

It's been an amazing year for Coach Dan Duxbury and the Tempe Junior Crew



PHOTO BY MIKE MERTES

ERIN CRAWFORD, CHRISTINE ERHART, AND SYDNEY SUTTON-LISWITH

■ The TJC rowers competed at the US Youth National Championships in Cincinnati, OH, and the World Championship Trials regatta in Princeton, NJ.

■ Erin Crawford qualified and went on to compete at the Junior Championships in Beijing, China. Competing in the junior women's double sculls, Erin Crawford (Tempe, AZ) and Taylor Fries (Westport, CT) finished fourth in the C final to place 16th overall. The US finished with a time of 7:30.12.

Congratulations to Coach Dan and TJC Rowers.



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Raye: Poetry and art. There are pylons around the lake with poems by Albert Rios and tile cuts by Karla Elling that I wanted to see. But I got distracted when I found myself at a restaurant sitting next to Shay Pausa, who invited me to join the Girlfriends Rowing Crew.

Helen: I wanted to be doing some new activity by the time I turned 50. Coincidentally, a woman I knew, who already rowed, suggested I give it a try based on how hard I liked to work out.

Describe your passion for rowing?

Judy: Being on the water is very liberating. While most people are still curled tight in their beds, I'm out on the lake, watching the sun rise over the mountains. As I feel the boat move across the water, I forget about the day ahead of me and can focus on the now. This time to step back from the daily grind is refreshing and always welcome. I have never had a morning that I regretted getting up to go row.

Leena: I love how it occupies my mind so I forget about whatever else has gone on that day; I become unaware of the awesome workout I'm getting. I just love being on the water, especially when I observe the traffic snarling on the 202. It's a little piece of heaven in a big congested desert city.

Raye: It started out for me as a sensory activity. I loved the sounds of rowing, especially in the mornings. I became hooked as I improved enough to realize there was so much more to learn. For me, it's the constant search for that moment when a boat comes together and everyone is working hard; you can feel the focus and hear the water run beneath the boat.

Helen: When you row, you really can't think about anything else. You must be in constant awareness of the finer details of the stroke, the efforts to "be one" with all members of the crew, and to feel both the boat and the water. In that sense, it's the perfect therapy – you have the release from thinking about work, family, etc. It's also a constant quest for perfection. The stroke, the synchronization, and the set of the boat won't be perfect; then you'll hit just one stroke that is and know the quest is worth it.