

SWEEP

THE WASHINGTON ROWING MAGAZINE

**SPRING
2020**



ROWING



SWEEP

2020

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Sweep is published three times a year for dedicated donors, alumni and fans who value their impact on UW Rowing and their contributions to the storied history of Seattle as 'Rowtown USA'.

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COVER PHOTO: Scott Eklund
DESIGN: DavidOwenHastings.com

Dear stewards, supporters and friends,

With the March announcement canceling the NCAA spring season, the coaches quickly shifted from fine-tuning bladework and stroke rates to troubleshooting the student-athletes' immediate needs for health and safety, housing, eligibility, academics and international logistics.

In trying times such as these, the greater Washington rowing community shows its resilience and strength by pulling together and supporting each other.

We know the disappointment of our student-athletes, and we invite you to keep them in your thoughts and prayers as they navigate the waters of this difficult time. Though now scattered away from the shellhouse, they remain a team, committed to each other.

We are confident that they will emerge stronger as a result of this 'lost' season, but we also hope that they can be recognized and celebrated for what they have achieved this year so far — the miles and miles on the water and on the ergs, the coxswains' careful execution of each practice in the cold and darkness of the winter.

We invite you to read about the team and learn the roster on **GoHuskies.com**, review their winter progress on past social media posts, and continue to support the team even though their competitions were cut short. They are Huskies through and through who put in the work — and the teamwork — that are at the heart of Washington Rowing.

In this quickly changing environment, we are so grateful to you — the friends of Washington Rowing — for your concern and outreach to the coaches and student-athletes. Teamwork, we know, is the key, and digging deep to take on our challenges together is what we do best.

Thank you so much for your unwavering support of our program. We look forward to that time when we can see our rowers back on the waters of Lake Washington and taking on the collegiate world. But for now, we can reflect with gratitude on the joy that Husky Rowing has given us.

Go Dawgs!

Jane Paul

Jane Powers

Paul Ramsey

CO-CHAIRS, WASHINGTON ROWING STEWARDS

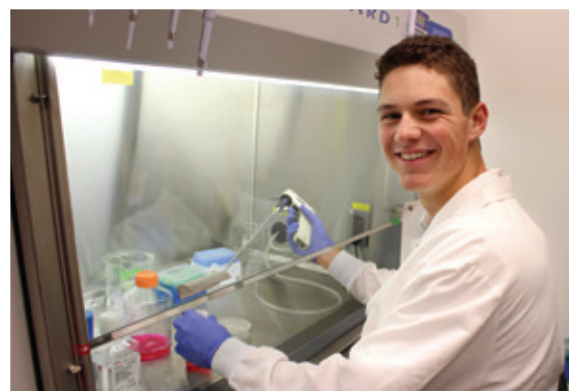


The legacy of rowers past

'Everyone who came before you is part of you'



PHOTO: Alika Jenner



Ian Engstrom's hometown of Lincoln, Massachusetts, is steeped in Revolutionary War history — a fitting birthplace for a student-athlete who revels in the historical legacy of Washington Rowing.

"In Conibear, you go upstairs and see the last single made by George Pocock. You see the 1936 Olympics boat hanging over your head," says Ian, a junior biochemistry major. "You feel like everyone who came before you is part of you."

Despite a family history of rowing, Ian focused on soccer and track until discovering rowing his junior year in high school. Initially, he didn't really enjoy the sport.

"The first six months, it sucks. You don't know how to hold the oar. You feel you're letting people down. But I liked the guys and I felt rowing was helping me grow as a person," he explains. "After a while, you feel the first swing in the boat and you begin to understand your own body mechanics. You realize you have to take accountability for everything you do because if you don't, everyone in the boat feels it."

Ian had found his passion.

When a UW Rowing coach came to one of his practices, Ian confessed he'd never heard of Washington and its storied rowing program. When it came time to consider scholarship offers, he visited a half-dozen Ivy League schools before he flew to Seattle.

"Holy smokes, I could really see myself there!" recalls the All-Pac 12 Academic team member. "When I finished the visit, I knew it would be amazing to be part of this program."

He quickly proved that he could contribute to the legacy of the program, rowing in the IRA National Championship Pac-12 third varsity eight. And the future physician is as dedicated in class as he is on the water. Bolstered by his participation in a UW Athletics mentorship program, Ian earned a prestigious internship at Fred Hutch along with a UW financial award to support his medical research.

"Ian is the most positive, energetic, intelligent person we have in the shellhouse," praises Head Coach Michael Callahan. "He defines the holistic word of oarsman."

'What we've given is nothing compared to what we've received'

When Brian Urback was a young teen, he aspired to follow in his big brother's wake and row for the University of Washington.

When Alison Urback was a little girl, she and her family would tie their boat to the Montlake Cut log boom to excitedly watch the crew races on Opening Day.

Today, the couple's mutual passion for the water and the sport of rowing has evolved into a deep dedication to give Husky rowers the opportunity to achieve their academic and athletic dreams.

"Being on the UW crew had such a positive impact on my life at a formative age," says Brian, who rowed with the class of 1982 and remains close to many fellow alumni. "I learned from crew that the most you can expect is that your best performance on race day is equal to your best day in practice. That has carried through to everything in my life. You have to put the work in every day."

As they contemplated making a more profound impact through their philanthropy, the Urbacks decided to endow a scholarship for Men's Rowing. Developing lasting and meaningful relationships with their scholarship rowers, along with the student-athletes' parents and friends, "was a totally unexpected gift."

"What we've given is nothing compared to what we've received," Alison proclaims. "It's been wonderful to watch the rowers' progression from student-athlete to young professionals and to get to know their parents along the way. They've become our extended family."

The couple recently made another generous gift, part of which was used to build a state-of-the-art referee/starting tower on the Montlake Cut racecourse. The tower has a timing and starting light system that "ensures fair and safe racing, and is something no other university has," according to Men's Head Coach Michael Callahan.

Brian encourages other alumni and fans to consider giving back to "the amazing young men and women of UW Rowing who have a work ethic that's beyond reproach." Whether it's a financial donation, mentoring or help with future careers, "it's a great opportunity to make a difference."



Surging forward

ENDOWMENTS GIVE UW ROWING THE EXTRA PUSH
NEEDED TO EXCEL — ON AND OFF THE WATER

With 650 student-athletes at the University of Washington, scholarships represent a significant expense for UW Athletics. With the second-most student-athletes of all the sports on campus, Men's and Women's Rowing rely on both Athletic Department funding and donor generosity to support scholarships.

The principal of an endowed scholarship remains intact, with the proceeds supporting full or partial scholarships year after year after year. Endowments can also support coaching positions and program expenses.

"Endowments are critically important to our program," explains Men's Head Coach Michael Callahan. "With the ever-rising cost of tuition, donors who choose to endow Rowing scholarships can provide us with a perpetual source of funding and support."

ROWING WELCOMES EVERY GIFT, LARGE OR SMALL

Give at gohuskies.com/crewfund or contact the Tyee Club at **206.543.2234** or tyeeclub@uw.edu to learn more about endowments.



WEATHERING CHANGING WINDS

YASMIN FAROOQ, HEAD COACH, UW WOMEN'S ROWING

When you're racing and the winds shift or your opponent inches ahead, rowers know how to adapt and persevere with the circumstances that arise. They understand that if you give the best you can and pull together as a unified team, magical things happen and you can overcome even the most insurmountable odds.



PHOTO: Alikea Jenner

But this season, the coronavirus put an end to the magic on the water. We've sent our very disappointed young women home and said goodbye to the seniors without knowing if they will return for a fifth and final season next year.

Our student-athletes want to stay connected to our program and to each other. We're doing everything possible to maintain those connections. We're also striving to help them protect their health and maintain their fitness.

Despite their profound sense of loss this season, Washington women rowers have a mighty moral compass. They know they must do whatever they can to help the University, our community, the nation and the world to weather this crisis. They understand that so many people across the globe are suffering far more seriously than they are.

We take with us one highlight of our few months together. We competed against rival USC in March in the Las Vegas desert and swept this fourth annual head-to-head competition. Most college teams never had an opportunity to race this season. At least we had this one chance to come together, do what we love and glimpse the season that might have been.

I'm so blessed to coach each year's group of skilled, passionate and compassionate women, who pass along their fire and joy to each class that follows them. Rowers who return next year will wisely use the lessons they've learned from the coronavirus crisis to inspire each other and their new teammates.

Today, the whole world is one team facing a singular, relentless and dangerous opponent. We're united with our alumni, fans and donors in doing our part to end the spread of COVID-19. In rowing, every race makes you stronger. In life, every crisis is an opportunity to lead. Thank you for helping see us through.



PHOTO: Alikea Jenner



PHOTO: Alikea Jenner

RESILIENCE IN UNCERTAIN TIMES

MICHAEL CALLAHAN, HEAD COACH, UW MEN'S ROWING

Our season ended before it began, cancelled due to the coronavirus. No Windermere Cup, no Class Day Regatta, no striving for a Pac-12 or national title. No rewards for the countless days of hard work. Of course, our team members — especially the seniors — are deeply disheartened. But the lessons we've all learned from rowing are seeing us through.

This sport has always been a tool to prepare us to be good citizens and leaders in the world beyond the boat, to care for one another and our community. Rowers must be resilient, patient and selfless. I'm so proud of our young

men for continuing to exemplify these qualities in the face of unprecedented disappointment.

We began this year by committing to being inspired by the journey, rather than focused on the legacy of past achievements. We realized we are standing on the shoulders of giants. But just as NASA scientists and astronauts reveled in each success on the way to the moon, it's the joy and determination of every step — along with the failures and restarts — that enrich the experience.

This shift in perspective and attitude uplifted the team's spirits even during the toughest workouts. Now, it's bittersweet that this new mindset



won't reap results in competition. Fortunately, we were able to send our out-of-state and international student-athletes home so they can continue their studies surrounded by family. We're also helping them stay fit and healthy by providing them with optional workouts so they can train at home.

So much remains unknown at the time I write this message. Will students be able to come back to the UW this school year? Will seniors be allowed to return for a fifth year of competition? Even if they can, will they be able to put their plans on hold for one last season? Will we be able to return to England for the Henley Regatta this summer? At this point, we just don't know.

The only thing we're sure of now is you. Your loyal support buoys our spirits. Thank you.



'It's the strength of women that drives us forward'

ANNUAL BRUNCH DRAWS TOGETHER FIVE DECADES OF TRAILBLAZERS

Trish Bostrom didn't realize she was pioneering future generations of women's rights back in 1969 when she challenged the inequities of women's athletics at the University of Washington. The determined freshman tennis player just wanted the same things the guys had — a competent coach, uniforms emblazoned with a proud W, and the chance to play a sport she loved without having to buy her own equipment.

"I just wanted equitable treatment for women," she told a crowd of more than 150 women (and a few supportive men) at the UW Rowing Women's Brunch, where five decades of Washington rowers and program supporters gathered to celebrate sport and sisterhood.

The Husky Hall of Famer succeeded in pressing for equity at the UW. Three years later, federal Title IX legislation set the same standard nationwide. Reciting the statute's key antidiscrimination language by heart, Trish warned young rowers to remain vigilant.

"I believe the most egregious attacks on Title IX are yet to come," she said. "Don't let Title IX down. Keep fighting."



Trish Bostrom, keynote speaker

Senior coxswain and 2020 team commodore Marley Avritt also inspired guests by sharing her journey with rowing. Before she came to the UW, Marley explained, the sport was all about winning and personal accolades.

"I've learned racing isn't about beating other teams. It's about us. It's about our boat, our lane, our race," she said. "I'm so grateful to be part of a team where every person matters. I've loved every single stroke and every single person. I've established what the love of rowing is. It's about what we do together as a team."

This season's "vibe," Marley noted, is being grateful — for the opportunity to love rowing, for teammates, for coaches and for donors.

Head Coach Yaz Farooq closed the event by echoing her team's thankfulness.

"Just as we stick together in the boat, we stick together as generations of women," Yaz concluded. "It's the strength and belief of the women in this room that drive us forward."

SAVE THE DATE!

**Next year's Women's Brunch
is on Saturday, Feb. 6, 2021.**



The women of the '70s give back

The first Washington oarswomen to benefit from Title IX's historic impact rowed in the 1970s. It was a time of progress, despite lingering inequities that seemed to draw teammates even closer together, recalls 1978 graduate and former coxswain Linda Cox Fornaciari.



"Working together, we felt such power," Linda states, adding that she's continued to draw upon those powerful experiences through the decades. "When you work that hard, all those hours in the dark and the rain, you develop incredible confidence. You simply cannot be intimidated.

"Crew also teaches you how each person adds their strengths to the whole to do what seems impossible. The rest of my life, I've been creating teams in whatever I do because of the strength that I found in teamwork."

Linda and her teammates stayed connected, not just in spirit but in generosity. They recently raised \$60,000 to donate a new racing shell to UW Women's Rowing. Christened the Title IX Sisterhood, it symbolizes continued advancement in women's athletics and the connection among rowers then and now. A second new boat earned the name Title IX Tenacity in honor of their era — and the women are fundraising today for a third new boat.



Head coach Yaz Farooq says such generous support for leading-edge equipment is vital.

"These boats enable our women to row more effectively in state-of-the-art equipment," she explains. "But it's much bigger than that. We take pride in putting our hearts and souls into every stroke. Knowing that the oarswomen who paved the way for us are so invested in our success makes each of those strokes even more powerful. We're so grateful for the support of our alums."

The women of the '70s are determined to pass on the legacy of Title IX to new generations of rowers by supporting the program.

"Giving to the program is a way to reconnect to a powerful chapter in my life, and to realize the powerful chapter we were in the history of UW women's crew," says Linda. "And it is immensely satisfying to give the current team the top equipment that we did not have."

If you're inspired to support Rowing program expenses, go to gohuskies.com/crewfund.



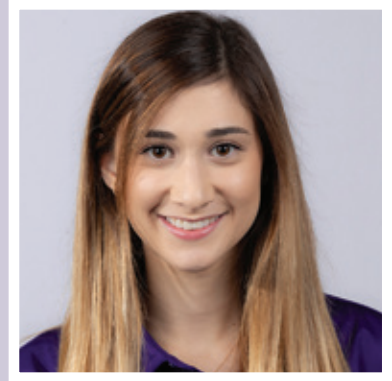
Class of 2020



Marley Avritt
Newport Beach, CA
LSJ (law, societies, and justice); Political Science
Grit, Gratitude, Trust



Dana Brooks
Tiburon, CA
Environmental Studies, Minor: Political Science
Ruthless, Extraordinary, Wolf-Pack



Kelly Bond
Pacific Palisades, CA
Communications
Fortitude, Will, Trust



Molly Gallaher
Sammamish, WA
Biochemistry
Love, Courage, Strength



Skylar Jacobson
Lakewood, WA
Environmental Studies
Love, Hype, Trust



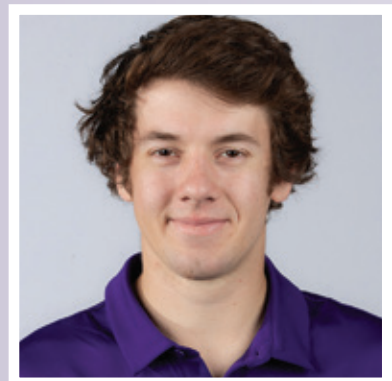
David Bridges
Portland, OR
Biology
Teamwork, Commitment, Trust



Rachel McGlothlen
Spokane, WA
Psychology, Minor: Education, Learning,
and Society
Sisterhood, Assiduous, Resilience



Lark Skov
Steamboat Springs, CO
Linguistics, Minor: Spanish
Passion, Drive, Limitless

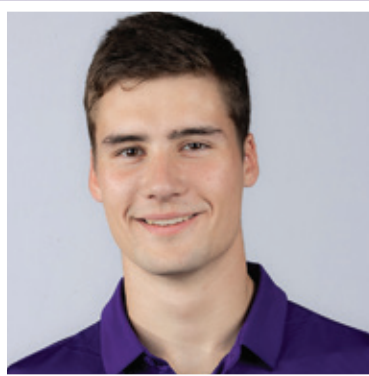


Elliott de Bruin
San Francisco, CA
Computer Science
Teamwork, Dedication, Trust

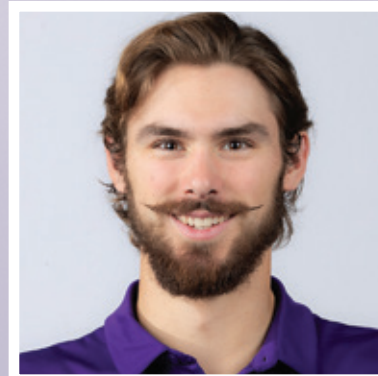
We asked our seniors to describe rowing in three words or less: see their inspiring answers below!



George Esau
Orono, MN
Economics, History
Discipline, Drive, Relentlessness



Samuel Halbert
Redmond, WA
Communications
Drive, Grit, Community



Austin Regier
Burien, WA
Industrial & Systems Engineering
Raw, Psychotic, Rewarding



Felix Reinhold
Cape Town, RSA
Environmental Studies
Relentless, Discipline, Grace



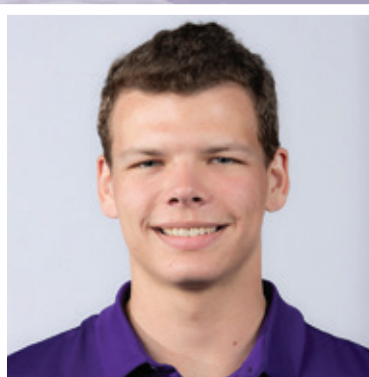
Carsten Rossen
Seattle, WA
Mathematics
Progression, Compatibility, Will



Pau Turina
Portland, OR
Education, Communities, and Organizations
Perspective, Fight, Trust



Alexander Vollmer
Hamburg, Germany
Communications
Magic, Teamwork, Banter



Cole Zwierzynski
Portland, OR
Environmental Studies, Minor: Art History
Grit, Selfless, Trust

Rowing community loses treasured friends

Two stalwart Washington Rowing supporters — 1940s Husky football player **Jim McCurdy** and UW rower and Olympic Gold Medalist **Bob Will** — passed away last fall, Jim at age 96 and Bob at 94. Their long lives were marked by generosity and a passion for all things purple and gold.



After transferring from Stanford to Washington, **Jim McCurdy** played football for the Huskies in 1943-44 and was honored for his inspirational spirit. He turned his love for his brother, Tom, into his own inspiration for supporting UW Rowing.

A former oarsman at Washington, Tom McCurdy died tragically from illness during the Korean War at the age of just 27. The men's father, Tom Sr., vowed that Conibear Shellhouse would always house a boat dedicated to the family name, each bearing the family crest. In 2019, Jim generously continued the family tradition by donating a state-of-the-art eight, the Tom McCurdy '52.

Also a veteran, Jim was a lifetime member of Seattle Yacht Club and supported the UW College of Engineering among many local causes. He was married to wife Betty for 65 years, and they had three children.

As a UW freshman, **Bob Will** was one of four rowers who represented the United States at the London Olympic Games in 1948. The crew, coached by renowned boat-builder George Pocock, won the gold medal. Bob and his teammates returned home heroes and were paraded through downtown Seattle with a police escort.

Bob flew B-17s in the Army Air Corps and graduated from Washington in 1949. He and wife Mary were married for 67 years and had five children.

"Jim and Bob represent the passion and purpose that stem from being engaged with UW Rowing," lauded Men's Head Coach Michael Callahan. "Their backgrounds were similar, and rowing brought them into a community rich with history. Their legacy now becomes part of the legacy of Washington Rowing."

The race toward academic excellence

WITH EXTRAORDINARILY DIFFICULT MAJORS, WASHINGTON ROWERS GAVE THEIR ALL TO ACADEMIC STUDIES DURING THE RECENT FALL QUARTER. HERE'S A GLIMPSE OF THEIR INCREDIBLE ACHIEVEMENTS OFF THE WATER.

COMBINED TEAM GPA
**WOMEN:
3.27**

COMBINED TEAM GPA
**MEN:
3.18**

DEAN'S LIST
14 men and 21 women
(with one perfect 4.0 GPA among the women)



CHALLENGING MAJORS

Applied physics, economics, oceanography, mechanical engineering, computer science, informatics, bioresource science, human-centered design/engineering, business and more.



iPAD WINNERS FOR TOP GPAs

Rowers who earned a 3.75 GPA or better over three consecutive quarters include Nicole Gooding, Lauren Preston and Marguerite Trost.



TOP GPA MEN SOPHOMORES:

3.39



LIBERTY AWARD FOR EFFORT

Jack Premzic



BANNERMAN AWARD FOR IMPROVEMENT

Alex Vollmer



After placing 5th in the Women's Alumni Eight event, Washington alum's and friends enjoy the festivities at the 55th Head of the Charles in Boston, MA. Left to right: Dani Hansen ('17), Melanie Barstow ('16), unknown, Sam Glandon-Hall ('16), Maggie Phillips ('17), Adele Likin ('19), Phoebe Marks-Nicholes ('18), Sara Clark ('18), Julia Paulsen ('18), Jennifer Wren ('19), Shelby Fanning ('16), Sam Potter ('16), Allison Barstow ('16), Liz Washburn ('15)



Start line of the annual Turkey Trot (Friday before Thanksgiving break)



Yaz Farooq shares her women's team report at the annual Stewards All-Call Meeting in February.



Spike Eikum, October 2019. Michael and Yaz aboard the Dorado with members of the 101 Club.



22nd Annual Donor Appreciation Scholarship Dinner L to R: Head women's coach Yaz Farooq, Peter McLean, Lark Skov '20, Heather McLean, Teal Cohen '21, Molly Gallaher '20, Tabea Schendekohl '20, Sofia Asoumanaki '21, Skylar McLean, Marley Avritt '20.



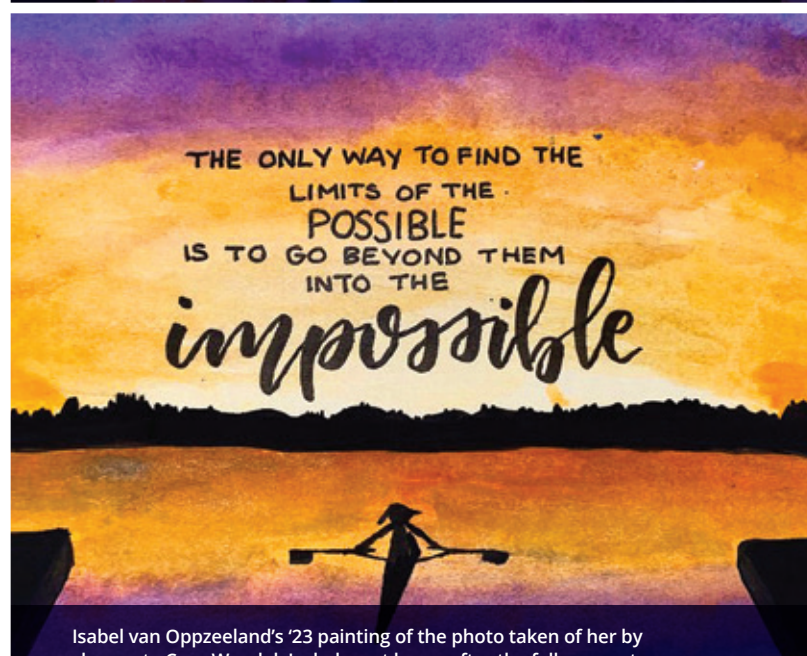
Head of Charles Alumni 8+ 2nd Overall.

Rowing Round-Up

A pictorial review of recent team, alumni and donor news



Backstage at the Seattle Sports Star of the Year Awards. Washington Rowing was nominated for Sports Story of the Year. Front row L to R: Dana Brooks '20, Olympic gold medalist Apolo Ohno, Marley Avritt '20. Back row L to R: Molly Gallaher '20, Skylar Jacobson '20, Lark Skov '20, Assistant Coach and 2019 Team Captain Marlee Blue '19.



Isabel van Oppzeeland's '23 painting of the photo taken of her by classmate Cece Wendel. Isabel went home after the fall season to tryout for the Dutch Olympic team and is currently in selection.



Head of Charles Alumni 8+ L to R: Dr. Colin Phillips '06, Alexander Perkins '15, Robert Karlen '18, Greg Lewis '05, Evan Stuart '19, Ante Kusurin '05, Brett Newlin '05, Samuel Goertz '18, Tennyson Federspiel '19



Both men's and women's teams were honored together at the UW v. USC football game for their Pac-12, IRA and NCAA success.

WASHINGTON ROWING STEWARDS

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Seattle, WA 98195-4080 USA

ROWINGU

Washington Athletics, the NCAA and IRA made the wise decision to cancel the spring seasons of intercollegiate sports to protect our student-athletes, coaches, staff and fans from the coronavirus. We are grateful for your continued support and look forward to seeing you in the 2020-21 rowing season.

WashingtonRowing.com

For more information on receiving SWEEP, to submit story ideas or to update your contact information, please contact Julia Paulsen at juliap44@uw.edu or 206-321-6580.



PHOTO: Alike Jenner