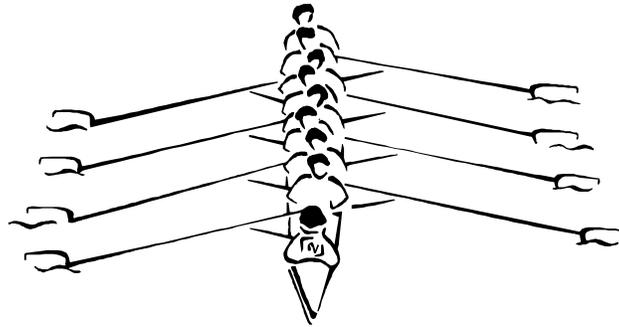


The Pull Hard



The Pull Hard
Washington State University Men's Crew Newsletter

Ergomania For Egomaniacs, By Danny Brevick, Commodore

Special points of interest:

- Cougar oarsmen have posted victories every month since the start of competition
- The Team has a new set of oars! (read about it in the Cougar Crew article)

Washing State Crew once again had the extreme pleasure of taking part in the Ergomania indoor rowing competition at the Pocock Center in Seattle. It was, as usual, a wonderful event for both the spectators and the athletes. The first item on the schedule was individual 2k erg tests. For any of you who have not seen or experienced this, it is something to behold. There were twenty erg machines lined up with twenty highly tuned athletes looking to prove how hard they have been working all winter. It was a great opportunity for the oarsmen of Cougar Crew to show their stuff, and many of them walked away with personal bests times! The fact that the event takes place in January, months before the height of the spring racing season, underlines the significance.



Team Challenge: (right to left) Danny Brevick, Miles Matsen, and Chris Kanyer. Coach Michelle Arganbright and coxswain Julia Anderson are in background 'motivating' the oarsmen.

We still have four months (well over 150 practice sessions) to get to our top speed and we are already beating our erg times from last year! Even Coach Arganbright, who has very high expectations, was ex-

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Lightweight Rowing; Size Does Matter, By Greg Rood.

This story recounts how former oarsmen Greg Rood, and Kevin Harris raced with current oarsmen Alex van Rijn (4th year), and Bryan Anderson (3rd year), in the Varsity Light Four. Anna Velikanje was their coxswain; she still attends WSU but is currently focusing full time on her studies. Special thanks to the women's team for loaning their four, the 'Rich Ray' for the competition.

Every individual on a crew team knows the sacrifices necessary to make a winning team. The most crucial of the many fundamental qualities that a rower must possess are coordination, inspiration, and motivation. While each member of

the Washington State University Men's Crew team possesses their own unique (and sometimes strange) form of these qualities, one group stands out in the crowd. In a sport where 6' is considered short, a select few choose to battle the odds and push themselves to the limits, racing their hardest to make a name for the WSU Men's Crew team. They are known as the lightweights, and with a weight cut-off of 160 pounds each with a boat average of 155, self control and teamwork are vital to a triumphant racing season.

It starts months before the Pacific Coast Rowing Championships (PCRC's)

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Spring Racing, By Michelle Arganbright, Head Coach

This spring, WSU Men's Crew will continue participating in several traditional races, and are also in the process of adding some new races to our schedule. Traditional races include the San Diego Crew Classic on April 3rd and 4th (V8 and N8), Husky Invitational April 3rd (JV8), and the UW Dual on April 10th. The UW Dual will be held in Seattle this year, so all of you living in the Seattle area can come out and see us! The Opening Day Regatta (also held in Seattle, WA) is on May 1st. And of course we'll be at the Pacific Coast Rowing Championships (PCRCs) and PAC-10s on May 15th and 16th on Lake Natoma in Rancho Cordova, CA. Unfortunately, the Gonzaga/WSU Dual which was traditionally held at the end of Spring Break and has served as our "first race of the season" for a number of years had to be postponed due to Gonzaga's participation in another conference regatta this year. The coaches are in the process of trying to reschedule this race.

Adding new regattas required some brainstorming and also depended upon the graciousness of other schools or organizations since we would be trying to get in on races which we had not traditionally been a part of. Also, financial limitations had to be taken into account. For example, Sacramento State and Santa Clara, two of our biggest competitors, are having a dual regatta at the PAC-10 racing site on March 6th and Sac State agreed to let our V8 participate, but it is unlikely we'll be able to make the trip due to financial constraints. We have not completely ruled it out, however, and at the very least plan on maintaining contact with Sac State in hopes of being included again in the future.

Other endeavors will likely come to fruition, but with some road bumps along the way. One such race is the

Daffodil Regatta on March 27th, which is traditionally held between Western and University of Puget Sound, but they have agreed include us in this race held on American Lake in Tacoma, WA. The number of boats from our squad racing that day will depend upon Western and UPS's ability to lend us boats, since the women's team will be taking the shell trailer that weekend to compete at Stanford.

We are also in the process of confirming Oregon State's JV8 and N8 involvement in our one home race on April 24th, and the University of Tennessee is also hoping to be able to travel to Pullman to race that day, which will make for some different competition. The Northwest Conference of Rowing Colleges (NCRC) regional championships are also held that same day on Lake Stevens, and it is possible we may take the V4 over to get some racing experience before their IRA-qualifying race.

Finally, we are hoping to take our V4 to the WIRA (Western Intercollegiate Rowing Association) Championships on May 1st and 2nd this year. This race is held on the same course as PCRCs and PAC-10s, and will give the V4 a chance to race and qualify for IRAs well ahead of time. Participation in this race dependent upon the WIRA conference allowing our participation, and transportation is also a factor, but we are hoping it works out.

PCRCs and PAC-10s mark the end of the season for everyone but the V4, who will compete at the IRA National Championships in Camden, NJ on June 3rd, 4th, and 5th.

List of Scheduled Races

Date	Regatta	Boats Attending	Location
2/28/2004	GU/WSU Erg Dual	All	Spokane, WA
3/6/2004	Sac State, Santa Clara Dual	V8 and N8	Lake Natoma, Sacramento, CA*
3/13/2004	U of O, Portland State	N8, JV8	Eugene, OR*
3/20/2004	Class Day	All	Snake River, Pullman, WA
3/27/2004	Daffodil Regatta	V8, N8	American Lake, Tacoma, WA
4/3-4/2004	San Diego Crew Classic	V8 N8	Mission Bay, San Diego, CA
4/3/2004	Husky Invatational	JV8	Montlake Cut, Seattle, WA
4/10/2004	UW Dual	All	Montlake Cut, Seattle, WA
4/17/2004	GU today if not on 24th	All	Silver Lake, WA*
4/24/2004	Tennessee and GU	All	Snake River, Pullman, WA*
4/24/2004	NCRC's	V4	Lake Stevens, Lake Stevens, WA*
5/1/2004	Opening Day	V8 N8 JV8	Montlake Cut, Seattle, WA
5/15/2004	PCRC's	V4 Lt4 JV8, N4	Lake Natoma, Sacramento, CA
5/16/2004	Pac-10's	V8 N8	Lake Natoma, Sacramento, CA
6/3-5/2004	IRA's	V4	Cooper River, Camden, NJ

* indicates tentative races, please see website for most up to date information

What is an Erg?, By Danny Brevick, Commodore

Ergometer. Erg room. Ergathon. Erg test. Ergomania. What do all these phrases have in common? Yes, that's right, the root word, erg. Don't worry; this isn't going to be review from your third grade English class. It's just an explanation of what an ergometer (or just "erg" for short) actually is. It recently dawned on me that this word we toss around like everyone should know what it means, erg, is probably unrecognizable to a vast amount of our alumni. The erg (in its modern form) was invented by two brothers working for a company titled Concept II (one of the leading oar builders for decades) in the year 1986. Because of that, many of our alum have probably never even been on an erg, or if so, used them only when they were injured or unable to get out on the water. An erg is really just a glorified rowing machine, but because of its highly accurate monitor, it can also be used to test an athlete's strength. It takes the exact same amount of power (measured in watts) to pull a 6:20.0 2k piece down in Perth, Australia as it does to pull a 6:20.0 in our erg room here in Pullman, Washington.

Erging is now the foundation of our training and continues to facilitate the evolution of our sport. In fact, indoor rowing has evolved into its own sport with its own champions. Even teams like ours spend innumerable hours on the erg because of their awesome benefit to our rowing fitness. Ergs leave nowhere to run, and nowhere to hide. It is just you and the erg. No excuses. Our current winter workout schedule has us erging up to six days a week, and we will continue to rely heavily on them well into the spring season. Our coaches also use periodic erg test as a



Our current erg room, Hollingbery Fieldhouse, racquetball court number 5.

gauge of our fitness. Now that I have stressed how great ergs are and what an important tool they are in modern day rowing, I would like to add a caveat. Both coaches and athletes often use the term "Ergs don't float". This means that there are some excellent rowers who do not have the best numbers on the erg, but who are able to combine their efficient rowing stroke with consistent power application that continues to amaze everyone when it comes time to start racing for seats in the top boats.

We are going to have an erg duel with Gonzaga University on February 28th and anyone who wants to see some serious erging is welcome to attend.

The End of Fall Racing, By Julia Anderson, Historian

The varsity and novice boats competed well in the last two races of the fall season. Both the varsity eight and the top novice eight got to finish off the fall season at two rather different races, the Head of the Lake in Seattle, and a sprint dual at Gonzaga. The varsity boat was disappointed with their finish at the Head of the Lake, as the practices leading up to the event had been going quite well. We chalked it up as having a poor day and have been using that to fuel our winter workouts to a new level of intensity. The top novice boat on the other hand had a strong finish to the season with a respectable placing at the Head of the Lake. They were also very satisfied at finally at posting a victory over the top Gonzaga novice boat that had narrowly beaten them out in the earlier fall races.

Both crews also were able to go to the sprint dual with Gonzaga in early December. The five-minute pieces

were designed to give the novice squads a taste of spring racing and to make sure that the varsity crews didn't forget what was waiting them in four months time. Both the varsity and novice boats performed well, with the varsity staying within a length on the pieces and the novice finished ahead or even with the Gonzaga novice boat. The remainder of the team performed some inter-team erg races in the erg room on campus to make sure that they would be in condition to be fighting for

seats when the seat racing starts. Special thanks to Gonzaga for providing boats to our crews so that we could race, as inclement weather had made retrieval of boats from the shell house difficult.

"I was right. The Novice have come along nicely"
--Ben Fields

Lightweight Rowing; Size Does Matter, By Greg Rood.



The Light Four (right) on San Diego State's heels in the last 500 meters at PCRS's
Cox; Anna, Stroke; Kevin, 3; Greg, 2; Bryan, Bow, Alex.

(Continued from page 1)

with planning and commitment. Finding the people (willing) to make the weight cutoff is the most difficult part of the challenge. Similarly complicated is convincing individuals that are already practicing 9-12 times a week to commit to adding a few practices to get acclimated to rowing with each other. As odd as it may seem, getting out on the water a few extra times was an enjoyable experience, and the payoffs were well worth the effort.

*“The Lightweight Four was awesome!”
--Bryan Anderson*

All of the practices on the water, morning erg workouts, weightlifting, and runs to the airport built an inimitable sense of pride. We were the Washington State University Men's Varsity Lightweight 4+, and nothing could stop us on our mission to dominate PCRC's in Sacramento.

Perhaps the most strenuous part of the experience was the drive to Sacramento (thanks for the chicken sandwich, Darrin.) Our departure from Pullman to Sacramento represented the last time I would ever set foot in Pullman, and the 842 mile drive was filled with nothing but prayers for a successful final race. That was it: the last time I would ever row as a representative of Washington State University, and the end of my rowing career.

Nothing has been able to compare to the feeling on the water that day on Lake Natoma, that of complete satisfaction. I finally realized that crossing the finish line wasn't just an accomplishment; it was victory, even if we didn't obtain a gold medal. We took 4th, just 2 seconds behind San Diego State with a time of 7:13.6 for the 2k course. This is a great accomplishment, as in 2002 our boat finished with a time of 7:40.6, just .2 seconds following Cal. I'm confident that the lightweight crew will do even better this year, maintaining the trend of success and proving that they have the commitment and discipline required to become a member of the WSU Cougar Crew (2001-2003).



Gregory Rood
Cougar Crew (2001-2003)

(L to R) Alex, Kevin, Greg, Anna and Brian.
Satisfied and done with the race

Ergomania For Egomaniacs, By Danny Brevick, Commodore

(Continued from page 1)

tremely satisfied with the morning's individual tests.

As great as the morning was, the afternoon had an even more exciting time in store. The staff at the Pocock Center (props to all of their hard work) are able to do wonderful things with the ergs and the software they have programmed. They can take the average speed of four ergs and give it to a virtual boat that slowly moves down a 1,000-meter racecourse on the television screen. This makes for some spectacular viewing and some very exciting finishes. Cougar Crew had entered three groups of four rowers into the competition where they went up against two boats from Pocock Elite, two from Pocock Juniors, and a boat of master women. The starts were all handicapped, courtesy of the mornings 2k results, so that theoretically, every boat would finish within a second of each other. For example, the WSU A boat (our fastest) was eliminated in the first round by the Pocock Juniors. Obviously the WSU boat was much stronger, but the Juniors were giving a 17 second head start, and they were able to hold off our hard charging men.

After the extremely exciting preliminary heats, the grand final was composed of four boats: WSU C, Pocock Junior A, Pocock Junior B, and WSU B. The start was staggered so that the Pocock Juniors B went off first, followed

by our C boat, then the Pocock Junior A, followed by our B boat. With 500m to go, the boats were all within five seconds, and with 250m to go, things were even tighter, with our C boat painfully inching closer to Pocock's juniors. 100m to go, and the Juniors still held an advantage of 0.2 seconds. The crowd was cheering madly, and the oarsmen from both Teams were pulling with everything they had and more. As the boats were crossing the line, everyone expectantly looked up to the scoreboard to determine who was the victor. Both boats had crossed the line with a time of 3:20.8. It was a tie!

It took a little work, but both teams agreed to a 500-meter sprint race as a tiebreaker. Pocock was to get a three second head start, and whoever crossed the line first went home with the ribbons. The Juniors exploded off the line with a powerful start, anxious to get as big a gap as possible in the first few seconds. The WSU Men were quick to follow, but at 250m to go, there was still a solid two seconds separating the boats. At this point, WSU started to pour on even more power, and the Juniors began to pay dearly for their explosive start. The final 100 meters saw the WSU Men close the gap and open up a small lead of their own to finish victorious. Congratulations to Dave Perkins, Brian Kirk, Mark Knue, and Luke Jones. Very impressive.

Thanks a ton to the parents who came out to cheer us on!

Novice Spotlight; Meet Tim Frantz, By Ginny Bradley, Novice Coach

What brings most novices into the world of rowing? Tim Frantz became interested in crew as many of us did; because of a friend. He decided to join after his friend Zach came home from practice raving about how great the team was (of course!). Feeling a bit lazy after the start of his freshman year of college, Tim decided to give rowing a try. He was faced with the daunting task of learning to row almost a full month after most of the other novices started, but took on the challenge with a smile. He learned to handle boats, follow coxswains commands and row all in one day! He was racing against Gonzaga within his first week of being in a boat. Interestingly enough, Tim wasn't nervous his first race. Unlike most first race jitters, the only thing he worried about was catching a crab! Tim is no stranger to sports, which gave him an advantage in catching up to the other novices. He was a running back on the football team and also a member of the track team at Crescent High School in Joyce, Washington. He has been a great asset to the novice team, always bringing a positive attitude and an open ear to practice. Not only that, but he is willing to take on any challenge and give his best effort, as evidenced by his quick catch up to the rest of the novice class.

Outside of rowing, college has provided Tim with an ex-



Tim after a workout

tremely busy schedule. He moved to Pullman from the Port Angeles area, because WSU has a prominent architecture school. Balancing not only 20 hours a week of practice, but also the full academic schedule of an architecture major hasn't been easy! Despite his full plate, Tim has still found time to do some neat things. Over his holiday break, he traveled to Europe to visit a friend. He briefly visited Ger-

many and then toured the city of Prague in the Czech Republic and Slovakia. Tim commented that he loved the foreign food, especially the plentiful pork and meat dishes. The toughest obstacle for him in Europe was the language barrier, but he found the small, specialized stores a great relief from the Super Wal-Marts in the States.

After he graduates and finishes a promising rowing career, Tim hopes to travel more, especially to Ireland and Italy. Starting up his own architecture firm and designing specialized houses is his ultimate goal. Best of luck to Tim in his endeavors!

Greetings from Cougar Crew!!!, By Danny Brevick, Commodore

This second edition of the highly touted *Pull Hard* has been ingeniously collaborated from a multitude of sources and deftly composed by our editor in chief, Peter Brevick (also the seven seat in our Varsity 8, and a mechanical engineering major). Make sure and send him an email to thank him for all of his hard work. The Team has been making a substantial effort to get back in contact with all of the former oarsmen, coxswains and coaches, and this is just one of the ways we have gone about that. We would like to incorporate many of the great ideas and suggestions that made this Team what it was in the past into our current program, and we need your help to do that. Please contact us if you would be willing to help Cougar Crew continue its drive for a highly competitive program.

To that end... We held a highly successful holiday party in the Seattle area over the break from school to help bring those ideas to the surface and allow the current oarsmen and their parents to mingle with our alum. A huge thank you to everyone who made the effort to attend. Some of you did not receive the invitations till the day of the party, and for that I would like to apologize. It was the result of a blatant miscommunication between Cougar Publishing and myself, and I will shoulder all of the blame. Despite that, I have received many very en-

couraging emails and some extremely generous donations and I would like to thank you all for the support. Financial contributions are awesome, and they are necessary to operate a successful program like ours, but physical contributions in the form of help and ideas are appreciated very much as well.

Thanks to the extreme success of our Ergathon (resulting from your generosity), the Rent-A-Rower program, and the many other fundraisers that our athletes and coaches have participated in, we have been able to purchase a new set of Concept II oars. These will be used by our top eights, and the addition has allowed our JV boats to move one step up on the pecking order of equipment so that we were able to sell off our oldest Macon blades in our Christmas Catalog! We have chosen to paint these new high-tech oars with the historic crimson, black, and silver chevron that the Team was know for in the past. Make sure and cheer loud when you see them coming down the racecourse!!

Thanks so much for being a part of Cougar Crew, and remember to come out to watch us compete!

--Danny

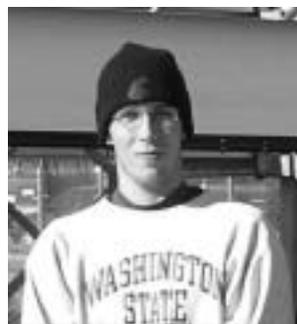
GO COUGS!

Varsity Spotlight: Meet Dave Perkins, By Michelle Arganbright, Head Coach

At age 5, Dave Perkins could name all U.S. Presidents and state capitals. "I was like one of those kids you see on Jay Leno," he says. His affinity for history and knowledge stuck with him to the present day. Perkins, now a 21-year-old junior and second-year rower, is a Social Studies Education major who hopes to teach at either the high school or junior high level, and one day hopes to become a principal. One of his most prized possessions is the game of Trivial Pursuit™... and he's *really* good at it, too.

Perkins describes himself as easy-going. Yet, another outstanding trait that becomes clearly apparent to anyone who meets him is his quick wit and sense of humor. In fact, many would consider Perkins the funniest guy on the team. Not so much for slapstick humor, but due to his sense of *timing*. Perkins always seems to be able to insert the "right" comment at the "right" time. As someone who once got immobilized in mud up to his waist on a Boy Scouts hike, Perkins is also good at laughing at himself.

But, don't let his laid-back nature fool you. Dave Perkins is a fierce competitor who expects a lot of himself and his teammates and sets his goals high. "If you will it, it is no dream," a quote by Theodore Hertzl, is like a mantra to Perkins. "To me, it basically means that if you put in the effort and have the courage, you can achieve your goals." His favorite public figure is Green Bay quarterback Brett Favre because, "He's a winner...he plays



Dave after the Head of the Spokane

hard, works hard, has a lot of guts and plays with a lot of heart."

Perkins enjoys the sport of rowing because, "It really is a team...there's no real room for 'showboats;' you *have* to rely on your teammates." Plus, he enjoys getting into the best shape of his life. He was spotted at a barbecue by two rowers on the team (Danny and Peter Brevick) nearly two years ago, who told him about the orientation meeting. "The meeting date came and I found I had nothing to do, so I went." Perkins got hooked and stayed with it, and has his sights set on making the varsity eight this year.

Like all the individuals on this team, Dave Perkins is more than just an anonymous athlete on WSU Men's Crew. At the end of the day, he is a college student who likes 70's classic rock, works during the summers to pay for school, enjoys playing basketball and baseball, and who loves the movie "The Big Lebowski." He enjoys spending time with family. He likes reading books about, you guessed it, history. Ever the forward-thinker, his life philosophy, in his own words, is "You're better off going forward than backward. Don't dwell on the past... drop it and move on."

Cougar Women's Rowing Update, By Janey Charlton, Assistant Coach

We know that many of the people who rowed for our Club Team in the past are women, so we asked the Assistant Coach for the Women's Team, Janey Charlton, to write an article letting you gals know what was going on with the Women's Program now that they are varsity sport. Enjoy, and thank you Janey.

After making history during the 2002-03 season, the Cougar Women are ready to step up even higher this season. Last season the Women's program underwent a number of changes. The first was the retirement of long time Head Coach Tammy Crawford, who stepped down to spend more time with her young family and to undertake some teaching responsibilities on campus. Jane LaRiviere, who had spent the previous 8 years at Oregon State University took over as Head Coach and made an immediate impact on the program. After early season victories over Gonzaga, Oregon State, Duke, Clemson and Tennessee, the Cougar Varsity 8+ executed their best race of the season to finish 3rd at the PAC 10 Championships. In doing so they beat the #2 ranked Cal and #8 ranked USC varsity 8+'s, which led the team to an overall 3rd place finish and secured the Cougar's their first ever team invite to the 2003 NCAA Championships.

The women's rowing team is a very diverse bunch, with athletes from New Zealand, Australia, Poland, Lithuania,

Czech Republic, Canada and of course the USA. However, one of our main goals is to attract more talent from right here in Washington State.

We just returned from our winter training camp in Sacramento. It was great to miss the rather large snowstorms that hit Pullman over the Christmas break! Camp went very, very well. We had great water everyday, which allowed the team to develop and improve their technique. We are looking forward to getting back on the Snake River Feb 2nd and to the racing season ahead. This season we have been invited to race in the Windermere Classic at Redwood Shores (March 27/28th). This will be great preparation for the San Diego Crew Classic (April 3/4th). We will be hosting Oregon State and Tennessee on April 24th down on the Snake River. Following the regular season (PAC 10's May 16th) our goal is to gain a team bid to the 2004 NCAA Champs (Sacramento, May 28th-30th) and have a top 10 team finish (after finishing 12th last year).

We would like to take this opportunity to thank the Men's program for their ongoing support and help. We appreciate the added height during trailer loading. And, we are especially thankful to the wonderful drivers who have been splitting the long trips with us. The Men's team and their coaches ROCK!!

Pulling Through the Snow, By Nick Farley, novice oarsman.

Since the Head of the Lake Regatta in Seattle on November 4th, the days have gotten shorter and the weather colder here in Pullman. Cougar Crew has been off the water for almost three months now, but that has not stopped us from practicing hard every day. Our periodized training regimen has us working out up to eleven times per week. At any given time, you can find members of the Team lifting weights at the Student Recreation Center, running around campus, doing body circuits, or grinding their teeth in the Erg Room. No matter how we are training, the team goes all out, with the focus on getting even faster for the highly competitive spring racing season.

One highlight of winter training has been the full squad workouts, where we combine the varsity and novice squads for some team building exercises and a nice break from the normal routine (read: erging till your arms fall off...). Before Thanksgiving break, the team braved below freezing temperatures on a six-mile run, coined "The Turkey Trot", all over Pullman where we searched for clues that would guide us to our next destination. There have also been erg relays, where the Team breaks into small groups to sit down and rip off some painfully

quick times. Yet another Saturday morning was spent playing a very exciting and competitive game of capture the flag in the snow. All of these workouts were fiercely fought battles to the death. It's not like us rowers are competitive or anything (wink).

During Christmas break, team members practiced individually, wherever they could. Many of the athletes were able to take erg machines home with them, and the remainder substituted many other forms of cardiovascular workouts. Our continuing dedication and diligence showed when we returned in January and hit the ground running with erg tests all around. The first Novice erg workout was a grueling 6k test, where they were given a chance to show how hard they had been working over the Break. Admirably, many of them performed very well. The Varsity pulled a 10k their first day back, followed by a 6k erg test on Tuesday. The Team has also pulled a few 2k erg tests since returning in preparation for spring racing, and to set the lineup for Ergomania in Seattle on January 31. The Team has been training rigorously, and we cannot wait to carry the intensity and results from a highly successful fall into the spring season when we hit the water again this February.



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Washington State University Men's Crew Newsletter

Check out our web site at:

<http://cub.wsu.edu/>

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Washington State Men's Crew

Editors Comments, By Peter Brevick, Editor

Hello to all! I hope that your winter is going as good as the one we're having in Pullman. We have been getting some nice snowfall and winter conditions so far.

I trust that you all enjoyed the November issue. It was a lot of fun to put together, though I must say it has been a bit easier the second time around. I gave that issue the title of volume 2, issue 1. After I had sent it out I discovered that there were a lot more former issues than I thought, so please accept my apologies for choosing a volume number that had long been surpassed. No harm was meant. To avoid infringing on former volume numbers again, this issue has been dubbed volume 10, issue 2. Last issue will be recorded as volume 10 also, I hope this clears up any confusion.

As some of you may have noticed the team has posted at least one victory every month since we started competition! I was very excited when I realized this on the way back from Ergomania, our January victory. The people in our van decided then that this was a trend that we would like to continue! We believe that we will be

able to accomplish this task as we continue racing this spring and I hope you can come cheer us on as we do.

It also occurred to me that the team has reached a monumental milestone; we now have second generation rowers on the team. Second year coxswain Julia Anderson's Dad, Tom, rowed for the team in the late 70's. While first year rower Mark Knue's father was a rower during the first two years of the team. To my knowledge these are the first two second generation team members. Congratulations!

I want to say thank you to everyone who sent me a note regarding addresses and such. I really do appreciate it. Again, if this got to you but it has the wrong address, please let me know so that I can fix your information in our directory, as we are updating it.

Have a great spring. The next issue will be packed with exciting spring racing stories. Till then,
 Peter

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