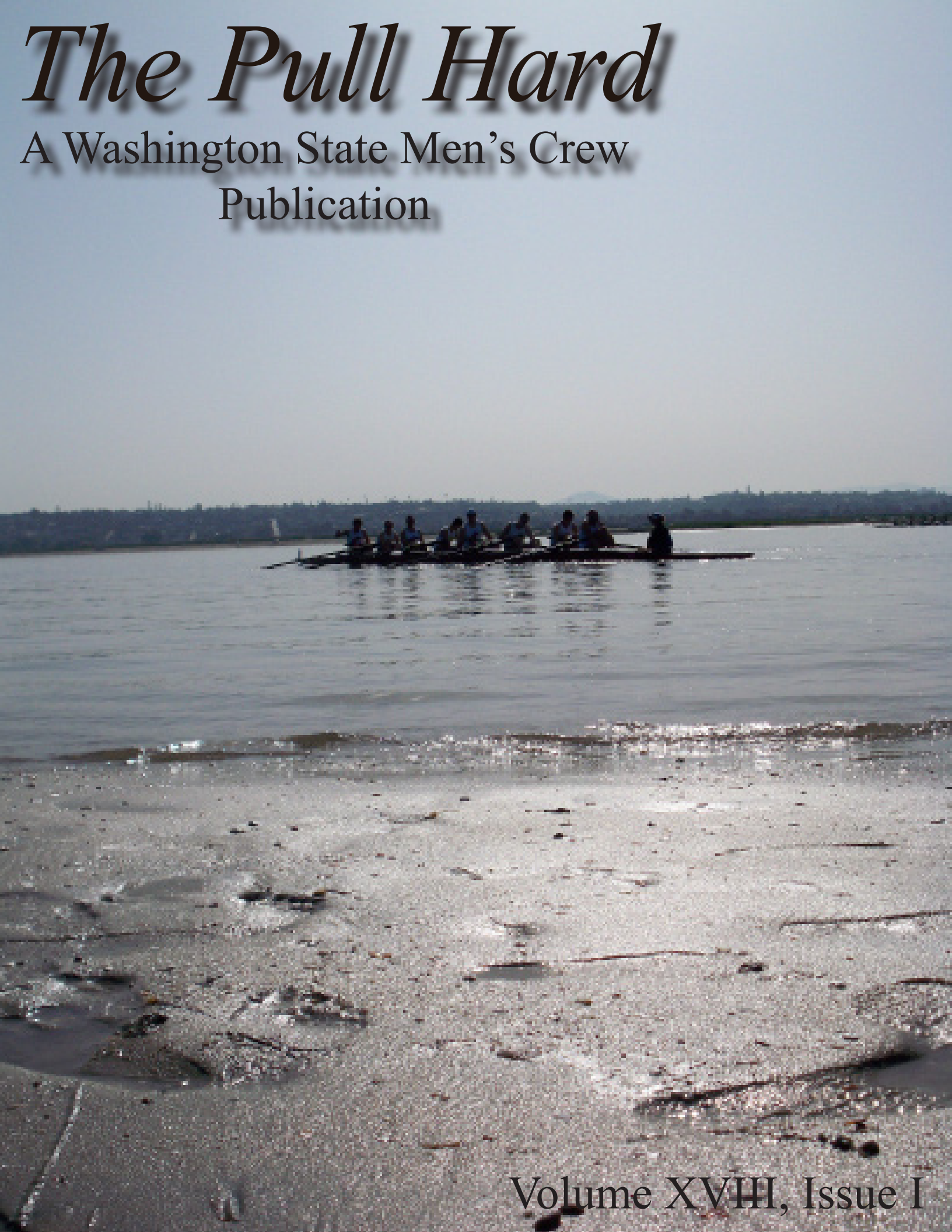


The Pull Hard

A Washington State Men's Crew
Publication



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Table Of Contents



*Andrew King
Commodore*

Pg. 3-4

*Team Maintains
Strong Coaching Staff*

Pg. 4-5

*2010 Spring Season
Recap*

Pg. 6-9

*Alum Competes in
Row for the Cure
Regatta*

Pg. 10-11

*Rowers Stay In Shape
Over Summer*

Pg. 12-17

Andrew King 2010-2011 Commodore

By Nichole Martin



*Andrew posing with the Varsity
8+ trophy*


Every year, the team elects a commodore to represent Cougar Crew. It is this individual's duty to oversee the happenings of the team, work with the coaches, help set up and run the teams fundraisers, and lead the team on and off the water.

This year, the team is honored to have Andrew King as their 2010-2011 commodore. Andrew comes to us from Cheney, WA where he attended Valley Christian High School and ran cross country and track. Having a father who rowed in college for Seattle Pacific University, and after being recruited outside the CUB, there was no doubt in his mind that Cougar Crew was the place for him.

“I am extremely excited for this season” King says, “It is truly a privilege to row alongside so many talented athletes. My goals while commodore is to serve the coaches, fellow officers, and team in any capacity necessary to allow everyone to train as hard as possible.”

“The team has merged strong veterans of the varsity program with last year's hard working novice class to form

some very fast lineups. The rows the team has thus far allude to great things to come,” King responded when asked about the outlook for this season.

Andrew rowed in the novice 8+ his first year, which took second at the ACRA National regatta. This last year, he rowed in the varsity 8+ which won the WIRA Conference Championship and took third at nationals. There is no doubt that Cougar Crew is very lucky to have such a commodore leading them into the 2010-2011 season! 

Team Maintains Strong Coaching Staff

By Kramer Wahlberg



Head Coach Arthur Ericsson back for his seventh year with Cougar Crew.

For the second straight year, the American Collegiate Rowing Association (ACRA) West Coast Region Coach of the Year belongs to Cougar Crew. In 2009, Novice Coach, Julia Gamache, received the honor following one of the most suc-

cessful novice classes in recent history. This past spring, the ACRA recognized Head Coach, Arthur Ericsson, as the well deserved 2010 Coach of the Year. With Arthur entering his seventh year on the team, and Julia her third, Cougar Crew

is poised to cement itself as one of the perennially top club teams in the nation.

Under Coach Ericsson's direction, a deep Varsity squad accomplished many firsts for Cougar Crew. After a successful fall season that included two wins over rival Gonzaga University, the Varsity 8+ started off the season strong with a 3rd place finish at the San Diego Crew Classic. The marquee boat continued its success by winning the WIRA Championships and going on to take 3rd place at the ACRA National Championships.

The depth of the team was displayed in a JV8+ that captured a Fawley Cup victory over Gonzaga and a 3rd place finish at the WIRA Championships. In a true exhibit of the team's dominance and success under Coach Ericsson, Cougar Crew was awarded the Team Points trophy at the WIRA Championships.

Coming off of arguably one of the most successful years in the modern era of Cougar Crew, the team is making strides to maintain its success under the direction of its talented coaches.



*Coach Julia Gamache with her
2010 top Novice 8+*

2010 Spring Season Recap

By Paul Ehlers

Cougar Crew had a season of almost unprecedented success in Spring of 2010. Expectations coming in to the season were high, given the strong performances in the fall (beating Gonzaga in 3 of 4 meetings) and the integration of the former novice class, who had finished 2nd in the ACRA National Championships the year before. Before the school year started, the Varsity met up to discuss goals for the upcoming year, and the two most important ones were to come out firing at the San Diego Crew Classic, a traditionally flat race for the WSU team, and to podium in every entered event at WIRAs. The Novice class was looking to build upon their successes from the year before, with the aforementioned ACRA silver medals and a best-ever 3rd place finish at the WIRA championships.

Starting with San Diego, the Cougs had their best ever finish since 1996. The Washington State University men's V8+ took 3rd of 17 boats in the American Specialty Health Cal Cup. Winning their heat on Saturday with a time of 6:22.6, WSU outpaced Cal Lightweights, UC-Irvine, UC-Santa Clara, Orange Coast College, and ASU to charge in to the Grand Finals on Sunday.

Trinity, a D-III Varsity program out of Connecticut, led the finals wire to wire and won with a time of 6:22.6. The Cougars crossed the line in 3rd with a time of 6:30.0, fighting off charges from Cal Lights and Notre Dame to stay on the podium.



V8+ at the UW Dual

Continuing on to the Apple Cup regatta, the Huskies took home 7 of 7 races to sweep the Cougars with a show of depth. The closest race of the day took place between WSU V8+ and the UW 3V8+. The WSU V8+ and the UW 8+ traded punches for the first 1000 meters, with WSU knocking out 2 seats through the 500m mark, but UW managed to feed on the energy from their home crowd in the

Montlake Cut to push away in the last quarter of the race, finishing with a time

of 5:58.49 to WSU's 6:03.96. The Cougar novice crew also had their first experiences through the Cut, racing the UW 2F8+, 3F8+, and 2FV4+. The WSU 1N8+, racing against the UW2N8+ and the OSU 2N8+, finished only 5 seconds behind OSU.

Looking onwards to the Fawley Cup, the Cougs had an up-and-down day of racing, and the highest note came from the WSU JV8+. Crossing the line with a time of 6:09.96, the Cougs beat the 6:13.81 posted by Gonzaga, and the 6:35.38 posted by the Cougar 3V8. The V8+ came in to the Fawley Cup premier race with very high hopes, and were looking to be only the second crew in 20 years to reclaim the vaunted trophy. Unfortunately, the Cougs ran out of gas and were passed with just 15 strokes to go, falling to Gonzaga and their 5:58.52. WSU crossed the line just over a second later, with a time of 5:59.64.



JV8+ took first at Fawley Cup

The Novice 8+ were unable to take revenge for last year's race, falling to Gonzaga. GU finished in 6:20.45, with WSU finishing in 6:34.70. Gonzaga's 2N8+ finished in 6:26.45, while the WSU 2N8+ finished just behind them in 6:27.52. WSU's 3N8+, also racing in that race, finished in 7:02.17.

At WIRAs, for the first time in Cougar History, the WSU V8+ won the premier event, taking first with a time of 6:13.0. The V8+ beat out the University of California – Davis' 6:14.2, and University of California – Santa Clara's 6:16.9, Orange Coast College, rival Gonzaga University, and the University of California – San Diego in the Grand Finals. This victory was truly a historic moment of WSU Cougar Crew, which has never won an 8+ event at WIRAs.

The Cougar JV8+ also collected a bronze medal, another record moment for the Cougs. The Cougars have never even made the grand final in the JV8+ event before at WIRAs, let alone sit upon the podium!

In an interesting turn of events, the WSU Lightweight 8+ also collected gold medals and won their first ever WIRA trophy. Initially, the Cal Lightweights managed to beat out the Cougs by several seconds, but the Cal Lightweight team was disqualified for violating regatta rules.

The WSU 2- also made the grand finals, marking the third straight year the Cougs have gotten to the grand finals in that event. They finished 6th overall, behind eventual winner Loyola Marymount University.

The Novices also had a successful outing, with the 1N8+ qualifying for the grand finals with a furious sprint to beat out UC-Irvine. This also was the second straight year the 1N8+ has made it to the grand finals. They eventually finished 6th behind Orange Coast, the eventual winners.

The 2N8+ and 3N8+ also raced in the 2N8+ event, with the 2N8+ collecting silver medals and improving on the 3rd place finish that the Cougars achieved last year in that event. They finished with a 6:53.0 to Orange Coast's 6:45.0. The 3N8+ finished 4th. The strong Novice performance helped secure the team points trophy for Cougars.

And in a historic moment for WSU Cougar Crew, the inaugural Lightweight Women's team took home 3rd place medals in the Novice Lightweight 4+ event, the first ever medal for the Lightweight Women's team! They also finished 5th in the open weight novice 4+ heat, and the women's novice lightweight 8+, racing in the varsity lightweight 8+ event, finished 7th, with Stanford's women taking home the gold.

In a dramatic show of depth and force, the Cougars dominated the WIRA championships, and this was truly reflected in their taking of the Overall Team Points trophy, another first for the WSU Crew team.

At Pac-10s, the Cougs finished less than 4 seconds behind 4th place OSU in the V8+ event, cementing their place as the top club team in the conference. The JV8+ finished 5th as well, with the N8+ taking 8th.



Novice 8+ at ACRA National Regatta

After a season of historic highs, the WSU Men's Crew team capped it all off with a bronze medal at the American Collegiate Rowing Association (ACRA) National Championships in Oklahoma City. Crossing the 1000 meter mark, Michigan and Bucknell were dueling for first place, while the Cougars, a length down, were trying to hold off a charging Virginia crew.

Coming in to the sprint, the Cougs poured everything that had and fought through the stiff wind to finish in 3rd place with a time of 6:34.5, 6 seconds behind first place Michigan and 4 seconds behind second place Bucknell.

The JV8+ finished 6th at ACRAs, after a disappointing last race. The crew, comprised of 5 lightweights, was heavily blown around by the wind in unprotected lane 7 and never got into a rhythm, being beaten by such crews as UC-Davis, whom they had beaten at WIRAs

The N8+ capped their season with a 9th place finish overall, with a 3rd place finish in the B final of the N8+ event at ACRAs. They came in just over 2 seconds behind Grand Valley State and 6 seconds behind the winner of the B final, Bucknell. Michigan won the Grand Finals of the N8+ event



2009-2010 Cougar Crew

Oars For Sale!

Attention, Cougar Crew Alumni, Parents and Supporters! The team is selling old Spoon oars to help fund the purchase for a much needed set of new oars.

These are concept 2 oars, with wood handles and carbon shafts. If you would like more details or are interested in purchasing an oar, please contact

Nichole Martin at nichole.martin@email.wsu.edu

Cougar Crew Alum Competes in Seattle's Row for the Cure Regatta

Summarized by Kramer Wahlberg

Frequenters of row2k.com may have noticed an article a couple weeks ago about the 2010 Row for the Cure Regatta benefiting Susan G. Komen for the Cure. The article was written by a former Cougar oarsman, Mike McQuaid, and details the annual event that raised over \$90,000 to fight breast cancer.

The regatta offered races in all categories, attracting entries from as far away as Anchorage, Alaska. One of the rowers making the 1,400 mile journey from Alaska to compete was former Cougar oarsman, Ed Hall. Ed has been active in growing the sport through his involvement with the Anchorage Rowing Association. The Anchorage crew was in the top three in fundraising for the event, raising a total of \$6,465.

“One of our rowers just lost her sister (to breast cancer),” said Hall. “You have to take a bad thing and create something positive. We wanted to compete in Seattle to let her know that her sister is important.”

It is terrific to read about the rowing community coming together to support charities such as Susan G. Komen for the

Cure, and even better when there are Cougar oarsman leading the charge. A Cougar Crew congratulations goes out to Ed and his crew on their fundraising efforts, as well as their three wins in the Row for the Cure Regatta. Go Cougs! The complete article can be found at row2k.com/news/news.cfm?ID=56732.

Back To Boyer!

For the 2011 Cougar Crew Days, we will be heading back to Boyer Park where Cougar Crew began. More Details to come!



Rowers Stay In Shape Over Summer

By Paul Ehlers

While most of the students enrolled at WSU spent their summer breaks lounging around and dreading the return of class work, the WSU men's crew team looked at the unstructured vacation time as an opportunity to branch out from their typical rowing training. Head Coach Arthur Ericsson was again preparing the team for its annual varsity Olympic Triathlon, and for all of the new incoming varsity athletes, this was to be their first exposure to triathlons of any kind. Several rowers on the team competed over the summer in preparation for the coming year, hoping that the extra training would give them the edge they needed to beat out their teammates for vaunted seats in the top two 8+s.



Jake Logar in the home stretch of his marathon

Kramer Wahlberg and Jake Logar, both 4th year lightweight oarsmen, ran the Seattle Rock n' Roll marathon. Kramer and Jake are both experienced runners, having been on the varsity Track and Cross Country teams at Kentwood High school together, and typically lead the pack on any running workouts that the team does. Kramer, a first-time marathoner, said, "It's something I've always wanted to do. Despite not

having prepared months for it, rather just several weeks following ACRAAs, it was fun. I also did it with my Dad, which was awesome.” Kramer finished in 3:37, but was ahead of his 8:00/mile goal pace until mile 23, when he, in his own words, “ate it hard.” He still managed to finish 348th out of over 4000 runners! The torment Kramer felt in those last 3 miles should definitely help with the pain he feels in the final 500m of a 2k! Jake finished in 3:18, which he says, “wasn’t as hard as [he] expected, considering how little training [he] did.” Jake also summited Mt. Rainer with his dad and brother the week before the marathon – quite the summer!



Kramer Wahlberg running through downtown Seattle

Jimmy Johnson, also a 4th year oarsman, did 3 triathlons to prepare himself for the team tri in the fall. Jimmy raced the 5 Mile Lake Tri, Federal Escape Tri (both at 5 Mile Lake park in Federal Way), and the Seafair triathlon in Seattle. The swims were either $\frac{1}{4}$ or $\frac{1}{2}$ of a mile, depending on the race, approximately 13 miles on the bike, and a 5k run to finish it all off, making these races almost exactly one-half of the Olympic-distance triathlon that the team runs. Jimmy also participated in the Federal Escape Tri last year, so he is a fairly seasoned triathlete. “Experience,” Jimmy says, “has a lot to do with performing well in a triathlon, so having a few tris under my belt has helped considerably.” Jimmy

plans to more seriously invest himself into triathlon after graduating this year, but in the meanwhile, his aerobic edge will certainly give him that extra power in the fall and spring racing seasons.



Andy Walston rowing with Spokane River Rowing Association

Andy Walston, a 2nd year rower, rowed over the summer at the Spokane River Rowing Association, a non-profit Masters program that rows out of Gonzaga University's boathouse. With 14-20 members regularly attending, Andy got a lot of experience with smaller boats and sculling, which will surely help him as he competes to earn a seat on the varsity boats. Although he rowed for SRRA all summer, Andy filled into a Palouse Rowing mixed 8+ at the Snake Bite Regatta held at the end of the summer on the Snake. Andy says of his summer, "I loved the experience and I would do it again and again. I know that I will be an avid member of the Spokane River Rowing Association and wear their embroidered JL Unisuit proudly for several years after I've graduated WSU. The people are great, the team is well set up, and it's a lot of fun. We got a lot of good workouts in on the water, and I received a lot of great technique training. This helps me with my WSU rowing for obvious reasons- I got to stay in shape doing the thing we're all on the team for."



Alan Scott with Austin Rowing Club

Alan Scott, a 4th year oarsman and a member of the 2010 WIRA Champion Varsity 8+, rowed at the Austin Rowing Club, in Texas, for the second year. ARC is run out of the UT-Austin boathouse, and is a non-profit rowing organization that comprises junior, U23, and masters rowers. The camp had practice from 5:15-7:15 am every day except Sunday,


and afternoon practices from Monday through Thursday. During these morning practices, Alan rowed primarily in 8+s, and in the afternoon the team went out in small boats or did an erg workout. Alan also had the chance to compete at the 128th Canadian Henley, a prestigious summer regatta in St. Catharines. In the Senior 8+ Men's dash, a 500m event, Alan and the ARC took 3rd overall, and posted the fastest time out of the heats. Alan also competed in the Senior 2- and Senior 8+ 2k events. The opportunity for Alan to row at ARC definitely has made positive impacts on his rowing, and he hopes to lead the V8+ to a repeat WIRA championship. Alan says his experience was valuable because he "learned a drastically different style than anything I'd ever learned before. It made me very excited to come back and row with our team that has a ton of potential to be extremely fast."

Paul Ehlers, a 4th year oarsman and another member of



*Paul Ehlers in a pair with brother
at UW camp*

the 2010 WIRA Champion Varsity 8+, rowed at the U23 Northwest Development camp for the third summer in a row. The U23 Dev camp, run out of the University of Washington, is known colloquially by its participants as “pairs camp” and serves as a way to prepare UW rowers for their fall selection process for the Varsity 8+, which occurs primarily in the pair. The camp was coached by Michael Callahan, varsity head coach at UW, Steve Full, UW assistant coach, and Conner Bullis, head coach of Lake Union Junior crew. Running 6 times a week, practices were in the morning from 6-8 am, and an individual erg workout to be done in the afternoon. All rowing was done in pairs, and a weekly 6k pair head race, done with a different partner each week, served as one method of selection for the coaches. The other selection methods included a pairs matrix, where each rower will row a 1k race with every other rower in his group, and a grueling 2x2k partner swapping workout. The top 3 pairs at the end of the camp raced at the USRowing National Championships, and the next 3 pairs raced at the B.C. Champs regatta. Paul rowed primarily with his brother, Thomas Ehlers, a sophomore rower at Cal, for most of the camp, and the two finished as the 4th placed pair out of 11. This allowed them the opportunity to race at the B.C Champs regatta, where

they competed against Senior and U23 pairs from Canada, and pairs from the Universities of Victoria and British Columbia. Paul and his brother finished 5th out of 28 pairs. Paul says that, “Pairs camp has always helped me make dramatic strides in my rowing ability. We row in 4s and 8s all year at school, so rowing in a small boat really helps me keep in touch with the feel of the stroke and proper form. I can’t wait to help our team reach its full potential this spring.” 

Fall 2010 Race Schedule

October 16- Willamette University Dual (lightweight Women)
Time: TBA

October 23- Head of the Spokane
Time: TBA

October 30 Head of the Snake
Time: 3 p.m. tentatively

November 6- WWU Dual
Time: TBA

November 6- CCAA Board Meeting
Time: TBA

November 7- Head of the Lake Regatta
Time: TBA