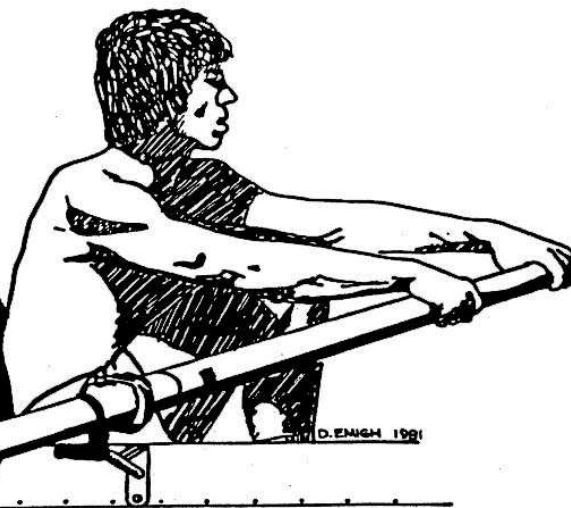


# LET'S PULL HARD



A Washington State University Men's Crew Publication, Winter 2009, Volume XVI, Issue II

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## New Erg Room Equipment

No more mismatched carpets or years of who-knows-what on the floor of the erg room!!!

Out of concern for our health and safety, UREC volunteered to replace the spit, sweat, etc. infested carpet with some nice new rubber no-slip mats. Not only is the erg room now safer and healthier than ever before, but it also has a more professional appearance and the faint smell of rubber to go with it.

The circuit room also got some new additions during winter training. As Bohler gym upgraded their weight equipment, the old equipment was given to the team; including two new leg press machines, two new bench-pull benches, and many more useful pieces of equipment.

The team is grateful for all of the contributions that the different programs at the university have provided. The new equipment is sure to help us become more competitive now and in the years to come.

## Recent Happenings Worth Mentioning

- Plans to repaint the boat trailer and replace the pads that the boats sit have been set in motion. The team plans to do this over spring break in the Tri-Cities.
- The Novice team has broken a long-standing trend by beating Gonzaga's Novice team at the annual Erg duel. Nice job novice!!!
- Plans for the San Diego Crew Classic are to take one varsity 8 and one top novice 8.
- Out of recommendation by President Elson Floyd, the varsity athletic board reviewed Men's crew for possible adoption into Varsity Athletics. Due to the economic situation and it's effects on the school, along with other reasons, the committee decided to re-evaluate in two years.

## Cool Happenings:

- Amazing Alumni Spotlight on Bob Appleyard
- Pictures from Winter Training and WSU vs. Gonzaga Erg Duel
- Lots of Cougar Crew Days Information
- Ongoing coaches Campaign



- Talks still continue about "Varsity Club Status through UREC"
- The new wing riggers for the Kissler finally arrived but had incorrect measurements. The boat should be ready to row very soon.
- The team is revisiting WSU Tri-Cities for spring break training.

*Rowers showing their strength on the new mats*

*Photo courtesy Cooper*

WASHINGTON STATE  
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## Cougar Crew Events Schedule for the 2008-2009 Season

### Spring 2009

February 21, 2009, Saturday - Indoor Erg Dual vs. Gonzaga - Spokane, WA

March 21, 2009, Saturday - Class Day (Alumni Races and Reunion) - Pullman, WA

March 28, 2009, Saturday - Daffodil Cup at American Lake - Tacoma, WA

April 4-5, 2009, Saturday and Sunday - San Diego Crew Classic - Mission Bay, CA

April 11, 2009, Saturday - Dual vs. UW & Mom's Row - Pullman, WA

April 18, 2009, Saturday - Fawley Cup Duel vs. Gonzaga - Spokane, WA

May 2-3, 2008, Saturday-Sunday - WIRA Championships - Lake Natoma, Sacramento, CA

May 16-17, 2008, Saturday-Sunday - Pacific Coast Rowing Championships and Pac-10 Championships -  
Lake Natoma, Sacramento, CA

May 23-24, 2008, Saturday-Sunday - ACRA Championships - Oklahoma City, OK

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



Left: Karl Huhta, Andy Winters, and Alan Scott watch as Andy King races in the novice group at the Erg Duel.

Right: Coach Julia encourages James Dorsey at the WSU vs. Gonzaga Erg Duel

Bottom: Picking up trash as part of a team scavenger hunt. There was lots of running involved.

Photos courtesy Colby Farvour and John Cooper



## Alumni Spotlight: Bob Appleyard '75

Karl Huhta '08

Commodore

In the spring of 2006, I was fortunate enough to sit bow in the Varsity 4+ that traveled to Camden, New Jersey to compete at the IRA National Championships Regatta. Our crew had traveled to the river to check out the course and to await the arrival of the boat we were borrowing from Northeastern. We were standing around, taking it all in, when a man in a USRowing polo approached us and asked, "You guys from WSU?" "Yes sir," we replied. "I used to row there," he said, "It's always nice to see the Cougs back on the east coast." And that was my first exchange with Dr. Bob Appleyard.

Since that conversation on the banks of the Cooper River, I have had the pleasure of speaking with Bob on several occasions. Just this last spring when the Cougs traveled back to the IRA, we all got to meet with Bob again and chat about WSU, rowing, and rowing at WSU. Even with his busy schedule as Chief Referee of the IRA Regatta, Bob still took the time to talk to our crew. Though he admits it is hard to stay connected to things happening in Pullman from his home just outside of Chicago, there is no denying that his passion and love for Cougar Crew has stayed constant since he took his last strokes as a Cougar oarsman.

A walk-on freshman in 1971, Bob says he was part of one of the first on-water practices as a freshman, if not *the* first one. He read about crew when he got to Pullman for classes, so he said why not and joined the team. From there, Bob compiled many memories over the next four years, some more cheerful than others. "I remember my first year on the team the boathouse blew down, and I thought that was the end of it," Bob said. "But we went down and rebuilt it, and got it going again." Although the program was new in the early '70s, the Crew began having success very quickly, and Bob was right in the mix of it. "I was in the lightweight eight that won the Midwest Sprints in Wisconsin, in '73," he said. "That was the team's first big win." Bob also added that some of his fondest memories were all the times the lightweights would beat the heavyweights.

Bob was also a part of WSU-UW race history as a member of the first Cougar boat to ever beat a Husky crew, when the varsity lightweight eight of 1974, his junior year, beat the Husky freshman lightweight eight on the Snake River. "I've still got my Husky shirt that I won that day around here somewhere," he said. When asked what kept him rowing for all four years, Bob replied, "I don't have a simple answer, it's hard to say. I just really enjoyed it, but I can't remember what exactly about it I enjoyed. I just did." He did like the people he rowed with, and he recalls that the team was made up of an "interesting combination of people" that kept things fun.

Since his time at WSU, Bob has taken his love of rowing to new heights. He got involved with officiating races in Seattle in 1980 when he heard that USRowing was in need of volunteers. Since then, Bob has moved up the ranks of officiating in the United States, now sitting as the Director of the National Referee Training School for USRowing, the national governing body of

the sport. He has officiated races at the high school, collegiate, national, and international levels. Most notably, Bob was the U.S. representative official for the 2008 Summer Olympics in Beijing!

"I'm still a fan of the sport, so to be able to be that close to the sport at that level is indescribable and was a fantastic experience." The road to the Olympics was about 25 years in the making, Bob said. It was a once in a lifetime opportunity for him, as it was also one for his whole family. Bob and his wife Christine were able to take their daughter Hannah, who was adopted from China, back to see the sites of the area and experience her heritage. "It was an absolute kick in the butt blast," Bob said.

Bob's time with USRowing is volunteer, and currently he is a professor and Chair of the Department of Basic Sciences at the National University of Health Sciences in Lombard, Illinois. Bob still ergs, and rows his single when he gets the chance. "I've put a lot into the sport, and gotten a lot back," he says. "The sport is different, and that's why it's great, along with the people in it." He's happy to see that the club team at WSU is still going strong, and that "the chance for people to participate is something to be commended." Although he is busy, Bob enjoys the experiences he is able to have in his life. "Right now," he says, "life is good." ■



*Right: Bob Appleyard at the 2008 Beijing Summer Olympics where he was the U.S. Representative Official*

*Photo courtesy USRowing*

## Varsity Spotlight: Andrew Winters

Alan Scott and Mark Hoffman

Varsity Oarsmen

People know Andrew Winters as Commodore of the team and member of the WIRA-winning heavyweight four last year, but many would be surprised to find that despite Andy's recent accolades in the sport of rowing, it was not until his freshman year at WSU that he spent any serious time in competitive athletics.

Upon his arrival in Pullman from Hanford High School in the Tri-Cities being a "drama kid" Andy had no experience in high school sports, just exuberance and raw determination. In middle school he had initially been turned off to sports by bad coaches and the belief he was not "genetically inclined" to play any sort of ball sport. Although the transition to waking up early and having practice before class instead of rehearsals after school was difficult, Andy fell in love with rowing after his first two weeks on the water. He enjoyed rowing because it was impossible for a team to rely on a single rower for success like in other sports; it was so much different from any other sport he had tried.

As a novice, Andy was in the second eight until late in the fall season when things finally started clicking; from then on he was in the top novice eight and four, spending the majority of his time in stroke seat. Last year he sat two-seat in the Varsity 4+ that won WIRAs and went to IRAs in New Jersey.

When we asked Andy how it felt crossing the line with open water at WIRAs, he replied, "It was amazing. It was a very satisfying feeling because I had to work my way into that boat and prove to everyone that I deserved to be there."

This year has brought new challenges and opportunities to the team and Andy has taken them head on. Between a very large novice team to working with advisory boards in the pursuit of "Varsity Club Status" for the team and everything else, he is constantly busy.

*Mitch Williams and Andy Winters swimming in the Atlantic at IRAs*

When Andy isn't rowing or spending his time working towards his degree in applied mathematics, he enjoys playing various videogames on his Wii, Scrabble, and reading a lot. His favorite game is Mario Kart and his favorite book is Alice in Wonderland. While Andy's journey into athletics may seem like a whirlwind process that happened in a matter of months, don't be fooled. Anyone who has spent time competing beside Andy knows that he is a fierce competitor and whether it comes to solving Rubik's cubes (he can solve four different kinds) or playing beach volleyball in the summer where he earned the nickname Andy "The Sandman" Winters, he is giving it his best effort.

This year, Andy would love a shot at defending the WIRA 4+ title that he helped bring to Cougar Crew, saying that he'd "love to do it again."■



# CLASS DAY 2009!!!

## Saturday March 21st

*Mark your calendars now Class Day 2009! 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: Andy King

Jake Logar

Publisher



Top: Andy Winters with tanks on shoulder and WIRA Varsity 4+ trophy

Bottom: Andy King showing a smile that is no stranger to the Snake



New to the team this year is the position of Novice Team Captain. New to this position is Andy King and the focus of this Novice Spotlight.

Originally from Spokane, Washington, Andy is no stranger to a leadership role. During high school he participated in track and cross-country where he was the team captain of both his senior year. He graduated high school in 2003 and immediately joined the military where he was a photographer in the Navy for 5 years.

As a result of his time spent serving our country, King came into college from a slightly different path than most of his teammates. He found it a tough transition from work to school, but he assures me that he has now become acclimated and is enjoying college life and his classes more than ever. Working towards a degree in construction management, he enjoys his one class related to his major while he gets his GERs out of the way.

Andy became interested in crew through a few different sources. His father rowed 4 years for Seattle Pacific University and always spoke very highly of his experience. In the past, Andy has also gone to watch his good friends in Virginia row. With the support of those close to him and his want to be active and part of a team in college, rowing was the perfect sport for Andy to join.

When he joined crew, Andy did not expect the level of closeness that everyone brought to the team. The novice team seems especially close this year, even taking time on a day off to swap gifts at a Novice Christmas Party.

“When I am not in school or rowing I am usually attending a church function. Between services at the church, attending one of the classes that they offer, or bible study all of my evenings are taken. I suppose I view things a little differently then the rest of my teammates.”

Even before being elected as Novice team captain, I constantly heard examples of his natural willingness to lead and set an example. From simple tasks asked upon him by coaches and officers, to making sure that select teammates make it to morning practice on time, Andy’s mind seems to always be set towards what is best for the team. He sees his age and life experiences as some of the reasons his teammates elected him as team captain. The reassurance of someone with a few more years under his belt gave his peers confidence in his abilities. King, himself, voted for another teammate and claims he was completely surprised to receive his teammates approval.

Andy fondly remembers how beautiful and relaxing that late rows in a 4 were. Because of class conflicts, Andy and some other rowers would come down late and get a short practice in on the water. It was tough to keep his head in the boat on these nights because of the breathtaking scenery that the Snake decided to give. The black ridgeline placed in front of the deep red and purple sky made for some of Andy’s favorite experiences since joining the team.

Andy is honored to serve as Novice Captain and is enjoying everything crew has brought to his life. Fascinated by the combination of everyone needing to pull their weight in the boat and the necessity of teamwork, King looks forward to spring racing along with the memories he will make with his newfound passion and friends. ■

## Cougar Crew Days 2009!!!

Lisa Curtis '81

CCAA Auction Chair

**Mark your calendars now for Cougar Crew Days 2009!** The events will take place both on campus and down at the river at Wawawai on March 20 and 21, 2009. This year will be bigger and better than ever before. Formerly called Class Day, the new Cougar Crew Days includes some of the best supporters and fans of the team – the families and alumni coming together for a fun-filled crew weekend. There will be a lot of catching up with old friends, making new acquaintances, and above all, supporting WSU Cougar Crew.

Some highlights of the weekend are listed below. Check the website for specific information and times

**Ice Breaker Barbeque:** Friday night, March 20, Doug Engle will once again be master of the barbeque. Please RSVP through the website. Bring memorabilia, wear your crew jacket, bring your favorite rower!

**CCAA Annual Spring Meeting:** Everyone is welcome to attend and participate. Lewis Alumni Center, Saturday morning, March 21. Check the website for times.

**WSU Men's Rowing Parent Boosters Annual Meeting:** Parents, please attend this important meeting at the WSU Visitors Center at 9:30 a.m. Saturday. Discuss the upcoming race schedule and ways to support the team at the various regattas.

**Saturday Afternoon at the River:** Two ways to get in a boat this year; those with the stamina and a competitive streak sign up at the boathouse to race against the class day winners. Those of you yearning to row but don't want to race, sign up for the Slow Row for a fun and less painful way to enjoy the day. Sign ups and details on the website. Not rowing? Bring your cameras and your sense of humor. It's always a lot of fun.

**WSU Men's Crew Banquet and Auction:** The evening's events will be the best we've had yet. This year the banquet and auction will be held in the newly renovated CUB ballroom. Enjoy a delicious catered meal while you watch the slideshow. You can support your team at the auction. This year we have many wonderful donations up for sale to support the team. Please find details and RSVP for the banquet on the website.

Thank you for participating in the support of Cougar Crew. If you cannot attend the Cougar Crew Days weekend, consider attending one of the races around the region or the west coast this spring. Or visit the website to find ways to help support this hard working group of coaches, rowers and coxswains. Alumni, remember what this team provided for you during your days at WSU in both teamwork and brotherhood; help them out with your support.

Go Cougs!

Lisa Curtis

Men's LW Coxswain 79-81, CCAA Auction Chair, Parent Booster Club mom

## Cougar Crew Lettermen Jackets

Jake Logar

Publisher

Due to some recent coordinating and complete satisfaction by Coach Ken Struckmeyer, Cougar Crew Lettermen jackets are now available to order through TM Athletics. Just the way you remember the jackets, Cardinal (Crimson) body with what can best be described as a dark cream or "Palomino" arms. (There is also "Cougar Crew" w/oars on upper left chest) All of the color coordination and official "Cougar Crew" w/oars patch have been set-up for all involved with Cougar Crew to access.

Due to the price and challenge in sizing each person's unique build, we have decided to refer all those involved with WSU Men's Crew to the representative that worked with Struckmeyer himself. If you are interested in a jacket, simply contact TM Athletics either by phone or email and ask for Jim Hopkins. Mention that you are with WSU Men's Crew and Jim will guide you with ease toward a very good looking jacket.

Prices are estimated to run at \$227.00 before tax. (\$175 Jacket, \$27 "Cougar Crew" logo, and \$25 shipping) There is no time restriction as to how soon you must order your jacket, but you may want it before Cougar Crew Days so order early!

I look forward to seeing some nice jackets when Class Day rolls around. Enjoy!

To order, contact Jim Hopkins of TM Athletics at [tma@tmathletics.com](mailto:tma@tmathletics.com) or by phone at 253-588-3060



## 500 Mile Row through E. Washington Completed by Gene Dowers and Carlene Anders

A 25-day, 500-mile rowing fund-raiser for the March of Dimes came to a successful end at the Washington State University Crew Shellhouse at Wawawai Landing on the Snake River just after 10:00 a.m. last Friday (July 25). Gene Dowers and Carlene Anders began their journey on July 1 where the Columbia River crosses the border with Canada. They averaged just over 20 miles a day in their Hudson "double" racing shell, rowing down the Columbia to the Tri-Cities and then up the Snake to the Cougar Shellhouse just outside Pullman.

The couple is continuing to work to raise \$10,000, to be split between the March of Dimes and the Neonatal Intensive Care Unit at the University of Washington Medical Center. Their son, Danny, now five and a half (born at 24 weeks, 4 days, 1 lb., 10 oz. on Christmas Eve, 2002), spent four months in the UWMC NICU after his birth. Gene and Carlene have maintained friendships with several of staff and families that they met while Danny was there and will devote part of the trip's proceeds to technology support for other parents of children who require the services of the NICU.

Gene and Carlene made this trip 20 years ago, during the month before they were married, and wanted to do it again to celebrate their anniversary and to contribute to a cause and a care unit that does so much to benefit babies, particularly those born prematurely. "It was really great to be able to focus on a major task that we could do together. With our two kids (daughter, Jessi, is 12), our business, our coaching, and all our other projects, we'd gotten used to "divide and conquer" too much. And we weren't getting enough time to talk. There's nothing like sitting three feet apart in the middle of a river for 6 to 8 hours a day to give you a chance to talk," noted Gene.

There was only one day that the couple could not row due to wind and only three times when weather forced the couple off the water to wait for things to calm down. The longest mileage in a day was 33 miles (done twice), the longest day from start to finish was 11 hours, and the longest continuous time in the boat was 4 ½ hours (when Gene and Carlene pushed 19 miles to say good-bye to the first support crew before they left to go home).

### Support Crews:

Steve and Andi Shotwell and family (Carlene's younger sister), Jack and Mary Dowers (Gene's parents), Lynne and Robin Anders (Carlene's mother and youngest sister), Grace and Jim Larsen and family (friends from Pateros), Linda Mortenson and Wendy Stubenrauch (friends from Methow Valley), Mark and Marcy Brighton and family (the family that Carlene stayed with while Danny was in the NICU), Connie Wood (family friend and long-time business assistant) volunteered to run Gene and Carlene's home day care business for the duration of the trip.

Support Crews usually worked five days and were responsible for shadowing the crew while rowing in case of bad weather, accident, or physical problems, moving and setting up camp, keeping the rowers fed, and taking care of their kids. All did outstanding work, went home thoroughly exhausted, and made the trip possible.

### Government and Business support:

National Park Service (four campgrounds on Lake Roosevelt), Cabin by the River LLC (cabinattheriver.com), Washington State Park Service (Bridgeport and Wanapum State Parks), Douglas County PUD (Wells Dam), Chelan County PUD (Rock Island Dam), Crescent Bar Resort, Grant County PUD (Wanapum and Priest Rapids Dams), U.S. Fish and Wildlife (support crew access along the Hanford Reach), Washington State Fish and Wildlife (Ringold Fish Access), U.S. Army Corps of Engineers (Snake River dams and campgrounds)

With one exception (ironically, the PUD campground closest to the couple's home in Pateros), all agencies supported the project by waiving camping and launch fees, providing access and escort through limited access security areas, and generally going the extra mile to make things work.

### Differences over 20 years:

- many, many more homes and boats (although many were not in use because of gas costs) along the river
- all parks and campgrounds are expanded and improved, some dramatically
- much more security at the dams
- wildlife habitat is improved and actively managed with lots of wildlife, notably pelicans, beaver, deer, cormorants, and osprey
- full-time water over the spillways at all dams (nice on the Columbia, tough on the Snake)
- better radios, sunscreen, cell phones (when there was coverage), clothing, snacks
- composite boat and oars rather than wood, digital cameras rather than film
- the trip took 29 days in 1988, with two days off for wedding preparation and two more due to unrowable water; the 2008 trip took 25 days, even with one unrowable day
- the crew was older, but wiser and tougher (thanks to their kids)

Donations on behalf of "Row 500 for Preemies" continue to be accepted by Gene and Carlene at P.O. Box 295, Pateros, WA 98846 and online at [www.marchofdimes.com/washington](http://www.marchofdimes.com/washington) at the "Row 500 for Preemies" tab.

### Personal Notes on the Crew:

Gene and Carlene are both graduates of Washington State University. They were both also competitors and coaches for W.S.U.'s Cougar Crew and coached the Women's Crew together at Gonzaga University. They currently live where the Methow River meets the Columbia in Pateros. They operate a family-home day care and coach at Pateros High School (Gene-volleyball, Carlene-track and field). Carlene is the Ski School Director at Loup Loup Ski Area and Gene is the director of the Pateros "Kids" Volleyball Club (USA Volleyball affiliate).■

*The Pull Hard*  
*Washington State University*  
*Men's Crew Newsletter*

## Coaches Campaign: Danger on the Racks

Arthur Ericsson

Varsity Coach

I have worked here for over four years now and have decided that this can't wait any longer. Safety concerns do not just exist on rough water days. We are regularly using all six of our 4's and all six of our 8's. But the challenge of getting a boat off the top racks (located eleven feet above ground) is an extremely difficult and dangerous maneuver.

Let me paint you a picture: 3 guys shimmy up the racks that hold the boats on the wall side (they can help lift off one side of the boat as they lean over the boat below them), 3 more tall guys shimmy up onto the 2 inch edge of the rack on one foot with nothing to really hang onto (they will have the most dangerous position as the entire boat must be lowered from above their heads to those below). 3 more guys await the decent of the 250 pound shell atop rickety two-foot high step ladders; while everyone else holds their breath.

Please support the purchase of two industrial rolling ladders that will allow us to safely and efficiently access our top racks/shells! Your donation will be going towards two Cotterman Series 1000 industrial 60 inch 6-step rolling racks with a 20" deep and 30" wide top step and handrail. After shipping and tax the total for both racks is \$2366. Please visit the donations page on



Thanks! Coaches Arthur and Julia