

THE PULL HARD

A Cougar Crew Publication



FALL 2013 ISSUE
PUBLISHER: JAKE BRISSON

Table of Contents

**P.3: Cougar Crew Triathlon
2013**

P.4-5: WIRA Conference

**P.6: PAC 12 Championships
2013**

**P.7-8: ACRA National
Championships**

**P.9: Retirement Letters to
Ken Struckmeyer**



Cougar Crew Triathlon 2013

By Jaz Gill

The varsity men started out the year strong with the 5th annual Olympic length triathlon. The event started at 7:30 AM on Saturday August 24. The conditions were fairly neutral, with some wind and mostly sunny. A headwind was experienced both directions on the bike leg of the triathlon.

Head coach, Arthur Ericsson won the event, making this his 2nd consecutive first place finish. Arthur finished with an overall time of 2:34.59. Third year oarsman, Max Vaughn was the first rower to cross the finish line, placing 2nd overall.

Curtis Treiber, also a third year oarsman, followed closely behind Max for third place. John Gehring had the fastest swim leg with a time of 28:23. Max Vaughn's bike interval of 1:13.25 was the fastest bike leg. And last but not least, David Herrick ran the fastest leg in 51:35. The event is for the rowers, but the coxswains put forth a tremendous effort in participating this year. Half of the returning varsity improved on their times from last year.



Curtis Treiber reflected on the triathlon positively. He commented, "I was really happy with my results this year. Training over the summer really helped keep me in shape and fairly well prepared for the triathlon". The varsity continues their training through the Fall season.



Curtis Trieber completing the swim in his Spiderman Uni.



Michael Sheremet looking optimistic towards the end of the cycling leg.

WIRA Conference

By Austin Ebert

The WSU Varsity 8+ finishing strong



The Lightweight Women's WIRA winning pair, Breanna Trimble and Shayla Boyle



When the Washington State Cougars arrived in Sacramento, California for the Western Intercollegiate Rowing Association (WIRA) Conference Championships, there was an aura of excitement that buzzed throughout the entire team. When The Cougars arrived at Lake Natoma on Friday, April 26th it was obvious they were a little out of their element. Even though the water was foreign to the Cougars, they put their boats on the water and began their read of the course. After a full day of getting used to the water, the cougars stood with confidence for their next day of races. However, with the unforgiving California weather beating down at a blistering 90 degrees, it was more than just a few rowers who came off the water dehydrated and sunburned.

First up on agenda was one of the most anticipated events of WIRA, the Novice Lightweight 4+ race. Against three other California teams, including the intimidating Orange Coast College, the race was off to a difficult start. By the 1000 meter, WSU had gained a two seat lead on Orange Coast, who were first for the first half of the race. "As we heard the updates for the race, our Coach, Giles Dakin-White ran off to puke in anticipation!" Said Novice Coxswain, Alyssa Kodama. In the last 500, the Washington State Cougars pushed past the other three crews for a 1st place win with a time of 7:04:8, beating second place Orange Coast College by a whopping 26 seconds.

Next would be another coveted event, the Women's Pair. Shayla Boyle and Breanna Trimble, Varsity Lightweight women, competed in a finals only event against 5 other crews. Shayla Boyle, Stroke for the pair had this to say about the race: "The race felt solid. We were quick off the start giving us an early lead which we held the entire race. Humboldt closed in through the middle thousand. It was an amazing race filled with a drive and hunger to win since our second place finish in 2012." Beating out Humboldt State by 4 seconds, it would be the second Gold Medal the Cougars would take home that day.

WIRA Conference Continued

Unfortunately that momentum would stop afterwards as the Women's Lightweight 4+ took 5th in their final. Next up would be the Men's Novice Eight. John Dorscher, 2 seat in the Doug and Renee Engle said "We rowed like the Cougs that I knew we are, and made it known not to underestimate us, we have the desire to win and the power to back it up." Beating out University of California San Diego by a bowball, a crew that had beaten WSU earlier in the year, the Novice 8 took home a fifth place finish. Immediately afterwards the Men's 2V 8 came third in their Petite Finals.

The final race of the day would be the Men's Varsity 8, the most prestigious race at the Championship. Starting off strong and keeping up with Western Washington and the rest of the pack, the Cougs fell off after the 1000 meter and ended up with a 5th place finish with a time of 6:14:3. William Miedema, current Commodore and 3 seat for the race had some solemn words for the race, "I was very disappointed with our WIRA Grand Final event. Going into the race I thought we were a strong contender for 1st, so when we finished 5th it was quite the blow."

Even with a disappointing end to the day, the Washington State Cougars ended up representing their school with strength and spirit, including two Gold Medals. The last time the Cougars took a gold medal at WIRA was 2010, but with the results in 2013, Cougar Crew looks forward to expanding their program, their prestige, and their competitiveness.



The WSU Lightweight 4+ (Left) on the podium with Orange Coast College and Loyola Marymount University

The WSU Lightweight 4+ after the successful first place finish at WIRA



PAC 12 Championships 2013

By Josh Benson



Rowing, a varsity club sport not normally known to freshman at Washington State University creates athletes and produces good times. During the 2013 spring season, the rowing team set goals, set standards, and never lost their drive. For the varsity eight representing Washington State University at Pac-12's, the competition was stiff and a challenge to say the least. Varsity rower David Herrick says, "It's always a great experience. The caliber of rowers there is incredible and just enjoyable to be around."

Throughout the entire race the varsity fought off Colorado and was gunning for OSU. Varsity rower David Herrick had this to say about the race, "It went well but was not our best. The power was solid but there was an issue with connection which made it a little frustrating, but in the end it was still a good race" The final result for WSU's men's crew was a 6:28.70 for a 2000 meter race, nine and a half seconds behind Oregon State University and leaving Colorado alone in their wake, 29 seconds behind them.

For the novice, the final results were similar. Novice coxswain Ashley Vomund had this to say, "Waiting for the race to begin was absolutely nerve-wracking. The whole boat was a bundle of energy." The novice eight had similar battles, but instead of chasing Oregon, the novice chased Colorado. Novice rower Michael Sheremet had this to say, "The row was solid and it was an awesome experience." One thing about the race that was shocking was the fact that the novice eight representing Stanford brought up the rear in last place behind WSU by 17 seconds. Novice coxswain Ashley Vomund said "When we realized that we passed Stanford the boat surged ahead and we continued to battle it out with Colorado."

In the end the novice eight finished with a time of 6:32.80, two and a half seconds behind Colorado and only four seconds behind the varsity boat. At the end of the race novice coach Giles Dakin-White had this to say, "It was close, they almost had Colorado in the last 500 meters." At Pac-12's both boats gave their hearts out and never gave up. For some of the varsity it was one of their last races, while for the novice it was one of their first big races. In the coming years there are only more races and opportunities for Washington State University Men's Crew to improve and leave more boats in their wake.



ACRA National Championships

By Jeff Arnevick

On the 25th and 26th of May of this year, the Cougar Crew team travelled down to Lake Lanier, Georgia to race at the American Collegiate Rowing Association (ACRA). This race is the national championship for club teams.



The Varsity 8+ got 3rd place in the Petite finals with a time of 6:04.3. A few seconds behind 2nd place Notre Dame. The Varsity 8+ placed 11th overall and beating their previous ranking the year before which was 13th. The Varsity 4+ ended up beating out 8th Rochester by a close 0.3 seconds and earning 7th in the Petite finals. Curtis Treiber who was bow seat said, "I pulled for every guy in my boat and gave it everything I had." Overall they placed 14th out of 23th teams around the nation. The Novice open weight 4+ also did really well by placing 4th in their grand final. Josh Benson who was in the boat said, "I never felt so nervous in my life. When the race began there was only one thing to do and that was to row." They were only 2 seconds behind the notorious Orange Coast who took 3rd.



ACRA National Championships Continued



This year, unlike most years the Men's Cougar Crew team won a national title in the Novice Lightweight 4+ event. This is the third national championship that Cougar Crew has ever won and the only ACRA championship won by our team. The other two titles were in 1979 and 1980. Although it has been quite a while since we have won a national championship, this is a positive step in the right direction for the team and more specifically the Lightweight men. Our Novice Lightweight 4+ took 1st place with a time of 6:50.7 for a two kilometer race.

At the beginning of the race, WSU was third off the line, but quickly started walking through the other boats at the 500 meter mark and took the lead at 750 meters into the race. They won the race with plenty of open water with Michigan 7.8 seconds behind WSU. Hayden Wise said after the race, "ACRA's, even with a bad practice day one, was where everything came together perfectly (referring to the strong first place wins in the heat and grand final races that weekend)." This is a positive tone for the Lightweight side of men's crew and is building off the foundation of previous years of Lightweight men. Hopefully, this is just the beginning of a successful Lightweight men's program.

Overall, the weekend in Georgia was a successful and a positive one. We hope to come back over the next few years and see continuous improvement in all categories. The Lightweight men hope to come back next year with an 8+ boat and hope to repeat their success at WIRA and ACRA. The Varsity 8+ want to come back and keep showing improvement by clawing their way up the rankings and hopefully get in the grand finals. Although, it is way too early to make anything official the new novice class this fall looks very promising and they seem to already be more fit and conditioned than in years past. The future is looking positively for Cougar Crew and everyone should be excited what we are going to do over this next year.



Retirement Letters to Ken Struckmeyer

By Doug Engle

Some are born great, some achieve greatness and some have greatness thrust upon them.

-Malvolio, in Shakespeare's Twelfth Night, or What you Will



For a slew of WSU grads from the seventies through the nineties, Ken Struckmeyer might fit all three descriptions. Coaching collegiate athletics is by most measures underpaid and underappreciated work. When both the sport and the team at issue are struggling for a toehold, all bets are off. To say that he built Cougar Crew singlehandedly would be an exaggeration, yes—but not much of one. Without Ken's magic toolbox of skills, cunning, labor, courage, resolve, humor, patience, love and yes, goodness only knows, money—what is, might not be.

As tenured professor, faculty senator, ombudsman and coach, Ken touched many, many lives. We that know him count ourselves lucky to be among that number. For the upcoming Cougar Crew Days March 22-23, 2014, a book of letters is being prepared to present to Ken. These are public thank-you letters to present as a collection to be read by those interested during the weekend with the book being presented to Ken. Please be amazingly thoughtful, eloquent, funny. Your best anecdote will be key. If you have a fun snapshot, enclose it (or a good copy) with your letter, include relevant data if known (date and location) either in your text or separately. Please send a single-sided hard copy on good paper rather than email, preferably with a real ink signature. Yes! Such things are still done! Think of this as the toast that you never had a chance to make.

Please mail your letter to Ken to: CCAA, PO Box 1355, Pullman, WA 99163

Cougar Crew Days 2014

This spring marks the 41st annual Cougar Crew Days, which will be held on March 21st and 22nd 2014. Come out to Pullman and help us celebrate 41 years of competitive racing!

Those invited to Cougar Crew Days include:

Cougar Crew Alumni

Family and Friends of Alumni

Current Cougar Crew (rowers, coxswains, and coaches)

Family and Friends of Current Cougar Crew (including parents and siblings)

Anyone supportive of Cougar Crew!!!

There are two hotel options for Cougar Crew Days.

Hilltop Lodging Cuisine & Spirits (Hotel).
\$96.95/ night + tax per night,

Holiday Inn Express. Pricing and details TBD.