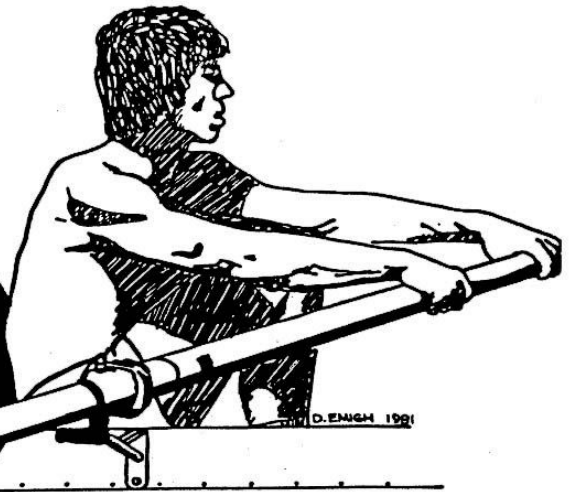


WE PULL HARD



A Washington State University Men's Crew Publication, Winter 2008, Volume XIV, Issue III

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Formation of a mentorship/internship program

The WSU Men's Crew Team would like to create a mentorship and internship program to provide career advice, support, and opportunities to current members of the team. The team has always received great feedback about how employable our men and women are. Recognizing this, Steve and Janie Huhta came up with the idea for the program and we would like to make it happen. The Huhta's and the team feel this could be a great way to connect with alumni, family, and friends of Cougar Crew.

We are looking to create a database of contacts which will be compiled into booklets. These booklets will be given out to members of the team, providing them with professional contacts in a variety of areas. Feel free to sign up for one of or both of the programs.

Mentorship Program

We are looking for people who would be willing provide career and professional advice. This role could include helping look over a résumé, helping with interview skills, or simply answering questions the team member may have. If you would like to join this list, please send the following information...

1. Name
2. Profession and/or Corporation

3. Phone #
4. Email

A couple sentences describing your connection to the team and also your career/professional background

Internship Program

If you are in a position to possibly help our team members land internship or job positions, we would love to add you to our internship program! Please include the following information...

1. Name
2. Corporation and location of your office/headquarters
1. Phone #
2. Email

A couple sentences describing your connection to the team and also your line of work

All of this information and any questions you may have can be sent to Mitch Williams at mitchellvictor11@wsu.edu. We will be in contact with you about upcoming Cougar Crew races and events where you will have the opportunity to meet and interact with our team! We really appreciate the support we receive from family, friends, and alumni of Cougar Crew! ■

Cool Happenings:

- A new mentorship and internship program have been created for the oarsmen of WSU Men's Crew
- A recap of another excellent Cougar rowing season
- The first ever alumni spotlight offering a glimpse of past oarsman who have and still do have a powerful impact on our program



World Class. Face to Face.

Cougar Crew Days 2008 Recap

tim "haole" richards

alumni oarsman

Greetings to all Alumni, Supporters, Friends, and Parents of Cougar Crew!

The weekend of March 15 & 16 2008 saw once again the annual pilgrimage of the extended Men's Cougar Crew family to its Mecca, Pullman. Included this year was something new; parents of current oarsmen. As you may recall, last fall the Cougar Crew Booster Club was founded consisting of primarily the parents of the current oarsmen. It was decided to include the Boosters into the Class Day festivities and thus was born Cougar Crew Days.

Friday started with the traditional "ice-breaker BBQ" at the newly renovated stock pavilion with Doug & Renee Engle as our hosts. A gathering of the alumni as everyone trickled into town with a new addition; parents and families of current team members. Paraphernalia & memorabilia were on hand as we saw old friends, met new ones, and started the weekend event with a great beginning. Lots of new friends with reconnecting to old ones. (As to be expected, the "post-function" saw the group adjourning to the Fireside for further socializing.)

(For those who remember the famous "Black Tuesday" of yore where the storm came up on the river in the late 70's and swamped all the shells on the water; our current crew offered us an reenactment. Friday afternoon saw another windstorm come up as the river gods reminded us who actually controlled the waters. Five shells swamped but everyone one was alright.)

Saturday morning found the Cougar Crew Alumni Association in the board room at the Lewis Alumni Center once again having its annual meeting. Board members, team members, friends and family were there. Around 40 people were in attendance as we continued to conduct the business on behalf of the Crew. (To get an understanding of where we are, you can read the minutes of the meeting posted on cougarcrew.com) As you remember, all CCAA meetings are open to the entire membership and participation is welcomed.

A lughtime adjournment soon followed by a trek to the river for an afternoon row and a race comprised the agenda for the afternoon. Some wanted to have fun and just row a bit, some wanted to be a bit more competitive. Having appeased the river

god's fury of yesterday brought an afternoon of clear spring weather that allowed the festivities to continue. Several alumni boats took to the water and suffice to say those of us in the "centurion" boat won the race. (You might find a few that will argue the point but the fact remains that those of us in the "Masters Boat" did in fact cross the finish line first. Period. Remember, history is always written by the victors....) As you would have expected, Ken "Al" Struckmeyer was ready on the dock with his encouraging words and the standing offer of being a coxswain for anyone who needed one. No takers.....

Back from the river and preparations for the evening Banquet and Silent Auction. Between friends, family, alumni and team members over 150 people attended. Lisa (Coble) Curtis with help from Steve Ranten once again organized an awesome auction! Numerous memorabilia, artwork, gift baskets, travel opportunities and gift certificates were on hand. Once again, over \$10,000 was raised for the Crew! (Once again, post-functioning found us this time at the Cougar Cottage again catching up to friends; old and new.

Sunday morning saw informal gatherings of different groups as Cougar Crew aficionados started to rally for the departure.

To those of you who were there, thanks for coming! To those of you who have been there in the passed but missed it this year, look to next year. And to those of you who have yet to make it, consider it or better just plan it. Every once in a while, we get the chance to reconnect with something that is foundational. Do it.

And by the way, who were some of the attendees? Mark "Canuck" Petrie found his way back to Pullman from Rio DeJanerio. John "Je-Pe" DeLong had also made the trek. And some others (but by no means all) Josh Proctor; Peter Brevick; Lisa Curtis (Coble); Doug Engle; Sean Martin; Danny Brevick; Julia Anderson; Luke Jones; Kevin Harris; Mitch Williams; Tim "Haole" Richards; Andy Ferguson; Ken Struckmeyer; John DeLong; Jason Lackey; Steve Ranten; Scott Morgan; Craig Martin; Mark Petrie; Tom Anderson; Alex Van Rijn; Mark Hoffman; Jake Logar; Kramer Whalberg; Jimmy Johnson; Steve Huhta; Mitch Williams; Chris Seaman; Ryan Herrington. Look forward to seeing you in the Fall at Head of the Lake in Seattle!

Novice Spotlight: Alan Scott

mitch williams

varsity oarsman

A well-balanced diet is crucial to the success of any athlete. For Alan Scott, he found his perfect pre-practice sandwich this spring. He starts off with wheat bread, covers the slices in strawberry jelly, and tops it off with thin sheets of honey ham and thick slices of cheddar cheese. He swears by it, but had difficulty convincing others.

"I always thought that the jelly and cheese combination was disgusting when I was growing up, but had never actually tried it. When I did, I found I loved it. They always remind me of my Dad since he was the one who first introduced me to them," said Alan.

Despite his fondness for strange food combinations, Alan Scott really is an ordinary guy. He just finished up his freshman year at WSU and hopes to major in either a business field or sport management. When asked about his first year in college, it became clear he really likes it at WSU.

"My first year in Pullman has been the best of my life. At first it was hard not seeing friends from high school and not knowing everyone, but then I started rowing and got to know a lot of people," he explained.

Alan was one of the most sociable members of the novice team this year. Rides to Wawawai Landing on the Snake River take about 25 minutes, and he could always be found swapping funny stories and jokes with his teammates on the ride to practice each day. Alan was successfully able to mix his laid-back attitude with the toughness rowing requires.

Alan is also a big classic rock fan. His favorite band is Pink Floyd because they were the ones who opened his eyes to classic rock in the first place. This love for music has sparked a little challenge within Alan. His favorite radio station, 102.5 KZOK, created the top 1000 rock songs ever made. Alan hopes to add each and every



Alan emerges from Lake Natoma in Sacramento still reeling from being thrown in after the Pac-10 Championships.

one to his iTunes music collection.

"I am on about #400. I've been busy so I haven't had a lot of time to work on it, but hopefully it will be complete by the end of the summer."

Looking ahead towards next season, Alan has a lot to look forward to. He and his novice teammates will be added to the varsity program in the fall. They will help fill the voids left by outgoing seniors. The future of Cougar Crew is bright, thanks to this year's novice squad. They had a very good season, with a major highlight being winning the WIRA Novice 8+ Petite Final in dramatic fashion by just a tenth of a second. Their competitiveness and abilities will be great additions to the varsity team. ■

Spring Racing Report

ian emrick and andrew evers

varsity oarsmen

March 29th, 2008, Daffodil Cup Regatta - American Lake - Tacoma, Washington

After an epic winter in Pullman, the Cougar Crew got the year off to a great start by making a very strong showing at the Daffodil Cup Regatta in Tacoma. Despite the cool temperatures and a headwind, the Cougars started off the day with the varsity 8's races and claimed both a second and third place finish respectively. The Varsity 8 pulled a 7:05.59, and finished just over a second behind the winning crew, The Varsity lightweight 8 pulled away from Western Washington University in the last 500 meters to claim a third place finish in a time of 7:31.29. Having entered several fours as well, The varsity heavyweight 4, claimed a first place finish, with a time of 7:54.4, 20 seconds ahead of second place UPS. The Cougar lights also claimed a victory in the second Varsity fours race with a time of 8:29.14. The Novice 8 won their race by open water, finishing fifteen seconds ahead of second place UPS. During the Novice 4 event, the Cougars battled with UPS yet again, but finished second in the race by a mere 0:00.37.

April 5th - 6th, 2008, San Diego Crew Classic - Mission Bay - San Diego, California

Making the annual trip to San Diego, the Cougs entered a Varsity 8, a varsity lightweight 8, and a novice in the 35th annual Crew Classic. The varsity 8 was entered in the first heat of the Cal Cup, and took a 4th place finish, with a time of 6:08.44, beating out crews from UC Irving and Loyola. For the first time in 4 years, there was a collegiate lightweight event. The Cougars jumped on the opportunity to race some fellow lightweight crews. In the preliminary heats to determine lane assignments for the following day, the Cougs struggled to find their rhythm, and claimed lane five for the next days Grand Final. The Novice 8 took to the water facing perhaps the toughest preliminary heat for the entire Crew Classic, facing novice crews from National powerhouses Washington, Stanford, and Orange Coast. The Cougar Novice pulled a new best 2K time for the year, but unfortunately they did not qualify for any further races.

In the Petite Finals of the Cal Cup, the Varsity eight took the momentum of a strong start and took 10th overall in the Crew Classic, finishing in 6:10.8. The Lightweight 8 took to the water and struggled off of the start, but managed to walk through UC Santa Barbara's crew when disaster struck. The scag (rudder) had fallen off of the shell at about the 1000 meter mark, costing them the race.



Left: The Novice 8+ races at the San Diego Crew Classic being prominently displayed on the Jumbotron.

Below: The Varsity Lightweight 8+ launches at the San Diego Crew Classic. This year was the first time in several years that saw the Secretary of the Navy Cup being raced on Mission Bay



April 12th, 2008, WSU vs. UW Duel Regatta - Conibear Shellhouse - Seattle, Washington

The Cougars were more than prepared for a tough race against number one ranked UW. Although the Cougs fought hard, but the Huskies proved to be too much to handle. The Cougar Varsity raced the UW 1st freshman boat and the 3rd Varsity, and finished in 6:02.88, a personal best for the year. The scag once again proved to be an issue it once again fell off during the warm-up row. So, racing in a UW shell meant for heavyweights, the Cougar lights faced the UW's 4th Varsity and 3rd freshman boats, along with a the second Novice eight from WSU. The lightweights took 3rd, with 6:53.38.

In the only four's race of the day, A third place finish was attained by one of the possible lineups going to the IRA regatta in New Jersey later this year. They completed the 2000 meter course in 6:56.38.

The Novice 8 looked to redeem themselves from San Diego faced off against the 2nd Freshman boat from UW. Despite pulling a new record of 6:08.61, the Novice 8 claimed second place.

April 19th, 2008, Fawley Cup - Wawawai Landing, Snake River - Ken Abbey Shellhouse

The highly anticipated duel between the Cougars and the Bulldogs of Gonzaga took place on the Snake River where just two years prior, the Varsity 8+ had won the race claiming the Fawley Cup Trophy. The Varsity 8+ faced off first and finished in 6:08.90, second place to the Bulldogs. In the JV 8 event, the Lights found their stride too little to late, and finished second in the race. After the upset the Cougar Novice had pulled off last year, the Novice 8A, looked to continue the trend, but finished behind the Bulldogs with a 6:38.20. The Novice 8B also finished behind Gonzaga, but set their best 2K time in the process. The next race for the Cougars will be their WIRA championships in California, With the success the crew has had this year, everyone is in high anticipation.



Above: The Varsity 4+ wins WIRA gold.

Right: The Novice Lightweight 4+ launches at the WIRA championships later winning bronze in their event.

May 3rd - 4th, WIRA Championships - Lake Natoma -Rancho Cordova, California

The annual WIRA championships brought much excitement to the Cougar Crew, fresh off of a free weekend. The Regatta started off with the Varsity light 4, being unable to defend their trophy, failing to qualify for the grand finals in the event. The Varsity 8 event yielded a third place finish and a trip to the petite finals where a second place finish. In the preliminary heats for the V 4+ event, the Cougars took a second place finish with a 6:56.6. In the Grand finals of the event, the Cougs claimed victory, finishing over six seconds ahead of Humboldt. In the second heat of the men's pair event, The Cougs claimed a spot in the grand finals with a third place finish, beating Orange Coast by several seconds. The Lightweight 8 race proved to be a tough race for the Cougars. In the Grand final, A tough boat from UC Davis challenged the lights down the entire course but failed to overtake WSU for third place, and with that the first medals of the weekend were earned. In the Grand Final of the pairs event, and despite becoming very familiar with Lake Natoma, battled with Seattle Pacific down the course, and finished 5 seconds behind them. The first Novice race for the weekend was the N4+ event, in which the Cougars qualified for the third round final. The Novice 8+ secured their place in the petite finals, once again beating UPS with a time of 6:32.6. In the third round final of the N4+ event, the Cougs finished with open water on the University of the Pacific. The N8+ race was a very exciting race between The Cougar Novice and Colorado. Once again in the great spirit of racing, the duel was decided by a bow ball, with the Cougar Novice finishing one-tenth of a second ahead of the Colorado Novice. The final race for the Novices was a lightweight 4 in which another bronze medal was obtained with a time of 7:10.6 and open water on the remainder of the field. Overall, it was a great weekend of great racing for the Cougars.



Alumni Spotlight: Thomas Anderson

thomas caudill

alumni oarsman



Tom Anderson and Tom Caudill at the 2007 Class Day racing in Pullman

Thomas (Tom) Anderson has been selected as the first alumni to be highlighted for the Alumni Spotlight of the Pull Hard. As far as alumni go, Tom Anderson was an outstanding choice to introduce the Alumni Spotlight. Because the Pull Hard Editor, the Board of Directors, the Officers, and the alumni in general, intend to publish more such articles, certain literary liberties cannot be taken, the content herein must be politically correct, socially acceptable and, most important, a "PG" rating must be maintained. Adhering to these understandable restrictions, allow me to tell you about Tom.

Tom attended WSU from 1976 through 1980. He rowed for the cougar crew from the spring of 1977 through 1980. Given his exceptionally high "IQ", not to mention his rowing weight, he was the prototype lightweight oarsman. He rowed in the varsity lightweight 8 boat in 1979 and 1980. In both years, the lightweight 8 placed second in the Pac 10 Championships and won a gold medal at the

1980 Midwest Rowing Championships. Tom rowed both starboard and port. He alternated rowing sides each year. He started at starboard in 1977, moved to port in 1978, back to starboard in 1979, and then back to port in 1980. Tom opines that the reason for this is "anytime the boat got slow, Ken Struckmeier moved me to the other side and, like putting in a new rower, the boat got faster". To this day, Tom thanks Ken Struckmeier for giving him multi-dexterous talents.

Tom graduated from WSU in 1980 receiving a Bachelor of Science in mechanical engineering. After graduation, Tom was hired by Shell Oil Company and worked as a drilling engineer for nineteen years. While with Shell, he traveled throughout North America living in Houston, Michigan, Canada, Louisiana and Washington. Thereafter, he became an engineering consultant for eight years. He currently works for StatoilHydro as a drilling engineer. Tom and his wife Jacklyn currently reside in Houston.

Tom has the distinction of being the first rower with an offspring to be on the WSU crew. Not only did he have a child who was on the WSU crew team, he had two of them. His daughter Julia was a coxswain for the WSU men's crew from

2002 to 2006. His daughter Jenny rowed for the WSU women's crew in 2006 and 2007. Julia graduated from WSU in 2006. Jenny will graduate in 2010. Tom's third child, Ryan, graduated from UTI in Phoenix.

Tom was asked how his college rowing experience influenced his life. His initial response was that putting up with his bowman gave him the necessary skill set to face any challenge. After further consideration, Tom reflected on how the rigors of rowing required one to manage valuable time between social, scholastic and athletic events. The Cougar Crew experience also allowed Tom to build a camaraderie which, as every rower knows, lasts a lifetime. Tom also recalled the days of having to lose 5-10 pounds every week to make weight. "This required an individual discipline within the teamwork discipline." Looking back, Tom felt that his rowing experience, and in particular lightweight rowing, made him acutely aware of balancing individual challenges with team effort, teamwork and team goals.

The writer asked Tom about any memorable crew moments. Mindful of this article's restrictions, and to avoid any defamation lawsuits, Tom relayed two memorable events while rowing for the WSU Cougar Crew. The first memorable event took place after the last race of the season, which was also the last race of Tom's career (May of 1980). That last race was the Pac 10 Championship in the San Francisco Bay Area at which the WSU lightweight 8 took second. Tom reminisced about loading up a shopping cart with food and drink until it overflowed and taking the entire shopping cart back to the bus for the trip back to Pullman. The trip back to Pullman became eventful as Mt. St. Helen's had blown up. Moreover, it was the week before finals. Because of the volume of ash flowing from the volcano, Tom and his busload of teammates couldn't immediately get back to Pullman. Eventually, everyone returned to Pullman but finals had been canceled.

Tom's second memorable crew event was actually an ongoing series of events, all with the same theme. During the 1980 season, the men's lightweight 8 was particularly fast. During practices, Tom's lightweight varsity 8 would routinely have head-to-head races with the heavyweight varsity 8. The lightweight 8 would prevail with some regularity. However, these practice races would not always be fair. As Tom fondly recalled, during many of the races against the heavies "certain" lightweights would yell out they were "moving on the heavies" or "we just took another seat from the heavies." These statements were usually made during power 10's. While the statements were not always true, inevitably the heavies would lose their concentration allowing the lightweights to win. Tom recalls how humorous the car rides were back to campus after such races.

From his rowing experience at WSU, Tom gained an intangible, permanent and unbreakable bond with his teammates. As Tom put it:

"As the alumni already know, and as the current oarsmen will soon recognize, the friendships you make while rowing crew are solid and will last forever. It is amazing that after not seeing a teammate for years (or even decades), when you see that person again, it seems as if you just rowed together yesterday. WSU crew, without a doubt, lays a foundation for character building and career success."