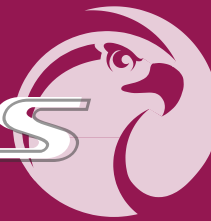


SEATTLE PACIFIC UNIVERSITY

Falcon News

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FOR IMMEDIATE RELEASE April 18, 2007

Crews Troll For Gold Saturday At NCRC

Falcons Win 3 at Eugene; Women Seek to Extend Varsity String

Valuable prizes. Six weeks into the rowing season and the Seattle Pacific University crews are trolling for treasure from here forward. The Falcons begin the championship portion of the campaign Saturday (Apr. 21) with the Northwest Collegiate Rowing Championships on nearby Lake Stevens. The top varsity boats for the men and women will then proceed to the Western Intercollegiate Rowing Association Championships near Sacramento the following weekend.

Keep it going. Seattle Pacific has been bringing back valuable booty from the NCRC for a decade. In fact, it has won at least one women's varsity category in each of the last 10 years. Those titles all came in the varsity open and lightweight fours and pairs. The new emphasis is on eights and the NCRC is ruled in that category by Western Washington, the two-time defending NCAA champion. Coach **Keith Jefferson's** varsity four, comprised of the eight's stern seats, is unbeaten against conference foes opposition this season. Both the men and women will row eights plus light, open and novice fours. The men seek their first conference varsity gold since 2004 (light four); they won the novice four last year.

Oregon's swell. The Falcons are coming north after spending the last two weekends in Oregon. There, they won four races in Salem's Governor's Cup and another three at the Covered Bridge Regatta in Eugene last week. In a steady rain on a relatively smooth surface, SPU earned its second win of the year against region rivals Humboldt State in the women's eight last week. Their impressive wining time of 7 minutes, 7 seconds was good for a one-seat margin over the runner-up Lumberjacks. The varsity four was an easy winner over Portland, and the men's lightweight four took the title in the junior varsity four category. Elsewhere, the men's four, missing one of its regular rowers, was a close second to Lewis & Clark, and the women's novice four was just behind Humboldt.

Short strokes. SPU leapfrogged Humboldt State to No. 3 in this week's NCAA West regional rankings for women's varsity eights. Western Washington and UC San Diego are running 1-2...The women's eight and men's varsity four are bound for the WIRA Apr. 28-29, while the women will return to Lake Natoma for the regional May 12. It's possible that the men's four will conclude its season at the ECAC National Invitational May 13...The Falcons have scratched their participation in the Opening Day Regatta May 5.

Crew lineups this week

Women

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

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

Lightweight 4: Stroke-Denise Filley, 3-Holly Allan, 2-Karene Takamura, bow-Jessica Bosarge, coxswain-Tricia Omoto

Junior Varsity 4: Stroke-Rachel Savage, 3-Katie Wolff, 2-Holly Allan, bow-Erin Arkin, coxswain-Megan Giske

Novice 4: Stroke-Kay Chikos, 3-Zanie McMillan, 2-Melissa Blevins, bow-Heather Waggoner, coxswain-Tricia Omoto

Men

Varsity 8: Stroke-Jeremy Bryant, 7--John Chevigny, 6-Erik Bright, 5-Justin Rowley, 4-Michael Willcockson, 3-Kris Williams, 2-Zeke Schellberg, bow-Mark Figueroa, coxswain-Matt Shi

Varsity 4: Stroke-Jeremy Bryant, 3-John Chevigny, 2-Erik Bright, bow-Justin Rowley, coxswain-Jeney Wierman

2007 ROWING

SPU Quick Facts

Coach--Keith Jefferson, 17th year

Assistant--Jessie Pennington

Assistant--Kip Wassink

This Week's Regatta

Sat., Apr. 21, 8:30 a.m.

Northwest Collegiate Rowing Championship
Lake Stevens, Lake Stevens, Wa.

Stat de jour

Seattle Pacific has won at least one varsity women's NCRC title each of the last 10 years

Last Week's Highlights

•The Falcons beat regional rival Humboldt State in the women's varsity eight at the Covered Bridge Regatta, and also took first in the varsity four and men's JV four

Saturday's SPU Race Schedule

8:30	Women's Varsity 8 (Lane 2)
9:00	Men's Lwt. 4 (Lane 3)
9:30	Women's Varsity 4 (Lane 2)
10:15	Men's Varsity 4 (Lane 3)
11:15	Women's Lwt. 4 (Lane 4)
11:30	Men's Varsity 8 (Lane 5)
12:30	Men's Novice 4 (Lane 1)
1:00	Women's Novice 4 (Lane 6)
1:15	Women's 2nd Varsity 4 (Lane 3)

2007 Remaining Schedule

Apr. 28-29 WIRA Championships

May 12 Pacific Coast Championships

May 13 ECAC Nat'l Invit. Champs.

May 25-27 NCAA Championships

Lightweight 4: Stroke-Zeke Schellberg, 3-Mark Figueroa, 2-Michael Willcockson, bow-Matt Shi, coxswain-Rose Velasquez

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

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

Covered Bridge Regatta results

Women's Results

Varsity 8: 1-Seattle Pacific 7:07.4, 2-Humboldt State 7:11.7, 3-Lewis & Clark 7:12.9, 4-Portland 7:32.5, 5-Portland State 8:04.0

Varsity 4: 1-Seattle Pacific 8:05.6, 2-Portland 8:18.1, 3-Willamette 8:25.3, 4-Humboldt State 8:32.9, 5-Lewis & Clark 8:52.4

Junior Varsity 4: 1-Evergreen 8:45.8, 2-Humboldt State 8:55.1, 3-Seattle Pacific 9:20.2, 4-Lewis & Clark 9:33.9, 5-Portland 9:36.0

Novice 4: 1-Humboldt 8:44.4, 2-Seattle Pacific 8:45.2, 3-Portland 9:06.4, 4-Lewis & Clark 9:15.8

Men's Results

Varsity 8: 1-Humboldt State 6:25.5, 2-Lewis & Clark 6:39.0, 3-Lewis & Clark 'B' 6:39.7, 4-Seattle Pacific 6:51.3, 5-Willamette 6:52.3, 6-Oregon 7:13.5

Varsity 4: 1-Lewis & Clark 7:49.6, 2-Seattle Pacific 7:49.9, 3-Humboldt State 8:06.0, 4-Oregon 8:24.7, 5-Willamette 8:48.0

Junior Varsity 4: 1-Seattle Pacific 8:12.3, 2-Seattle University 8:15.9, 3-Lewis & Clark 8:17.5, 4-Portland State 8:34.7, 5-Willamette 8:44.4, 6-Portland DNF

Novice 4: 1-Humboldt State 7:18.6, 2-Lewis & Clark 7:21.9, 3-Seattle Pacific 7:46.0, 4-Seattle University 7:54.0, 5-Portland State 7:54.0, 6-Oregon 8:40.1

Governor's Cup results

Women's Results

Varsity 8: 1-Willamette 6:29.9, 2-Seattle Pacific 6:45.2, 3-Lewis & Clark 7:01.1

Varsity 4: 1-Seattle Pacific 7:55.0, 2-Willamette 8:06.7, 3-Lewis & Clark 8:35.7

Junior Varsity 4: 1-Seattle Pacific 8:25.4, 2-Lewis & Clark 8:38.6

Novice 8: 1-Seattle Pacific 7:16.6, 2-Willamette 7:44.4

Men's Results

Varsity 8: 1-Lewis & Clark 5:28.4, 2-Seattle Pacific 6:01.1, 3-Willamette 6:22.1

Varsity 4: 1-Seattle Pacific 6:45.4, 2-Lewis & Clark 6:52.7, 3-Willamette 7:20.4

Junior Varsity 4: 1-Lewis & Clark 7:07.1, 2-Willamette 7:07.9, 3-Seattle Pacific 7:13.6

Novice 4: 1-Lewis & Clark 6:50.6, 2-Seattle Pacific 6:58.1

2007 Rowing Roster

Women	Yr	Pos	Exp	Hometown (High School)
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)

Men	Yr	Pos	Exp	Hometown (High School)
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- Katie Wilner

4- Kay Chikos

3- Erin Arkin

2- Melissa Blevins

Bow- Denise Filley

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- Holly Allan

3- Heather Waggoner

2- Denise Filley

Bow- Jessica Bosarge

Cox- Tricia Omoto

Novice 4

Stroke- Kay Chikos

3- Zanie McMillan

2- Melissa Blevins

Bow- Erin Arkin

Cox- Tricia Omoto

Men's

Varsity 8

Stroke- Jeremy Bryant

3- Justin Rowley

2- Ben Zupke

7- John Chevigny

6- Erik Bright

5- Justin Rowley

4- Michael Willcockson

3- Kris Williams

2- Zeke Schellenberg

Bow- Mark Figueroa

Cox- Matt Shi

Varsity 4

Stroke- Jeremy Bryant

3- John Chevigny

2- Erik Bright

Bow- Justin Rowley

Cox- Jeney Wierman

Junior Varsity/Lightweight 4

Stroke- Zeke Schellberg

3- Mark Figueroa

2- Michael Willcockson

Bow- Matt Shi

Cox- Rose Velasquez

Novice 4

Stroke- Erik Bright

3- Kris Williams

2- Michael Willcockson

Bow- Mark Figueroa

Cox- Rose Velasquez