

THE PULL HARD

SPRING 1983

Liberty Lake Regatta

SPOKANE — Looking forward to the Second Annual Liberty Lake Regatta, WSU race organizers are hoping for a bigger and better event this year as race day rapidly approaches.

The regatta is scheduled for Saturday, April 16, at Liberty Lake, just outside of Spokane.

The Spokane area is "Cougar crazy," says Doug Engle, and the Liberty Lake crew event is one way of tapping that enthusiasm which permeates the eastern Washington community.

The Liberty Lake Property Owners Association gave their support to the race last year with the donation of \$3,000 for the purchase of hardware to develop the six-lane race course and to pay for expenses involved in running the event. In addition to monetary support, the home owners around the lake contributed launches, stake boats and man power on race day.

Engle and Rich "Flip" Ray worked long hours to organize the race, including donating 2,000 hours to put the buoyed course together.

This year, Engle estimates the group will support the race with a similar amount, in anticipation of a "first class race."

The 2,000-meter course, using the Sandy Beach Resort as headquarters, was the scene of racing among crews from WSU, the University of Washington and Western last year. The Huskies swept the regatta in blustery course conditions.

This year, hopes are for excellent weather and a goal of hosting 1,000 competitors from a variety of clubs and colleges. Unfortunately (?), the U of W won't make it this year.

The eventual goal is to attract the Northwest Regional regatta to Liberty Lake, Engle says.

An officials committee of Cougar Crew Alumni has been active since fall, chaired by Steve Wells.

Any alumni interested in helping out with the Liberty Lake regatta, on race day or otherwise, should contact Engle at 241-4670 or Wells at 367-5154. The more alumni to help will lead to making Liberty Lake '83 a success.

Flip also notes that the owners of the resort used last year as race headquarters are having some reservations about the coming event and he encourages alumni to drop a note to the folks, voicing support and enthusiasm for the Liberty Lake race. Those interested, please send your letters to Howard and Mary Dolphin, c/o Sandy Beach Resort, Liberty Lake, Wash., 99019. Thanks.

The work headlining this article is the work of Kathy Randall, now in business in Seattle, who is presently working on T-shirts for sale at the April 16 regatta.

Spring Racing Schedule

MARCH 19
Class Day - PULLMAN
MARCH 26
American Lake - TACOMA
APRIL 9
Lake Samish - BELLINGHAM
APRIL 16
Liberty Lake - SPOKANE
APRIL 23
UW dual - PULLMAN
APRIL 30
OSU - TRI-CITIES
MAY 7
Opening Day - SEATTLE
MAY 14, 15
Regionals - GREEN LAKE
MAY 21, 22
Pac-10 - CALIFORNIA

Frostbite & "Head of the Lake" Recapped

By RICH "FLIP" RAY
Staff Writer

SEATTLE — Despite more than two hours delay caused by dense morning fog, the 1982 Greenlake Fall Regatta was an orderly and impressive affair Saturday, Nov. 13, immediately followed by the Head of the Lake regatta, Sunday, Nov. 14.

Washington State exhibited strength which bodes well for our racing fortunes in the season ahead and the ones to follow.

In our first entry of the day, an inexperienced women's novice eight, sporting three starboards and five ports struggled mightily, only to trail the field. The race was disappointing, but far from surprising, considering the circumstances.

In the men's open novice four/with, our spirits were revived by a two-lengths open water win over second place OSU and third place UVic. The four gentlemen who pulled blades in that boat are members of the frosh second eight and all have their hopes on a seat in the first boat. Such a performance indicates that their hopes are well founded.

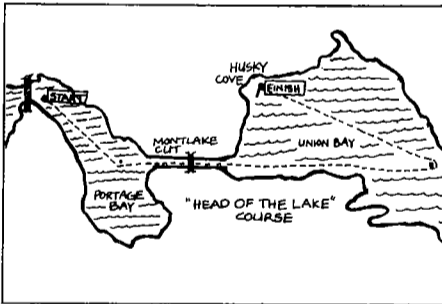
In the second heat of the women's open senior four/with, the Cougs had one, no, two, no, one boat. Entered in an adjacent lane was a four composed of alumni oarswomen with their former coach, the irrepressible Gene Dowers, in the coxwain's seat. It is

rumored among those who should know that if the WSU four had not been quite so concerned about defeating their former comrades, they might have had a cleaner start (an early crab cost them a full length) and come closer to overtaking OSU, who beat them by just two seconds.

Event 29 was a first-ever entry for the crew from the Palouse: a men's open straight pair (Flip and John "Yumbo" Holtman). The race was another win for WSU, with UVic a close second and OSU in third. Probably the single fact of interest in the race was the appearance of a former Olympic pair rowed by two ex-Huskies. Unfortunately, they were ten years out of training and trailed the lead by 18 seconds.

Greater things were yet to come as the Cougar women's open novice four/with steamed to an open water victory over a full field which included OSU, UVic and numerous west side schools. Hardly had our delirium cooled, when two events later the WSU first frosh eight came rumbling up the course with a commanding lead over a fast heat which included, once again, UVic, OSU, University of Calgary (curious looking fellows in white sweats with yellow and maroon stripes and a large red Tyrannosaurus Rex printed on the back), the UofO Ducks and the WSU second frosh eight. This second boat, by the by, defeated UofO handily.

Finally, bitter as it may be, we must mention that as the sagacious Doug Engle phrased it at the race "some things never change." The senior women's eight missed their heat by fully twenty minutes. Lay blame on the schedule and a rookie coach. In all, a successful day at the races.



Sunday, the day of the Head of the Lake race in Seattle, the morning dawned considerably clearer than the previous day, but just as cold.

A splendid sunrise mirrored on Lake Washington promised a classic day of head-style racing.

Cougar entries included two men's frosh eights and a straight pair. The first eight, still a bit punchy with adrenaline from the previous day's racing, suffered difficulties at the start. Seconds into the race, they clashed oars while overtaking a women's eight. After a quick recovery and a relatively uneventful race (the high point seems to have been the hearty admonitions of Husky Coach Dick Erickson, who was stationed on the last buoy) they finished nine seconds behind the UW first frosh and seven seconds down on the previously beaten UVic boat. Twenty five seconds back, the first frosh of OSU led the OSU-B and C boats, which were closely trailed by WSU-B — all of which ought to make the most inveterate pessimists among us rejoice.

Although former frosh coach Dave Emigh (now men's coach at OSU could hardly be expected to show excitement about the results of the weekend, both

he and OSU Women's Coach Nancy Michalson, expressed admiration for the Cougar showing and both look forward to some good racing in the spring season, particularly at the WSU-OSU dual meet in the Tri-Cities on April 30.

The straight pair (Flip and Yumbo again) had only one competitor, the former Husky pair seen earlier, and dispensed with them easily, despite navigational difficulties which included a battle with a buoy and an unexpected mud bank in the middle of the course.

Onward and upward Garcrewco!!

Class Day set for March 19 in Pullman

PULLMAN — Class Day 1983 promises to combine tough class competition with a reunion of friends and alumni, as Cougar Crew members from far and wide make the annual pilgrimage to Pullman.

Class Day is scheduled for March 19 — complete with a racing schedule, Cougar Rowing Association meeting and an evening of festivities.

Activities are slated to kick-off from the "meeting spot" on campus at 8:30 a.m. Saturday, followed by the trip to the river.

Gene Dowers, who is spearheading the organization efforts in Pullman, says plans include having boats on the water by 9:30 a.m. with the first event slated for 10.

Racing will include men's and women's Class Day events (Yumbo warns all men's crew alumni that the race will be 2,000 meters this year) followed by co-ed races and a coxwain's event.

At 2 p.m., the Cougar Rowing Association will hold its regular Class Day meeting at the "CUB." All alumni, the senior class and officers of the men's and women's crews are encouraged to attend this important meeting. Agenda items will include election of officers for the year, discussion of goals, objectives, the financial status of a present fund raising drive and other issues important to the continuing alumni support of the Cougar Crew. Any questions or suggestions regarding the agenda, please contact Kari Ranten, (206) 856-4976.

The evening is sure to be one for all to look forward to. Plans are to pre-function, function and post-function at one location — the banquet room of the Moscow Elks Lodge in Moscow, Idaho (you remember that sleepy, little town about nine miles due east of Pullman).

So, kicking off with a social hour at 6:30 p.m., a catered dinner, a brief program of speakers, slide shows and live music for dancing will fill the evening hours. A no-host bar will be open throughout the evening and the dinner will cost \$7 each. Tickets will be available at the door.

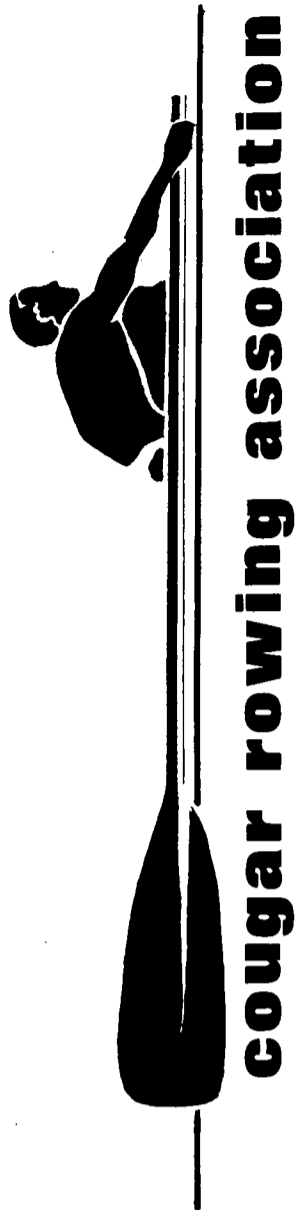
Those interested in car-pooling from the west side of the state, please give us a call — From Seattle, call Doug Engle at 241-4670; From Tacoma, call Steve Porter at 472-5138; points north of Seattle, call Kari and Steve Ranten at 856-4976 (that's in Sedro-Woolley).

LIBERTY REGATTA LAKE '83

APRIL 16, 1983

COUGAR ROWING ASSOCIATION
121 North Ball
Sedro-Woolley, WA 98284

DOUG ENGLE
3249 S. 160th Apt 104
Seattle, WA 98188



COUGAR ROWING ASSOCIATION WANTS YOU!!!

NAME _____
STREET _____
CITY _____
STATE _____
ZIP CODE _____
PHONE _____

We are interested in keeping in touch with Cougar Crew alumni, but the only way to keep our address list current is for you to help us out by letting us know the latest.

Please, clip out the "coupon" below and send us your address and telephone number, along with any suggestions, ideas or contributions to the Cougar Rowing Association effort.

Send those to Kari Ranten, 121 North Ball, Sedro-Woolley, Wash., 98284 or call (206) 856-4976. Kari would also be interested in any comments or ideas for future editions of the "Pull Hard" which she and Kathy Randall will be putting together on a quarterly basis. Please call or write — would love to hear from you.

"friends of cougar rowing"

COACHES PAGE

PULLMAN — The Cougar Crew has once again returned to the waters of the Snake River near Almota to begin honing their rowing skills for the spring season.

More than 70 oarsmen and women began making the familiar daily trek to the shellhouse in mid-February, with a hard winter's training behind them and enthusiasm for the fast-approaching racing schedule.

Athletes and coaches alike are anticipating a good year for the Cougs.

Varsity Men's Coach Ken Struckmeyer says while a "king crab" marred the opening on-the-water turnout for the frosh, he is "really, really excited" about the prospects for this year.

Boasting two "really good coxwains," Struckmeyer says he has enough oarsmen to fill more than three varsity eights. Struckmeyer has hopes for a "big heavy varsity and a fast light varsity."

"These are some big boys"

Speaking of big, Frosh Coach John "Yumbo" Holtman says his freshman crew will average in the neighborhood of 6' 3" and 190 pounds. Needless to say, "these are some big boys," Holtman admitted.

A total of 19 freshmen are out for the team and Holtman reports "they're awesome." After an "OK" performance in the fall, Holtman says the

frosh are in great shape now, after eight workouts each week during the winter, and are ready to go.

"They are a group of good athletes and they're rowing well," Holtman said.

The strong turnout of freshman this year should carry over into great prospects for future varsity crews, as well.

"Over the next two to three years, I expect we'll just get faster and faster," Holtman said.

"The ones who survived are going to make wonderful contributions"

A good showing will also be made in 1983 by the women's crew, coached by Rich "Flip" Ray, who will have 20 women rowing this year.

The plan is to place priority on putting together competitive frosh, light and openweight fours, along with frosh and open eights. Flip too reports an "awesome" freshman class, though he has but a few lightweight women turning out for the squad.

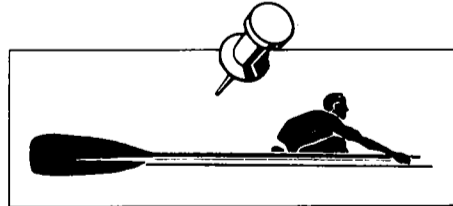
The winter women's program included an average daily run of six miles,

running stairs (when weather conditions allowed) and weight lifting two days a week.

The results? — Flip says they're "very fit and well prepared" for the upcoming racing season.

"Many seem to think that it was probably one of the toughest winter workout programs ever for the women," Flip said. "The ones who survived it are going to make wonderful contributions."

Well, Coug alumni, now that the oarsmen are back in action let's head to the race course this spring to cheer the crew on - COUG UP!!!



Rowing Association News

SEATTLE — With renewed optimism and organization, a nucleus of Cougar Crew alumni have put life into the Cougar Rowing Association (CRA).

Designed to support the present crew, with financial and moral support, the "Friends of Cougar Rowing" are in the midst of an intensive fund raising drive, the results of which will be announced in Pullman at Class Day.

Efforts to raise funds stem from the present balances of WSU Foundation accounts. Balances as of December, per Ken Abbey, showed a total debt of

\$7,211, some \$4,800 of which is owed to the Cougar Crew Development Fund on the "Dave Emigh."

The Endowment Fund stands at some \$8,000, however interest on that sum is presently funneled back to the university as interest on the debt.

Present crew members are diligently working to help remedy the tight financial situation, and have raised nearly \$3,000 on their own by way of car washes and "ergathons."

So, the alumni have become involved with a fund raiser, aiming to eliminate the debt altogether and set the crew on its financial feet.

Primary goals for this first annual fund raising effort are support for operations, men's and women's crew coaching funds and a Struckmeyer survival fund, to handle those major and unexpected bills.

Also, keeping in mind that if the crew keeps on strong financial ground, \$80,000 is available from the university for construction of a new shellhouse and another \$15,000 is waiting for a new dock system.

To kick off the CRA effort, a letter requesting involvement of crew friends and alumni went out in January with a follow-up campaign of phone calls in February.

Realizing this is a monumental task, however, rowing association members may not have reached everyone, as addresses and phone numbers have a way of changing over time.

If the letter never arrived and your phone never rang, please feel free to contact CRA Treasurer John Delong, 4313 So. 289th Place, Auburn, Wash., 98002, (946-0832); Doug Engle, 3249 S. 160th, Apt. 104, Seattle, Wash., 98188, (241-4670) or Kari and Steve Ranten, 121 North Ball, Sedro-Woolley, Wash., 98284, (856-4976).

The more participation in the Cougar Rowing Association, the better. We need your financial help, ideas and spirit.