

# THE PULL HARD

A COUGAR CREW PUBLICATION



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# The Doug and Renee Engle

By John Gehring

Cougar Crew's second newest shell, the Doug and Renee Engle, is special in terms of both speed and dedication. The 8 man, 2011 Hammerhead Hudson was named by Cougar Crew alumni Andy Winters, after donating \$5,000 to the team for the purchase of the shell at the 2013 Cougar Crew Days banquet. Since its purchase, the shell has been used in seven races; the first of which at the 2013 San Diego Crew Classic by the Men's JV8. Along with races, the shell is used almost daily during practice as it is a tremendous asset to Cougar Crew's active boat lineup. With such regular use, the shell deserves a suitable name.



The JV 8+ putting in the Doug and Renee Engle for the first time at San Diego Crew Classic in 2012

By no means was the naming of this shell coincidental. Doug Engle and his wife Renee are long time Cougar Crew supporters. Doug Engle rowed for Washington State under Coach Ken Struckmeyer and is an IRA champion of 1979. Since his four year rowing career with Washington State, Engle has been continuously supportive of the team. Doug has been on the board of the Cougar Crew Alumni Association since its foundation in 2005. Most recently, Doug has been awarded 'The Weldon B. Gibson Distinguished Volunteer Award' for his timeless commitment and dedication to Cougar Crew. The team looks forward to many more years in a magnificent shell named after an even more magnificent individual and his always supportive wife!

# Support For Crew Classic

By David Herrick

Every year Cougar Crew travels to San Diego to compete in the Crew Classic on Mission Bay. With entry fees, personal costs and plane tickets combined it is usually the most expensive regatta of the year. However there is the rare occasion that a particularly giving donor helps the team ease its' financial burden to compete each spring.

This year Ernie and Alice Iseminger have pledged \$5,000 to Cougar Crew to help the team travel.

First of all, the team as a whole would like to openly thank Ernie and Alice for their generous donation. While it is certainly an expensive trip, it is by far one of the most fun regattas the Cougs get to compete in. It is the second largest race in the U.S behind the Head of the Charles, and easily the largest spring regatta in the country. Teams from every background make an appearance, ranging from national level athletes at Harvard and Cal to the smallest junior clubs in California.



The entire Men's and Lightweight Women's Crew Team after being taken out to dinner by Ernie and special guest John Oliver last spring at the San Diego Crew Classic

# Support For Crew Classic Continued

By David Herrick

The Cougs have made it to San Diego since the early days of the Crew Classic, even resorting to driving down some years. Besides the fun, as one of the earlier races in the spring it is a strong indicator of where the team stands up against other teams who compete at ACRA's. While the roster is smaller than in past years, the Cougs hope to use the Classic as launching point in preparation for later regattas, specifically WIRA's and ACRA's.



The Novice Men's 8+ with the Ken Struckmeyer, a Pocock Shell at the San Diego Crew Classic in spring 2013



The JV 8 getting ready to wash the New Hudson 8+ at SDCC

Once again we would like to thank Ernie and Alice for their generous donation to help us reach San Diego, without the support of our alumni the spring season would look very different.

# Rowpocalypse

By Matt Elliott

On a calm Saturday morning teams consisting of six people each brought up one erg to the WSU recreational center. Starting at 9:00am in the morning the teams started rowing which would continue for the next 24 hours. Each person having to row for 4 hours each, generally with one hour shifts throughout a whole 24 hour time period. Because of this, people were rowing in the middle of the night for an hour or more never having much time to sleep. This 24 hours of straight rowing pushed the team to new limits both physically and mentally. Novice Captain Connor Findley said once finished that “I felt as if we had broken both physical and mental barriers we had never thought of accomplishing before”.

Zach Jensen and Arthur Ericsson doing their 1 hour shift mid day during Rowpocalypse 2013



Once it was over the whole team was exhausted, yet despite their pain the team as a whole felt a new sense of achievement. Novice rower Conner Ross stated “Despite the pain and exhaustion we felt, it was a good bonding experience for all the guys and helped us get closer as a team.” The team as a whole managed to erg up to 4,280,000 Meters or about 2,659 Miles! That would be the same thing as traveling to Maryland from Seattle or practically traversing the whole Continental US! This was a great fundraiser that pulled the whole team together at the start of the year helping form new friendships with new rowers. We look forward to possibly doing this challenging event in future years, especially since this year was so successful.

# Head of the Spokane

By Anysa Hamid

Spokane, WA - Washington State and Gonzaga coxswains gathered outside the Gonzaga Boathouse on a foggy Saturday morning, preparing to navigate the Spokane River and lead their boat to victory. The Washington State Cougars and the Gonzaga Bulldogs came together once again to compete in the Head of the Spokane hosted by Gonzaga on the Spokane River this past October. The Cougars had something to prove, this rivalry has stemmed from years of competition which added additional pressure to the rowers.

The morning was spent re-rigging boats and warming up, preparing for the 5000m race which would be a first for most of the novice rowers. Anxious and excited, the rowers lower their boats into the water, evaluating the shallow river for its difficulty. The race was confronted head on by each boat, with the roar of the coxswains being heard from the shore. The sound of simultaneous exhales and oar on water was all that was heard from the rowers, completely determined to pull ahead. The rowers were met at the finish line by a crowd of Cougar and Gonzaga fans, awaiting to hear the finishing times of each boat.



Novice August Boyle getting his seat, stroking the Doug and Renee Engle, ready before Head of the Spokane

# Head of the Spokane Continued

By Anysa Hamid

History unfortunately repeated itself with Gonzaga dominating in most categories. The Men's Varsity 8+ boat finished 9 seconds behind Gonzaga at 15:37, followed by the second and third Washington State boats behind the second and third Gonzaga boats respectively, the second boat finishing at 16:19 and the third boat at 17:37. When Arthur Ericsson, the WSU Men's Rowing Head Coach, was asked about the performance of his rowers, he said "the focus and full 5000 meter effort were quite good. The varsity is a young squad but today showed that it can be a competitive year, not just a building year. The 2V8 wasn't able to maintain a competitive margin so our depth has to develop quite a bit."

All of WSU Men's Crew and the Lightweight Women's Crew posing in front of the WSU Crew trailer



The Men's Novice 8+ finished at a disappointing third, fourth, and fifth place, outstroked by the two Gonzaga Novice 8+ boats with the time of 17:28, 17:51, and 19:47. "The novices got a good first taste of racing, and put down a nice baseline to build on for the next year", said Giles Dakin-White, the WSU Men's Rowing Novice Coach.

We return to Pullman exhausted and unsatisfied with the outcome of the weekend, determined to work harder for the spring race season. Though the conclusion of the races were not what was desired, but it only serves as further motivation for the team.



# Dare Duel vs. WWU

By Jordan Chase

The Dare Duel between Western Washington University and the Washington State University took place on Lake Samish in Bellingham. The first race, the Varsity race, was scheduled for 8:30 am. Teams arrived at about 6 that morning to rig the boats and prepare for the impending races.

At the onset, weather conditions were far from ideal and as the day commenced, the weather worsened. The rain, wind, and waves had the earmarks of tempest. Of the weather, varsity rower Alexander Weatbrook said, “It was cold, windy and nearly perfect sailing weather. Too bad we weren’t sailing.”

Left: The V8 at Lake Samish rowing in the rough conditions, almost swamping

Right: The LV8 trying as hard as they could to row in such harsh conditions by sets of 4 rowers



Needless to say, the weather proved to be too much for most of the crews. All boats were swamped by the storm with the exception of two WSU boats and one WWU boat. The times of these finishers were disregarded and the Novice race was cancelled in light of the conditions. The race day was thwarted by the storm with no actual winner declared. Though the outcome of the day was not ideal, several rowers saw the day as a character building experience as stated by novice, Josh Wilkes, “It was really hard but it also brought us together as a team.”

# Head of the Lake

By Michael Sheremet

Cougar Crew finished off the fall season with the Head of the Lake in Seattle. The team had just come off of the Dare Duel against Western Washington University the previous day where a boat from both teams swamped, but shrugged it off and pulled strong in Seattle.



The 3V8 rowing as hard as they can through the Montlake Cut

The boats consisted of three eights for the men's varsity team. The first boat consisted of the top guys and had John Gehring, Curtis Treiber, Alex Weatbrook, Max Vaughn, Josh Benson, William Miedema, John Dorscher, David Herrick and was coxed by Ashley Vomund. The top boat raced well and their stroke seat, Curtis Treiber stated "It was a good time I thought. The boat had good focus and made sure it was a solid race." They finished in a time of 17:04 over the 4800 meter course. The second boat consisted entirely of lightweights had Jake Brisson, Kenji Thompson, Jeff Arnevick, Austin Ebert, Jaz Gill, Michael Sheremet, Griffin Berger, Joe Lillis and was coxed by Hayden Wise. The boat they were rowing had swamped the previous day and coxswain had to yell the entire time as the speakers in the boat were malfunctioning. Nonetheless, Hayden Wise, the coxswain commented "We raced well considering that the speakers in the boat didn't work." They finished in a time of 18:15. The third boat had to have two novice fill in to complete the lineup consisted of Matt Brady, John Dingman, August Boyle, Adam Ziegler, Trevor Paul, Camilo Orozco, Ryan Haaland, Zach Jensen and was coxed by Alyssa Kodoma. They finished in a time of 18:26.

# Head of the Lake Continued

By Michael Sheremet

The lightweight women fielded an eight, and the alumni competing in the Men's Masters events fielded an eight and a four. The lightweight women consisted of Shayla Boyle, Bre Trimble, Allison Thomas, Sarah Doumit, Ashley Vu, Sami Wilson, Teresa Nguyen, Simone Parker, and coxed by Robin Weigel. As there were no weight divisions at this regatta, they raced in the women's openweight division. They finished with a time of 21:54. The alumni lightweight eight consisted of Kramer Wahlberg, Jake Logar, Mark Hoffman, Sean Martin, Brian Chapman, Garrett Heiman, Dan Thayer, Keith Sullivan, and coxed by Caitlin Aldrich. They finished with a time of 19:56. The alumni four consisted of Orion McCabe-Gould, Josh Wadagnolo, Giles Dakin-White, Joe Sudar, and coxed by Caitlin Aldrich. They placed first in their event with a time of 19:14.

The V8 warming up before their race at Head of the Lake, right outside the Lake Union Boathouse



This race is one of the biggest regattas that Cougar Crew attends and is the biggest regatta on the west coast in the fall. The race itself consists of rowing under several bridges, through Montlake Cut, and a bend that turns the boats almost completely in the opposite direction that they were coming from. Through the Montlake Cut, fans crowd the banks and a bridge overhead, cheering on the rowers. Adam Ziegler, a second year oarsman, commented “seeing that many people, all gathered to push themselves and compete against one another, shows the greatness of the rowing community.” The kilometer long stretch of the narrow Cut is often the site where crews, pushed by the cheers of the crowd, attempt to make a pass on an opposing boat. With a great showing in the fall, Cougar Crew is definitely ready to hit the spring season hard this year.

# New Hudson 8+

By Ashley Vomund

The entire WSU Crew would like to give a big thank you to the Associated Students of Washington State University (ASWSU) for their incredible support in buying a new Hudson eight! The donation comes in the wake of losing our second-best shell, the Struckmeyer II, last year after the San Diego Crew Classic. With this tragic loss of the Struckmeyer II came the addition of the 2011 demo model named after Doug and Renee Engle. The Engle is the exact same model as our new crimson one, providing top-notch boats for both the varsity, JV, and novice crews.

The shell was just delivered by Hudson and is ready to head down to the boathouse to be rigged. It is a sleek crimson 2014 Hudson Super Predator shell, sitting in the weight class of 165 to 200 pounds. Because of the large donation by ASWSU we have given them the naming rights. No name has been chosen yet, but we cannot wait to christen it! In order to make room for it we will be de-rigging and packing up the Ericsson to donate to a rowing club that has just started in Idaho. After serving us well for many years by providing a solid shell for the novice to learn in, the Ericsson will continue to help teach new rowers and bring more members into the close-knit rowing community.

The new Hudson 8+ Super Predator right after delivery



A huge thank you to all those involved with this shell! Executive Director Kathleen Hatch and Associate Director Joanne Greene, thank you very much for pitching the idea to ASWSU. Without their help and passion we could never have dreamed of such a wonderful gift! Of course a big thank you to ASWSU's President Taylor Hennessey and everyone on ASWSU for supporting this donation! We are always blown away by the incredible amount of support we receive every season. With this new shell and the support of ASWSU and the Alumni, we will race harder and faster to show the world what Washington State University is made of! Go Cougs!

# Launches Needed!

By Arthur Ericsson

At each of the recent Cougar Crew banquets we have had the fortunate ability to try to fundraise for a particular big ticket item such as a new eight or new pairs. As tempting as it would be to pursue a new four/quad this year, the team has a more pressing need...to replace one of our coaching launches (motorboats). While the launch is mainly thought of as the coaching platform, its most vital role is when it comes to rescuing a rower, crew or crews from the water. It's not a question of if this will ever happen, but when it will occur.

We need to have proper launches and outboard motors to be able to respond efficiently if boats swamp in rough water or flip over. Water temperatures starting in mid-fall until summer will quickly induce hypothermia. If a coach has an eight in the water that is nine people that need to be rescued and our two smaller launches would have to make at least two trips to shore to accomplish the rescue. In a multi-boat situation the time of exposure could be deadly. The team has three coaching launches and three coaches, one for each squad within Cougar Crew. Coach Arthur coaches the varsity men. Coach Giles the novice men. Coach Dan the Lightweight women. Each coach has a launch that they use about six times a week. Here is what we have:

- 1975 13' Boston Whaler
- 1996 28' Pocock Catamaran
- 1988 12' Livingston

# Launches Needed! Continued

By Arthur Ericsson

Each launch has some weaknesses. The Whaler is our oldest launch and is only meant to hold 4 ½ additional people. The Livingston, while only one foot shorter in length, is a much smaller craft and really gets thrown around in chop and wind, and could only safely take on 3 additional people without risking sinking the launch itself. The Pocock could rescue an entire boat, but it is so large that it lacks maneuverability and regularly has mechanical issues because of our inability to transport it to the nearest marine shop in Lewiston because we don't have a way to trailer it there. It is not uncommon for this launch to be out of service.

The goal is to eventually replace each launch with small “wakeless” pontoon boats. There are two companies in North American which make these and it is our goal for this year to replace one of them. Wintech sells a 16 foot launch. Equipped with a new 20hp Yamaha outboard and a trailer we can use to have regular service, it costs \$16,844.

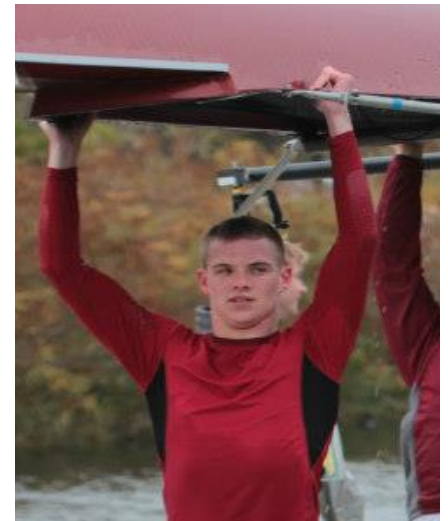
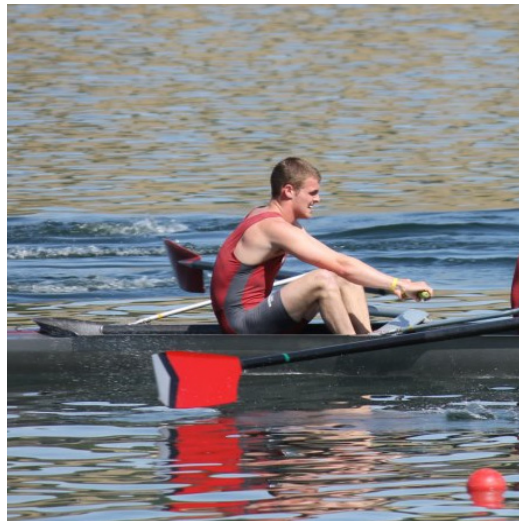
Revolution Rowing sells a 17' Placid Plus for about the same price. It is pictured below



# Senior Spotlight: Joe “The Hammer” Lillis

By Jake Brisson

A dewey eyed freshman walks up to the University Recreation Center during his first few days at Washington State University. Little does he know he will become an infamous oarsman among Washington State Men’s Crew. During his rowing career, Joe received a rather fitting nickname, The Hammer, because not only does he hammer it on the erg much like a blunt object, but he also is very blunt with his friends and teammates, which most of us find can be funny and offensive all at once. Joe Lillis was challenged at the Rec during his first semester at WSU to do a 500 meter race to test out how strong he was on the erg.



He then attended the informational meeting in which he learned all about what his future in rowing with Cougar Crew would be like. The practices of Joe’s Novice year were ran by Julia who was the Noivce Coach before our current Giles. Joe was quoted saying “ They were the hardest, most challenging things I have ever done”. Working out with his fellow Novice set him up with bonds that would last a lifetime and ultimately be the reason that he stayed on the team for so many years. One of Joe’s favorite memories was playing “Big Red Ball” out in the snow because it essentially became a wrestling match when it was snowy out. His favorite race was at Cascade Sprints because he defeated not only WWU, but also UPS and U of Oregon, because his parents, brother, and uncle were all there to see him win a tank which he received from an oarsman on the WWU JV 8+. His other hobbies include being an internet troll, running, reading, and spending time with his family.

# COUGAR CREW DAYS 2014



This Spring marks the 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 rowing!

Alumni, tell your boatmates you'll be there and that they should too!

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.

Visit [www.cougarcrew.com](http://www.cougarcrew.com) for the full schedule of events and to RSVP