

The Rigger



Fall Edition

Foundation Endowment Update

Interested in the current events of WWU Men's Crew?

*Please visit our NEW website at: **WWUCREW.COM***

To find our schedule, race reports, photos, history, and general information.

You can also join the mailing list and upload photos for everyone to see!!

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The Western Foundation is proud to announce that this summer the WWU Men's Crew endowment reached its minimum funding goal. After four years and the dedication of many, the fund has reached the minimum amount of \$20,000.00. The team will now receive an annual disbursement to assist in funding equipment and travel. This represents a proud moment ensuring the survival and success of the program.

In particular, the team would like to recognize the efforts of alum and former coach Cameron Moorehead. Through his tireless efforts, as well as his own financial commitment, Cameron has been integral in raising funds for the endowment. From sponsoring and organizing events such as the alumni golf tournament and the

entry at Head of the Lake, Cameron was always looking for ways to fund the endowment and the team's operating account. His dedication and energy honor both past and current members of the men's rowing team.

Please keep in mind that this proud accomplishment only represents a beginning. You're continued financial commitment only increases funding and resources for the future well being of the program. As the economy continues to batter college budgets this is the best way for the program to guarantee its financial future.

Finally I would like to thank all of you for your support over the last four years. I'm always proud to say that I 'm a member of Western Crew and am honored to be associated with such a fine group of people.

Marty Sauvage
Assistant Coach
Crew Member 1983-1986

Save The Date!

Join us April 24th for our Annual Alumni/Parents Day.

Come join the team, past and present, for the following activities:

- Varsity vs. Alumni 8's Challenge
 - Parents Learn to Row
 - Food & Socializing
- Afterwards, the annual Alumni Golf Tournament will be held for the 3rd year in-a-row. If interested, contact Cameron Moorehead for additional golf tournament information at: ctmoorehead@gmail.com

2008-2009 Season Re-Cap



Heading into fall training last season (2008-2009) we did not predict to have the season we did. The team began with only three returning rowers and one coxswain. Not to mention we lost our two senior leaders Chris De Vos and Jack Marolich. We knew going into the new season it was going to be a struggle to repeat our successes that we had during the previous year (finishing third in the Varsity Four, at WIRAs and making the trip to the Dad Vail Regatta).

It is funny, however, the way the a season can end up the exact opposite of beginning expectations. We had an outstanding group of Novice stick with the program through the spring season. There were only five but these Novices weren't your typical freshman rowers. They were thrown into a situation where many of them made a varsity boat and were expected to perform at a varsity level. They brought with them focus, determination, and individual leadership; all keys to



WIRA Novice 4+

success throughout training and racing.

Heading into spring racing season we knew we had a good group of guys, but still we were unsure as to how the team would stack up to other crews. To our satisfaction with only eight rowers and two coxswains, we took second in both the Varsity Eight and Varsity Four events, and third in the Novice Four event at NCRCs, our conference championship. In the varsity eight final we were 3 seconds off of first to UPS, but made up twelve seconds on them compared to our Lake Samish dual two weeks prior.

Next came WIRA's where we preformed to our best. Again the regatta was held in Sacramento but untypical to California weather, we had a weekend full of rain. Being from the Northwest we had no problem dealing with it and it may have worked to our advantage.

The Novice Four showed great fortitude by edging their way into the grand final by .3 seconds over University of San Diego. Their heat race was one of the most exciting of Saturday's qualifiers. On Sunday in the N4+ grand final, the boat went on to take fifth overall.

As for the Varsity Four the first heat went very well, with our crew and WSU finishing well ahead of the field by multiple boat lengths of open water. The qualifying race was an eventual set up for the grand final. During the grand final we felt as strong, fluid, and connected as we ever had. We launched out of the gate at 45 strokes per minute to take an early lead at the 250-meter mark. While WSU had pulled slightly ahead of the field, with

500 meters to go there was a three-way race for second and third place. During the last ten strokes of the race, our boat powered up to an intense 40 stokes per minute sprint to try and edge our way into second place, only to fall short to USD by 0.4 seconds. The race was the most exciting of the whole weekend with first through fourth place boats all having overlap with each other.

It was nice to find us on the medal stand for the second straight year at WIRAs. That was thought to be the last race of the 2008-2009 season. The team went for the celebratory binge at In-N-Out Burger and headed back home.

The following morning expecting to be able to sleep in undisturbed for the first time in four months, the rowers were woken up by a call from Maggie Swidler our varsity coxswain. She had found out that the WWU Club Sport Department was able and willing to send us to Oakridge, Tennessee for the ACRA National Championship Regatta (American Colligate Rowing Association). Two years ago after IRAs no longer recognized club teams, the ACRA was created and become collegiate club nationals.

Continued on next page



ACRA Varsity 4+

Season Re-Cap Continued...

We seized the opportunity for a chance to race at a great national level regatta. Only the varsity 4 was able to make the trip and the rowers were once again in sprint training mode for another three weeks. The four was lucky enough to train on Lake Samish, racing against the women's varsity eight daily. Running race pieces against them proved to be much more enjoyable and effective than training against a clock. Coach Marty took the varsity four through our last weeks of training, helping us continue to improve our speed on the water. Unfortunately, neither Josh or Marty were able to make the trip to Tennessee, so we asked our future novice coach (for the 2009-2010 season) Jack Marolich to join us and help with rigging and taking us through the last days of prerace training. So six of us (Maggie Swidler, Jason Syms, Andy Craig, Myles Knutson, Bobby Marssee, and Jack Marolich) headed to SeaTac for the four-day trip.

Upon arrival to Tennessee, we borrowed a boat from Lehigh University. Jason Moorhead, WWU crew alumni, is the head coach for Lehigh's Men's team and was generous enough to let us use their top-of-the-line shell. We

raced in "The Hawk" a newer Vespoli V1 four, the same boat used the year prior at the Dad Vail Championship. After one day of pre-race training we headed out to our first heat race. The team had a mutual feeling of uneasiness. We had never raced most of the schools in our heats and many of the teams were from the biggest schools in the nation, such as Louisiana State, Michigan State, the United States Military Academy, Kansas State, Notre Dame, and Ohio State.

After our first heat the anxious feeling quickly subsided when we beat the field by multiple lengths of open water. On the other hand, the semifinals proved much stiffer competition. We had lined up next to Penn State, who we had seen last year in the semifinals at the Dad Vail Regatta, where they edged us out of the grand finals by 0.3 seconds. It was a good race and Penn State (who returned with the same 4 rowers as the previous year) took first and we followed closely behind just several seconds back.

In the finals we lined up again against Penn State as well as another good crew from the University of Dayton. As the race started we took the early lead at the 250-meter mark after the be-

ginning sprint, however, Dayton and Penn State started to overtake us at about the 1000-meter mark. It was a race between us and the University of Rhode Island for third, who we had edged out in the previous day's semifinal. The race did not feel as smooth as our grand final race three weeks prior at WIRAs. With a very close sprint at the end, Rhode Island nosed ahead in the last few strokes and we finished 4th by two seats, a very close race.

After the race we found the best Southern Style BBQ House to do what rowers do best, eat to a painful feeling of satisfaction. The racing season had finally come to an end and though disappointed to come up just short of the medal stand, we looked back to where we started the year to find that we had a very successful season. Beginning the season with only three returning rowers and taking fourth place at a national championship regatta is a tremendous accomplishment!

Jason Syms
2007-Present

Myles Knutson
2007-Present



Thanks to Jason Moorehead and the Lehigh men for lending us The Hawk. With your help and support the Vikings were able to place **4th** overall at Collegiate Club Nationals, ACRAs!

A Novice's Perspective



I remember last year, on one particularly cold, wet and miserable morning on the dock, a fellow novice rower squinted at me through the downpour. His eyes were tired, and he was drenched in rain from head to toe. He said to me, "Man, what the hell are we doing here?"

For the most part, I think of college aged men as having fairly simple, straightforward motivations. When we get hungry, we eat. When we get tired, we sleep. When we get bored, we go out. When someone farts, we laugh. But the question Jeff posed to me that day had me stumped. What on earth could possess anyone to wake up at 4 in the morning, drive to a lake, get cold, wet, exhausted, and likely yelled at?

Most anyone who has rowed will tell you about the joys of rowing. Like an old fisherman, a rower will never miss the chance to tell you the amazing feeling of the greatest row they'd ever had, when the blades fell silently into the water with no sound but the air bubbles passing under the hull. They'll tell of the glorious race when they pushed through unimaginable pain harder than any other crew and how it seemed such a small price to pay as they exalted at the finish line. Oarsmen are dramatic.

They may forget to mention days like the one that caused Jeff to ask me that ques-

tion. The long hours spent in the dark, cold, choppy water, oars slapping the whitecaps while rain pours into your open mouth, gasping for air. The freezing wind seems to snap and bite at the sweat on the back of your neck; it blows across the boat angrily rocking the fragile shell from side to side. The freezing oar handles stick to your bloody hands. And you also got 4 hours of sleep last night.

There's nothing cool about it, there's no glorious moment to be had at the end. It just sucks. The end.

It is the essence of rowing. Every time we step into the boat, tie our feet down, and push off the dock, we are balanced delicately between two extremes: the "symphony of motion" of a brilliantly rowed shell, a feeling that can move even oldest rowing veterans to tears... and the maddening struggles of a terrible day on the water.

I still remember a day when it seemed nothing could go wrong. I felt the perfectly balanced boat gliding under me across the glassy water. We had only to maintain speed, and watch the puddles from our oars drift silently away from us as the sun rose over the lake. I remember coming into the dock and feeling as though I never wanted to row again. I wanted to hold that feeling forever, to never let it go. How could I ever soil something so beautiful with a clumsy day crashing through the lake?

I wanted to tell myself that THAT feeling was rowing. But I was wrong. Its only half.

Andrew Lapidus
2008-Present



Varsity 8+ practicing on Lake Whatcom

"It is one of the strange ironies of life that those who work the hardest, who subject themselves to the strictest discipline, who give up certain pleasurable things in order to achieve a goal, are the happiest."

Brutus Hamilton

Fall & Spring Racing Schedule

Come see us race at any of the following regattas!

- **November 7th, 2009** — WWU & WSU Duel — Whatcom — Bellingham, WA
- **March 27th, 2010** — Daffodil Regatta— American Lake — Tacoma, WA
- **April 3th** — Husky Invitational — Lake Washington — Seattle, WA
- **April 10th** — UPS Duel — Lake Samish — Bellingham, WA
- **April 17th** — NCRC Championship — Lake Stevens – Lake Stevens, WA
- **April 24th** — Alumni/Parents Day — Lakewood Boathouse – Lake Whatcom
- **May 1st & 2nd** — WIRA Championship — Lake Natoma — Rancho Cordova, CA
- **May 7th & 8th** — Dad Vail Championship — Schuylkill River — Philadelphia, PA
- **May 22nd & 23rd** — ACRA Club Championships — TBD

Team Roster

Rowers:

- Daniel Canham
- Robert Capelluto
- John Davis
- Thomas Downy
- Loren Elliot
- Brandon Heller
- Andrew McNabb
- Erwin Molon
- Kevin Olsen
- Blain Peterson

- Chris Savage
- Walker Hedrick
- Ryan Bainbridge
- Vaughn Knoeppel
- Taylor Council
- Myles Knutson
- Jason Syms
- Jeff Nesbitt
- Matt Reider
- Patrick Shum
- Andrew Lapidus

Coxswains:

- Maggie Swidler
- Melissa Eyre
- Danni Armstrong
- Tamara Langowski

Coaches:

- Josh Griesse
- Jack Marolich
- Marty Sauvage

Help the Team Make a WWU Men's Crew Wall of History!!!

The team is lacking a sense of the great history that has gone into the WWU Men's Crew Program. There have been many fast boats, dedicated athletes, and successful crews that deserve a permanent spot in the boathouse. I would like to collect as many yearly team photos as possible. Currently, we have team photos going back to 2005, but need your help to get many more. If you are interested in contributing to the effort, here is what you can do: Contact me at jack.marolich@gmail.com. The pictures will be on a first come basis, first person to have the photo, knocks that year off the list of needed pictures. If you have multiple photos, Great! Along with the photo will be a \$50 donation to resize, frame, and mount the photo, with the proceeds going to the team's operating account. I will provide further details about where to send the hard or digital copy along with payment info. I look forward to making the Wall of History a reality!!

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MS 9098

516 High ST

Bellingham, WA 98225-9962