

PLU CREW



2005-2006

MEDIA GUIDE

QUICK FACTS



HEAD COACH: Tone Lawver (PLU, 1995; Harvard, 1998)

OFFICE PHONE: (253) 535-8504

EMAIL ADDRESS: crew@plu.edu

WEBSITE: www.plu.edu/~crew

RECORD AT CURRENT SCHOOL (YEARS): 6-6-0 (2nd)

OVERALL COLLEGIATE RECORD (YEARS): 6-6-0 (2nd)

2004-2005 RECORD: 2-4

COACHING STAFF:

Meredith Graham Lawver, Varsity Men Coach, (MSPT Ithaca, 1998)

Megan Carns, Assistant Varsity/Novice Coach (PLU, 1997)

Celina Tamayo, Assistant Varsity/Novice Coach (PLU, 2002)

SPORTS INFORMATION DIRECTOR: Dave Girrard

SID OFFICE PHONE: (253) 535-7356 FAX: (253) 535-7584

EMAIL ADDRESS: girrardl@plu.edu

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HOME COURSE: American Lake, Lakewood

CONFERENCE: Northwest Collegiate Rowing Conference

KEY RETURNEES

- Men Openweight: James Blankenship '06; Asher Ryan White '06
- Men Lightweight: David Bentsen '06; Justin Hull '08
- Women Openweight: Katie Schlepp '06; Laura Ruud '06;
Blaise Bellows '06; Andrea Schroeder '07; Carolyn Adams '08
- Women Lightweight: Nicole Swanson '06; Sharon Maloney '06;
Audrey Knutson '07; Jenna Hannity '07

KEY LOSSES

Men Openweight: Colin MacNamera '05; Andy Sprain '05

Women Openweight: Emily Fenske '05; Amy Hildebrandt '05;

Racheal Pesis '05; Laura Thompson '06

Women Lightweight: Heide Larsen '05

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SCHOOL:

Pacific Lutheran University

LOCATION:

Tacoma, Washington

FOUNDED:

1890

ENROLLMENT:

3,500

UNIVERSITY PRESIDENT:

Dr. Loren Anderson

ATHLETIC DIRECTOR:

Laurie Turner

AFFILIATION:

NCAA III

MASCOT NICKNAME:

Lutes

COLORS:

Black & Gold

LUTE NOTES





ABOUT PLU

Pacific Lutheran University was founded in 1890 by a group of mostly Norwegian Lutherans from the Puget Sound area. They were led by the Reverend Bjug Harstad, who became PLU's first president. In naming the university, these pioneers recognized the important role that a Lutheran educational institution on the Western frontier of America could play in the emerging future of the region. They wanted the institution to help immigrants adjust to their new land and find jobs, but they also wanted it to produce graduates who would serve church and community. Education—and educating for service—was a venerated part of the Scandinavian traditions from which these pioneers came.

Although founded as a university, the institution functioned primarily as an academy until 1918, when it closed for two years. It reopened as the two-year Pacific Lutheran College, after merging with Columbia College, previously located in Everett. Further consolidations occurred when Spokane College merged with PLC in 1929. Four-year baccalaureate degrees were first offered in education in 1939 and in the liberal arts in 1942. The institution was reorganized as a univer-

sity in 1960, reclaiming its original name. It presently includes a College of Arts and Sciences; professional schools of the Arts, Business, Education, Nursing, and Physical Education; and both graduate and continuing education programs.

PLU has been closely and productively affiliated with the Lutheran church throughout its history. It is now a university of the Evangelical Lutheran Church in America (ELCA), owned by the more than 600 congregations of Region I of the ELCA.

Many influences and individuals have combined to shape PLU and its regional, national, and increasingly international reputation for teaching, service, and scholarship. A dedicated faculty has been an extremely important factor. The school has enjoyed a strong musical tradition from the beginning, as well as noteworthy alumni achievements in public school teaching and administration, university teaching and scholarship, the pastoral ministry, the health sciences and healing arts, and business.

At PLU the liberal arts and professional education are closely integrated and collaborative in their educational philosophies, activities, and aspirations.

PLU's ROWING TRADITION

The program itself is entering its 41st consecutive year of operation. The program has been experiencing a tremendous amount of growth over the last few years, and we are in a unique position this next season as we once again send our top varsity crews to NCAA championships for the women, and a national championship for the men. However, we are looking to continue this effort by asking for your assistance. We are currently searching for next year's recruiting class for the 2005-2006 season.

Some of the advantages of joining the rowing program here:

1. A large, well-protected lake where we train. We practice on American Lake, which is in close proximity to the campus.

2. The Campus is equipped with athletic facilities, a varsity training complex, and a fully staffed training room.

3. A program with a rich history and growing tradition of collegiate, elite and Olympic caliber athletes.

PLU Crew provides the opportunity, equipment and instruction to walk-on, recruited, and varsity athletes to learn how to row and race, developing skills for:

- Rowing technique
- Effective training and good health habits
- Goal setting
- Self-evaluation
- Performing under pressure
- Balancing academic and athletic demands.

The strength of the team depends on its competitiveness, and the objective of the PLU Crew program is to field crews that are contenders for National Championship titles.



We seek to help our athletes recognize that the skills developed while racing for PLU yield confidence and strength of character and can be used to achieve success on campus and in life after graduation. PLU crew is a national leader, both in the scope of the opportunities offered to athletes and in the program's success on the water. Appealing to the nation's achieving student-athletes, members of our team are distinguished by their competitive record on the water; as well as their work, research, and leadership in PLU's academic environment. With supported openweight, lightweight, and novice squads, PLU offers competitive opportunities for every athlete. Whether you are an experienced/ recruited athlete — or are completely new to the sport — PLU crew welcomes you to join our rowing family!

MEET THE TEAM

MEN AND WOMEN, TALL AND SHORT,
MATH MAJORS AND MUSIC MAJORS, PLU CREW
BRINGS TOGETHER MANY PERSONALITIES ...



Carolyn Adams
Sophomore
Vancouver, WA
Varsity Women



Stephanie Agoncillo
Sophomore
Kent
Varsity Women



Caron Anderson
Sophomore
Tacoma
Varsity Women



Bethany Atkins
Junior
Missoula, MT
Varsity Women



Rachelle Axtell
Sophomore
Bremerton
Varsity Women



Blaise Bellows
Senior
Whitefish, MT
Varsity Women



David Bentsen
Senior
Wenatchee
Varsity Men



James Blankenship
Senior
Stevensville, MT
Varsity Men

THE ROWING SEASON

Our team trains throughout the academic year, with two competitive seasons: fall head-racing and spring sprint-racing.

The highlight of the fall is the Head of the Silcox, which attracts competitors from around the Pacific Northwest. Many alumni, family and friends come to this regatta due to the nice weather and a chance to view quality racing on the Division III level. Other fall regattas we compete in include the Charlie Brown Invitation, and Head of the Lake.

The winter training season kicks off with the annual PLU Triathlon. Winter training includes daily ergs, alternative team workouts, and strength conditioning in order to develop the explosive power needed for spring sprint racing.

While the Northwest is entrenched in rain and short days, the highlight of the winter is the annual pilgrimage to the picturesque mountain ranges of Mt. Rainer National Park, located just 2 hours from campus and clearly visible during our morning and afternoon practices.

The heart of spring is a series of weekend dual and tri-regattas against NCAA Division II and Division III competitor schools from within our 7-member NCRC Conference.

PLU's racing season traditionally starts on the first weekend of our March Spring Break Training Camp on American Lake, and continues through post-season championship rowing in early June.

For the last two seasons, selected athletes on both squads have competed in the Northeast against other Division III schools that they normally would not race against until nationals. When sched-



ules permit, the lightweights have competed at the San Diego Crew Classic.

Regular season racing for all squads concludes in May at the WIRA Sprints Championships, held annually on the Lake Natoma Reservoir in Sacramento, Calif.

Depending on their regular season record, the lightweight women travel for post-season National Championships at the IRA Regatta. All men's teams attend the IRA Championships. Openweight women compete at the NCAA Championships.





Jana Bosley
Senior
University Place
Varsity Women



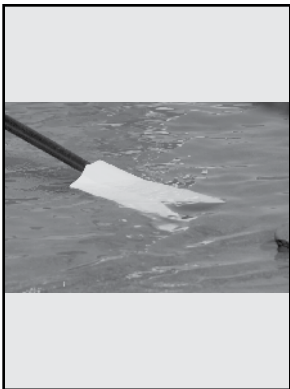
Rebecca Brands
Sophomore
Vancouver, WA
Varsity Women



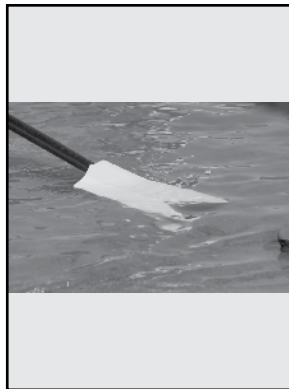
Jessica Caulkins
Sophomore
Bremerton
Varsity Women



Kathryn Druback
Sophomore
Parkdale, OR
Varsity Women



Stephanie Duenas
Sophomore
University Place
TBA



Emilie Firn
Freshman
Tacoma
Novice Women



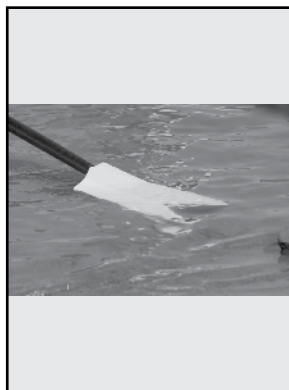
Jenna Hannity
Junior
Tacoma
Varsity Women



Britta Helm
Sophomore
Eagle River, AK
Varsity Women



Alyssa Hertel
Junior
Vancouver, WA
Varsity Women



Olivia Hillius
Freshman
Tacoma
Novice Women



Jennifer Huffman
Junior
Bremerton
Varsity Women



Justin Hull
Sophomore
Fargo, ND
Varsity Men

MEET THE COACHES



TONE LAWVER, *Head Coach of Varsity Women/Varsity Women Lightweight*

Tone graduated from PLU in 1995 and is entering his 4th year of coaching at PLU, 8th season overall. He has coached in Rochester, NY, and Boston, MA. While at Rochester his junior women won gold at the NY-State Scholastic Championships, Empire State Games, and a finals appearance at the Royal Canadian Henley from 1999-2002. In 1998 his Junior Men took a silver medal in the 4+ at New England's School of Boys.

Phone: (253) 535-8504

Email : lawverat@plu.edu



MEREDITH GRAHAM LAWVER *Varsity Men/Varsity Lightweight Men*

Meredith rowed for 4 years at Ithaca College. She brings a breadth of experience to the program having coached on the high school level for 3 years prior to her joining the PLU staff. While coaching juniors her crews experienced several state championship gold medals. She also founded a summer rowing program for high school and collegiate students. She has been coaching for 4 years and is a Level III certified coach through U.S. Rowing.

Phone: (253) 535-8504

Email: meredith@tlawver.net



MEGAN CARNS *Assistant Coach*

Megan a 1997 PLU grad and rowed on the team for 3 years. She is starting her 7th year of collegiate coaching (1997-2001, 2003-present) and is Level III U.S. Rowing certified. In 1998, her Novice women took a gold medal in the WN8+ at the WIRA Championships.

Phone: (253) 535-8504

Email: mcarns@wdnw.com



CELINA TAMAYO *Assistant Coach*

Celina graduated from PLU in 2002 and begins her 3rd year of coaching at PLU after a successful rowing career as a 4-year varsity member, and co-captain her senior year. She has a Level II U.S. Rowing certification.

Phone: (253) 535-8504

Email: celinatamayo@earthlink.net

Please direct all correspondence to the below address.
If you are sending a DVD or other reference materials,
please address it to the appropriate staff member at the following address:
Pacific Lutheran University
Crew Office, Athletic Department
Tacoma, WA 98447-0003



Kristina Johnson
Sophomore
Fremont, NE
Varsity Women



Liz Johnson
Sophomore
Covington
Varsity Women



Justin Jones
Senior
Mead
Varsity Men



Kjirsten Kennedy
Junior
University Place
Varsity Women



Audrey Knutson
Junior
Okanogan
Varsity Women



Tyler Koehn
Sophomore
Shelton
Varsity Men



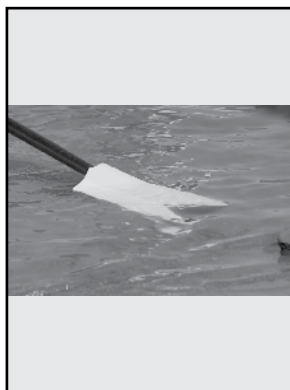
Rikki Lynn
Junior
Sequim
Varsity Women



Sharon Maloney
Senior
Fredericksburg, VA
Varsity Women



Anna McMurren
Sophomore
Petersburg, AK
Varsity Women



Amanda Nelson
Junior
Brush Prairie
TBA



Megan Osenbrock
Sophomore
Winthrop
Varsity Women



Carey Pfaffle
Sophomore
Portland, OR
Varsity Women

THE BOAT HOUSE



Our current boathouse PLU Crew's third home since the formation of the school's rowing program. The first and second boathouse were wooden constructions located on Camp Murray.

The first boathouse experienced a fire in January 1977. From its ashes, crew team members and their extended family raised a second structure through donations, hard work and many work parties. The second incarnation existed as a training facility until 1998 when our current boathouse was completed.

The current facility is shared between three organizations — Pacific Lutheran University, University of Puget Sound, and Commencement Bay Rowing Club — which all offer rowing opportunities at American Lake.



Robin Phinizy
Senior
Port Ludlow
Varsity Women



Laura Ruud
Senior
Port Angeles
Varsity Women



Sarah Salisbury
Senior
Missoula, MT
Varsity Women



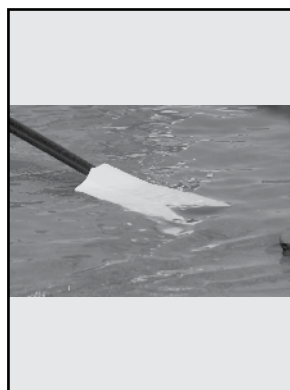
Sheri Sasaki
Sophomore
Mililania, HI
Varsity Women



Katie Schlepp
Senior
Bozeman, MT
Varsity Women



Andrea Schroeder
Junior
Westwood, MA
Varsity Women



Sarah Shanebeck
Freshman
Everett
Novice Women



Nicole Swanson
Senior
Idaho Falls, ID
Varsity Women



Lindsay Taylor
Junior
Montesano
Varsity Men



Alex Thieman
Sophomore
Tacoma
Varsity Men



Angelicia Vestin
Sophomore
Sundsvall, Sweden
Varsity Women



Savannah Warren
Sophomore
NA
Varsity Men

THE PLU EXPERIENCE

TRADITION AND CAMARADERIE DRAW ATHLETES TO CREW — EVEN AT THE BREAK OF DAWN

by Dave Girrard

From early morning workouts in the dark to team breakfasts, bus trips to regattas – crew at PLU is all about tradition and working together.

"There is a rich tradition," said Doug Nelson '90, who was head coach from 1991 to 2000 and now assists with the program.

Rowers credit those who came before them – including current head coach Tone Lawver '95 – with inspiring them. Alums come talk to the team about the early days of the Lute Rowing Club and the efforts to make it a varsity sport.

"We definitely admire the alumni," said Amy Hildebrandt '05, co-captain of the women's team. "Without them we wouldn't have a program."

Team members appreciate the camaraderie of the sport. All rowers have to be in sync for a boat to do well.

"We're working together to achieve a goal," said David Bentsen '06, who rows on the varsity men's eight and light-weight men's four boats. "Every little thing that happens affects everyone. You have to be in tune with the other athletes."

Hildebrandt said team members put all differences aside when it comes to competing.

"When we're on the water together we click so well," she said. "I have never been in a sport that was so team focused."

The varsity teams typically arrive at American Lake – which has served as PLU's home since the program began – by 5 a.m. weekdays. The teams warm up around the boathouse then carefully take the racing shells they will use that day off their racks and down to the shore, about 150 yards away. The varsity teams practice until 6:45 or so, when they go to breakfast together then head to class.

Rowers get used to the early morning workouts and plan



their study, sleep and social schedules around them.

"It's a sacrifice, but it's a priority for us," Bentsen said. "It's something we all want to do."

Team members make a point to eat meals together and socialize. Crew members don't have downtime on a field to get to know each other like in many team sports.

"When we're on the water we're really focused," Bentsen said. "Off the water we're a little more kicked back."

Both the men's and women's teams have represented

the university well at the conference, regional and national levels. In 2002, the women's team finished fourth at the NCAA Division III national regatta, and in 2003, the women won the conference championship for the second straight year.

The men's team won the national small college championships in Philadelphia in 2002. Both teams have consistently performed well at regionals.

The men's program started in the winter of 1964. The women took to the water six years later. Because the Northwest Conference doesn't sponsor crew as a sport, PLU competes in the Northwest Collegiate Rowing Conference along with the University of Puget Sound, Willamette University, Lewis & Clark College and several schools along the West Coast.

This year's varsity teams consist of 16 women and nine men rowing in boats with four or eight members. In the novice program "the numbers are huge," Lawver said. "We recruit heavily from the incoming freshmen to fill the novice ranks."

But because it's a sport new to many, the numbers drop as the season progresses.



Ryan White
Senior
Hulett, WY
Varsity Men



Anna Whitwell
Junior
Silverdale
Varsity Women



Erin Wolf
Senior
Spokane
Varsity Women

www.plu.edu/crew



THE EARLY YEARS

HERLAND'S BONES WOULD BREAK, BUT NOT HIS SPIRIT

by Jon Paul Morosi
The Oregonian, Aug. 2, 2004

He was born with broken bones. He lived with broken bones. And he died young, in 1991, after 39 years of fractures had fissured his marrow frail.

Douglas Herland spent his days in the throes of osteogenesis imperfecta, commonly known as brittle bone disorder. The disease bowed his legs, curved his back and halted his growth at 4-foot-9, 105 pounds.

His bones "would break and harden and soften and break again," close friend Dave Peterson said. "Nothing was easy for him. He was in constant pain."

Yet Herland refused to complain about his lot in life. He instead struggled with courage, dignity, and, above all, optimism. Ultimately, he achieved one of the highest honors an athlete — or anyone — could wish for:

An Olympic medal.

"He always had something good to say," said Peterson, a crew teammate of Herland's at Pacific Lutheran University in Tacoma in the early 1970s. "He finished every conversation with, 'And the good news is ...' "

While growing up in Bend, Ore.,



Doug (Center) with his 1972 Meyer Cup Men. The Meyer and Lamberth cup races are still a highlight of the spring season. (Photo by Ken Oglstrom)

Herland's athletic hopes made for sad, unfulfilled news. He longed to play with the other boys, but could only serve as team manager.

The "good news" is that Herland found a sport in which his small stature, sharp intellect and insatiable enthusiasm were valued commodities. He was a coxswain, so undersized that he had to carry lead shot to make the minimum weight of 110 pounds, but at the 1984 Summer Olympic Games in Los Angeles, he beckoned Kevin Still and Robert Espeseth to a bronze medal in the 2,000-meter coxed pairs competition.

With that, he became the only

Olympic medalist in PLU history.

"He was just beaming," said Peterson, who was standing at the finish line that day and 10 years later gave an acceptance speech on Herland's behalf at his posthumous induction to the PLU Athletic Hall of Fame. "It was great. We took all kinds of pictures. He had his cane, and he limped up the ramp to the podium."

"It was incredible. His life was full of pain and suffering, but he was always hoping for something better. He had nothing going for him, but he had everything because of his spirit."

The echoes of that spirit resonate still, even 13 years after his death.

"He did a lot of things in his life that people never thought he'd be able to do," said Herland's sister, Lyla Duncan, the only surviving member of his immediate family. "They all labeled him as handicapped, but he wasn't afraid to work hard."

"People would look at him differently than the other kids, but that didn't bother him. He just went on with his life. He became an Eagle Scout, and he went on the 50-mile hike, right with them. He walked a little slower than the others, but he did it."

Herland's bronze medal is an

immense symbol of his achievement. Duncan has it now, along with a picture of her brother at the Olympics that she keeps on her refrigerator.

"I see it every day," she said. "I think about him all the time."

Herland left a similarly lasting impression on the men he medaled with. When Espeseth was reached last week at his office in Chattanooga, Tenn., his voice brightened at the mention of Herland's name.

"That's my coxswain," he said, warmly. "What a great kid."

Herland hadn't met Espeseth or Still until the day before that year's coxed pairs trials on Lake Carnegie in Princeton, N.J., where they won the Olympic bid by open water, but not without a memorable miscue. Because Herland's legs weren't long enough to reach the footholds, he slipped out of his seat in the bow and into the bottom of the boat on the first stroke of the final. The only way he could get back into position was to grab the steering stick and wiggle back up.

That caused the boat to slow, shimmy, and move off-course.

"I was almost ready to stop, thinking we had no chance," Herland said. "All the expletives known to man were going through my head, but I didn't say anything."

But they rallied, with a surge at 700 meters and moved into the lead at 1,200 to become the last three people named

to the U.S. Olympic team that year, in any sport. At the Olympics, they stuffed a beach ball into the boat to prevent Herland from slipping again and took bronze, finishing two lengths behind Italians Carmine Abbagnale and Giuseppe Abbagnale, and a half-length behind Romanians Dimitrie Popescu and Vasile Tomoiaga.

Herland ensured that what he did with the medal would be as momentous as his rise to it. After the Olympics, U.S. medal winners were invited to meet President Reagan at a reception near Los Angeles. During their 10 seconds with the President, most shook his hand, shared a few words, and had their photo snapped. Not Herland. He had with him a proposal for "Freedom on the River," his project to encourage those with disabilities to become involved in rowing.

"He had it all typed up and ready, so when he got up to see the President, he pulled that thing out of his pocket, handed it to him, and said, 'Here, I'd like you to take a look at this,' " Still recalled. "The audacity of hope."

Still isn't sure if Reagan ever read the proposal, but this much is certain: Herland drafted another proposal for what became "Rowing in the Mainstream," an initiative to grow the sport among all types of people, and promoted both programs during a nationwide tour of U.S. medalists.

"While we were all out partying,

Doug was writing 20 or 25 proposals, handing them out to every bigwig he could meet," Espeseth said. "That's Doug Herland. He was passionate about his cause, and he took advantage of his opportunity to advance it."

Herland's spirit is relayed onto those who come after him, through small written scraps of Herland's whit "There is alot to life except rowing , but really not much".

Herland remained involved in rowing after the Olympics, working through his programs, coaching different club and college teams, and realizing his self-stated goal of becoming the "Johnny Appleseed of Rowing." He coached the PLU crew team from 1987 until his death, even though he couldn't walk in his last years.

"The guys would pick him up out of his wheelchair and put him in the coaching launch," Peterson said. "He couldn't walk, he could hardly see, and he had to wear hearing aids."

But even as his body weakened, Douglas Herland's love of rowing never wavered, even as the disease claimed his ability to walk and ultimately brought on the stroke that took his life. He handled it all, life and death, pain and triumph, with the grace of careful oars slipping below the surface, good news forever lapping the bad.

This article reprinted with permission from The Oregonian.

**“He was passionate about his cause,
and he took advantage of his
opportunity to advance it.”**

– Robert Espeseth



Doug Herland, PLU 1972, with his dog in 1985. (Photographer unknown)

ACADEMIC RECORD

ROWING TEAM MAJORS INCLUDE:

Baiology
Business: Finance
Business: Marketing
China Studies
Education
Exercise science
Geology
History
International Economics
Math
Musical Arts
Nursing
Political Science
Pre-Med
Psychology
Religion
Sociology
Spanish
German
Norwegian



GRADUATION RATE

in 4 years:
84 percent

in 5 years:
92 percent

PERCENT WHO CONTINUE WITH POST-GRAD STUDIES:

2-5 percent





POST COLLEGIATE ROWERS

Many rowers have achieved success after graduation. Three former rowers have been inducted into the PLU Athletic Hall of Fame: Doug Herland '72, who became PLU's only Olympic medalist when he won a bronze as a coxswain in the 1984 Los Angeles Games; Pam Knapp Black '84, who became the first PLU rower to win a gold medal at nationals and went on to compete for the U.S. National team; and Dave Peterson '74, a rower from 1971-74 and coach from 1975-85.

In addition, Bjorn Larsen '03 won three gold medals at the U.S. Nationals last summer as a member of the Pennsylvania Athletic Club in Philadelphia. Sarah Jones '93 competed at her fifth national team competition and made her second Olympic appearance in 2004.

— Dave Girrard

ALL-AMERICAN: 3

Katie Schlepp '06
Lauren Rutledge '04
Brian Erstguard '93

OLYMPIANS: 2

Doug Herland '72 (1984)
Sarah Jones '93 (2000, 2004)

NATIONAL TEAM MEMBERS/ ID CAMP (Elite Athletes): 28

Blaise Bellows '06
Sami Beurabi '96
Pam Black (Knapp) '84
Cassey Cass '93
Sam Cook '93
Katie Davis '01
Brian Erstguard '93
Greg Frietag '95
Eric Hansen '88
Doug Herland '72
Sarah Jones '93
Bjorn Larsen '03
Tone Lawver '95
Elise Lindborg '84
Sean Magoun '94
Aiko Montgomery (Soyto) '94
Doug Nelson '90
Kim Olson (Mortor) '88
Knute Olson '90
Matt Price '01
Katie Schlepp '06
Andrea Schroeder '07
Carol Tobian '95
Rodney VanAndel '95



JUMP
IN