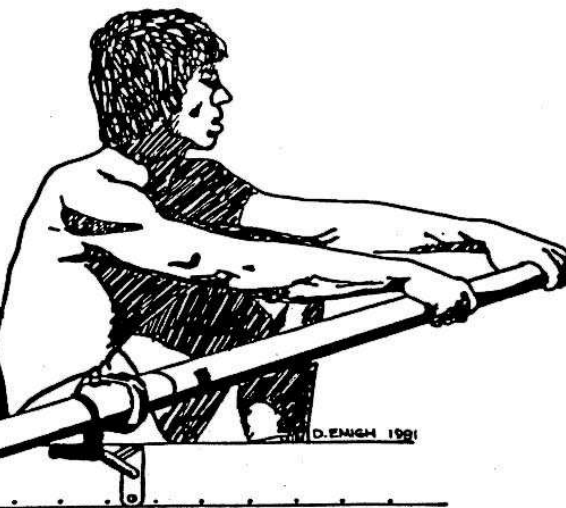


THE PULL HARD



A Washington State University Men's Crew Publication, Fall 2009, Volume XVI, Issue I

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An Introduction to the New Year in Rowing

Reed Larson

Varsity Oarsman

The start of the rowing year has come and gone. Fall races are in the books with results not seen in recent years.

Cougar Crew's varsity 8 defeated our perennial rival, Gonzaga University, twice out of our three meetings, including a victory at the Head of the Lake Regatta. The novice class is large and promising, with Julia Gamache in her second year of coaching.

In addition the team is becoming larger with the addition 20 rowers and a new coach. These rowers and coach are part of the Lightweight Women's Crew which was started this year. With two races under their belts and a strong core of athletes they are set up for an exciting year.

To reflect this growth our team's publications must also change with the times. This issue of the Pull Hard is our first all electronic issue which will hopefully help us reach more and more families and alumni. In addition it will help us cut costs to the team, something that will help a club team always trying to remain economically viable.

To help us get in touch with more people, we need your help! Anyone who would like to receive our publication should look on Cougarcrew.com to find the form to get the Pull Hard every season. Direct any of your friends and family to the website to have them receive the Pull Hard. Thanks, and as always, GO COUGS!



First races at the first practice of a new season.

Cool Happenings:

- A look at this year's Cougar Rowers
- Pictures from the fall racing season on page 3
- A recap of the start of our year
- Some special thanks
- Official Naming of the Ken Abbey Shell House



The Novice 8 getting ready to row at head of the Snake.

Cougar Crew Events Schedule for the 2008-2009 SeasonFall 2009

October 24, 2008, Saturday - Head of the Spokane - Spokane, WA

October 31, 2008, Friday - Head of the Snake - Pullman, WA

November 7, 2008, Saturday - Duel vs. Western Washington - Pullman, WA

November 8, 2008, Sunday - Head of the Lake - Seattle, WA

Spring 2010

February 20, 2009, Saturday (date tentative) - Indoor Erg Dual vs. Gonzaga - Spokane, WA

March 20, 2009, Saturday - Class Day (Alumni Races and Reunion) - Pullman, WA

March 27, 2009, Saturday - Daffodil Cup at American Lake - Tacoma, WA

March 27-28, 2009, Saturday and Sunday - San Diego Crew Classic - Mission Bay, CA

April 10, 2009, Saturday - Dual vs. UW - Seattle, WA

April 17, 2009, Saturday - Fawley Cup - Pullman, WA

May 1-2, 2008, Saturday-Sunday - WIRA Championships - Lake Natoma, Sacramento, CA

May 15-16, 2008, Saturday-Sunday - Pacific Coast Rowing Championships and Pac-10 Championships
Lake Natoma, Sacramento, CA

May 22-23, 2008, Saturday-Sunday - ACRA Championships - Oklahoma City, OK

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

Fall Racing Report

Reed Larson

Kramer Wahlberg

October 31st, Head of the Snake - WSU Crew successfully defended their home water Friday as they claimed victory in the premiere Varsity 8+ event. Although weather conditions were not ideal, the Cougars rowed strong and crossed the finish line 13 seconds ahead of the Zags over the 4,000 meter race course.

"This was probably the best Fall race performance our crew has had in recent years," said Commodore Mitch Williams. "We will be looking to build off of this performance in the weeks to come and hope to carry the success into our Spring racing season."

Solid performances were turned in by the JV8+ and 3V8+ as well, with the JV boat finishing 20 seconds behind a deep Gonzaga crew.

The Novice team continued to show their tremendous potential as the A boat finished just 17 seconds behind Gonzaga's top Novice crew. Only 0.66 seconds separated the WSU C and B boats, with the C boat beating Gonzaga's C boat by 13 seconds with a time of 16:40. Rounding out the flight was the WSU D and E boats, which finished with times of 18:31 and 19:06 respectively. The future is bright for this Novice class as they continue to develop and gel, looking towards exciting Spring racing.

The Women's lightweight 8+ competed in the first women's flight, finishing with a solid time of 19:30. In its inaugural season, the Women's lightweight team currently has two full eights of rowers.

November 10th, Head of the Lake

The Cougar Crew V8+ returned from the Head of the Lake Regatta with the best results in recent memory.

The V8+ turned in a time of 16:49, good enough to take fifth place and beat out Gonzaga University by eight seconds. The JV8+ also showed nicely with a time of 17:27, barely losing to University of British Columbia by a margin of one second.

Noted Cougar Crew Alumni Doug Engle, who participated in the Palouse Community Rowing 8+, said how great an accomplishment this weekend was for WSU. "We had a great novice class come up and another strong one on its way. These guys already gave Gonzaga a run for their money last year, so we were hoping for results like this. Athletically speaking this is great for the [Cougar] Crew."

Once again, the Cougar Alumni were able to put together an 8 for the Open Masters event. Comprised of 9 young and able Alumni, the boat performed well, finishing second behind a Pocock Rowing Center boat that just finished 4th at the Head of the Charles Regatta. "Considering the fitness level of the crew, plus the fact almost the entire boat hadn't rowed in at least a year, the row itself was great for a thrown together lineup. We had a blast!" said 7-seat Karl Huhta.

The conditions for the race were calm, and contributed to the great row each oarsman and coxswain said they enjoyed.



November 9th, Western Washington Duel

Cougar Crew brought home a win this weekend with a strong performance in the face of adversity.

The weather Saturday Nov. 7 was less than ideal, with gusting winds and continuous rain from the moments the boats hit the water. Despite the daunting outlook, neither the Cougar Crew nor the Western Washington crew hesitated to race. With a shortened course due to the rolling waves on part of the lake, the Cougar Crew sent out four novice 8's and three varsity fours to duel Western's two novice 8's and a varsity 4.

Times were not forthcoming due to technical difficulties with multiple boats, but when the boats returned to dock without injury everyone could tell that every boat had enjoyed what was, if anything, a truly memorable race.

Both team's coaches said they looked forward to next year and a continuing friendly rivalry between cross-state club teams.

At nearby Lake Samish, the lightweight women's team held a practice scrimmage against the WWU novice women.

"We had a great practice with Western's Novice women. We did several 3 minute pieces back in forth in the small cove near their boathouse in order to stay in calm water. The lightweights had a great time meeting the girls from Western at the small breakfast and we are hoping to set up a race with them in the future," said coach Emily Kohl.



Top: The Lightweight Women take out their top 8 to row the head of the Snake. This race was their first home race.

At Left: The Varsity 8 taking a power ten in the Montlake Cut at the Head of the Lake Regatta

Varsity Spotlight: Jaron Lindbom

Paul Ehlers

Junior Oarsman

As all former and current rowers know, crew takes up an inordinate amount of time. Waking up to get to practice by 6 am, getting home from the (at times) vicious Snake River by 7 pm, countless hours spent away from home on the weekends – Crew is a full time job. The fact that here at WSU we are a club team makes the commitment all the more severe, as rowers and officers must balance the running of the team with rigorous training, grueling races, and, of course, school.

One rower, however, may have a work load that outpaces the rest of his fellow teammates: Jaron Lindbom, a 4th year oarsman and senior Political Science/History major, juggles crew, upper division coursework, and the additional burden of Mock Trial, a second club he has joined on campus.

In high school, Jaron was, as he puts it, “not big on athletics.” He was a swimmer and a water polo player at Sammamish High School, but at 6’3” and a scant 160 lbs., he was not scaring anyone. Hard to believe considering he has since bulked out to almost 200 lbs! Despite his lanky build, he was approached by rowers Karl Huhta and Andy Winters in his freshman year at Washington State. “I was just looking for something to do!” Jaron said of his decision to try out rowing. Jaron was spending his time in the B boat until, come the first race of the fall season, someone in the top novice 8+ slept through their alarm – something that seems to happen every year! Dan Thayer, the novice coach at the time, took that opportunity to move Jaron up into the

A boat, a position he held for the rest of the year.

Jaron’s novice class was one of the more successful ones in recent years. They won the petite final at the San Diego Crew Classic, the best placing for a WSU Novice 8+ since the early 90s. They were also the first WSU Novice boat to beat Gonzaga in many, many years, and, finally, they took home a silver in the Novice 4+ event at PCRCs to round out the season. Jaron’s success didn’t end with his novice season, however, as he also was part of the Varsity 4+ that won WIRAs last spring.

Given the rate of attrition that afflicts novice teams, one has to ask why Jaron stuck with rowing. He says that the main reason he is still with rowing is because he loves how it is the ultimate team sport. “In swimming, and even in water polo, the top two guys – the ones that are the club swimmers – can run the team. In rowing, one fast guy can’t make a shell.” Rowing also appeals to him because of its balance of intensity and finesse. There is little, he says, that can match the beauty of a fast, well-moving 8+.

Unlike many other rowers, Jaron found that between a full course load and crew that he had too much free time. Last year, he decided to join the Mock Trial club, an organization which seeks to simulate courtroom conditions and procedure for a judge or judges. Jaron initially heard about Mock Trial through some classmates, and, at the time, was Pre-Law, so Mock Trial seemed like a natural addition to his résumé. Jaron says it is a “fun departure from rowing”, even it does take up 12 hours a week of case prepping and extra practice! *Continued on page 6, Pictures on Page 5*

CLASS DAY 2010!!!

Saturday March 21st

Mark your calendars now Class Day 2010! 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!



Novice Spotlight: Jade Patterson

Julia Gamache

Novice Coach



At Left: Jaron Lindbom

Middle: Jade Leads his boat to the water

Bottom: Jaron gets ready to start a piece this Summer

Photo by Kramer Wahlberg



This year has been a challenge for any one member of the Novice team to stand out. This is not because there aren't very many outstanding characters or fast learners; the reason is that we have had a very large turnout this year. After our first informational meeting, we had a roster of 101 people (99 rowers and 2 coxswains!) You can imagine my stress over the ratio. We had to have practice in three different shifts of about 35 rowers; this number is still larger than ergs in our possession that meant splitting the practices themselves into two groups and rotating activities. I did my best to get to know everybody's names but it was hard to distinguish personalities among the masses. As time went on, I had to make cuts to find a more manageable number, this along with expected quitters, our number came down to what it is today, 44 people (5 coxswains and 39 rowers) much better. Even with this seemingly smaller number, people can get lost in the crowd, not this group however! It was a couple of weeks ago that I really saw the individuals on this team, between wearing neon blue spandex and Viking hats, it is hard not to notice that there are some real characters. Then I thought, it's hard to write a novice highlight because they all stand out!

We had a workout that made one name stand out in my mind however. On the ergs, they were asked to hit splits according to their weight; the splits became more difficult over ten stroke increments. Mind you, this workout was not intended for anyone to be able to finish. If a rower could not hold that split, they had to stop rowing. Only one athlete was still rowing at the end of the workout, defying even my perception of what they were capable of at the time. One out of 39 rowers could finish this piece, that's who I would like to highlight.

Jade Patterson, a freshman from Zillah High School, majoring in Chemical Engineering came on this team seeming like a quiet, borderline lightweight who had a hard time getting the blade in the water. As time progressed Jade opened my eyes to who he really is, a day has yet to go by when Jade is not smiling, also a day has yet to go by when Jade is not moving the boat faster and faster. After diligently working on his technique, Jade made it into our "A" boat for the Head of the Spokane. This may not seem like a triumph for some but keep in mind we entered an "A", "B", "C", "D" and "E" Novice boat in that regatta. Competition to make the "C" boat is fierce; you can image what it is like to get into the "A" boat. I asked Jade why he started rowing in the first place, his answer was "I didn't want to become over weight, and I wanted to meet a lot of cool people." This seems to be the reason for many people to join crew, you never hear people who are true walk-ons say that they joined "to make the top boat", or "place at Pac-10's".

Continued on Page 6

Novice Spotlight Continued

Continued from Page 5

Their goals change as they fall in love with this sport. When asked what his goal for the team was this year, Jade said "To become able to row at our full potential, and never be satisfied with where we are at." This goal encompasses the attitude of the novice team so far. They are hard workers and want to live up to everyone's expectations. So even though Jade is getting special props today, the thing I like the most about Jade is that I see all the good aspects of this entire team in him. I like to think of the whole team the way I see Jade, positive, hard working and great teammates.

Jade has helped me relax this year. There is pressure on this team to do well, people are expecting it and sometimes the spring can seem overwhelming with big bad varsity programs waiting for us every weekend. When I watch Jade on the water, he reminds me that Novice rowing is fun, exciting and scary all at once; the only way you are going to make it through is have a good time with it. Be the best you can be and that's all you can do.

I will finish in saying that this year is going to be wonderful, the athletes are rowing very well and they seem to love the water. I always say that it is a successful year if the athletes fall in love with the sport, looks like we are well on our way to becoming successful! Thank you Jade and the rest of the Novice for the past two months, we have come a long way, let's go the distance!

Varsity Spotlight Continued

Continued from Page 4

Right now, Jaron is the opener, one of the two top "positions" on the team. He is responsible for opening arguments and, therefore, has a fair bit more leeway in what he can say as compared to the more rigorously structured middle portions of the trial. His best memory with Mock Trial came when, last year, he and his team were able to present their case in front Judge Robar, in the Federal Courthouse in downtown Seattle. He felt, "very official! Dressed up as lawyers on the steps of a federal courthouse, briefcase in hand – it was excellent."

So, coming in to his 4th year here at WSU, Jaron hopes to make the most of the extremely limited free time he has. He wants to improve on the success Mock Trial is already having this year, having placed in a regional competition in the Midwest and putting WSU on the map as a nationally competitive school. In terms of rowing, Jaron want to be on the podium again at

From The Desk Of the Treasurer

Nick Estvold

Treasurer

With our variable costs beginning to move away from our variable income as the roster gains depth, creative fundraising and broader support will become paramount. A key step in the team's financial success will be employing new and interesting methods to increase demand for Rent-A-Rower in the local regions. There is a bright spot in the fundraising line item, Row-A-Thon. As of November 1st we are already breaking the record books in funds raised. For that I would like to thank our readership that has sent in donations of any amount, it has a dramatic influence on the teams ability to operate effectively. In an internal analysis of fundraising income Cougar Crew sets the bar at a cost per dollar fundraised of \$0.03, compared to the national Average of \$0.20 for non-profits. This is primarily due to the almost zero overhead fundraisers that athletes participate in and build value in the community through. I urge anyone that is interested in reviewing the team's 2010 budgeted Income Statement to please contact me via email at nickestvold@gmail.com to receive a copy with explanations.

A Special Thanks From Our Team

Cougar Crew has been in desperate need of additional safety equipment for years. As many may have seen in previous issues, our team had quite a time removing boats from high racks, something we needed to do most every practice.

Thanks to the generosity of our readership, Cougar Crew is a far safer team now. Last season some key donations came in from notable sources. First, donations came in from Gayle Larse and Tom Anderson, family members of oarsman Mitch Williams and alumni Julia Anderson respectively. These donations helped get our rolling ladder project, excuse the pun, off the ground.

The rest of the burden was shouldered by Ernie Iseminger, former coach and Cougar Crew rower. Ernie, aside from being instrumental in helping us improve crew safety, has been a perpetual supporter at the San Diego Crew Classic. Year after year he has invited the Crew out to a buffet dinner in San Diego and gotten to know our team, not to mention picking up the check.

It is thanks to donors like these that our program continues to grow and thrive. They protect Crew members as well as helping us produce fast boats. So from all us Cougs to all the Cougar Crew donors, a heartfelt thanks, and the promise that we will use your donations to help make our boats that much faster.

Launch Point of View By: Head Coach Arthur Ericsson

I think rowing is a sport that favors a big roster. With numbers comes competition for seats, the excitement and motivation of boats racing side by side on a daily basis, and depth, so that seats in the lower boats are being equally contested with expectations to be just as competitive in their respective events.

This is the sixth fall season I have coached here at WSU. Finally I have some numbers to work with, 28 oarsmen and 5 coxswains! The varsity wasn't hit too hard with graduating seniors, just two. So it was good to return 13 varsity rowers and one cox from last year. In addition, we have outstanding retention from last year's novice, 14 rowers and three coxswains. All 8 guys from the successful top novice 8 are back. How often does that wish come true? Add to this a talented high school rower freshman and a cox with previous collegiate experience and we have a varsity with a lot of depth.

But we had a lot of guys who rowed in the top varsity 8 last year, plus all of those from the talented top novice 8, and I could tell that the reality was more obvious to me than to them. 8 seats per boat: 4 ports and 4 starboards. So one morning before weights I decided to conduct a survey. I asked the varsity to face forward in a line with their eyes closed and think about what boat they felt they deserved to be in. Those that felt they deserved a spot in the top 8 (A boat) would step to their right; those that thought they were B boat material should stay where they are, and those that thought they were in the C boat would step left. Those that thought they should fill the D boat (a four) should take two steps left. Steps were then taken, and as we opened our eyes the reality was that there were 12 guys in the A boat. 12 guys in the B boat. And 4 guys in the C boat. What followed over the next several weeks was a battery of long interval seat races to sort out the boat movers.

This fall's top 8 is a mix of about ½ old and new varsity rowers, plus that new guy who rowed in high school. With a boat average of less than 180#, these guys are made for the longer fall headraces. The margins between A & B and B & C are not too big, so it shows that it is a team with depth. Some of these lightweight antelopes might have a hard time keeping their seats when we transition into the 2000 meter spring season, but for now they are where they deserve to be.

We don't always have perfect set. Class conflicts still take out about 25% of the roster on any given weekday. And we have had to work through several difficult social issues. But it seems we have come to realize that you can't separate our goals and our teammates. Without one there cannot be the other. And this is why the season looks so promising. Coach Struckmeyer told me several years ago that, concerning the depth of our team, "it's all cyclical." The only thing he didn't explain was how long these cycles last!

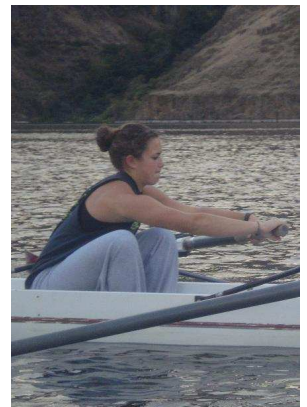
Lightweight Women's Spotlight By: Lightweight Coach Emily Kohl

The Lightweight Women's Rowing Club is a brand new program this year. The LWT women's idea came from a vision Coach Arthur had and now a couple years later consists of 20 dedicated women. The girls had two races so far this fall: Head of the Spokane and Head of the Snake. They had a great showing at both races and are gearing up to race some short pieces with Western Washington to end their fall racing season. They will be training hard this winter to get ready for their race against Stanford, Princeton and Wisconsin as well as the WIRA regatta this spring.

One of our brand new athletes this year is Rachel Scarlett Argo. Rachel is a Freshman on the Women's Lightweight Rowing team, studying Horticulture. She is originally from Zillah Washington and rowing has been a part of her family for many years. Rachel's mother, Karin, was a lightweight for the Washington State University Women's club rowing team under Coach Gene Dowers. Karin's brother was also a rower and convinced her try it out and she never turned back. Karin's lightweight 8 won first place at the Western Women's Rowing Invitational in 1981, first place at Western Washington University in 1982 and first place at the Daffodil Regatta in 1984 where they tied daffodils to their bow for good luck. Rachel often recalls her mother speaking to her about rowing being "the highlight of her college career". Rachel has always been very active in sports. In high school she played on the softball team and dedicated most of her time to improving her skills. She often recalls spending extra hours in the batting cages or taking fly balls in the outfield. Rachel was a 4 year Varsity member playing two years as a centerfielder and two as a catcher. Weight training was also a large part of Rachel's high school career. One of her best sports memories was beating half the guys in her class while warming up for her maxes. She also spent a lot of time with her high school wrestling team as team manager. It is easy to see how that dedication she learned now pays off here at WSU.

Upon asking Rachel what her first thoughts of rowing was that she is really enjoying the physical challenges of being on a team again. She didn't realize how fun team competition could be and upon getting involved with team bonding activities such as team dinners she is very excited for the year. She is hoping to follow her mother's footsteps in enjoying rowing as well as having the success she did in college. Beyond rowing, Rachel is very focused on her academics as well as being involved with her church. She has also earned a spot as one of the co-captains on the rowing team and spends time arranging team events. Her goals for this year are to become united as a team and being in the boat that will be racing at Stanford. She would also like to see both boats place at WIRAS.

With 20 dedicated athletes we are looking to have a great first season and to continue to build the team for future success in the years to come.



New Riggers Bring Kistler To Life

The Kistler racing 4+ has a new lease on life after an outstanding Cougar Crew alum helped us change its infamous riggers.

Thanks to a generous donation from former novice coach, four year oarsman and dedicated Cougar alum Dan Thayer, the Kistler will no longer have the reputation of knuckle-busting riggers that it once had.

Thayer's generosity was also extended to Cougar Crew coxswains when he purchased a new cox box. The voice amplification device is an absolute necessity in the boat and a new box is an integral part of our racing.

Dan is a Pullman resident who owns a painting company in town. He has always made efforts to donate to Cougar Crew and this donation was just another wonderful gift in Dan's string of giving.

Items such as riggers and cox boxes are things that allow Cougar Crew to continue its growth and competitive nature. Things that our team wants or needs are displayed on our "Wish List" on cougarcrew.com. We are always appreciative of those who give to our team, and highlighting Dan Thayer's contribution is the least we can do as a team.



The Kistler, getting ready to race with its new set of riggers.

Boathouse Officially Named

The WSU Boathouse is now officially the Ken Abbey Shell House according to Cougar Crew alum Doug Engle. Engle has been working tirelessly with the WSU Building Naming committee to get the boathouse officially named. Engle said, "It just went through its final stages and is now an official building name." The Ken Abbey Shell House has been our launching pad for decades, and with this new naming, it's certain to be our home for years to come. The Cougar Crew Alumni Association is now seeking donors to assist in creating a plaque to commemorate this naming. To find out how you can help, log on to cougarcrew.com and find the link to donate funds for the purpose of creating this plaque. *Below: Taking it in to the Ken Abbey Shell House*

