

November 2017
IGS in the News



Q: When did you start rowing and what drew you to the sport?

I started rowing my freshman fall at Dartmouth. I was a runner and summer-league swimmer in high school, and knew that I would miss being part of varsity sports in college. My dad rowed for a year at Boston University, but I had never considered it myself. I was connected early on in my time at Dartmouth with a recruited lightweight rower who told me I had the right physiology for the sport and suggested I try it out.

Q: What team are you affiliated with and how did you get started with them?

I'm currently rowing with Riverside Boat Club for the Men's Sweeps program (known colloquially as "The Meatwagon"). An older teammate of mine from Dartmouth is the team captain. I was looking to get back into rowing in August of last year and got in touch with the club through him.

Q: The Head of the Charles Regatta is the largest 2-day regatta in the world. What was the process like for entering the competition?

Entering the competition, fortunately, isn't the hard part. If you finish high enough in your event, your club auto-qualifies for the same event the following year. Your starting order corresponds to your finish from the previous year. For instance, in 2016 Riverside's club men's 8+ finished 5th in the event, so we were the 5th boat to start in this year's event. However, we did have other boats, like our second club 4+ entry, that were lucky to enter through the lottery. Thankfully, all our boats secured our entries for next year!

Q: How often did your team practice – what was the routine?

Starting in August, we began practicing in boats as a team 4 days a week – Tuesday, Wednesday, and Friday at 5:30am, and Saturday at 5:30 or 8am depending on our coach's schedule. We were also supposed to work out even on days without practice, so most of the top rowers were working out 6-8 times per week. In the last couple of weeks before the Head of the Charles, we tried to get out in boats five or six days a week.

Q: Boston is often ranked as one of the top rowing destinations of the world. What do you like most about rowing in the city, and what do you like most about living in Boston in general?

Boston is certainly a hub for rowing in the U.S., with some of the top collegiate teams in the country and four unaffiliated clubs serving rowers of various levels. The community in Boston is also incredibly strong and tight-knit, and we love hosting events and regattas with participation from local college crews and other clubs on the Charles. Plus, there's nothing quite like a sunset over the Boston Skyline seen from the basin!

Rowing aside, Boston is a magnificent city in which to live and work – cultured, clean, walkable, and with a pace of life you don't find many other places.

Q: How did you fit training into your work schedule?

IGS's structure and culture helped make it all possible. I have the liberty to define my own schedule (to a certain extent) so if I had an early morning practice, or needed to step out in the early evening for a team meeting on a weeknight, I could do that and finish my remaining work afterwards. The fact that IGS doesn't require travel meant that I was never out of town on a day we had practice scheduled. Most importantly, my case teams respected what I was trying to accomplish and did all they could to accommodate my schedule.

Q: What was the outcome of the event for your team?

We won a gold and bronze medal award! The club 8+ is an interesting event: the field is made up of "true" rowing clubs, like mine, as well as boats fielded by varsity college programs made up of athletes that didn't crack the top varsity boat. We started 5th, corresponding to our 5th place overall finish from the previous year, in a field of ~35 crews.

About halfway through the race we dropped a trailing boat from Dartmouth and passed the boat from Brown, two very strong varsity programs, so we knew a great result was in our grasp. We finished third place overall behind Boston University and Harvard, 10 seconds off the winning time. This result was good enough for a bronze medal finish in the event overall, as well as the gold medal for the top "true" club entry. While we set out to win the event outright, it's no mean feat competing with current students at top varsity programs as working professionals, years out of college. Overall, we were very pleased with our performance.

Q: Did any IGS colleagues attend or show support in other ways?

Yes! We have a close-knit Associate group at IGS and many of my colleagues are also friends. A group of '16 Associates watched together from the Weeks bridge, about halfway through the race. Another colleague was watching from a tent further down the course. Everybody was curious to hear how we did on Monday at work. I really appreciated all the enthusiasm and support!