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## SPU Women's Four Bound For Britain, Henley Nat'l Champs Begin Racing June 19 On Thames

**British: We're coming.** Seattle Pacific University will send its two-time national championship women's varsity four crew overseas to England next week for the 17th annual Henley Women's Regatta. This represents the first time the Falcons have competed for a championship in an international event of any sport. Racing begins Saturday (June 19) at Henley-On-Thames, located about 40 miles northwest of London.

**Quest for the cup.** Seattle Pacific will contend for the Frank Harry Cup in the senior category. The other North American crews in this division are Saint Catharines (Ontario, Canada), Boston College, Stanford and Princeton, with the balance of the 12-team field comprised of teams from throughout Britain. The Falcons must win four 1500-meter match races to claim the cup. Their first race is against locals Marlow, with the winner advancing to an afternoon meeting with Royal Chester. Semifinals and the grand final will be contested Sunday.

**Red-hot but idle.** It will have been five weeks since SPU last raced when the Henley Women's Regatta begins. Seattle Pacific won nine of 10 races during the domestic season, including a second straight ECAC National Invitational Championship in Worcester, Mass., May 9 and a first-ever Pacific Coast Championship in Rancho Cordova, Calif., May 15. Since that latter victory, the team has trained regularly and taken final exams. The travel party departs Seattle June 13 and returns home June 22.

**Time to break-up the boat.** Coach **Keith Jefferson** and the rowing program has never had such a dominant class of rowers as the stern trio in this varsity four. Stroke **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 national novice crown in '02. Coxswain **Joanna Hodgkiss** (Sr., Tacoma, Wa./Puyallup) has steered two boats to national titles, including the lightweight four in 2003. Completing that varsity lineup is bow seat **Carly Bollen** (So., Missoula, Mt./Valley Christian). The alternate is **Alicia Apple** (So., Sequim, Wa.). Henley will mark the end of the racing careers of Visser (scheduled to graduate early) and Hodgkiss.

**The racing form.** Few of the Falcons' races have come down to the final sprint, with an average margin of 11.8 seconds over the nearest rival. The sole loss came Apr. 17 in Eureka, Calif., after Martineau was a late scratch due to back spasms. Only two races, the national semifinal and PCRC grand final, were closer than 6 seconds.

**Latest batch of awards.** Hodgkiss picked-up a couple more awards last week, making the Verizon Academic All-District VIII at-large team and earning the Falcon Award for Excellence for career achievement in athletics, academics and leadership. In the team awards, Bollen was oarsman of the year and co-captain, Zorn the most inspirational, and Hodgkiss received the coaches award.

**Short strokes.** The crew and coaches will stay in Henley On-Thames and their Pocock K4 racing shell has already arrived, having been shipped from the East Coast last month...Jefferson intends to have workouts daily, beginning Tuesday...The Henley Women's Regatta course is 500 meters shorter than the standard distance, but races will be against the current and in the reverse direction of the men's Royal Henley Regatta, which dates to 1839 and will be held next month. Essentially, the women's finish line is in the vicinity of the men's start, near Temple Island...Henley natives may be familiar with an SPU

## 2004 ROWING

### SPU Quick Facts

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

### This Week's Schedule

Sat.-Sun., June 19-20  
Henley Women's Regatta  
*Henley-On-Thames, England*

### Season Highlights

The SPU women's four won its second straight ECAC National Invitational Championship, a first Pacific Coast (Div. I) title and nine of 10 races overall

### 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 has an average victory margin of 11.8 seconds 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 19-20	Henley Women's Regatta

alum. Marcus Hahnemann, a 1994 graduate and All-America goalkeeper on the 1993 NCAA championship soccer team, plays for nearby Reading of the English first division...In the men's team awards, **Joel Braman** (Sr., Wyoming, Mi.) was oarsman of the year, **David Stalsbrotten** (Anacortes, Wa.) was most inspirational and **Jon Paul Ramirez** (Sr., Chicago, Il.) got the coaches award. **Kristina Richards** (Sr., Boise, Id.) was a co-captain for the women. Stalsbrotten and **David Carson** (So., Renton, Wa./ Kentridge) were men's co-captains..

### Last week's results:

#### Women's

Varsity 4 (Div. I grand final): 1- Seattle Pacific 7:45.1, 2-Saint Mary's 7:49.3, 3-San Diego State 7:55.8, 4-UC Santa Barbara 7:58.3, 5-USC 8:05.4, 6-Oregon 8:07.0

Varsity 4 (Div. II grand final): 1-UC San Diego 8:14.5, 2-Humboldt State 8:16.6, 3-Western Washington 8:19.9, 4-Seattle Pacific JV 8:32.4

### Women's lineups.

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

**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 infant daughter, Emma, and reside in the Greenwood neighborhood of Seattle. **Jessica Pennington** served as interim head coach in 2003 and returns as an assistant for her third season. Pennington was oarsman of the year and an all-region selection as a senior in 2001 when she rowed in the national title varsity four.

### 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 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–Kristina Richards

#### Men's

##### Varsity 4

Stroke–Joel Braman

3–Trevor Winters

2–David Stalsbrotten

Bow–Ryan Suess

Cox–Emily Thomas

##### Lightweight 4

Stroke–Joel Braman

3–Trevor Winters

2–David Stalsbrotten

Bow–Ryan Suess

Cox–Emily Thomas

##### Varsity Pair

Stroke–Dave Carson

Bow–Jon Paul Ramirez

##### Varsity Single

Tyler Van Stright

##### Junior Varsity 4

Stroke–Dave Carson

3–Jeremy Bryant

2–Jason Mobley

Bow–Jon 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
- May 15 **Pacific Coast Championships** *Rancho Cordova, Ca./Lake Natoma*  
V4 (Div. I grand final): 1- Seattle Pacific 7:45.1, 2-Saint Mary's 7:49.3, 3-San Diego State 7:55.8, 4-UC Santa Barbara 7:58.3, 5-USC 8:05.4, 6-Oregon 8:07.0  
V4 (Div. II grand final): 1-UC San Diego 8:14.5, 2-Humboldt State 8:16.6, 3- Western Washington 8:19.9, 4-Seattle Pacific JV 8:32.4
- June 18-20 **Henley Women's Regatta** *Henley-on-Thames, England/River Thames*

## 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