

# THE PULL HARD

SUMMER 1985

## Class Day features gold medalists

PULLMAN — Olympic gold medalists Kristi Norelius and Paul Enquist received a warm welcome from crew members, alumni and friends who joined in a standing ovation at Class Day banquet festivities on March 23.

The two Cougar Crew alums served as keynote speakers for the annual banquet, attended by more than 150, at the Best Western in Moscow.

Attired in their red Olympic blazers and wearing their gold medals, Kristi and Paul recounted their victories, experiences and emotions during the two-week summer Olympic games in Los Angeles and the whirlwind cross-country victory tour that followed.

Paul even brought along a videotape of his race, allowing the capacity crowd to enjoy the come-from-behind victory with him and his partner Brad Lewis one more time. The effect swept the room as a boisterous cheer went up as the USA crossed the finish line in first while color commentator Steve Gladstone said "nobody expected these people had this kind of capability. What a smart race! What a courageous race! What a smart, gutsy race!"

"I never get tired of seeing it either, the results are always the same," Paul said after watching the video. "Doug Flutie can have his \$7 million. I'll take last summer's experience anytime."

Kristi said that watching the women's 8's winning effort on videotape always brings back a flood of memories and feelings similar to those of race day.

"Everytime I go through the same emotions," Kristi said, describing her nerves.

Following the Olympics, both participated in what they described as fun but tiring whirlwind, ticker tape tour of the United States, rubbing elbows with fellow U.S. medal winners.

The "Class Day" evening was capped by an announcement by the Men's Crew that the new Pocock "C" shell will be named the "Paul Enquist."

Earlier in the day, in the annual "Class Day" regatta, the juniors won men's Class Day for the third straight year, while a junior/senior boat took the women's 2,000-meter event.

## The Review

### Gonzaga vs. WSU

SPOKANE — The Cougar Crew swept all races in the second annual Fawley Cup race against Gonzaga University on the Spokane River March 20, keeping the trophy in Pullman.

The course was adjusted to 800 meters to compensate for a normally strong current. As it turned out, the current was nominal and only a little rain dampened the festivities.

### Daffodil Regatta

TACOMA — Bright sunshine, a stiff breeze and a couple of limited hydroplanes made Tacoma's American Lake an exciting race course for the annual Daffodil Regatta on April 6.

The day's results brought success for the Cougar Crew with victories for the men's light eight and four, novice women's eight and four and the men's JV eight. Teams on hand for the annual event included Western, University of Puget Sound, Pacific Lutheran University, and Lewis and Clark.

In the 2,000 meter event, the novice women again showed off their strength. The Novice 8 swept to an easy victory in a five-boat field, winning with a 7:10.91. UPS took second in a time of 7:19. The Novice 4 had a similar experience, winning by nine seconds over UPS in a seven-boat field.

For the men, the lightweights provided the highlight of the day, winning the events for eights and fours. The heavyweight eight was second behind Western.

### UPS dual at Wawawai

WAWAWAI — The Cougar Crew settled into their new quarters at the just completed shellhouse at Wawawai just in time to host UPS at the Snake River on April 13.

After a two-hour delay due to wind, the Cougs fared well, winning eight of 13 races on the new 2,000-meter course.

A crowd of 40 gathered on the banks to watch the races on the Cougs new home waters.

The men's lightweight crew and women's novice continued their winning ways, along with victories by the men's heavyweights.

### Cougs host Dawgs

WAWAWAI — The Cougs hosted the Dawgs on a windy Saturday, April 20.

As on the scene reporter Rich "Flip" Ray puts it "everyone behaved as though rising early on a Saturday morning and rowing fragile boats into a cold stiff wind in a remote canyon was not only reasonable, but a pleasurable thing to do."

Because of what Ray describes as a "bright white chop of ten or twelve inches" the race course was shifted to take advantage of calmer waters.

The men's crew prevailed in the light four race, as two Cougar shells defeated the Huskies, while the Dawgs swept remaining races.

In women's competition, the Cougars took wins in the Varsity 4 and Novice 4 races.

### Cougs excell at Tri-Cities

TRI-CITIES — The Northwest turned on the sunshine for the visiting USC men's crew in racing action on the Columbia River featuring OSU, UO, Gonzaga and WSU.

Sunny skies, a buoyed course and well-organized event prompted USC to state immediately following the regatta that they would return again next year.

In women's racing, the Cougs won the Novice 8 event, but were later disqualified, which turned the victory over to Oregon.

WSU women won the Novice 4 event with OSU second; took fourth in the Varsity 8 race won by OSU and captured thirds in the Varsity 4 and Women's Light 4 events.

In men's racing action, the Cougar Light 8 set a new Tri-Cities course record in winning the event in 6:40. The Heavy 8 followed suit with a record-setting time of 6:19.2 to win their event over OSU and UO.

The Cougar Frosh 8 took second behind OSU, the JV 8 took first in a five-boat field and the Frosh 4 was second.

## Good news!

WAWAWAI — A hush fell over the small group of alums as they took their first long look at the cement structure the Cougar Crew will call home for years to come.

On a tour with Coach Ken Struckmeyer, following Class Day racing at Boyer, the impressed group surveyed the nearly complete shellhouse, new docks and race course.

Among the group was Olympian Paul Enquist, who remarked that the site ranks with the "best" facilities in the country.

The following is a description of the new shellhouse by Rich "Flip" Ray, who closely scrutinized the facility while watching the UPS/WSU regatta:

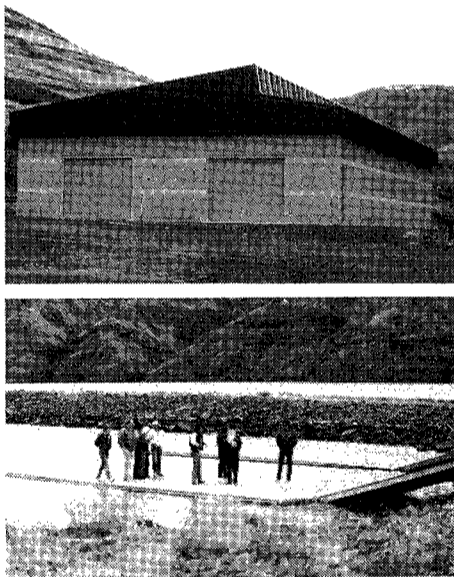
"Next to the old facility, it is a warehouse. It is curiously attractive, in a solidly simple, cement-block way. The outer walls are textured by deep vertical grooves, interrupted only by two courses of smooth blocks which girdle the building with a pair of parallel bands. The blocks are painted a light earth-tone brown, which nicely compliments the dark chocolate of the doors and roof. A skylight runs the length of the building and fills the interior with a rich mild light."

The Cougs have moved into their new home and say it is excellent. Two docks, sheltered behind an existing breakwater, are in and a separate dock area for launch storage, complete with security fencing, is forthcoming.

The new shellhouse is adjacent to an existing public boat launch and near a large county park. Electricity will soon be available and an existing outhouse will surely come in handy.

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**QUOTABLE:** In the ABC telecast of Paul Enquist's Olympic race, Curt Gowdy called crew racing "a cross between a rowing machine and a form of medieval torture." Later, when describing how members are chosen he aptly noted the "dreaded seat racing" is often used.



## Wind takes toll on Cougar Crew

WAWAWAI — It seems that not a year goes by without a major weather-related incident hampering the Cougar Crew's training and racing.

This season was no exception.

Once again, the wind ravaged Snake River will long be remembered by oarsmen and women and coaches ...

On Monday, April 15, a fierce wind suddenly swept through the canyon as the crew practiced at Wawawai. From mirror-like calm, the river turned to four-foot swells.

The end result was damage to two women's shells and a number of wet women's crew members, some frightening moments, but no injuries.

The men's crews took on some water, but found a haven from the 60- to 70-mph winds on the opposite side of the river from where the new shellhouse stands.

Quick rescue efforts in coaching launches plucked crew members from the water, while an eight and a four filled with water and nearly sank.

The "Ron Neal," a women's four,

suffered minor damage, a small hole in the stern, which was repaired by Pocock in Seattle and returned to action.

The "Cougar Friends" the women's new Pocock "C" shell did not fare as well. The stern section was broken off the shell and the hull banged up against the rocks. Damage estimates are \$2,500 to \$3,000. Pocock will make repairs, which will add about 30 pounds weight, and return the boat by August. The equipment is covered by insurance.

"It's just another chapter in the book of memories," Coach Gene Dowers said.

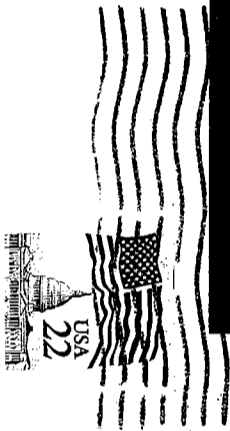
But the incident could not put a good crew down.

As Rich "Flip" Ray said "such an accident once seemed a very depressing, almost fatal blow. But the omnipresence of athletic vitality and growth in this boisterous crowd of happy, energetic rowers swallowed the pain."

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*You Tell Us*

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.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
phone \_\_\_\_\_

**Ideas and/or comments**

# MAIL BAG



We hope to make "Mail Bag" a regular feature of the "Pull Hard" but we need your help to keep the flow of information coming. Let us know if you have moved, done something wonderful, had a baby, won a race or whatever. Send your notes to Kari Ranten, 121 N. Ball, Sedro-Woolley, Wash., 98284. Thanks!!

■ From his Kahua Ranch home at Kamuela, Hawaii **Tim "Haole" Richards** writes that he is attempting to survive his first year of private practice in veterinary medicine. "Not exactly as I pictured it but, what the hell?" he writes. Tim's wife Patti gave him a rowing machine for Christmas "to dream of frost on an oar handle and the sixth back to back 2,000, the good life," he said. So, if you're on the Big Island, stop by to see Tim.

■ **Mark "Santa Claus" Richards** landed a job with the Federal Highway Administration last year, spending training time in Montana, North Dakota, Tennessee, Illinois and Virginia. Mark congratulates Kristi and Paul on their Olympic gold.

■ In a message from Lake Oswego, Oregon, **Kurt "Dr. D" Wahle** sends his greetings. Remembering his crew

days, Kurt writes, "practice was the hardest of work for me and what I looked forward to the most everyday. Only consistently kicking Yumbo's butt on the erg was more enjoyable." Kurt and his wife Elizabeth are expecting their first child.

**A letter to the editor:**

■ My return to Pullman, Boyer Park and WSU for Class Day was very fun and enjoyable. The honor (naming the new shell the "Paul Enquist") bestowed upon me at the banquet was incredible, truly memorable and not soon forgotten. Thank you, again.

The highlight of the weekend for me though was the tour of the new boathouse and facilities. Even though we couldn't get in to see the inside, more red tape, a peek through a crack in the door was enough to get a feel for the building on the inside. The two-bay boathouse, two docks protected from the wind, two outhouses, grass instead of weeds and rocks, and ten to fifteen minutes less drive from campus are more than any early alumni or supporters would have dreamt. Water conditions seem much better, at least no current means flatter water when the wind blows. The river just downstream of the boathouse can easily fit

a six-lane race course with good spectator viewing. It is really impressive. I recommend a trip to see it.

These facilities should greatly help the performance of the crew. But there is a problem that even the new facilities won't help. The crew needs a repairman for shells, oars, launches, trucks and trailer. Also needed is someone with an understanding of exercise physiology, athletic psychology, a public relations speaker, travel agent and most importantly a rowing technician and trainer. A full-time coach would be a start to try and get a handle on some of these problems. This has got to be the NUMBER 1 priority for the crew.

I see a strong similarity between the programs at WSU and Yale U. Both have the same type of arrangement in travelling to and from practice. Yet Yale was national champion in 1982 and in the top six each of the last seven years. WSU has a big advantage in having a larger student body to recruit athletes from. The big difference I see between the programs is the existence of full-time coaches. All the previous areas of responsibility mentioned before could be handled by a coach. All the little problems and distractions that come up during the year come to a head at the end of the season. The Cougars always go home disappointed with the results and vow to do better next season. But similar results happen year after year. That is because nothing really changes and the same nagging problems happen again and again.

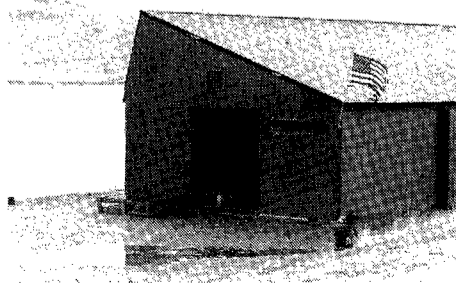
What can be done about it? Well, we can hope and pray that the Athletic Department would take in the crew and hire a coach. Very unlikely since they can't even pay their own bills. The ASWSU Recreation Department is being stretched helping the crew as

much as they do already. But there is a solution. The crew has direct control of its own endowment fund. NOBODY in the university (Athletic Dept., Rec. Dept., French Ad., etc.) can tell the crew how to spend it. It's a safe, permanent way to pay a coach.

What would it take? An endowment fund of approximately \$200,000. This is based on present rates of return and an estimate of an average coaches salary. Right now the endowment fund is only \$11,000. We have a long way to go, but it is not impossible. It will take sizable contributions from a number of supporters to build it up. Remember, it is an everlasting gift, it helps year after year. We need to take that step. We can't keep hoping somebody else will do it. We have to do it ourselves, now is as good as ever.

We are still a young program. Most alumni are still starting out in careers and families. It won't be easy but please consider the pride in the results that can be achieved. I'd like to see a better Cougar Crew and believe this is the way to do it. Please be a part of it.

Sincerely,  
**Paul Enquist**



# The CRA: A good cause

The Cougar Rowing Association has become a vital link between the continued interest of friends and alumni and the current rowing programs at Washington State University.

Through volunteer efforts, the CRA has successfully staged the Northwest Rowing Championships in May, 1984 and keeps former Cougar rowers in touch with Palouse activities by way of the "Pull Hard."

The CRA is dedicated both to remembering where Cougar Rowing has been and helping the athletes presently

training on the Snake to row farther and faster than those who went before them.

The key to making that a reality is you — former crew members, friends and family — and your continued interest in the growth of Cougar rowing and support for that commitment.

To that end, we are asking for your support and offer several levels of participation.

• **Dues paying member:** For the annual Cougar Rowing Association

dues of \$10 — lowered from the old price of \$20 — active members will keep the "Pull Hard" and other information about CRA and Cougar Crew activities (such as Class Day) coming to your mailbox during the next year.

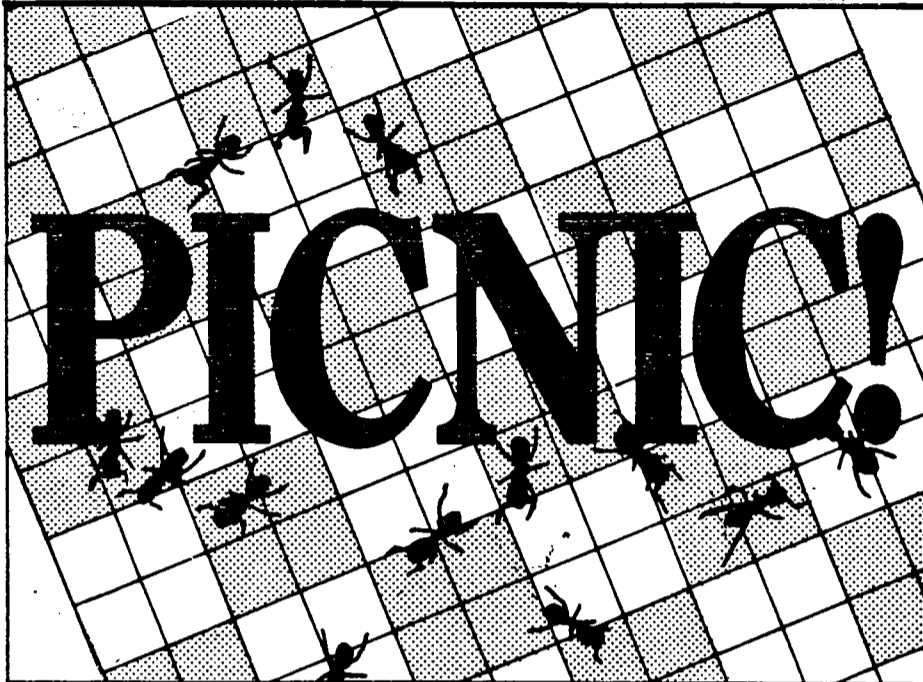
• **CRA sponsor:** By contributing \$15 to \$50, benefits will include the "Pull Hard" and other mailings, plus we will send you a 1984 Liberty Lake T-shirt, a sharp looking design in bright colors. Don't let the date fool you, the T-shirt is a nice deal.

• **CRA benefactor:** By making a

contribution of more than \$50, not only will you receive the "Pull Hard" and other CRA communications, plus a T-shirt and a cast Liberty Lake medal for your collection.

Please think about what your role will be in the future of the CRA and how you might be able to help the on-going effort to build Cougar rowing.

Send your contributions to the Cougar Rowing Association, c/o Kari Ranten, 121 N. Ball, Sedro-Woolley, Wash., 98284. (Include T-shirt size information, S-M-L-XL.)



## Beach, blanket barbecue! CRA picnic is Aug. 24

The annual CRA picnic is rapidly upcoming so grab some burgers, a beach towel, the kids and plan to be there!

The picnic this year will be held on Saturday, Aug. 24 at a location in

Kirkland. An invitation and complete directions on how to get there will be on the way soon.

Meanwhile — **MARK YOUR CALENDARS!!**

It's a potluck affair - bring what sounds good. The CRA is just organizing it and inviting all Cougar Crew folks — should be fun and it's a good chance for those on the west side of the state to get together.

## Lightweights sweep PAC-10!!

The men's Lightweight 8 scored the Cougar Crew's first ever conference victory at the Pacific Coast and Pac 10 Rowing Championships.

The cougs took first place in the Pac 10 by placing second to San Diego and defeating the Huskies on two occa-

sions. Washington ended up fourth, behind the California Maritime Academy entry.

The men's crew placed fourth in the overall Pac 10 standings.

Highlighting race results for the women was the fourth place finish by the women's Lightweight 8.

## A big Thank You!

Our sincere thanks go to Ernie Dantini and Dan Antoni, who helped make the Cougar Crew's fund-raising Casino Night such a success. Funds raised in the effort pulled the organization out of debt this year and allowed the crew to buy such essentials as a new set of oars. Thank you both!

Thanks are also in order to the following contributors to the CRA in recent months: Bruce Warninger, Jim Rudd, Tim Richards; and the following who have paid their dues: Jim Rudd, Jim Austin, Jim Fischer, Tim Malkow, Mike Pabisz, Phil Sprute, Chris Gulick, Doug Engle, Kathy Randall, and Rich Ray.

P.S. There will be no work weekend in Pullman this summer, just in case you were interested.

*Have a  
good summer!*

THE  
PULL  
HARD