

206/281-2772 voice | 206/281-2266 fax | frmacdon@spu.edu | www.spu.edu/falconsonline

## NCRC Begins Final Rowing Sprint Saturday Varsity Women, Novice Men Take First Losses

**Into the deep end.** The rowing season enters the championship phase beginning this weekend, when Seattle Pacific University sends its men's and women's teams to the Northwest Collegiate Rowing Championships on Lake Stevens Saturday (Apr. 24). The Falcons will be joined by crews from Humboldt State, Lewis & Clark, Pacific Lutheran, Puget Sound, Seattle University, Western Washington and Willamette. Next week, SPU goes to the Western Intercollegiate Rowing Association Championships near Sacramento.

**Dare we say dynasty?** Seattle Pacific is synonymous with four-oared boats within the region, and two of its crews seem to be interchangeable with the term 'conference champion.' The Falcons are seeking their sixth straight women's varsity four NCRC title and the fifth women's novice four crown in six years. The two categories are intertwined, of course. This year's varsity four lineup features three rowers—stroke **Sarah Zorn** (Jr., Mercer Island, Wa./Lahser), **Heidi Visser** (Jr., Wenatchee, Wa.) and **Andi Martineau** (Jr., Superior, Mt.)—who were NCRC champs as novices in 2002 and as varsity members a year ago. SPU is also defending conference titles in the men's lightweight four, novice four and varsity pair categories Saturday.

**Same time, last year.** For those who believe more is learned from a loss than a win, last week's Blue Heron Redwood Sprints results were just the tonic for the Falcons. Two crews, the women's varsity four and men's novice four, were knocked from the unbeaten ranks. Contributing to the women's third-place showing was a last-minute lineup shuffle when Martineau experienced back spasms. It marked the second straight year that the varsity has been upset on Humboldt Bay, both times by Willamette. Last season, the Falcons rebounded to beat the Bearcats at the NCRC en route to the national championship. Similarly, the men's novice four was beaten at the Redwood Sprints in 2003 and came back to win the conference a week later.

**A day at the races.** Last week in Eureka, Ca., the Falcons got three wins and two silvers. The men's lightweight four went to 3-0 by edging California by 1.67 seconds. Also taking first were the men's and women's junior varsity fours, each by more than a boat-length. Willamette finished 10 seconds ahead of Humboldt State and 17.7 ahead of SPU in the women's four final. A late sprint came up short for the men's novice four, taking second to Cal by 1.06 seconds. The men's varsity four was also runner-up to the Golden Bears.

**Short strokes.** Coach **Keith Jefferson** said a strong incoming tide, combined with a tail wind, effectively shortened last week's races by as much as 500 meters, and the finish times (as low as 5:22 in the men's novice four) support that theory...Looking ahead, Jefferson plans to take the women's varsity and men's pair, light four and novice four to the WIRA Championships. He has petitioned to enter the women's JV four in the varsity race as well...The men's light and novice fours are likely going to the Dad Vail Regatta May 7-8 in Philadelphia while the women's varsity four would go to the ECAC National Invitational Championships May 9 in Worcester, Ma., the Pacific Coast championships in Rancho Cordova, Ca., May 15 and the Henley Women's Regatta.

### Last week's results:

*Women's*  
Varsity 4 – 1-Willamette 6:15.10, 2-Humboldt State 6:25.35, 3-Seattle Pacific 6:28.3, 4-Oregon 6:39.53, 5-Mills College 6:52.03

## 2004 ROWING

### SPU Quick Facts

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

### This Week's Schedule

Sat., Apr. 24, 8 a.m.

Northwest Collegiate Rowing Champs.  
*Lake Stevens, Lake Stevens, Wa.*

### Last Week's Highlights

At the Blue Heron Redwood Sprints, Seattle Pacific took first place in the men's and women's jayvee fours and men's light four categories

### Stat de jour

The lone remaining undefeated boat in the SPU fleet is the men's lightweight four at 3-0

### Streaks & Such

Seattle Pacific is seeking its sixth straight women's varsity four conference championship and its fifth women's novice four crown in six years

### 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

JV 4: 1-Seattle Pacific 6:26.08, 2-Humboldt State 6:32.12, 3-Willamette 6:39.72, 4-Mills 6:45.29

*Men's*

Varsity 4: 1-California 5:22.58, 2-Seattle Pacific 5:28.10, 3-Cal Maritime 5:30.66, 4-Oregon 5:33.94, 5-Willamette 5:35.33, 6-Humboldt State 5:41.26, 7-Oregon B 6:04.53.

JV 4: 1-Seattle Pacific 6:00.93, 2-California 6:09.16, 3-Willamette 6:12.45.

Single: 1-Oregon NA, 2-Seattle Pacific NA

Light 4: 1-Seattle Pacific 5:54.97, 2-California 5:56.64, 3-Willamette 6:10.61, 4-Cal Maritime 6:54.14

Novice 4: 1-California 6:36.87, 2-Seattle Pacific 6:37.93, 3-Sonoma State 6:51.20, 4-Cal Maritime 7:03.83, 5-Oregon 7:07.03, 6-Willamette 7:17.03, 7-Humboldt State 7:20.70

**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–Joel Braman; 3–Trevor Winters; 2–David Stalsbrotten; Bow–Ryan Suess; Cox–Emily Thomas.

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

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

*Single:* Tyler Van Stright

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

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

**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. (Kentrige)
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 Stalsbrotten	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

Lightweight 4

Stroke–Joel Braman

3–Trevor Winters

2–David Stalsbrotten

Bow–Ryan Suess

Cox–Emily Thomas

Varsity Pair

Stroke–Dave Carson

Bow–John Paul Ramirez

Varsity Single

Tyler Van Stright

Junior Varsity 4

Stroke–Dave Carson

3–Jeremy Bryant

2–Jason Mobley

Bow–John Paul Ramirez

Cox–Kristina Richards

Novice 4

Stroke–Phil Chase

3–Jeremy Bryant

2–Jason Mobley

Bow–Danny Simmons

Cox–Emily Fletcher

## 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
- Apr. 17 **Blue Heron Redwood Sprints** *Eureka, Ca./Humboldt Bay*  
Team Standings: 1-Willamette 36, 2-Humboldt State 34, 3-California 22, 4-Oregon 12, 5-Seattle Pacific 7, 6-Mills College 7, 7-Sonoma State 5, 8-Cal Maritime 0  
V4: 1-Willamette 6:15.10, 2-Humboldt State 6:25.35, 3-Seattle Pacific 6:28.3, 4-Oregon 6:39.53, 5-Mills College 6:52.03  
JV 4: 1-Seattle Pacific 6:26.08, 2-Humboldt State 6:32.12, 3-Willamette 6:39.72, 4-Mills 6:45.29

## 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

### Apr. 17 Blue Heron Redwood Sprints

*Eureka, Ca./Humboldt Bay*

Team Standings: 1-California 37, 2-Humboldt State 16, 3-Seattle Pacific 14, 4-Willamette 11, 5-Mills College 7, 6-Sonoma State 6, 7-Cal Maritime 3, 8-Oregon 1  
L4: 1-Seattle Pacific 5:54.97, 2-California 5:56.64, 3-Willamette 6:10.61, 4-Cal Maritime 6:54.14  
Single: 1-Oregon NA, 2-Seattle Pacific NA  
JV4: 1-Seattle Pacific 6:00.93, 2-California 6:09.16, 3-Willamette 6:12.45.  
N4: 1-California 6:36.87, 2-Seattle Pacific 6:37.93, 3-Sonoma State 6:51.20, 4-Cal Maritime 7:03.83, 5-Oregon 7:07.03, 6-Willamette 7:17.03, 7-Humboldt State 7:20.70