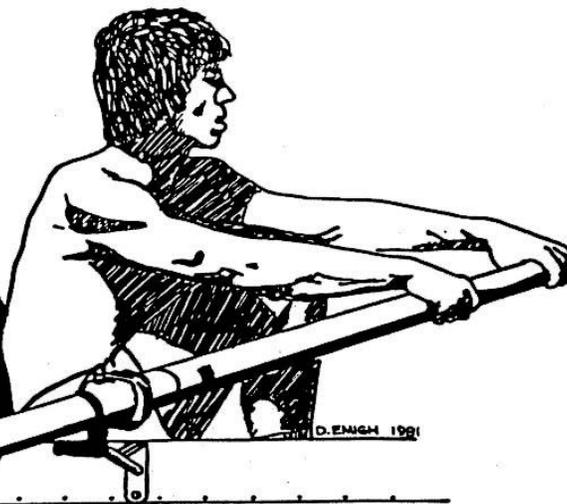


WE PULL HARD



A Washington State University Men's Crew Publication, Fall 2007, Volume XIV, Issue I

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New Lightweight Racing Eight in the Ken Abbey Shell House

Brandon Caesar | vice commodore

The Canadian Lightweight Women's National Team rows an eight only once per year, at Head of the Charles. Each year they borrow a boat from Hudson. In 2005, they borrowed a red boat (made in 2004) with a silver stripe. In 2006, they borrowed a brand new Hammerhead and liked it so much, that this fall they switched back to the red boat, with its silver stripe.

They won of course, took their medals and loaded the boat on the Lake Union trailer for the drive to Seattle. The trailer made a brief stop in Spokane where members of the WSU Men's Crew picked up that boat, drove it to their boathouse, and rigged it. Their coach had no idea this was happening.

On the afternoon of Friday October 19th Coach Arthur Ericsson opened up the Boat-house to get ready for the Head of the Snake regatta. The rowers that knew just stood and grinned. He found that red boat with a silver stripe and we told him that it was the new lightweight eight. He asked how and someone mentioned that I bought it. He grinned. He gave me a hug. We have pictures to prove it. Everyone seemed happy with the situation, which was good, as I cannot return it.

I named the boat 'Caesar' for the part of my family, on my father's side, that is no longer with us. They were hard-working folks who built up their money over many years and died before they had a chance to



Photo by Tim Duffey
The Caesar rests outside the Ken Abbey Shell House before Head of the Snake.

spend it. Once I decided to get a boat this one showed up. It was the perfect size and colors and every part of this process from the initial purchase, through the Head of the Charles, to our Coach walking in unaware functioned flawlessly.

I am going to assume that things went so well because I found and purchased the boat in the manner my family would have wanted me to. If I had spent 50% more on a brand new Hudson, I fully expect that it would have burst into flames. In the ashes would have read, "We raised you smarter than that." It would be a good story, but we lightweights still would not have a boat to row.

Now we do. It has a maximum weight of 170 pounds, it is red, it has a silver stripe, it is ever so shiny, and it is common knowledge that shiny boats go faster. ■

Cool Happenings:

- An Announcement from the CCAA meeting
- Pictures from the fall racing season on page 3
- A new boat in the Ken Abbey Shell House
- Seasoned veterans as well as newcomers discuss the team's prospects

Cougar Crew Events Schedule for the 2007-2008 SeasonFall 2007

October 20 2007, Saturday - Head Of The Spokane - Spokane, WA

October 26 2007, Friday - Head of the Snake - Pullman, WA

November 3 2007, Saturday - Falcon 4-Miler - Seattle, WA

November 11 2007, Sunday - Head Of The Lake - Seattle, WA

December 1 2007 Saturday - Fall Sprint Dual vs. Gonzaga - Pullman, WA

Spring 2008

February 23 2008, Saturday (date tentative) - Indoor Erg Dual vs. Gonzaga - Spokane, WA

March 15 2008, Saturday - Class Day (Alumni Races and Reunion) - Pullman, WA

March 22 2008, Saturday - Daffodil Cup at American Lake - Tacoma, WA

April 5-6 2008, Saturday and Sunday - San Diego Crew Classic - Mission Bay, CA

April 12 2008, Saturday - Dual vs. UW - Seattle, WA

April 19 or April 26 2008, Saturday - Fawley Cup - Pullman, WA

May 3-4 2008, Saturday-Sunday - WIRA Championships - Lake Natoma, Sacramento, CA

May 17-18 2008, Saturday-Sunday - Pacific Coast Rowing Championships and Pac-10 Championships
Lake Natoma, Sacramento, CA

June 5-7 2008, Thursday-Saturday - IRA Championships (must qualify) - Camden, New Jersey

Continue to check online for any scheduling info or other happenings with the team.

Fall Racing Report

Ian Emrick

varsity oarsman

October 20th, Head of the Spokane - Spokane River - Spokane, WA (5000 meters)

The Cougar Crew got the year off to a great start on a chilly morning in Spokane. The Varsity 8+ and the JV 8 both had good races, and pulled competitive times. The Varsity 8+ hung with the Bulldogs and finished a mere five seconds behind the Gonzaga Varsity 8+ with a time of 16:15. The JV 8 also had a strong showing, finishing with a time of 18:07. In their first race of the year, the Cougars Novice boats had a strong showing and really learned what racing was all about. Despite falling to Gonzaga, all three Novice boats pulled respectable times. The Novice A boat finished the course in 18:29, while the B boat pulled a hard race and finished in 22:22. The Novice C boat completed the 5,000 meter course in 20:18.

October 26th, Head of the Snake - Snake River - Pullman, WA (6000 meters)

Very nice water greeted the Cougar's down at Wawaiwai Landing, as the Head of the Snake race got underway. Looking to better their performance from the Head of the Spokane, the Varsity 8 fought hard and finished the 6000 meter course four seconds behind the Bulldog Varsity 8 with a time of 18:22.54. The JV 8, racing in a new lightweight 8, completed the course in 20:29.34. Once again, the Novice boats had strong showings. The Novice A boat, finishing in 20:20.09, fell to Gonzaga. The other Novice boats, also fell to the Bulldogs, but the B boat completed the course in 24:26.85, while there was no recorded time for the

Novice C boat.

November 3rd, Fremont 4-Miler - Lake Washington Shipping Canal - Seattle, WA (6500meters)

On a breezy day in Seattle, the anxious Cougar Crew found their stride and won every race they were entered in. The Heavyweight Varsity 8 and Lightweight Varsity 8 out stroked the competition to take a one, two finish respectively. The Varsity B finished first with a time of 24:05.50, while the Varsity A completed the course in 26:00.16. Third place Seattle University finished nearly four minutes behind the first place Varsity B boat. The Varsity squad also entered three fours. The 4A and 4B, took a one two finish, while the 4C who did that same race, put in a great time, but were unfortunately disqualified for reasons related to inexperience. The Novice A and B boats also took a one, two finish. The Novice B boat in 27:07.33, and the A boat in 29:25.45.

November 11th, Head of the Lake - Montlake Cut - Seattle, WA (2100meters)

Despite the bad weather and a shortened race course, the Varsity squad competed in the 27th annual Head of the Lake Regatta. The Varsity 8 took fifth place with a time of 6:40.87, placing ahead of the University of Puget Sound and University of California Santa Barbara. The JV 8 raced hard for the conditions and finished in 7:14.63, a fourth place finish. The Cougar Crew also entered an Alumni 8 in the regatta. They completed the course in 7:23.54. Two Cougar fours were also entered in the regatta, but were withdrawn due to the rough water conditions. ■



Top Left: The Varsity Heavyweight 8 and Lightweight 8 race at the Falcon Fremont 4-miler.

Top Right: The Varsity 4A and 4B pass underneath Fremont Bridge and approach the finish of the Fremont 4-miler

At Left: The Novice A boat launches at Wawaiwai landing to warm up for the Head of the Snake.



Photos by Keith Sullivan

The Three Amigos: Novice Spotlight

Mitch Williams

varsity oarsman

It is a very good thing that Mark Hoffman, Jake Logar, and Kramer Wahlberg get along. Their high school careers would have been miserable otherwise. The three were very busy students at Kentwood High School, involved in activities like ASB, Advanced Placement classes, Link Crew, track, and cross country. Even if they tried to get away from each other, they couldn't.

But as you know, a very close bond usually forms amongst teammates. Like I mentioned earlier, the trio were members of the 2006, 7th-in-state Kentwood Cross Country Team. They trained hard, side by side, day in and day out to improve as runners.

"It was great to have Jake and Mark as friends throughout high school. They are the reason I tried out for cross country in the first place. They helped motivate and encourage me throughout the season," said Wahlberg.

In addition to all the grueling hill workouts and ten mile runs, they found ways to keep training fun and lighthearted. Hoffman and Logar decided to take their running careers to the ultimate level by participating in a run hosted by a nudist colony in the Cascade Mountains. Wahlberg, being a rational and more reserved person, chose not to participate.

"It provided us with the ultimate freedom!" Logar recalled. "It helped me focus on my form because I didn't have baggy clothes getting in the way!"

I was fortunate enough to get to know these three guys during my time at Kentwood High School (I graduated a year ahead of them). There was never a dull moment when they were together. So after my first year of rowing and hearing that each of them would be attending Washington State University, I knew all I needed to do was get one of them to join the crew team and the other two would follow. I told them about the warm trips to

California, winning tanks and medals, and competing against some of the best athletes in the United States. I conveniently left out details about rowing in below freezing temperatures and the pain endured during a 2,000 meter erg test. But it wouldn't have mattered. They joined because of their desire to compete and have enjoyed their time on the team thus far.

"The mixed rows with the varsity guys have been great because they provide positive feedback that makes us better rowers," said Hoffman.

"But I'd have to say the most memorable part of being on the team so far was dressing up as our novice coach, Dan Thayer, for Halloween."

Without a doubt, Mark Hoffman, Jake Logar, and Kramer Wahlberg have been great additions to this year's closely-knit and rapidly improving novice team. Look for these young men to accomplish great things during their time at Washington State. When combined with all the other dedicated lightweight rowers on the team right now, the lightweight program looks very strong now and in the years to come. ■



Photo by Mitch Williams

From left: Kramer Wahlberg, Mark Hoffman, and Jake Logar at the Falcon Fremont 4-miler

CLASS DAY 2008!!!

Saturday March 15th

Mark your calendars now Class Day 2008! We will be racing our traditional Class Day races and we are looking for alumni to race 500-meter sprints as well. Saturday night, Cougar Crew will be holding a banquet dinner for all Cougar oarsmen and coxswains of past and present. Come meet, mingle and share stories and good times with WSU Men's Crew. We recommend the award winning Holiday Inn Express (509-334-4437) for those who will require lodging. Additional details will be forthcoming as the date approaches. We will see YOU there!



Speaking from Experience: A Conversation with Senior Members

Arthur Ericsson

varsity coach



Senior Oarsman Karl Huhta - Commodore
Major: Sports Management

Coach: The four of you signify all of the fourth year members of our team. What insight has that allowed you to acquire about the team that others may not fully appreciate?

Mary: Taking care of boats.

Sean: Being able to acquire new boats, we've learned that the value of new boats is huge.

M: When the novice first walk into the boathouse they say "Look at all these boats." No, we've earned that 4+, we just got that 4+ and they don't understand why we don't let them in it. It's the fact that we had to work for it and we're still paying for it. We understand what Rent-A-Rower means.

S: You have a new meaning for, especially the new Hudson 4's, it was this kind of pie in the sky idea and then all of a sudden we're like "Hey, we can actually do this. Let's go get a loan, let's do this and then we made something happen, and now we have these 4's which are able to make us race so much faster. It's hard to emphasize that point, how hard we worked for these boats and you don't just take 'em out and dink around in them.

Karl: Seemingly, gradually, over the last 4 years the team has gotten so much more competitive than the previous years. We had a great novice class that had some dedicated, hard working individuals. Dedication pays off in that sense. Like Sean was really reaping the benefits last year with the lightweights, but he busted his butt for two long years before that happened but that's the hard work and dedication paying off and you get the rewards from that.



Senior Oarsman Sean Martin-Treasurer
Major: Communications (Advertising)

S: I think that's another huge thing that the team's gotten is the lightweight program, a definite program, it's been great.

M: The fact that we are known for our program. Like I'm walking around with a WSU rowing shirt in Seattle and someone had heard about us. My first year in Sacramento no one really knew about us, when we came back this year, "Oh, you have a lightweight crew. Oh, you have that fast 4." To be known now is just

ridiculous, that's how we got Brandon (transfer from Orange Coast College), he found out we entered a lightweight 4+ and he came to Washington State because of that. Having a name for your team gives you so much more to feed off in a race, to make you work harder in practice.

Tak: Our novice year was the first year in a long time that we put together a lightweight 8+.

S: We put together a lightweight 8+, it was just that we had eight lightweights and we put them together. We were by no means fast, we got stomped on by Cal Lwts by 35 seconds or something, but it's to the point now we're beating Cal Lwts and we're shooting to put together a lightweight 8 for San Diego, bring back the Lwt8 event, our goal is not just to go to San Diego, but to win the San Diego Lwt8. Our ability to compete is increasing so much. It's great because now we know we've instilled that in the people who are coming up and they're just as competitive as we are and the team keeps progressing further and further.

M: I think the fact that we have so many of the varsity guys going and reaching out to novice, there's not that divide. Because when I joined the men's team there was an obvious divide, "I don't really talk to varsity." I think we've gotten rid of that and that's what makes our team even stronger than those teams. Right now you probably couldn't, just walking around, figure out who's who. In the boat you can though.

S: It's always been a challenge, the returning varsity, they kind of forget what the fall was like because spring racing was so exciting, and by that time we've melded together, and we've learned to row together, and then you throw novice from last year in there, and everyone's, for the first couple of weeks, going "What is going on? Why do we stink so bad?" If there's one thing that future returning varsity can take away from us, just to be patient because it's not going to come in a week or two weeks, it might take all fall. Who knows?

M: This fall each of us can feel the raw power in the boat. Just to have that feeling that you know you can be fast, you can reach out and grab it but it's like an inch away. I think that's what brings people back to practice. ■



Senior Coxswain Mary Andreotti
Major: Health & Fitness, Secondary Education



Senior Oarsman Tak Niino
Major: Animal Science



Photo courtesy of Greenlake Crew

The WSU Men's Crew Alumni Eight Races at the Head of the Lake Regatta on November 11 in a newly refinished Defiant shell. Cougar Crew plans to enter an alumni eight each of the coming years to provide a connection to past rowers.

The Defiant: A New Look to an Old Friend

Weston Spivia

varsity oarsman

The Defiant is a shell that has been with our program, for some time now seeing many oarsmen come and go.

By this time the Defiant was in need of a face lift for cosmetic and speed reasons. Too many collisions involving the bow and the dock had left divots and scars that no longer provided water proof integrity along with the random wounds on the inside of the gunnels caused by years of use and a few novice mistakes gave it a worn out appearance. I personally remember Coach Dan Thayer putting tape on the bow to keep the water out of it for our last race with it at the Frostbite Regatta on Green Lake. It was a mediocre day for weather, about as good as can be expected for

November in Seattle. Clouds and a mild to significant tail wind blew down the course making for chilled hands and faces. As we rowed out the weather got worse towards the starting line and lining up with the other crews for this short one kilometer race was almost impossible. On a quick start we set off from the starting line quickly put open water between us and the other crews. By the end of the race we had beat the closest crew which was Seattle University by 54 seconds a very large margin for a one kilometer race, or any race for that matter. This was the last race before winter and the last race before work was to be done on the Defiant.

From there winter training started and thus no rowing, giving a perfect opportunity to get some work done. Stepping up to this task was the whole team and specifically Dan Thayer, the same coach that had to tape the bow to keep the water out had a plan to bring the Defiant back into the shape from his memories of rowing at WSU. Work started on a cold Saturday morning with a blanket of snow covering Pullman. The whole team met down at Dan's

shop. After carefully positioning it in his shop the building of a shelter was started to protect the end that stuck out of the shop door. As that started the team sanded the hull inside and out to dull the finish in preparation for the paint. This was an odd job for most and resulted in a lot of fine dust on everyone's clothes. We did our work as a team listening to the radio and joking around as much as possible. After that a stiff workout of running up a large nearby hill forwards and backwards several times rounded out our morning and made us all a bit sore.

At this point the work on the Defiant took a back seat to winter training and spring racing and further work didn't happen till the summer. At this time I was still in Pullman and was working with Coach Dan and his painting Company and it was up to us to finish the needed work. Some sanding was needed shaping and smoothing some the acrylic putty that filled the cracks and holes in the hull. I got the task of sanding the bow into its proper shape leaving the marred one behind. After this we donned our masks to protect us from the atomized paint from the compressor and started adding layers of paint. The paint is crimson auto body paint with a hint of metal flake giving the shell a nice luster in the sun. After four layers Coach Dan was satisfied enough with the finish for the process to be complete.

The Defiant looked like a new shell, Commodore Karl Huhta commented on the work done and made the observation that this could be one of the few if not the only crimson Pocock in the world. The riggers went a silver color to complete the crimson and grey of the Cougars and together the colors make a great duo for a racing shell. Today the Defiant is back in the Ken Abbey Shell House where it should be and is looking great with its make over, faster than before and ready to be raced. ■

THE "NEW FOURS" CAMPAIGN: Coming Down the Home Stretch

Dear Cougar Crew Alumni and Friends,

As many of you know, this past spring held some fantastic results for the Cougar Crew. Dozens of medals were won overall by both varsity and novice; lightweight and heavyweight. The heavyweights were able to capture silver medals in the Varsity 4+ events at both the WIRA Championships, as well as the PCRC Championships in Sacramento. The heavyweight Novice 4+ also won Silver at PCRC's. Most notable though were the medals that were brought home by the Varsity Lightweights of this past spring, with silver won at the WIRA Championships in the Lightweight Varsity 8+, and gold won in both the WIRA Lightweight Varsity 4+ and PCRC Lightweight Varsity 8+ events.

A driving force behind the development and improvement of the Crew this past year was being able to practice in suitable fours that the program could also race in. This was made possible by initiating a full fledged fundraising campaign aimed at upgrading the Cougar Men's Crew with two new Hudson Fours, one made specifically for Lightweight rowing, and the other for Heavyweight rowing. With the help of a loan from University Recreation, we were able to purchase both fours at a price of roughly \$30,000. The fours were purchased slightly used, and the team took that into consideration because although the shells were expensive, it helped reduce costs by about 18% and made them that much more affordable. With the help of donations and the CCAA, the Crew has been able to pay off over half of the owed amount for the shells. Currently though, the team still owes approximately \$14,000 before the racing shells are fully paid off.

The team greatly appreciates all of the ongoing donations that have been made to the program that are helping us work off this debt. However, there is still work to be done before the original goal of the "New Fours Campaign" is realized. We ask again that the alumni continue to make donations to help the program pay off these fours and get out of debt. The fours have proved themselves very capable of helping achieve victory, as they were rowed by those medal-winning crews last spring in the lightweight and heavyweight events. The fours have also been named: The Lightweight four after CCAA member, Class Day auction organizer, and former coxswain Lisa Coble Curtis. The Heavyweight four named after WSU Alumni Association member and frequent donor Janie Huhta. Now, all that is left to do is pay them off, and make them full property of the Crew.

It has been shown that WSU Men's Crew has some of the most dedicated alumni in the country, and that continued donations to The Campaign will help immensely, especially with the finish line so closely in sight. The fours will undergo a boat dedication ceremony at the 2008 Class Day celebration on March 15th, and it is possible that the Crew can also celebrate having paid the shells off in full, but we will need your help.

Thank you very much for your support, and GO COUGS!

Karl Huhta, Commodore

Danny Brevick, CCAA Alumni Relations, Commodore 2003-2005

Arthur Ericsson, Head Coach

Dan Thayer, Novice Coach

*All donations are TAX DEDUCTIBLE, and can now be made online through our website which is directly linked to the WSU Foundation. It's fast and secure. **Online donors** must indicate LWT 4 or HVYWT 4 in the subject line when completing your transaction.*

Or if you prefer, checks made payable to "WSU Men's Rowing" can be mailed directly to our address:

**WSU Men's Rowing
PO BOX 641830
250 Student Rec. Center
Pullman WA 99164**

In the memo line of the check, please indicate "New 4's - Lightweight" or "Heavyweight."

The Pull Hard

Washington State University Men's Crew Newsletter

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Men's Crew Newsletter

Recap of the Fall CCAA Board Meeting

Josh Proctor

alumni oarsman

On November 10th, 2007, the Cougar Crew Alumni Association (CCAA) met at the Seattle Yacht Club in Seattle, WA for its fall meeting. In attendance were alumni, past and current oarsmen, coxswains and friends of Cougar Crew. The meeting was very productive in discussing the happenings of the team since the Class Day meeting last Spring and what is being planned for the near future of the team.

There were over a dozen topics that were discussed in the meeting, ranging from recapping things addressed from last spring and new business. The meeting started with an introduction of those present and a short update of happenings by CCAA Chairman Tim "Haole" Richards. This was followed by updates from Head Coach Arthur Ericsson, Commodore Karl Huhta, and Treasurer Sean Martin about recent issues with the team and reviewing success of the fall races. Doug Engle provided information on Cougar Crew's accounts including technical information on the endowment funds and their formation.

From the information Sean Martin provided it was decided that more emphasis would be placed on soliciting for donation into what is called the Campaign Fund which is a liquid ac-

count whose assets can be utilized for any aspect of the operations of Cougar Crew or can be transferred into any of the other accounts if it is unused.

Lisa Curtis made a report on the silent auction for class day in 2008. She provided information and the means for other members of CCAA to easily assist her in locating and obtaining donations that can be auctioned off for the benefit of Cougar Crew. In addition to this report Lisa Curtis showed prototypes for CCAA clothing items and gauged a reaction of those interested. Some redesign was decided upon but the items should be available by class day this next year.

Class Day was a major topic of this meeting. Beyond the expanded and ever improving Class Day auction that will be taking place thanks to Lisa Curtis the major news was that this years Class Day will be moved from the Lewis Alumni Center to the Livestock Pavilion in order to accommodate the larger turnouts that we have been seeing each year. It was also the general consensus of the board to encourage everyone to view Class Day as a family event and that all are welcome not just the former rowers and coxswains. It was especially important to everyone that the was special emphasis placed on getting the novice's families to participate in Class Day festivities this year and really learn what Cougar Crew has to offer.■