

SWEEP

ANNUAL
REPORT

Nov. 2018

VOL. 26



THE WASHINGTON ROWING MAGAZINE

Celebrating Our Legacy

In this issue of Sweep, we celebrate the legacy of Washington Rowing – those who have come before us, those who carry on our traditions today, and those who will continue to do so into the future.

ROWING A RACE IS AN ART NOT A FRANTIC SCRAMBLE. IT MUST BE ROWED WITH HEAD POWER AS WELL AS MUSCULAR POWER.
 FROM THE FIRST STROKE ALL THOUGHTS OF THE OTHER CREW MUST BE BLOCKED OUT.
 YOUR THOUGHTS MUST BE DIRECTED TO YOU AND YOUR OWN BOAT, ALWAYS POSITIVELY, NEVER NEGATIVE.
 ROW YOUR OPTIMUM POWER EVERY STROKE, TRY AND INCREASE THE OPTIMUM.
 MEN AS FIT AS YOU, WHEN YOUR EVERY DAY STRENGTH IS GONE, CAN DRAW ON A MYSTERIOUS RESERVIOR OF POWER FAR GREATER. THEN IT IS YOU CAN REACH FOR THE STARS.
 THAT IS THE ONLY WAY CHAMPIONS ARE MADE. THAT IS THE LEGACY ROWING CAN LEAVE YOU. DON'T MISS IT.
 GOOD LUCK
George Pocock

Dear Friends,

Our supporters can generally be divided into two groups, those who were a part of the program in college, and those who have come to the program since then. We refer to the latter as “Friends of the Program” and it is likely there is no other program in the country which enjoys greater support from its Friends. Washington’s Friends sent the “boys” to Berlin in ‘36 and the men & women to Henley 82 years later. It is a sterling legacy.

As recipients of Sweep, you - our supporters - have chosen to prioritize this program. Simply stated, Washington Rowing would not be where it is today without you. Thank you. Because of your generosity, the program exceeded its fundraising goal for the 2017-18 fiscal year, raising \$344,297 for the Annual Fund and made meaningful strides with endowments. As you review the numbers starting on page five, please know how vital each gift is to the strength and success of Washington Rowing.

Over the past number of years, the Board of Rowing Stewards has worked hand in hand with the team to create opportunities to get to know current student-athletes and reconnect with old friends. Whether that be the football tailgate hosted by Dave Herness, ‘91, and Charlie Malley, ‘01, or the Alumnae Brunch launched by Adrienne Hunter, ‘03, and the UW Women’s Team or the Husky hospitality tent at the Head of the Charles organized by Charlie Clapp, ‘81. These events, have grown in size and scale every year, but now we are looking to throw a little fuel on our outreach efforts by calling on you to help us grow our community.

We ask that you reach out to colleagues who have yet to connect with the team and invite them to join you at an event. Talk up the card or Stewards pin you received as a result of donating to the program. Organize a reunion, or to put it differently, invite some old friends to dinner.

The success of Washington Rowing has always been reliant on the depth of our roster. It is no different with our Stewards. Our strength depends on our numbers. As supporters, you understand the value you bring to this program. Please make a goal of bringing an old friend back to our community this season. By doing so, you will continue the legacy of the Washington Rowing Stewards.

Go Dawgs.



Jane Powers and Trevor Vernon, Co-chairs, Board of Washington Rowing Stewards



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Cover: This life-size photo of George Pocock surrounded by the cedar shells he crafted, was recently installed at Conibear Shellhouse along with the above letter (in George's own handwriting) to the 1958 team at Henley.

The Legacy Within Us

“REACH FOR THE STARS.

THAT IS THE ONLY WAY CHAMPIONS ARE MADE.

THAT IS THE LEGACY ROWING CAN LEAVE YOU.

DON'T MISS IT.”

This George Pocock quote recently became a permanent part of Conibear Shellhouse, the words mounted in six-inch letters at the entrance to the team training rooms. All athletes and coaches — women and men — who walk through the main entrance door see it.

We walk through those doors every single day. And the words never get old.

Our legacy, at Washington, is all around us, all the time. Physically, it is in this building; in the oars of the legends on the wall, in the Olympic medals, in the Husky Clipper hanging from the rafters of the dining hall upstairs. Our teams and athletes are immersed in it from the first day they walk in the building.

But it doesn't stop there; in fact, that is just the beginning. The real traditions and values of Washington Rowing are in you, the people of Washington Rowing. It has been that way from the beginning, generation after generation passing the mantle to the next. The mantle of hard work, perseverance, commitment to team, and an unwavering desire to win.

We saw these values once again in action in 2018: Pac-12 Champions, men and women together; National Championship victories, men and women together; Henley trip, men and women together. Effort, dedication, early mornings... all leading to success at the highest level, together. As coaches, we want these values and lessons to become intrinsic in every rower here, taking them beyond these waters, walls and campus...*beyond the boat.*

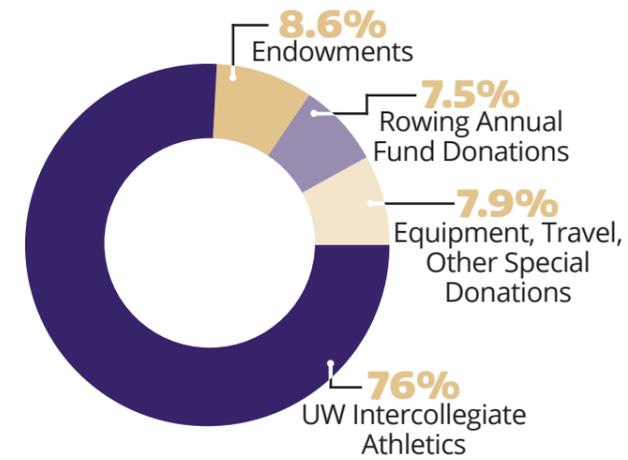
George Pocock wanted that too. He knew that rowing at Washington improved our families, businesses and communities; he witnessed it first hand: *“Harmony, balance, rhythm, there you have it. That's what life is all about.”* Those words brilliantly sum up the journey we have all been so fortunate to share, with each of us contributing to this wonderful program—unique in athletics, forged in the community, carved into history.

Thank you for being part of it; thank you for passing your legacy onto the next generation; and thank you for your support. We do this together, and we wouldn't want it any other way. *That* is Washington Rowing.

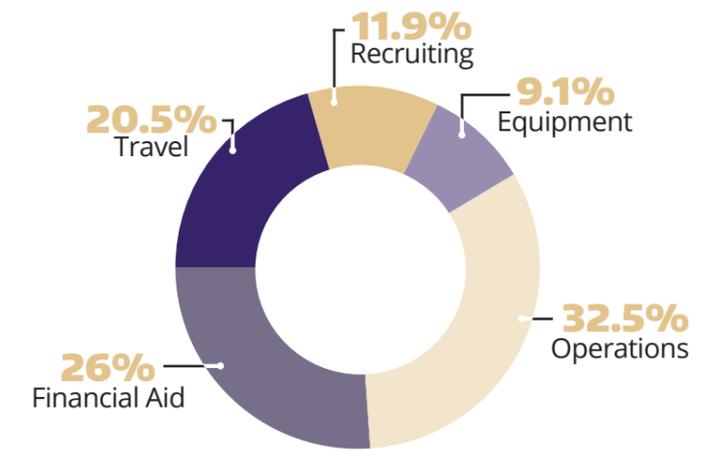
Sincerely,
Michael Callahan and Yaz Farooq
Washington Rowing Head Coaches

All numbers represent our last fiscal year, July 1, 2017-June 30, 2018.

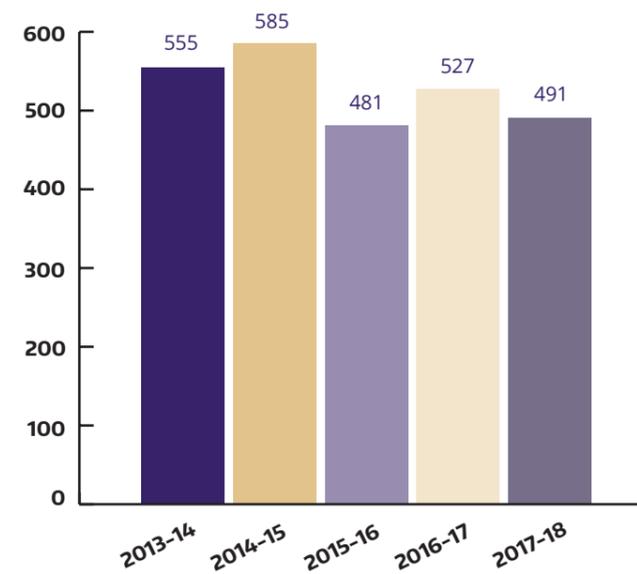
Rowing Funding Sources



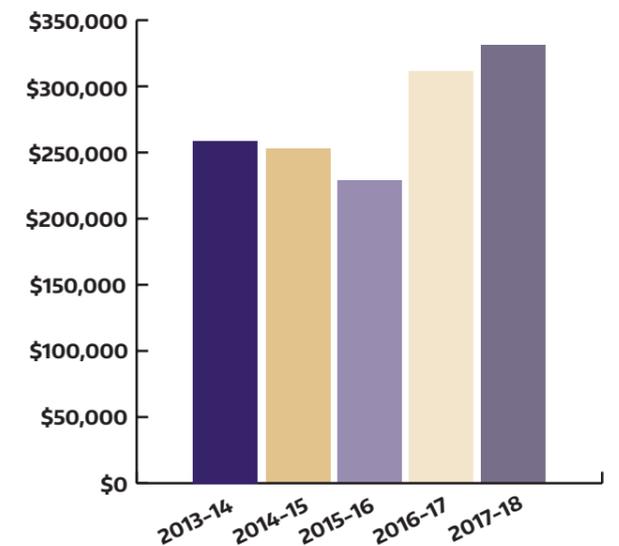
Rowing Expenditures



Washington Rowing Donors



Annual Fund Donations



Giving to the Annual Fund provides unrestricted funding that allows Washington Rowing to tackle its greatest needs. Gifts to this fund allow us to provide the best possible experience for Washington Rowers like scholarship support, recruiting, student-athlete wellness and cutting-edge equipment and other special projects that make Washington Rowing the program we all love.

**Thank you to the
491 donors*
who contributed
\$1,362,870.**

*Numbers include donors who contributed to the rowing annual fund, endowments, equipment and other special projects.

Washington Rowing Endowments

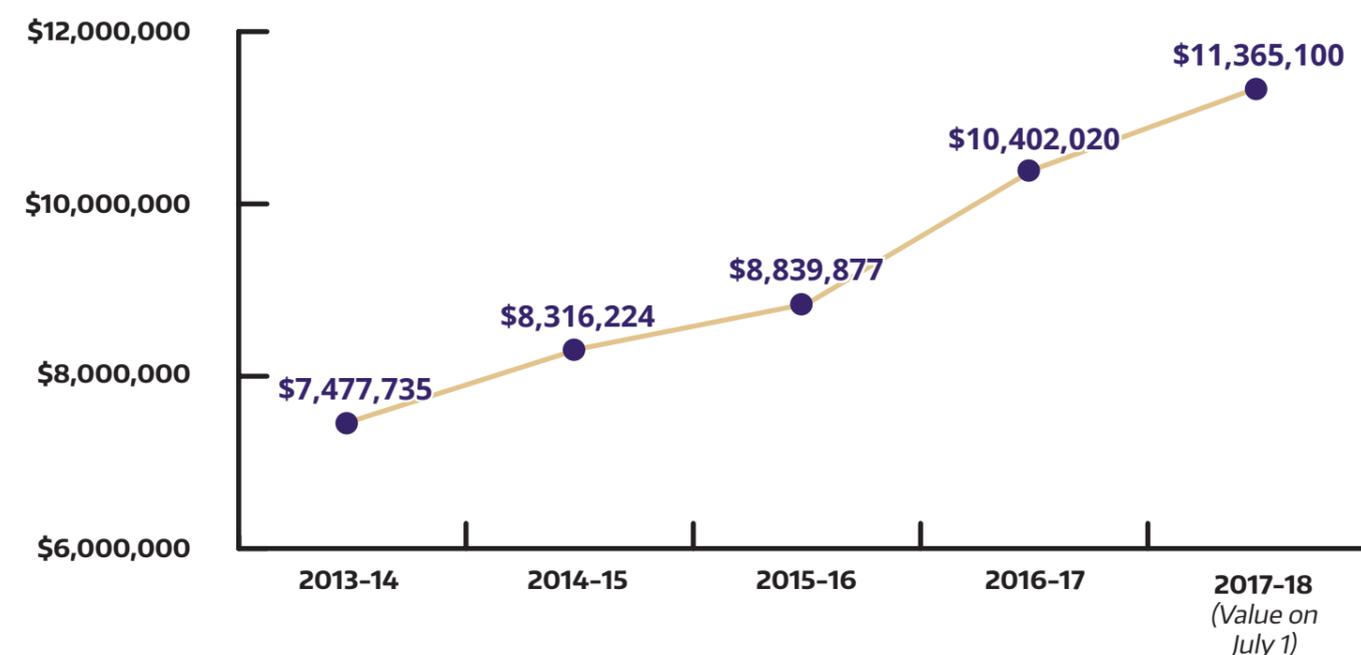
Endowment donors establish sustaining sources of scholarship and program funds that last through time. Endowments preserve the principal and use the interest from invested funds to cover the costs of program needs and the costs of annual scholarships – the single biggest expense for Husky Athletics. We are deeply grateful to all our endowment donors.

- Applegate Endowed Women's Rowing Scholarship
- Charles M. Applegate Crew Endowment
- James and Marjorie Beardsley Scholarship Endowment for Husky Crew
- Doug and Nancy Boyden Men's Rowing Endowed Fund
- John D. Bracken Scholarship Fund
- Class of '82 Scholarship Endowment for Men's Rowing
- Class of '67 Men's Crew Endowed Fund
- Class of '76 Endowed Men's Crew Scholarship
- Crew Scholarship and Contingency Fund
- James S. and Elree Eagleson Crew Endowment
- Dick Erickson Endowed Crew Scholarship
- Fowler Family Men's Rowing Endowed fund
- Wayne E. and Stella S. Graham Crew Endowment Fund
- Dan and Jan Harville Endowed Women's Rowing Fund
- Chuck Holtz Endowed Men's Crew Scholarship
- Hughes Family Endowed Women's Rowing Scholarship
- John W. and Rosalind Jacobi Endowed Men's Crew Scholarship
- Clarence B. Lafromboise Men's Crew Endowed Scholarship
- Jean K. Lafromboise Scholarship for Men's Crew
- Michael S. Lafromboise Memorial Fund
- Carl and Louise Lovsted Endowed Scholarship
- Carl M. & Louise C. Lovsted Endowed Crew Scholarship
- Thomas W. McCurdy Memorial Fund
- Dave McLean Memorial Endowed Scholarship
- Diane Miller-Ross Endowment
- John H. and Luanne Isom Mills Endowed Crew Scholarship
- The Kari Osterhaug Endowed Scholarship for Women's Crew
- Ron and Jayne Ranheim Men's Rowing Endowed Fund
- Jon Runstad 2008 Endowed Scholarship for Men's Rowing
- Jon Runstad Endowed Scholarship for Men's Rowing
- Slepyan Family Endowed Crew Fund
- Alison and Brian Urback Crew Endowment
- Willard Wakeman Endowed Men's Crew Scholarship
- Washington Rowing Stewards Endowment
- Wilkerson Family Scholarship Endowment for Husky Athletics
- John W. Zevenbergen Jr. Endowed Scholarship for Men's Rowing

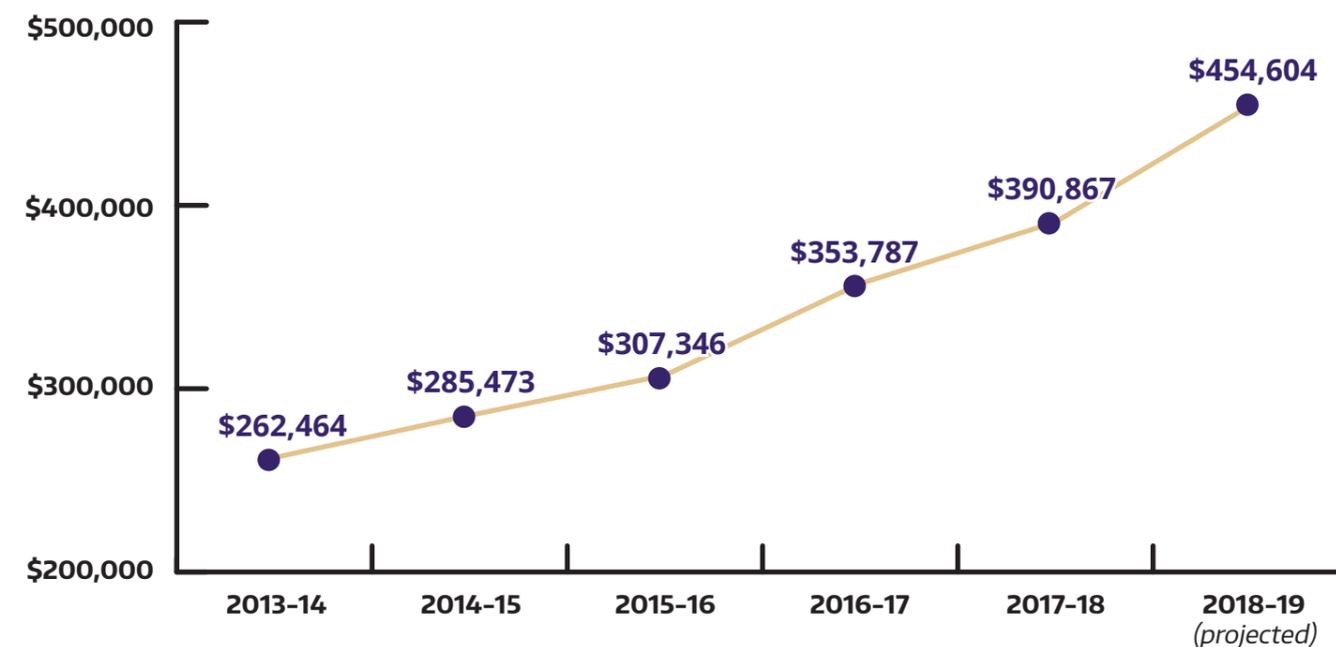
Forever Washington - Your Legacy. Your Huskies.

Your dedication to Washington Rowing may last a lifetime, from youth to career to retirement. By participating in Forever Washington – a giving program for those who remember University of Washington Athletics in their wills or estate plans – your Husky spirit can live on as an enduring personal legacy. Learn more at Foreverwashington.com.

Market Value of Washington Rowing Endowments



Annual Endowment Payout



If you are thinking about establishing an endowment and would like more information, please contact Bryan Beals at 206-221-8210 or bbeals27@uw.edu.

Stewards (up to \$999), cont'd.

Ms. Cynthia McCormick	Mr. Sean & Ms. Sarah Newsum	Dr. Cynthia & Mr. Carl Pearson	Safranek Lieutenant	Mr. John & Mrs. Shirley Sonnichsen Jr.	Ms. Rachel Todd
Ms. Julie McDonald	Mr. Peter & Ms. Claire Nichols	Ms. Ann & Dr. Harold Pebbles Jr.	Colonel George & Mrs. Anne Salmi Jr.	Spinnaker	Ms.Carolynn Trimble
Ms. Eleanor McElvaine & Dr. Sara Lopez	Mr. Gorham Nicol	Ms. Sarah & Mr. Robert Peshkin	Ms. Kasey Sancewich	Veterinary Clinic	Mr. Michael Urness & Ms. Cathy Leonhardt
Ms. Romany McNamara & Mr. Igor Pesenson	Mr. Dennis Nolleche	Ms. Julie Peterson-Snyder & Mr. Don Snyder	Mr. James Sarikas	Mr. Robert Squires	Ms. Tara Vagen Lieutenant
Mr. Doug & Mrs. Thelma McTavish	Mr. Jochen Nonnast	Mr. Harold Peyer	Mr. Mark Sawyer & Ms. Jill Zinn	Mr. Michael & Mrs. Marie Stager	Joseph Velling
Lieutenant Colonel Mark & Mrs. Susan Mead	Mr. Philipp Nonnast	Ms. Mitzie Phegley	Ms. Harmony Schloer	Mr. John Stanley	Mr. Arthur & Mrs. Eva Wahl
Merchandisers Northwest	Mr. David & Mrs. Barbara Nordfors	Dr. Colin & Mrs. Sarah Phillips	Ms. Virginia & Mr. Charles Schluter	State of Washington	Mr. K. Dee & Mrs. Sally Walker Jr.
Dr. Roger Meyer	Ms. Kristine Norelius & Mr. Brian Faller	Ms. Anne & Mr. C. Michael Pickles	Mr. Henry & Mrs. Helen Schmidt III	Mr. James & Ms. Sherri Steele Jr.	Ms. Caisa & Mr. Paul Wasbrenke
Mr. William & Ms. Cathy Mickelson	Ms. Wendy O'Brien	Ms. Brooke Pierson	Dr. James Schneider	Mr. John & Mrs. Grace Steers	Mr. Wilbur & Ms. Nancy Washburn
Ms. Tiffany Miller Campbell	Mr. Michael & Mrs. Penny O'Byrne Jr.	Brian Pistay	Mr. Kristian Schonberg	Mr. Dennis Steinman & Ms. Pam Steinman	Mr. Michael Weaver
Mr. Lynn Miller III	Ms. Lindy & Mr. John Odland	Mr. Alex Pong	Ms. Laurie & Mr. George Schuchart Jr.	Marc Stewart	Mr. Steve Wells
Mr. Lee & Ms. Sheila Miller	Mr. Samuel Ojserkis	Ms. Alexis Pong	Dr. Les & Ms. Connie Seelye	Ms. Gail Stewart-Bowser & Mr. Douglas Bowser	Mr. David West
Mr. Thomas & Ms. Martha Mills	Ms. Carol & Mr. Richard Olson	Ms. Anna Porteous	Dr. Richard & Ms. Andrea Semon	Mr. John & Ms. Elizabeth Stillings	Ms. Michele Whaley & Mr. Karl Wilkelmi
Mr. Matthew & Mrs. Kari Minas	Ms. Eileen Olson	Mr. Michael Poterala & Ms. Heidi Bulich	Mr. Kestutis Sereiva	Mr. Michael & Ms. Ann Stoner	Mr. James & Ms. Joan Whitaker
Ms. Karen Mohling	Mr. Jeff Olson	Mr. Dale & Ms. Joann Potter	Ms. Francine & Mr. Kent Shafer	Mr. Robert & Ms. Michelle Stowell	Mr. Jim White & Professor Colleen Johnson-White
Mr. Thomas Mohoric	Ms. Chiara Ondoli	Dr. J. Scott Pritchard	Mr. Douglas & Mrs. Shirley Shaffer	Ms. Carla Stratfold	Mr. John & Ms. Kathleen Wilcox
Mr. Richard & Ms. Karin Morgan	O'Reilly & Mr. Charles Desiderio Jr.	Mr. David Querubin	Mr. Michael Sill & Ms. Marilyn Goo	Mr. Peter & Mrs. Diana Stroble	Ms. Robin & Mr. Joseph Wilcox
Mr. Howard Morrill	Mr. Thomas & Ms. Elizabeth Ormond	Mr. Albert & Mrs. Ann Ramos	Mr. Stuart Sim	Mr. Hans Struzyna	Ms. Judith & Mr. Ray Willman
Ms. Michelle & Mr. Hugh Morris	Mr. John Osborne	Mr. Jeffrey & Mrs. Suzanne Reade	Ms. Dorothy Simdars	Mr. Robert & Ms. Mary Svendsen	Mr. David Wilson
Mrs. Kathryn & Mr. Allen Munn	Drs. Teresa & Donal O'Sullivan	Mr. Theodore Redman	Ms. Marina Simenstad	Ms. Kathleen Switalski	Mr. Ray Wimberley
Ms. Tina & Mr. Dave Myers	Mr. William Parent	Ms. Katherine Reinke	Mr. Craig Sjolin	Mr. Jeffrey & Mrs. Trudy Taylor	Mr. Richard Winn Sr. & Ms. Corinne Broderick
Ms. Darby Nabb	Ms. Vicki Parker & Mr. Robert Lee	Mr. Kent Renshaw	Mr. David & Ms. Judith Skartvedt	Sydney Taylor	Mr. Robert & Ms. Janet Witter Jr.
Dr. George & Professor Ellen Naden	Ms. Ellen Parks & Mr. Larry Kvalheim	Tracy Rex	Mr. Michael Skov	Mr. Brian Teague	Ms. Isabelle Woodward
Dr. E. Thomas & Mrs. Ellenor Naden Jr.	Patrick Dunn & Associates	Mr. Robert Richey	Ms. Barbara Smart	Boeing	Mr. Joseph & Ms. Molly Wren
Mrs. Ann & Mr. Charles Naden	Patrick Lumber Company	Mr. Jerome & Mrs. Mary Robbins	Dr. Curtis & Mrs. Ruby Smith	Gap, Inc.	Mr. Charles & Ms. Ann Wright
Mr. Bruce & Mrs. Kathleen Naito	Ms. Patricia & Mr. Richard Pattison	Ms. Lia Roberds	Ms. Andrea Smith	Ms. Susan Thoennes	Mr. John & Ms. Lynn Wunsch
Ms. Carol & Mr. Timothy Neal	Mr. Benjamin Paulus	Mr. Wallace Rodland	Mr. Craig & Ms. Julie Smith	Mr. Robert & Ms. Anne Thomas	Ms. Claire & Mr. Gerald Yeager
Mr. Brett Newlin		Mr. David & Mrs. Liza Rost	Ms. Kim & Mr. Mike Snorsky	Ms. Beryl Thompson	Gloria & Jim Yoshinaka
		Mr. Roy & Ms. Sally Rubin		Mr. Richard & Ms. Kitty Thomson	Ms. Adrienne Zachary
		Dr. Ann Marie		Ms. Carolyn Thostenson	
				Mr. Stephen &	

We strive for accuracy in our donor lists and apologize for any errors. Please contact Bryan Boyles at 206-221-8210 or bbeals27@uw.edu if you have any questions or concerns.

2017-2018 Board of Washington Rowing Stewards

- Betsy Beard-Stillings, '83; Opening Day Stewards' Enclosure
- Andrew Beaton, '08; Secretary / Outreach Men - 2000 and on / Class Day BBQ
- Cindy Biles, '88; Outreach Women '70s through '90s and recent grads
- Noelle Broom, '08; Outreach Women - 2000 and on Class Day BBQ
- Charles E. Clapp III, '81; Head of the Charles Outreach
- Eric Cohen, '82; Executive Director / Team Historian / Gear Sales
- Alan Erickson DDS, '82; Regattas
- Alan Forney, '82; Finance
- Fred Fox, '76; Banquet / Fundraising
- Jesse O. Franklin IV, '77; Legal Counsel
- Dave Herness, '91; Alumni Outreach
- Michael Hess, '77; Honorary
- Adrienne Hunter, '03; Women's Annual Brunch
- John Kueber, '93; Co-chair, 2013-2015
- Kim (Oates) Lawrence, '00; Race Streaming
- Howard Lee, '84; Current Athletes, Mentorship
- Blake Nordstrom, '82; Co-chair, 2013-2015
- Dwight Phillips, '71; Class Day Cruise / Treasurer
- Maggie Phillips, '17; Program Liason / Parent Outreach
- Bill Pitlick, '66; Database / Outreach Men pre-1970
- Jane Powers, '85; Co-chair
- Jim Pugel, '81; Honorary
- John Runstad, '64; Honorary
- Frederick V. Schoch, '73; Honorary
- Jason Scott, '93; Race Day / Outreach
- Sabina Telenska, '00; Women's Alumnae Rows / Foreign Alumnae Outreach
- Charles D. Turbak, '61; Chair 2011-2013 / 50 year reunions
- Trevor Vernon, '92; Co-chair
- John Vynne, '66; 50 year reunions

Mission of the Washington Rowing Stewards

The Washington Rowing Stewards, through an active presence of alumni and friends of the program, work to connect and inspire our community to support and promote the men's and women's rowing teams at the University of Washington.

VOLUNTEERS NEEDED - WE WANT YOU!

Are you looking for a fun and meaningful way to get more involved with Washington Rowing? Volunteers are integral to the success of the program. We are currently recruiting volunteers for the 2019 season.

Our area of greatest need is race day operations which requires upwards of 50 people to support each event. Assignments include using an iPad to time races, being a stake boat holder at the starting platform, helping spot finish order at the finish line, being a finish line flagger, and safety/driving (monitoring the warm up area, assisting with get back/row backs, driving a referee launch).

Most of the volunteer positions require no previous experience. To be considered to be a launch driver you must have previous coaching or boating experience and attend a "training" during a Ham n Egger. It's a great way to have an "all access" pass to UW races and see them from a different perspective.

Contact Sarah Keller, Director of Operations,
at kellersw@uw.edu or 206-543-1117 for more information.

Men's and Women's Dean's Lists 2017-18

Katelyn Anderson (A, S)	Harry Fox (W)	Rielly Milne (A, W)	Tabea Schendekohl (W, S)
Sophia Anderson-Kundig (A, W, S)	Mary Fudge (W, S)	Madison Molitor (S)	Fiona Shields (A, S)
Marley Avritt (A, S)	Thomas Fuller (W, S)	Brooke Mooney (W)	Larkspur Skov (A, W, S)
Angus Batstone (S)	Andrew Gaard (A)	Philipp Nonnast (A,S)	Stewart Sykes (A)
Paolo Bifulco (A, W)	Adam Gold (W)	Abigail O'Connor (A)	Sarah Talamaivao (A)
Ellie Bruce (A)	Michelle Green (A, W)	Chiara Ondoli (W, S)	Jeffrey Thiers (A, S)
Anna Corff (A, W, S)	Sam Halbert (S)	Elizaveta Panova (A, S)	Ava Trogus (A, W, S)
Braedan Daste (A)	Eden Harris (A, W, S)	Carmela Pappalardo (A, W)	Simon Van Dorp (W)
Elliott De Bruin (W, S)	Valentina Iseppi (W)	Julia Paulsen (A)	Mckenzie Waltar (A, W)
Chase Deitner (W, S)	Sean Kelly (W)	Anna Porteous (A, S)	Emma Whybrew (S)
Amanda Durkin (A, W, S)	Isabel Klein (S)	Austin Regier (W)	Kimmons Wilson (A, W)
Kinsey Eager (A, W)	Arne Landboe (A)	Sebastian Ritter (S)	Jennifer Wren (A)
Luke El Khoury (A, W)	Luca Lovisolo (S)	Carsten Rossen (S)	
Ian Engstrom (S)	Michiel Mantel (W, S)	Laurel Safranek (A, W, S)	
Nick Everett (A, S)	Madison Martin (W)	Annemieke Schanze (A, S)	
Tea Federspiel (A)	Rachel McGlothlen (A, W, S)	Calina Schanze (W)	

A - Autumn quarter

W - Winter quarter

S - Spring quarter

2018 Intercollegiate Rowing Association All-Academic Team

To be eligible for recognition, a student-athlete must have maintained a cumulative GPA of 3.35 or higher, completed one full year at their institution (freshmen and first-year transfers are not eligible), be an institutional letter winner, and also competed at the 2018 IRA National Championship Regatta.

Braedan Daste '18, Redmond, Wash.
Elliott de Bruin '20, San Francisco, Calif.
Luke El Khoury '18, Long Beach, Calif.
Thomas Fuller '20, San Mateo, Calif.
Harvey Kay '18, Nottingham, England
Arne Landboe '18, Shoreline, Wash.
Rielly Milne '18, Woodinville, Wash.
Madison Molitor '19, Moses Lake, Wash.
Philipp Nonnast '19, Frankfurt, Germany
Austin Regier '20, Burien, Wash.

Pocock CRCA All-Americans

First Team:

Marlee Blue
Brooke Mooney
Tabea Schendekohl

Second Team:

Phoebe Marks-Nicholes
Chiara Ondoli

CRAC National Scholar Athlete

Carmella Pappalardo
Calina Schanze
Kenzie Waltar
Jennifer Wren

2018 Academic All-Pac-12 Women's Rowing Team

First Team:

Carmela Pappalardo, So., Salerno, Italy
Kenzie Waltar, Sr., Kirkland, Wash.

Second Team:

Sophie Anderson-Kundig, So., San Francisco, Calif.
Amanda Durkin, Jr., Hingham, Mass.
Valentina Iseppi, So., Gardone Riviera, Italy
Phoebe Marks-Nicholes, Sr., Seattle, Wash.
Chiara Ondoli, Sr., Angera, Italy
Anna Porteous, Sr., Kingston-upon-Thames, England
Calina Schanze, Jr., Behlendorf, Germany
Tabea Schendekohl, So., Dortmund, Germany
Lark Skov, So., Steamboat Springs, Colo.
Jennifer Wren, Jr., Seattle, Wash.

Honorable Mention:

Marley Avritt, So., Newport Beach, Calif.
Marlee Blue, Jr., Seattle, Wash.
Adele Likin, Jr., Seattle, Wash.
Madison Mariani, Jr., Snoqualmie, Wash.
Brooke Mooney, Sr., Peru, Vt.
Julia Paulsen, Sr., Seattle, Wash.
Karle Pittsinger, Sr., Lake Chelan, Wash.
Meg Rutherford, So., Seattle, Wash.
Jessica Thoennes, Sr., Highlands Ranch, Colo.

2018 Academic All-Pac-12 Men's Rowing Team:

First Team:

Luke El Khoury, Sr., Long Beach, Calif.

Second Team:

Braedan Daste, Sr., Redmond, Wash.
Elliott de Bruin, So., San Francisco, Calif.
Thomas Fuller, So., Menlo Park, Calif.
Harvey Kay, So., Nottingham, England
Arne Landboe, Sr., Shoreline, Wash.
Rielly Milne, Sr., Woodinville, Wash.
Madison Molitor, Jr., Moses Lake, Wash.

Honorable Mention:

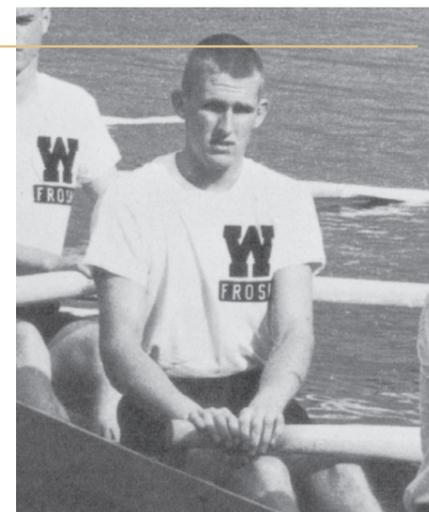
David Bridges, So., Portland, Ore.
George Esau, So., Long Lake, Minn.
Andrew Gaard, Jr., Madison, Wis.
Sean Kelly, Sr., Princeton, N.J.
Luca Lovisolo, Sr., Torino, Italy
Michiel Mantel, Jr., Amsterdam, Netherlands
Philipp Nonnast, Jr., Frankfurt, Germany
Blake Owen, Sr., Kirkland, Wash.
Austin Regier, So., Burier, Wash.
Carsten Rossen, So., Seattle, Wash.
Alexander Vollmer, So., Hamburg, Germany
Kimmons Wilson, Jr., Orlando, Fla.

Jon and Judy Runstad 'Life Is About Teamwork Any Way You Cut It'

By Eric Cohen



Above: Jon and Judy Runstad. Below: Jon Runstad in the seven seat of the 1961 IRA Champion Frosh 8.



2017-2018 was the inaugural year for our Beyond the Boat program, a valuable new investment in the growth of our student-athletes at Washington. The program was developed as an extension to the unique culture and community that surrounds our rowing program, adding a higher learning platform for the character, values and leadership we aim to teach every rower who enters the doors of Conibear Shellhouse.

One of the lasting characteristics highly valued at Washington, and reinforced through the Beyond the Boat program, is personal commitment: Individual responsibility and accountability channeled directly to the team and, by extension, to the community. Add to that the high value our coaching staff places on not only building fast teams, but building future leaders, the Beyond the Boat program has quickly become a cornerstone of how we teach character and instill values that lead to success in life.

A strong reflection of these values, and really the best example we can give to our athletes, is our alumni community. What we aim to instill in our students is reflected in the lives of many of those who have previously rowed on the team.

This past March, Jon Runstad, '65, along with his wife Judy, '74, were honored by the University with the naming of the Runstad Department of Real Estate. But the reality of that honor – the background to it – lies in decades of quiet volunteerism and philanthropy to the UW, illustrating the kind of people we aim to build here at Washington.

"Jon and Judy have been behind the scenes in so many of the things we do here, and for many, many years," said Michael Callahan, Washington's men's rowing head coach. "Giving back is a personal value to them and they do it without fanfare...it is part of who they are."

For Jon, growing up in Seattle and watching the races before he came to the UW, he learned from a young age what it meant to row at Washington. One of the emphasized phrases his parents would use when describing former rowers in the community was, "He was a crew man."

"A 'crew man'— the way the words were used—meant something special," Jon said recently. "Yes, he rowed, but it was more than that. It said something about his character. It wasn't necessarily definable, but I knew from a young age what it meant."

Jon would enter the UW in 1960, rowing in the 1961 Frosh 8 that won the IRA. He would conclude his career in the 1964 IRA 2V8 that also won gold. "It was in my four years here that I learned what a 'crew man' means. There was a moral imperative to the work ethic, the self discipline, and the tenacity you had to find every day, and you did it without fanfare and with a confidence within yourself."

"Life is about teamwork any way you cut it," said Jon. "You have to be able to work effectively to get the most out of your team. And most of all... you have to lead by example."

The Beyond the Boat program seeks to instill the values that Jon and Judy live their life by.

"When I think about the kind of people I want these young men and women to be after they leave here, it is to be like Jon and Judy," said Michael. "An understanding that life really begins once you leave this place, and that you carry with you the values and the commitment that made you a champion when you were here. If we can do that successfully – and Beyond the Boat is really helping shape this – then we can be confident the Washington Rowing program is continuing the tradition of graduating high quality people into our community, and into the world."

Student-Athlete Scholarship Funds A Living Legacy

By Amy Anderson

One of the most tangible ways to leave your legacy at Washington Rowing is by funding a scholarship for a student-athlete. Over the years, hundreds of Husky rowers have received the opportunity to row at Washington through the generous support of privately endowed scholarships. Many have built friendships and credit their Husky rowing experience to their generous scholarship donor. These relationships extend outside of school and the boathouse, and can sometimes be lifelong.

At Washington, we take time and careful thought to match each endowed scholarship; we want to be sure that we recognize these special gifts by pairing student-athletes who share and personify the values and dedication of the donor. It is an added benefit to be able to tell parents that our community is so

deeply committed to this sport that they have funded their daughter or son's scholarship in perpetuity. It underscores the uniqueness, and tradition, that defines the culture of Washington Rowing: we do this together.

George Pocock said that the ultimate swing came when "eight hearts beat as one." And as he knew, that idea — at Washington — extends beyond the boat. It reaches into our families, our alumni, and our community. There is no better example of that than the bonds that are formed through our endowed scholarships. To all of these donors, we thank you for your very personal commitment to every Washington athlete who has benefitted — and benefits today — from your generosity.

Here we feature a few of the unique bonds that have been forged between donor and athlete.



Elise Bueke, '19

Applegate Endowed Women's Rowing Scholarship

Current recipient: Elise Bueke, '19

In 2018, Joanne Applegate Jaech established the Applegate Endowed Women's Rowing Scholarship in honor of her late dad, Charles Applegate, '38, who rowed at the UW. Charles was best friends with Joe Rantz, and although he didn't row in the shell that won the Olympics, he traveled to Germany with the "boys" in 1936, the year they won gold. The inaugural recipient of Joanne's scholarship is junior Elise Bueke of Sequim. Joanne says she was pleasantly surprised to find out Elise had been selected to receive her scholarship because she had known about Elise, who rowed at the Olympic Peninsula Rowing Association. She said it is a "happy coincidence" that Elise is from Sequim, which is where Joanne retired to be closer to her parents before their passing... and of course the other happy coincidence: Joe Rantz was also from Sequim.



Philipp Nonnast, '19

Class of '76 Endowed Men's Crew Scholarship

Current recipient: Philipp Nonnast, '19

Fred Fox, '76, says he enjoys a casual friendship with the current recipient of his scholarship, senior Philipp Nonnast. Fred and Philipp have breakfast once a month or so after Saturday practices—at one of two Seattle institutions, Burgermaster or Voulas Offshore Cafe—and keep in touch via text. Fox says his goal is to listen and be a sounding board to Philipp, who is from Germany and is contemplating life after UW. For Fred, deciding to establish the Class of '76 Endowed Men's Crew Scholarship ten years ago came as kind of an epiphany. He realized that some of the success he was enjoying in life was a result of going through the rowing program at UW where he learned a strong work ethic and created lifelong friendships. He wanted to give back in a meaningful way that would allow other young men to have the Washington Rowing experience. "It's fun to watch the kids grow and develop over the four years they are at Washington," Fred notes. "It's an honor to be a small part of their lives."

John H. and Luanne Isom Mills Endowed Crew Scholarship

Current recipient: Gert-Jan VanDoorn, '21

John Mills, '61, describes his family as a "family of rowers." He and his younger brother rowed at Washington; his son rowed at Harvard; and his wife, Luanne is a national erg champion. So deciding to endow a scholarship for men's rowing at UW seemed like a natural way of giving back to a program and a sport that has given them so much, John says. Since the scholarship was started in 2012, three rowers have received it including A.J. Brooks, '13, Stuart Sim, '17 and Gert-Jan Van Doorn, '21. "We always have them over for Thanksgiving," John noted. "And we go to their races, including the IRAs when we can." John also says he bumps into their scholarship recipients a couple of times a year on campus. John audits UW classes as part of the "Access Student" program for people over 60 who want to continue learning. John attends class every day (except in the summer) and says he has taken 114 classes through the program.



Gert-Jan VanDoorn, '21

If you are interested in setting up an endowed scholarship fund at Washington Rowing, please contact Bryan Beals at 206-221-8210 or bbeals27@uw.edu.



Environmental Stewardship UW Rowing Teams Earn Campus Sustainability Fund Grant

By Jeff Bechthold

Innovation and Washington Rowing have gone hand in hand for more than a century. From Hiram Conibear and George Pocock to Michael Callahan and Yasmin Farooq – and many more in between – the Huskies' programs have been headed by creative, inventive leaders whose innovations in stroke mechanics, boat design, and training and evaluation techniques have made Washington home to the greatest collegiate rowing program in the country.

With that spirit in mind, last fall, several members of the program, including rowers, a manager, coaches and the director of operations hatched a plan to take advantage of a UW grants program to germinate what they all hope will lead to another innovation: the use of electric boat motors in coaches' launches.

The UW's Campus Sustainability Fund (CSF) was originally conceived in 2009. According to the CSF website, "the original idea for a student led, student-funded Green Fund came from a group of students in the fall of 2009. A grassroots campaign was waged across the

campus collecting over 5,000 petition signatures, 100 RSO endorsements, support of faculty and student senate, and incredible institutional support. Due to this unprecedented level of student support, a \$339,000 fund was established through the Student Activities Fee (SAF) for the 2010-2011 school year."

Each year, the CSF hears grant requests from various campus groups interested in gaining funding for projects geared towards sustainability. Many of the grants are in the three-figure range, while the largest of the 14 allocations for 2017-18 topped \$26,000.

Led by 2018 men's team manager and former rower Weston Brown, along with team members Amanda Durkin, Andrew Gaard, Dana Brooks, Molly Gallaher and Jennifer Wren, and with the staff sponsorship of director of operations Sarah Keller, the contingent from the UW rowing team made its pitch for \$8,000 to purchase a new type of electric boat motor made by Seattle company Pure Watercraft.

Founded by former Stanford rower Andy Rebele, the company has begun to design electric motors powerful and efficient enough to replace many gas-powered, outboard motors, including those used in rowing coaches' launches.

The new motors, which run on rechargeable batteries, are actually faster and more powerful than the gas motors currently used by most rowing coaches' launches. Electric motors had been in the news in recent years and the seed to seek a grant to get one was germinated at Conibear Shellhouse by the coaches, who took the idea to Brown and, in turn, to the rest of the team.

"Most people going into the project had an interest," Brown said. "We asked who on the team was interested, so those who said yes had an eye for sustainability."

"I'm an environmental health major," Durkin added, "so I've always had an interest."

Guided by CSF staffers Kyle McDermott and Ian Rose, the group put together its presentation, with each of the individuals handling specific aspects. In the meantime, former UW and U.S. Olympic rower Ed Ives, '83, who works at Purecraft, helped guide the UW team through the intricacies of the new technology.

"We thought it was a long shot," Brown admitted. "Traditionally, CSF funds low-budget projects, and this one was on the higher end of what they'd funded in the past. And, whereas a lot of projects are very clearly campus-wise, ours was pretty niche."

Nonetheless, when the CSF announced the 14 projects it had decided to fund, the rowing team's was included.

While the grant that the UW rowers received will only buy one new motor, the bigger idea is to get in on the ground floor and also to start the process of making such motors a viable alternative, one that will save gas and have a much lower impact on the environment.

In the grant proposal submitted by the UW rowers, it was estimated that Washington coaches' launches put in a total of nearly 43,000 kilometers each year, burning about 2,145 gallons of gas. In green science terms, that's about 7,000

pounds of carbon dioxide emitted by those motors, a total that would drop to about 322 pounds if electric motors powered all of the UW launches.

Replacing all of the UW's boat motors would be a costly pursuit, but what this grant does is allows the program to get one, possibly the first step that might lead to more.

"Once we have it implemented, it's much easier for us to get more funding for the future," Brown explained. "It's much easier than someone taking a gamble."

“
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UW launches.**
”

Also, as a part of the grant, the UW rowers committed to a series of education and outreach opportunities. After all, the UW's launches are just a few of the many used by other rowing clubs on Seattle-area lakes, not to mention the many college and club programs across the country and the world. As a part of the project, UW rowers hosted information booths at next season's Head of the Charles and Windermere Cup/Opening Day regattas while also presenting information to local rowing clubs, among other things.

"We're hoping to interest the local clubs," Durkin, a senior coxswain with the women's team, explained. "This one launch will have a minor impact, but it shows we're making a big effort to be more sustainable. If everyone starts, it'll make a big impact."

The future could include a full fleet of electric boats, with the battery charge supplied by solar panels on Conibear Shellhouse. While that future hasn't yet arrived, the CSF grant earned by the UW rowers might very well be the first big step in that direction.

UW Welcomes First Official "Hometown Husky"



The UW women's crew team welcomes its first official "Hometown Husky" Hallie Jensen as a walk-on to the program. Having never rowed before coming to Washington, Jensen is a standout in several other sports including basketball, volleyball, tennis, track and cross country from Lakeside High School outside of Spokane.

Last year, the UW women's coaching staff hatched the idea of awarding a tuition scholarship to one in-state high school senior with no prior experience in rowing. The UW coaching staff put the word out to high school athletic directors across the state and invited a number of candidates to campus. Out of a pool of several very strong candidates, Jensen was named the inaugural winner of the scholarship.

"We want to put our money where our mouth is," explained UW assistant women's rowing coach Josh Gautreau, who headed up the program in its first year. "We say that we want to prioritize in-state kids and walk-ons and we want to keep that tradition alive in rowing. We want to invest in this, and not just with words, but with actions and funds."

UW's Gaard Named USRowing Under-23 Male Athlete of The Year



Washington's Andrew Gaard, a senior from Madison, Wis., has been named the inaugural USRowing Under 23 Male Athlete of the Year. Gaard was selected by the athletes and coaches of the team that competed at the 2018 World Rowing Under 23 Championships in Poznan, Poland.

Gaard stroked the United States men's eight at the 2018 World Rowing Under 23 Championships, one of six Huskies in that boat, which was coached by UW men's coach Michael Callahan. The U.S. crew won the gold medal, winning the grand final about two-and-a-half seconds head of Great Britain.

Last spring, Gaard rowed in the UW second varsity eight that won the Pac-12 Championship and then won the silver medal in the varsity eight at the Intercollegiate Rowing Association championships. He has also won IRA gold in the third varsity eight in 2017 and in the freshman eight in 2016.

Ben Davison, '19, Wins 2018 Head of the Charles Champs Single



Becoming the first Washington undergrad in our history to win an elite-level Championship single sculling competition, Ben Davison, '19, won the Men's Championship Single (highest level 1x) at the Head of the Charles in October. Facing a field of 30 of the top scullers from around the world (including multiple 2016 Olympians), Davison fought his way - from the 26th position - down the 3-mile course in an incredible 17:55. "This is a signature win for Ben, I'm very happy for him," said Michael Callahan. "No one I've coached has worked as hard as Ben. No one wants it more. He earned it."

CLASS REUNIONS IN 2019

Classes of '09, '99, '89, '79, '69 and '59 – watch social email and Washington Rowing email announcements for more information on your class reunions during Class Day weekend: March 22-23, 2019.

UW Rowers Make their Mark at Special Olympics USA Games

By Amy Anderson

Over six days in early July 2018, Seattle hosted the Special Olympics USA Games. More than 4,000 athletes and coaches representing 50 state programs and the District of Columbia competed in 14 Olympic-type team and individual sports. Thousands of volunteers supported the events including members of Washington's men's crew team who volunteered at the Stand Up Paddle Board races at Angle Lake in Seatac. Austin Reiger, '20, recruited 25 volunteers including several incoming freshmen and local rowers who stayed in town for the summer. The rowers helped with a range of things, including setting up the venue, staging the paddle boards, helping the athletes get ready to start their races, timing and lifeguarding.

"It was really cool to be a part of this," said Reiger. "And it was really cool to see the joy these kids felt. It was very impactful for me to see the athletes compete at such a high level." One memory that stands out for Reiger is the female athlete who is almost completely blind. Lifeguards and officials instructed her where to go on the course. "It was really incredible," Reiger said.

"I'm super proud of how our team was able to contribute to the Special Olympians experience in Seattle," said men's head coach Michael Callahan. "This is one more way we are teaching our rowers what it means to be of service to the community. And I know they got a lot out of it too!"



Top: UW Rowers (in purple) helped Special Olympians start their SUP race. Bottom: Crew of volunteers from UW Rowing after the SUP races. Left: Volunteers helping set up the venue for the SUP event.

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ROWINGU

2018-19 Washington Rowing Schedule

EVENT	DATE	LOCATION
Head of the Charles Regatta (m)	Oct. 21-22 All Day	Boston, MA
Head of the American (w)	Oct. 27 All Day	Sacramento, CA
Head of the Lake	Nov. 4 8 AM	Montlake Cut
Turkey Trot	Nov. 16 4 PM	Conibear Shellhouse
Lake Las Vegas Regatta	Mar. 2 8 AM	Las Vegas, NV
Washington Rowing Banquet	Mar. 22 6 PM	Don James Center, Husky Stadium
Class Day Regatta	Mar. 23 8 AM	Montlake Cut
Husky Open	Mar. 30 8 AM	Montlake Cut
Stanford, OSU (m)	Apr. 6 8 AM	Redwood Shores, CA
San Diego Crew Classic (w)	Apr. 6-7 All Day	San Diego, CA
Michigan, Ohio State (w)	Apr. 20 8 AM	Las Vegas, NV
Cal Dual (m)	Apr. 20 8 AM	Montlake Cut
Cal Dual (w)	Apr. 27 8 AM	Montlake Cut
Windermere Cup	May 4 8 AM	Montlake Cut
Pac-12 Championships	May 19 All Day	Lake Natoma, CA
NCAA Championships (w)	May 31-Jun. 2 All Day	Indianapolis, IN
IRA National Championship (m)	May 31-Jun. 2 All Day	Lake Natoma, CA

www.WashingtonRowing.com

To subscribe to Sweep Magazine, submit story ideas or update your personal contact information, please contact Sarah Keller, director of operations, at kellersw@uw.edu or 206-543-1117.