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## Crews Trade Lakes For Willamette's Currents Governor's Cup Up Next; SPU Takes 3 At NCRC

**Salem trials.** Seattle Pacific University's crews will switch from calm lake waters to the sometimes tricky currents of the Willamette River Saturday (Apr. 10) at the Governor's Cup in Salem. Another contrast will be the smaller fields as the Falcons face two- and three-boat races against the likes of Lewis & Clark, Humboldt State and host Willamette. Next week the Falcons venture to Eureka, Ca., for the final precursor to the conference championships, the Blue Heron Redwood Sprints.

**It could be swell.** If the past is a predictor, this could be a sweet Easter weekend for the Falcons. All five boats—the women's varsity and junior varsity fours, and the men's varsity, lightweight and JV fours—have beaten their opposition at least once already this season. The women's four remains undefeated in three outings (average margin of 19 seconds) and has won 11 of 13, dating back to last season.

**Taking 3 at NCRC.** In perhaps a preview of the conference regatta to come later this month, the Seattle Pacific fleet fared well at the Northwest Collegiate Rowing Conference Invitational last week on Vancouver Lake. The Falcons claimed three titles, including the women's varsity four and men's lightweight and novice fours in ideal conditions. Many of the same teams will meet again Apr. 24 for the NCRC Championships in Lake Stevens. SPU won its third straight women's four race and once again did so with a decisive sprint to prevail by 16 seconds over Oregon. The junior varsity four, losing the lead in the last 250 meters, was third behind Orange Coast and Puget Sound. Racing in an exclusively lightweight field, the Seattle Pacific men measured their first win, finishing more than a boat-length in front of Willamette. The same crew was satisfying second place in the varsity four category. Meanwhile, the junior varsity four, in its first race as a crew, pulled within 2.1 seconds of UPS. The novices show NCRC title potential, beating Lewis & Clark by two lengths.

### Last week's results:

#### Women's

Varsity 4: 1-Seattle Pacific 7:38.8, 2-Oregon 7:54.2, 3-Portland 8:04.1, 4-UC San Diego 8:16.5, 5-Pacific Lutheran 8:30.4, 6-Mills 8:37.1

Junior Varsity 4: 1-Orange Coast 7:59.3, 2- Puget Sound 8:01.5, 3-Seattle Pacific 8:04.4, 4-Humboldt State 8:37.3, 5-Portland 8:44.8, 6-Lewis & Clark 8:58.8

#### Men's

Varsity 4: 1- Puget Sound 6:53.5, 2-Seattle Pacific 6:58.9, 3-Lewis & Clark 7:02.9, 4-Willamette 7:11.5, 5-Portland 7:18.0

Light 4: 1-Seattle Pacific 7:00.4, 2-Willamette 7:07.9, 3-Puget Sound 7:08.8

Junior Varsity 4: 1- Puget Sound 7:03.4, 2-Seattle Pacific 7:05.5, 3-Puget Sound B 7:10.5, 4-Lewis & Clark 7:25.7, 5-Western Washington 7:26.0, 6-Portland 7:29.5, 7-Oregon 7:45.7

Novice 4 (Final): 1-Seattle Pacific 7:10.9, 2-Lewis & Clark 7:19.3, 3-Willamette 7:24.1, 4-Western Washington 7:25.3, 5-Puget Sound 7:49.5, 6-Portland State 8:06.0

### Women's lineups.

Varsity 4: Stroke—Sarah Zorn; 3—Andi Martineau; 2—Heidi Visser; Bow—Carly Bollen; Coxswain—Joanna Hodgkiss.

## 2004 ROWING

### SPU Quick Facts

Coach—Keith Jefferson, 14th year  
Assistant—Jessie Pennington

### This Week's Schedule

Sat., Apr. 10, 8 a.m.

Governor's Cup

Willamette River, Salem, Or.

### Last Week's Highlights

SPU won the women's varsity four, men's light four and men's novice four categories at the NCRC Invitational

### Stat de jour

The women's varsity four is 3-0 this season and has won 11 of its last 13

### 2004 Season Schedule

Mar. 13 Preseason Scrimmage

Mar. 27 Daffodil Cup

Apr. 3 NCRC Invitational

Apr. 10 Governor's Cup

Apr. 17 Blue Heron Redwood Sprints

Apr. 24 NCRC Championships

May 1-2 WIRA Championships

May 7-8 Dad Vail Regatta

May 9 ECAC Nat'l Invit. Champs.

May 15 Pacific Coast Championships

June 18-20 Henley Women's Regatta

*Junior Varsity 4:* Stroke–Megan Sweeney; 3–Elise Spencer; 2–Alicia Apple; Bow–Laura Colby; Coxswain–Sue Weiseth

### Men's lineups.

*Varsity 4:* Stroke–Joel Braman; 3–Trevor Winters; 2–David Stalsbroten; Bow–Ryan Suess; Cox–Emily Thomas.

*Varsity Light 4:* Stroke–Joel Braman; 3–Trevor Winters; 2–David Stalsbroten; Bow–Ryan Suess; Cox–Emily Thomas.

*Novice 4:* Stroke–Phil Chase; 3–Jeremy Bryant; 2–Jason Mobley; Bow–Danny Simmons; Coxswain–Emily Fletcher

*Varsity Light 4:* Stroke–Joel Braman; 3–Trevor Winters; 2–David Stalsbroten; Bow–Ryan Suess; Cox–Emily Thomas.

*Varsity Pair:* Stroke–Dave Carson; Bow–John Paul Ramirez.

*Junior Varsity 4:* Stroke–Dave Carson; 3–Jeremy Bryant; 2–Jason Mobley; Bow–John Paul Ramirez; Coxswain–Kristina Richards

**Short strokes.** Besides racing against an often fast current, the Governor's Cup course also offers obstacles (bridge pylons and sometimes debris) and the fact that Willamette trains on the river regularly...Heidi Visser returned to the varsity four lineup last week after stroking the JV boat for the first two regattas. Visser was the No. 2 seat last year.

**SPU Coaches.** Keith Jefferson has steered Seattle Pacific University into uncharted waters in national prominence during his 13-year tenure as head coach. In the past five years alone, Jefferson's Falcons have claimed national titles in six events, medaled in four others and won regional crowns in eight. A past oarsman, alumnus and assistant coach, Jefferson became the fifth head coach at Seattle Pacific University in the fall of 1990. In 2003 he took a leave of absence after being called up to active duty with the U.S. Marine Corps. A lieutenant colonel in the reserves, Jefferson was an active member of the Marines from 1983-87. Jefferson succeeded Jim Schultz as coordinator of the program after serving two seasons as an assistant. A graduate of Bothell High School, Jefferson rowed for Seattle Pacific from 1979-83. He was a member of the light four which advanced to the semifinal at the Dad Vail Regatta in Philadelphia in 1982. Keith and his wife Lori have a son, Randy, and daughter, Emma, and reside in the Greenwood neighborhood of Seattle.

### 2004 Rowing Roster

<i>Women's Team</i>	<i>Yr</i>	<i>Pos</i>	<i>Exp</i>	<i>Hometown (High School)</i>
Alicia Apple	So.	O	1V	Sequim, Wa. (Sequim)
Carley Bollen	So.	O	1V	Missoula, Mt. (Valley Christian)
Laura Colby	Fr.	O	Nov	Littleton, Co. (Denver Christian)
Joanna Hodgkiss	Sr.	Cox	3V	Tacoma, Wa. (Puyallup)
Andi Martineau	Sr.	O	2V	Superior, Mt. (Superior)
Kristina Richards	Sr.	L	2V	Boise, Id. (Timberline)
Elise Spencer	Fr.	O	Nov	Clinton, Wa. (South Whidbey)
Megan Sweeney	So.	O	Nov	Wilsonville, Or. (Wilsonville)
Heidi Visser	Sr.	O	2V	Wenatchee, Wa. (Wenatchee)
Sue Weiseth	Fr.	Cox	Nov	Sammamish, Wa. (Skyline)
Sarah Zorn	Jr.	O	2V	Mercer Island, Wa. (Lahser)
<i>Men's Team</i>	<i>Yr</i>	<i>Pos</i>	<i>Exp</i>	<i>Hometown (High School)</i>
Joel Braman	Sr.	L	3V	Wyoming, Mi. (Calvin Christian)
Jeremy Bryant	Fr.	O	Nov	Gig Harbor, Wa. (Gig Harbor)
David Carson	So.	O	1V	Renton, Wa. (Kentridge)
Phil Chase	Fr.	O	Nov	DuPont, Wa. (Charles Wright)
Emily Fletcher	Fr.	Cox	Nov	Issaquah, Wa. (Issaquah)
Ryan Flynn	So.	O	Nov	Sammamish, Wa. (Skyline)
Jason Mobley	Jr.	O	Nov	Burien, Wa. (Highline)
Jon Paul Ramirez	Sr.	O	1V	Chicago, Il. (Hinsdale Central)
Danny Simmons	Fr.	L	Nov	Boise, Id. (Eagle)
David Stalsbroten	So.	L	1V	Anacortes, Wa. (Anacortes)
Ryan Suess	So.	L	1V	Ferndale, Wa. (Ferndale)
Emily Thomas	Jr.	Cox	2V	Grants Pass, Or. (Grants Pass)
Tyler Van Stright	Sr.	O	3V	Grand Rapids, Mi. (Grand Rapids Christian)
Trevor Winters	Sr.	L	3V	Spokane, Wa. (North Central)

Head Coach: Keith Jefferson  
Assistant Coach: Jessie Pennington

### 2004 Boat Lineups

#### Women's

##### Varsity 4

Stroke–Sarah Zorn

3–Andi Martineau

2–Heidi Visser

Bow–Carly Bollen

Cox–Joanna Hodgkiss

##### Junior Varsity 4

Stroke–Megan Sweeney

3–Elise Spencer

2–Alicia Apple

Bow–Laura Colby

Cox–Sue Weiseth

#### Men's

##### Varsity 4

Stroke–Joel Braman

3–Trevor Winters

2–David Stalsbroten

Bow–Ryan Suess

Cox–Emily Thomas

##### Varsity Pair

Stroke–Dave Carson

Bow–John Paul Ramirez

##### Lightweight 4

Stroke–Joel Braman

3–Trevor Winters

2–David Stalsbroten

Bow–Ryan Suess

Cox–Emily Thomas

##### Novice 4

Stroke–Phil Chase

3–Jeremy Bryant

2–Jason Mobley

Bow–Danny Simmons

Cox–Emily Fletcher

##### Junior Varsity 4

Stroke–Dave Carson

3–Jeremy Bryant

2–Jason Mobley

Bow–John Paul Ramirez

Cox–Kristina Richards

## 2004 Women's Crew Results

Mar. 13 **Preseason Scrimmage**

*American Lake/Tacoma, Wa.*

V4: 1-Seattle Pacific A 7:40.0, 2-Pacific Lutheran A 8:07.4, 3-Seattle Pacific B 8:11.2, 4-Pacific Lutheran B 8:15.5, 5-Pacific Lutheran C, 8:40.2

Mar. 27 **Daffodil Cup**

*American Lake/Tacoma, Wa.*

V 4: 1-Seattle Pacific 9:04.1, 2-Pacific Lutheran 9:18.9, 3-Puget Sound "B" 9:37.3, 4-Lewis & Clark 9:42.6, 5-Puget Sound "A" 9:50.3, 6-Savannah 9:52.1

JV 4: 1- Western Washington 9:50.0; 2-Seattle Pacific 10:08.0, 3-Puget Sound 10:13.7, 4-Lewis & Clark 10:41.0

Apr. 3 **NCRC Invitational**

*Vancouver Lake/Vancouver, Wa.*

V4: 1-Seattle Pacific 7:38.8, 2-Oregon 7:54.2, 3-Portland 8:04.1, 4-UC San Diego 8:16.5, 5-Pacific Lutheran 8:30.4, 6-Mills 8:37.1

JV4: 1-Orange Coast 7:59.3, 2- Puget Sound 8:01.5, 3-Seattle Pacific 8:04.4, 4-Humboldt State 8:37.3, 5-Portland 8:44.8, 6-Lewis & Clark 8:58.8

## 2004 Men's Crew Results

### Mar. 13 Preseason Scrimmage

*American Lake/Tacoma, Wa.*

V4: 1-Seattle Pacific A 6:46.0, 2-Pacific Lutheran A 7:00.0, 3-Seattle Pacific B 7:15.0, 4-Pacific Lutheran B 7:18.4

N4: 1-Seattle Pacific 7:09.7, 2-Pacific Lutheran 8:09.5

### Mar. 27 Daffodil Cup

*American Lake/Tacoma, Wa.*

V4: 1-Western Washington 8:00.0, 2-Puget Sound 8:18.0, 3-Savannah 8:30.0, 4-Seattle Pacific 8:34.0, 5-Washington State 8:41.0, 6-Pacific Lutheran 8:41.7, 7-Lewis & Clark 9:04.0

N 4: 1-Seattle Pacific 8:34.3, 2-Lewis & Clark 8:44.3, 3-Western Washington 9:01.7, 4-Pacific Lutheran 9:13.3, 5-Puget Sound 9:57.3

Varsity Pair: 1-Seattle Pacific 9:23, 2-Puget Sound 10:03, 3-Savannah 10:42

JV4: 1-Seattle Pacific "A" 8:27.51, 2-Puget Sound "B" 8:29.0, 3-Puget Sound "A" 8:36.1, 4-Pacific Lutheran 8:52.1, 5-Lewis & Clark "A" 8:55.0, 6-Seattle Pacific "B" 8:57.5, 7-Lewis & Clark "B" 9:11.0, 8-Western Washington 9:21.01

### Apr. 3 NCRC Invitational

*Vancouver Lake/Vancouver, Wa.*

V 4: 1-Puget Sound 6:53.5, 2-Seattle Pacific 6:58.9, 3-Lewis & Clark 7:02.9, 4-Willamette 7:11.5, 5-Portland 7:18.0

L4: 1-Seattle Pacific 7:00.4, 2-Willamette 7:07.9, 3-Puget Sound 7:08.8

N4 (Final): 1-Seattle Pacific 7:10.9, 2-Lewis & Clark 7:19.3, 3-Willamette 7:24.1, 4-Western Washington 7:25.3, 5-Puget Sound 7:49.5, 6-Portland State 8:06.0

JV4: 1-Puget Sound 7:03.4, 2-Seattle Pacific 7:05.5, 3-Puget Sound B 7:10.5, 4-Lewis & Clark 7:25.7, 5-Western Washington 7:26.0, 6-Portland 7:29.5, 7-Oregon 7:45.7