2011 Pan American Games

USRowing Media Guide

2011 Pan American Games Preview

Fourteen crews will represent the United States at the 2011 Pan American Games October 15-19 on Lake Zapotlan in Guzman City, Mexico.

The U.S. will compete in the men's and women's single sculls, lightweight women's single sculls, men's and women's double sculls, men's and women's lightweight double sculls, men's and women's pair, men's and women's quadruple sculls, men's four, lightweight men's four and men's eight.

The roster features 12 senior national team members, six of which competed at the 2008 Olympic Games in Beijing including Ken Jurkowski, Margot Shumway, Jen Goldsack, Tom Paradiso, Jason Read and Marcus McElhenney. Jurkowski, along with Blaise Didier and Derek Johnson are coming off of an incredible Team USA performance at the 2011 World Rowing Championships in September.

Rowing has been a part of the Pan American Games since 1951 in Buenos Aires, Argentina. At the last Pan American Games, held in 2007 in Rio de Janeiro, Brazil, the United States brought home seven medals on the men's side and three medals on the women's side, for a total of ten.

The 2011 Pan American Games will be the third Pan American Games hosted by Mexico and the first held in the state of Jalisco. Previously, Mexico hosted the 1955 Pan American Games and the 1975 Pan American Games, both in Mexico City.

2011 Pan American Games Roster

Men's Single Sculls (M1x)
Ken Jurkowski (New Fairfield, Conn.)

Women's Single Sculls (W1x)
Margot Shumway (Westlake, Ohio)

Lightweight Women's Single Sculls (LW1x)
Jen Goldsack (Banstead, U.K.)

Men's Double Sculls (M2x)
Andrew Quinn (Honeoye Falls, N.Y.)
Dan Urevick-Ackelsberg (Philadelphia, Pa.)

Women's Double Sculls (W2x)
Catherine Reddick (Philadelphia, Pa.)
Megan Walsh (Charlotte, N.C.)

Lightweight Men's Double Sculls (LM2x)
Tom Paradiso (Blue Bell, Pa.)
Bob Duff (Huntingdon Valley, Pa.)

Lightweight Women's Double Sculls (LW2x)
Chelsea Smith (Edina, Minn.)
Michelle Sechser (Folsom, Calif.)

Men's Quadruple Sculls (M4x)
Andrew Quinn (Honeoye Falls, N.Y.)
Dan Urevick-Ackelsberg (Philadelphia, Pa.)
Tom Paradiso (Blue Bell, Pa.)
Bob Duff (Huntingdon Valley, Pa.)

Women's Quadruple Sculls (W4x)
Catherine Reddick (Philadelphia, Pa.)
Megan Walsh (Charlotte, N.C.)
Chelsea Smith (Edina, Minn.)
Michelle Sechser (Folsom, Calif.)

Men's Pair (M2-)
Mike Gennaro (Havertown, Pa.)
Ty Otto (Seattle, Wash.)

Women's Pair (W2-)
Megan Smith (Templeton, Calif.)
Monica George (Houston, Texas)

Men's Four (M4-)
Matt Wheeler (Eugene, Ore.)
Joe Spencer (Washington, D.C.)
Steve Kasprzyk (Cinnaminson, N.J.)
Jason Read (Ringoes, N.J.)

Lightweight Men's Four (LM4-)
Ryan Kirlin (Medford, N.J.)
Josh Gautreau (New Ipswich, N.H.)
Frank Petrucci (Warwick, N.Y.)
Rob Milam (Idaho Falls, Idaho)

Men's Eight (M8+)
Marcus McElhenney (Lansdowne, Pa.)
Matt Wheeler (Eugene, Ore.)
Joe Spencer (Washington, D.C.)
Steve Kasprzyk (Cinnaminson, N.J.)
Jason Read (Ringoes, N.J.)
Mike Gennaro (Havertown, Pa.)
Ty Otto (Seattle, Wash.)
Blaise Didier (San Francisco, Calif.)
Derek Johnson (Hillsborough, Calif.)

Coaches and Support Staff, Affiliation, Boat
Reilly Dampeer, Potomac Boat Club, W1x
Kevin Loughery, USOC Press Officer
Jeremy Ivey, USRowing Training Center – Oklahoma City, W2-, M2-, LM2x, LW2x
Margaux Jackson, USRowing Team Manager
Dave Krmpotich, Penn A.C., M4-, M8+
Kevin Murphy, New York Athletic Club, LM4-
Ted Nash, Penn A.C., LW1x
Mark Nowak, Team Physician
Scott Wisniewski, Vesper Boat Club, W2x, M2x

2011 Pan American Games Athlete Bios

Blaise Didier

Hometown: San Francisco, Calif.
Birthplace: Seattle, Wash.
Hometown: Seattle, Wash.
Current Residence: Seattle, Wash.
Began Rowing: Pacific Rowing Club, 2003
Club Affiliation: USRowing Training Center--Oklahoma City
Date of Birth: 3/29/1988
Height: 6'7"
Weight: 220
High School: John O'Connell High School
Undergraduate Education: University of Washington, Philosophy, 2010
Training Location: Oklahoma City, Okla.
Current Coach: Bryan Volpenhein, Jeremy Ivey
Years on National Team: Four – 2008-10, Under 23; 2011, Senior, Pan Am

International Results: Finished sixth in the pair with coxswain at the 2011 World Rowing Championships...Competed in the eight at the 2011 Golden Blades of St. Petersburg Sprint Regatta...Finished second in the eight at the 2010 World Rowing Under 23 Championships...Finished seventh in the eight at the 2009 World Rowing Under 23 Championships…Won gold in the eight at the 2008 World Rowing Under 23 Championships.

National Results: Finished second in the pair at the 2011 Pan American Games Trials…Won the pair with coxswain at the 2011 Senior World Championship Trials...Won the junior varsity eight at the 2009 IRA Championships…Finished second in the varsity eight at the 2008 IRA Championships…Won the Championship Eight at the 2008 Head of the Charles Regatta…Finished third in the varsity eight at the 2007 IRA Championships.

Personal: Blaise enjoys puzzles, painting, snowshoeing and slight of hand…He lists his most memorable sporting achievement as winning gold at the 2008 World Rowing Under 23 Championships.

Bob Duff

Hometown: Huntingdon Valley, Pa.
Current Residence: Huntingdon Valley, Pa.
Club Affiliations: Malta Boat Club, USRowing Training Center – Oklahoma City
Began Rowing: St. Joseph's Prep, 2003
Date of Birth: 10/9/87
Height: 6'3"

Weight: 160
High School: St. Joseph's Prep
Undergraduate Education: Columbia University, 2010
Current Coach: Bryan Volpenhein
Years on National Team: Three – 2009, Under 23; 2010, Senior; 2011, Pan Am

International Results: Finished fifth in the lightweight eight at the 2010 World Rowing Championships...Finished ninth in the lightweight quadruple sculls at the 2009 World Rowing Under 23 Championships.

National Results: Won the double sculls at the 2011 Pan American Games Trials...Finished second in the lightweight double sculls at the 2011 World Rowing Championships Trials...Won the lightweight eight at the 2010 World Rowing Championships Trials…Won the lightweight quadruple sculls at the 2009 Under 23 World Championship Trials…Finished second in the lightweight quadruple sculls at the 2009 USRowing National Championships...Won the intermediate lightweight quadruple sculls and intermediate lightweight double sculls at the 2007 USRowing Club National Championships.

Personal: Bob lists his most memorable sporting achievement as stroking the varsity eight his senior year in high school…His two brothers and two sisters all row and his older brother, Shawn, got him into rowing…Bob lists his family, particularly his parents, as the most influential people in his life.

Josh Gautreau

Hometown: New Ipswich, N.H.
Current Residence: Charlottesville Va.
Club Affiliation: New York Athletic Club
Began Rowing: Fall, 2002
Date of Birth: 11/10/83
Height: 6'2"
Weight: 155
High School: Mascenic High School
Undergraduate Education: Syracuse University
Occupation: Director of Operations, University of Virginia Women's Rowing Team
Current Coach: Kevin Murphy
Years on National Team: One – 2011 Pan Am

International Results: Won gold in the lightweight four at the 2011 Canadian Henley.

National Results: Won the lightweight four at the 2011 USRowing Elite National Championships…Won gold in the lightweight four at the 2010 USRowing Club National Championships.

Michael Gennaro

Hometown: Havertown, Pa.
Current Residence: Syracuse, N.Y.
Began Rowing: St. Joseph's Prep, 2004
Date of Birth: 3/11/1989
Height: 6'3"
Weight: 185
High School: St. Joseph's Prep
Undergraduate Education: Syracuse University, Psychology
Club Affiliation: Syracuse University
Training Location: Syracuse, N.Y.
Current Coaches: Mike Teti, Luke Agnini, Dave Reischman
Years on National Team: Four – 2007, Junior; 2009-11, Under 23, Pan Am

International Results: Won gold in the eight at the 2011 World Rowing Under 23 Championships...Finished second in the eight at the 2010 World Rowing Under 23 Championships...Won silver in the four at the 2009 World Rowing Under 23 Championships…Finished fifth in the eight at the 2007 World Rowing Junior Championships...Finished second in the Princess Elizabeth Challenge Cup at the 2005 Henley Royal Regatta.

National Results: Won the pair at the 2011 Pan American Games Trials...Finished sixth in the varsity eight at the 2010 IRA Championships…Won the freshman eight at the 2008 Eastern Sprints…Won the intermediate eight and finished second in the senior eight at the 2007 USRowing Club National Championships...Finished third in the varsity eight at the 2007 Stotesbury Cup Regatta...Finished second in the eight at the 2006 USRowing Youth National Championships...Finished second in the varsity eight at the 2006 Stotesbury Cup Regatta...Won the varsity eight at the 2005 Stotesbury Cup Regatta.

Personal: Michael enjoys watching the Philadelphia Phillies…He lists Bill Lamb as the most influential person in his sporting career…Michael lists his personal heroes as Mike Tyson and John Kruk.

Personal: Josh is an avid climber and upright bass player…He started rowing as a walk-on at Syracuse University.

Monica "Meg" George

Birthplace: Houston, Texas
Hometown: Houston, Texas
Current Residence: Oklahoma City, Okla.
Club Affiliation: USRowing Training Center – Oklahoma City
Began Rowing: University of Texas, 2006

Date of Birth: 7/16/88
Height: 6’3”
Weight: 176
High School: Westbury Christian School
Undergraduate Education: University of Texas, B.A. in European Studies and French, 2009
Training Location: Oklahoma City, Okla.
Current Coaches: Bryan Volpenhein, Jeremy Ivey
Years on National Team: One – 2011, Pan Am

International Results: Won the Senior B pair at the 2010 Royal Canadian Henley Regatta.

National Results: Won the pair at the 2011 Pan American Games Trials...Won the varsity eight at the 2009 and 2010 Big 12 Championships.

Personal: Besides rowing, Meg enjoys reading, cooking, hanging out with her dog, traveling, and whitewater rafting...Before a race, she always has to eat peanut butter...Her most memorable sporting achievement was winning the Big 12 Championships her senior year by seven seconds...Meg's father, Stephen George, played in the NFL...She chose rowing after seeing it on the back of a Sports Illustrated magazine as a senior in high school...The most influential person in Meg's sporting career has been her college coach, Carie Graves, who Meg says she has to thank for her successes because Carie is incredibly tough and demands the most of herself and the women she coaches...Meg's personal heroes are the women on the national team who keep raising the bar...She hopes to row for the USA at the Olympic Games, after which she would like to continue river guiding in Idaho and attend graduate school.

Jen Goldsack

Hometown: Banstead, United Kingdom
Current Residence: Trenton, N.J.
Club Affiliation: Penn A.C.
Began Rowing: Somerville College-Oxford, 2003
Date of Birth: 7/12/82
Height: 5’8”
Weight: 125
High School: Nonsuch High School
Undergraduate Education: University of Oxford, 2004
Graduate Education: University of Oxford, 2005
Occupation: Ph.D. student, consultant
Current Coach: Ted Nash
Years on National Team: Three – 2005, 2008, Senior; 2011 Pan Am

International Results: Finished 10th in the lightweight double sculls at the 2008 Olympic Games…Finished second in the lightweight double sculls at the 2008 Final Olympic

Qualification Regatta...Finished eighth in the double sculls at the 2008 FISA World Cup stop in Lucerne...Finished second in the lightweight single sculls at the 2007 FISA World Championships...Won the lightweight single sculls at the 2007 Women's Henley Regatta...Finished second in the single sculls at the 2007 Henley Royal Regatta...Finished ninth in the lightweight double sculls at the 2006 FISA World Cup stop in Poznan...Finished eighth in the lightweight double sculls at the 2005 FISA World Championships...Finished 13th in the lightweight double sculls at the 2005 FISA World Cup stop in Lucerne...Finished fourth in the lightweight single sculls at the 2005 FISA World Cup stop in Munich...Finished 12th in the lightweight single sculls at the 2005 FISA World Cup stop in Eton.

National Results: Won the lightweight single sculls at the 2011 Pan American Games Trials…Won the lightweight double sculls at the 2008 U.S. Olympic Team Trials... Finished fifth in the double sculls at the second 2008 National Selection Regatta...Won the lightweight single sculls at the 2007 U.S. National Team Trials...Won the lightweight eight at the 2003 Oxford-Cambridge Boat Race.

Personal: Jen competed in rugby at Oxford before switching to rowing...Jen lists her best friend, Rebecca Romero, as the most influential person in her sporting career and life...Jen raced for the British National Team in 2005 and 2006.

Derek Johnson

Birthplace: Hillsborough, Calif.
Hometown: Hillsborough, Calif.
Current Residence: New Haven, Conn.
Began Rowing: St. Ignatius College Preparatory School, 2003
Date of Birth: 6/10/1988
Height: 6'2"
Weight: 195
High School: St. Ignatius College Preparatory School
Undergraduate Education: Yale University, Economics, 2011
Club Affiliation: Yale University
Training Location: Oklahoma City, Okla.
Current Coaches: Stephen Gladstone, Jeremy Ivey, Bryan Volpenhein
Years on National Team: Three – 2005, Junior; 2010, Under 23; 2011, Senior

International Results: Finished sixth in the men's pair with coxswain at the 2011 World Rowing championships...Won the Princess Elizabeth Challenge Cup at the 2006 Henley Royal Regatta…Won gold in the eight at the 2005 World Rowing Junior Championships.

National Results: Finished second in the pair at the 2011 Pan American Games Trials...Won the pair with coxswain at the 2011 Senior World Championship Trials...Won the eight at the 2006 USRowing Youth National Championships…Won the eight at the 2005 USRowing Youth National Championships…Finished third in the eight

at the 2004 USRowing Youth National Championships.

Personal: Derek was selected to the quadruple sculls at the 2010 World Rowing Under 23 Championships, but was unable to compete due to injury...He decided to row because his father rowed at Harvard University…Derek's goal is to row at the 2016 Olympic Games…His most memorable sporting achievement was winning the eight at the 2005 World Rowing Junior Championships.

Ken Jurkowski

Birthplace: Rhinebeck, N.Y.
Hometown: New Fairfield, Conn.
Current Residence: New Fairfield, Conn.
High School: New Fairfield High School
Date of Birth: 9/2/81
Height: 6'2"
Weight: 210
Undergraduate Education: Cornell University, 2003
Began Rowing: 1999
Training Location: New Fairfield, Conn.
Coach: Self
Years on National Team: Five – 2005-06, 2008, 2010-11, Senior; 2011, Pan Am

International Results: Finished 11th in the single sculls at the 2011 World Rowing Championships...Finished fourth in the single sculls at the 2011 Samsung World Rowing Cup stop in Lucerne...Took bronze in the single sculls at the 2011 Samsung World Rowing Cup stop in Hamburg...Finished ninth in the single sculls at the 2011 Samsung World Rowing Cup stop in Munich...Finished second in the single sculls at the 2011 Philadelphia Challenge Cup…Finished 12th in the single sculls at the 2010 World Rowing Championships...Finished 11th in the single sculls at the 2008 Olympic Games...Won the single sculls at the 2008 Final Olympic Qualification Regatta...Finished ninth in the single sculls at the 2008 Rowing World Cup stop in Lucerne...Won bronze in the eight at the 2006 World Rowing Championships...Finished ninth in the quadruple sculls at the 2005 World Rowing Championships.

National Results: Won the single sculls at the 2011 Pan American Games Trials…Won the single sculls at the 2011 National Selection Regatta #1...Won the single sculls at the 2010 World Rowing Championship Trials...Finished second in the single sculls at the 2010 National Selection Regatta #1...Won the single sculls at the 2008 U.S. Olympic Team Trials...Won the single sculls at the first 2008 National Selection Regatta...Finished third in the double sculls at the second 2006 National Selection Regatta...Won the single sculls at the first 2006 National Selection Regatta...Finished third in the double sculls at the second 2005 National Selection Regatta...Finished sixth the single sculls at the first 2005 National Selection Regatta...Finished second in the double sculls at the 2004 U.S. Olympic Team Trials...Finished third in the single sculls at the 2004 U.S. Olympic Team

Trials...Won the elite double sculls and finished second in the senior single sculls at the 2003 USRowing National Championships.

Stephen Kasprzyk

Birthplace: Cinnaminson, N.J.
Hometown: Cinnaminson, N.J.
Current Residence: Philadelphia, Pa.
Club Affiliation: Penn A.C. Rowing Association
Began Rowing: Drexel University, 2000
Date of Birth: 2/14/82
Height: 6'7"
Weight: 215
High School: Holy Cross High School
Undergraduate Education: Drexel University, 2005
Training Location: Philadelphia, Pa.
Current Coach: Dave Krmpotich, Ted Nash
Years on National Team: Three – 2007, 2009, Senior; 2011, Pan Am

International Results: Finished fifth in the eight at the 2010 E.ON Hanse Canal Cup...Finished ninth in the eight at the 2009 World Rowing Championships...Finished seventh in the eight at the 2009 Rowing World Cup stop in Lucerne...Finished seventh in the pair with coxswain at the 2007 World Rowing Championships.

National Results: Won the four at the 2011 Pan American Games Trials...Won the pair at the 2011 USRowing Elite Nationals...Won the eight at the 2009 USRowing Elite Nationals...Won the pair with coxswain at the 2007 Senior National Team Trials.

Personal: Steve enjoys running marathons and mountain biking...He lists running the 2004 Philadelphia Marathon as his most memorable sporting achievement...Steve's father is his personal hero...He lists his rowing friends from Drexel and Penn A.C. as the most influential people in his sporting career.

Ryan Kirlin

Hometown: Medford, N.J.
Club Affiliation: New York Athletic Club
Date of Birth: 3/9/87
Height: 6'1"
Weight: 160
Years on National Team: One – 2011, Pan Am

Marcus McElhenney

Birthplace: Drexel Hill, Pa.
Hometown: Lansdowne, Pa.
Current Residence: Havertown, Pa.
Club Affiliation: New York Athletic Club
Began Rowing: Monsignor Bonner, 1997
Date of Birth: 7/27/81
Height: 5'5"
Weight: 121
High School: Monsignor Bonner, Drexel Hill, Pa.
Undergraduate Education: Temple University, B.A. with Honors in Psychology, 2003
Graduate Education: University of San Francisco, School of Law, Class of 2013
Training Location: Chula Vista, Calif.
Current Coach: Tim McLaren, Cam Kiosoglous, Vinny Ventura
Years on National Team: Nine — 2001, Under 23; 2003-09, Senior; 2011 Pan Am

International Results: Won gold in the pair with coxswain at the 2009 World Rowing Championships…Took bronze in the eight at the 2008 Olympic Games in Beijing…Finished fourth in the eight at the 2007 World Rowing Championships…Won gold in the eight at the 2006 Eon Hanse Canal Cup…Took bronze in the eight at the 2006 World Rowing Championships…Took bronze in the eight at the 2005 Eon Hanse Canal Cup…Took gold in the eight and bronze with the four with coxswain at the 2005 World Rowing Championships…Took bronze in the eight at the 2004 Eon Hanse Canal Cup…Took bronze in the four with coxswain at the 2004 World Rowing Senior and Junior Championships…Took silver in the eight at the 2003 Eon Hanse Canal Cup…Won gold in the four with coxswain at the 2003 World Rowing Championships…Took silver in the eight at the 2001 World Rowing Under 23 Championships.

National Results: Won gold in the eight at the 2009 USRowing Elite Nationals…Won the championship eight at the 2007 Head of the Charles Regatta…Won gold in the eight and gold in the four with coxswain at the 2007 USRowing Elite Nationals…Won the championship eight at the 2003 Head of the Charles Regatta.

Personal: Marcus's hobbies include running, reading, cooking pizza with teammate Wes Piermarini, and wine tasting…His most memorable sporting achievement is a three-way tie between winning a Dad Vail gold medal in 2003, taking Olympic bronze in 2008, and winning the World Championship in 2009…Marcus's cousin, Rob McElhenney, is the creator of and writer for the show "It's Always Sunny in Philadelphia"…After his performance at the Beijing Olympics, Marcus received a Congressional Citation from the Honorable Joe Sestack…The most influential person in his sporting career and life is his mother, because she has always been there for him…Marcus's personal heroes are his parents, who were able to do a great deal with very little and showed him that anything is possible…Marcus hopes to win another Olympic medal and to become an attorney.

Robert "Rob" Milam

Birthplace: Omaha, Neb.
Hometown: Idaho Falls, Idaho
Current Residence: New York, N.Y.
Club Affiliation: New York Athletic Club
Began Rowing: Princeton University, 1994
Date of Birth: 7/11/76
Height: 6'0"
Weight: 155
Marital Status: Married, one daughter
High School: Idaho Falls High School
Undergraduate Education: Princeton University, 1998
Training Location: The Bronx, N.Y.
Current Coach: Vinny Ventura, Kevin Murphy
Years on National Team: Two – 2003, 2011, Pan Am

International Results: Finished seventh in the lightweight four at the 2003 Pan American Games.

National Results: Won the lightweight four at the 2011 Pan American Games Trials...Won the lightweight four at the 2007 Head of the Charles Regatta...Won the lightweight eight at the 2002, 2003, and 2004 Head of the Charles Regatta...Won the lightweight four at the 2003 Pan American Games Trials...Won the open eight at the 2000 USRowing Elite Nationals...Won the open eight and the open lightweight pair at the 1999 USRowing National Championships...Won the lightweight varsity eight at the 1998 Eastern Sprints Regatta and the IRA Championships.

Personal: Rob enjoys golfing and skiing...His brother played professional golf, and Rob began rowing after being cut from the golf team his freshman year of college...He is married and has a daughter.

Robert "Ty" Otto

Birthplace: Tacoma, Wash.
Hometown: Seattle, Wash.
Current Residence: Seattle, Wash.
Began Rowing: 2004 – Thomas Jefferson High School
Date of Birth: 3/1/89
Height: 6'7"
Weight: 195
High School: Thomas Jefferson High School for Science and Technology
Undergraduate Education: University of Washington, Physics, Political Science, 2011
Club Affiliation: Varsity Boat Club
Training Location: Seattle, Wash.

Current Coaches: Mike Teti, Michael Callahan
Years on National Team: Two – 2010-11, Under 23; 2011 Pan Am

International Results: Won the eight at the 2011 World Rowing Under 23 Championships...Finished second in the eight at the 2010 World Rowing Under 23 Championships.

National Results: Won the pair at the 2011 Pan American Games Trials...Won the varsity eight at the 2011 IRA Championships..Finished second in the varsity eight at the 2010 IRA Championships...Won the second varsity eight at the 2009 IRA Championships.

Personal: Ty was an Eagle Scout and was the 2010 team captain at the University of Washington…He lists his hobbies as Husky sports, gardening, reading atlases, and skiing…Before races Ty always listens to "In Love with Myself" by David Guetta and "Till I Collapse" by Eminem…His most memorable sporting achievement was winning the Boy's Senior Eight at the 2006 Stotesbury Cup Regatta…Ty chose rowing because he wanted to be able to eat with impunity…His parents have been the most influential people in his athletic career because they are always supportive and always offer good advice…Ty would like to compete in the Oxford-Cambridge Boat Race and for the senior national team…His personal hero is Dwayne "The Rock" Johnson.

Tom Paradiso

Birthplace: Abington, Pa.
Hometown: Blue Bell, Pa.
Current Residence: Philadelphia, Pa.
Club Affiliation: USRowing Training Center – Oklahoma City
Began Rowing: Chestnut Hill Academy, 1995
Date of Birth: 12/7/79
Height: 6'1"
Weight: 150
High School: Chestnut Hill Academy
Undergraduate Education: University of Pennsylvania, B.A. in Anthropology, 2002
Training Location: Oklahoma City, Okla.
Current Coach: Bryan Volpenhein
Years on National Team: Nine – 2001-08, Senior; 2011, Pan American

International Results: Finished 11th in the lightweight four at the 2008 Olympic Games in Beijing...Won gold in the lightweight eight at the 2008 World Rowing Senior and Junior Championships...Won the lightweight eight at the 2007 Head of the Charles Regatta...Finished 11th in the lightweight four at the 2007 World Rowing Championships...Finished 14th in the lightweight four at the 2007 Rowing World Cup stop in Lucerne...Finished sixth in the lightweight four at the 2007 Rowing World Cup stop in Linz...Finished sixth in the Championship Single at the 2006 Head of the Charles Regatta...Finished ninth in the lightweight four at the 2006 World Rowing

Championships...Finished fifth in the Championship Single at the 2005 Head of the Charles Regatta...Finished ninth in the lightweight four at the 2005 World Rowing Championships.

National Results: Won the lightweight double sculls at the 2011 Pan American Games Trials...Finished second in the lightweight double sculls at the 2011 Senior National Team Trials...Finished fourth in the lightweight pair at the 2008 National Selection Regatta #2...Won the lightweight four at the 2007 USRowing Elite Nationals...Won the lightweight four at the 2007 Pan American Games Trials...Finished third in the lightweight pair at the 2007 National Selection Regatta #2...Finished second in the lightweight pair at the 2006 National Selection Regatta #3...Won the lightweight pair at the 2006 National Selection Regatta #2...Finished third in the lightweight double sculls at the 2005 National Selection Regatta #2...Finished fifth in the lightweight single sculls at the 2005 National Selection Regatta #1.

Personal: Tom has won medals at the World Championships on both port and starboard sides...Every member of Tom's immediate family has tried rowing...He credits his mother's acupuncture treatments as one of the reasons he has been able to compete at the elite level...Tom's other hobbies include listening to and remixing music, watching movies, running, surfing, traveling, snowboarding, reading, and riding his Ducati.

Frank Petrucci

Hometown: Warwick, N.Y.
Club Affiliation: New York Athletic Club
Date of Birth: 1/11/89
Height: 5’11”
Weight: 155
Years on National Team: One – 2011, Pan Am

Andrew Quinn

Hometown: Honeoye Falls, N.Y.
Current Residence: Cherry Hill, N.J.
Club Affiliation: Undine Barge Club
Began Rowing: Binghamton University, 1996
Date of Birth: 2/26/78
Height: 6’0”
Weight: 160
High School: Honeoye Falls-Lima High School
Undergraduate Education: Rutgers University, Civil Engineering, 2001
Occupation: Marine Engineer with Urban Engineers, Inc.
Current Coaches: Joe Quaid, Ted Nash, Scott Wisnewski
Years on National Team: Three – 2008-09, Senior; 2011 Pan Am

International Results: Finished 14th in the lightweight men's double sculls at the 2009 World Rowing Championships…Finished 10th in the lightweight double sculls at the 2009 Rowing World Cup stop in Banyoles…Finished sixth in the lightweight quadruple sculls at the 2008 World Rowing Senior and Junior Championships.

National Results: Won the double sculls at the 2011 Pan American Games Trials…Won the lightweight double sculls at the 2009 National Selection Regatta #2…Won the lightweight double sculls at the 2009 National Selection Regatta #1…Finished third in the lightweight double sculls at the second 2008 National Selection Regatta…Finished second in the lightweight eight at the 1999 IRA Championships.

Personal: Andrew began rowing after his best friend from high school encouraged him to join the club team in college…His personal hero is Jim Barker, and he lists the most influential people in his sporting career as his parents…Andrew is a licensed professional engineer in New Jersey, Pennsylvania, New York, Maryland and Delaware.

Jason Read

Birthplace: Flemington, N.J.
Hometown: Ringoes, N.J.
Current Residence: Ringoes, N.J.
Club Affiliations: USRowing Training Center, New York Athletic Club, Penn AC
Began Rowing: The Hun School of Princeton, 1992
Birthdate: 12/24/77
Height: 6'0"
Weight: 185
High School: The Hun School of Princeton
Undergraduate Education: Temple University, Economics & Finance, 2000-03
Graduate Education: St. Joseph's University
Occupations: Consultant / Coach
Employers: Capital Health, Trenton, N.J.; Sneakers Plus, Flemington, N.J.
Training Location: Princeton, N.J.
Current Coaches: Tim McLaren, Kris Korzeniowski, Bryan Volpenhein
Years on National Team: Thirteen – 1995, Junior; 1997-99, Under 23; 2009 (Under 23 Coach); 2001 -2004, 2007-08, 2010, Senior; 2011 Pan Am

International Results: Won the four at the 2011 Pan American Games Trials...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 12th 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 10th 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 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: Jason is a varsity girls' rowing coach at Bishop Eustace Prep…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 …Jason 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 after he and his boatmates won Olympic gold in Athens…In 2001, Jason was a finalist for the Sullivan Award, recognizing the top amateur athlete in the United States…Jason also received the Arête Lifetime Achievement Award in Sport for his response to Ground Zero following the World Trade Center attacks on 9/11…Jason held the position of Chief Operations of the Amwell Valley – Ringoes Rescue 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 Governor's Volunteer Award in Public Safety, the highest award given to a volunteer in New Jersey…Jason is the first American fire/rescue chief to win an Olympic gold medal…In 2005, he was inducted into the Halls of Fame of the New York Athletic Club and The Hun School…Jason is recognized as an expert in the public safety industry and speaks regularly at national conventions and forums regarding public policy, public safety, and homeland security…Jason enjoys working with the USO in support of our

troops, both domestically and abroad…He is an Executive Board Member of the Temple University Owl Club and a Board Member of the Hunterdon County YMCA…When not training, Jason enjoys reading, swimming, volunteering, skiing and fellowship…His favorite movies are Dr. Strangelove, Batman and Patton and his favorite food is anything with garlic and olive oil.

Catherine Reddick

Hometown: Philadelphia, Pa.
Current Residence: Philadelphia, Pa.
Club Affiliation: Penn A.C. Rowing Association
Date of Birth: 10/4/82
Height: 5'10"
Weight: 155
Years on National Team: One – 2011, Pan Am

Michelle Sechser

Hometown: Folsom, Calif.
Current Residence: Oklahoma City, Okla.
Club Affiliation: USRowing Training Center – Oklahoma City
Began Rowing: Capital Crew, Rancho Cordova, Calif., 2000
Date of Birth: 11/1/86
Height: 5'6"
Weight: 128
High School: Folsom High School
Undergraduate Education: University of Tulsa; Marketing, International Studies
Graduate Education: University of Tulsa, Masters of Business Administration
Occupation: Benefits Department at Chesapeake Energy Corporation
Current Coach: Bryan Volpenhein
Years on National Team: One – 2011, Pan Am

International Results: Won gold in the women's double sculls (4k) and silver in the women's double sculls (2k) at the 2011 USA Rowing World Challenge…Finished second in the women's double sculls and second in the women's quadruple sculls at the 2010 USA Rowing World Challenge Exhibition Race.

National Results: Won the lightweight double sculls at the 2011 Pan American Games Trials…Finished fourth in the women's quadruple sculls at the 2011 USRowing National Championships…Finished fifth in the lightweight double sculls at the 2011 National Selection Regatta #2…Won gold in the senior lightweight single sculls, intermediate lightweight single sculls and senior lightweight quadruple sculls at the 2009 USRowing Club National Championships…Won bronze for lightweight women at the 2009 C.R.A.S.H.-B's…Took silver for lightweight women at the 2008 C.R.A.S.H.-B's.

Personal: Michelle lists her proudest athletic accomplishments as making the 2011 Pan American Games Team in the lightweight double sculls, breaking seven minutes on a 2k erg test and finishing second to the open weight German woman who won gold in Slovenia at the 2011 World Rowing Challenge…She enjoys country music and trail running…Michelle lists her favorite music artist as George Strait and Remember the Titans is her favorite movie…The coach that has had the greatest impact on her success is Kevin Harris at the University of Tulsa…Michelle started rowing in 2000 for Capital Crew…She was motivated by her sister's incredible natural talent with the sport and decided when visiting her at junior national team camp that she wanted to try rowing.

Margot Shumway

Birthplace: Cincinnati, Ohio
Hometown: Westlake, Ohio
Current Residence: Arlington, Va.
Club Affiliation: Potomac Boat Club
Began Rowing: The Ohio State University, 2001
Date of Birth: 8/2/79
Height: 5'11"
Weight: 170
High School: Westlake High School
Undergraduate Education: The Ohio State University, Comparative Cultural Studies, 2002
Training Location: Washington, D.C.
Current Coach: Matt Madigan, Reilly Dampeer
Years on National Team: Five – 2005, 2008-10, Senior; 2011, Pan Am

International Results: Finished fifth in the quadruple sculls at the 2010 World Rowing Championships...Finished fifth in the double sculls and fifth in the quadruple sculls at the 2010 Rowing World Cup stop in Lucerne…Finished 13th in the single sculls at the 2009 World Rowing Championships…Finished fifth in the quadruple sculls at the 2008 Olympic Games...Finished second in the quadruple sculls at the 2008 Rowing World Cup stop in Lucerne...Finished fifth in the quadruple sculls at the 2005 World Rowing Championships.

National Results: Won the single sculls at the 2011 Pan American Games Trials...Finished second in the single sculls at the 2011 Senior World Championships Trials...Finished third in the double sculls at the 2010 National Selection Regatta #3…Won the single sculls at the 2009 World Championships Trials…Finished third in the double sculls at the 2008 National Selection Regatta #2...Finished third in the double sculls at the 2007 National Selection Regattas #2 and #3...Won the second varsity eight at the 2002 Big 10 Championships.

Personal: Margot enjoys playing acoustic guitar, as well as mosaic-ing old tables…If she were not rowing, she would be writing and recording music…Her favorite song is

"(Sittin' on) The Dock of the Bay" by Otis Redding …Her favorite movies include Tommy Boy, The Shawshank Redemption and A League of Their Own…Margot lists her most memorable sporting achievement as winning singles trials in 2009…She began rowing as a fourth-year student at The Ohio State University…Margot says the most influential and inspiring person in her life is her mother…She lists East of Eden as her favorite book.

Chelsea Smith

Hometown: Edina, Minn.
Current Residence: Oklahoma City, Okla.
Club Affiliation: USRowing Training Center - Oklahoma City
Began Rowing: Minneapolis, 2004
Date of Birth: 3/8/88
Height: 5'7"
Weight: 122
High School: Edina High School
Undergraduate Education: Drake University, Bachelors of Arts in Biochemistry, Cell and Molecular bio
Graduate Education: University of Central Oklahoma, Masters of Science Exercise Science
Occupation: Graduate Student
Current Coach: Bryan Volpenhein, Kris Korzeneowski
Years on National Team: One – 2011, Pan Am

International Results: Finished second in the double sculls at the 2011 USA Rowing World Challenge.

National Results: Won the lightweight double sculls at the 2011 Pan American Games Trials…Finished fifth in the lightweight double sculls at the 2011 National Selection Regatta #2…Finished fourth in the quadruple sculls at the 2011 USRowing National Championships…Finished third in the lightweight double sculls at the 2010 World Rowing Under 23 Championships Trials…Finished third (overall team) at the 2010 MAAC Championships…Finished second in the lightweight single sculls at the 2009 World Rowing Under 23 Championships Trials…Won bronze in the four with coxswain at the 2009 Dad Vail Regatta.

Personal: Chelsea's proudest athletic accomplishments are winning a bronze medal at Dad Vails, winning the Howlett Award in 2008-2009 for Female Student Athlete of the Year and breaking the Des Moines River course record her junior year in college…She lists candy, candy corn, candy canes and syrup as her favorite foods…Chelsea's favorite movies are The Lion King and Miracle…Her hobbies include running, reading and dancing…She took up rowing because she was interested in a sport that combined endurance and strength, and her neighbor was doing it for the summer and needed one more to make a good carpool.

Megan Smith

Birthplace: Kansas City, Mo.
Hometown: Templeton, Calif.
Current Residence: Oklahoma City, Okla.
Club Affiliation: USRowing Training Center – Oklahoma City
Began Rowing: University of California, Berkeley, 2003
Date of Birth: 4/9/85
Height: 6'1"
Weight: 185
High School: Templeton High School
Undergraduate Education: University of California, Berkeley, B.A. in Psychology, 2007
Training Location: Oklahoma City, Okla.
Current Coaches: Bryan Volpenhein, Jeremy Ivey
Years on National Team: Three – 2006-07, Under 23; 2011, Pan American

International Results: Took bronze in the eight at the 2007 World Rowing Under 23 Championships...Won gold in the eight at the 2006 World Rowing Under 23 Championships.

National Results: Won the pair at the 2011 Pan American Games Trials...Finished second in the varsity eight and won the team championship at the 2006 NCAA Championships...Finished second in the second varsity eight and won the team championship at the 2005 NCAA Championships.

Personal: Megan's nickname is "Smitty"...Besides rowing, Megan enjoys napping, baking, and reading a good book...Her most memorable sporting achievement was racing in the finals of the Under-23 eight in 2006, which made her want to continue the journey into elite rowing...Megan chose rowing because of the women on the team at Cal, because their intense drive and team effort were unlike anything she had ever been a part of before...Her personal hero is her father, and she often repeats two of his sayings: "It's just pain" and "Life is not fair"...Megan hopes to push herself to be the best athlete she is capable of becoming, and after her rowing career, to open her own bakery.

Joe Spencer

Hometown: Washington, D.C.
Current Residence: Philadelphia, Pa.
Club Affiliation: Penn A.C. Rowing Association
Began Rowing: 1996
Date of Birth: 7/26/83
Height: 6'3"
Weight: 200

High School: St. Marks School
Undergraduate Education: Temple University
Occupation: Graphic Designer
Current Coaches: Dave Krmpotich, Ted Nash
Years on National Team: One – 2011 Pan Am

International Results: Finished 19th in the double sculls at the 2010 World Rowing Cup #3…Finished fifth in the eight at the 2010 e.ON Hanse Cup…Won gold in the champ eight at the 2010 Canadian Henley.

National Results: Won the four at the 2011 Pan American Games Trials…Won gold in the double sculls at the 2010 USRowing Elite National Championships…Won gold in the double sculls at the 2006 Dad Vail Regatta…Won gold in the freshmen four with coxswain at the 2006 IRA Championships.

Dan Urevick-Ackelsberg

Birthplace: Philadelphia, Pa.
Hometown: Philadelphia, Pa.
Current Residence: Philadelphia, Pa.
Birthdate: 4/4/81
Height: 6'0"
Weight: 160
High School: Central High School
Undergraduate Education: Macalester College, 2003
Graduate Education: University of Pennsylvania Law, 2009
Occupation: Attorney
Employer: Community Legal Services of Philadelphia
Began Rowing: 1999 – Macalester College and Minneapolis Rowing Club
Club Affiliations: Undine Barge Club/Vesper Boat Club
Current Coaches: Scott Wisniewski, Joe Quaid, Ted Nash
Years on National Team: Four – 2006-07, 2010, Senior; 2011, Pan Am

International Results: Finished tenth in the lightweight single sculls at the 2010 World Rowing Championships...Finished sixth in the lightweight quadruple sculls at the 2007 World Rowing Championships…Finished 17th in the lightweight double sculls at the 2006 World Rowing Championships…Finished 13th in the lightweight double sculls at the 2006 World Cup stop in Lucerne…Won the lightweight double sculls and lightweight quadruple sculls at the 2005 Canadian Henley.

National Results: Won the double sculls at the 2011 Pan American Games Trials...Won the lightweight single sculls at the 2010 World Rowing Championships Trials…Finished second in the lightweight single sculls at the 2010 National Selection Regatta #1…Won the lightweight double sculls at the 2008 U.S. Olympic Team Trials – Rowing…Took second in the lightweight single sculls at the 2008 National Selection Regatta #1…Won

the lightweight double sculls at the 2006 National Selection Regatta #3.

Personal: Dan lists his hobbies as blogging, obsessing about Philadelphia sports teams and drinking diet soda…He is proud to be a U.S. National Team rower who was born and raised in the Philadelphia, and is a product of Boathouse Row, Undine Barge Club and Minneapolis Rowing Club…He lists winning the lightweight double sculls and quadruple sculls at the 2005 Canadian Henley, along with winning the lightweight double sculls at the 2006 National Selection Regatta, as his most memorable sporting achievements…Dan would especially like to thank all the people who helped him over the past few years – friends, teammates, coaches, employers, various medical staff and of course, his family.

Megan Walsh

Birthplace: Merrillville, Ind.
Hometown: Charlotte, N.C.
Current Residence: Philadelphia, Pa.
Club Affiliations: USRowing Training Center, Vesper Boat Club
Began Rowing: Villanova University, 2003
Date of Birth: 7/9/83
Height: 5'10"
Weight: 145
High Schools: Ursuline Academy, Charlotte Catholic High School
Undergraduate Education: Villanova University, BS in Nursing, 2006
Occupation: Registered Nurse
Employer: Lankenau Hospital, Main Line Health
Training Locations: Princeton, N.J., Philadelphia, Pa.
Current Coaches: Scott Wisniewski, Michiel Bartman
Years on National Team: Two – 2009, Senior; 2011, Pan Am

International Results: Won silver in the quadruple sculls at the 2009 World Rowing Championships.

National Results: Won the women's double sculls at the 2011 Pan American Games Trials…Won gold in the quadruple sculls at the 2009 USRowing National Championships.

Personal: Meg came to rowing while attending Villanova University, after two years as a collegiate volleyball player. She hopes to pursue an advanced nursing degree in the future.

Matt Wheeler

Birthplace: Palo Alto, Calif.

Hometown: Eugene, Ore.
Current Residence: Chula Vista, Calif.
Club Affiliation: USRowing Training Center – Chula Vista
Began Rowing: Oregon Association of Rowing, 2001
Date of Birth: 5/2/87
Height: 6'9"
Weight: 219
High School: South Eugene High School
Undergraduate Education: Brown University, 2009
Training Location: Chula Vista, Calif.
Current Coach: Tim McLaren, Jason Read
Years on National Team: Three — 2008-09, Under 23; 2011, Pan Am

International Results: Finished seventh in the eight at the 2009 World Rowing Under 23 Championships…Won the Ladies Challenge Plate at the 2009 Henley Royal Regatta…Finished fifth in the four with coxswain at the 2008 World Rowing Under 23 Championships.

National Results: Won the four at the 2011 Pan American Games Trials...Won the varsity eight at the 2009 Eastern Sprints Regatta…Finished second in the varsity eight at the 2008 Eastern Sprints Regatta.

Personal: Matt's hobbies include dancing…He was named "Most Likely to Succeed" in high school…Matt always looks around for ducks before the start of a race, because he considers them to be good luck…Matt chose rowing because he's 6'9" and was just too coordinated to play basketball…His most memorable sporting achievement was sweeping Eastern Sprints in 2009…Matt's personal hero is his father…After his rowing career, Matt would like to work on his music career with fellow teammate Mike Gennaro.

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.

Rowers are the third largest U.S. delegation (48 athletes) to the Olympic Games.

Eight-oared shells are about 60-feet long -- that's 20 yards on a football field.

Rowing was the first intercollegiate sport contested in the United States. The first rowing race was between Harvard and Yale in 1852.

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 23 pounds, and stretch nearly 27-feet long.

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

From 1920 through 1956, the USA 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.

Yale College founded the first collegiate boat club in the U.S. in 1843.

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. 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.

In 1999, the U.S. men's eight won its third consecutive gold medal at the world championships, a first in U.S. history.

At the 2004 Olympic Games, the U.S. men's eight won the gold medal. It marked the first time the U.S. had won the men's eight at the Olympics since 1964.

In 2007, the U.S. women's eight won its second consecutive world title at the 2007 FISA World Rowing Championships in Munich, Germany. It was the first time in history that the U.S. had won back-to-back world championships in the event.

In 2008, the U.S. women's eight won the gold medal. It was the first time the U.S. had won the women's eight at the Olympics since 1984.

Country Codes

AFG Afghanistan
ALB Albania
ALG Algeria
ANG Angola
ARG Argentina
ARM Armenia
AUS Australia
AUT Austria
AZE Azerbaijan
BAN Bangladesh
BAR Barbados
BEL Belgium
BER Bermuda
BLR Belarus
BOL Bolivia
BRA Brazil
BRN Bahrain
BUL Bulgaria
BUR Burkina Faso
CAN Canada
CAY Cayman Islands
CHI Chile
CHN China
CIV Ivory Coast
CMR Cameroon
COL Columbia
CRC Costa Rica
CRO Croatia
CUB Cuba
CYP Cyprus
CZE Czech Republic
DEN Denmark
DOM Dominican Republic
ECU Ecuador
EGY Egypt
ESA El Salvador
ESP Spain

EST Estonia
FIN Finland
FRA France
GBR Great Britain
GEO Georgia
GER Germany
GHA Ghana
GIB Gibraltar
GRE Greece
GUA Guatemala
HKG Hong Kong
HON Honduras
HUN Hungary
INA Indonesia
IND India
IRI Iran
IRL Ireland
IRQ Iraq
ISL Iceland
ISR Israel
ITA Italy
JAM Jamaica
JAP Japan
JOR Jordan
KAZ Kazakhstan
KEN Kenya
KGZ Kyrgyzstan
KOR Korea
KUW Kuwait
LAT Latvia
LBA Libya
LIB Lebanon
LTU Lithuania
MAD Madagascar
MAR Morocco
MAS Malaysia
MDA Moldova
MDV Maldives
MEX Mexico

MKD Macedonia
MON Monaco
MOZ Mozambique
MYA Myanmar
NCG Nicaragua
NED Netherlands
NGR Nigeria
NIG Niger
NOR Norway
NZL New Zealand
PAK Pakistan
PAN Panama
PAR Paraguay
PER Peru
PHI Philippines
PLE Palestine
POL Poland
POR Portugal
PRK DPR of Korea
PUR Puerto Rico
QAT Qatar
ROU Romania
RSA Republic of South Africa
RUS Russia
SAM Samoa
SEN Senegal
SIN Singapore
SLO Slovenia
SOM Somalia
SRB Serbia
SRI Sri Lanka
SUD Sudan
SUI Switzerland
SVK Slovakia
SWE Sweden
SWZ Swaziland
SYR Syria
TGA Tonga
THA Thailand

TKM Turkmenistan
TOG Togo
TON Tonga
TPE Chinese Taipei
TUN Tunisia
TUR Turkey
UGA Uganda
UKR Ukraine
URU Uruguay
USA United States
UZB Uzbekistan
VAN Vanuatu
VEN Venezuela
VIE Vietnam
ZAM Zambia
ZIM Zimbabwe

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 the 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.
FISA: Short for Federation Internationale des Societes d'Aviron. The international governing body for the sport of rowing, established in 1892.
G*ate:* The bar across the oarlock that keeps the oar in place.
G*erman rigging:* A different way of setting up which side of the boat the oars are on in a sweep boat. Instead of alternating from side to side all the way from bow to stern, in a German rigged boat, two consecutive rowers have oars on the same side.
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 -- the one 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.

StrokeCoach: A small electronic display that rowers attach in the boat to show the important race information like stroke rate and elapsed time.

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.