

THE

PULL HARD

**KEN ABBEY SHELLHOUSE
ANNOUNCEMENT** PAGE 5

**COUGAR CREW'S
NEW ONLINE FEATURES,
THREE SPOTLIGHTS, AND
MORE INSIDE!**

**A POEM BY A VARSITY
OARSMAN**
PAGE 19

COUGAR CREW MAKES AN UPGRADE

**New Erg Room Enhances
Training** Page 1

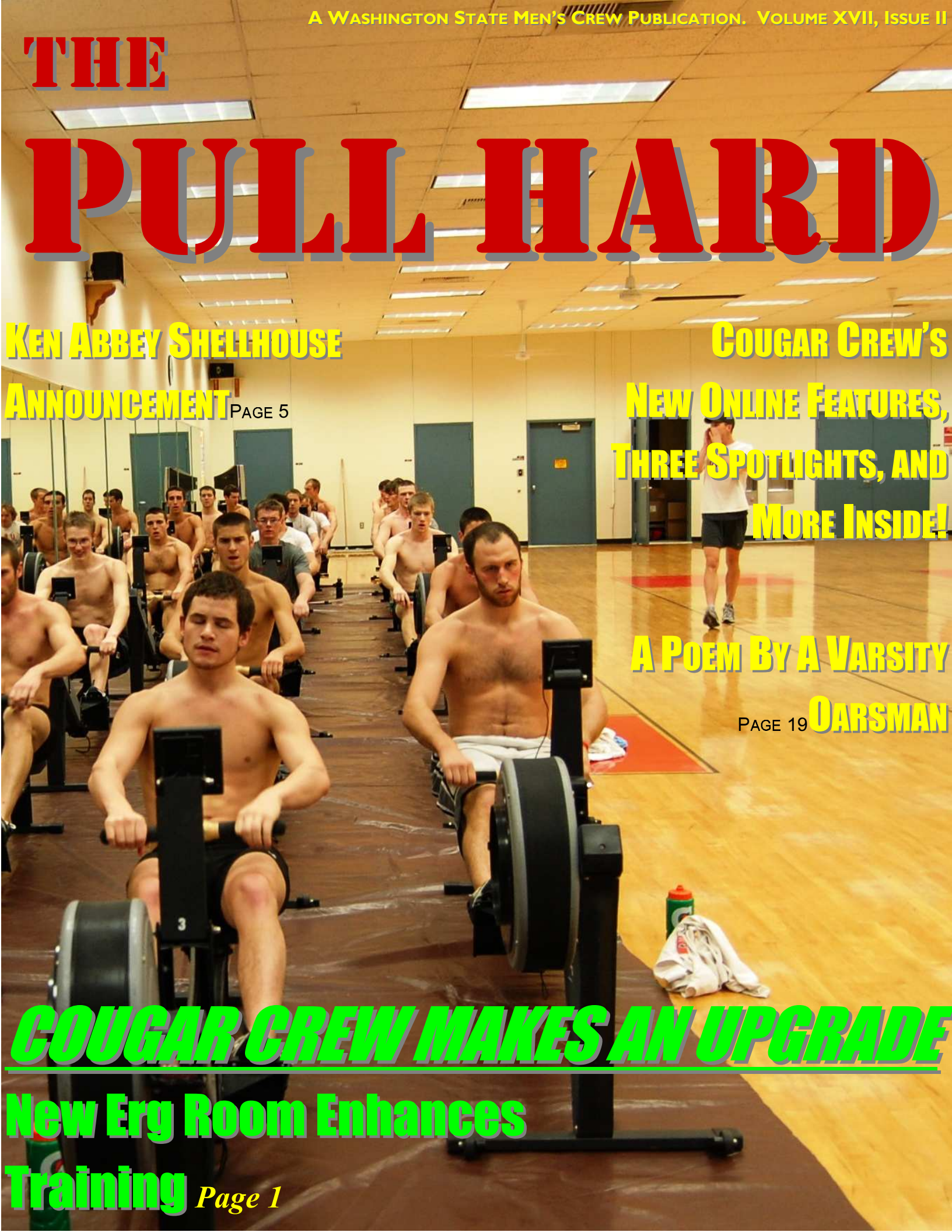


Table of Contents

Team Gains New Erg Room	Page 1
MARK YOUR CALENDARS FOR CLASS DAY!	Page 3
“Scratch. Scratch.” by Coach Ericsson	Page 4
Ken Abbey Shellhouse Announcement	Page 5
Cougar Alumni Rally for Better Boats	Page 7
Cougar Crew Has a YouTube Channel!	Page 8
Lightweight Women Ready for Spring Racing	Page 9
2010 Spring Racing/Events Schedule	Page 10
A Thank You to a Former Rower and Coach	Page 11
Alumni Spotlight Reprinting	Page 12
Varsity Spotlight: Colby Favour	Page 14
A Note from the Historian	Page 15
Novice Spotlight: Danny DeRego	Page 16
Dostal Races at the Head of the Charles	Page 17
<u>Finish</u> by Jonathan Detzler	Page 19



Team Gains New Erg Room

by Andrew King, Varsity Oarsman

Members of the Varsity train on the ergometers in the Conditioning Center.



Photo by Nichole Martin

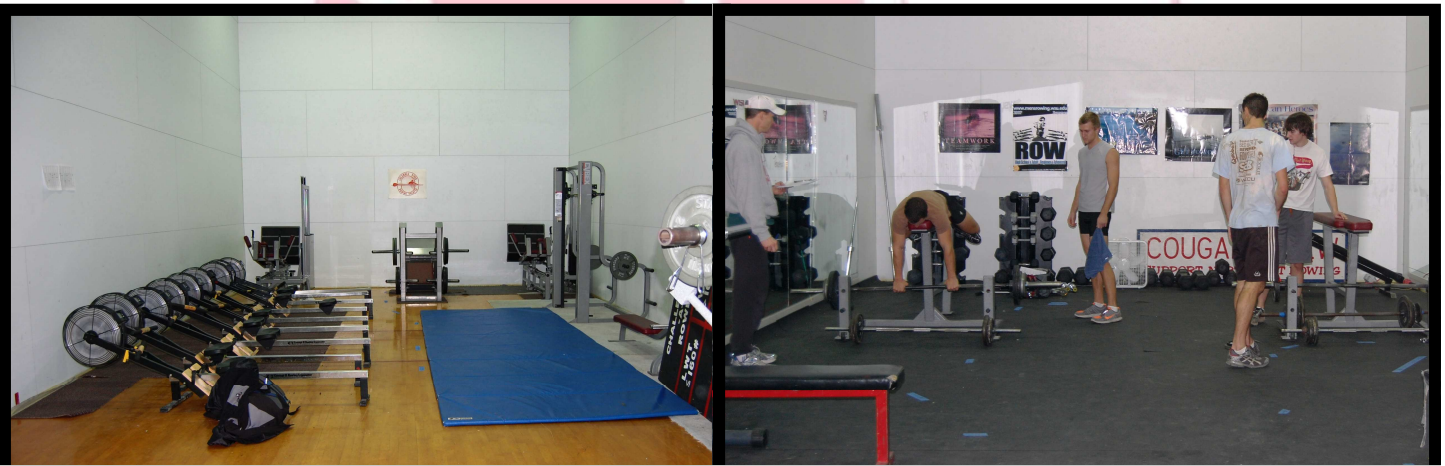
As WSU Men's crew pulled out the launches and secured the boathouse for winter, it became clear that the team had outgrown its winter training facilities. For years the team had relied on two racquetball courts that had been converted into a circuit room and erg room. But as the team had grown, the ventilation was lacking and the temperatures would soar as rowers pulled their pieces in less than ideal conditions. Bodies were overheating and good erg times were hard to come by. Knowing that these conditions could not continue head coach Arthur Ericsson started looking for a new facility that could be converted into an erg room.

The need for a new space reached the office of Kathleen Hatch, Executive Director of University Recreation (UREC) before WSU started the winter break. Hatch told Coach Ericsson that she would look into a variety of options for the team and would have a new room when school started again in January. "Like most important resources, space is very hard to come by given the competing demands from so many important programs for students," said Hatch. "I think it was a 'collective tipping point' for everyone to prioritize this request and find a way to make things work." During the first week of the spring semester, Coach Ericsson walked

around Hollingbery Fieldhouse with Hatch and other members of UREC looking at various facilities that could work as a suitable location for the team to practice in. “I took a tour with UREC staff [in the field house] and had a question and answer time to express the needs and challenges of the team,” said Ericsson.

Shortly after this walkthrough, the team was able to move all of their ergs into a space known as the Conditioning Center on the second floor of the Fieldhouse that may be more than five times the size of the racquetball court that had previously been utilized for an erg room. Originally designed as a dance studio, the new room has enough ceiling fans to provide adequate ventilation for the rowers as well as enough space to provide opportunities for cross training in between erg pieces. As Ericsson put it, “The space created in relocating the ergs has immediately inspired the workouts we couldn’t do before due to overcrowding, including strength and anaerobic threshold circuits. And the cool spacious air in the Conditioning Center is inspiring the rowers on the ergs, mentally and physically.”

The former erg room and existing circuit room were rearranged by the novices under the direction of novice coach Julia Gamache to best incorporate all of the weight equipment and to provide a safer lifting environment that supports the use of a wide variety of training circuits and utilizes the amount of now-existing space. The only “downside” to this new space is that it is temporary as Hatch and other UREC staff look into other facilities that can be turned over to the team permanently. Currently the crew must share the space with other student groups as this has caused some time conflicts with practice schedules or limited amount of time the team can erg in the facility. “Crew also reached a point that sharing this space, even for reduced time, was better than continuing in the dedicated space given its size and growing numbers,” commented Hatch. Despite this minor setback, the team is thankful for the new space and looks forward to utilizing it to the maximum as they prepare for a competitive spring season.



Above left: This room used to be the circuit room, adjacent to the erg room. The room was so full of equipment that had been continually donated to the Crew that it was nearly unusable. Now, there is ample space to train, as well as a row of Concept2 Model B ergs that were generously donated to the Crew by the WSU Women’s Rowing team.

Above right: What was the erg room for many years now houses the other half of the Crew’s circuit and lifting equipment. Now there is also space to display photos, plaques, and trophies won by the team.

Photos by Nichole Martin.

MARK YOUR CALENDARS!!! SAVE THE DATE!!!

COUGAR CREW DAYS will be taking place the weekend of
March 19-21, 2010!

There is an alumni BBQ on Friday, CCAA board meeting Saturday morning, alumni rows and races Sat. afternoon, and the Crew will host a banquet on Saturday night. Don't forget the auctions that will be taking place at the banquet as well!

The weekend will be highlighted by the official naming of the Ken Abbey Shell-house at Wawawai Landing. We hope as many people can attend the dedication for one of the most instrumental people in Cougar Crew history.



We have arranged a discounted rate at the Pullman Quality Inn (509-332-0500) for those that will require lodging. Tell them you are coming for Cougar Crew Days and you can have a room next to your old teammates.



We encourage you to RSVP the event and continue checking the www.cougarcrew.com site for the event schedule, and any questions regarding the auctions, banquet, lodging, or Cougar Crew Days in general, can be sent to mensrowing@wsu.edu.

We cannot wait to see YOU there!





Scratch. Scratch.

by Arthur Ericsson, Head Coach

As the Head Coach I feel compelled to share some facts on behalf of the hardworking members of Men's Crew. No one else on the team would have brought this to your attention for they accept it and move on. This is not intended as a plea for donations or sympathy, but to enlighten our supporters of some of the hard decisions that we face every year and how financial challenges are often at the heart of them.

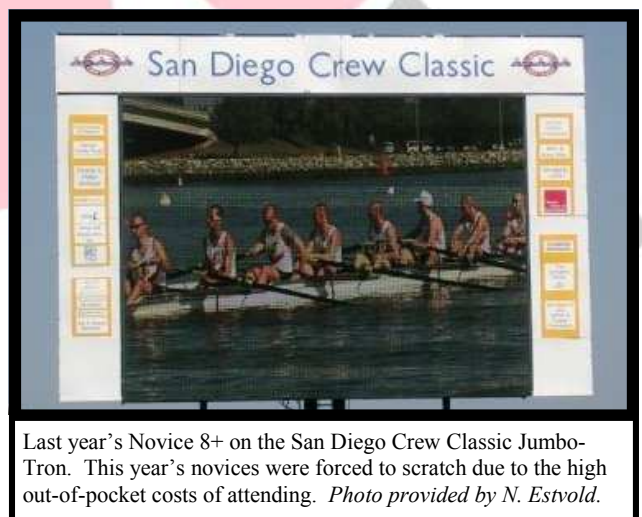
In November the varsity numbers were 3 ½ eights and the novice had almost 5 eights of committed oarsmen. So it was no stretch when we decided to enter a V8, JV8, and two novice 8's into the San Diego Crew Classic. This is the biggest race on the west coast scheduled for March 27th and 28th. I don't know if and when WSU has sent two novice 8's to San Diego, so this was set to be an exciting event for us. But about a month ago the cost of attending caused us to scratch the 2nd N8 entry. This event has always been paid for by the rowers themselves. And despite all of our fundraising efforts our budget cannot afford to tackle the gigantic price tag associated with attending this regatta.

With airfare, entry fees, meals, hotel and rental cars each person can expect to pay about \$650, almost \$6000 per boat. The rowers are already expecting to shell out about \$200 to help the team be able to afford flying everyone to our WIRA Conference Championship, which requires airfare because it is scheduled on the weekend immediately preceding final exams. And those lucky enough to make the top boats must also prepare to spend more than \$900 each to go to the ACRA Club National Championships in Oklahoma. Compared to WIRA's and ACRA's, San Diego is clearly a lower priority.

As we are now preparing to purchase airfare to San Diego our novice coach was finalizing commitments to San Diego (and the price tag that goes along with it) from her top guys. Because of the cost, she could barely fill half a boat. So we are now scratching our 1st N8 from the event as well.

With five Rent-A-Rowers on the calendar already this year we are about at our limit for bringing in more money. Guys in need will be trying to work extra Rent-A-Rower jobs on the side to help get their costs down, but those jobs are limited in number and require a lot of additional hours of hard work to put a dent in these trips. It's no easier for the varsity members to come up with the money but so far it looks like we'll have two fast 8's representing WSU at the Crew Classic. We would be foolish if we broke the bank of any of our rowers towards San Diego and as a result showed up to the big championship races a man down.

We are lucky that this year, the Daffodil Cup in Tacoma, WA falls on the same weekend as this year's Crew Classic. The Classic is normally scheduled a week later. The novices will have a great experience for their first race, but it is a shame they cannot race against the best of the west due to the large financial burden they have been forced to face.



Last year's Novice 8+ on the San Diego Crew Classic Jumbo-Tron. This year's novices were forced to scratch due to the high out-of-pocket costs of attending. Photo provided by N. Estvold.

Ken Abbey Shellhouse Announcement

by Doug Engle, Class of 1979

'In order to know where you are going you have to know where you have been'
Source unknown

I am a firm believer in that adage, and that knowing our history gives us the courage and imagination to plan for the future. The Cougar Crew Alumni Association started a project about 10 months ago to install a plaque at the boathouse at Wawawai to honor one of the principle people who started the rowing team at Washington State. The shellhouse has been known as the Ken Abbey Shellhouse since shortly after it was built in March of 1985. We quickly realized that it has never been formally recognized as such by the University however. To make a long story short, we did the committee work and they agreed with our proposal that Ken Abbey contributed enough to Cougar Crew and Washington State University to have the building named after him. President Elson Floyd approved the recognition last month.

Ken Abbey was a giant figure in the first 20 years of Cougar Crew. Ken rowed at Washington in the early 60's, graduating with a degree in Business. In 1968 Ken accepted the position of Vice President of Business and Finance at WSU.

Ken assisted other student-run rowing clubs before coming to Pullman. In his first position out of school at the University of Oregon he helped establish the rowing team there. In 1970, a group of students approached Ken for help in establishing a team at WSU. He agreed to be the team's first faculty advisor but his love of rowing and interest in helping students led him to be so much more.

In the early years of Cougar Crew Ken coached several teams but soon realized that he did not have the patience needed for such a pursuit. Ken maintained direct contact with the team by acting as the lead official for races on the Snake River and working on many other support projects. He passed on the coaching duties to Bob Orr and Ken Struckmeyer by 1971 and concentrated on the 'brick & mortar' needs of building the team. Over the next 22 years Ken Abbey and Ken Struckmeyer (currently WSU professor of Landscape Architecture and University Ombudsman) formed a dynamic partnership that developed the physical plant and athletic resources of the team very quickly. Within just a few years the team was winning multiple regional and national championships with various crews.

During this time frame the team saw the start of the rowing careers of two Olympic Medalists and many who have continued their participation in the sport. Paul Enquist '77 won the gold medal in the double skull in Los Angeles, 1984. Kristi Norelius won the silver medal in the women's eight also in Los Angeles. Bob Appleyard '75, one of founding members of the team, is now the Director of Race Official Training for USRowing. He was also one of the US representatives to officiate at the 2008 Olympic Games in Beijing. Also,

scores of former Cougar rowers have gone on to coaching positions at programs all over the US.

Ken Abbey took an active role in overseeing the team finances, acting as the team's principal administrator of University accounts. Through his contacts with the University of Washington rowing program he facilitated the donation of many of the first shells used by the team.

Ken also oversaw the building of four shell houses for the team. He negotiated the lease agreements with the Corps of Engineers for both the Boyer Park and Wawawai Landing sites. The team has had an odd history with shell houses in that they both were built twice. The first shell house at Boyer Park blew down in a terrible wind storm one year after construction, destroying all of the donated UW shells. Ken convinced Dick Erickson, coach of the UW and teammate of Ken's, to donate another set of used shells.

One of the contractors working on the Lower Granite dam project, two miles upstream from the shell house, had a son, Rich Stagger, competing on the team at the time. After viewing the dire fix that the team was in after the disaster, he decided to donate the materials and labor to build another shell house. As usual Ken was in the middle of all activities helping things along.

Ken was also in charge of contracting to build the Wawawai Landing shell house the team uses today. Ken was a central figure in obtaining funding to build this shell house. This shell house burned down just before completion of the project. Due to the intense heat of the fire it had to be completely demolished and another rebuilt.

In addition to the true bricks and mortar aspect of team development, Ken organized many fundraising casino nights for the team as well as contributing to the team personally. He also facilitated the donation of hundreds of thousands of dollars to the team by various individuals by staying in contact with them and guiding donors through the process.

Just a few years after establishment of men's rowing at WSU Ken was approached by a group of women about forming a women's rowing team. This was well before the Title IX suit was even brought to court. In Ken's words he helped the women establish a program because 'it was the right thing to do'.

Just over 10 years later he encouraged the inclusion of the women's program into the WSU athletic department. By this time the women's program had half of a modern shell house; numerous good quality shells and a tradition of rowing to jump start their establishment as a Varsity athletic program. Without the excellent level of physical plant of the Women's team it would have been unlikely that their bid would have been chosen, as start up costs would have been too high.

Because of Ken's involvement, thousands of students have had the chance to participate as a member of a group to accomplish a common goal. Many life lessons in organization, communication and cooperation have been learned at an early age by those that have participated. This type of activity makes for more well rounded adults and truly shapes their lives. The Cougar Crew Alumni Association, Women's Rowing and Men's Crew believe Ken Abbey has contributed more than enough to deserve that the building be named in his honor and supported the application.



Cougar Alumni Rally for Better Boats

by Arthur Ericsson, Head Coach

The boathouse bay for Men's Crew has 12 racks housing six fours on one side and six eights on the other. But our newest 8, the *Struckmeyer II* is now in its 8th year! The Cougar shells are not only getting older every year, but they are heavily used. This is most noticeable in the older 8's which were losing their stiffness, losing their paint and losing their usefulness for competitive novice racing.

I got wind in a coaches' email that the Western Washington University women's team needed to downsize their inventory, which included two shells they acquired from their men's program. Both of the Vespoli's were of strong interest to us. One was a 2000 DL Ultralight for \$4000 and a 1995 DL Racer for \$2500. Our novice coach Julia, who rowed for WWU under Coach John Fuchs, was familiar with the shells being sold and knew that they were quality shells for a very good price. We had already been keeping our eyes out for a good used boat but now opportunity was knocking hard. But with no money to spare I immediately called CCAA Chair Tim "Haole" Richards '79 to explain the urgent opportunity. He agreed that this was an offer too good to pass up and would make some calls to his old lightweight teammates and see what they could do. Within days he called me back and said that the guys really came through, with pledges totaling \$6000!

Despite our quick rallying we were already third in line behind Willamette and the University of Puget Sound. The odds now seemed low that we would acquire either of them. The other schools were having trouble deciding though, wanting to wait until they could see the boats for themselves when they would be trailered to common ground at the WIRA & PCRC Championships. We knew we could trust Coach Fuchs so we decided to push the envelop by immediately making the offer to buy both shells sight unseen. Coach Fuchs emailed the other schools ahead of us, "WSU is willing to take it, check in hand from WIRA." The other schools weren't prepared to commit and the boats were soon ours.



A Novice 8+ Takes the Mike D Over Heads

Head of the Spokane - October 2009

Spokane River

Spokane, Washington

Photo by Steve Wahlberg

Upon arriving at the WIRA Championships in Sacramento we immediately were able to inspect the newest of the two shells that we had committed to. It was easily as good as our current JV8 and our top novice 8 quickly showed just how fast they could move that shell in a 1k duel against our varsity. Two weeks later we brought back the other shell which had only minor cosmetic blemishes and is a vast improvement to what we retired. The check was handed over at PCRC's after receiving a \$500 discount (every bit helps) as the second shell was proudly loaded onto the Cougar trailer, each boat coming with its own set of oars. Retired from the Cougar fleet were the 1996 *Defiant* and the 1990 *Ken Abbey*. WWU Men had named their boats the *Red Haskell* and the *Mike D*. Out of respect for the WWU Men's program, the names were removed before racing them at the fall duel. They currently await their new Cougar names. The '00 will be renamed in honor of Ken Abbey. And the '95 is available for the lightweight alumni to name in gratitude for their quick and generous teamwork when we needed it the most. Another great Cougar 8, those alumni include:

Tom Caudill, Tom Anderson, Haole, Nibbles, Canuck, Malkow, Lisa Curtis, Keith Kesselring.



Cougar Crew's YouTube Channel

by Kramer Wahlberg, Crew Webmaster

Not everyone is able to make each regatta the Cougs race at, but now you can catch what happened from wherever you may be. With hopes to add to the electronic history of the team, a WSU Men's Crew YouTube channel has been set-up to showcase Cougar Crew in action!

You can visit the team's channel at <http://www.youtube.com/user/WSUMensCrew> where you will find many videos from last year's WIRA, PCRC, and ACRA racing.

This channel is by many means a work in progress and can only grow with contributions from you! If you can make it to a regatta and have a camcorder, let's get video of the program and add it to the channel online. If you already have any footage, be it from a regatta, class day, or anything that has to do with Cougar Crew, send me an email at kwahlberg@cougarcrew.com! It doesn't matter when or where its from, we just want to share the footage with other Crew supporters!



Lightweights Muscle Up For Spring Racing

by Sophia Foss, Lightweight Oarswoman

The Lightweight Women have had a busy winter season. Each rower is very eager to get back on the water and their hard work the past few weeks shows it. Between grueling erg pieces and weekly runs, the women are ready to bring the heat for their busy spring racing season.

Some of the girls have decided to put their erging to the test at the Ergomania Indoor Rowing Event in Seattle on January 30th. It'll be a great experience for the girls, pitting them against rowers from other programs as they race 2k. This will be the kickoff for our girls' racing season. "We are all very excited to start our very first season of spring races," said Lightweight rower Meesha Hedeem, "We are definitely ready to bring it!"

Meesha channels the same thoughts as the rest of the team, all ready to hit the water with everything they have learned over winter training. After a mild winter, everyone is hoping to get back on the water within the next few weeks. However, there are two months after Ergomania before the first water race, the Daffodil Cup Regatta on American Lake in Tacoma. Coach Kohl plans to send two lightweight eights to Tacoma on March 27th. After hopefully a successful race at Daffodil Cup, the women are looking forward to what will probably be the most pivotal race of their season.

The Stanford Lightweight Women have been gracious enough to invite the Cougar Lightweight Women for a race against them at Stanford on April 10th in Redwood Shores. The race will also include the Wisconsin and Princeton Lightweights, which are among the top lightweight women's teams in the nation. Last year, all three of these schools were in the Grand Final at the IRA National Championships, with Princeton taking 6th overall, Stanford winning bronze, and Wisconsin winning the national championship for the 2nd year in a row and for the 5th time in the last 6 years. This will be a historic race for Cougar Crew. Coach Kohl is looking to bring her top 8+ boat to the Stanford race.

The Lightweight Women will end their first year with WIRAs in Sacramento alongside the men's team with two boats, an 8+ and a 4+. The weekend of May 1st and 2nd will be bittersweet for the Lightweights. As their final race of the season, they hope to make history.

On top of preparing for their races, the lightweight women have been working hard to put on their very own Dry-Tri Triathlon on April 3rd in Pullman. The proceeds will go towards helping to raise funds for their spring races. The Triathlon will consist of a 4k Erg piece, 12mile bike and 4mile run. Coach Kohl and the Lightweight Women have been actively seeking out sponsors in the area and hope to raise enough to help fund their Stanford trip.

2010 SPRING RACING/EVENTS SCHEDULE

(print out this page and hang it on the 'fridge)

*February 20th, 2010 - Erg Duel v. Gonzaga (Exhibition)

Time: TBD, Location: Spokane, WA

*March 15-19th, 2010 - Spring Break Training

Time: All Day, Location: Pullman, WA

*March 19th-21st, 2010 - Cougar Crew Days

Time: All Day, Location: Pullman, WA

(Includes alumni BBQ, CCAA Board Meeting, Class Day races, Alumni Banquet w/ auctions, and more!)

*March 27th, 2010 - Daffodil Cup Regatta (3V,4V,Novices, Lightweights)

Time: TBD, Location: American Lake, Tacoma, WA

*March 27-28th, 2010 - San Diego Crew Classic (V8 & JV8)

Time: TBD, Location: Mission Bay, San Diego, CA

*April 10th, 2010 - University of Washington Duel

Time: TBD, Location: Montlake Cut, Seattle, WA

*April 10-11th, 2010 - Regatta v. Stanford, Wisconsin, & Princeton Lwts.

Time: All Day, Location: Redwood Shores, CA

(This event is strictly for the WSU Lightweight Women)

*April 17th, 2010 - Fawley Cup Regatta v. Gonzaga

Time: TBD, Location: Pullman, WA

*May 1st-2nd, 2010 - WIRA Conference Championships

Time: All Day, Location: Lake Natoma, Sacramento, CA

*May 15-16th, 2010 - PCRC and Pacific-10 Conference Championships

Time: All Day, Location: Lake Natoma, Sacramento, CA

*May 22nd-23rd, 2010 - ACRA National Championships

Time: All Day, Location: Oklahoma City, OK

A Personal Thanks to Former Rower and Coach Dan Thayer '01

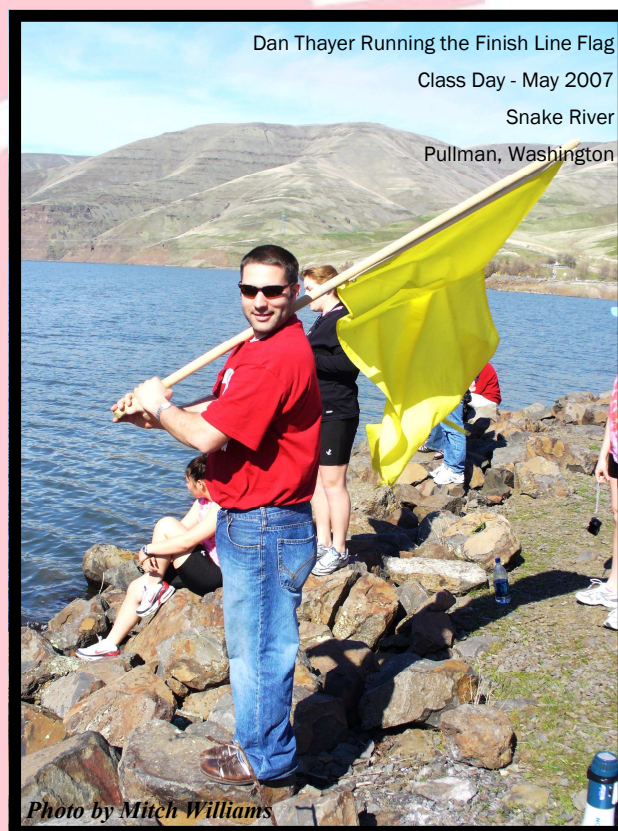
When you talk to someone who has pulled an oar for WSU Cougar Crew, they will tell you how their experiences at Washington State changed their lives for the better, and how if it weren't for Cougar Crew, they wouldn't be the person they are today. Some promise large donations that never come to fruition. Dan however has backed his word and come through every time. That said, Cougar Crew would like to take the opportunity to personally thank former 4-year oarsman and novice coach Dan Thayer '01, whose heightened generosity over the last 4 years has made an immediate impact in the functions of the rowing team.

From the fall of 2006 through the spring of 2008, Dan coached the novice crews for WSU. A man who owns a painting business in Pullman and works more than a full-time schedule, Dan came to the aid of the Crew late in the summer of '06 when the team couldn't find a novice coach. With two full-time jobs (because we know being a coach doesn't end at practice), Dan's top 8+ that year won the petite final at the San Diego Crew Classic, defeated Gonzaga in the annual duel race for the first time in a decade, and finished 4th overall at the WIRA conference championships. He continues to row and compete with the Palouse Rowing masters program, which is put on each summer by the Men's Crew and is going into its 5th summer.

Most recently, Dan has aided the Crew in purchasing new riggers for one of the 4-man racing shells, the *Michelle Kistler*. Because of the poor shape of the original riggers, this donation has turned the *Kistler* into one of our best boats.

Dan's generosity also extended to the Cougar Crew coxswains, when he purchased and donated a new Nielsen Kellerman Cox-Box, the voice amplification device that is an absolute necessity in the boat and is an integral part of our racing. New cox-boxes are some of the Crew's most needed items.

These donations have just been more gifts in Dan's string of giving. Riggers and cox-boxes are things that allow Cougar Crew to continue its growth and competitive nature. Thank you again Dan for coming to the aid of the Crew when needed most.



Alumni Spotlight: Bob Appleyard '75

by Karl Huhta, Commodore '07-'08

It is our goal to highlight a Cougar alumni in each issue of The Pull Hard. To jumpstart this goal, here is a reprinting of an alumni spotlight from the Winter of 2009.

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



Bob Appleyard at the 2008 Beijing Olympics - Shunyi Olympic Rowing-Canoeing Park. Photo by row2k.

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 its 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."

Cougar Crew

Merchandise Catalog

is now **ONLINE!**



*The 2009-2010 Cougar Crew clothing catalog is now posted online at www.cougarcrew.com! If you would like to support the Crew by purchasing clothing, we ask that your order be postmarked by **Wednesday, February 10th, 2010**. You will find all other information and ordering procedures inside the catalog itself. Be sure to get your Cougar Crew gear in time for spring racing! Thank you for your support!*





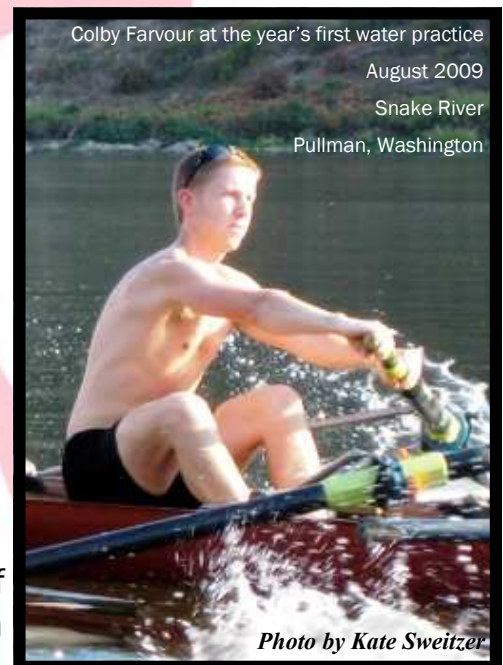
Colby Favour: Capturing the Beauty that is Men's Crew

by Paul Ehlers & Jake Logar, *Varsity Oarsmen*



The varsity team of rowers at WSU is made up of a variety of characters. There are the guys who like to be the ones that “lead”, there are the guys that would rather follow. There are the guys who always have a story to tell or a joke to play, there are the guys who quietly listen and laugh along with everyone else. But no matter who you are or what column you fall under, all the guys come to practice to work hard and get faster. But there is one rower who encompasses a bit of every column. He leads by his work ethic, but he isn't the most talkative guy. He has hilarious stories of experiences from rowing (insert that one erg/circuit/stair workout as a novice, or what his yellow shirt looked like after that one particular grade run), but he is the only guy who quietly ergs with headphones in, tapping into his extensive collection of techno music on his iPod. That guy is Colby Favour.

Colby joined the crew team in the fall of 2007, after spending two years at Tacoma Community College. He graduated Woodrow Wilson high school in 2004, in the same class as 2007-2008 Crew Commodore Karl Huhta. Karl was largely responsible for Colby's interest in the sport, talking him in to coming down to the river for a practice. Colby said he attended one practice, and never stopped coming! In high school, Colby was an avid soccer player and a frequent gym rat. In between his graduation and starting Men's crew, Colby became “a little rolley polley – after I stopped playing soccer, the weight just sort of packed on.” Good thing he joined crew, as Colby is now the lightest rower on the team! Even though Colby was already 21 when he started rowing, being surrounded by a bunch of freshmen didn't faze him in the slightest. And the freshmen certainly took a liking to him too! “He was that cool, older dude that lived by himself in a 4-person apartment. I did tons of bench presses at his place!” says fellow rower Paul Ehlers. Colby immediately had some success on the novice team, traveling and competing with the squad to the San Diego Crew Classic, the largest spring regatta on the west coast. San Diego, he says, and being in California with the team are his favorite parts of crew.



Beginning in middle school, Colby fostered an interest in photography. He started with black and white prints, taking classes at Tacoma Community College and planned on enrolling in Western Washington University's photojournalism program. When things didn't quite work out, he came to WSU and is working towards completing a journalism major, with a minor in photography. Along with all this experience, Colby's passion really shows

through his work. Crew was a new area for him to explore with his lens. Some practices, you might see Colby riding in the launch with Coach, snapping pictures of the events on the water. During spring break training in 2009, Colby was particularly prolific with his picture taking, capturing a beautiful picture of the varsity Crew at sunrise, on the majestic Columbia River. The photograph was so stunning that it was featured on row2k.com's Photo of the Day section! (Check it out here: <http://www.row2k.com/potd/index.cfm?id=542>)

Colby's favorite part of being on the crew team is, surprisingly enough, winter training. He was able to take an erg home and, "erg on [his] porch, overlooking Puget Sound." Not exactly your typical training locale! Colby is all about hard work. Even before he started rowing, Colby could often be found lifting weights, and still really enjoys our lifting sessions. After graduating, Colby plans to keep erging and going to the gym. Colby says crew has really imparted upon him good workout ethics. "Arthur has been the best coach I have ever had, probably, mostly because he does the workouts with us." If Colby had any advice for a novice who can't see the light in the end of the dark, deep tunnel that is winter training, he would tell them that, "Crew is going to be a positive experience as long as you make it out to be." Ever since Colby started crew novice year, he has had the slogan, "Don't Quit" as the banner on his cell phone, constantly reminding him of the dedication that it takes to be part of the Men's Crew team.



A Note from the Historian

*by Lauren Curtis, Varsity Coxswain
& Crew Historian*

Hello Cougar Crew alumni, parents, and friends! I am very excited to announce a new project that I have undertaken. Last summer, after staring for several months at a mountain of disorganized clutter crammed into six giant boxes, I decided to go through each box piece by piece. I threw away a lot of trash and filed an assortment of old crew documents. Among the junk, I uncovered quite a few treasures. I was able to fill a large box entirely with photographs from the past. Some are in black and white, some in color, and most of them include people that haven't yet been identified. At Class Day this year, look for a table set up with those photos. I will be counting on alumni to help us remember our past and let the current Crew know who you all are! We look forward to seeing you at the event and helping us with this endeavor.

The excitement doesn't stop there friends. Our Commodore found an awesome website called FotoTime that allows us to upload photographs and sell them to our fans. The Crew page is not yet up and running to its full potential, but come Class Day you should be able to see a wide variety of photographs from an array of years. The site can blow the images up to 30" X 40" and even create novelty items such as coffee mugs, t-shirts, and cards. FotoTime then safely ships the items to you for a low cost. There are so many options with this website, and I'm sure there will be a style for everyone. Stay on the lookout for information regarding how to log in to the site and some basic steps to navigate. I am very excited to present this project to you and I plan on passing this unique opportunity to the historians in coming years so that the legacy never ends!



Novice Spotlight: Danny DeRego

by Julia Gamache, Novice Coach

Well, it has been 5 months with the new batch of Novice, and though trying at times, the group has created their own identity. One of hard work and goofing off all at the same time. No matter how hard I push these guys, no matter how in pain they appear to be, out of nowhere comes the energy to tell a joke or start a verse of Journey's "Don't Stop Believing." Random passersby may think these serenades are a sign of slacking off; I know however, it is a coping mechanism, one that embodies the personality of the team. This phenomenon of being able to mask the hurt comes from a combination of high school athletes who were never above JV material and others who turned heads in their respective sport. These people co-exist on the Men's Novice Crew and make for an interesting and entertaining dynamic.

One athlete who has been hiding in the shadows of hard work is Danny DeRego. An accomplished swimmer at South Kitsap High School in Port Orchard, Danny treats his rowing workouts as if he were still in the pool. He stays quiet, gets the work done and expects no rewards, and maybe this is why I never gave him any. In the beginning, for Novice rowers, the squeaky wheel gets the grease; the athlete with the loudest mouth will stand out for a while. That is, until we are far enough along to see results, and Danny's results speak louder than I have ever heard him talk. Doing all of the winter workouts to a PR on his 6k, Danny is on his way to becoming a successful rower. When talking to Danny, I asked him a few questions about his swimming days and his plans for our team.



Why did you Join Cougar Crew?

"Throughout the years, having a sport (swimming) has helped me stay more focused on school and staying healthy."

What similarities do you see between Swimming and Crew?

"There are several aspects of crew and swimming that I find very similar. I would have to say that the biggest similarity is the workout schedule. Just like crew, swimmers don't just practice once a day. As far as strength training goes, swimmers mainly focus on core and upper body. Water practices are nothing but cardio, whether it's high velocity output or anaerobic threshold workouts. I see these same workouts at crew practice everyday. Another similarity is the importance of practicing everyday. My coach used to tell me that for every day I missed a practice, it's going to take two to make it up. I believe that this is very true with crew as well; we accomplish so much in one practice."

What was your biggest accomplishment in Swimming?

“My biggest accomplishment in swimming was placing at the WIAA 4A Boys Swimming State Championships as well as being part of a relay that broke two of South Kitsap High School's oldest records. My most memorable moment in swimming was getting to race Roland Schoeman, an Olympic gold medalist from South Africa in the 50 free, at the 2008 Senior Sectional Championships.”

Where do you see yourself on the team? (What role do you play for the Novice?)

“I see myself as a "silent role model"; I like to lead by example. I don't like to complain or cause drama; I just do the work then go home.”

Do you plan to row on the varsity team in years to come?

“I would love to be part of the varsity team in the years to come.”

When you went home for Winter break, what were some reactions from your friends and family about your choice to row?

“The biggest reaction was that I was keeping up, if not beating my fellow swim buddies. Most of them thought that I would gain the freshman 15 for sure.”

How did you respond to their reaction?

“I told them that I decided to give crew a try after 7 long years of swimming, and how much better crew is.”

What is a goal you would set for the Novice team this year?

“I would like to see every novice rower give it 110% at every practice. If this happens I know we will become a strong crew and great things will happen in our future. Everything starts at practice.”

Well put Danny, I know the Novice will see hard work pay off pretty soon here. GO COUGS!

Mike Dostal Competes Against World's Best at the Head of the Charles

This is a reprinting of an article posted on www.cougarcrew.com on October 29th, 2009. Written by Karl Huhta '08.

In its 45th annual running, this year's Head of the Charles in Boston, Mass. had arguably the most competitive field in its history. A field not just comprised of current national team rowers, but of gold medalist World Champions and Olympians, the Men's Championship Single category was billed as one of the -if not the most- premiere events of the weekend. On Oct. 17th, 2009, former novice coach Mike Dostal raced against the world's best, finishing a very respectable 17th out of 44 entries. At first, 17th place may not sound “that great”, but put this in perspective: 13 of the 16 men that finished ahead of Mike currently row for their respective nation's national team, and two of the other three are currently at some form of a national training camp. Wow!

Mike Dostal was the novice coach of the Cougar Crew for the 2005-2006 school year. Among the solid performances of his novice that year, the Cougars rowed to an open water victory at the Daffodil Cup Regatta and then had their best race at the Pac-10 Championships. Before WSU, Mike rowed on Great Britain's lightweight national team competing in many

international regattas in the single scull. Being a working gent nowadays and also recently married, Mike is just getting back into training full-time. “I am training everyday although that has only been possible recently,” Mike said, “so I do not feel like I am really fit. I would hope for this winter to be able to get back in shape and race the (U.S.) National Champs next summer in better form.”

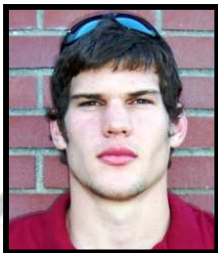
Reflecting on his race, Mike explained, “I think there were some really fast scullers and some people who really knew the Charles River well. Unfortunately, I fell in neither category.” Keeping a sense of humor, Mike remains optimistic about racing next year, as he takes small victories in not hitting any bridges and not receiving any time penalties. He feels with a full year of training under his belt, he hopes to finish top-10 next time around. Considering he was only a little over 10 seconds off a 10th place this year, we are rooting for Mike come next October. This was Mike’s second time racing the Charles, the first time coming in 2007 when he had a seat in a Harvard alumnus lightweight 8+.

Currently Mike trains by himself out of the Williams College boathouse in eastern Massachusetts, but sometimes gets together with local rowers for team practices. Out of curiosity, Mike was asked about the club he claims himself under, Berkshire Rowing and Sculling Society, but he said it’s really just a name. While racing this year though, Mike wore Nottingham County rowing kit (a now defunct UK rowing club), but was pleasantly surprised to hear shouts of “Go County!” and “Go Notts!” while racing. “I thought it was pretty funny,” he said, “I might have to resurrect the club stateside.”

Mike said that he’d like to see a WSU Cougar Alumni 8+ at the Charles in the near future. “I really enjoyed my time coaching at WSU and met a lot of great people who had a lot of energy and talent for rowing. The men’s crew officers were first class and I am sure still are. I was at first shocked and then extremely impressed to see how well the club was run by them. Thanks for the experience and keep up the good work.” We look forward to hearing more about Mike tearing up the east coast rowing scene and hopefully will see him again in the near future.

Mike racing his single at the 2009 Head of the Charles Regatta.
Photo by row2k.





Finish

by Jonathan Detzler, Varsity Oarsman

This poem was written after Jonathan's novice 8+ took 4th at the 2009 Pac-10 Championships where they upset Oregon State and finished only 1.7 seconds behind bronze medalists Stanford.

There is a note over the archway

"The only good race pace is a suicide pace,"

"And today looks like a good day to die."

Brings back memories,

... Painful memories,

... Heart-pounding memories.

I am brought back

The heat saps your strength
But it does not matter,
You go through the motions anyways.
Go through them
And let them focus you.

You take your place on the line,
To your left and to your right
There are faceless enemies.
You do not know their names,
You do not care.

All that matters is where you are,
And who is with you.
Without them there would not be a here.

It is almost time,
You pound fists with your partners
And say a quick prayer for strength.

A quiet whisper moves through,
"Tits up boys".
A slight smile forms,
As everyone sits up and forward.
It is almost time.

Your hands clench and unclench
As if you are strangling something.

Your heart pounds,
In your head,
In fear,
In raging excitement.

You hear the call,

If it is possible, your heart beats harder

Despite your quivering body, you snap into place

Your heart stops.

And you are off.
The first one deep.
Second short.
Lengthen, lengthen.

You know them by heart,
Yet your leader's calls assure you.

She leads,
You would gladly die for her,
And at her command you do.

We have alignment.

Attention...

ROW!



Ppprrreesssss, ¾, half, lengthen, lengthen

Alright boys, High 20! And that's one...

Your heart was pounding before,
It is exploding now.
You wait for the call,
Silently screaming for the call,
But you do not give up.
Never give up.

And the call comes,

Relief floods your body like a cool rain.
The relief is short lived,
As your master,
Your best friend,
Your brothers,
They all call out for more.

You are in the body now,
Where you show your strength and power,
You know the repetition well.

Shift down, that's one, that's two...

That's the 500; give me a power ten to move!

Lock it in. Legs. Drive. Finish.
Lock it in. Legs. Drive. Finish.
Lock it in. Legs. Drive. Finish.

Yet here comes another call,
You know this one, and love it.
It is a secret move
Meant to destroy your enemies.

You put in all your power,
The pain is incredible,
... Sometimes love hurts.

And it worked.
You see them behind you, faltering
Time to shift back
To the movements you know so well.

Here is our move, Mattawah in two!

Lock it in. Legs. Drive. Finish.
Lock it in. Legs. Drive. Finish.
Lock it in. Legs. Drive. Finish.

You are dying,
A mailed fist is punching your heart,
And squeezing your lungs.

You hear the call again,

Last 500 boys, give me ALL YOU GOT.
I DON'T CARE if you are tired.
LETS MOVE!

She demands everything.
To refuse her
Would be unthinkable.

You push the pain aside,
It is still there,
But you do not care.

She sees the end,
Calls for more,

And more,

UP In TWO!

Now TWO MORE!

She calls for even more.
Screaming,
Almost crying...

And we give it.
We are flying.
Nothing,
Is touching.

There are nine people.
But we are one.
And we finish.

