

# Oakland Strokes Rows Strong at Autumn Festival

Submitted by Pat Rudebusch

**O**akland Strokes, the East Bay's premier high school rowing team, traveled to Newport Beach this past weekend to participate in the 20th Annual Newport Autumn Rowing Festival (NARF). The Newport regatta offers competition at various levels including collegiate and master rowers and several states including one team that came from as far as Connecticut. This was the first time Oakland Strokes competed at NARF.

Both men's and women's teams made a strong showing in Newport, which was their second event of the year and first time rowing on the 4,400-meter course in Newport Bay.

The women's lightweight eight varsity and junior varsity boats placed first and second respectively in the juniors, with both boats earning better times than many of the college teams. Only Stanford's women's lightweight posted a better time than the Oakland Strokes varsity boat.

In Oakland's lightweight varsity boat included coxswain Molly Fehr (Miramonte High), and Kendra Nyberg (Miramonte High) and Anne Hofinga (Miramonte High) in bow position. The JV boat was coxed by Mia Hamano (Piedmont High), with Jennifer Zitterman (Miramonte High) stroking, and India Akin (Campolindo High) as one of seven in bow.

"I am encouraged by the performance of the team, which built upon the lessons learned from the season's first outing in Sacramento," said women's head coach Ian Simpson. "We rowed with much more consistent power than in Sacramento. Our women's eight JV boat made the biggest improvement, placing sixth overall with a time of 18:28 and beating five varsity boats from competing teams. Our women's varsity rowed steadily and methodically over the course to finish fifth with a time of 17:40 and our third eight boat improved tech-

nically to finish 19th overall."

The men's varsity eight-man boat placed second with a time of 15:33, just 10 seconds behind first place Capital Crew from Sacramento. They were coxed by Lelia Pakawongse (Berkeley High), with Patrick Stolcke (Berkeley High) as stroke, followed by seven including Michael Schier (Miramonte High) in bow. Three other Oakland men's varsity eight boats finished fifth (15:57), tenth (16:29) and 15th (17:12) overall.

"Newport Bay is a tricky course with a series of straight- interspersed with challenging and often-confusing turns," Simpson describes. "It was a great place for the coxes to display their skills and it was also very useful for the rowers to learn to focus on their rowing and not be distracted by the surroundings."

Although the beauty of Newport and the course's surrounding celebrity homes could have been easy distractions, Simpson is quick to point to the dedication of the Oakland Strokes athletes: "The trip provided a great opportunity for the team to bond and rededicate themselves to training hard and to making the improvements required for them to be successful in the spring racing season. The coaches gained a lot of information from both races and know there is much work still to be done as we mold this young team of great kids into the athletic force that it can be. We are on track, the training is going well and they have great team spirit."

The Oakland Strokes is a nationally recognized, junior level rowing club open to all high school students in the San Francisco Bay Area. In addition to rowing technique, the coaches emphasize our values of teamwork, leadership, initiative, dedication and fellowship. Financial aid is available to those who qualify. For more information, visit the website at [www.oaklandstrokes.org](http://www.oaklandstrokes.org).

## Oakland Strokes Newport Roster

### Men's Junior Eight Varsity:

Lelia Pakawongse, coxswain (Berkeley High); Patrick Stolcke, stroke (Berkeley High); Chadwick Swenson (Skyline High); James Lenczowski (Bentley High); Nicholas Hoff (Berkeley High); William Deskin (Campolindo High); Richard Colby Foote (Encinal High); Andrew Ramos (Alameda High); and Michael Schier, bow (Miramonte High)

### Men's Junior Eight JV:

Alex Topacio, coxswain (Campolindo High); Will Danner, stroke (Berkeley High); William Provost (Albany High); John Howerton (Head Royce); Scott Hampton (Acalanes High); Cole Williams (Campolindo High); James Manuso (College Prep); Garrett Bell (Las Lomas High); Evan Bontemps, bow (Del Oro High)

### Men's Junior Eight 3V:

Daniel Migdale, coxswain (Miramonte High); Owen Hurley, stroke (Bishop O'Dowd); Matthew Lenhart (Campolindo High); James Kwan (Piedmont High); 5. Jack Andreoni (Piedmont High); James Weber (Piedmont High); Ted Kizor (Miramonte High); Hugh Rutherford (Piedmont High); Robert Chan (Miramonte High)

### Men's Junior Eight 4V:

Kasey Benjamin, coxswain (Miramonte High); Lucas Rondenot, stroke (St. Mary's College High); Forrest Allen (Bishop O'Dowd); Jake Farrell (Bentley High); Sean Minnis (Piedmont High); Dhruv Amin (Piedmont High); Jack Berfiled (Piedmont High); Wesley Motlow (Piedmont High); Andrew VanSlyke, bow (Piedmont High)

### Women's Junior Lightweight Eight Varsity:

Molly Fehr, coxswain (Miramonte High); Maso Motlow, stroke (Piedmont High); Kendra Nyberg (Miramonte High); Anne Hofinga (Miramonte High); Mollie Roark (Marin Academy); Sarah Coppock-Pector (Bishop O'Dows); Rosie D'Orazio (Bishop O'Dowd) Ayla Koenig (Berkeley High); Charlotte Horsey, bow (Head Royce)

### Women's Lightweight Eight JV:

Mia Hamano, coxswain (Piedmont High); Jennifer Zitterman, stroke (Miramonte High); Eva Sharf (Head Royce); Erin Mullin (St. Joseph's High); Caroline Sullivan (Piedmont High); Ceci Bohm (Piedmont High); India Akin (Campolindo High); Anabelle Roeser (College Prep); Tyler Atwood, bow (Bentley High)

### Womens Junior Eight Varsity:

Leslie Chou, coxswain (Miramonte High); Dana Walsh, stroke (Miramonte High); Nikki Dahlberg-Seeth (Miramonte High); Ally Weiland (Northgate High); Claire Grover (Miramonte High); Kelly Bauer (Miramonte High); Ali Mittelberger (Head Royce); Beth Goodwin, bow (Miramonte High)

### Women's Junior Eight JV

Celena Chan, coxswain (St. Ignatius College Prep); Nicole Petiet, stroke (Berkeley High); Kendall Sandy (Miramonte High); Caroline Godfrey (College Prep); Molly Castles (Bentley High); Piper Akol (Miramonte High); Nicole Sung-Jerczek (Piedmont High); Mackenzie Whitton (St. Joseph Notre Dame High); Brittany Beck, bow (Miramonte High).

### Women's Junior Eight 3V

Katherine Anderson, coxswain (Bentley High); Jane Rudebusch, stroke (Miramonte High); Ella-Rae Woodland (Albany High); Katie Sullivan (Bentley High); Joanie Sullivan (Bentley High); Alison Blazer (Miramonte High); Alex Hannah (Piedmont); Allie Foster (Miramonte High); Isabel Sepkowitz, bow (Bishop O'Dowd)