

N C A A D I V I S I O N I I I

CREW

PACIFIC LUTHERAN UNIVERSITY

A WINNING TRADITION



[WWW.PLU.EDU/ATHLETICS/CREW](http://www.plu.edu/athletics/crew)

2007 • MEDIA GUIDE • 2008

Lutes

A PLU TRADITION

The PLU Crew program, now beginning its 44th season, has a lot to offer experienced and novice collegiate rowers ...

1. **A large, well-protected lake** where we train. We practice on American Lake, which is in close proximity to the campus.
2. **A campus that is well-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 & 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 PLU Crew 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!

“Not everyone wins, and certainly not everyone wins all the time. But once you get into your boat and push off, tie into your shoes and, then ‘walk down your boat,’ you have indeed won far more than those who have never tried.”

— Lauren Rutledge '04

Lutes

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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.



THE ROWING SEASON

PLU rowing 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 Silox, which attracts competitors from around the Pacific Northwest for quality racing on the Division III level. PLU rowing also competes in the Charlie Brown Invitation, and Head of the Lake.

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 seven-member Northwest Collegiate Rowing 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 champion-

ship rowing in early June.

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



THE LEGEND GROWS

POST-COLLEGIATE ROWERS CONTINUE TO REAP REWARDS

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.

Bjorn Larsen '03 won three gold medals at the U.S. Nationals in 2004 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. Lindsay Taylor '09 competed with the national team in 2007,

ALL-AMERICAN: 5

- Brian Erstguard '93
- Amber Iverson '09
- Lauren Rutledge '04
- Katie Schlepp '06 (2005,2006)
- Erin Wolf '06

OLYMPIANS: 3

- Doug Herland '72 (1984)
- Elise Lindborg '84 (1996)
- Sarah Jones '93 (2000, 2004)



NATIONAL TEAM MEMBERS/

ID CAMP MEMBERS: 31

- | | |
|-----------------------|-----------------------------|
| Blaise Bellows '06 | Elise Lindborg '84 |
| Sami Beurabi '96 | Natalie McCarthy '09 |
| Pam Black (Knapp) '84 | Sean Magoun '94 |
| Cassey Cass '93 | Aiko Montgomery (Soyto) '94 |
| Sam Cook '93 | Doug Nelson '90 |
| Katie Davis '01 | Kim Olson (Mortor) '88 |
| Brian Erstguard '93 | Knute Olson '90 |
| Greg Freitag '95 | Matt Price '01 |
| Eric Hansen '88 | Katie Schlepp '06 |
| Doug Herland '72 | Andrea Schroeder '07 |
| Amber Iverson '09 | Lindsay Taylor '07 |
| Sarah Jones '93 | Carol Tobian '95 |
| Bjorn Larsen '03 | Rodney VanAndel '95 |
| Tone Lawver '95 | |

“For me, rowing was the discipline of having to be at a given place at a given time, sometimes seven days a week. As time went on, that very discipline influenced other dimensions of my life.”

— Noah Bickle '98

ACADEMIC RECORD

“Rowing is more than a fast boat on race day.

It’s a complementary experience to a student-athlete’s intellectual development.

Rowing, like success, is a journey, not a destination. I tell my oarsmen to have fun, learn, and, most of all, grow as individuals.

The wins, the losses,
will take care of themselves.”

— *Tone Lawver,*
PLU Head Rowing Coach



ROWING TEAM MAJORS INCLUDE

Biology
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

MEET THE TEAM



**Tone
Lawver**
Head Coach

Tone graduated from PLU in 1995 and is entering his fifth year of coaching at PLU, ninth season overall. At PLU, the varsity women have been ranked in the top three NCAA Division III schools in the Pacific Region four out of the last five years. He has coached in Rochester, New York, and Boston, Massachusetts. While in 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 silver in the four-plus at New England's School of Boys.

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**Meredith
Graham Lawver**
Assistant Coach

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 schools and collegiate students. She has been coaching for 4 years and is a Level III certified coach through U.S. Rowing.



**Beth
Henderson**
Assistant Coach

Beth is the primary contact for the men's program at Pacific Lutheran University. Beth competed as a rower during high school and later during college at Loyola Marymount University. During her senior year she served as captain of the women's team. Beth is a science teacher in the Bethel School District.



**Elisebeth
Weick**
Assistant Coach

Libby will be coaching the women's novice team. Libby began rowing in high school when her family founded the Fairport Crew Club in her home town of Fairport, NY. She graduated from William Smith College in 2004 with a Master's Degree in Exercise and Sport Studies. There she was a member of the women's crew team and V8+ for four years, served as team captain for three years, was a CRCA First Team All-American twice, and competed in the 2002 NCAA Women's Rowing Championships. Her coaching experience includes, as a student, one year as the varsity assistant coach and another years as the novice team's co-head coach. Libby has also coached high school rowing, and Fairport Crew Club and Rochester Navy teams.



Katie Allen
Junior
La Mesa, California
Grossmont H.S.



Caron Anderson
Senior
Bainbridge Island
Bainbridge Island H.S.



Nicole Ballard
Senior
East Wenatchee
Eastmont H.S.



Steph 'Skippy' Farrow
Junior
Redmond
Redmond H.S.



Kendra Gjerness
Sophomore
Washington



Chad Hall
Sophomore
Chugiak, Alaska
Chugiak H.S.



Shayna Horrocks
Sophomore
Vancouver
Prairie H.S.



Justin 'Moss' Hull
Senior
 Fargo, North Dakota
 Fargo South H.S.



Amber Iverson
Junior
Bellingham
Sehome H.S.



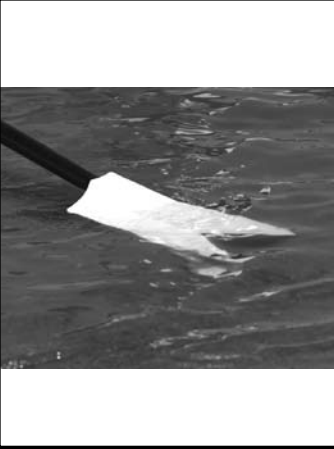
Kat Jenkins
Junior
Rochester, Minnesota
Mayo H.S.



Tyler Koehn
Senior
Shelton
Shelton H.S.



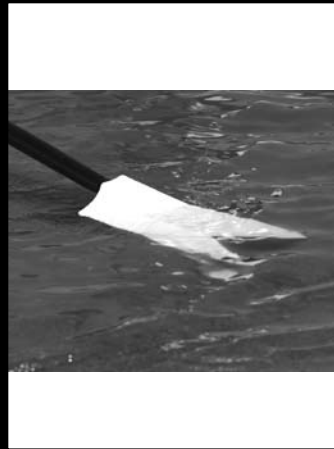
Natalie McCarthy
Junior
Steilacoom
Steilacoom H.S.



Joshua Melo
Senior
Tacoma



Martin Pirgiotis
Senior
Washington



Tim Postlewaite
Junior
Sammamish
Eastlake H.S.



Sam Prevot
Senior
Tacoma
Clover Park H.S.



Sheri Sasaki
Senior
Mililani, Hawaii
Mililani H.S.



Brittany Seberson
Sophomore
Tacoma



Sarah Shanebeck
Junior
Tacoma
Snohomish H.S.



Karli Taubeneck
Sophomore
Edmonds
Kamiak H.S.



Savannah Warren
Senior
Front Royal, Virginia
Notre Dame Academy

AND ...



Loki
Trouble

QUICK FACTS



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

COACHING STAFF:

- Beth Henderson (LMU 2005)
- Meredith Lawver (Ithaca College, 1998)
- Elisebeth Weick (William Smith, 2004)

HOME COURSE:

American Lake, Lakewood

CONFERENCE: Northwest
Collegiate Rowing Conference

NCAA DIVISION III:
Pacific Region

OFFICE PHONE: 253-535-8504

E-MAIL ADDRESS:

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WEB SITE:

www.plu.edu/athletics/crew/index.html

RECORD AT CURRENT SCHOOL:

16-8-0 (5th)

2006-2007 RECORD: 4-6

SPORTS INFORMATION

DIRECTOR: Nick Dawson

PHONE: 253-535-7356

FAX: 253-535-7584

E-MAIL ADDRESS:

dawsonn@plu.edu

KEY LOSSES:

Women's Lightweight:

- Audrey Knutson

- Jenna Hannity

Women's Openweight:

- Andrea Schroeder

- Megan Getman

- Jenny Prince

Men's Lightweight

- Lindsay Taylor, Coxswain

KEY RETURNEES

Men's Lightweight:

- Justin Hull

Women's Lightweight:

- Katie Allen

- Jenna Hannity

- Shayna Horrocks

- Audrey Knutson

- Natalie McCarthy

- Sarah Shanebeck

Women's Openweight:

- Steph Farrow

- Amber Iverson

- Kat Jenkins

- Sam Prevot

- Brittany Seberson

- Karli Taubeneck

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CREW TRAVELS TO BOSTON, COMPETES WITH BEST

By Bryanna Plog, *The Mast*, October 27, 2006

Ten members of the PLU women's crew team raced in Boston last weekend in a regatta that featured 8,000 rowers from all around the world.

Head of the Charles Regatta is one of the largest rowing competitions in the United States. One hundred countries competed with groups ranging from high school and national teams to a competition for those 70 and older.

PLU's openweight four placed ninth out of 29 teams, rowing against schools such as Boston University and the University of Chicago.

The lightweight four, lightweight requiring a weight of less than 135 pounds, placed 13th out of a field of 26 competitors from schools such as the University of Victoria and Princeton.

Over 1000 boats were present at the competition, as well as over 250,000 spectators, a high number for a competition that only accepted half of the teams that applied to race.

"It's one of the most prestigious regattas in the world," said Stephanie Farrow, a sophomore who raced in the openweight four. "It's the most fun I've ever had at an athletic event."

The race took the rowers through much of the city of Boston, as they rowed past Boston College, MIT and Harvard. They followed the Charles River upstream for three miles, passing under seven bridges, all the while surrounded by the autumnal New England landscape.

At Head of the Charles, the crew teams not only competed but were able to see some of the best teams in the world.

"The elite crews—you learn so much from watching," Farrow said.

Crew is a taxing sport that requires a lot of dedication from its rowers. The PLU team practices six times a week at 5 a.m., when conditions on American Lake are best. Practice usually ends 7 a.m., which is well-before most other students wake up.

"You have to work together or else the boat won't go," sophomore Kat Jenkins said. "You can't have a star."

While the two women's teams were in Boston, the other members of the PLU crew team were also competing. Three novice boats and both a men's and women's varsity boat raced at the Charlie Brown Regatta in Portland over the weekend. Both the novice women and men fours won first in their races, rowing against division rivals Lewis & Clark, Willamette and



The PLU women's crew team competes in the Head of the Charles Regatta in Boston against top-ranked teams like MIT and Harvard. The Lutes finished ninth out of 29 teams in the openweight four competition.

UPS. The other boats also performed well, setting the stage for a strong spring season.

"You work really hard in practice," Jenkins said. "But you know there has to be something special about it to make someone get up at 4 in the morning."

Its season over, the PLU women's crew team will condition for three months before spring crew starts with even more intense competition. And after the strong showings in Boston and Portland, the Lutes look forward to the season with anticipation.

PART OF THE CREW

A ROWER COMES OUT

By Ryan White, For Outsports.com, October 5, 2006

In my sophomore year, I dated one of my best friends, Sharon, for around a month. At this time I was also a resident assistant and a member of the varsity crew team at Pacific Lutheran University in Tacoma, Wash.

During the first couple of weeks things were great and we both respected the space we were accustomed to as well as spending quality time together. In the back of my mind I was not sure what I was doing or why I was doing it. For me it seemed like the right thing to do and that it was the next step of our relationship as friends.

I knew Sharon was onto my secret when she had to pin me down to make me kiss her, and then hear her say that I never wanted to touch her much beyond holding hands. She knew the one thing that I had tried to kill for so many years: I was gay. I told her that I needed to take some time and go away for a bit. I left on a Friday after classes with two of my other friends, Nathan and Sarah.

We had planed a secret trip to talk about how awful things had been going for us that semester. Our trip was a 1,000-mile road trip into Canada and back. We had no real plans beyond getting there and seeing some sights. I returned home to find an e-mail from Sharon saying that she and I were done and that she couldn't believe that Sarah and I had destroyed our friendship with her just so we could be together.

What she didn't understand is that Sarah and I were supposed to spend the trip talking about how I was to handle telling Sharon that I loved her deeply but to be with her was to kill a part of myself each time I lied.

Sharon and I broke up in November. Three weeks later was finals week and Sarah and I had still not had the conversation about my sexuality. One night, Sarah looked at me, cocked her head and said, "Ryan, I will talk to you tomorrow." With that statement I knew that she knew and all the pieces had finally fit together on why Sharon and I hadn't worked out and why the whole time I was with her I wouldn't touch her.

The afternoon of Tuesday Dec. 17, 2003, was the first time I ever talked with someone openly about whom and what I was. I remember the extreme fear and hopelessness as Sarah and I walked Tule Loop on campus. I was so scared that she would leave me on the street and never talk to me again. It was the same road that transformed me into a rower and was now transforming my life as I came out for the first time.

My transformation to a rower was not as hard as some others

on the team. In high school and in junior high I was involved in football, basketball, track and golf. It wasn't until I had graduated from high school that I really appreciated running and endurance sports. I guess that was part of my draw towards crew. I didn't start rowing until I was in college.

In my first year with the crew team I developed a family away from home. I believe that if it wasn't for them and my connection to the team that I wouldn't have stayed at PLU. I worked so hard to be the best I could be. I remember running hills in the middle of the winter rains by myself just to get better. In the following spring it paid off and I was elected captain of the novice men's team.

Revealing a Secret

Sarah and Sharon are both rowers as well and because of this they are two of my best friends. The more Sarah and I walked the loop the more she learned about the first 20 years of life. She learned about my experimenting with guys when I was younger to the repression that I had imposed on myself. She learned how I emotionally tortured myself to fit the standards of growing up in a small Wyoming town.

For me the first step was the hardest. I don't think I have ever felt so alone in all my life than I did that night. I laid in Sarah's lap crying for hours. I cried because I was set free but at the same time I had opened a whole side of my existence that I had kept in a dark corner for far too long.

I cried because for me what it meant to be gay was to be hated for something that you had no control over and to die alone without the love of a spouse. I cried most of all because for me death was analogous with gay and to be gay was to die a long and painful death. The killing of Mathew Sheppard and seeing the fallout from it in my hometown, just 300 miles away, shaped my view of the gay world.

I strongly thought that to be gay and from Wyoming meant that my death was imminent. On Friday morning I flew home. Sarah and I agreed that it was best for me to tell my mom while I was home. I spent two weeks at home crying myself to sleep and hiding from my parents.

I remember that Christmas my uncle looked at me and said, "There is something very West Coast about you now, but I can't put my finger on it." In the back of my mind I was terrified that he knew and was about to say something to my family. I also had to endure my two cousins, who poked fun at me for all sorts of things, mostly saying that I was a girly man. This was nothing new from them. Our relationship had always been one of contention and a desire to outperform each other. So the teasing was just part of how we interacted but on this trip home it hurt more than normal and made me think that they knew my dark secret.



As my mom was preparing to leave town for New Year's Eve with my dad, I was sitting on the couch in the living room crying. She kept trying to figure out what was wrong but I wouldn't tell her. I couldn't tell her. She left not knowing.

Keeping a Distance

When I got back to school a couple of days later, I returned to a world that was comfortable. A world that was planned and rigorous with workouts, class and other work. Nevertheless, I ditched my workouts with the team because I couldn't stand for them to know that I was gay. So, I developed a plan of distancing myself from the team. I figured that when they did find out, they could walk away and the pain for me wouldn't be as bad. I couldn't stand for them to reject me and send me from their lives in shame. So, I hid from them as I had hid from everyone else in my life.

As the spring season went on in 2004 I told my closest friends before others could tell them. I vividly remember telling James, my best friend and pair partner. We went to the grocery store together and he was going off about how he didn't think he could date another girl again because they just kept playing with his heart and hurting him.

He made the comment of, "Don't call Simon and tell him I am gay now. He doesn't need to fly out here and deal with me." To which I responded, "James, we handle that in house now." He looked at me as if I was crazy and then smiled at me. It was the kind of smile that said a million things without having to say a word. We talked for a couple more hours about life in general before I finally just said, "James, I am gay." His response was, "Well that makes a lot of things make more sense."

It was in the middle of spring that my mom became concerned about my mental health and summoned me home for Easter. On April 15, 2004 at 5:15 pm, I told my mom that I was gay. One of her first questions was whether it was a crew thing to be gay. I was shocked at first and then I told her that it wasn't. She then asked if she could deal with alcohol and drugs. I think that she asked me those questions because she was trying to make sense of how this had developed. She knows how to handle drugs and alcohol but she hadn't been exposed to people coming out before. It was new and scary for her. For the rest of the weekend, she would randomly break into tears. I thought that I had killed her from the way she reacted. I had caused her so much pain with just four words.

Redefining Myself

After James, I didn't tell any one else at school until the summer. That was until I invited a friend to go to Gay Pride with me around the Puget Sound area and she didn't understand why I wanted to go. I made a comment about rainbows not really being my thing because I hadn't become that comfortable with myself. That summer I made it to the three major prides in the Puget Sound area: Olympia, Tacoma and Seattle. At the parade in Seattle I marched with the Human Rights Campaign. It was one of the best experiences of my life. From the parade and other experiences of the summer I learned what it was to be comfortable with myself.

That summer I also taught myself that being gay was a part of me but it wouldn't define who I was. On the mirror in my room I wrote, "I will not let part of me be all of me." Every morning I looked at it and tried to work out how I wanted to be defined as a person as well as how I wanted to define myself.

I spent the fall of 2004 hiding from the world. Being an only child I have mastered the fine art of escapism and I fled to France

to continue to work on myself. While I was in France I heard whispers of what was happening at school and that more and more people were finding out that I was gay. At first I was furious that people would feel that it was their duty in life to tell others something about me. As time went on, I came to realize that it was for the best that people were finding out when I was not around. In my mind it would give them time and space to process the fact that I had always been gay, but that I was being redefined in their eyes.

When I came back to school this January, I had no idea how I would be treated. Once again I ditched out on my January workouts as I hid once again. As the end of the month drew close, I sat down with my two captains individually and talked to them. I told them that if my sexuality became an issue, I would walk away. Their response was that it wouldn't be an issue and if it ever was that they would take care of it.

As the season went on, guys I was dating would come by and meet several members of the team and they were treated with respect and loved as if they were any of the girlfriends of the rest of the guys. I was so proud of my teammates for the way they treated people I was dating, but I was always slightly uncomfortable.

I thought that I could get away with just having my teammates meet just the most important of whom I was dating, but this past summer I moved into the Crew House and with that, my old captains and other five housemates wanted to know every guy I went out with and every guy that I brought home.

My Teammates Meet My Dates

During this time they met one of my ex-boyfriends and a couple potentials for new boyfriends. My housemates also witnessed the start of new relationship as well as its breakup in the last couple weeks. It was with this relationship that they have learned that gay relationships are just like straight ones.

I had one of my old captains, now a housemate, sit me down and said, "PLU Crew is a family and you are part of that family. That means that we care about you and what to know who is involved in your life." It was with those words that my life with the crew team changed. We had always been taught that to be a member of the team was to be part of a family that was greater than you. We were also taught to be a member of the team was to be part of a legacy that started with nine guys and an unbreakable will.

It was on that day that I decided that no part of my life was to be held in shame when I was around them. They are my family, an endless chain of brothers and sisters to call my own. I know that every step I take I take it with them at my side and with them I can do anything I set my mind to.

This past summer, the guys, my teammates, my brothers got to know me as I am. They had the opportunity to know me as a gay rower who is just like all of them, and works his heart out for something greater than himself in the hopes of making the world a greater place. I have always had my doubts about whether I was considered different from the rest of the team; however, when it came to electing our captains for this year I was honored with being selected as one. I was shocked and so pleased.

I now have a passion for telling other gay athletes to do what is right for them and be honest not only with themselves but with those that care about them. Your team will love you no matter what and if they don't, then you really aren't on a team and your presence isn't as valuable as you think it is.

THE EARLY YEARS

HERLAND'S BONES WOULD BREAK, BUT NOT HIS SPIRIT

By Jon Paul Morosi, *The Oregonian*, August 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., 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



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

— Robert Espeseth

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

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 mis-cue. 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 wit "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

Above, Doug Herland (center) with his 1971 Meyer Cup Men. The Meyer Cup and Lamberth Cup races are still a highlight of the spring season. (Photo by Ken Oglstrom)

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.

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DIFFERENT STROKES FOR DIFFERENT FOLKS

ADAPTIVE ROWING TECHNIQUES ENABLE VARSITY STUDENT-ATHLETE

By *Dave Girrard*

Entering her first year at Pacific Lutheran University, Natalie McCarthy didn't think participating in intercollegiate athletics was an option.

Although she had been a member of the track team at Steilacoom High School – competing in the 100, 200 and long jump – McCarthy didn't think her ability level was high enough for PLU. "In high school I was on the track team and enjoyed being on a team, but didn't think I was quite what the track team here at PLU was looking for," she said. "Someone suggested that if I liked sports I should try crew. So I decided to check it out."

There was one wrinkle, however. McCarthy is legally blind.

After struggling with vision and stomach problems, balance issues and severe headaches for "a long amount of time," McCarthy's parents finally convinced her to see a doctor. She underwent surgery the very next day.

The doctor found an astrocytoma, a type of brain tumor. Removing the tumor caused damage to the optic nerve because of a loss of blood flow. McCarthy was 10 years old at the time. She can tell the difference between light and dark, and see motion. Some colors also stand out.

PLU head coach Tone Lawver said the initial step was making the boats, oars and other equipment ADA (Americans with Disabilities Act) compliant. "Adaptive rowing has been around for awhile," he said. "It actually got its start from a PLU alum, Doug Herland. The principals for Natalie were to develop a system by which she could assimilate as quickly and easily as possible with the other rowers."

The first step was teaching her the proper rowing technique.

"One of the tools we used early on was to have her feel a person actually rowing on an 'erg' (a rowing machine) and then break down the rowing stroke into its basic component sequencing,"

said Lawver. "We worked with her to develop a rhythm," added assistant coach Megan Carns.

Next, each of the oars and boats she would be using was labeled using a braille labeler. "This would enable her to quickly check to identify what boat she was in and what seat. It also allowed her to determine what position the blade was in," Lawver said.

"It took a while at first to really get it down and then stay in-sync with the other rowers," McCarthy said. "But after a while it comes, when you start to really pay attention to your surroundings and start to listen to other people. And it helps when there's someone who can make sure you're aligned and make sure you're on-target at first. Once you start out well it clicks.

"And you can feel the motion, when you need to put your oar in the water. I think listening comes into play more than feeling, but I think feeling is definitely a portion of it," she said.

The team also did weight training and running and were given some handouts to read. "She had some experience with weights, and her teammates helped with that," said Carns. "She did all of the workouts, with a teammate.

"It was a whole new thing, learning how to teach her," Carns said.

McCarthy was able to compete in the one regatta the women's team entered during the fall, the Charlie Brown Invitational in Portland, Ore. She was part of the Novice Women's 8+ squad that finished fourth in their race. Carns said McCarthy, by listening to the other rowers, was able to pick up the tempo pretty quick.

McCarthy said her teammates have been great. "They've been very helpful and accommodating, and never treated me like anything other than just another teammate. And so I really appreciate that. And the coaches have been great and helpful and willing to try new ideas to make things work. So I've been really lucky."

She said she doesn't even mind the early-morning practices. "No, it's not too bad. The hard part is sitting in class after practice."



Lutes

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 university in 1960, reclaiming its original name.

Today Pacific Lutheran University is a comprehensive university with an enrollment of about 3,500 students. As a member of the Associated New American Colleges, PLU is committed to the integration of liberal arts studies and professional preparation. A dynamic academic program features five professional schools and selective graduate programs that maintain a strong liberal arts emphasis at their core. PLU is the only Northwest university to be listed every year within the top 15 Western region universities in the “Best Colleges” survey, published annually by U.S. News & World Report.

PLU has remained closely affiliated with the Lutheran church and is now a university of the Evangelical Lutheran Church of America. PLU cherishes its dedication to educating for lives of service, as well as its distinguished and distinctive academic program that emphasizes curricular integration and active learning.

SCHOOL	ENROLLMENT	AFFILIATION
Pacific Lutheran University	3,640	NCAA III
LOCATION	UNIVERSITY PRESIDENT	NICKNAME
Tacoma, Washington	Dr. Loren Anderson	Lutes
FOUNDED	ATHLETIC DIRECTOR	COLORS
1890	Laurie Turner	Black & Gold



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