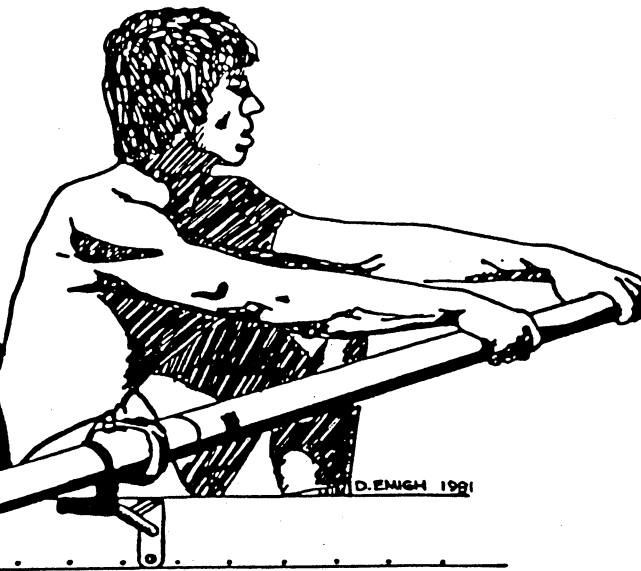


THE PULL HARD



A LOOK BACK AT OUR RICH HISTORY



Editor's Comment: By Dave Emigh

October 1981 Pull Hard:

When WSU began rowing, not much rowing knowledge and no rowing tradition existed in Pullman. Dick Erickson, the Washington coach, was particularly helpful in those days. When we first raced in Seattle, he was at the waters edge to welcome us to Northwest rowing and to wish us luck. Late in the season, he flew to Pullman (he wouldn't even accept expense money) to speak at the first cougar Crew banquet.

It is understandable that for many years we felt good about race when Erickson or the Seattle press complemented us. We were disappointed when no mention was made of Cougar performances that we thought were good.

Cougars have finally begun to realize that the Seattle press concentrates on Husky sports and rarely mentions Cougar rowing. It is the Editor's hope that the Pull Hard can fill that void.

The content of the Pull Hard can only be based upon the contributions that I receive. Special thanks go to those people who sent articles or letters since the last Pull Hard: Ken Abbey, Bob Appleyard, Gene Dowers, Doug Engle, Marcia Lee, Bill Raisner, Rich Ray, Anita and Steve Wells and Dave Yorozu.



Rowing Through the 70's: An Oarsman's lookback

My rowing experience at WSU began with a letter in the mail sent to all incoming male freshmen. Originally I had thought to walk on to the basketball team. I remember the draw I had to the sport in thinking for some unknown reason that rowing looked like fun and wanted to try it. Beside, it would be a good way to get in shape for basketball.

I was hooked by the end of the first week of practice and never looked back. I was part of the second wave of rowers. Some of the guys that started the club were in their 5th year of rowing as the conference gave them an extra year of eligibility. I remember talk of the Seattle-Times article of their first race saying that they needed 'running lights and a sail' to finish. We had come a long way in 5 years with both the heavy and lightweight programs producing very competitive crews. My class of freshmen was the first one large enough to field a truly freshman boat. In those days new oarsmen of other classes started rowing in the junior varsity boats.

We had good success and gelled as a team fairly quickly. I guess that is why I got hooked on the sport. Feeling the swing develop in a boat is a magical experience. you feel tied in to the power curve and even though you apply all the power you have to the oar your legs go down easy. Once you feel that you have to do it again!

Snap shots that still roll through my thoughts are waiting at the meeting spot in front of the anthropology lab on Spokane Street. We would joke around, laugh and anticipate the upcoming workout. Driving to the river was all done in personal cars with the club treasurer reimbursing drivers for gas. I had a 1971 Impala with a killer sound system. The hour it took to drive to and from the river was a depressurization time. We listened to Supertramp, Pink Floyd and Steely Dan; forgetting about all the homework and tests coming up. After a good workout we settle into the glow of endorphins and relax.

To tackle an extreme physical challenge in a group environment is a special experience that teaches how to keep it together under stress while working with people. The most vivid experience I can remember is being many miles downstream in a bend of the river I had never seen before. Instead of being told to turn around Struck is half, or maybe all the way, pissed off at our performance. We start a 10 minute piece even further down river. Now, you know that you are heading further into unknown territory and that you will have to row upstream to get back home. Over an hour later when you round the last bend and can finally turn around and see the boathouse you know that you can make it through just about anything and not give up. Mental toughness is a valuable commodity in life.

By chance I ended up working on campus my whole career and have had the pleasure of having a front row seat in watching the team grow and develop into what it is today. Personally, I owe a lot to Ken Struckmeyer, Dave Emigh, Ken Abbey and all of the people who came before me to create this thing we call Cougar Crew. I hope that we eventually turn the corner and create an endowment large enough to ensure the existence of club rowing at WSU.



--Doug Engle '79

Class And Trash - The best and worst of our times.

Winter 1985 Pull Hard:

Ah, the infamous Cougar row-a-thons. Long hours of paddling through some of the most scenic areas of Eastern Washington. I had the distinction of serving on the crews that pulled two of these expeditions in the summers of 1977 and 1978. We rowed from Lewiston to Longview and Lewiston to Tri-Cities respectively. These were mixed events with both men and women participating, making the camp out much more enjoyable. It was also a trip with a sense of history, since Lewis and Clark travelled the exact same route 150 years ago on their historic fact-finding mission. Using our own muscle power to guide a small craft down the same canyons and seeing many of the sights they did was a unique and enriching experience.

There are countless stories to tell. The following is an account of some of the more memorable events of the '77 trip as seen through my eyes. It was on the long bus ride back from the Pac-10 Regatta at Redwood Shores, we were pitching ideas back and forth as to how the club was going to raise money. Mark Shaber came up with the brilliant strategy of staging a row-a-thon. The idea was to row from Lewiston, Idaho to Vancouver, Washington, thus fulfilling a boyhood dream.

The row-a-thon began in a truly auspicious manor. Even though I did not personally witness the event, the details were related to be faithfully. You see, I joined the parade at the end of the first day at Starbucks, 40 miles downstream.

It seem that with press and spectators watching the Cougar Armada set off to conquer the mighty Snake and Columbia rivers. It must have been an impressive sight; seeing that sleek 60-foot craft steaming out of Hell's Gate Marina under full power - people waving and cheering. Fortunately, one of the locals, who was not caught up in the fanfare, made the observation that the shell was headed for Colorado and not the Pacific Ocean as per our plan. This information was quickly transmitted to the coxswain and soon the wayward shell was properly pointed downstream. Great events often start with humble beginnings...

The first two days were by far the worst. Blisters and tired bottoms were excruciatingly painful, but after a certain point the body sense that the brain is simply not paying any attention to its signals and shuts up (i.e. grows numb). Although we were not totally masochistic, since "tuff skin" and stadium cushions piled six or seven high in some cases were the order of the day throughout the cruise. Sprints were kept up by knowing we were rowing downstream (although in the middle of the summer a current was virtually non-existent) almost always having beautiful weather, numerous back splash wars, singing military drill songs and countless "attitude checks" when things got too quiet. The most memorable "attitude check" has to have been when Ed Beck was riding in the launch trailing the shell. He had rigged up a beer can so that it would collapse when he "crushed" it against his forehead, a la John Belushi in "Animal House" which had just been released that summer. The funny part was when a couple of macho studs in the shell tried to copy his feat with real cans!

That movie also precipitated another even, much to the chagrin of one Ken Struckmeyer. We were all walking through the Columbia Mall in the Tri-Cities just after making a new record at Farrell's Ice Cream Parlor for the most Pig-Troughs ordered at one table (we ate them all too). Suddenly, someone yelled "GATOR!" and all of us fell to the floor on our backs, madly kicking our legs in the air. Ken, who was following close behind the group, quickly sought to separate himself from this obnoxious assemblage and dove headlong into the nearest store.

--Doug Engle



Coaches Corner:

Spring 1986 Pull Hard:

Varsity Men's Crew: By Ken Struckmeyer

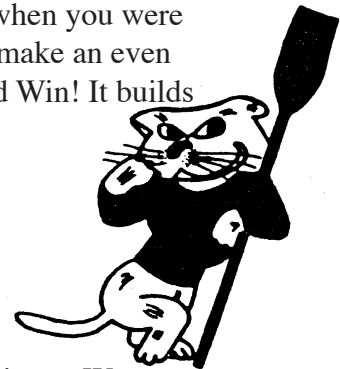
Pullman - While in Boston recently, I talked with the Stanford women's coach about the Stanford philosophy of alumni giving to the university. He said there are three factors, which make Stanford the leading university in the country for alumni support.

First, 80 percent of the students are wealthy. Second, they very much appreciate their "Stanford" experience. Third, before they leave campus, they "know" what is expected of them in terms of alumni support - they will give to their university.

What parallels are there with Washington State? We don't have the individual Stanford wealth. But this doesn't mean that we have to remain "disadvantaged" either as a team or as a university. What needs to be done is to have everyone contribute an amount of money each year. Within a period of ten years, a contribution of five or ten dollars a month will build a significant base, thus permitting us to compete on a more equitable level. The rowing alumni board has established as its major priority the enhancement of the Rowing Endowment Fund.

It appears to me that the positive experiences of attending this university are equally shared with those of Stanford. I am repeatedly informed that the WSU alumni are among the most loyal and ardent on the West Coast. Many oarsmen have left Pullman saying they would buy boats, oars, shirts, insurance, and other requirements of the program. Others have left quietly, but usually with a bit of a smile.

In regard to the institutional experience, I assume you are receiving more literature and communication concerning financial desires of this university. In relation to the rowing program, you already have a legacy of giving and supporting; you did it through your participation. However, you should know that through your efforts only can the rowing program continue to grow and prosper - just as when you were here. Some things never change. You may not pull an oar or tiller row now, but you can make an even greater contribution with your pen, and a lot less physical pain. Remember, Pull Hard and Win! It builds character.



Varsity Women's Crew: By Petior Rylski

Pullman - I am very pleased with the progress of the women's crew this fall and winter. We won two head races in the fall, beating Gonzaga by three minutes on our home course, and then rowing two minutes faster than Calgary and Alberta at the Head of the Spokane,

This was encouraging. It shows that the rowers are adapting to a new rowing style and coaching technique. The women's team is going in the right direction.

We chose to decline our first-ever invitation to the San Diego Crew Classic, scheduled for April 4 and 5. This is a young team and our immediate goal is to be one of the fastest crews at the Pacific Coast Rowing Championships in Sacramento on May 11 and 12th. To be ready for this, we will need as much water time as possible and the travel time and expense of a journey to San Diego is not warranted. I believe a strong finish at Sacramento will ensure another invitation to the Classic.

In 1986, the WSU Women's Varsity Eight made the finals but finished sixth, 30 seconds behind the winners. In 1987, we intended to be prepared and consequently more successful. This will require a demanding spring training schedule and a great sacrifice of time from each oarswoman. I appreciate this and can assure the team and alumni that it will be worth it. We will succeed at Sacramento.



Men's Commodore's Report:

Summer 1987 Pull Hard:

Following the exciting Class Day races way back in March, where the juniors held off a stubborn senior boat and then disqualified themselves during the alumni race, the WSU Men's Crew began its Spring racing schedule against Gonzaga in the Fawley Cup.

The heavyweight eight convincingly defeated the light eight and Gonzaga, thereby claiming bragging rights as the fastest Wazzu boat. This was somewhat of an upset, as the light eight had been rowing well, but it seemed to surprise the heavies most of all. The following week, the men traveled to San Diego for the prestigious Crew Class on April 4. The competition was stiff, as usual. Harvard, Navy, Penn, Wisconsin, et al, made the long trip also, but the WSU men were encouraged by their own performance.

The heavies raced against a good Columbia crew and led for the first 1,000 meters, but the Ivy Leaguers put out a strong sprint and won by four second. The lightweights rowed to a second place finish to OSU in the Middendorf Cup, restoring their confidence after the defeat of the week before. Another source of encouragement was the strong turnout of WSU alumni in the San Diego area. More than 100 Cougar boosters came out to drink beer and cheer the team on.

Next on the agenda was a duel meet on the Snake with the University of Washington and - surprise- the Huskies are still fast. They captured every race, including the lightweight eight (by disqualification) and pretty much went home with a busload of happy Huskies and 40 racing tanks. Next year's crews will have a score to settle in Seattle. Following that discouraging Saturday, the cougs got to switch roles and play the part of the bully against PLU and UPS. These wins prepared the men for the tough Tri-Cities Regatta t the end of April. The Tri-Cities course was moved up river this year and the lanes were much more equitable than in years past. The heavy varsity, defending champs for the previous two years, finished a disappointing third behind OSU and a surprising USC boat. The junior varsity defeated OSU by open water. The WSU lightweight team came home with a stack of OSU tanks, completing a sweep of the lightweight events: varsity, jv, novice and varsity fours. The WSU varsity light eight sprinted through OSU to win by three seats. Overall results showed WSU and OSU in a tie for the men's team title. After the races, WSU invited USC and PLU to the Goolsby's home Richland for a barbecue, courtesy of Gay Lynn's parents.

WSU was invited to the Opening Day regatta on May 2 in Seattle, and this year, perhaps prodded by the presence of the Russian National Team, the team braved the dreaded "outside lane assignment" and Husky storm fronts to compete. Results from the day included a fourth place finish for the frosh light four against some good heavy varsity crews. The heavy eight faded to a fifth place finish, while the light eight was not able to pull through OSU again and finished second. It sounds corny, but the chance to compete in front of 50,000 people and to talk and trade with the Soviets made the trip worthwhile. The excitement and international flavor of the races made the disappointing results and the thought of next week's finals less important.

Following a week's break for finals, the team prepared for the Western Sprints in Sacramento on May 16 and 17. After the infamous 18-hour bus ride, WSU's crews spent Thursday and Friday catching up on sleep, visiting downtown Sacramento and, yes, practicing.

Saturday's heat races provided no real surprises, except for the lights racing UW in a dead heat (.01 seconds difference) and archrivals SDSU not even making the finals. In the Sunday finals, there was a lot of excitement, some disappointments, some jubilation, and some surprises. What more can you ask for, right?

The frosh light 4 finished fourth in the light varsity four even. The frosh eight finished fifth in the petite final, but finally defeated Gonzaga, their nemesis of all season. A big boat, Struckmeyer is drooling for next season. The junior varsity eight finished last, but with six novices in the boat they improved a lot over the season and several members will surely make the varsity boats next season. The light junior varsity eight captured the West Coast title running away from the six-boat field, which included Cal and SDSU. The light varsity eight finished fourth behind Cal, US and OSU in a tight race for the title. Disappointing, of course, but only three seconds separated first and fourth. The heavy varsity eight finished third in the consolation final. This was supposed to be a "rebuilding year" for the heavies and all are returning next year. In the grand final, UCLA sprinted through Cal in the last 100 meters to capture the title for the first time in 17 years, with UW fading to fourth.

--Dave Reeder



The 90's

Dan Thayer recaps:

The 90's were a tumultuous decade for Cougar Crew. The first half of the decade saw a large and successful team. I've heard Ernie describe the V8 doing really well @ the Crew Classic. The '93 freshmen 8 won Pac-10s's. The '94 & '95 freshmen finished 3rd behind Washington & Cal. The '95 freshmen boat finished 2nd at Opening Day. The '96 freshmen 8 beat UW's 2nd freshmen, for UW's only real defeat that year. The '96 freshmen four went on to place 4th or 5th I believe @ IRA's.

The 2nd half of the decade brought significant tribulations and travail. I have seen many rowers and coaches, come and go. Each one in their own way motivated to make Cougar Crew better. I have come to the conclusion that each coach brings a unique perspective on how best to achieve speed. In the immortal words of Harry Parker, it doesn't really matter what style you row, as long as you row it well, and do it together.

Cougar Crew is here today because enough people have fought for its continued existence. Continuity and talent are prized possessions, key to making programs fast, it isn't enough just to have fast boats, we need to honor our heritage in a meaningful way. Thus, we the Cougar Crew of today, say thank you for each one of you who have touched an oar or a megaphone in the crew's name.

I stuck with Cougar Crew and rowing because it resonates within my soul. A soaring symphony of hard work, utter pain, and total internal glory that comes from not quitting. A universal truth is that there is no substitute for honest hard work, it is really hard to beat someone who never, ever, quits.



Josh Proctor looks back:

It's surprising how often I still think about all the little things that happened during the different phases of being a collegiate rower. The rowing, of course, but the van rides, the Roto breakfasts, rigging/derigging, the social engagements. The bitter cold, pitch black mornings, running to the tracks and back still being asleep. Grade runs. The unbelievably beautiful Snake River canyon. Above all: the people and the camaraderie. The four year span of Cougar Crew seemed like a lifetime, compared to four years today in my thirties. Although there were challenges (not enough sleep, physical demands, lack of time) the rewards were overwhelming (the hunt for victory, achieving victory, amazing people, exciting sport of rowing) and carried me through each very unique year for me.

What does Cougar Crew mean to me? Teaching you how to find the excellence within yourself.



ROGER RECONNOITERS THE CORRELATION OF FORCES

Fall 2000 Pull Hard:

As I enter my third year as advisor, I am pleased to report that the team is robust. The end of our fiscal year in June 2001 will mark three straight years in the black. The officers hired Hugh Dodd following Ernie Iseminger's departure in June 1998, and subsequently hired Shawn Bagnall to replace Hugh Dodd. The challenges the team has met successfully in the past two and a half years show that it is very capable of managing its own affairs.

As always, there are individuals whose efforts make them first among equals. Shawn Bagnall in particular has consistently provided intelligent and resourceful leadership since 1997. As commodore in 1997-1998 he re-asserted student control of the team and reduced overall spending.

As novice coach from 1998 through 2000, Bagnall sent up two large classes to the varsity squad, bringing lots of enthusiasm and competition. Since assuming head coach duties he has increased the competitive expectation of the varsity team, intensified workouts, and completed several office projects that had languished.

I have heard much discussion from various points of view regarding the future of WSU men's crew. I think it is important to remember that this team is a club. It is not a varsity sport and it will not be for the foreseeable future. I don't view our club status as a detriment: the team creates its own destiny, just as it did when we were rowing. The viability of the team during its years of formation and early growth was a function of what we did as athletes and officers, and that is still the case.

The team exists officially within the university as a member club of the ASWSU Sports Federation, which makes an annual financial grant to the team that varies with overall enrollment and how well we present our case. Last year the team received a historic high of \$13,500. This year the grant was slightly reduced due to lower undergraduate enrollment. The next highest grant to a sport club was around \$2,000. This disparity reflects both the 30-year track record of the team and the soundness of the funding proposals prepared by the officers, in particular Jason Hizer in 1999 and Lucas Olona in 2000. The annual ASWSU grant constitutes about one third of our operating budget (equipment purchasing excluded). The athletes generate the remainder through dues and fundraising.

ASWSU funding, plus the attention of ASWSU staffers like Chris Tapfer and Bob Stephens, are important reasons that the team has been a fixture on the West Coast for so long; the hours, dollars, and energy donated by Ken Struckmeyer and Ken Abbey are another.

These crucial institutional and individual factors, and our collective efforts as athletes and alumni of Cougar crew, have brought us to the point where we can state with confidence that this team is here to stay. WSU Men's Rowing is truly student run, and is possibly the most successful and long-lived collegiate club on the West Coast.

Let's celebrate that fact, thank one another for what we did to get us here, and turn our attention to those who are yet to come.

--Roger Crawford



COMMENTS FROM THE COMMODORE

Fall 2000 Pull Hard:

Hello everyone, my name is Aaron Hustead, Commodore for the 2000-01 season. I just want to let everyone know that I think this is going to be a very strong season for Washington State University Men's Crew. We have returned four varsity members and nearly all of last year's novice. We are bigger, stronger, faster, and more determined to win.

In April of 2000 we purchased the Gary Reynolds, a new Pocock EII racing eight. Colors are Pocock gray with crimson detailing. The Reynolds is our fastest shell and will be used by the varsity until the next boat is purchased in Spring 2003. The Reynolds replaced the Defiant, a 1996 Pocock EII which became the racing shell for the first novice eight.

The boat is named for the father of 1998 rower Paul Reynolds of Olympia. Gary Reynolds is a fervent Cougar Crew fan, attending many regattas. Paul took many of the photographs on our web site. The team voted to name the new shell for Gary Reynolds to salute his enthusiasm for WSU crew and to support him as he deals with health problems.



Once again, we are fund-raising like madmen. We are currently doing "Tables and Chairs" in the Fieldhouse for the football game food and beverage service.

We are also planning our annual Ergothon coming up in January. The Ergothon lasts two days, and contributors pledge their support by the meter. In the past this has been a huge success and this year is sure to be the best Ergothon yet. We are also planning to run the concession stands at some of the home basketball games and to deliver phone books in the Pullman area.

I look forward to seeing your support and hope to meet some of you at the regattas this year.

— Aaron Hustead



The 2000's: Men's Crew Becomes Cougar Crew Once Again

The oarsmen and coxswains from the 2000's have embodied consistent hard work. They continually trained nine times a week knowing that if they were going to try to compete with the best, they had to train at that same level.

Fall racing seasons unfailingly started with the back to back weekends of Head of the Spokane and Head of the Snake, with the Head of the Lake as a finale. But in 2008, the beginning of an annual headrace duel with Western Washington began with visits to Lake Whatcom every other year.

The spring race calendar solidified with the season opener in Tacoma followed by the San Diego Crew Classic, and the continuation of duels with UW and Gonzaga (Fawley Cup). With the arrival of Coach Ericsson in 2004, the team also became a two conference program with Pac-10 and now WIRA being added to the championship season, allowing the team to race every single team on the west coast within its two week stretch. The team made several appearances at the IRA's in the varsity 4+ event, but when the club teams were banned after 2007, the American Collegiate Rowing Assoc. National Championships was immediately born.

Commodore Danny Brevick stands out for his vision and leadership to take Cougar Crew beyond the day to day struggle into something much bigger. The birth of the Cougar Crew Alumni Association has provided tremendous support to keep that vision alive and moving forward. The CCAA was made possible with alumni Tim "Haole" Richards at the helm, and back up from Doug Engle, Lisa Curtis and Josh Proctor as the foundation. The Class Day get together with alumni was revived during spring break of 2004, with just one boat's worth of alumni present. But they were the seeds of what was soon to be an explosion of alumni coming back for something so big that it needed a bigger name, Cougar Crew Days. Cougar Crew Days offers all supporters of Cougar Crew a full day and a half of events including a semiformal banquet, alumni racing, a BBQ and our big annual meeting. Lisa Curtis immediately saw this as a great fundraising opportunity, and she organized ever more successful auctions to benefit the team's endowment account and operating expenses.

The elected student officer corps has been consistently taking care of a plethora of duties with the expansion of the corps to include Commodore, Vice Commodore, Treasurer, Historian, Webmaster, UREC Liaison and Publisher. Another wave of support came from parent involvement and an actual Parent Booster network to help provide food at races and serious contributions to the banquet and auction. In the second half of the decade the financial support gave the team the ability to one by one, upgrade their aging fleet of outboard motors, oars and shells with "new" discounted demo boats. *(continued on next page)*



Photo by Gary Lyman

The roster size swelled to more than 100 in the fall of 2010 with the continuation of the inspiring novice coaching of Julia Gamache. This began to yield more and more competitive boats, but with growth came growing pains and heavy financial demands that the team has handled with great professionalism. Tables and chairs was a staple. Rent-A-Rower became a major fundraiser for the team. But the fine line between too much fundraising and not enough can be seen as the team felt the need to add tents and then drop it, and then add it again, and then drop it again. The team was at its fundraising limit, pushing 125 man hours per rower per season.

Coach Ericsson launched Palouse Rowing in the summer of 2006, which continues to offer the community ages 12 and up, a chance to learn to row or join an experienced masters program. And the varsity fall kick-off Olympic distance triathlon took hold in 2009. The team organized spring break training in Tri Cities on the Columbia River three years in a row at the end of the decade. Negotiations with UREC for a varsity club classification worthy of its title took place over the course of a couple of years and paid off in 2011 when we were recognized as Washington State's first and only Varsity Club. And the fall of 2009 offered lightweight women a chance to once again finally have a team of their own as WSU Men's Crew launched their new Women's Lightweight Rowing team. With this bold move the team has since been better known as Cougar Crew.

The decade ended with competitive WIRA V8 gold and the Team Points title in '10, ACRA silver (N8 '09) and bronze (V8 '10) solidifying its reputation as one of the top club teams in the country.

--Arthur Ericsson



Over the course of Cougar Crew's rich history we have seen many changes unfold. However, one thing remains true. We would not be where we are today without the outstanding oarsmen, oarswomen, coxswains and coaches that have guided us, pushed us, and opened doors for the betterment of Cougar Crew.

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