

The Pull Hard

A WSU Men's Crew Publication

It Served Us Well:

The History Behind the Old Boat Trailer

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**Remembering Jaimeson
Jones p.3**

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Remembering Jaimeson Jones

By
Joe Sudar

Rowing along the breakwater with
Jaimeson's stepmother sitting 3 seat



Photo courtesy of Parker Christiansen

On the second day of this year's Erg-A-Thon fundraiser, Cougar Crew was given the opportunity to participate in a unique memorial: the spreading of the ashes of former Cougar oarsman Jaimeson Jones in the Snake River.

A single eight-man boat pulled out of the breakwater as the sun crept down into the valley. Rowers lined the gravel levy to watch the event, dressed in uniform travel clothes, everyone having volunteered to give up sleep before their classes to be a part of the moment. The boat was filled with an unusual lineup, made up of all the remaining members of Jaimeson's novice class, with extra spots filled in by rowing officers and a special guest sitting in three seat: Nancy Balin, Jaimeson's stepmother.

Nancy, a staunch supporter of Cougar Rowing and crew in general, kept pace with the oarsmen as they took the shell up the river a short ways and back down along the breakwater, with the sound of a camera shutter fluttering along with every movement. Jaimeson's birth mother, Renee, joined Arthur and watched the rowers from the launch.

Every rower felt the difference in being on the water that morning: it wasn't a practice or an obligation that brought them down in the cold, it was the opportunity to be part of something that went beyond rowing's shine as a history-laden sport and into its ability to bring out the true char-

acter of the men and women who live and sweat to be the best, just like Jaimeson did every time he touched an oar. From the first building strokes to the final power ten, the crack of oarlocks echoed around the hills.

As the eight glided to a halt, Nancy reached into a parcel by her feet and produced a Jones' Soda bottle. The drink was gone, but the bottle was not empty. Jaimeson's ashes lay inside. In the silence, Nancy could be heard by rowers on shore and in the boat alike as she said a few final words about the young man who made such a profound impact on Cougar Crew in such a short time, whose quotes are still shouted around the erg room when the physical limit seems to be drawing close.

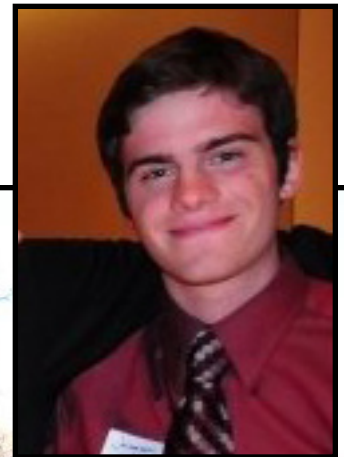
When Nancy poured the ashes in a soft tan cloud that sunk into the Snake River, the morning seemed so still that the camera shutter echoed as loudly as the oarlocks had minutes before.



Photo courtesy of Parker Christiansen



Photo courtesy of Parker Christiansen



Cougar Crew Goes Camping

By David Herrick



Over the first weekend of October, Cougar Crew members packed up a few clothes, swimsuits, towels and maybe a little homework and got in vans to head to Dworshak Idaho for the annual camp trip. This is the second year that Cougar Crew has used the scenic facilities at Dworshak after a very successful trip last year. This was a much-preferred alternative than the traditional row to Lewiston. “Dworshak allows us to hang out for a longer time and allows us to get to know the novice better. The camping row was nice to complete because it is quite the accomplishment to row 19 miles or whatever it was, but it was a very long row. No offence to the novice (I was one of them once) but it’s also can be frustrating rowing that far with several people that are just learning how to row. Overall I have enjoyed my time at Dworshak more than I did on the overnight camping row,” Said senior oarsmen Josh Wadagnolo.

The team arrived at Dworshak around 4:30, after collecting their belongings they gathered in the dinning room to run through the itinerary for the weekend and learn the dish schedule. The team had been divided into several smaller teams of eight or nine, each named after one of the shells the team owns. Each team member was supposed to learn how the shell came to be owned among other facts. The evening was concluded with a campfire in which the varsity members talked about who they were and why they row. Saturday opened with a polar bear swim followed by breakfast and a scavenger hunt. After lunch was a sports tournament consisting of volleyball, soccer, touch football, ultimate frisbee and basketball, concluding with dinner. Afterwards were team skits, a second campfire where the novice talked then everyone went to bed. Sunday concluded with another polar bear swim, capture the flag, clean up and returning home. Overall the weekend was very successful, certainly bringing everyone closer for the year ahead.



Fall Race Recap

By Paul Lund

During the Fall Head Race season, the Cougars raced two times; at Head of the Spokane and at two different locations on the west side of the Cascades. The Head of the Snake was called off a few hours prior to start due to temperatures below freezing and high winds.



The V8+, returning half of the ACRA National Championship grand finalist line-up, improved from the first to second race. In a race where they followed the race plan in terms of stroke rate, they fell to Gonzaga University by twenty-five seconds—eleven of those coming in the last 1,000m. Consequently, attention was given to the last part of the race in



practice the following week. At Head of the Lake the results were evident; the boat had a much stronger finish after coming around the last turn and was within acceptable margin of the varsity program, Oregon State.

The JV8+ closed the margin to the V8+ by about ten seconds between the two races. Consisting largely of sophomores, the young crew

has on multiple occasions demonstrated the ability to keep up with the V8+ during practice on the Snake River, and have several rowers who are knocking on the door for a spot in the top boat.

The 3V+ had a promising showing at Head of the Spokane, finishing only twenty seconds behind the JV8+. In the duel against Western Washington University—the Dare Duel—the boat finished a little over a minute behind the Vikings. Similar to the JV8+, the line-up has for the most part consisted of sophomores. Furthermore, lightweights have made up at least half of the boat, which have given them valuable experience going into the spring season.

Being introduced to collegiate rowing for the first time, the Novice saw a great deal of racing as they fielded four boats in both Head of the Spokane and the Dare Duel. The A and B boat won their races against Western Washington, while all four boats fell to Gonzaga University in the debut.



Photo courtesy of Andrew King

Come Join Us for Cougar Crew Days!

March 16-17



Class Day Races, Banquet,
and Auction!



RSVP at cougarcrew.com!

The Holiday Inn in Pullman has set aside a block of rooms for alumni and family of Cougar Crew. Call the hotel at 509-334-4437 and tell them you are attending the Cougar Crew Class Day to get a discount.

It Served Us Well

by Steve Ranten, Alumni

A note from Publisher Eric DeMaris: As many have heard, the team recently purchased a new boat trailer. The following is an account of the history of our previous trailer, as told by Cougar Crew alum-nus Steve Ranten ('76-'80).



'09-'10 Cougar Crew in front of the old trailer at the WIRA championships.

I think I started in the fall of '76 (winter workouts were hell), and jumped in with both feet. The crew was pretty big at that time, and as time went on there was talk of needing a trailer (we used the WWU trailer to take our shells to the Pac-8 Championship at Redwood Shores in spring of 1977). I believe that as school started in the fall of '77 serious talk of needing a trailer happened, and I told Coach Struckmeyer I would ask my dad (Bernard - "Bernie") if he would consider building the trailer. Dad had a 40 foot by 80 foot heavy equipment shop that had two large equipment bays. My folks were always very supportive, and Dad said yes. I am not sure where the steel was purchased from, but Paul Enquist, yes that Paul Enquist, did the original design (he was one of a number of engineering students on the crew) and I believe he got the Calkins boat trailer company to donate a set of axles. I am sure that Dad conferred with Paul a time or two during the construction.

Dad set about fabricating the trailer inside his shop, I believe over the winter/early spring of 1978. He finished the axle forward design in time to bring it to Boyer Park the day we had a dual race with the University of Washington. Dad finished it, got the proper inspec-



tions from Washington State Patrol, the temporary licenses, and drove all night, arriving while our varsity heavy boat was on the water getting ready to race the Huskies (their 2V at that time). I remember hearing the unmistakable sound of my dad's pickup as he rounded the corner at the bottom of the grade and told the other guys in the boat my dad had made it with the trailer and we were not going to lose to the Huskies.

We fairly quickly learned that the maximum legal distance anything could hang behind the axels was 15 feet. So, at some point, back to my dad's shop it went, and the axles were moved to the back of the frame. We then learned the Calkins boat trailer axels (as good as they were), especially when placed at the rear of the frame, were not really heavy duty enough for a trailer loaded with shells, oars, boat stretchers etc..., so Dad and I were able to acquire some heavy duty mobile home axels (and extra tires). Dad cut these axles and shortened them to make them fit the width of the trailer, and got new fenders also. I think this work was done somewhere around '80 or '81. At some point we also did the painting, put the wood decking on, and added cushions to protect the boats. That is what I know about the physical structure/fabrication/modifications of the trailer.



Cougar Crew Fall Fundraiser

By Eric DeMaris

Last November, friends, family, and cougar crew alumni stepped aboard the historic *Virginia V* steamship for great food, drink, and the best company a Coug could ask for. With the help of Andi Day, a Coug alum with



connections to the classic ship, the event was organized and set in motion. “I’ve long felt it would be good to have an established annual event for rowers, alumni, friends and family on the west side”, said Day. The fundraiser was originally going to involve a cruise around the waterways of Seattle with an accompanying dinner. However, tickets were not selling as hoped so it became a dockside dinner on board the ship. Even without the cruise portion, those who attended the dinner enjoyed journeying through their memories with fellow oarsmen and family. In coming years, those involved with its inception hope to see the event grow. “Ideally this will become a regular event that everyone can look forward to that will facilitate connection and support from Cougar Crew Alumni living in the Seattle area”, said Day of the fundraiser. In addition, the event generated about \$2,500 in net proceeds.

The 125’ steamship was built in 1922, where she traversed the waters between Elliot Bay and Tacoma until 1938. Restored in 2005, the atmosphere on board was perfect for our fall fundraiser dinner. Along with food and friends, the event included a raffle for retired Cougar Crew oars. Cougar Crew would like to thank Ernie and Alice Iseminger, Doug Engle, Tim Richards, Andi Day, Lisa Curtis, and Scott Studerus for their donations for the event.

Interested in helping to plan/organize next year’s party? Please contact Andi Day at Andi@andiday.com.



Senior Spotlight: Joe Sudar

By Jeff Rhubottom

While most rowers struggle to keep their composure during practice due to lactic acid build up in their muscles, Joe faces another obstacle daily—Type 1 diabetes.

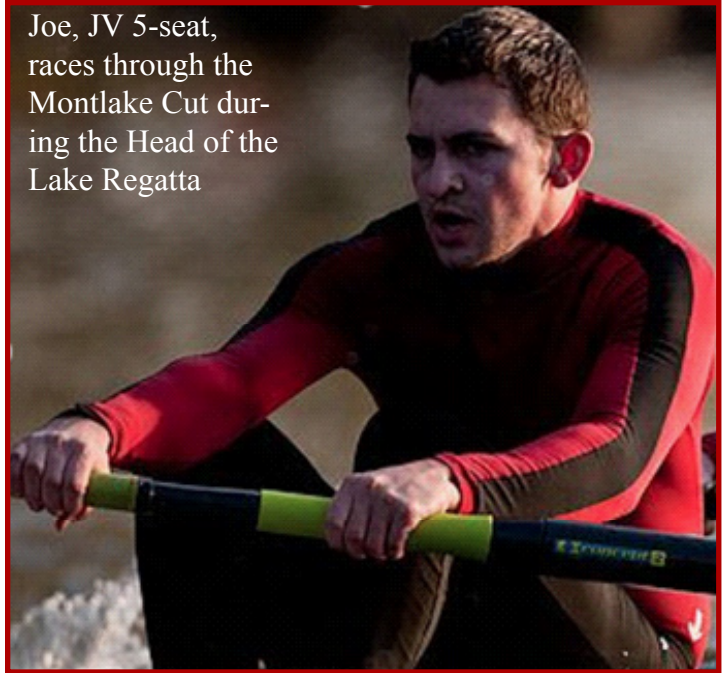
Joe joined the team in the fall of 2008, after attending Mark Morris High School in Longview, Washington. He participated in cross country, track, and weight lifting in high school, but claims the only competitive thing about him at the time was his reading

level. Joe never considered himself an athlete until he arrived at college. Rowing seemed like a unique challenge to him and a way to tear his attention from playing videogames. After hearing how quickly one gets into shape from rowing, as well as having a mother who was a coxswain, Joe knew it was time to talk to one of the coaches at Washington State about joining crew.

Upon joining Washington State's Men's Crew, like most who are unfamiliar with rowing, Joe recalls his first experience with an erg: "I sat down on an erg to give it a try before my Novice season started, cranked the resistance up to 10, and immediately thought I was Olympic material. A few practices with Coach Julia Gamache (Novice Coach, Fall 2008—Spring 2011) knocked that little fantasy down a peg." The first semester at WSU was quite the load for Joe. In addition to crew, he was in the WSU Honors College, as well as a percussionist for the Cougar Marching Band. The multi-tasking proved to be difficult, drawing Joe to the point of contemplating quitting crew. "I called Julia and asked her to take me off the roster. About five minutes later I was calling her back, begging her not to scratch my name off the list and swearing that I'd be at practice in the morning. I haven't seriously thought about quitting since."

Crew was important to Joe early in college, but when Coach Arthur Ericson gave him the chance to take on Gonzaga as a part of the JV boat during Joe's sophomore year, he really began to care for the sport. "I still remember hearing

Joe, JV 5-seat, races through the Montlake Cut during the Head of the Lake Regatta



the lineup and thinking I must be filling in for someone who's absent today. When I learned that it really was a change to do some work, it was like a switch flipped where I understood that I had a lot of guys throwing down with me and that if I couldn't deliver, I'd be letting every one of them down." Joe considers winning that race to be the turning point that he realized he was a rower, an athlete, and that the sport was as important to him as his schoolwork.

Joe came into his junior year firing on all cylinders. He wanted to go back to ACRA's again, beat Gonzaga a second time, and train as hard as he could, but no matter what he worked on, he could not get his scores to improve. During winter training, Joe could barely stand to sit on the erg knowing that practice would hurt worse than ever before and held little reward for him. In early January, he talked to his doctor about extreme thirst, exhaustion, and eyesight problems he had been experiencing, and was diagnosed with Type 1 Diabetes. "The night I was diagnosed I was described as being at coma risk. The hospital pumped five pints of saline into my blood to get the sugar levels diluted to the point where I could function again." As doctors and nurses rushed in and out of the room, Joe had only one question on his mind: can I keep rowing?

Recovery was difficult for Joe. Although crew certainly takes its toll physically as well as mentally for any rower, "I can honestly say that in everything we do for this sport, there is NOTHING as painful as not being able to finish a workout with your teammates and having to stand there while they are all hurting on the erg, unable to be a part of it with them" says Joe. With an insulin pump, he says he is making improvements and getting stronger quicker than ever before. "I feel like this is going to be the first year where I PR significantly" says Joe.

Joe is studying clinical psychology and plans to begin graduate school immediately following graduation this May. He is currently training for his Doctorate of Psychology and hopes to one day be called "Dr. Sudar" as a licensed psychologist in the future. When he is not training or studying, he enjoys writing, currently working on a collection of short stories (one story making it into a literary journal) as well as a couple novellas. Joe has aspirations to have a novel published one day as well.

Joe says he would love to eventually be one of the Cougar Crew alumni that make a significant contribution towards the purchase of a boat. In the meantime, "I try my hardest every day to help set a good example for my teammates, and to be one of the seniors that inspire people to pull harder, since I've had the pleasure of working with several such guys during my career" says Joe. The Cougar Crew family wishes Joe the best of luck in his future endeavors following graduation.



Do You Have What It Takes to Pull a *Power 10?*



For just \$10, \$20, or \$30 a month, your small donation can help keep Cougar Crew alive! Check out the *Power 10 Campaign* under the alumni tab on [**cougarcrew.com**](http://cougarcrew.com)

Spring Race Schedule

March 16-17	Cougar Crew Days	Pullman, WA
March 24	Daffodil Cup	American Lake, Tacoma, WA
Mar 31-April 1	San Diego Crew Classic	Mission Bay, San Diego, CA
March 31	Husky Open (Lt. Wt. Women)	Montlake Cut, Seattle, WA
April 7	Apple Cup Dual vs UW	Montlake Cut, Seattle, WA
April 14	Fawley Cup vs Gonzaga	Wawawai Landing, Pullman, WA
April 28-29	WIRA Championships	Lake Natoma, Sacramento, CA
May 5	Opening Day Windermere Cup Regatta	Montlake Cut, Seattle, WA
May 12-13	PCRC/Pac-12 Championships	Lake Natoma, Sacramento, CA
May 26-27	ACRA National Championships	Lake Lanier, Gainesville, GA

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