



## **2019 Pan American Games**

August 6-10, 2019

Lima, Peru

### **Press Kit**

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## About the 2019 Pan American Games

The 2019 Pan American Games will take place July 26-August 11 in Lima, Peru, with rowing taking place from August 6-10. The five-day regatta offers 14 events including the men's and women's single sculls, double sculls, lightweight double sculls, pair, quadruple sculls, women's lightweight single sculls, men's four, lightweight men's four, and men's eight.

Of the 39 sports and 62 disciplines, 22 will act as qualifiers for the 2020 Olympics in Tokyo, Japan. This event is not, however, a qualifying regatta for Olympic rowing.

Rowing kicks off with heats beginning on Tuesday, August 6, with finals being held starting on Thursday, August 8. There are 220 athletes scheduled to compete in the event.

World Rowing Pan American Games Event Page:

<http://www.worldrowing.com/events/2019-pan-american-games/event-information>

## About the Venue

“Albufera de Medio Mundo”  
Regional Conservation Area  
District of Vegueta  
Province of Huaura  
Department of Lima

The rowing portion of the 2019 Pan America Games will take in the “Albufera de Medio Mundo’ Regional Conservation Area,” in Lima, Peru. The area was created on January 24, 2007, to preserve the area’s natural wetland ecosystem, and contains a lake and swamplands.

The city of Lima sits wedged between the Pacific Ocean on its West and Andes Mountains on its East. The city and district have a rich history of diverse immigration and are positioned in a uniquely biodiverse part of the world, largely influenced by the cuisine of the city, which is considered by many to be paramount in Latin America.

Spanish is the official language of Peru, and the sol (PEN) is the official currency, however the American dollar (USD) and euro (EUR) also are accepted.

## Event Address

Albufera De Medio Mundo  
Altura KM. 176.5 Panamericana Norte, Végueta - Huaura, Lima

## Event List

LW1x	Lightweight Women's Single Sculls
LM2x	Lightweight Men's Double Sculls
LW2x	Lightweight Women's Double Sculls
LM4-	Lightweight Men's Four
M1x	Men's Single Sculls
W1x	Women's Single Sculls
M2-	Men's Pair
W2-	Women's Pair
M2x	Men's Double Sculls
W2x	Women's Double Sculls
M4x	Men's Quadruple Sculls
W4x	Women's Quadruple Sculls
M4-	Men's Four
M8+	Men's Eight

## General Event Schedule

Tuesday, August 6    Heats, Repechages  
Wednesday, August 7    Heats, Semifinals, Repechages  
Thursday, August 8    A/B Finals  
Friday, August 9    A/B Finals  
Saturday, August 10    A/B/C Finals

## Event Press Releases

The most up-to-date event information is available at [www.lima2019.pe/en](http://www.lima2019.pe/en) and [www.usrowing.org](http://www.usrowing.org). Press releases are available by contacting the USRowing Communications Department. To be placed on USRowing's media distribution list, please email [media@usrowing.org](mailto:media@usrowing.org).

## Social Media

The official account of USRowing is @USRowing. USRowing will provide updates and short commentary via Twitter, Facebook and Instagram. Athletes, fans and media are encouraged to send messages using the official hashtag #Lima2019.

## How to Follow the Event

1. Press releases, athlete bios, and photos of the U.S. team will be available on the USRowing website's [Pan American coverage page](#).
2. Follow the Pan American Games on the [Lima 2019 website](#).
3. Join the conversation!
  - Use the hashtag #Lima2019

## Interview policy for Pan American Participants

Most rowers and coaches are available for interviews on a daily basis outside of competition. USRowing's policy is to not release athlete phone numbers without prior approval from the athlete. Interviews or photos may be arranged on an individual basis by contacting John Bartman, USRowing Communications Intern, at [john.bartman@usrowing.org](mailto:john.bartman@usrowing.org).

The most up-to-date schedule and heat sheets can be viewed at <https://www.lima2019.pe/en/results>

## 2019 USRowing Pan American Games Roster

### Name (Hometown) – College/University

#### Women's Single Sculls

Jenifer Forbes (Baltimore, Md.) - Northeastern University

#### Men's Single Sculls

Lucas Bellows (Forest Lake, Minn.) - University of Minnesota

#### Women's Double Sculls

Julia Lonchar (Columbus, Ohio) - Purdue University

Maggie Fellows (Warwick, Mass.) - St. Lawrence University

#### Men's Double Sculls

Wes Vear (Marquette, Mich.) - University of Michigan

Nathan Lado (New York, N.Y.) - Middlebury College

#### Lightweight Women's Double Sculls

Keara Twist (Seattle, Wash.) - Seattle University

Sydney Taylor (Dover, Del.) - Williams College

#### Lightweight Men's Double Sculls

Cooper Hurley (Andover, Mass.) - University of Delaware

Jimmy McCullough (Pennsylvania, Pa.) - University of Delaware

### **Women's Pair**

Liz Euiler (Meredith, N.H.) - University of Massachusetts  
Solveig Imsdahl (Scheelholz 15, Germany) - Cornell University

### **Men's Pair**

Logan Smith (Lancaster, Pa.) - Philadelphia University  
James Garay (East Leroy, Mich.) - University of Michigan

### **Women's Quadruple Sculls**

Julia Lonchar (Columbus, Ohio) - Purdue University  
Maggie Fellows (Warwick, Mass.) - St. Lawrence University  
Keara Twist (Seattle, Wash.) - Seattle University  
Sydney Taylor (Dover, Del.) - Williams College

### **Men's Four**

Paul Verni (New Rochelle, N.Y.) - Syracuse University  
Thaddeus Babiec (Alexandria, Va.) - Boston University  
Jonathan Zagroba (New Rochelle, N.Y.) - George Washington University  
Veton Celaj (Bronx, N.Y.) - Bucknell University

### **Men's Eight**

Logan Smith (Lancaster, Pa.) - Philadelphia University  
James Garay (East Leroy, Mich.) - University of Michigan  
Paul Verni (New Rochelle, N.Y.) - Syracuse University  
Thaddeus Babiec (Alexandria, Va.) - Boston University  
Jonathan Zagroba (New Rochelle, N.Y.) - George Washington University  
Veton Celaj (Bronx, N.Y.) - Bucknell University  
Jason Read (Ringoes, N.J.) - Temple University  
Kyle Peabody (LaGrange, N.Y.) - Boston University  
Coral Kasden (New York, N.Y.) - University of California, Santa Barbara

### **Coaches**

Nick Dawe – Men's Four/Men's Eight  
Yohann Rigogne – Women's Pair/Men's Pair  
Ian Simpson – Women's Double Sculls/Lightweight Women's Double Sculls/Women's Quadruple Sculls  
Tristan Snow – Lightweight Men's Double Sculls  
Stephen Whelpley – Men's Single Sculls/Women's Single Sculls/Men's Double Sculls

## Support Staff

John Bartman, USRowing Communications Intern

Matt Collins, Team Doctor

Wendy Wilbur, Team Leader

## Event Preview

Scheduled to take place August 6-10 in Lima, Peru, the 2019 Pan American Games will see racing from 21 members of Team USA, including 15 national team newcomers.

The U.S. will have 11 crews competing at the event in the women's and men's single sculls, double sculls, lightweight double sculls, and pair, as well as the women's quadruple sculls, men's four and men's eight.

### Men's Single Sculls (M1x)

Competing as a national team member for the first time is single sculler **Lucas Bellows** (Forest Lake, Minn.), who got his start rowing at the University of Minnesota. In 2015, Cuba took gold, followed by Canada and Argentina.

### Women's Single Sculls (W1x)

**Jenifer Forbes** (Baltimore, Md.) will compete in the women's single sculls after her victory in the event at the USRowing National Championships. The last time she represented the United States was during the 2011 World Rowing Under 23 Championships, where she won bronze in the eight. In 2015, Canada won the gold medal in the event, followed by the United States and Chile.

### Lightweight Men's Double Sculls (LM2x)

Lightweight double scullers **Cooper Hurley** (Andover, Mass.) and **Jimmy McCullough** (Philadelphia, Pa.) rowed together at the University of Delaware, primarily sweeping in big boats. The two will put their small-boat sculling abilities to the test while racing at the Pan American Games. In 2015, Mexico won the gold medal in the event, followed by the United States and Cuba.

### Lightweight Women's Double Sculls (LW2x)

Both **Kierra Twist** (Seattle, Wash.) and **Sydney Taylor** (Dover, Del.) are representing the United States for the first time in their rowing careers. They also both are rowing in the women's quadruple sculls at the 2019 Pan American Games. In 2015, Canada won the gold medal in the event, followed by Cuba and the United States.

### **Men's Double Sculls (M2x)**

**Wes Vear** (Marquette, Mich.) last represented the U.S. during the 2015 World University Games, where he won a gold medal in the eight. He has teamed up in the double sculls with **Nathan Lado** (New York, N.Y.). Both are members of their first national team. In 2015, Cuba won the gold medal in the event, followed by Argentina and Canada.

### **Women's Double Sculls (W2x)**

After graduating from St. Lawrence University, **Maggie Fellows** (Warick, Mass.) won gold in the under 23 single at the Royal Canadian Henley Regatta, as well as silver in the pair and double. Fellows will be joined by **Julia Lonchar** (Columbus, Ohio) in the double sculls. After receiving the Most Valuable Oarswoman award from Purdue Crew in 2007, Lonchar competitively raced bikes for five years before her transition back into rowing. This will be the first national team appearance for both rowers. In 2015, Canada won the gold medal in the event, followed by the United States and Cuba.

### **Men's Pair (M2-)**

The duo of **James Garay** (East Leroy, Mich.) and **Logan Smith** (Lancaster, Pa.) both currently train out of Philadelphia and are making their first appearance representing the United States. In 2015, Chile and Argentina tied for the gold medal in the event, followed by Mexico in the bronze-medal position.

### **Women's Pair (W2-)**

**Solveig Imsdahl** (Scheelholz 15, Germany) is a two-time under 23 national team members. She is joined in the pair by **Liz Euler** (Meredith, N.H.), who is making her first appearance representing Team USA. In 2015, the United States won the gold medal in the event, followed by Chile and Canada, who won silver and bronze, respectively.

### **Women's Quadruple Sculls (W4x)**

Twist and Taylor from the lightweight women's double sculls will join forces with Fellows and Lonchar from the women's double sculls to form the women's quadruple sculls. In 2015, Canada won the gold medal in the event, followed by the United States and Argentina, who won silver and bronze, respectively.

### **Men's Four (M4-)**

**Paul Verni** (New Rochelle, N.Y.) earned gold in the men's eight at the 2012 CanAmMex International Regatta and is making his first national team appearance at the Pan American Games. **Thaddeus Babiec** (Alexandria, Va.) finished third in the double sculls at the 2018 Head

of the Charles and takes that experience to his first national team appearance. **Jonathan Zagroba** (New Rochelle, N.Y.) earned gold at 2014 USRowing Club Nationals in the intermediate and senior men's eights with boatmate **Veton Celaj** (Bronx, N.Y.). Both are making their first national team appearance. In 2015, Canada won the gold medal in the event, followed by Cuba and Argentina, who won silver and bronze, respectively.

### **Men's Eight (M8+)**

The men's pair joins six more athletes in the men's eight, which includes the entire men's four, as well as **Kyle Peabody** (Princeton, N.J.) and Hall-of-Famer **Jason Read** (Ringoes, N.J.). This will be Peabody's third national team, following a run on the under 23 team in 2014 and the Pan American Games team in 2015. Read's national team experience dates back to 1995, as he has been on a total of 15 teams at the junior, under 23, and senior levels. In 2004, he was a member of the men's eight that set a world record en route to winning an Olympic gold medal in Athens. The eight is coxed by **Coral Kasden** (New York, N.Y.). In 2015, Canada won the gold medal in the event, followed by Argentina and the United States who won silver and bronze, respectively.

## **Athlete Bios**

### **Thaddeus Babiec**

#### **Men's Four/Men's Eight**

**Date of Birth:** 11/1/1991

**Hometown:** Alexandria, Va.

**Current Residence:** Philadelphia, Pa.

**Height:** 6'4"

**Weight:** 215

**Undergraduate Education:** Boston University

**Graduate Education:** Temple University

**Current Club Affiliations:** Penn AC, New York Athletic Club

**Current Coaches:** Sean Hall, Nick Dawe

**Training Location:** Philadelphia, Pa.

**National Teams:** One -- Pan Am, 2019

**International Results:** Finished fifth in the four at the 2018 Pan American Games Qualification Regatta.

**National Results:** Placed third in the championship double at the 2018 Head of the Charles...Finished second in the second varsity eight at the 2013 IRA National Championships...Finished fifth in the freshman eight at the 2011 IRA National Championships.

### **Lucas Bellows**

#### **Men's Single Sculls**

**Date of Birth:** 12/31/1994



**Hometown:** Forest Lake, Minn.

**Current Residence:** Craftsbury Common, Vt.

**Height:** 6'6"

**Weight:** 215

**High School:** Forest Lake Senior High

**Undergraduate Education:** University of Minnesota

**Current Club Affiliation:** Green Racing Project

**Current Coach:** Stephen Whelpley

**Training Location:** Craftsbury Common, Vt.

**National Teams:** One -- Pan Am, 2019

**International Results:** Finished seventh in the single sculls at the 2018 Pan American Games Qualification Regatta.

**National Results:** Took first place in the single sculls at the 2017 Dad Vail Regatta.

**Personal:** Lucas' interests include beekeeping, camping, fishing, shooting and woodworking. He lists his father as the most influential person in his life.

### **Veton Celaj**

**Men's Four/Men's Eight**

**Date of Birth:** 4/10/1990

**Birthplace:** Gjakova, Kosovo

**Hometown:** Bronx, N.Y.

**Current Residence:** New York, N.Y.

**Height:** 6'3"

**Weight:** 178

**Undergraduate Education:** Bucknell University

**Current Club Affiliation:** New York Athletic Club

**Current Coach:** Nick Dawe

**Training Location:** New York, N.Y.

**National Teams:** One -- Pan Am, 2019

**International Results:** Finished fifth in the four at the 2018 Pan American Games Qualification Regatta.

**National Results:** Earned gold in the senior eight and intermediate eight at the 2014 USRowing Club National Championships... Won silver in the varsity eight at the 2012 American College Rowing Association Championships.

### **Liz Euler**

**Women's Pair**

**Date of Birth:** 1/10/1989

**Hometown:** Meredith, N.H.

**Undergraduate Education:** University of Massachusetts

**Current Club Affiliation:** Vesper Boat Club

**Current Coach:** Peter Mansfeld, Yohann Rigogne

**National Teams:** One -- Pan Am, 2019

**International Results:** Finished third in the pair at the 2018 Pan American Games Qualification Regatta.

**National Results:** Won the pair at the 2018 Pan American Games Trials.

### **Maggie Fellows**

#### **Women's Double Sculls/Women's Quadruple Sculls**

**Date of Birth:** 5/3/1991

**Hometown:** Warwick, Mass.

**Current Residence:** Long Beach, Calif.

**Height:** 5'10"

**Weight:** 155

**High School:** Northfield Mount Hermon

**Undergraduate Education:** St. Lawrence University

**Current Club Affiliations:** SoCal Scullers, Vesper Boat Club

**Current Coach:** Ian Simpson, Peter Mansfeld

**Training Location:** Newport Beach, Calif.

**National Teams:** One -- Pan Am, 2019

**International Results:** Finished fourth in the double sculls and fifth in the quadruple sculls at the 2018 Pan American Games Qualification Regatta.

**Personal:** In her free time, Maggie enjoys reading, cooking, and being outside.

### **Jenifer Forbes**

#### **Women's Single Sculls**

**Date of Birth:** 1/13/1989

**Hometown:** Baltimore, Md.

**Current Residence:** Craftsbury Common, Vt.

**Height:** 6'3"

**Weight:** 175

**High School:** St. Paul's School for Girls

**Undergraduate Education:** Northeastern University

**Current Club Affiliation:** Green Racing Project

**Current Coach:** Stephen Whelpley

**Training Location:** Craftsbury Common, Vt.

**National Teams:** Two – Pan Am, 2019; U23, 2011

**International Results:** Won the single sculls at the 2018 Pan American Games Qualification Regatta...Took third in the eight at the 2011 World Rowing Under 23 Championships.

**National Results:** Won the elite/senior single sculls at the 2019 USRowing National Championships.

### **James Garay**

#### **Men's Pair/Men's Eight**

**Date of Birth:** 3/13/1994

**Hometown:** East Leroy, Mich.

**Current Residence:** Philadelphia, Pa.

**Height:** 6'1"

**Weight:** 185

**Undergraduate Education:** University of Michigan

**Current Club Affiliation:** Vesper Boat Club

**Current Coaches:** Peter Mansfeld, Yohann Rigogne

**Training Location:** Philadelphia, Pa.

**National Teams:** One -- Pan Am, 2019

**International Results:** Finished sixth in the pair at the 2018 Pan American Games Qualification Regatta.

**Personal:** In his free time, James enjoys watching 'Vine' compilations.

### **Cooper Hurley**

#### **Lightweight Men's Double Sculls**

**Date of Birth:** 7/29/1996

**Hometown:** Andover, Mass.

**Current Residence:** Newark, Del.

**Height:** 6'2"

**Weight:** 165

**High School:** Phillips Academy

**Undergraduate Education:** University of Delaware

**Current Club Affiliations:** Wilmington Rowing Center, Bachelors Barge Club

**Current Coaches:** Tristan Snow, Dale Hurley, Chuck Crawford

**Training Location:** Newark, Del.

**National Teams:** One -- Pan Am, 2019

**International Results:** Finished sixth in the quadruple sculls and ninth in the lightweight double sculls at the 2018 Pan American Games Qualification Regatta.

**Personal:** Cooper lists his parents, Dale and Beth, as the most influential people in his life.

### **Solveig Imsdahl**

#### **Women's Pair**

**Date of Birth:** 5/23/1990

**Birthplace:** Detroit, Mich.

**Hometown:** Scheelholz 15, Germany

**Current Residence:** Philadelphia, Pa.

**Height:** 5'11"

**Weight:** 126

**High School:** Voss Gymnasium

**Undergraduate Education:** Cornell University

**Current Club Affiliation:** Vesper Boat Club

**Current Coaches:** Peter Mansfeld, Yohann Rigogne

**Training Location:** Philadelphia, Pa.

**National Teams:** Three – Pan Am, 2019; Under 23, 2011-12

**International Results:** Finished third in the pair at the 2018 Pan American Games Qualification Regatta...Finished 13th in the lightweight women's double sculls at the 2012 World Rowing Under 23 Championships...Finished sixth in the lightweight quadruple sculls at the 2011 World Rowing Under 23 Championships.

**National Results:** Finished second in the lightweight women's quadruple sculls at the 2011 USRowing National Championships...Finished third in the lightweight women's double sculls at the 2011 USRowing National Championships...Finished first in the double sculls at the 2010 German National Championships...Finished third in the double sculls at the 2009 German National Championships.

**Personal:** Solveig enjoys piano and painting...She eats a Nutella, peanut butter and banana sandwich after weigh-ins...Solveig won first prize at the 13<sup>th</sup> Carl Schroeder Music Competition in 2009 and won first prize in the 2006 National Math Olympics...She won an award in St. Petersburg, Russia, in 2005 for the Best Interpretation of a Modern Piece on piano and has won various awards for piano performance from 1996-2009.

## **Coral Kasden**

### **Men's Eight**

**Birthdate:** 5/26/1992

**Current Residence:** New York, N.Y.

**Undergraduate Education:** University of California, Santa Barbara

**Graduate Education:** University of California, Santa Barbara

**Current Club Affiliation:** New York Athletic Club

**Current Coach:** Nick Dawe

**Training Location:** New York, N.Y.

**National Teams:** One -- Pan Am, 2019

## **Nathan Lado**

### **Men's Double Sculls**

**Date of Birth:** 4/4/1993

**Hometown:** New York, N.Y.

**Current Residence:** Craftsbury Common, Vt.

**Height:** 6'2"

**Weight:** 185

**High School:** Columbia Prep

**Undergraduate Education:** Middlebury College

**Current Club Affiliation:** Craftsbury Green Racing Project

**Current Coach:** Stephen Whelpley

**Training Location:** Craftsbury Common, Vt.

**National Teams:** One -- Pan Am, 2019

**International Results:** Finished sixth in the double sculls at the 2018 Pan American Games Qualification Regatta.

**Personal:** Nathan enjoys listening to podcasts and studying history. He self identifies as a bagel connoisseur.

**Julia Lonchar****Women's Double Sculls/Women's Quadruple Sculls****Date of Birth:** 11/21/1985**Hometown:** Columbus, Ohio**Current Residence:** Philadelphia, Pa.**Height:** 5'8"**Weight:** 157**High School:** Bexley, Ohio**Undergraduate Education:** Purdue University**Current Club Affiliation:** Vesper Boat Club**Current Coaches:** Peter Mansfeld, Yohann Rigogne**Training Location:** Philadelphia, Pa.**National Teams:** One -- Pan Am, 2019**International Results:** Finished fourth in the double sculls and fifth in the quadruple sculls at the 2018 Pan American Games Qualification Regatta.**Personal:** Julia received the Most Valuable Oarswoman award from Purdue Crew in 2007. In her free time, she enjoys baking, searching for the best donut, riding her bike, and petting cats. After graduating college, she competitively raced bikes for five years before transitioning back into rowing.**Jimmy McCullough****Lightweight Men's Double Sculls****Date of Birth:** 10/22/1996**Hometown:** Philadelphia, Pa.**Current Residence:** Newark, Del.**Height:** 6'0"**Weight:** 155**High School:** St. Joseph's Prep**Undergraduate Education:** University of Delaware**Current Club Affiliation:** Wilmington Rowing Center**Current Coaches:** Chuck Crawford, Tristan Snow**Training Location:** Newark, Del.**National Teams:** One -- Pan Am, 2019**International Results:** Finished sixth in the quadruple sculls and ninth in the lightweight double sculls at the 2018 Pan American Games Qualification Regatta.**Kyle Peabody****Men's Eight****Birthplace:** Poughkeepsie, N.Y.**Hometown:** LaGrange, N.Y.**Current Residence:** Princeton, N.J.**Height:** 6'5"

**Weight:** 218

**Undergraduate Education:** Boston University

**Current Coach:** Nick Dawe

**Training Location:** Princeton, N.J.

**National Teams:** Three – Pan Am, 2015, 2019; Under 23, 2014

**International Results:** Finished third in the eight and fourth in the four at the 2015 Pan American Games...Placed sixth in the four at the 2014 World Rowing Under 23 Championships.

**National Results:** Won the four at the 2015 Pan American Games Trials.

**Personal:** Kyle's hobbies include animal husbandry, lifting and quilting with his teammates. He was voted least likely to be a vegetarian by his high school classmates and was inducted into Builderberg group in 2013. He picked up rowing because he wasn't good at basketball.

## **Jason Reid**

### **Men's Eight**

**Hometown:** Ringoes, N.J.

**Height:** 6'0"

**Weight:** 185

**High School:** The Hun School of Princeton

**Undergraduate Education:** Temple University

**Graduate Education:** St. Joseph's University

**Current Club Affiliations:** USTC – Princeton/New York Athletic Club/Vesper Boat Club/Ridley Graduate Boat Club

**Current Coaches:** Geoff Bond, Peter Mansfeld

**Training Locations:** Philadelphia, Pa./Princeton, N.J.

**National Teams:** Thirteen - Junior, 1995; Under 23, 1997-1999; Senior, 1997-1999, 2001-2004, 2007-08, 2010; Pan Am, 2011, 2019

**International Results:** Won gold in the eight and finished fifth in the four at the 2011 Pan American Games...Finished sixth in the eight at the 2010 World Rowing Championships...Finished sixth in the eight at the 2010 Rowing World Cup stop in Lucerne...Was an alternate at the 2008 Olympic Games...Finished seventh in the pair at the 2008 Rowing World Cup stop in Munich...Finished eighth in the pair at the 2007 World Rowing Championships...Won gold and set a world record (5:19.85) in the eight at the 2004 Olympic Games...Won gold in the four at the 2004 Rowing World Cup stop in Lucerne...Took silver in the eight at the 2003 World Rowing Championships...Finished fourth in the pair at the 2003 Rowing World Cup stop in Milan...Finished second in the pair at the 2003 Royal Henley Regatta...Finished 12<sup>th</sup> in the four at the 2002 World Rowing Championships...Won gold in the eight and took silver in the pair at the 2002 Mercedes FISA Sprints...Finished fourth in the eight at the 2001 World Rowing Championships...Finished fifth in the pair at the 2001 Rowing World Cup stop in Seville...Won gold in the eight at the 2001 Rowing World Cup stop in Princeton...Won gold in the eight at the 1999 World Rowing Under 23 Championships...Took silver in the eight at the 1998 World Rowing Under 23 Championships...Finished 10<sup>th</sup> in the four at the 1997 World Rowing Under 23 Championships...Finished seventh in the four with coxswain at the 1995 World Rowing Junior Championships.

**National Results:** Won the four at the 2011 Pan American Games Trials...Won the eight at the 2010 USRowing National Championships...Finished fourth in the pair at the 2010 National Selection Regatta #2...Won the pair at the 2008 National Selection Regatta #2...Finished second in the eight at the 2007 USRowing National Championships...Won the championship four at the 2004 Head of the Charles Regatta...Won the pair at the 2004 National Selection Regatta #2...Won the pair at the 2003 National Selection Regatta #2...Won the championship eight at the 2002 Head of the Charles Regatta...Finished second in the eight and third in the four at the 2002 USRowing National Championships...Won the pair at the 2002 National Selection Regatta #2...Won the eight at the 2001 USRowing National Championships...Won the pair at the 2001 National Selection Regatta #2...Won the championship four at the 2000 Head of the Charles Regatta...Finished fifth in the varsity eight at the 2000 IRA National Championships...Won the eight at the 2000 Dad Vail Championships...Won the eight at the 1999 Dad Vail Championships...Finished third in the eight and third in the four with coxswain at the 1998 USRowing National Championships...Won the eight at the 1998 Dad Vail Championships...Finished third in the eight and third in the four with coxswain at the 1997 USRowing National Championships...Won the eight at the 1997 Dad Vail Championships.

**Personal:** Read is a National Rowing Hall of Fame inductee from the Class of 2010. He served as a coach on the U.S. Under 23 National Team in 2009 and 2012. In 2011, Read became the first rower in American history to be elected as the opening ceremony flag bearer and team captain for the U.S. Pan American Games team in Guadalajara, Mexico. He is currently an assistant heavyweight rowing coach at the University of Pennsylvania where his brother, Gunther von Hild Read, a two-time national team member for the country of Luxembourg, is a sophomore on the squad. Prior to coaching at Penn, Read was the head women's coach at Temple University where he expanded the team from 17 to 55 rowers and coached the team to its best-ever finish, tying for second place in the AAC. Before leading the Lady Owls, Read was a varsity girls' rowing coach at Bishop Eustace Prep in Pennsauken, N.J., where he helped lead the Crusaders to multiple Stotesbury and Scholastic National Championship medals. He first became involved in rowing as the mascot for the Hun School's rowing team in the sixth grade, and began coxing in eighth grade. Read is the only person to have received the USRowing "Man of the Year" award twice: he was recognized in 2001 following rescue operations at Ground Zero and again in 2004 when the U.S. men captured Olympic gold in Athens. Read is the first American fire/rescue chief to win an Olympic gold medal. He is a two-time finalist for the Sullivan Award in 2001 and 2012, recognizing the top amateur athlete in the United States. In 2001, Read received the Arête Lifetime Achievement Award in Sport for his response to Ground Zero following the World Trade Center attacks on 9/11 while serving as the youngest Chief EMS or fire officer in N.J. history for the Amwell Valley – Ringoes Rescue, a position he held for nine years. In 2005, he was selected as one of 28 firemen in the U.S. to march in the Presidential Inauguration parade in Washington, D.C., and received the N.J. Governor's Volunteer Award in Public Safety, the highest volunteer award given to any emergency responder in New Jersey. Following the Athens Olympics, Read was inducted into the Halls of Fame of the New York Athletic Club, The Hun School of Princeton and Temple University. During the 2008 Beijing Olympics, Read was a regular contributor to the Wall Street Journal's online Olympic coverage. Read received his master's of science in homeland security from Saint Joseph's University in

2012 (Thesis: The Implications of Crime On The Philadelphia Economy), and was a Fellow of Butler College at Princeton University while training full-time at the USRowing Training Center - Princeton. He is recognized as an expert in public safety and emergency services, and regularly speaks at national conventions and forums on the intersection of public policy, public safety, and economic development. Read enjoys working with the USO in support of the U.S. military, both domestically and abroad. He has previously served in leadership positions on numerous non-profit and county civic organizations including the Hunterdon County YMCA, Temple University's Executive Owl Board, Hunterdon County Parks and Recreation, Capital Health (N.J.) Foundation, and is Chief Emeritus of the Amwell Valley – Ringoes Rescue Squad. Read is a life member of the International Association of Fire Chiefs (IAFC) and the Princeton Varsity Club. When not training, Read is an active FF/EMT on the Hopewell Fire Department and enjoys skiing, reading, swimming, fellowship, and organizing community anti-litter initiatives.

### **Logan Smith**

#### **Men's Pair/Men's Eight**

**Date of Birth:** 6/3/1991

**Hometown:** Lancaster, Pa.

**Current Residence:** Philadelphia, Pa.

**Height:** 6'4"

**Weight:** 205

**Undergraduate Education:** Philadelphia University

**Graduate Education:** Philadelphia University

**Current Club Affiliations:** Vesper Boat Club, University Barge Club

**Current Coach:** Peter Mansfeld

**Training Location:** Philadelphia, Pa.

**National Teams:** One -- Pan Am, 2019

**International Results:** Finished sixth in the pair at the 2018 Pan American Games Qualification Regatta.

### **Sydney Taylor**

#### **Lightweight Women's Double Sculls/Women's Quadruple Sculls**

**Date of Birth:** 4/4/1990

**Hometown:** Dover, Del.

**Current Residence:** Seattle, Wash.

**Height:** 5'7"

**Weight:** 130

**Current Club Affiliation:** Seattle Rowing Center

**Current Coach:** Conal Groom

**Training Location:** Seattle, Wash.

**National Teams:** One - Pan Am, 2019

**International Results:** Finished fifth in the quadruple sculls and ninth in the lightweight double sculls at the 2018 Pan American Games Qualification Regatta.



**Personal:** In her free time, Sydney enjoys biking, trail running, cooking, puzzling and spending time at the beach with her family.

### **Keara Twist**

#### **Lightweight Women's Double Sculls/Women's Quadruple Sculls**

**Date of Birth:** 7/21/1991

**Birthplace:** Seattle, Wash.

**Hometown:** Seattle, Wash.

**Current Residence:** Seattle, Wash.

**Height:** 5'4"

**Weight:** 120

**Undergraduate Education:** Seattle University

**Graduate Education:** Simmons College

**Current Club Affiliation:** Seattle Rowing Center

**Current Coach:** Conal Groom

**Training Location:** Seattle, Wash.

**National Teams:** One -- Pan Am, 2019

**International Results:** Finished fifth in the quadruple sculls and ninth in the lightweight double sculls at the 2018 Pan American Games Qualification Regatta.

### **Wes Vear**

#### **Men's Double Sculls**

**Date of Birth:** 7/21/1993

**Hometown:** Marquette, Mich.

**Current Residence:** Craftsbury Common, Vt.

**Height:** 6'2"

**Weight:** 215

**High School:** Marquette Senior High School

**Undergraduate Education:** University of Michigan

**Current Club Affiliation:** Craftsbury Green Racing Project

**Current Coach:** Stephen Whelpley

**Training Location:** Craftsbury Common, Vt.

**National Teams:** One -- Pan Am, 2019

**International Results:** Finished sixth in the double sculls at the 2018 Pan American Games Qualification Regatta.

**Personal:** Wes enjoys spending his free time either reading or listening to podcasts. He was also part of the 2015 U.S. men's eight that competed at the World University Games, winning a gold medal.

### **Paul Verni**

#### **Men's Four/Men's Eight**

**Date of Birth:** 2/3/1995

**Hometown:** New Rochelle, N.Y.

**Current Residence:** New York, N.Y.

**Height:** 6'5"

**Weight:** 195

**High School:** Iona Prep School

**Undergraduate Education:** Syracuse University

**Current Club Affiliation:** New York Athletic Club

**Current Coach:** Nick Dawe

**Training Location:** New York, N.Y.

**National Teams:** One -- Pan Am, 2019

**International Results:** Finished fifth in the four at the 2018 Pan American Games Qualification Regatta.

**Jonathan Zagoroba**

**Men's Four/Men's Eight**

**Date of Birth:** 5/24/1993

**Birthplace:** New York, N.Y.

**Hometown:** New Rochelle, N.Y.

**Current Residence:** Lakewood Ranch, Fla.

**Height:** 6'6"

**Weight:** 215

**Undergraduate Education:** Iona College

**Current Club Affiliation:** New York Athletic Club

**Current Coach:** Nick Dawe, Casey Galvanek

**Training Location:** Sarasota, Fla./New Rochelle, N.Y.

**National Teams:** One - Pan Am, 2019

**International Results:** Finished fifth in the four at the 2018 Pan American Games Qualification Regatta...Placed first in the senior eight at the 2014 Canadian Henley Regatta...Placed first in the under 23 eight and senior eight at the 2015 Canadian Henley.

## About USRowing

USRowing is a nonprofit membership organization recognized by the United States Olympic Committee as the national governing body for the sport of rowing in the United States. USRowing selects, trains and manages the teams that represent the U.S. in international competition, including the world championships, Pan American Games, Olympic Games and Paralympic Games.

More than 85,000 individuals and 1,350 member organizations strong, USRowing serves and promotes the sport on all levels of competition. USRowing membership reflects the spectrum of American rowers – juniors, collegians, masters and those who row for recreation, competition or fitness.

In 1982, the United States Rowing Association was formed by the merger of the National Association of Amateur Oarsmen, founded in 1872, and the National Women's Rowing Association, established in the early 1960s. USRowing brought these two organizations together with a name incorporating both men and women and reflecting the broader interests of rowing. In 1985, the organization moved from Philadelphia, Pa., to Indianapolis, Ind., home of several other Olympic sport governing bodies; and in 1994, Indianapolis became the only U.S. city to host a world rowing championship. In February 2006, USRowing moved its corporate headquarters to Princeton, N.J.

USRowing registers hundreds of regattas across the country each year, ensuring they are run under specific safety guidelines. The association also provides programs to educate referees and coaches. USRowing stages national championship regattas annually and conducts regional championships and national team selection events.

USRowing is a member of the United States Olympic Committee and Federation Internationale des Societes D'Aviron (FISA), the international rowing federation.

### **Media Services Directory**

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## Glossary of Rowing Terms

**Bow:** The forward section of the boat. The first part of the boat to cross the finish line. Also, the person in the seat closest to the bow, who crosses the finish line first.

**Button:** A wide collar on the oar that keeps it from slipping through the oarlock.

**Coxswain:** The person who steers the shell and is on the water coach for the crew.

**Deck:** The part of the shell at the bow and stern that is covered with fiberglass cloth or a thin plastic.

**Ergometer:** Rowers call it an “erg.” It’s a rowing machine that closely approximates the actual rowing motion. The rowers’ choice is the Concept2, which utilizes a flywheel and a digital readout so that the rower can measure his “strokes per minute” and the distance covered.

**Gate:** The bar across the oarlock that keeps the oar in place.

**Lightweight:** Refers to the rowers, not the boats; there is a maximum weight for each rower in a lightweight event as well as a boat average.

**Oar:** Used to drive the boat forward; rowers do not use paddles.

**Port:** The left side of the boat, while facing forward, in the direction of the movement.

**Power 10:** A call for rowers to do 10 of their best, most powerful strokes. It’s a strategy used to pull ahead of a competitor.

**Repechage:** The second-chance race, which ensures that everyone has two chances to advance from preliminary races since there is no seeding in the heats.

**Rigger:** The triangular shaped metal device that is bolted onto the side of the boat and holds the oars.

**Run:** The run is the distance the shell moves during one stroke. You can figure it by looking for the distance between the puddles made by the same oar.

**Sculls:** One of the two disciplines of rowing, where scullers use two oars or sculls.

**Shell:** Can be used interchangeably with boat.

**Slide:** The set of runners for the wheels of each seat in the boat.

**Starboard:** The right side of the boat, while facing forward, in the direction of movement.

**Stern:** The rear of the boat; the direction the rowers are facing.

**Straight:** Refers to a shell without a coxswain, i.e. a straight four or straight pair.

**Stretcher or Foot stretcher:** Where the rower’s feet go. The stretcher consists of two inclined footrests, which hold the rower’s shoes. The rower’s shoes are bolted into the footrests.

**Stroke:** The rower who sits closest to the stern. The stroke sets the rhythm for the boat; others behind him must follow his cadence.

**Sweep:** One of the two disciplines of rowing, where rowers use only one oar. Pairs (for two people), fours (for four people) and the eight are sweep boats. Pairs and fours may or may not have a coxswain. Eights always have a coxswain.

**Swing:** The hard to define feeling when near perfect synchronization of motion occurs in the shell, enhancing the performance and speed.

## Viewer's Guide & Frequently Asked Questions

### *The Race*

All rowing events at the Pan America Games are 2,000 meters, or approximately 1.25 miles. The racecourse is divided into six lanes and each 500-meter section is marked with buoys.

The race begins with all boats aligned at the start in the lanes they've been assigned. Individuals in each lane hold the stern of each boat steady while an official, known as the aligner, ensures that each boat is even with the others and squarely facing the course.

Each crew is allowed one false start; two means disqualification. If within the first 100 meters there is legitimate equipment breakage ( e.g., an oar snaps in two), the race will be stopped and restarted with repaired equipment.

The *stroke rate* (the number of rowing strokes per minute that a crew is taking) is high at the start – maybe 45 to even 50 for an eight, 38 to 42 for a single scull. Then, the crew will “settle” into the body of the race and drop the rating back – 38 to 40 for an eight, 32 to 36 for a single. The coach and the way the race is going determine when the crew will sprint, but finishing stroke rates of 46+ in the last 200 meters aren't unheard of. However, higher stroke rates are not always indicative of speed. A strong, technically talented crew may be able to cover more water faster than a less capable crew rowing a high stroke rate.

Unlike canoe/kayak competitions, rowers are allowed to leave their lanes without penalty, so long as they do not interfere with anyone else's opportunity to win. An official follows the crews to ensure safety and fairness.

Despite the exhaustion that follows each race, the crew will row for five to 10 minutes afterwards in order to cool down. In rowing, the medal ceremonies include the shells. The three medal winning crews row to the awards dock, climb out of their shells and receive their medals before rowing away.

### *The Stroke*

The whole body is involved in moving a shell through the water. Although rowing tends to look like an upper body sport, the strength of the rowing stroke comes from the legs.

The stroke is made up of four parts: *catch, drive, finish and recovery*. As the stroke begins, the rower is coiled forward on the sliding seat, with knees bent and arms outstretched. At the *catch*, the athlete drops the oar blade vertically into the water.

At the beginning of the *drive*, the body position doesn't change – all the work is done by the legs. As the upper body begins to uncoil, the arms begin their work, drawing the oar blades through the water. Continuing the drive, the rowers move their hands quickly into the body, which by this time is in a slight “layback” position, requiring strong abdominal muscles.

During the *finish*, the oar handle is moved down, drawing the oar blade out of the water. Then, the rower “feathers” the oar – turning the oar handle – so that the oar blade changes from a vertical position to a horizontal one. The oar remains out of the water as the rower begins *recovery*, moving the hands away from the body and past the knees. The body follows the hands and the sliding seat moves forward until, knees bent, the rower is ready for the next catch.

### ***The Equipment***

#### Oars

Oars move the boat through the water and act as balancers. Sweep oars are longer than sculling oars and may have wooden handles instead of rubber grips. The shaft of the oar is made of extremely lightweight carbon fiber instead of the heavier wood used years ago. The popular “hatchet” blade – named because of its cleaverlike shape – is about 20 percent larger than previous blades. Its larger surface area has made it the almost universal choice among elite level rowers.

#### The Boats – Sculls and Shells

All rowing boats can be called shells. Rowing boats with scullers in them (each person having two oars) are called sculls, *e.g. single scull, double scull, quadruple scull*. So, all sculls are shells but not vice versa. Originally made of wood, today's boats – especially those used in competition – are made of honeycombed carbon fiber. They are light and appear fragile but are crafted to be strong and stiff in the water.

The smallest boat – the single scull – is approximately 27 feet long and as narrow as 10 inches across. At 58 feet, the eight is the longest boat on the water. The oars are attached to the boat with riggers, which provide a fulcrum for the levering action of rowing. Generally, sweep rowers sit in configurations that have the oars alternating from side to side along the boat. But sometimes, the coach will rig the boat so that two consecutive rowers have their oars on the same side in order to equalize individual athlete power.

## Rowing Quick Facts

Rowing is one of the original sports in the modern Olympic Games. Baron Pierre de Coubertin, founder of the modern Olympics, was a rower.

Eight oared shells are about 60 feet long, about 20 yards on a football field.

Rowing was the first intercollegiate sport contested in the United States. Yale College founded the first collegiate boat club in the U.S. in 1843.

Physiologically, rowers are superb examples of physical conditioning. Cross-country skiers and long-distance speed skaters are comparable in terms of the physical demands the sport places on the athletes.

An eight, which carries more than three quarters of a ton (1,750 pounds), may weigh as little as 200 pounds. The boats are made of fiberglass composite material.

Singles may be as narrow as 10 inches across, weigh only 30.86 pounds, and stretch nearly 27 feet long.

FISA, the international governing body of the sport, requires all eights used in international competition to be sectional, so that crews who must disassemble and ship their boats overseas in standard shipping containers will not be at a disadvantage.

The first amateur sport organization was a rowing club, Philadelphia's Schuylkill Navy, founded in 1858.

From 1920 through 1956, the United States won the gold medal in the men's eight at every Olympic Games.

The first national governing body for a sport in the United States was for rowing. Founded as the National Association for Amateur Oarsmen in 1872, it was changed in 1982 to the United States Rowing Association.

FISA, the first international sports federation, was founded in 1892.

Dr. Benjamin Spock, the famous doctor, was an Olympic rower in 1924 and won a gold medal in the eight. Legendary Hollywood actor Gregory Peck rowed at the University of California in 1937.

Physiologists claim that rowing a 2,000-meter race – equivalent to 1.25 miles – is equal to playing back to back basketball games. All Olympic events are contested over a 2,000-meter course with six lanes. In the 1976, 1980, and 1984 Olympics, women raced 1,000 meters.