

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

## Ladies Only: Varsity, JV Rowers To PCRC Sat. Women's Four Repeats Nat'l Title; Men 6th

**There they go again.** They are not quite world travelers since that label must wait another month, but some Seattle Pacific University crews certainly rate as frequent flyers. Three days after returning from the East Coast, the women's varsity four will board another aircraft and return to Rancho Cordova, Ca., for the Pacific Coast Rowing Championships Saturday (May 15). The women's junior varsity for will join them as the domestic schedule winds down. Following final exams in June, the varsity four will depart for England and the Henley Women's Regatta.

**Gap filler.** This week will serve as a test of the Falcons' ability to sustain peak performance and emotional levels. The varsity four is coming off a second straight ECAC National Invitational Championship in Worcester, Mass., and Coach **Keith Jefferson** is essentially using the PCRC as a means to fill a portion of the five-week gap between nationals and Henley. The JV crew is resuming action following a two-week absence of competition. The varsity won the regional championship on Lake Natoma May 2 but the second boat last raced at the Northwest Collegiate Rowing Championships Apr. 24. All men's competition has ended.

**Not since the last century.** This will be the Falcons' first venture to the PCRC since 1999, when the novice light four won. The varsity will be pitted against the likes of California, Stanford, UCLA, Saint Mary's, Oregon and defending champion San Diego State while the JV will face Div. II fours such as Western Washington, UC San Diego and Humboldt State.

**Wizards of the West.** In a virtual repeat from a year ago on Mother's Day, the women's varsity last week beat its closest competitor by 11 seconds in the ECAC grand final. It was the fourth national title claimed in the women's four category in five years and the seventh overall in five years. Along with their win in the semifinal, the Falcons have now won eight of nine races this season. Beginning with a surge from the start line, SPU took the lead and continued to build on it. It finished with a sprint, which was tailored more to hitting a projected time than a response from runner-up Tufts. The time of 7 minutes, 31.72 seconds was 25 seconds faster than the Div. I scholarship division winner, Marist (7:56.96). **Sarah Zorn** (Jr., Mercer Island, Wa./Lahser), **Heidi Visser** (Jr., Wenatchee, Wa.) and **Andi Martineau** (Jr., Superior, Mt.) were holdovers from the '03 championship crew, and they also won the Dad Vail novice crown in '02. It was the second national gold medal for coxswain **Joanna Hodgkiss** (Tacoma, Wa./Puyallup), who jockeyed the champion light four last year. Completing that varsity lineup is bow seat **Carly Bollen** (So., Missoula, Mt./Valley Christian).

**No, not Dad's day.** Bidding for the first national title in the men's program, the lightweight four battled hard but finished sixth in a blazing fast grand final at Dad Vail in Philadelphia. That crew began by advancing through the first and semifinal rounds, taking second in each. It had gone 5-0 before the trip back east. The men's novice four was eliminated at Dad Vail in the semifinal stage, placing third but rowing a solid race.

**Short strokes.** Jefferson said JV No. 3 **Alicia Apple** (So., Sequim, Wa.) will serve as the alternate for the varsity when it goes to Henley. The departure date is June 13 with racing to begin June 18...The varsity's sole loss this season came when Martineau was a late scratch from the lineup at Eureka, Ca., due to a back injury.

## 2004 ROWING

### SPU Quick Facts

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

### This Week's Schedule

Sat., May 15, 8 a.m.

Pacific Coast Rowing Championships  
Lake Natoma, Rancho Cordova, Ca.

### Last Week's Highlights

Seattle Pacific won its second straight women's varsity four title at the ECAC National Invitational Championships and the men's light four was sixth at Dad Vail

### Stat de jour

Seattle Pacific has won seven national titles in women's fours and pairs since 2000

### Streaks & Such

The Falcon women's varsity repeated as national champions and has won eight of nine races this season

### 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

## Last week's results:

### Women's

Varsity 4 (semifinal): 1- Seattle Pacific 8:01.26, 2-Mount Holyoke 8:06.87, 3-Smith 8:09.17, 4-Mercyhurst 8:13.81, 5-Holy Cross 8:15.39

Varsity 4 (grand final): 1- Seattle Pacific 7:31.72, 2-Tufts 7:42.98, 3-Orange Coast 7:44.38, 4-Union 7:44.76, 5-Mount Holyoke 7:45.29, 6-Clark 7:47.73

### Men's

Lightweight 4 (Grand Final): 1-Seattle Pacific 6:54.6, 2-UC Santa Barbara 6:55.3, 3-Novice 4 (semifinal): 1-Jacksonville 6:32.8, 2-Colorado 6:39.2, 3-Seattle Pacific 6:49.1, 4-New York Maritime 6:52.5, 5-Vermont 7:07.8, 6-Mighigan State 7:12.4

Lightweight 4 (grand final): 1-Fordham 6:45.29, 2-North Carolina 6:47.47, 3-carnegie Mellon 6:53.33, 4-Georgia 7:00.05, 5-Army 7:00.32, 6-Seattle Pacific 7:07.41

Lightweight 4 (semifinal): 1-Fordham 6:36.1, 2-Seattle Pacific 6:51.5, 3-Central Florida 6:55.1, 4-Merchant Marine 7:00.8, 5-Lowell 7:02.3

## 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–Kristina Richards

## Men's lineups.

*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

## 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–Kristina Richards

### Men's

#### Varsity 4

Stroke–Joel Braman

3–Trevor Winters

2–David Stalsbroten

Bow–Ryan Suess

Cox–Emily Thomas

#### Lightweight 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

#### 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
- Apr. 24 **NCRC Championships** *Lake Stevens, Wa./Lake Stevens*  
V4: 1-Seattle Pacific-A 7:49.5, 2-Willamette 8:01.2, 3-Puget Sound 8:07.8, 4-Humboldt State 8:11.4, 5-Western Washington 8:11.8, 6-Lewis & Clark 8:17.5, 7-Pacific Lutheran 8:18.9, 8-Seattle Pacific-B 8:22.9  
JV4: 1-Puget Sound 8:12.7, 2-Humboldt State 8:13.6, 3-Western Washington 8:18.5, 4-Seattle Pacific 8:20.5, 5-Pacific Lutheran 8:21.1, 6-Willamette 8:47.6, 7-Lewis & Clark 8:50.2
- May 1-2 **WIRA Championships** *Rancho Cordova, Ca./Lake Natoma*  
V4 (Grand Final): 1-Seattle Pacific 7:32.8, 2-Gonzaga 7:44.2, 3-Orange Coast 7:48.6, 4-Saint Mary's 7:48.8, 5-UC Davis 7:54.9, 6-Oregon 8:01.8
- May 9 **ECAC National Invitational Championship** *Worcester, Ma./Lake Quinsigamond*  
V4 (Grand Final): 1- Seattle Pacific 7:31.72, 2-Tufts 7:42.98, 3-Orange Coast 7:44.38, 4-Union 7:44.76, 5-Mount Holyoke 7:45.29, 6-Clark 7:47.73

## 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
- Apr. 24 **NCRC Championships** *Lake Stevens, Wa./Lake Stevens*  
V4: 1-Puget Sound 6:48.9, 2-Western Washington 6:54.7, 3-Humboldt State 7:00.6, 4-Portland 7:04.5, 5-Seattle Pacific 7:12.7, 6-Lewis & Clark 7:13.1, 7-Pacific Lutheran 7:14.1, 8-Willamette 7:21.1  
L4: 1-Seattle Pacific 7:15.5, 2-Willamette 7:24.4, 3-Puget Sound 8:02.8  
JV4: 1-Willamette 7:16.1, 2-Puget Sound 7:21.1, 3-Lewis & Clark 7:31.6, 4-Western Washington 7:33.3, 5-Humboldt State 7:45.1, 6-Pacific Lutheran 7:51.5, 7-Seattle Pacific 7:52.7  
V2: 1-Puget Sound 8:03.5, 2-Seattle Pacific 8:04.5, 3-Western Washington 8:07.4, 4-Pacific Lutheran 8:17.9, 5-Willamette 9:46.2  
Single: 1-Willamette 9:27.3, 2-Seattle Pacific 9:46.3  
N4: 1-Lewis & Clark 7:40.6, 2-Seattle Pacific 7:49.1, 3-Puget Sound 8:01.4, 4-Pacific Lutheran 8:25.5
- May 1-2 **WIRA Championships** *Rancho Cordova, Ca./Lake Natoma*  
L4 (Grand Final): 1-Seattle Pacific 6:54.6, 2-UC Santa Barbara 6:55.3, 3-California 7:10.9, 4-Willamette 7:17.1, 5-UC Davis 7:23.4, 6-San Diego State 7:34.8  
V2 (Grand Final): 1-Saint Mary's 7:18.4, Sacramento State 7:23.6, 3-Willamette 7:38.0, 4-Seattle Pacific 7:44.9  
N4 (Grand Final): 1-Lewis & Clark 6:54.2, 2-Long Beach State 6:56.3, 3-Seattle Pacific 7:00.6, 4-San Diego 7:06.2, 5-Western Washington 7:07.5, 6-Puget Sound 7:19.7
- May 7-8 **Dad Vail Regatta** *Philadelphia, Pa./Schuylkill River*  
N4 (Semifinal): 1-Jacksonville 6:32.8, 2-Colorado 6:39.2, 3-Seattle Pacific 6:49.1, 4-New York Maritime 6:52.5, 5-Vermont 7:07.8, 6-Michigan State 7:12.4  
L4 (Grand Final): 1-Fordham 6:45.29, 2-North Carolina 6:47.47, 3-Carnegie Mellon 6:53.33, 4-Georgia 7:00.05, 5-Army 7:00.32, 6-Seattle Pacific 7:07.41