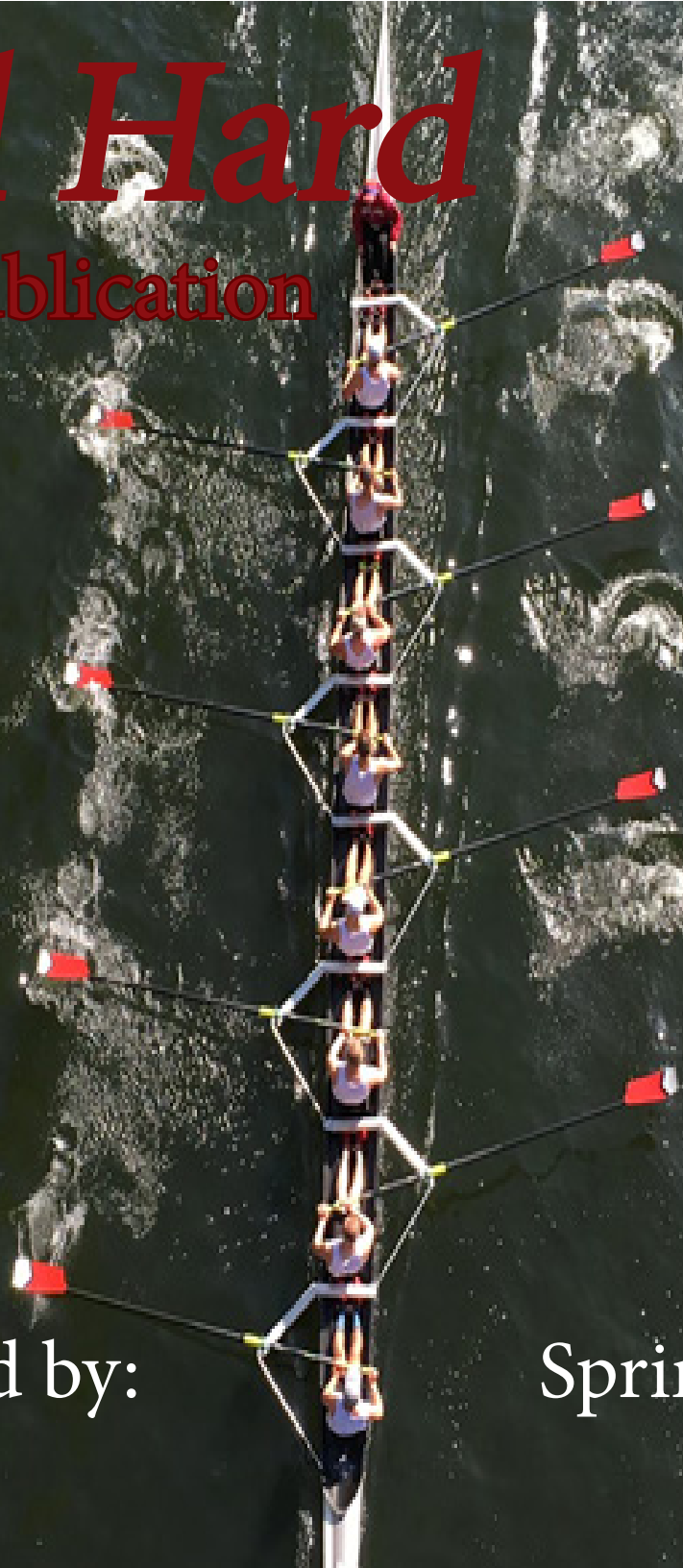


The Pull Hard

A Cougar Crew Publication



Published and Edited by:
Alyssa Kodama

Spring Part One 2016

Table of Contents

Erg Duel	Pg. 4
Cougar Crew Days	Pg. 6-10
Fawley Cup	Pg. 12-14
Husky Open	Pg. 16-18
San Diego	Pg. 20-22
UW	Pg. 24-26
Stanford	Pg. 28-32

Erg Duel

Written by: Alyssa Kodama

Every year, Erg Duel kicks off the spring racing season. Not only does it display all of the hard work the athletes have put in during the winter season, but for many of the Novice, it is the first time they will experience a 2000 meter erg test. This event is designed to push each rower past their limit to see what they are really capable of. Erg Duel also gets very busy, as teammates, coaches, friends, and family gather around the rowers to cheer them on.

Gonzaga always proves to be tough competition, and this year they did not disappoint. After Gonzaga took the overall win in the 2000 meter race, the Coxswain 500 followed to begin the break period. This race gives rowers and coxswains an opportunity to switch places, and the rowers enjoy being the ones doing the yelling. Once the break period ended, the final 1500 meter race began, which Gonzaga was also able to win. WSU fought hard to compete with Gonzaga, and this event showed them just how much they still needed to improve.



Cougar Crew Days

Amongst our usual Cougar Crew Days activities, we had the pleasure of christening not one, but THREE new shells. All of you who were in attendance helped make Class Day races, Alumni races, and the christening even more special. A huge thank you goes out to everyone who donated during the auction, and to those who helped us raise enough money to buy a new launch!



Above: Graduating Seniors (back left to right: Ryan Mather-Haaland, Ryan Krastins, Josh Benson, John Dorscher, Griffin Berger, Jake Brisson, Michael Sheremet; front left to right: Ashley Vu, Alyssa Kodama, Sidney Cross, Teresa Nguyen) Not pictured: Simone Parker



Above: Class Day winners (Seniors) take on two alumni boats in a 500 meter race after racing against Gonzaga

Cougar Crew Days continued



Left: Officer Elects 2016-2017 from left to right:
Zach Morgan (So): Travel Coordinator
Alex Ashton (So): Historian/Webmaster
Ryan Gehring (So): Vice Commodore
Donovan Labriola (Jr): Recruiting
August Boyle (Jr): Commodore
Raquel Guerra-Lewis (Fr): Publisher
Nathaniel Herrera (Fr): UREC Liaison
Kurin Pandher (Fr): Treasurer



Left: View from
the auction

Cougar Crew Days continued



Above left to right: Curtis Treiber christening the pair, “Thurber”; Ken Struckmeyer and Doug Engle christening the convertible 4+/x, “Meatwagon ‘79”;

the Iseminger family christening the 8+, “Leonard ‘Lenny’ Iseminger”. The Treiber family has been generous in their donations to help the team purchase new boats, and it is only fitting for our final pair to be given Curtis’ nickname. The Meatwagon is named in honor of the 4+ that won IRA in 1979, and the Lenny is named after long-time supporter and former rower and coach Ernie Iseminger’s late father.

Fawley Cup

Written by: Ridge Peterson

The weekend after Spring Break, the entire Cougar Crew family gathered at the Snake River, on a bright and sunny day for the Fawley Cup. Our teams were eager to prove themselves and excited to compete. We had spent the last week in the Tri-Cities, rowing every afternoon and every morning, working to be the best team we could be and preparing for the first race of the spring season. For some of us Novice who had only begun rowing this semester, this was our first race ever. Alumni, families, and friends crowded the dock at the boathouse. At once, rowers and coxswains stepped into their boats, WSU and Gonzaga alike. The Novice men would race first. Our 1st Novice boat, fought a close battle with their counterpart from Gonzaga and was only narrowly defeated, posting a race time of 7:08.39. Our second N8 raced against Gonzaga's 3V8 and put up a strong fight, but also fell short. The varsity boats were up against two tough opponents who both had sub-7:00 times.



Above: 2V8

Fawley Cup continued

Our own 1V8 posted a 7:06.81. After pulling away from Gonzaga, they were able to sit about one seat up on them, but just before the 1000 meter mark, they caught a major boat stopping crab, which allowed Gonzaga to walk away. The 2V8 followed with a 7:18.6 to finish the Fawley Cup's events. The 2V8 rowed well together, but it just wasn't enough to keep up with Gonzaga. Although we did not come away with a victory against Gonzaga, many of the rowers and coxswains gained valuable experience that day.

Our annual Alumni Races closed out the day. Former Cougar Crew rowers battled it out against our Class Day winners, the Seniors, in a 500 meter race. This race was short, but exhilarating to watch! After the festivities, our team, coaches, and alumni celebrated the beginning of the spring racing season with the team banquet, complete with a major auction and awards night!



Above: 2N8

Husky Open

Written by: Tabitha Wheeler

The Lightweight Women attended Husky Open at the University of Washington for the second year in a row on April 2. The Varsity sent a confident 4+, similar to their silver medal ACRA lineup from 2015. The Novice raced an 8+ with two Varsity substitutes and a Varsity coxswain.

The Varsity 4+ placed second in the WV4+ at 8:21.52, just 5.18 seconds behind Lewis and Clark, beating Puget Sound by 30.1 seconds. The race was very exciting because they were holding with Lewis and Clark throughout and just barely lost the battle at the end.

The Novice mixed 8+ came fourth in the W3V8+ event with an 8:18.24. The start was strong and they were even with Pacific University until they edged past about 1,100 meters into the race. Pacific University held WSU off and came in third, 5.94 seconds ahead. Pacific University was able to pull so far ahead because WSU continued at race pace throughout the entire race.



Above: Novice Mixed 8+

Husky Open continued

They were unable to increase their rate or power in the last 300 meters. Some of the girls in the 8+ had only been rowing for a month, but they tried very hard and worked with the team to be strong enough to power through. Experience will help get the girls in the 8+ to embrace the sprint next time.

While neither of our boats came in first place, we were able to hold our own against open weight women from varsity programs and that gives us a lot of pride. Coach Giles Dakin-White was happy with the race performance, especially from the novice.

Right:
VLWT4+



San Diego Crew Classic

Written by: Chet Broberg and Alyssa Kodama

On April 1, the Men's Novice and Varsity Eights flew down to San Diego, California to compete in the San Diego Crew Classic. The team worked to improve their starts in preparation for this race. Coach Ericsson gave the coxswains more tools to use to get the boats back on track if any issues arose.

There were 18 teams in the Varsity race, and 16 in the Novice race, much larger fields than the Cougs first race of the season, where they only went against Gonzaga. The overall quality of the event was much higher in San Diego and Ericsson said it showed the team what a proper championship roster was like. The race itself featured both club and school funded programs that made for stiff competition. Many of the other teams had raced 3-4 times already this season while WSU only competed in the Fawley Cup. Describing this regatta, Ericsson said, "In one sense you're getting humbled by the very fast varsity programs, but at the same time you can really put yourself on the map if you go in there and turn some heads with a strong performance."



Above: N8

San Diego continued

On Saturday, the V8 began the day by racing in their heat. They were able to hold off UCLA to secure 4th place, which sent them to Petite finals. WSU finished with a time of 6:23.95, while UCLA was only 2 seconds behind. The N8 raced later earning 2nd place with a time of 6:53.74. This sent them to Grand finals, marking a historic event in Cougar Crew Novice performances.

Thrilled by what they accomplished the previous day, the Novice were eager to prove themselves in Grand finals. They began Sunday's racing and placed 6th with a time of 7:05.26. They faced notoriously fast programs like California, Oregon State, and Michigan. This was good exposure for the Novice because they will most likely face Orange Coast later at WIRA and ACRA, and Michigan at ACRA as well. The V8 finished off the day racing in Petite finals earning 4th place again with a time of 6:47.39, only 3 seconds behind Orange Coast. Notre Dame attempted to make a move to pass WSU, but WSU responded to finish 2 seconds ahead of Notre Dame. Similar to the Novice, the V8 will see competitors from their heat, UC Davis and Orange Coast again at WIRA and ACRA.



Above: V8

UW Duel

Written by: Benjamin Jakeman and Alyssa Kodama

We knew UW Duel would be the toughest race of the season, as UW is known as one of the most competitive teams in the nation. We would also face Oregon State, though not as fast as UW, they would still be a challenging crew to race. Even knowing how difficult it would be to win, let alone keep up with them, we went to race as hard as we could. Our main goal for this race was to beat our past times and to push ourselves to the brink of physical exhaustion.

The Montlake Cut was very scenic. It passed straight through a narrow concrete alleyway graffitied with signatures and mottos for UW's classes and teams. When the boats entered the concrete alleyway, it was the last 500 meters of the course. This is where each boat knew they would have to increase the power and be ready for the sprint.

Our Varsity 8 raced against both of the Second Varsity 8s from UW and OSU. They held right with OSU and UW off the start, but by the 1500 meter buoy, UW had pulled away and it became a two-boat race between OSU and WSU. Battling down the course, they continued to trade places, each boat attempting to take more seats on the other. By the last 500 meters, WSU was sitting



Right: V8

UW Duel continued

only a few seats down when OSU made a huge power move to increase their lead. The V8 finished with a 6:18.51, 8 seconds behind OSU. Although they came in 3rd, they finished the race in high spirits, proud for racing hard and posting the best time of the season so far.

The JV8 raced UW's 4th Varsity boat and were disappointed in their performance. They did not feel like they rowed well together, and finished with a time of 6:41.71, behind UW. The 1st Novice boat raced UW's 3V, 1N, and OSU's 3V. While our Novice were no match for these crews, they were able to get off the start line quickly and carry their excitement throughout the race to finish in 4th with a time of 6:34.3. Our 2nd and 3rd Novice boats raced UW's 2N and their Combination boat. Despite catching a crab during the race, our 2N was happy with their results and knew that if they could avoid crabs in future races, they would do very well. The 3N was unhappy with their results, but eager to get back to Pullman to continue practicing. The 2N and 3N finished with times of 6:45.08 and 7:28.24, respectively.



Right: N8

Stanford Invitational

Written by: Alyssa Kodama

For both the Novice and the Varsity, the Stanford Invitational would serve as an opportunity to seat race athletes to determine the best possible lineup for WIRA, PAC12s, and ACRA. The entire team had the unique experience of having the racecourse in the backyard of the hotel they stayed at. This made for easy travel to and from the hotel, it gave some the opportunity to watch races from their hotel rooms, and most importantly it allowed for those couple extra minutes of sleep. One of the most interesting aspects of this racecourse was that it was just barley over 2000 meters long. There was just enough space at the start line to fit two eights without hitting the rocks, and then once a boat crossed the finish line, they would immediately have to hold water to avoid hitting more rocks.

The Varsity 8 began the weekend by racing Orange Coast. It was a fairly close race, but by the 1000 meter mark, Orange Coast had pulled into a definitive lead. WSU finished with a 6:13.3, just 4 seconds behind OCC. Feeling like they finally shook out the stiffness from the long drive from Pullman, the V8 was excited and confident for their next race against UC Davis. Down slightly off the start, they were able to settle into their race pace and walk back on Davis. As the two boats went down the course, WSU was able to take seat after seat and responded to each move Davis tried to make. At 500 meters to go, Davis stepped it up for the sprint, but



Above: V8

Stanford continued

WSU had taken enough of a lead early on that it did not matter. WSU finished with their best time of the season, a 6:04.4, to beat Davis by 1 second. After this win, the boat was eager to race University of San Diego for their third race. Unfortunately, they caught a major boat stopping crab during their start sequence. After recovering, they bumped the rate up to try to make up for lost ground. Although they rowed well, USD was able to pull too far ahead to catch. WSU finished with a 6:15.6 while USD finished with a 6:00.2.

The Second Varsity 8 felt like they rowed well together, but their first race against Orange Coast left them unsatisfied. WSU finished with a 6:25.7, while Orange Coast finished with a 6:12.9. They came together after the race to develop a new race plan. Feeling confident in what they came up with, they were ready to take on UC Davis later that afternoon. The 2V8 had a great start and came off the line quickly. However, near the 1500 meter buoy they caught a boat stopping crab, completely halting their momentum. Similar to the V8, they recovered and raised the rate to try to make up the lost ground, but too much time had been lost due to the crab. WSU finished with a 6:41.0, while UC Davis finished with a 6:23.4. Shaking off what happened during the second race, the boat was ready to try their new strategy for their last race, hoping it would work. They stuck to an aggressive rate throughout the entire length of the course, but they lacked the practice and experience to make it effec-



Above: 2V8

Stanford continued

tive. University of San Diego took the win with a time of 6:11.9, while WSU crossed the finish line with a 6:37.8.

The Novice faced tough competition this weekend, but were able to stay strong. Racing Stanford's 3V8 in their first race they finished with a time of 6:18.8, only 5 seconds behind Stanford who finished with a 6:13.0. For their second race, they faced UC Santa Barbara's 3V8 as well. This was a challenging race as the boats were almost dead even coming into the last 500 meters. Santa Barbara pushed hard, but WSU was able to just edge them out to take the win. WSU finished with a time of 6:22.0 while Santa Barbara finished with a 6:23.4. In their last race they would face Santa Clara's 3V8. Another close race, but Santa Clara was able to take the win with a 6:18.2, while WSU had a 6:22.4.

Overall, the Stanford Invitational provided a good racing weekend and awesome amenities! The team is fortunate to have been given the opportunity to race there.

Right: N8

