

The Pull Hard

A Cougar Crew Publication



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Cover photo: V8 racing in the Head of the Lake Regatta.

Forty Years of Cougar Crew

From: *Ken Struckmeyer*

Dear Alumni and Friends of Cougar Crew:

This coming spring will mark 40 years of rowing at Washington State University. Forty years! When the program was started, several goals were set that still remain in full force today: We will practice and compete to the highest level that we can. We will handle ourselves with class. We will always do our best.

Well, I can tell you that the current program, Men's rowing and Women's light-weight rowing, still adhere to the goals that were set. You would be proud to see the large program, the equipment and the effort to ensure that the crew does its best in competition and in representing the university. Class Day, March 16, 2013, will mark this major event. Come back and see what you helped to build. Come back and join the crew in its drive to be self sustaining and a model for varsity club sports in the PAC 12 and around the country. Come back and reconnect with rowers and coaches of your era and the past and present coaches and oarsmen and oarswomen. This is an important occasion and one that we hope you will help to mark.

All of us in our rowing careers had good days and bad days. We all remember certain event, and a vast majority of them are positive. My days at Wisconsin taught me that I could endure anything that came my way. Dick Erickson once said to me that rowing isn't "fun", but it is "fulfilling and rewarding."

The goal this year is to fill the CUB Ball Room with people who have participated in the Washington State University Club sport program as an oarsman/woman, coach, parent, donor or observer. It is important at this time, in this year, that we all try to get back to show our respect for ourselves and those who have come after us. In particular, you will be proud of the current crew and coaches that represents us well.

Watch for updates and remain informed about the Men's and Lightweight Women's rowing program by logging onto the *CougarCrew.com* website. You will be impressed by the work of the officers of the crew and they maintain and design this site as well.



Head of the Spokane: Cracking Open the Season

By: *Eric DeMaris*



The varsity 8 warming up for their first race of the season.

The weather was mostly cooperative for both crews at this year's annual Head of the Snake Regatta. With a bit of a breeze hitting crews as they came around the final corner, the sun continued to shine and Cougar Crew was optimistic about their performance. The Cougar Men's V8+ came in close behind Gonzaga, showing improvement from last year with a more seasoned and experienced crew. The Cougar Men and Lightweight Women battled on the Spokane River against their Eastern Washington rivals, falling behind pace at times, but still showing promise. The Cougar Men's V8+ finished with a time of 16:49, just 14 seconds behind Gonzaga's respective entry. "The race went well I think, the attitude and rate were aggressive and we were synced up well, I felt like we gave it our all despite the time difference between us and Gonzaga," said V8+ bow seat David Herrick of the race. Shortly after the V8+'s finished, the JV8+'s crossed the line, with WSU coming in at 17:57, and Gonzaga with 17:37. Next up were the Men's Novice Eights. In their inaugural race of the Fall season, WSU's novice A and B boats crossed the line in 21:48 and 21:42 respectively, while Gonzaga's novice A and B secured times of 19:18 and 20:02. Novice rower Logan Herburger said of the race, "for a first year rower, going to my first race was both exciting and nerve racking. Luckily the excitement took over and we were on the water before I knew it. It was a great experience and would have been a lot more fruitful had I not broken an oar, and my fellow rower Levi hadn't broken his foot stretcher. Overall I enjoyed my first regatta, and look forward to all the events in the future with the team." In the next wave of boats WSU's varsity lightweight women challenged the course coming across the line with a time of 24:25. At 10:30, as the wind started to pick up, the varsity mens 4 and novice mens C 8 started their racing. The four crossed the line in 22:02 while the 8 completed the course in 27:33. In the final wave of the day the lightweight womens novice 8 and the WSU mens novice 4 battled the weather to cross the line in 29:29 and 23:40. "We were thrilled with the opportunity to experience our first race together as a squad," said Lightweight Women's Commodore Kammi Moniz, "with a bright future ahead of us, this is only the beginning... I, myself, am thoroughly impressed and proud of our ladies." Though Gonzaga proved once again to be a challenging rival, the Cougs were able to hold their heads up high. "The weather matched our race" said JV 8+ stroke seat Nathan Mauren, "good weather for a good race."



Head of the Snake Regatta

By: David Herrick

The second weekend of fall racing opened with the Cougars and Gonzaga Bulldogs battling it out in the cold with high winds ripping down river. The 5000-meter course began up past Granite Point and ended at the end of the breakwater, a change up from the traditional course that began down at the dam. The first heat began at 9:10 and the second starting at 10:45, though the second heat was shortened to 3000-meters due to rough conditions.

In the first wave the Varsity 8+ event saw a stiff tailwind which promised fast times. The Cougars were hungry for a rematch after a loss by a 14 second margin at the Head of the Spokane the weekend before. As the first boat out they were able to keep the Zags in their sight for the entirety of the race. They were able to use these elements to their advantage and pull a 15:53 followed by a 16:08 from Gonzaga, a 15 second lead. Eric DeMaris, senior stroke seat said, "The conditions of the Snake were definitely in our favor, and it was really exciting to have that win under our belt. I was in the boat that beat them at HOTS in 2009 when I was a freshman, and it was cool to do it once again for my senior year. It'll be interesting to see how things play out in the spring, because I know we'll just be getting faster as a crew." The second varsity 8+'s battled in the same conditions, with the chop becoming especially rough near Granite Point. 2000-meters into the race an ill timed crab struck, forcing the Cougars to stop and reset. After restarting they poured it out to make up for lost time and crossed the line with a time of 17:24, following Gonzaga's 16:54.



The V8 rowing through rough water in the Head of the Snake.

The Novice boats were racing matched line-ups, and after ironing out the kinks from the previous weekend they were ready for another shot. The first Novice 8+ event was won by Gonzaga with a time of 17:54 followed by WSU with 18:21. The second Novice 8+ event was taken by the Cougs with a time of 18:15, followed by Gonzaga with 18:27. "After all of the challenges the week before at the Head of the Spokane, the novice squad was ready to swing the balance back away from Gonzaga on home water. Racing two matched VIII's, both crews split Gonzaga's A and B boat. It is pleasing for me for us to have two boats so close to a varsity B boat already; I have been informed that this is one of the first times in recent years for a WSU novice boat to defeat its Gonzaga counterpart in the fall. If we can keep stepping forward with this attitude, this group has a good deal of potential," said novice coach Giles Dakin-White. Lastly, though by no means least, the lightweight women novice 8+ raced the clock, pulling a time of 24:39.

Head of the Snake Regatta Continued...

After the first heat the coaches agreed to reduce the course to 3000 meters due to the high winds and waves up at Granite point with the finish line past the breakwater roughly 1000 meters down river. Gonzaga's third varsity 8+ raced the clock and pulled a time of 10:24. Next came the first wave of 4's. Gonzaga's second 4+ won with a time of 11:29, followed by WSU with 12:03, and in third came Gonzaga's first 4+ with a time of 12:12. The third novice 8+ came in with a time of 13:35. Hot seating novice, the first 4+ crossed the line with a time of 12:19 followed closely by the second 4+ with 12:31. The lightweight women's varsity 8+, which was truly a combination of varsity and novice, charged across the line with a time of 13:23. All in all it was a strong showing on behalf of the Cougars, prepping them for the last fall race the following weekend and ready to hit winter training hard with spring season beginning to loom around the corner.



Dare Duel Success

By: Dustin Crossman



2V8 chasing down WWU V8.

On Saturday November 3rd Cougar Crew held the DARE Duel against Western Washington University on the Snake River. The DARE Duel has been held annually since 2007 with each crew hosting it every other year. This year WSU hosted WWU with WSU's rowers feeding and housing WWU's rowers themselves. The DARE Duel is named after a trophy that took place between the schools decades ago. The race takes place over a 5000 meter course that starts at some old train cars past Granite Point and ends at the WSU boathouse. This year Cougar Crew fielded a varsity 8, a second varsity 8, a varsity 4 A, a varsity 4 B, and three novice 8s. All the 8s except for the third novice 8 raced at 9:00 AM and the 4s and third novice 8 filled out the second wave at 10:30AM. The highlight of the events was WSU's first novice 8 winning their event with a time of 17:22 with a margin of 1:51 over WWU's 19:13. Another Cougar victory was WSU's varsity A and B 4s crossing the line in 19:20 and 19:29 versus WWU's time of 20:04. In addition the second novice 8 showed their mettle with a time of 17:45 beating out WWU with a time of 19:46. Novice coach Giles Dakin-White said the duel was "an overall pleasing result, with both the First and Second Novice 8s defeating WWU's JV, and a victory for the Third boat in their category."

After the first wave of racing Cougar Crew held a boat christening ceremony for one of the four new pairs. The pair is named "Free Speed" and is dedicated to Lightweight Womens Coach Dan Thayer. Dan rowed for WSU and started coaching the newly founded Lightweight Women's program in 2010. Since then Dan has been instrumental in the success and growth of the program. The phrase "Free Speed" is something Dan says often and his focus on the small details shows his dedication to the program. He is an inspiration to his rowers and all of Cougar Crew thanks him for his commitment and hard work.



Cougar Crew Closes Out Fall Season

By: Paul Lund

V8 during Head of the Lake.



After sweeping the Dare Duel against Western Washington University, the Cougars loaded the boats on the trailer and travelled westward to compete in the annual Head of the Lake. The team entered the Men's Varsity 8+ and the Women's Lightweight Varsity 8+, and both represented Cougar Crew in a solid fashion.

Coming off a 15 second win over Gonzaga in the Head of the Snake the weekend before, the Men's Varsity 8+ was aiming to post a faster time than the Bulldogs for a second straight weekend. The Cougs were sent off the line as number five, and quickly found themselves in no-man's land. During the 3.1 mile race, the Cougs neither passed nor were overtaken by another crew. Their race became a race against the clock, which stopped in 16:58.98, good enough for seventh place out of twelve boats. Gonzaga came across in 16:40.31, with Oregon State immediately behind them in 16:40.47. Washington claimed the first three spots. 7-seat and senior oarsman, Chris Kimball, is optimistic for what lies ahead "Though our time was not as fast as we would have hoped for, the effort put forth by the boat as a whole was exactly what I hoped for with my last race through the Montlake Cut. The intensity and determination we had during the race is a perfect way to transition into our tough and grueling winter training regime."

The Women's Lightweight Varsity 8+ competed in the Women's Third Varsity Eight event, and entered a young crew. With only stroke pair having raced at Head of the Lake before, the event was an opportunity for the novice rowers to gain a significant amount of experience in racing on the big scene. Stroke seat Shayla Boyle said of the race "We came off the water feeling satisfied with our performance. Having settled at a lower rate, we were able to establish power, connection and good ratio through a set boat. This left me feeling very positive as we are transitioning into winter training; I'm very excited to see what our lightweight program is capable of accomplishing come spring racing. The Cougars crossed the line in 22:24.58, and beat Portland State University to finish sixth out of seven boats."



Run for Your Life!

By: Shayla Boyle

WSU Lightweight Women's Crew held their third annual Halloween 5K Fun Run/Walk on Sunday, October 28. To tie in with the Halloween spirit, participants were encouraged to wear costumes as they ran.

This year, a new addition to our event was the incorporation of zombies. The zombies were members of the Men's Crew team who volunteered their time to help make this event successful. They were scattered throughout the course, in full zombie make-up, to give our runners a little scare as they passed by.

The Lightweight team is responsible for putting on this event with the help of the University Recreation. We provide our runners with a timing device that allows for them to be competitive against the clock! Further, with registration for the 5K, the runners are provided a shirt that is representative of the event; this year's shirts were glow in the dark.



Sean Foster chasing 5k participants during the Run for Your Life 5k.

When running the course, the route begins and ends at the Rec. Center. Thus, the runners are able to experience a scenic course around that side of campus; respective to the 3.1 mile distance. After finishing the race, the runners reconvene inside the Rec. Center where they are provided food and beverages while they wait for results. With the results in hand, the Lightweights announce the respective winners of the varying age categories. Prizes can vary from free pizzas, to massages, to gift cards to South Fork, Taco del Mar and Sweet Mutiny. Lastly, we do a participant decided costume contest with the top winner receiving a prize.

Being an annual event, it is nice to see returning runners from year to year. The zombies, this year, were a nice touch and provided a spooktacular addition to our event.



Join Cougar Crew

To celebrate 40 years of competitive rowing!



Visit Cougarcrew.com or Row.wsu.edu for more information and to RSVP today!

Cougar Crew Days 2013

March 15-16



Race Schedule 2012-2013

Spring Races

Cougar Crew Days Banquet	March 16th	CUB Sr. Ballroom
Cascade Sprints	March 30th	Tacoma
San Diego Crew Classic	April 6-7th	San Diego, CA
Apple Cup vs. UW	April 13th	Snake River
Mom's Row	April 13th	Snake River
Fawley Cup vs. Gonzaga	April 18th	Spokane
WIRA Championships	April 27-28th	Rancho Cordova, CA
Opening Day Regatta	May 4th	Seattle
Pac-12 Championships	May 19th	Rancho Cordova, CA
ACRA National Championship	May 25th-26th	Gainseville, GA

Come support your Cougs!

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 rowing strong! Check out the *Power 10 Campaign* under the alumni tab on cougarcrew.com