



JL Rowing Newsletter

February 4, 2010

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JL and Ursula Grobler team up!

Schlenker's record falls, but she's still going!

There's still some winter left- buy JL Pogies and Fleeces!

Winter's Not Done With You Yet!

JL Single Sided Fleeces!



You think winter's close to ending? It's not! You need a JL Single Sided Fleece to stave off the cold! \$57.00 on jlracing.com!

JL Pogies!



JL Joins Team Ursula Grobler!



A Happy Ursula Grobler just after breaking the world record for lightweight women at Ergomania this weekend (wearing JL Segue Trou, just in case you were wondering).

You still don't know Ursula? Well, this weekend she added a lightweight 2k erg world record to a list of accomplishments that includes (among many others) winning the Open 1x at the '08 U.S. Nationals, winning the Open 1x at Head of the Charles this fall, and a second place finish at this summer's World Cup I in Banyoles Spain in the Lightweight 2x.

It's been fun to get to know Ursula over the past couple of weeks as we discussed her JL sponsorship. She's passionate about her training and clearly loves what she's doing. Yesterday, Ken, Joline, Ursula, and I got together at a cafe



Are you still suffering through chilly water workouts? Get some JL pogies already! Our [Mismatched Bargain Pogies](#) are just \$20.00.

[Lisa Schlenker's Erg Books!](#)



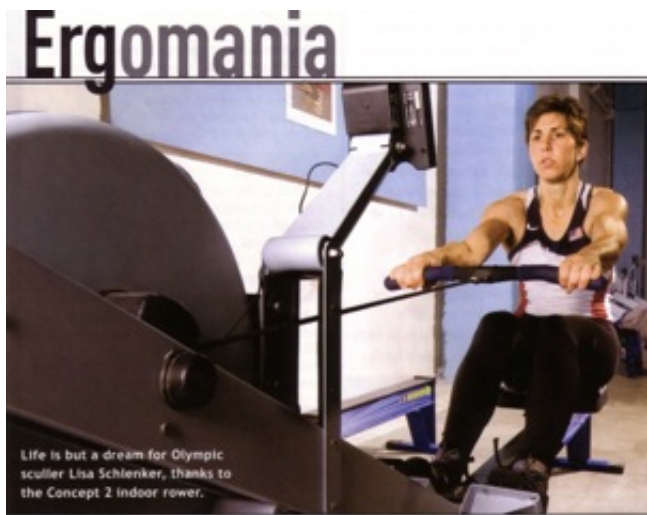
Lisa Schlenker's [Erg: 75 Workouts for Athletes and A Training Log for Athletes](#) are sweatproof and fit nicely behind footstretchers!

down the street from Race in JL. We had a nice long chat about rowing, JL, and all the awesome gear we can design together.

As our customers know we're all about meeting your specific needs. We approach our sponsorships the same way; we will act as a teammate and help Ursula any way we can. Nobody made specific demands or signed any official contracts- that's not our style. Ursula will get to design her own JL uniform package that will include racing uniforms, practice clothes, outerwear, and travel gear. We discussed other opportunities including using our connections to help her find support when traveling to events, working with her to create her own signature line of JL apparel, and participation in the Race in JL speaker series. Ursula agreed to provide feedback and assist us in our constant efforts to improve JL products. She will also help spread the JL love by giving away her gear to young rowers, fans, supporters, whoever (with the understanding that we will, of course, replace it). Ursula seemed excited to be "JL generous." She fondly recounted how happy she was to get hand-me-downs from a rower she admired. "She was just cleaning out her closet, but it meant so much to me!"

You can read more about Ursula at her website: groblerjames.com.

Former Record Holder, Lisa Schlenker Shares Her Story



I called Lisa Schlenker to talk about her new books [Erg: 75 Workouts for Athletes](#) and [A Training Log for Athletes](#), (available at jl racing.com and at the Race in JL store!). I took advantage of the opportunity to get her story about breaking the lightweight world erg record three times. As it happens, just days after talking to her (and 10 years after she set the record) Ursula Grobler shaved 2 seconds off Schlenker's Previous mark- talk about timing! What follows is a brief account of Schlenker's experiences breaking world records. I hope it provides a bit of inspiration as your winter training wears on!

Lisa Schlenker first broke the world lightweight 2k erg record in April of 1999. The previous record stood around 7:05. Her training had been going well and when her coach, Nick Haley asked her what she was planning to pull before she started her 2k she said, "Let's go for seven." 6:59.6 minutes later Schlenker earned the distinction of becoming the first lightweight woman to break seven minutes and being the new world record holder.

Schlenker reset her mark at Ergomania in January of 2000. "They were offering a trip to Rio to anybody who set a world record, so I asked the coaches if I could go." She traveled up to Seattle from the Olympic Training Center in San Diego to grind .3 off her previous record. "it was a really ugly, painful struggle," Schlenker said. Her coach was mad she didn't improve by more, but her parents were proud of her, not to mention pleasantly surprised with their free trip to Rio.

A few months after her Ergomania effort, Schlenker headed off to C.R.A.S.H.-B.s with every intention of putting on a show. Lauri Dauphney coxed her through what she called, "A textbook piece. I was on fire, everything aligned. I went out at a 1:45. At 1250 things really start to burn. I was bouncing between 1:44 and 1:45. I remembered my coach saying, 'If you can pull a 1:45 you can pull a 1:44.' I thought, 'Oh right, exactly.'" With 750 to go Schlenker realized she was on her mark. "I believed and just started opening up. The rest of the piece flew by." She finished in 6:56.7- a world record that stood until this past weekend when Ursula Grobler posted a 6:54.7 at Ergomania.

Schlenker seemed excited by the news of Ursula's performance. "That's amazing. I was lucky to have the record for 10 years, but it was there to be broken. Going under 1:44- that's beautiful." Lisa's humility stems from her seemingly endless love of competition. At 45 Schlenker's still racing (and doing well). "I love competition. I go seek out venues where there's competition. I just like seeing how fast I can go with what I've done."

Now Lisa's working to share her enthusiasm with others. She coaches Portland's Lake Oswego Junior team and offers personalized training plans for athletes of all levels through her company, Urban Erg. She enjoys watching her athletes' perception of the erg shift from torture device to a useful tool that shows their work paying off.

Schlenker recently published [Erg: 75 Workouts for Athletes](#) and the accompanying [A Training Log for Athletes](#). Together the books contain workouts, training advice for all levels, and a well organized system for recording progress. They will help add variety and purpose to any rower's training. She includes her e-mail address in the books and encourages athletes to contact her with any questions.

Happy erging, rowing world!





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