

The Pull Hard

A Cougar Crew Publication

Thank you parents, alumni and supporters for **buying** Cougar Crew a new 2011 Hudson Predator! **The shell** is bringing new speed to our crew!



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Varsity Spotlight: Chris Kimball



Over the decades many images have become synonymous with Cougar Crew: Rent-a-Rower advertisements, Crimson blades, tall lanky freshmen with bald heads. But in the last four years, a new image has represented cougar crew, one that symbolizes hard work, good sportsmanship and team camaraderie. That image is a large, smiley man with a full head of bright red hair, usually accompanied by a full bright red beard. You guessed it; I'm talking about Chris Kimball.

I had the pleasure of being Chris' Novice Coach for the 09-10 rowing season. That year's novice class brought the widest array of body types and personalities I have ever experienced as a coach (not to mention the largest novice team in Cougar Crew history). Chris certainly stood out from the beginning, a hard thing to do with a fall team of 101 student/athletes. My first thought when I saw Chris come out for the team was of great potential, immediately followed by the daunting realization that I only had a few months to get that potential to come out. Turns out, it was just enough time, and I mean by the skin of his teeth but by Jove he did it!

During his Novice year, Chris had been in and out of the A boat, then finally, end of spring season, seat raced into the A boat permanently and went to the ACRA National Championship. A notable moment from that regatta was when the boat was launching and one of the head coaches from a rival team looked at Chris and his pair partner, then looked at me and loudly exclaimed "you got linebackers on your squad?!" Mind you he was not really asking and just cause I know you are all curious, we did beat that team and I'm not talk'n barn-burner. I said at the time and still say that Chris was the best choice for that boat. His ability was there of course but the smile, the smile made the crew.

Every boat needs someone to keep them above water (so to speak) keep them out of the pitfalls of negativity; that person was Chris. It still is. I'm pretty sure even after he graduates, whatever he does, he will be that person for those around him as long as he walks this earth. I'm happy to know him to say the least, what I'm really saying in a round about way, is Thank You, Chris.

My real pride in Chris comes from his perseverance; Chris is a senior now and one of the very few remaining athletes from his Novice year. He came from such a big team and so many of his close friends left the squad. I was worried Chris would follow suit and take the easy way out, quit. When I saw Chris come back for his Junior year, I knew he was a lifer and knowing that will leave permanent warmth in my heart. When you watch Chris row, you can see how natural his body takes to the movement. I tell him pretty much every time I see him, and I know he gets a little embarrassed (you can't hide blushing with that skin tone) but he is a joy to watch on the water. Like a bird to flight is our Chris Kimball to rowing. To have been a part of introducing him to what seems was already his, it's like watching history in the making. Have a great season and GO COUGS!!!!

--Julia Gamache

Recent Alums Continue to Excel Their Education

By: Karl Huhta, Commodore '08

Several months ago, I read an article in the Wall Street Journal titled “Which Olympians Make it Big in Business?” The answer, according to a study conducted by Bain & Co. partner (and former Olympic rower) Patrick Manning, were that rowers are the best athletes to position themselves within the corporate world after their rowing career ends. While he may obviously be a bit biased, Manning interviewed hundreds of athletes over several decades to gain an understanding of what they did after their last Olympic Games. Rowers turned out to hold the best positions in successful companies.

This short article got me thinking about all of the successful rowers and coxswains I've encountered in my time, especially those of Cougar Men's Crew, and how being a Coug personally taught me a vast number of life lessons that helped shape me into who I am today (something that I am forever grateful for.) I then thought about how many recent alums are currently pursuing advanced degrees in different areas, and how special this really is because only 7.26% of the U.S. population has a degree past that of their bachelor's (according to the U.S. Census Bureau.)

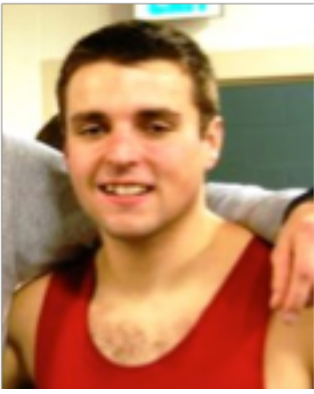
While there have been many WSU Men's Crew alums that have gone on to advanced education, I wanted to highlight the large number of recent graduates that are currently pursuing an advanced degree in some field of study. With the time spent training, fundraising, being dangerously handsome, and traveling throughout the year (not to mention the Team Officer positions and the responsibilities that come with those that many of these men also held), the members of our program are pushed to their limits when it comes to time management and maintaining solid GPAs. The extremely dedicated and hard working men and women that make up our program are still managing to get accepted into graduate schools, and in some very challenging fields might I add. This current group of former student-athletes deserves a pat on the back and some recognition of their continued excellence in pursuit of academia and knowledge.



Garrett Heiman '11 – Currently pursuing his Master's in Mechanical Engineering at the WSU-Vancouver campus in Vancouver, Washington (Garrett's hometown).



Paul Ehlers '12 – Currently pursuing his Master of Science in Pharmacology at Tulane University in New Orleans, Louisiana.



Jimmy Johnson '11 – Currently pursuing his Master of Occupational Therapy at the University of Washington in Seattle, Washington.



Nick Estvold '11 – Recently completed his Master's in Accounting at Boston College in Chestnut Hill, Massachusetts.



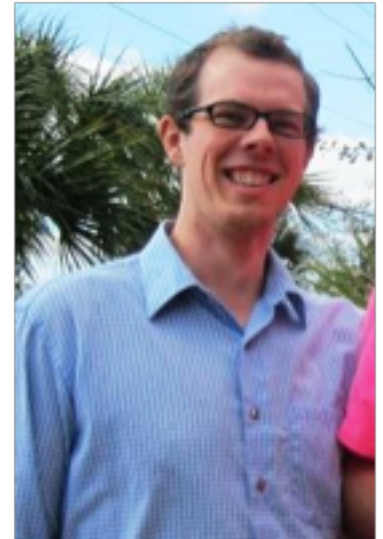
Chris Jantzen '06 – Currently pursuing his Master of Business Administration at the University of Central Oklahoma in Edmund, Oklahoma.



Weston Spivia '10 – Currently pursuing his Master of Biomedical Sciences with a focus on Immunology from the California State University, Long Beach in Long Beach, California.



Kramer Wahlberg '11 – Currently pursuing his Doctor of Medicine from the University of Washington in Seattle, while presently living in Spokane, Washington.



Andrew Winters '09 – Currently pursuing his Doctorate of Applied Mathematics at Florida State University in Tallahassee, Florida.



Tak Niino '08 – This Texan turned Cougar turned Ivy Leaguer has already earned his Doctorate of Veterinary Medicine at the University of Pennsylvania in Philadelphia, and is now completing his work on a post-Doc. specialization certificate in Poultry Health Management at North Carolina State University in Raleigh, North Carolina.



Will Hollingbery '07 – Finishing up a Specialized Certificate program in Air Conditioning, Refrigeration, and Heating Systems so that he may be able to maintain and develop his apple orchards in Yakima, Washington.



Garrett Lyman '09 – Recently graduated with his Master of Civil Engineering from Wazzu and is currently living and working in Hillsboro, Oregon outside of Portland. (He's single and ready to mingle ladies!)

Jason Lackie '07 – Currently finishing up a Double Masters (!!) with a Master of Architecture and Master of Science in Building Sciences at Arizona State University in Tempe, Arizona.



Mark Hoffman '11 – Currently chipping away at a Master degree in Aerospace Engineering at the University of Washington in Seattle while earning the credits through his work at The Boeing Company. Presently lives in Bothell, Washington.

Karl Huhta '09 – Finishing up a Master of Sport and Fitness degree with a focus on Sport Leadership and Coaching at the University of Central Florida in Orlando, Florida.



Spring Break Training Recap:

By: Curtis Treiber

The varsity began the week of Spring break very strong with a solid seat racing workout of ten 1000 meter pieces where members of boats were being switched to compare times and boat line-ups against each other. Later that day, we had a tough erg workout of four by 15 minutes at 80 percent pressure; this was one of the harder pieces due to the lactic acid build up in our muscles. On Tuesday we began the day with a solid session of negative lifting with each rower pushing the limits of what they could hold for a ten count. That afternoon the rowers split up into V8 and JV8 line ups and played timed games of cat and mouse where the JV8 would get a head start on the V8 and hold them off for as long as possible. On Wednesday the day began with another erg workout that focused more on sprinting than long endurance. That afternoon the varsity and novice went on a long swing row to the green channel marker towards Lewiston and once we got back we had a short run to Granite Point and back. While that was happening, the varsity and novice light weights were duking it out on the 2k course for a time trail to see if the varsity could beat the novice in a gold standard trial and gain the fastest novice light weight to put in the varsity light weight four for WIRAs. Our final day of true training was that Thursday which we began with the aptly named Weight Circuit of Death. This is a circuit designed to have the rowers go through different lifts which work the upper and lower body as well as our core with weights that are adjusted to the weights of the rowers. We complete two circuits of these differing lifts and then finish the circuit of with a 2k for best time. Later that day we had a workout with the women's rowing team where we did 12 minute builder pieces which had us beginning at a moderately high rate and then continuing to build on that rate until the last three minutes where we would put immense amounts of power into a rate of 20 strokes per minute.

Cougar Crew Days Success!

By: Eric Demaris

Cougar Crew Days 2013 was one for the books. Not only was it the 40th anniversary of competition for the team, but it was also the most successful Cougar Crew Days we have seen in quite some time. Perhaps it was Ernie Iseminger rallying six of eight rowers from his 1987 novice eight to join us in Pullman that weekend. Maybe it was the fact that the kind parents of Cougar Crew led the alumni and friends to the finish line of purchasing a new eight for the team, with Andrew Winters earning the right to name the shell. Perhaps it was the kind words of our speakers Bob Orr, the team's first coach; Karry Ranton, a women's lightweight alum; and Bob Appleyard, a distinguished alum of the men's team. Maybe it was the gross profit of \$45,000 from the banquet. One thing is for sure, the success of 2013's Cougar Crew Days involved the unwavering dedication and Cougar pride of rowers, alumni, and family.

Friday began with class day races. Battling for the coveted Orr Trophy, each class was able to field an eight. This year the seniors took the title of Class Day Champions, securing their spot in the Alumni Race, which they won by a few seats.

Also on Saturday was the Alumni Row. Alumni and friends from throughout the history of Cougar Crew joined the team at Wawawai to take part in some nostalgic rowing and racing. Mr. Iseminger and five of his novice eight teammates filled in an eight, bringing about a flashback of epic proportions. History was in the air, and the Cougs were breathing it in.

The annual Cougar Crew Banquet was a huge success. Spurred on by the parents of Cougar Crew, enough funds were raised to purchase a brand new Hudson Eight. This does not happen often! Of the \$45,000 gross profit (some to go towards the endowment, some to go towards banquet fees, and others into the new eight), \$9,000 was able to be split between the lightweight women and the men for travel, equipment, and daily operating expenses. Recognized at the auction were Kramer Wahlberg, earning this year's Danny Brevick Award, as well as several of those past rowers with sub-6:20 erg times. Also present at the banquet were Ken Struckmeyer's sought-after sketches.

In all, Cougar Crew Days was a brilliant success. It was the culmination of a lot of hard work from alumni, family, and rowers. Cougar Crew would like to thank all of those who attended, and encourage you all to come back again next year!



6 of the 8 rowers from the 1987 novice eight!

Race Recaps

Cascade Sprints

V8 dominating the field during Cascade Sprints.



On Saturday Washington State University (WSU) Men's Crew had a very strong showing at their first 2,000 meter race of the season at Cascade Sprints on American Lake, Tacoma, Washington. Weather conditions included a light cross tail wind (5-10 mph) and light chop, but overall they had little effect on the solid WSU lineups.

Heats for the men were scheduled to start at 9:20 AM with the priority event, the M1V8, but all heats were delayed by a dense layer of fog. After a one hour delay heats started on with the M1V8 at 10:20 AM. The WSU 1V8 went on to dominate the field with a time of 6:06.1, more than 18 seconds faster than the second place crew, Western Washington University (WWU). WSU's second varsity took another dominating win in their heat, posting a time of 6:19.7, almost 7 seconds faster than the second place crew, University of Oregon (UO). The WSU V4 heat started at 11:20 AM and concluded with the V4 taking 5th place with a time of 7:48.4, 33 seconds behind Seattle Pacific University (SPU) who finished 4th, putting them in the petite finals later that day.

At 11:30 AM both the "A" and "B" novice boats lined up at the starting line. The novice "A" boat went on to win their heat with a time of 6:27.3, while the "B" boat brought up the rear finishing in 7:25.3. Due to their first place finishes both WSU's V8 and second varsity eight went on to race in the grand final event where they took first and second place respectively. The 1V8 finished in 6:04.3, while the second varsity held on to their 13 second margin behind the 1V8 and crossed the line in 6:17, edging out UO by 1.3 seconds. The novice "A" boats strong showing in the novice bracket qualified them for the MV8 petite finals, and they went on to win petites with a time of 6:25.1, over 19 seconds faster than the second place WWU second varsity boat. After a 5th place finish in heats the V4 regrouped and went on to dominate petites in 7:26.1, beating their closest rivals, Seattle Universities (SU) second varsity four by over 15 seconds. After the races concluded, Head Coach Arthur Ericsson commented "Having the varsity 8's finish 1st and 2nd made for an exciting day. The margins between them showed depth and is promising for races to come."

The Lightweight Women's Varsity 8 came out to their first spring race ready to take the course putting up a personal and program best time of 7:37.5 in their heat, and then the women powered a 7:40.5 in the Petite Grand Final through a light chop of a course.

Bre Trimble, a third year oarswoman said, "The first race felt solid. Coming off the start, we were right with the varsity/ club heavyweight boats. After our start we settled into a solid 33spm with good run, power and rhythm. We managed to stay within the pack for the first 1000m, until the top 3 boats began to pull away, however our boat speed was enough to start the season with a 7:37.5, which gives us something to work with this next week in practice and find a few more seconds to drop before heading down to San Diego to face Stanford and Princeton. I'm happy with how we raced, especially having 7 novice in the boat and it being our first 2k of the season. We've got a powerful crew, and I'm excited to see how we do next week against some of the nation's best."

The varsity 8 is looking forward to racing in San Diego next weekend. The Women's Novice Lightweight 8 put up a time of 8:47.3 in their respective race on their first collegiate 2,000m race as a true Novice boat despite a malfunction with the Cox Box. Freshman Allison Thomas quoted that the race "was a really good experience, and it gave us a good idea of where we stand and what we need to improve on for the next race".

San Diego

This past weekend Washington State University (WSU) Men's and Lightweight Women's Crew competed in the 40th annual San Diego Crew Classic. All races were held on Mission Bay, San Diego, California. Conditions throughout the weekend were generally better in the early morning and degraded throughout the day due to tidal changes and increased cross wind. The weather remained overcast, but in the mid to high 60's for the weekend as well.

The lightweight women had the opportunity to face Stanford and Princeton both Saturday and Sunday. The first race, taking place Saturday morning, was a preliminary race and the women finished 4th with a time of 7:59.58. The "experience provided invaluable feedback and exposure on a national stage," stated coach Dan Thayer after the race. This race allowed for familiarity with not only the course, but also the environment as it was the lightweights' first appearance since the 1980's. In the Grand Final on Sunday, the lightweights' posted a similar time of 8:02.10 yet closed the gap on Stanford's B boat in comparison to Saturday. Two-seat Teresa Nguyen stated that the race on Sunday "felt better; with more connection throughout each stroke and with the boat as a whole." Coach Dan Thayer was excited for the "marked improvement in [our] form" and said he was "pleased with [our] effort and looks forward to finding seconds of improvement."

Heats for the men began at 8:00AM Saturday, April 6th, with the varsity eight (V8) events; the Cougars raced in the second heat which was at 8:10AM. Coming off of a strong showing at Cascade Sprints the WSU V8 was looking to qualify for the grand final event, which required a finish of 1st or 2nd, but fell short and took 4th with a time of 6:13.35. The 4th place finish was partially attributed to a slow start by the crew, but they were able to fight back into the lead group, before ultimately being outsprinted by University of California Santa Barbara (UCSB), University of California Irvine (UCI), and University of Oklahoma City (OKC), who went on to finish 1st, 2nd, 3rd in the event respectively. UCSB went on to win the grand final event on Sunday, April 7. Although the 4th place finish didn't qualify the Cougars for the grand finals, it did qualify them for the petite finals on Sunday. In the petite finals the Cougars burst off the line to an early lead, which they maintained for the first 1,000 meters before OKC and UCSD were able to overtake them. The Cougs continued to fight back, but OKC and UCSD continued to walk away, leaving the Cougs to finish in a solid 3rd place in the petite finals and 9th in the regatta overall.

The second varsity (2V8) was seeded to race in a very competitive heat with both the 2nd and 3rd varsity boats from University of California Berkley (CAL), UCSD, and UCSB. They race began with a solid start for the Cougs, but after the first couple hundred meters they fell behind the leaders and were locked on to chasing down UCSB. Although they fought back, especially in the last 500 meters of the race, they were unable to close the gap between themselves and the race leaders finishing in 5th place with a time of 6:47.47, seven seconds behind the 4th place crew UCSB. Not placing high enough in the heats to make grand or petite finals the Cougs had to turn around and race a few hours later in the 3rd finals versus Bates College and the University of Southern California. With rough water the Cougs got off to a slow start and ended up several seats down to Bates, but they fought their way back up and ended up passing Bates around the 1,000 meter mark and continued to increase their lead solidifying their 1st place position throughout the remainder of the race finishing with a time of 6:35.91.



V8 during the petite finals.

San Diego Continued

The novice heat started off with the Cougs falling behind the leaders, but they were able to hold onto 4th place, narrowly edging out UCI to continue on to the petite finals. In petites the Cougs were given another chance to show themselves as the top club novice crew at San Diego Crew Classic, but fell short of their goal with a 4th place finish in petites, behind club rival San Diego State University by 2 seconds who took 3rd.

Head Coach Arthur Ericsson had this to say about this weekend's racing, "Each of the men's crew showed the passion to critique the details from their races in the heats and turn that into a much more competitive race effort within their finals. We've only been racing for one week so far, yet there is a healthy dose of confidence and excitement."

UW Duel

Friday afternoon the Washington State Cougars battled it out on the Snake River against the University of Washington Huskies in the annual Apple Cup Dual. The Apple Cup Dual course spans 2,000 meters, starting upriver from the Lower Granite Dam and ending just off of the break water outside of the Ken Abbey Shellhouse. Race conditions throughout the day were generally calm, against a slight current, but a slight headwind picked up during the novice eight and the varsity four events. The weather was overcast, but it did not begin to rain until after all races had concluded.

Racing began at 4:35pm with the novice four event in which both of the WSU boats fell behind their UW rivals. Finishing place and time for the novice four event were as follows: UW-A 6:36, UW-B 6:46, WSU-A 7:10, WSU-B 7:17. The next event was the varsity eight in which the Huskies were able to out pull both of the boats fielded by WSU. Crossing the finish line in a time of 5:55.21 was the UW 3V8, followed by the WSU V8 in 6:06.78, and the WSU 2V8 in 6:32.64. An hour later both the WSU and UW novice were back out on the course, but this time they were in eight man shells. Again UW was victorious finishing in a time of 6:01, while WSU-A finished in 6:36, and WSU-B in 7:19. The final race of the day, the varsity four, started at 5:50pm and featured two WSU fours. The WSU-A boat was able to complete the course in 7:24.99 while the WSU-B finished in 7:57.10, but both boats fell short to the UW-A and UW-B who pulled a 6:58.50 and a 7:00.90 respectively.

Head Coach Arthur Ericsson had this to say about today's racing, "The highlight for the varsity squad was the first 1000 meters when we were only one length down to UW after a mediocre start. However the 2V8 margin compared to the V8 was disappointing as was the drop off in our V4 A-boat. We need to decide if we're willing to pay the price on race day or the season will be over with nothing to show for it."



2V8 rowing through the last 500m.

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