



## Riverside Boat Club

769 Memorial Drive  
Cambridge, Massachusetts 02139

Dear RBC Rowing Community,

August 18<sup>th</sup> 2007

I'm pleased to share with you that 10 athletes will represent Riverside Boat Club at the 2007 World Championships in Munich, Germany later this month!

As you know, Riverside has a rich history of its members performing at the highest levels. In recent years many members have represented the US at the World Championships and Olympic Games and most recently, our own lightweight eight represented the United States at last year's world championships in Eton, England.

This year RBC had athletes competing in a lightweight men's 8+, a lightweight women's quad, and lightweight men's and women's singles at the World Championships Trials in Princeton, New Jersey. In addition, RBC members, training at the Princeton Training Center, also attended trials. The lightweight men's eight won trials and beat their time standard. In addition, Liane Malcos, rowing in the PTC open women's 4x was also successful. Esther Lofgren, fresh off of a World Championship in the US Under 23 Women's 4x will attend the senior world championships as a spare. The RBC lightweight eight, coached by Bruce Smith, consists of:

Cox → Leigh Heyman  
Stroke → Will Daly  
7 Seat → John Nichols  
6 Seat → Andrew Diebold  
5 Seat → Jeff Forrester  
4 Seat → Greg Ruckman  
3 Seat → Tyler Resch  
2 Seat → Gavin Frase  
Bow → Tim Larson

I am writing on behalf of our athletes to ask for your support again this year. It will cost each athlete and coach of the 8+ approximately \$3,300 to compete at the 2007 World Championships. RBC's goal is to raise \$33,000 to help these athletes pay for the trip. The crew ran a very successful raffle that took place Thursday August 16<sup>th</sup>, where \$9,500 was raised. We are still in need of \$23,500. In 2005 and 2006 with your support we were very successful helping RBC athletes get to the World Championships. With your generous support this year we can help the 2007 athletes get to the World Championships and achieve their goal.

Riverside is also looking to the future by setting aside a small percentage of the funds raised to add to the long-term fund that will help support future Riverside athletes who participate in the World Championships.

Due to the short time between trials and the World Championships we will be hosting a reception for the athletes after they return on Sunday, September 9<sup>th</sup> at 8:00 am, after the first Head of the Kevin. I hope you can join us.

Sincerely,

Robert White  
RBC President

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**Tax Deductible donations can be mailed to Riverside Boat Club at the address above. Please note in the memo "2007 Riverside World's Fund". RBC's athletes thank you for your support.**



**Name:** Leigh Heyman

**Hometown:** Newton, MA

**Occupation:** Information Technology Manager

**RBC Member since:** 2007

**HPG Since:** 2007



**Rowing History:** 3 Time Head of the Charles: 2002,2003,2004 LM8+; 3 Time Canadian Henley Champion: 2001 LM8+ Dash, 2004 Sr. M8+, 2004 Champ. M8+ ; 2 Time US National Champion: 2001 Sr. M4+, 2002 Elite LM8+

**Favorite Rowing Memory:** Head of the Charles in 2001. We started behind Princeton and made a perfect pass just before the Eliot bridge. I had my riggers hanging over the buoys, Princeton's cox steered perfectly, barely a blade's width between us as we moved up their inside. Unfortunately we finished 2nd that year, as Yale managed to slip away during the pass. People were calling me for days after to tell me how exciting it was to watch.

**Random personal fact:** Spent 5 years living and working on "Tall Ships." In 1996 sailed across the Atlantic Ocean on a 160-foot wooden square-rigger. Stopped for a swim exactly halfway between North Africa and North America.

**Name:** William M Daly

**Hometown:** Vail, Co.

**Occupation:** Accountant

**RBC member since:** Summer 2006

**HPG since:** Summer 2006

**Rowing History:** Started rowing at Kent School. Junior year went undefeated (24-0) to win NEIRA's and to be the top school boy's eight in the country at US Invitational's, and made it through to the third day at the Henley Royal Regatta. Senior year came in 2nd at NEIRA's. Continued rowing at Boston University, sat 7 seat in the first freshmen, stroked the Junior Varsity Sophomore year. Junior year sat seven seat in the varsity and made it to the Grand Finals at both Eastern Sprints and IRA's. Summer of 2005 stroked the U.S. lightweight 4- to 8th place finish at the Under 23 World Championships. Summer 2006 sat 6 seat in the U.S. lightweight 8+ that finished 5th at the Eton World Championships. Official invitation to the 2007 LM4- section camp.



**Random personal fact:** I am a 6'5, 255lbs linebacker trapped in a lightweights body.

**Favorite Rowing Memory:** Beating St. Joe's prep at St. Andrews School Regatta, Making it to the Grand Finals of both Eastern Sprints and IRA's, and rowing in the World Championships.

**Name:** John Nichols

**Hometown:** Palo Alto, CA

**Occupation:** Cardiovascular Imaging Researcher

**RBC Member Since:** 2003

**HPG since:** 2005

**Rowing History:** Began rowing in 1997 as a freshman lightweight at Dartmouth College. Stopped rowing after graduating in 2001 and embarked on a career in management consulting. After deciding to apply to medical school, I returned to rowing in 2003 by joining Riverside. I spent a season with the men's sweep team and eventually joined the HPG in 2005. Since then, I have been training full time with an eye on the world championships and the Beijing Olympics. Regardless of what happens in 2008, I will hang up the competitive oar and dive into medical school at Johns Hopkins.



**Favorite rowing memory:** Medaling for the first time at a major regatta (1999 IRA national championships in LM8+)

**Random personal Fact:** I have an identical twin brother, and we were the third ranked badminton doubles team in the country.

**Name:** Andrew J Diebold

**Hometown:** North Wales, PA

**Occupation:** Paid Search Specialist, iProspect

**RBC Member since:** March 07

**HPG Since:** March 07

**Rowing History:** Cornell Lightweight – 7 seat 06 Sprints and IRA champs, 2nd temple challenge cup Henley

U23 – bow LMB 4- 7th place Hazewinkle Belgium

**Favorite Rowing Memory:** Winning sprints by open water in perfect conditions as the 8 seed.

**Random personal fact:** I love grilling



**Name:** Jeff Forrester

**Hometown:** Mathews, VA

**Occupation:** Research Associate, Massachusetts Eye & Ear Infirmmary

**RBC member since** September, 2003

**HPG Since:** March, 2004

**Rowing History:** 2 year Varsity letter winner at Mathews HS (1994-95), 3 year heavyweight, 1 year lightweight at Rutgers University (1995-1999): Silver IRAs Varsity Lt8+ Mobjack Rowing Association (1996-2003): Gold Canadian Henley SrB Lwt4-, SrBLwt4x, Lwt8+ Dash; Gold Nationals Int Lwt4-, Int Lwt4+

North Country Rowing (2001-2002): Gold Marlow Regatta Sr1 4-

Riverside Boat Club (2003-present): Gold Canadian Henley Sr Lwt8+ (twice), Sr Lwt 4-, Lwt 8+ Dash; Gold Nationals Int Lwt2x, Sr Lwt4-, Sr Lwt 4+; Gold Head of the Charles

**Favorite Rowing Memory:** Hearing our coxswain yelling that we had Princeton's bowball with 1000 down in the final of IRAs my senior year. First (and only) time I ever beat Princeton and it was well worth the wait.

**Random personal fact:** I was my high school valedictorian but chose my college education based on the possibility of rowing.



**Name:** Greg Ruckman

**Hometown:** Cincinnati, Ohio

**Occupation:** Entrepreneur

**RBC Member since:** Spring 2005

**HPG Since:** Spring 2005



**Rowing History:** Began rowing at Harvard University in 1992  
Finished third overall in the 2003 World Cup standings  
Won gold in the lightweight eight at the 1999 FISA World Championships  
Nine-time national team member and two-time Olympian

**Favorite Rowing Memories:** Winning the FISA 1999 World Championships in the lightweight eight; winning the 2003 Munich World Cup in the lightweight double with Steve Tucker; winning the lightweight eight at 2005 Head of the Charles with Riverside.

**Random personal fact:** Ran in high school and won the 3,200m, 1,600m, 800m and 4x800m relay at his league track and field championships in 1992. Was an Eagle Scout.

**Name:** Tyler Resch

**Hometown:** Weyauwega, WI

**Occupation:** 8th Grade Teacher at Edgerton Middle School

**RBC Member since:** Summer 2007

**HPG Since:** Summer 2007



**Rowing History:** University of Wisconsin 2001-2004, Senior Lwt 8+ winner at 2004 Canadian Henley

**Favorite Rowing Memory:** Winning the Senior Lwt 8+ at the 2004 Canadian Henley

**Random personal fact:** Lived in Alaska for 13 years

**Name:** Gavin Frase

**Hometown:** Orinda, Ca

**Occupation:** Analyst, Kortick Manufacturing

**RBC member since:** Summer 2007



**HPG Since:** Summer 2007

**Rowing History:** College: 1997-2001 Rollins College  
1998,1999 Southern Intercollegiate Rowing Champion  
1999-2001 Team Captain

Club: 2001-2003 Rollins Rowing Association (2nd place lwt 1x US trials)

2003-2004 Augusta Training Center (2nd place HOCR lwt 1x, 1st place NSR 2 lwt 4x, 2003 National Team lwt 4x, 3rd place Pan American Games lwt 4x

2004-Present-California Rowing Club (Competitor Diamond Sculls, Henley Royal Regatta Henley-on-the-Thames, 4th place US trials lwt 1x, 1st place US Elite national Championships lwt 4x, US National Team member lwt 8+)

**Favorite Rowing Memory:** Winning a medal at the Pan American Games and representing the United States

**Random personal fact:** I am a decent golfer and getting better with each year of rowing, which defies all logic!

**Name:** Tim Larson

**Hometown:** Ithaca, NY

**Occupation:** Landscape architect

**RBC Member since:** Spring 2007

**HPG Since:** Spring 2007



**Rowing History:** College rowing – Cornell Univ. '94-'95. Elite rowing – National Team Lwt Men 4x '02, '03, '04. Best result 4th at Worlds in '04.

**Favorite Rowing Memory:** Rowing around the Lagoon and canals of Venice, Italy.

**Random personal fact:**

**Name:** Bruce Smith (Coach)

**Hometown:** Fredericton, New Brunswick, Canada

**Occupation:** Co-founder and COO of a web-based business in 1999, residential real estate investment, and coaching.

**RBC Coach since:** Summer 2005

**Coaching History:**

2007 – 1st, U.S. World Championship Team Trials, Lightweight 8+

2006 – 1st, U.S. World Championship Team Trials, Lightweight 8+

2006 – 5th World Rowing Championships, Lwt Men's 8+

2005 – 1st, Men's Lightweight 8+, Head of the Charles



2005 – 1st, Men’s Lightweight 8+, Canadian Henley (course record)  
2005 – 1st, Men’s Lightweight 8+ Dash, Canadian Henley  
2005 – 3rd, Champ 8+, Canadian Henley  
2005 – 1st, U.S. World Championship Team Trials, Lightweight 8+

**Favorite Rowing Memory:** Surviving training camp in Montreal with stronger, more talented rowers than myself.

**Random Personal Fact:** Great Great Uncle was W.W. Ruddock, who built racing shells for Yale, Harvard, and "all the leading scullers of the day" in Saint John, New Brunswick until he relocated his shop to Cambridge, MA.

**Name:** Liane Malcos

**Hometown:** Carlisle, MA

**Occupation:** USOC Olympic Job Opportunities Program, Home Depot

**RBC Member since:** Spring 2002

**HPG Since:** Spring 2002

**Rowing History:** Groton School; Brown University; Riverside Boatclub, Princeton Training Center; 2007 US W4X, 6th, W4x, 2006 World Championships; 4th, W8+, 2005 World Championships; Spare 2004 US Olympic Team; 1st, W4-, 2003 World Championships, 1st W2-, W4-, W8+ 2002 Royal Canadian Henley; 3rd, W4-, 1999 Nations Cup

**Name:** Esther Lofgren

**Hometown:** Newport Beach, California

**Occupation:** Student

**RBC Member since:** Summer 2005

**Rowing History:** Newport Aquatic Center, Radcliffe College, Riverside Boatclub, 1st, W4X, 2007 U23 World Championships; Spare, 2007 Senior World Championships; 3rd, W4-, 2006 World Championships; 1st, W8+, 2006 U23 World Championships; 1st, W8+, 2005 Royal Canadian Henley Regatta

