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Falcon Fleet: California, Here They Come SPU Wins 3 At Salem; Redwood Sprints Next

Shells by the seashore. There will be plenty of shells within view from the shores of Humboldt Bay when the Seattle Pacific University crews join six other teams for the Blue Heron Redwood Sprints in Eureka, Ca., Saturday (Apr. 17). The Falcons, in their final tune-up prior to the conference championships, will face the likes of Willamette, California, Cal Maritime, Oregon, Mills and host Humboldt State. The Northwest Collegiate Rowing Championships are Apr. 24 at Lake Stevens, Washington.

Sprints of tides. The Redwood Sprints are unique in a several ways. Humboldt Bay is a tough course, with river and tidal currents. This regatta is also a great chance to preview some of the California crews not normally seen prior to the regional championships. It is also the sight of the women's varsity four's last loss. SPU will race women's boats in the varsity four and junior varsity four categories, and men's boats in the varsity four, light four, novice four and JV four. The Falcons are defending regatta champion in the women's JV four.

Fours collect four. The women's varsity four remained unbeaten while the men's crews picked up three wins in four races at the Governor's Cup Regatta on the Willamette River last week. The SPU women's four went to 4-0 on the season and won for the 12th time in 14 outings, dispatching its junior varsity teammates and Lewis & Clark with considerable open water in ideal conditions. The men got back-to-back wins out of their lightweight four, first in that category by nearly two boat-lengths, and then the junior varsity open race by 10 seconds. Winning their fourth race in a row was the novice four. The varsity four was third behind Lewis & Clark and Humboldt State. Since all but the last 350 meters are rowed against the current, the course was shortened to approximate the effort and time to complete a standard 2000-meter race.

Short strokes. Willamette defeated the SPU women's four by more than 7 seconds last season at the redwood Sprints...Coach **Keith Jefferson** actually used a junior varsity (which included two novices) boat in the men's varsity race. Following a rough start, that crew put on a strong sprint to nearly catch Humboldt for second place. A JV boat was then quickly assembled from two open and two lightweights yet won nevertheless...Jefferson believes his light four has the potential to do well on a national level next month...Humboldt withdrew from the women's JV race, forcing the young Falcon boat (three novices and a sophomore) to move up to the varsity race...Lewis & Clark's novice four is coached by former rower and SPU assistant coach Josh Adam.

Last week's results:

Women's
Varsity 4: 1-Seattle Pacific varsity 7:27.96, 2-Seattle Pacific JV 7:56.54, 3-Lewis & Clark 8:11.17

Men's
Varsity 4: 1-Lewis & Clark 6:45.21, 2-Humboldt State 6:49.32, 3-Seattle Pacific 6:51.98
Light 4: 1-Seattle Pacific 6:30.33, 2-Willamette 6:38.82
Novice 4: 1-Seattle Pacific 6:34.64, 2-Lewis & Clark 6:47.77, 3-Humboldt State 7:21.10

2004 ROWING

SPU Quick Facts

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

This Week's Schedule

Sat., Apr. 17, 8 a.m.
Blue Heron Redwood Sprints
Humboldt Bay, Eureka, Ca.

Last Week's Highlights

At the Governor's Cup, Seattle Pacific took first place in the women's varsity four, men's light four, jayvee four and novice four categories

Stat de jour

The women's varsity four's last loss came at the Blue Heron Redwood Sprints a year ago, to Willamette

Streaks & Such

SPU has three unbeaten crews: men's light four, men's novice four and women's varsity four

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: 1-Seattle Pacific 6:19.85, 2-Willamette 'A' 6:29.52, 3-Willamette 'B' 7:35.56

Women's lineups.

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

Junior Varsity 4: Stroke–Megan Sweeney; 3–Alicia Apple; 2–Elise Spencer; Bow–Laura Colby; Coxswain–Emiy Fletcher

Men's lineups.

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

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–Joel Braman; 3–Trevor Winters; 2–Dave Carson; Bow–John Paul Ramirez; Coxswain–Emily Thomas

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.

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–Alicia Apple
2–Elise Spencer
Bow–Laura Colby
Cox–Emily Fletcher

Men's

Varsity 4

Stroke–Dave Carson
3–Jeremy Bryant
2–Jason Mobley
Bow–John Paul Ramirez
Cox–Kristina Richards

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–Joel Braman
3–Trevor Winters
2–Dave Carson
Bow–John Paul Ramirez
Cox–Emily Thomas

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
- Apr. 10 **Governor's Cup Regatta** *Salem, Or./Willamette River*
V4: 1-Seattle Pacific 'A' 7:27.96, 2-Seattle Pacific 'B' 7:56.54, 3-Lewis & Clark 8:11.17

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
N4: 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
V2: 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.

V4: 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: 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

Apr. 10 Governor's Cup Regatta

Salem, Or./Willamette River

V4: 1-Lewis & Clark 6:45.21, 2-Humboldt State 6:49.32, 3-Seattle Pacific 6:51.98
L4: 1-Seattle Pacific 6:30.33, 2-Willamette 6:38.82
N4: 1-Seattle Pacific 6:34.64, 2-Lewis & Clark 6:47.77, 3-Humboldt State 7:21.10
JV4: 1-Seattle Pacific 6:19.85, 2-Willamette 'A' 6:29.52, 3-Willamette 'B' 7:35.56