

SEATTLE PACIFIC UNIVERSITY

Falcon News

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FOR IMMEDIATE RELEASE April 3, 2007

Destination: Oregon, For Next Two Weeks Falcon Rowers Bound for Salem, Eugene Before Conference

The Oregon trail. Marking their third state in as many weeks, the Seattle Pacific University crosses the border for the Governor's Cup in Salem Saturday (Apr. 7). In fact, the Falcons' final regattas prior to the Northwest Collegiate Rowing Conference Championships are in Oregon. Next week, the SPU crews drive deeper into the state for the Covered Bridge Regatta in Eugene.

Capital improvements. Seattle Pacific will get an up-close look at two of its NCRC rivals this week on the Willamette River, facing both Lewis & Clark and host Willamette. This is the Falcons first trip to the Oregon capital since 2005, when both varsity fours prevailed. Humboldt State, a rival in the NCAA regional, will be among those waiting on Eugene's Dexter Lake the following week. SPU is coming off its first winless week of the young season, and Coach **Keith Jefferson** is hoping for a rebound entering the second half of the regular season.

As good as it gets. For the first time last week, the fleet came home empty-handed. The best the Falcon varsity boats could manage at the Northwest Collegiate Rowing Conference Invitational was a couple of bronzes. The women's varsity four finished third behind two powerful Gonzaga crews while the men's varsity, in a close boat race, was third to Puget Sound and Gonzaga. Both crew had won their first two races this season. Seattle Pacific also took its first loss in the women's varsity eight. Defending national champion Western Washington beat UC San Diego by a length, and Humboldt State avenged a loss to SPU a week ago. The Falcons were fourth in the women's second varsity eight, beating crews from both Western and UCSD.

Last week's results.

Women's Results

Varsity 8: 1-Western Washington 7:03.6, 2-UC San Diego 7:09.8, 3-Humboldt State 7:23.9, 4-Seattle Pacific 7:28.8

Varsity 4, Heat 1: 1-Gonzaga 8:00.6, 2-Seattle Pacific 8:14.4, 3-Orange Coast 8:18.3, 4-Pacific Lutheran 8:24.1, 5-Western Washington 8:28.9, 6-Evergreen State 8:46.2

Varsity 4, Final: 1-Gonzaga 'A' 8:06.5, 2-Gonzaga 'B' 8:12.2, 3-Seattle Pacific 8:14.6, 4-Orange Coast 8:24.6, 5-Humboldt State 8:48.3, 6-Portland 8:58.1

2nd Varsity 8, Final: 1-Gonzaga-A 7:21.0, 2-Gonzaga-B 7:32.2, 3-Puget Sound 7:40.9, 4-Seattle Pacific 7:57.0, 5-UC San Diego 8:01.6, 6-Western Washington 8:04.9, 7-Seattle U. 8:32.5

Men's Results

Varsity 4, Final: 1-Puget Sound 6:59.1, 2-Gonzaga 'B' 7:01.4, 3-Seattle Pacific 7:03.6, 4-Gonzaga 'A' 7:12.1, 5-Humboldt State 7:20.4, 6-Pacific Lutheran 7:23.9

Novice 4, Heat 1: 1-Gonzaga 'B' 7:39.6, 2-Puget Sound 7:54.4, 3-Seattle Pacific 7:55.2, 4-Seattle U. 8:18.4, 5-Pacific Lutheran 8:21.4

Novice 4 Final: 1-Gonzaga 'A' 7:26.7, 2-Gonzaga 'B' 7:32.2, 3-Lewis & Clark 7:45.3, 4-Seattle Pacific 7:46.0, 5-Portland 7:59.3, 6-Humboldt State 8:03.7

Light/JV 4 Final: 1-Pacific Lutheran 7:26.9, 2-Seattle Pacific 7:48.6

2007 ROWING

SPU Quick Facts

Coach—Keith Jefferson, 17th year

Assistant—Jessie Pennington

Assistant—Kip Wassink

Upcoming Regattas

Sat., Apr. 7, 9 a.m.

Governor's Cup

Willamette River, Salem, Or.

Sat., Apr. 14, 9 a.m.

Covered Bridge Regatta

Dexter Lake, Eugene, Or.

Stat de jour

Last week's women's varsity eight featured three rowers with one year of experience and five novices

Last Week's Highlights

- The women's four was the only varsity boat to medal, taking third at the NCRC Invitational

Saturday's SPU Race Schedule

9:00 Women's Novice 8

9:15 Men's Varsity 4

9:30 Women's Varsity 4

9:45 Men's Novice 4

10:00 Women's Lwt./JV 4

10:15 Men's Lwt./JV 4

11:00 Women's 2nd Varsity 8

11:30 Women's Varsity 8

2007 Remaining Schedule

Apr. 7 Governor's Cup

Apr. 14 Covered Bridge Regatta

Apr. 21 NCRC Championships

Apr. 28-29 WIRA Championships

May 5 Opening Day Regatta

May 11-12 Dad Vail Championships

May 12 Pacific Coast Championships

May 13 ECAC Nat'l Invit. Champs.

May 25-27 NCAA Championships

Short strokes. A year ago at Eugene, the Falcons won three of the four races they entered. The men were first in both the varsity and novice fours. The women's novice four won but the eight was third to Willamette and Humboldt...The season's first NCAA rowing rankings for women will be published online (www.ncaasports.com) Thursday.

Crew lineups this week.

Women

Varsity 8: Stroke-Rachel Savage, 7-Katie Wolff, 6-Amy Burns, 5-Katie Wilner, 4-Kay Chikos, 3-Zanie McMillan, 2-Melissa Blevins, bow-Erin Arkin, coxswain-Megan Giske

Varsity 4: Stroke-Rachel Savage, 3-Katie Wolff, 2-Amy Burns, bow-Katie Wilner, coxswain-Megan Giske

Junior Varsity/Lightweight 4: Stroke-Holly Allan, 3-Karene Takamura, 2-Melissa Blevins, bow-Heather Waggoner, coxswain-Tricia Omoto

Novice 8: Stroke-Kay Chikos, 7-Zanie McMillan, 6-Amy Burns, 5-Heather Waggoner, 4-Melissa Blevins, 3-Erin Arkin, 2-Denise Filley, bow-Karene Takamura, coxswain-Tricia Omoto

Men

Varsity 4: Stroke-Jeremy Bryant, 3-Justin Rowley, 2-Ben Zupke, bow-John Chevigny, coxswain-Matt Shi

Junior Varsity/Lightweight 4: Stroke-Zeke Schellberg, 3-Kris Williams, 2-Erik Bright, bow-Michael Willcockson, coxswain-Jeney Wierman

Novice 4: Stroke-Kris Williams, 3-Erik Bright, 2-Matt Shi, bow-Michael Willcockson, coxswain-Rose Velasquez

Missing links. For the latest and best information on Seattle Pacific University athletics, click on the Falcons Online (www.spu.edu/falconsonline). For results and rankings, see the Great Northwest Athletic Conference web site at <http://www.row2k.com/ncaa/>.

2007 Rowing Roster

<i>Women</i>	<i>Yr</i>	<i>Pos</i>	<i>Exp</i>	<i>Hometown (High School)</i>
Holly Allan	So.	L	1V	Bothell, Wa. (Cedar Park Christian)
Erin Arkin	Fr.	O	Nov	Tacoma, Wa. (Academy Northwest)
Melissa Blevins	Fr.	O	Nov	Walla Walla, Wa. (Walla Walla)
Jessica Bosarge	So	O	Nov	Tacoma, Wa. (Academy Northwest)
Amy Burns	So.	O	Nov	Palm Springs, Ca. (Desert Chapel)
Kay Chikos	Fr.	O	Nov	Renton, Wa. (Kentridge)
Denise Filley	Fr.	L	Nov	Mesa, Az. (Dobson)
Megan Giske	Sr.	Cox	2V	Gig Harbor, Wa. (Gig Harbor)
Zanie McMillan	Fr.	O	Nov	Spokane, Wa. (North Central)
Tricia Omoto	Fr.	Cox	Nov	Shoreline, Wa. (Shorewood)
Rachel Savage	So.	O	1V	Encinitas, Ca. (San Dieguito)
Rachel Strand	Sr.	O	Nov	Shoreline, Wa. (King's)
Karene Takamura	So.	Cox	Nov	Bellevue, Wa. (Sammamish)
Rose Velasquez	Fr.	Cox	Nov	Puyallup, Wa. (Emerald Ridge)
Heather Waggoner	Fr.	O	Nov	Sandy, Or. (Mount Si)
Jeney Wierman	Sr.	Cox	2V	Walla Walla, Wa. (Walla Walla)
Katie Wilner	So.	O	1V	Everett, Wa. (Everett)
Katie Wolff	Jr.	O	1V	Bridgewater, Vt. (Mid Vt. Christian)

<i>Men</i>	<i>Yr</i>	<i>Pos</i>	<i>Exp</i>	<i>Hometown (High School)</i>
Erik Bright	So	O	Nov	Poulsbo, Wa. (King's West)\
Jeremy Bryant	Sr.	O	3V	Gig Harbor, Wa. (Gig Harbor)
John Chevigny	Sr.	O	1V	Seattle, Wa. (Roosevelt)
Mark Figueroa	Jr.	L	Nov	Renton, Wa.
Justin Rowley	So.	O	1V	Kenmore, Wa. (Inglemoor)
Zeke Schellberg	So.	O	1V	Boise, Id. (Timberline)
Matt Shi	So.	Cox	1V	Seattle, Wa. (Roosevelt)
Michael Willcockson	Fr.	L	Nov	Helena, Mt. (Covenant)
Kris Williams	Fr.	O	Nov	Snohomish, Wa. (Snohomish)
Ben Zupke	Sr.	O	2V	Lynden, Wa. (Lynden)

Last Week's Crew Lineups

Women's

Varsity 8
Stroke- Rachel Savage
7- Katie Wolff
6-Amy Burns
5-Zanie McMillan
4-Kay Chikos
3-Heather Waggoner
4-Melissa Blevins
Bow- Katie Wilner
Cox-Megan Giske

Varsity 4
Stroke- Rachel Savage
3- Katie Wolff
2-Amy Burns
Bow- Katie Wilner
Cox-Megan Giske

Junior Varsity/Lightweight 4
Stroke-Denise Filley
3-Karene Takamura
2-Holly Allan
Bow-Jessica Bosarge
Cox-Tricia Omoto

2nd Varsity 8
Stroke-Denise Filley
7-Jessica Bosarge
6-Kay Chikos
5-Heather Waggoner
4-Melissa Blevins
3-Zanie McMillan
2-Hollay Allan
Bow-Erin Arkin
Cox-Tricia Omoto

Men's

Varsity 4
Stroke-Jeremy Bryant
3-Justin Rowley
2-Ben Zupke
Bow-John Chevigny
Cox-Matt Shi

Junior Varsity/Lightweight 4
Stroke-Zeke Schellberg
3-Mark Figueroa
2- Michael Willcockson
Bow-Matt Shi
Cox-Tricia Omoto

Novice 4
Stroke-Kris Williams
3-Erik Bright
2-Michael Willcockson
Bow-Mark Figueroa
Cox-Rose Velasquez