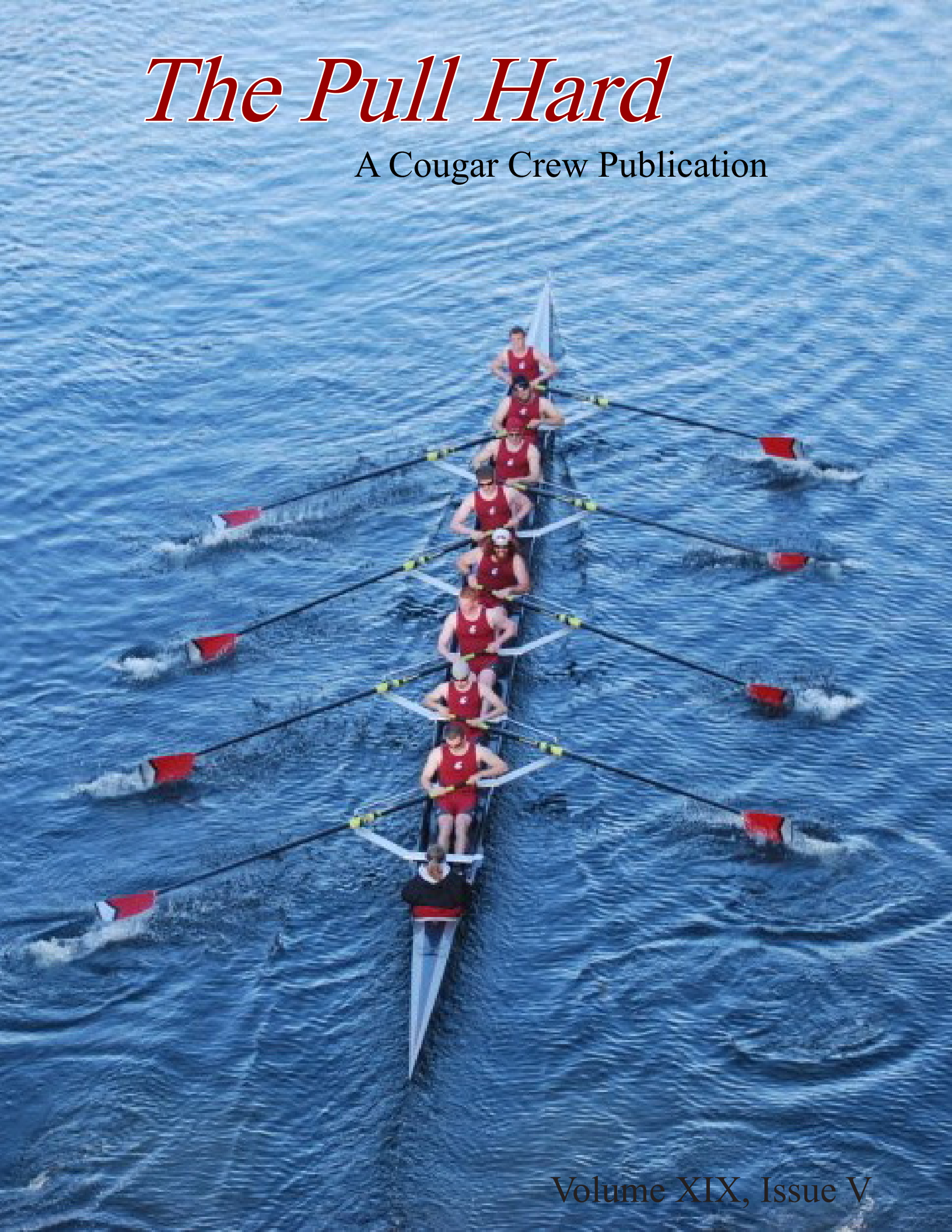


# *The Pull Hard*

A Cougar Crew Publication



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The background of the page is a faded, grayscale photograph of a rowing regatta. In the upper portion, several banners are visible, with text such as "IRA NATIONAL CHAMPIONS VARSITY 4+" and "IRA NATIONAL CHAMPIONS COXED PAIR". Below the banners, the hulls of several white rowing shells are visible, arranged in a line. The overall scene is a busy waterway during a competition.

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Cover photo: WSU 2nd Varsity rowing through Montlake Cut during Opening Day.

# Apple Cup Duel

*By: Paul Lund*

Racing one of the fastest and deepest programs in the nation, the WSU Men's Crew gained experience and speed going into the rest of the spring season. In their annual duel with the University of Washington, this year hosted in Seattle, races were held over a 2,000 meter race course under clear skies and calm conditions.

The 2V8+ and 3V8+ started the day for the Cougars racing Washington's 4V8+. The Cougars stayed within striking distance through the first half of the race, but were not able to maintain the same pace in the last half. The Huskies stopped the clock in 6:04.18, followed by the Cougar's 2V8+ in 6:28.91 and the 3V8+ in 6:56.09.

With four new oarsmen in the V8+, a hungry crew lined up next to Washington's 3V8+. The Cougs hung on for the first 250m, and were about a boat length down through the 1000 meter mark. In the second half of the race, the Huskies shifted gears and finished in 5:51.31, followed by the Cougars in 6:11.24. 4th year coxswain Caitlin Aldrich said about the event, "This race was definitely an improvement over our season opener at San Diego. It showed we still have a lot of untapped potential and speed. I am looking forward to seeing how lineups continue to develop and us getting faster as we progress through the season."

In their first race through the Montlake Cut, the novice took a big step towards becoming a team to contend with during the championship season. Washington's 2N8+ crossed the line in 5:52.74, followed by their 3N8+ in 6:08.06. The Cougs' 1N8+ finished in 6:20.88, with the 2N8+ in 6:58.75. Novice Coach Peter Brevick was proud of his oarsmen's improvement: "After the first novice boat learned some lessons at the San Diego Crew Classic, it was great to see both novice boats put those lessons to use and have some great racing. The entire novice squad is on the way to realizing their potential."

"The varsity races were fundamentally sound," noted Head Coach Arthur Ericsson, "but the highlight of the day has to be handed to both novice 8's as they were able to post times on par or faster than our 2nd and 3rd varsity lineups."



WSU 2nd Varsity rowing through Montlake Cut.



# Fawley Cup

*By: Paul Lund*



On a day with continued improvement for most of Cougar Crew's boats, the Gonzaga Bulldogs held their own in four of five races. The second novice eight (2N8+) was the highlight of the day for the Cougs with their six second margin win over Gonzaga's 2N8+.

In the event determining which team would claim the Fawley Cup, the varsity eight, the Cougars stayed with Gonzaga off the starting line. The teams were right next to each other after 500 meters, but then the Bulldogs made a move WSU was not able to answer. The margin remained about the same for the second half of the race, and Gonzaga crossed the line in 5:59.21 followed by WSU in 6:02.38. 4-seat Orion McCabe-Gould summarized the race "I believe the race went very well. Although we did not win, we gave it our all and that was all we could do. Gonzaga just happened to be slightly faster than us. This shows we still have work to do."

The following event was the second novice eight. The Cougs were determined from the start that this race belonged to them. Bow seat Blake Rowe explained "We got off to a great start, and were inspired by getting ahead. At the 1,000 meter mark Gonzaga closed the gap slightly, but we responded by increasing our stroke rate from 32 to 34 strokes per minute. With 100 meters left we took a power 10 to secure the win and it was a pretty cool feeling to cross the finish line first." WSU's time was 6:18.62, and GU finished in 6:24.9.

The second varsity eight stayed close to Gonzaga for the first half of the race, but then the Bulldogs opened water on them and finished about nine seconds ahead with 6:09.41 to the Cougars' 6:18.62.

After a strong showing in Seattle a week ago, the 1N8 faced some trouble with a few crabs (oar getting stuck underwater) and were unable to give Gonzaga the challenge they were hoping to. GU finished in 6:11.0 and WSU came across in 6:30.2

"I would consider Gonzaga to have a fast varsity 8," commented Head Coach Arthur Ericsson. "So it's good to know that we were within a length of them. We will train with a healthy dose of confidence in our two week run up to WIRA's, while our 2nd Varsity 8 continues to trim down the margin between them and our first varsity."



# WIRA Success

*By: David Herrick*

Cougar Crew turned up in force to attend the Western International Rowing Association championships, better known as WIRA's, on Lake Natoma in sunny Sacramento California. The high point of the season for the majority of the team who will not continue on to "post-season" following the end of the academic year, excitement mounted as race day grew closer. Cougar Crew arrived with 48 athletes competing in the following events: Men's Varsity 8+, Men's Second Varsity 8+, Men's Lightweight 4+, Men's Novice 8+, Men's second Novice 8+, Women's 2- (or straight pair) and Women's Lightweight 4+.

This year the varsity 8+ event was divided between club and varsity teams into two separate events, though this will change next year to the previous combined system. The varsity 8+ took 5th with a time of 6:13.1. The second varsity 8+ took second in the Petite finals with a time of 6:23.4. The men's lightweight 4+ took 5th as well with a time of 7:39.4. The men's novice 8+ took 6th with a time of 6:30.7. The men's second novice 8+ had a very good race and took 4th overall with a time of 6:30.0. Perhaps the highlight of all the entries, Breanna Trimble and Shayla Boyle walked away with silver medals around their necks and a time of 8:27.2, but what made it that much sweeter was that they entered as lightweights in an open weight event. Breanna said, "Being able to medal as lightweights was not only a huge accomplishment to us, but it proved to us that our hard work paid off. All of the extra practices, all of the technical work as well as the hard effort in land workouts were all worth it." The Women's Lightweight 4+ took 7th overall, racing against Cal in the petite finals beating them by .4 with a time of 8:47.0, a job well done considering they are novice entered into a varsity event since WIRA does not race a novice lightweight women event.

Overall Cougar Crew placed well in their respective events, and with the team as young as it is next year should be even more promising.



Breanna Trimble and  
Shayla Boyle

# Opening Day

*By: Paul Lund*

On the Opening Day of the boating season in Seattle, the traditional Opening Day Regatta took place on the 2,000 meter race course on Lake Washington Saturday. Cougar Crew fielded their varsity 8+ in the Men's Erickson Cascade Cup and a boat in the Men's Varsity 4+.

In the Men's Varsity 4+ the University of Washington led the charge with their two entries. Oregon State University, Loyola Marymount University, Pocock Rowing Center and WSU stayed close for most of the race with the OSU Beavers crossing the line for third place followed by Pocock. The Cougars sprinted well and nearly passed LMU, but came across 0.4s too late with a time of 6:24.5.



The flood of boats after the last race ended through Montlake Cut

With the Pac-12 Championship a week away, the varsity 8+ was looking to build momentum before the final preparations. The Washington Huskies once again set the tone and had open water less than 250 meters into the race. Oregon State and WSU were right next to each other for the first half when OSU made a move. The Cougs responded around the 1,500 meter mark and walked back to within four seats. Unfortunately, the Beaver's sprint proved too strong and came across in 6:15.6 with WSU in 6:18.2.

The Cougars will train in Pullman for the next week before heading south to Lake Natoma outside of Sacramento for the Pac-12 Championship May 13th.



# Pac-12 Championships

*By: Eric Demaris*

Varsity 8 battling against UCLA



Sunny and warm weather welcomed the Cougs after their two-day-long van ride from Pullman to Sacramento's Lake Natoma. Spending the night at V8+ three seat William Miedema's relative's house in Philomath, Oregon during the middle of their trip to the regatta, the Cougs were bristling with Cougar spirit. PAC-12 races ran all morning Sunday, with the dominating force being the University of Washington. The Cougs pulled together and gave a hearty effort to solidify their reputation as one of the top club teams on the west coast. First off was the Novice 8+ event. WSU managed to take 5th in their field of 7 boats, coming out ahead of USC and Colorado as the dominating club team. Their time was 6:32.7. Next up was the V4+, who took 4th out of 6 teams with a time of 7:07.1. They crossed the line just ahead of USC's and Stanford's fours as the fastest club team in that event. Finally came the V8+'s. With a slow start, the Cougs managed to claw their way back into contention with UCLA. A solid and powerful sprint came a second too late however, and UCLA edged out WSU by a narrow margin of .2 seconds. The Cougs finished 6th with a time of 6:21.8, and the Bruins with a time of 6:21.6. This substantially closed the gap between the Cougs and Bruins as compared to UCLA's 5-second lead over WSU at the WIRA Championships two weeks prior. The race showed improvement by all WSU boats, and was an indicator of the positive direction the team was headed in for ACRA's two weeks later.



# ACRA National Championships

*By: Paul Lund*

The men's varsity four took fifth in their heat, and later won their repechage and thereby advanced to the semi-final. In the first race Sunday morning, the varsity 4+ sprinted past Ohio State and took the last spot in the grand final with a time of 6:46.8. They finished 8th out of 31 teams—the most heavily subscribed event in ACRA history. Washington State was the only program in the grand final of the varsity four event that also fielded a varsity eight in the regatta. This is the fifth consecutive year that WSU has had a grand final finish at ACRA's.

The novice took fourth in their heat. In their repechage they were fighting for second place, but with 250 meters remaining a boat stopping crab cost them dearly as the rest of the field passed them. In the C final Sunday morning they showed that they truly belonged in the B final by beating the next team by 30 seconds. Their time would have given them 3rd place in the B final.

The men's varsity eight took sixth in their heat and fourth in the repechage and with that qualified for the B final on Sunday. In what turned out to be another close battle with UCLA, the Cougars came out on top for the second time in two days. WSU took 3rd in the B final and 12th overall out of 22 teams.

“For both varsity boats to deliver their best races of the year on Sunday was very satisfying for all,” remarked Head Coach Arthur Ericsson. “We exceeded our rankings and demonstrated that we were one of the top teams from the West Coast.”

During the awards ceremony Saturday afternoon senior Josh Wadagnolo was selected to the All-Region West team. The Mechanical Engineering major also earned the honor of 1st Team Academic All-American. Caitlin Aldrich, Kimberly Wescott, Joe Sudar and Eric DeMaris were selected to the 2nd Team ACRA Academic All-American.

Varsity Four: Matt Elkins, Loren Bates, Nathan Mauren, Joe Sudar, Kim Westcott





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