

The Pull Hard

A Cougar Crew Publication



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Fall Part One 2015

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A photograph of an outdoor rowing event. Several people are using rowing machines (ergometers) on a paved area. There are two large pop-up tents, one red and one blue, providing shade. In the background, there is a large brick building with many windows. The scene is bright and appears to be during the day.

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Triathlon

Written By: Alyssa Kodama

August 30, 2015 marked the start of the annual Varsity Olympic Triathlon. Each rower would need to swim 1.5km (or erg a certain amount of meters if they could not pass the swim test), bike 40km, and finally finish it off by running 10km. Determined not to allow Head Coach Arthur Ericsson to win for the fourth year in a row, each athlete trained hard over the summer months. This year for additional competition, Cougar Crew alumni Luke Jones joined the team for the triathlon.

Beginning with the swim, at approximately 7:00 in the morning, the athletes set their sights on the Boathouse, and took off. Luckily, this year the wind did not pick up until most of the rowers finished the biking portion. This, along with training harder, allowed each returning varsity member to improve their time from the previous year's triathlon.

Two hours and twenty-two minutes later, alumni Luke Jones would cross the finish line with the best time of the day. However, since he is no longer a part of the team, the race for first place was still on. In a close finish, Senior and Commodore, Griffin Berger edged out Coach Ericsson by 17 seconds. This ended Coach Ericsson's streak, and he finished with a time of 2:30.42, while Berger finished with a 2:30.25. Finishing in the same position as last year, Michael Sheremet earns third place with a time of 2:42.27. Each of the 13 rowers put in excellent work to get the season off to a great start.



Above: Berger and Ericsson

Head of the Pend Oreille

Written by: Jake Brisson

On Friday, September 26th, the Cougar Crew Men's and Lightweight Women's Teams departed for Riley Creek, Idaho to participate in not only the Head of The Pend Oreille 5k Regatta, but the Annual Camp Trip as well. This is the second year the Men's and Lightweight Women's squads have attended the headrace in Idaho. All of the returning upperclassmen as well as novice for both teams were ecstatic to reach their campsites. Returning senior and Women's Lightweight Commodore Ashley Vu stated she was, "Extremely excited to get to know the new novice class and bond through 'tent talks'".

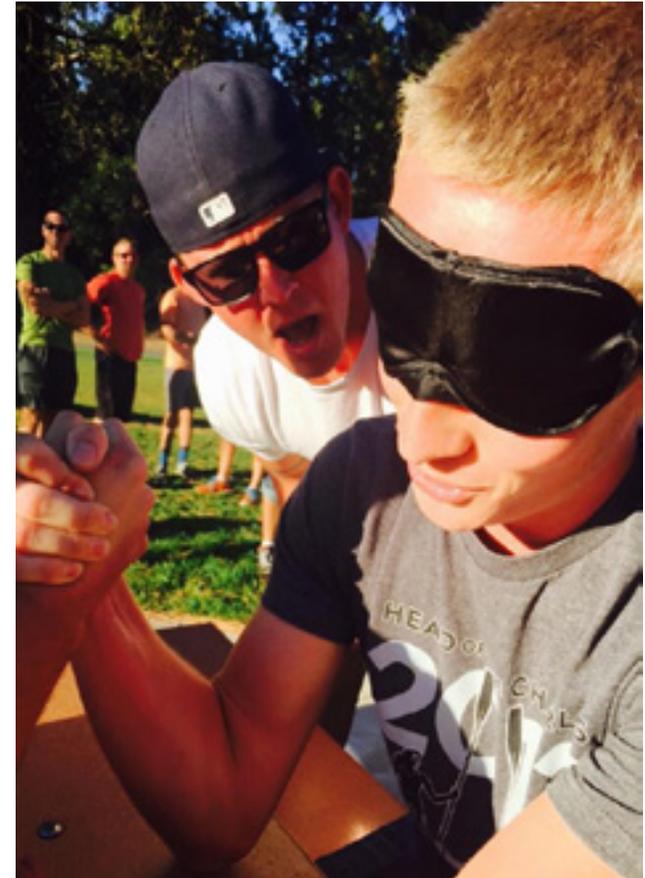
Unfortunately, the excitement was cut short as the Men's Teams were doing their annual Novice-Varsity Buddy introductions, a tradition started three years ago in order to give the incoming novice a role model and friend that would look out for them. The novice and varsity were introduced to each other by pairs, in which they would arm wrestle each other blindfolded as a "first meeting". Sadly, one novice-varsity pair got a little too competitive, which led to the novice's arm being accidentally broken. This naturally threw a monkey wrench into the plans for the rest of the evening as the coaching staff and officer corps had to make sure the novice, Dylan Shoup was taken care of. Although this did put a damper on the rest of the evening, Shoup had high spirits stating that he, "Would not let this stop him from attending practices and staying an active member of the team".



Above: Shoup still in high spirits after the incident

Head of the Pend Oreille continued

Windy conditions made it unsafe to row on Saturday leading to the Pend Oreille Regatta being cancelled after only two flights of small boats attempted to race. The Men's and Women's Teams made the best of this situation and went back to the campsite to compete in a wide range of activities including, capture the flag, volleyball, and an especially competitive game of basketball played by Head Coach Arthur Ericsson as well as novice and varsity men. Although the Annual Camping Trip had a few bumps along the way, it was without a doubt one of the most memorable camping trips in Cougar Crew history.



Head of the Charles - Preview

For the first time in Cougar Crew History, we will be sending an 8+ to the prestigious Head of the Charles Regatta in Boston, Massachusetts. The Varsity Lightweight 8+ has been selected to represent the team. They will be racing on Sunday, October 18 at 4:06pm Eastern time (1:06 pm Pacific time), facing off against the top lightweight programs in the country, including University of Delaware, Harvard, Princeton, and MIT.

Varsity Coach Alec Hurley would like to note that outside of the racing itself, the experience of Head of the Charles is sure to be memorable. The athletes will have downtime to take in the other races at the regatta, as well as the festival scene surrounding the three mile course. The team will be given time to explore both Harvard Square (and Harvard University) as well as downtown Boston in order to gain the full regatta and travel experience.

Hurley asked the athletes one question prior to their departure, “What story do wish to write in Boston?” He states that if they race like they practice, these athletes will write a story for the ages. It is also important that thanks go out to Head Coach, Arthur Ericsson, the parents of the athletes, and the alumni, all of whom have played a role in getting the crew to this stage.

A livestream will be up so you can watch the race from the comforts of your own home! [Click here](#) to be redirected to the Head of the Charles livestream to support your Cougs!



Head of the Charles continued

From bow the lineup is as follows:

1. Ryan McGinnis (JR)
 2. Alex Ashton (SO)
 3. Michael Sheremet (SR)
 4. Tosh Hickman (SO)
 5. Griffin Berger (SR)
 6. Jayson Beech (SO)
 7. Nick Jaeger (SO)
 8. Cody Crawford (SO)
- Cox: Alyssa Kodama (SR)

