products) in compostable receptacles.

5. Separate trash, recycling and compost at your team trailer/tent using large black, clear and green bags respectively. Bring filled bags to permanent trash receptacles. Place bags next to barrel sets, not within.

Volunteers are on hand to assist you. We encourage you to join us in pioneering this path to maintaining and enhancing the beauty of Fairmount Park, the Schuylkill River, Philadelphia and the greater community.

Water Station Locations:

Canoe House Parking Lot Grandstands Festival Tent 500 Meters Upstream from Girard Bridge Finish Line University Barge Club

2018 PROGRAM

FAIRMOUNT ROWING ASSOCIATION CELEBRATES THE **20TH ANIVERSARY**

OF PHILADELPHIA'S FAVORITE MASTER'S REGATTA

03 August 2019

FAIRMOUNŤ

1877

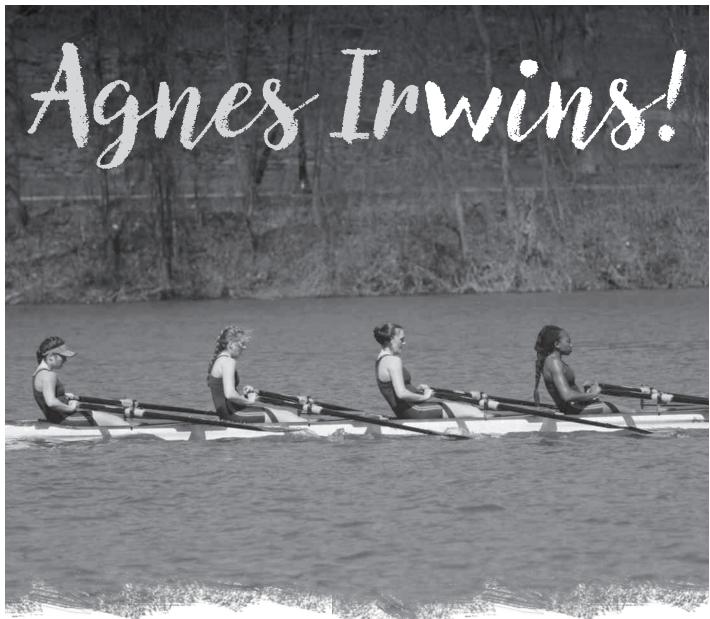
1000M AS MANY TIMES AS YOU CAN & AFTER PARTY ON HISTORIC BOATHOUSE ROW



CUAKER C/1

HASTERS

RECAT



Come visit Agnes Irwin to meet our Athletic Director, coaches and student-athletes, and tour our 55,000-square foot Athletic Center - including our Sonnenfeld Rowing Center, with an eight-seat rowing tank and erg equipment for our championship crew team!

ATHLETIC OPEN HOUSE

For girls in grades 5-12 Monday, October 29 7 p.m. To register, visit agnesirwin.org/openhouse

Empowering Girls Since 1869 The **Agnes Irwin** School

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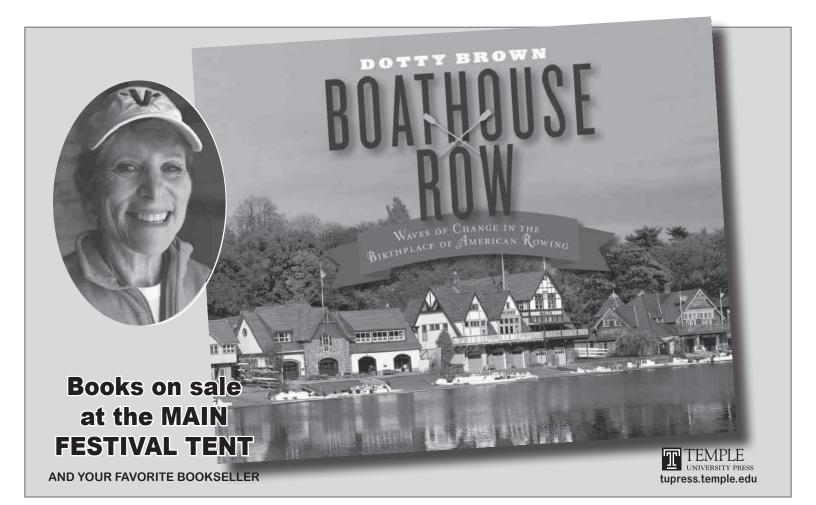
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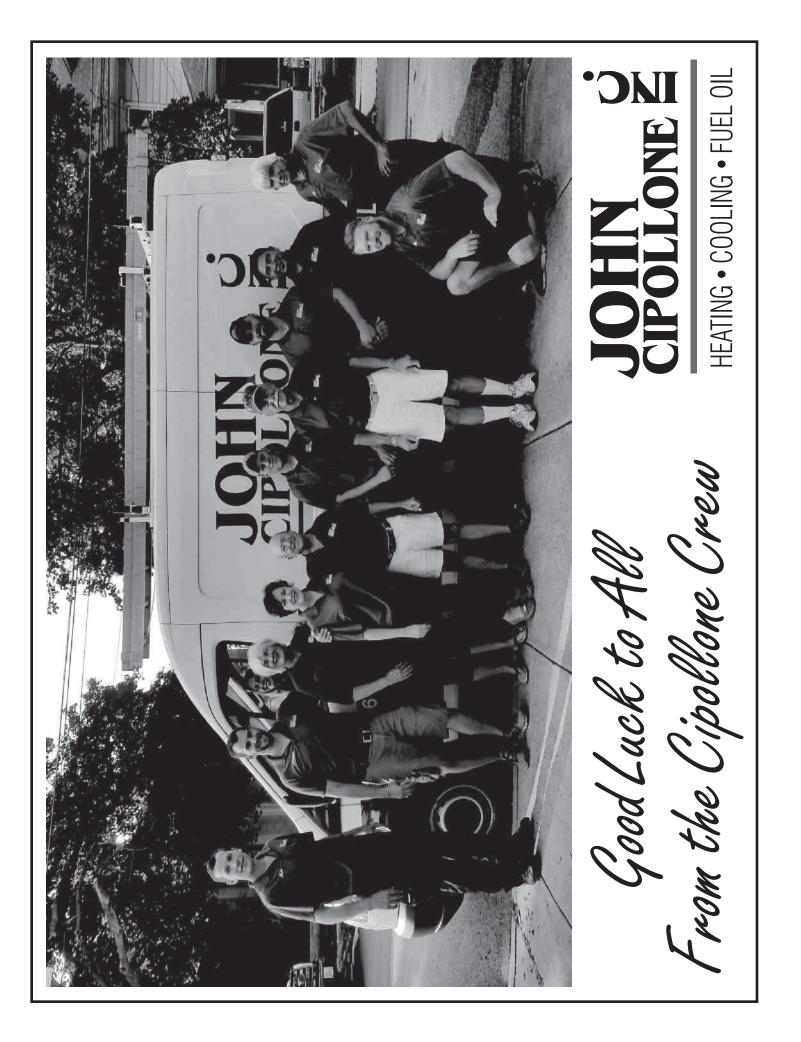
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Ежатріе 1 Core K2: \$11,900	Example 2	Example 3 xVIII: \$55,000
Core K2: \$11,900	Hypercarbon K4+: \$25,400	Hypercarbon Comp V8: \$45,900
Core K2: \$11,900	Hypercarbon V8: \$39,900	Hypercarbon Comp K4+: \$27,750
Core K2: \$11,900		Hypercarbon Comp K4+: \$27,750
Initial Payment: \$6,589	Initial Payment: \$9,149	Initial Payment: \$22,021
11 Quarterly Payments: \$2,251	11 Quarterly Payments: \$3,140	11 Quarterly Payments: \$7,523

Thank you to all our member clubs and the many rowers, parents, and partners who support the Schuylkill Navy's efforts to:

- ◊ Improve our river infrastructure
- Promote safety on and off the river
- Encourage access to rowing and paddling sports
- Steward the Schuylkill River and Fairmount Park
- ◊ Foster our sense of community
- Support high performance rowing and Olympic development
- Develop the next generation of leaders and stewards
- Promote and enable amateur competition





Good Luck to All the Rowers who Call our Schuylkill Navy Clubs "Home"

Philadelphia City Rowing Fairmount Rowing Association Pennsylvania Barge Club Crescent Boat Club **Bachelors Barge Club** University Barge Club Malta Boat Club Vesper Boat Club College Boat Club Penn AC Undine Barge Club Philadelphia Girls' Rowing Club Sedgeley Club Philadelphia Adaptive Rowing Gillin Boat Club Hines Rowing Center Whitemarsh Boat Club Conshohocken Rowing Center

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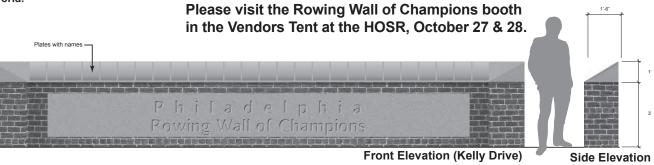
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- Honor the many Philadelphia area men and women who have brought honor to the City and our Schuylkill Navy community through their success in Olympic, World Championship and Pan-American Games competition;
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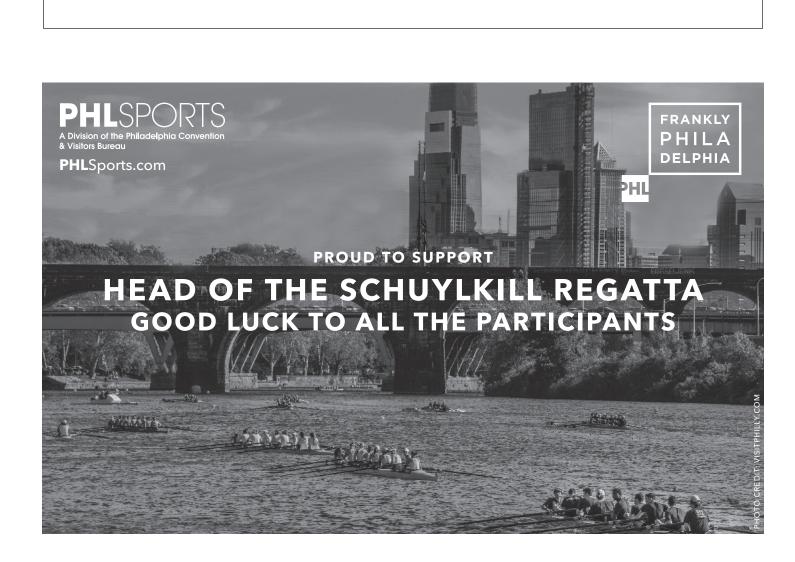


The University Barge Club salutes the Officers and Board of The Head of the Schuylkill Regatta for their hard work in putting on another great weekend of fun and competition.

We wish good luck to all participants in this year's Regatta.



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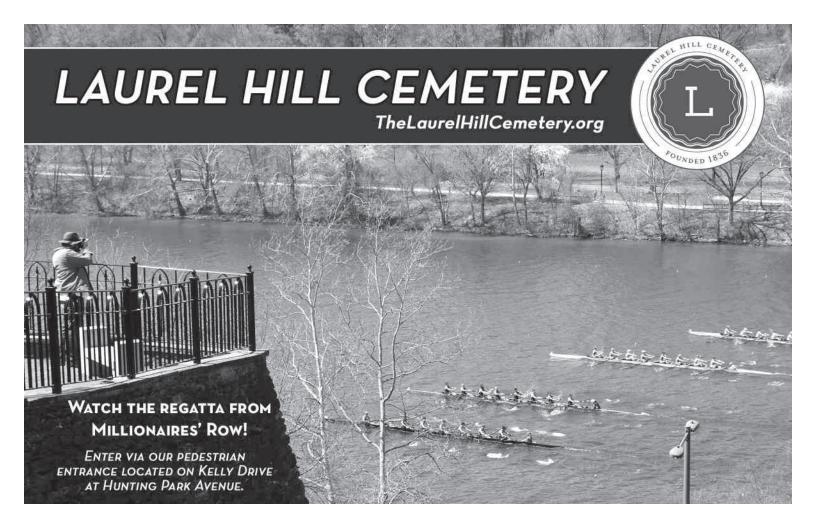
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 - Racing at the Winter Classic and more!

For more information: https://usrow.us/2018convention

Part of a Community Like No Other: John & Toby Hogan

By Merry Jones

J OHN AND TOBY HOGAN are active rowers, racing eights, quads and doubles—often together in a mixed double. But their involvement with the Schuylkill doesn't stop on the water.

WHERE YOU ROW

At HOS, Toby often helps at the registration table or recovery docks. But she's also a member of The Schuylkill Navy's River Stewards Committee, which John chairs.

"Every boathouse along the row and HOS personnel participate in this committee," says John, who served as Commodore of the Schuylkill Navy from 2010 to 2012. "Our purpose is to maintain, nurture, and improve our river. And we hope what we do at HOS will serve as a model for other major events and regattas, both in Philadelphia and elsewhere."

Accordingly, the committee has helped HOS adopt eco-friendly standards. A few years ago, that meant eliminating single use plastic water bottles at the regatta, giving out thousands of free reusable bottles and providing water refill stations all along the river.

It also meant promoting recycling by providing clearly marked receptacles beside trashcans.

"This year," Toby says, "we're adding composting. We'll have cans for Trash, Recycling, and Composting. Think three R's: Row, recycle, reuse."

The River Stewards Committee works year round on maintenance of river banks, weeding, removing invasive plants and vines, clearing areas around mile markers, planting trees, even removing overgrowths of weeds in the water.

"Our goal is to help both HOS and the city by helping the river," says John. "People come to Philadelphia from all over the world for Head of the Schuylkill. It's prestigious, the finale of the whole racing season, and rowers prepare all year. So we want to set a shining example. Jennifer Wesson, director of HOS, came up with a slogan: 'Love Where You Row'. We think that says it all. If you love something, you take care of it."

Toby agrees. "And by taking care of it, you come together. HOS is about people from every boat club, rowers from all over and their families. John and I help out because it's what we do for our community. And the rowing community is a community like no other."

John nods and grins. "Indeed."



Merry Jones is the author of non-fiction, humor and suspense books. One of her novels, **The River Killings**, is set on the Schuylkill River. Visit her at MerryJones.com.

Tradition of Volunteerism: The Tobinus Family

By Merry Jones



WHILE YOU'RE HERE FOR THE Head of the Schuylkill Regatta, look around.

That woman whizzing by on the bike? She's Courtney Tobinus, Timing Captain, riding up and down, back and forth to check with the timing stations along the river.

That guy on the dock helping rowers with equipment? That's her husband, John.

You'll see their daughter Rachael guiding trailers and cars to parking while daughter Hannah drives golf carts, helping out as needed. "If they run out of water or toilet paper somewhere along the river, Hannah takes care of it. She gets it done."

The entire Tobinus family pitches in, and they have for years. "I did it one year with the girls and had a great time," Courtney says. "So we keep coming back."

Hannah and Rachael aren't just volunteers. Both are longtime participants in HOS races, beginning at Owen J. Roberts High School in Pottstown. Both now row for Jefferson University, where Rachael is a graduate student and Hannah an undergrad.

"John and I started because our girls were racing," Courtney says. "We love watching the sport but we're not ones to sit around for long. We'd rather be involved. And we were welcomed into a team of volunteers from all over--out of state, sometimes out of the country. Together, we somehow organize the chaos. Hundreds of heats, thousands of rowers. Plus we're supporting a truly beautiful sport."

What about after Hannah and Rachael finish rowing for Jefferson? Will the family continue to volunteer?

Courtney thinks they might. After all, it's become a tradition. Then again, she says she'd been inspired to take Learn to Row classes. In a year or two, she might be rushing around on more than a bike. "Maybe I'll be in a boat, racing myself."

In the meantime, the Tobinus family will be all over HOS—on the dock, in a cart, on a bike, in the parking lot. Wherever you see them, be sure to say hi. Even better, Courtney says, "Sign up to help out next year. We always can use more volunteers!"

Merry Jones rows out of Vesper Boat Club. Her most recent suspense novel is the Best Book Award winner, **Child's Play.** Visit her at MerryJones.com.



Volunteers: The Heart & Soul of the Regatta

The HEAD OF SCHUYLKILL Regatta Organizing Committee begins preparing for the next regatta just days after conclusion of the last. Over 50 Captains, 350 Volunteers, and countless more behind the scenes, work together to ensure the success of the regatta on and off the water. Volunteers are rowers, family, friends, community leaders, neighbors and ambassadors of our great City and our amazing parklands and waterways. They are the heart of soul of the regatta; its roots, and its future. With over 25 areas of operation, there are countless ways for the veteran *and* the novice volunteer to make significant contributions, year-round and on regatta weekend.

When you see a Volunteer this weekend, we ask that you extend your thanks (or a hug, or one of those yummy breakfast sandwiches from your team tent).

If you'd like to join our team of hard working, spirited and fun-loving volunteers, contact volunteers@hosr.org and we'll get you onboard for 2019.

Executive Director: Jennifer Wesson Co-Directors: Ellen Carver & Mitch Budman Volunteer Coordination: Tom Barron, Lauren Geddes & Angela Acuna

2018 Regatta Captains:

- ★ Adaptive Events: Christopher Blackwall
- ★ Alumni Liaison: Christa Adkins
- ★ Awards: Mary Kate Fox, Alex Baland
- ★ Barrier Coordination: David Garraway
- ★ Co-Director: Ellen Carver, Mitch Budman
- ★ Docks (Angels): Jonathan Kopcsik, Nicole Wagner
- ★ Docks (Canoe Club): Carelton Goodnow, Bill Hudome
- ★ Festival Tent: Cindy Bovino
- ★ Finish Line: John-David Franklin
- ★ Golf Carts: Kathleen Nieman
- ★ Headquarters Tent: Ben Speciale
- ★ Hospitality: Jennifer Paulosky
- ★ Information/Communications: Deirdre Mullen, Isabelle Greenberg
- \star International/Boat Liaison: Alex Cook
- ★ Launches: Margo Angelopoulos, Patrick Morgan
- ★ Logistics: Anselm Sauter, John Piper
- ★ Parking (Trailers): Bob Ellis, Bob Cody
- ★ Parking (General): David Diefenbach, Bart Isdaner
- ★ Photography: Susan Cohen
- ★ Properties: Dawn Eringis

- ★ Quartermaster: Jean Mack, Claudia Plavak
- ★ Race Announcing: John Curtin
- \star Race Course Management: Carl Spaeth, Jr.
- ★ Referee Liaison: Daniel Swartley-McArdle
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- ★ Social Media: Maura Kennedy, Mary Pat Wixted
- ★ Technology: Mike Donohue
- ★ Timing: Courtney Tobinus, Emily Van Fossen
- ★ Water & Litter Initiative: Alan Robinson, John Hogan
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Painting of Boathouse Row by Tom Todd, (detail), 1982

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