

AT THE CATCH

The Official Newsletter of Colorado Crew



Welcome back to another edition of At The Catch! We have had an incredible fall season. Since our last issue, the team parted ways with the majority of us traveling to Kansas for KU's annual Jayhawk Jamboree while our men's 4+ flew to Boston with coach Roman to represent us at this year's Head of the Charles Regatta. Both squads raced their hearts out and came back home with some new hardware. Thank you to all the parents and alumni who came out and cheered us on towards the finish line, and congratulations to the Novice men and women who won gold at their first regatta! We could not be happier with their results.

Thank you to everyone who continues to keep up with us through these monthly newsletters. We are forever grateful for the love and support you show us. Row hard and sko buffs!

Sincerely,
Aaron Miller | Alumni Relations

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HOCR 2019 RESULTS

Our Varsity men's 4+ traveled to Boston to represent Colorado Crew at this year's Head of the Charles Regatta. During their visit, coach Roman and the boys visited BU's boathouse, enjoyed an unforgettable dinner at Amy Chen's cozy apartment, cheered on the Colorado football team alongside our alumni at the Forever Buffs watch party and were accommodated by the Ranzo family. We are forever grateful to Amy Chen and the Ranzo family for hosting our boat during their time in Boston. It was their generous hospitality that set them up for Sunday's race. And a special thank you to all our alumni who came out and cheered them on down the course!

Men's 4+ - 27th overall

Final Time - 17:38.96

Jonathan Hester-McCullough

Dylan Blake

Charles Doremieux

Richie Puls

Brandon Julian



VARSITY SPOTLIGHT

Stefan Suarez

During the month of September, Men's Team Captain and graduating senior Stefan Suarez completed his first marathon. He competed in the Revel Big Cotton Wood race in Salt Lake City, Utah. I sat down with Stefan and discussed his motivations during training and what the race meant for him. The following are excerpts from our conversation.

What was training like leading up to the marathon?

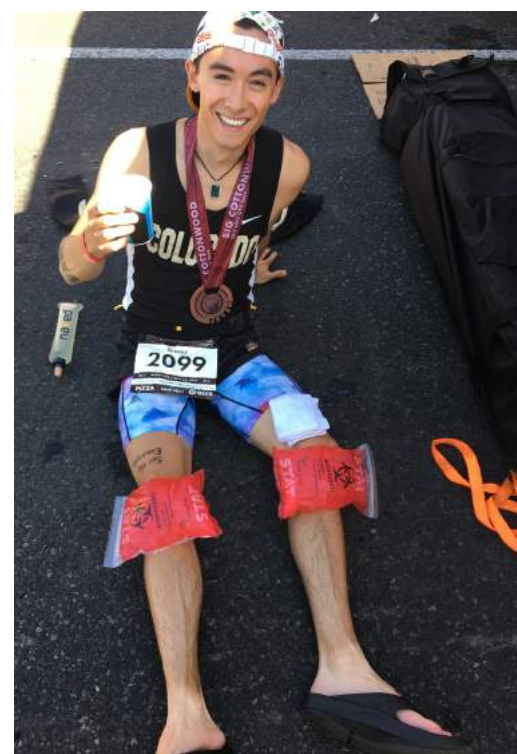
"Well, I actually started training relatively late. I took two weeks off after ACRA's before finally starting my marathon prep. I ended up cutting the 16 week training plan down to 12 weeks. The 12 week training schedule consisted of weekly training routines that gradually increased in intensity. Each week was made up of 4 training days between Monday and Friday with a long run on Saturday and recovery in between. The distance would increment and decrement then increment every week. The first long run was 4 miles while the last was 16 with the longest run being 20 miles."

How did the 20 mi. feel for your first time running that distance?

"I ran alongside friends of mine who are ultra-runners for the 20 mi. They mentioned that they had an all downhill route very similar to the marathon course. It was the longest distance I had done and the first time I had run all downhill... It was hard because of the type of athlete that I am. I don't have height, I don't have weight, but I do have technique. When I'm on the erg, I always watch my power curve and work towards making each individual stroke perfect. I always want to do better. When I run, I'm doing the same thing. My running partner told me that I should be feeling the run in my quads... I felt it in my ankles. So for me, every step was spent trying to figure out how I get the weight into my quads. I didn't want to blow out my knee a month before the race."

When during the race did you hit the wall?

"The course clapped me... At mile 16, they had this switch-back with a 22 mile marker at the other side of the road at the start. It was the hardest point for me during the race. My legs felt like they would give after one wrong step. I had tried bringing up my pace during the 6 mile interval but was unsuccessful. Once I finished the switch back; I looked at my watch, saw that there were 4 miles left and couldn't help but feel a little discouraged. A half a mile after the switch-back, Queen's song 'Death on Two Legs' came up and I just laughed out loud to myself. Humorous moments like that are my favorite and it definitely cheered me up and reset my mentality for the last leg of the race."



How did your rowing experience help you with the marathon?

"The day of the race; we woke up super early, got bussed up to the top of the mountain to the start and the day before I had spoken to some organizers who were telling me it would be super cold with weather in the 30s and we got emergency blankets and getting me hyped up for cold weather. I was super hyped in all my layers. I stepped out of the bus super nervous and my first thought was 'it's colder at the res'... In my past, I've done rowing and I've done track. Those sports taught me to better myself through technique. In rowing, I can't pull hard if I'm not doing it right. I think there are elements in running and rowing that translate over to each other. The big thing is getting in your head and being able to overcome that part of you that wants you to quit."

Did seeing the finish line give you a boost of confidence?

"It gave me such a boost. People were lifting their arms slowing down but I looked at that line and thought, 'I just ran 26 miles. Let me black out on that line'. So I emptied the tank, crossed the line and immediately lied down. I was tired of moving my legs. I finished and was in tears. Running the marathon was something I never thought I could do. I felt emotional and proud of all the work that led me to finishing the marathon."



Got some interesting stories or grand accomplishments? Want to be featured in an upcoming newsletter? Great! I am looking for alumni to write about in upcoming issues of At The Catch. If you are interested in getting your story featured in the next newsletter, contact me, Aaron Miller | Alumni Relations, at ColoradoCrewAlumni@gmail.com or over the phone at (818)922-4861. I cannot wait to hear from you!

JAYHAWK JAMBOREE

While our men's 4+ competed in Boston, the rest of the team crammed into vans and traveled down to Kansas for KU's annual Jayhawk Jamboree! This year, strong head winds clashed with an aggressive current that sent boats flying down the course. Each stroke was heavier than the last while splits stayed crazy fast. The novice got their first taste of collegiate competition while our varsity went head to head with Wichita and Kansas. The results were spectacular. We'd like to thank the Rebori family who hosted our athletes during the week. They went above and beyond to make sure our athletes were in racing condition. Here are their results!



Novice Women

Women's Novice B 8+ - 10th place (17:54.7)

Leone | Cosgrove | Singer | Hadjiyiannis | Meldrum | Girmscheid | Herpers | McFadden | Cabug

Women's Novice A 8+ - 1st place (14:04.7)

Grim | Mulqueeney | Scott | Kauffman | Harper | Sherwood | Childs | Glandt | Record



Novice Men

Men's Novice A 8+ - 1st place (13:26.8)

Wong | Mathavan | McDermott | Spina | Roberts | Umbhau | Haile | Ramon | Olson

Men's Novice B 4+ - 1st place (15:57.2)

Spina | Flores | Beck | Haile | Roberts

Men's Novice A 4+ - 2nd place (16:47.4)

Wong | Padilla | Waldstreicher | Beusmans | Chadwick



Varsity Women

Women's Varsity A 8+ - 9th place (13:13.8)

Cosgrove | Fowle | Hoelscher | Hooper | Mislinski | Sanderson | Patillo | Tucker | Watkins

Women's Varsity B 4+ - 16th place (16:16.4)

Barth | Turmala | Solberg | Wilson | Teehan

Women's Varsity A 4+ - 13th place (15:03.6)

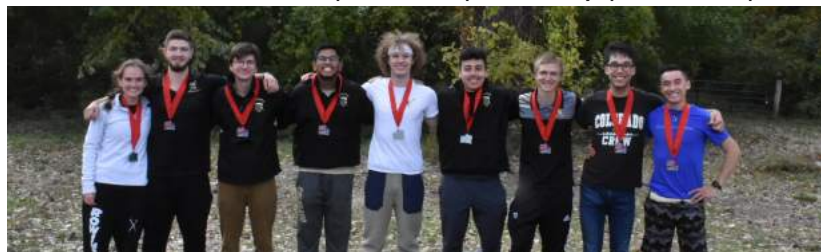
Hoelscher | Fowle | Hooper | Mislinski | Patillo



Varsity Men

Men's Varsity A 8+ - 2nd place (12:14.3)

Buechel | Suarez | Bradley | Chilton | Rebori | Miller | Shinde | Geisz | Rapetti



THANK YOU



As always, thank you for your support of our athletes. We wouldn't be here without the support of our families, friends, and alumni. Thank you for putting up with our stinky spandex, early morning alarms, blistered hands, voracious appetites, and obsession with "fat ergos". We row for you.

RENT-A-ROWER

Need work done? Athletes on the team are able to help fund their dues by fulfilling odd jobs at the low rate of \$15 per hour of work. More information can be found at www.colorado.edu/sportsclub/crew/rent-a-rower. Contact Rent-a-Rower chair, Charles Doremieux, at crewjobs@colorado.edu with your request, number of rowers needed, time requirement, location, and available dates and we'll get on it!

DONATIONS

This team couldn't be where it is today without the generous donations from our friends, families, and alumni – whether that's money towards equipment, donating meals at regattas, volunteering their time at races, or any other creative way you can think of giving to the team – we are always in need of a little bit of extra support and appreciate it so much! If you have connections to clothing or travel companies, want to help organize food at a race, would like to make a monetary donation, or support our athletes in their quest for medals and winning races in any way at all, please contact our president, Victoria Hooper, at victoria.hooper@colorado.edu. If you'd like to purchase some team gear for yourself or your athlete, please contact our secretary, Francesca Kealey, at francesca.kealey@colorado.edu



If you find that there are any errors or mistakes in this newsletter, please email Aaron Miller, Alumni Relations, at coloradocrewalumni@gmail.com and we'll be sure to rectify it in the next issue! Please feel free to contact him with any questions, comments, or concerns - or anything you want to see or anyone you want to recognize!