ITHACA COLLEGE CREW

The rowing universe was back in action during the 2021-22 school year, and while Covid did not disappear, student-athletes were able to get vaccinated and boosted, train fully, and generally avoid illness outbreaks. A few fall regattas were canceled causing schedule headaches for the sculling team, but by and large, the entire season played out, the women's varsity 8 made history at the National Invitational (NIRC), the men's v8 captured a long sought State Championship, and Ithaca Crew swung back towards full operations.

FALL CREW REVIEW

Crew life was almost back to normal in September 2021 as over 80 athletes (about 24 novices) took to the water. 14 women made the sculling roster. Everyone else rowed sweep. The scullers had pandemic surprises when both the Green Mountain Head and the Navy Day Regatta canceled causing last-minute rescheduling.

The first competition was the Cayuga Sprints which attracted scullers from Clarkson, Dominican University, RIT, St. John Fisher, Nazareth, and Cascadilla Boat Club. **Rachel Valentine** and **Alli Arndt** teamed for the fastest time rowing a 2x. The fastest 1x was **Taylor Volmrich**. With regatta cancelations, the team scrambled and traveled to Hartford, CT, for Head of the Riverfront. **Dania Bogdanovic** rowed the Open 1x in second place behind a competitor from Vesper. **Arndt** and **Volmrich** finished 2nd in the 2x among 8 crews. The Head of the Genesee in Rochester followed and **Arndt** won the 1x while **Volmrich** and **Bogdanovic** teamed to win the 2x.

At the conclusion of the sculling season, the team acknowledged several award winners – "Most Valuable Doubles Partner" was **Izzy Ozkurt. Paige Pimental** and **Karley Whalen** won the "Captain's Award," and will lead the squad in fall '22.

The sweeps opened with a new competition on the Erie Canal hosted by Hamilton in Rome, NY. The unique format saw every Crew race 1000m one at a time, paddle back to the starting line, and do it again X 4. It provided a steady stream of racing crews going back and forth. The final piece was arranged so that three crews went at once. Colgate was clearly the top crew for both men and women, but four Ithaca crews got a workout and finished better than the hosts. Fitting for the first race of the year, a freshman slept through his alarm and missed the bus. Fortunately, an alternate oarsman traveled and raced although he had not practiced all week due to illness. He said he was tired when the racing finished!

The Head-of-the-Charles was back after canceling in 2020. Ithaca's varsity men and women competed and went fast enough to earn guaranteed entries for 2022. The requirement is a top-half finish. The women crossed 7th out of 40 entries (comfortable). The men finished 19th out of 41 (close!). The 2022 Head of the Charles will be on October 22 and 23. The fall season ended on October 30 with the Touchdown Regatta on the inlet co-hosted with the Cornell heavyweight men. Visitors were welcomed from Hobart/William Smith, RIT, Mercyhurst, and Cascadilla Boat Club. Every Crew rowed twice competing in pairs, 2x's, 4's, and 8's. In all, 79 boats crossed the start and finish. Many novices were racing for the first time. Full results can be found at Row2k.com/results.

Finally, the true fall highlight was the Freeman Cup Intra-squad won by a bunch of wild westerners since half the crew was dressed as cowboys and half as cattle! The senior captains were **Allie Arndt** (she did a lot of winning the past year!) and **Cyerra Adams**. The coxn was **Carlie Wohlfarht**, the shell was the "Kathy Eldred," and the rest of the crew were **Jake Lentz**, **Finn Ward**, **Michaela Berman**, **Max Vallino**, **Emma Anderson**, and **Rachel Valentine**. It was Freeman Cup #48! This author has only missed a couple.



L-R, Izzy Ozkurt and Lauren Hitesman (in the yellow hats) check out the competition, Alli Arndt and Rachel Valentine, during the Cayuga Sculling Sprints.

The squad returned to Gainesville, GA for a spring trip that included scrimmages with teams from Illinois and New Hampshire. Back north, spring races provided a full schedule with overnight trips and home events. The Cayuga Duels attracted visits from the Williams women, Hobart & William Smith, Bucknell men, and Cornell lightweight men. The Duels in its current format were formed in 2005, and when the water is high enough, not iced over, and there's no pandemic, it's a fun day of racing – this was the 13th version. The only Ithaca victories came from the men's 4 and women's 4. Improvement would follow!

One week later, Ithaca participated in the New Jersey Knecht Cup Regatta winning medals with the women's 2v8 and 4. Although medal-less, the varsity 8's rowed three times – heats, semis, and petite finals. Back home for race #3, men and women both swept rival RIT. States were next!

For the first time since 2019, The New York State Regatta was contested in Saratoga Springs. The men's varsity 8 won, dethroning Army who had won five titles in a row between 2015-19! The 2v8 also raced in the v8 race since no one else had a 2v8 and they earned a bronze medal defeating varsity crews from Skidmore, Union, and Vassar. Making it a perfect day for the Ithaca men, the novice 4 won its flight against three other opponents to capture a gold medal of their own. The women's races were better subscribed allowing for heats and finals in their three principle events. The v8 was nipped by Marist while finishing second. The 2v8 avenged the loss by beating Marist and earning gold. The 4 finished fourth out of 14 entries. Additionally, the women's novice 8 won bronze and the 3v8 placed 8th in the 2v8 event.

The Liberty League Regatta followed a week later and the Ithaca women won the varsity race by open water gaining the automatic entry into the NCAA championship. Ithaca has won this race all four years they have entered. The Liberty League consists of Hobart/William Smith, RIT, University of Rochester, Union, Skidmore (coached by Manny Valentin '07), St. John Fisher (coached by Jon Covney '10), and St. Lawrence (men coached by George Repicky '00). Ithaca's NCAA visit will be their 20th trip to the Regatta. Ithaca women also won the 2v8 and 4 solidifying their grip as the reigning Liberty League champs. The Ithaca men's v8 settled for 2nd place, bow to stern behind perennial winner Hobart. Maybe next year?...

The final home race saw Hamilton men and women come to town along with the men from Colgate and Marietta. The Ithaca crews swept Hamilton, but the men lost to their other opponents. It was nice to see Marietta, all the way from Ohio, racing in Ithaca again, for the first time since 1987 – this author was there!

Ithaca's traditional season-ending championship (NIRC) took place in Worcester. Covid had canceled the regatta the past two years. The women's varsity 8 made news with one of the biggest upsets in the history of the regatta! They not only won

Did you know? – There are about two dozen available copies of the book – <u>Ithaca Crew, The First 50 Years.</u> Any alumnus who visits the boathouse gets one free. Don't forget to ask for it.

SEE YOU AT THE RACES!

the grand final but it was only the second time they have ever accomplished the feat (remember 2006?). This Regatta was founded in 1993 and unofficially, a crew ranked as low as 7 had never won. In the opening heat, with 20 crews entered, the 7th seeded Bomber crew eliminated 6th seed Williams and finished second, less than two seconds behind top-ranked Wellesley. Defending NCAA champ Bates and three other ranked squads awaited the Bomber Crew in the grand final. Shortly after the start, Tufts careened out of lane clashing oars with Ithaca. The race went on and Ithaca used the adrenalin to jump into an early lead, one they never relinquished, and they held off a furious charge to take a wire-to-wire victory! Combined with three Dad Vail victories, this marked the fifth time Ithaca's women's varsity 8 ended their normally scheduled season with a championship gold medal. Not to be outdone (OK, maybe just a little), the 4 won a silver medal among 11 entries, and the 2v8 finished with an open water win in the petite final for 7th place overall. The 3V8 and novice women both finished 6th out of 7 in their respective events.

For the men's crews, 10 was the magic number as all three of our entries (V8, 2V8, 4) finished $10^{\rm th}...$ a fourth place finish in the petite final. For the varsity men it was their best finish since 2014. Ithaca ended ranked #6 in the season-ending national IRCA Division III polls. Williams edged MIT and Marist to earn NIRC gold. For the 2v men, they actually led their petite final for 10 strokes early in the $3^{\rm rd}\,500$ – couldn't hold on. Detailed results are displayed in this newsletter. The line-ups for the NIRC races are posted here -



The Men's V8 races to the finish on the home course in 2022 spring action – The Crew is cox Zoe Foster, Sam Bickham, Colin McCarthy, Wes Hoglin, Griff Hunt, Seth Freeman, Hank Grant, Gregg Seiz, and bowman Steve Van Hoof.

Men's Varsity 8 – senior cox Zoey Foster (Salt Lake City, UT), senior stroke Sam Bickham (Riverside, CT), senior Colin McCarthy (Fairfax, VA), sophomore Wes Hoglin (Park City, UT), freshman Griffin Hunt (Brookline, MA), junior Seth Freeman (Killingworth, CT), junior Henry Grant (Trumbull, CT), senior Gregg Seiz (Rutherford, NJ), and fifth-year bow Steve Van Hoof (Brookfield, CT).

Men's 2nd Varsity 8 – senior cox Jared Anderson (Horseheads), freshman stroke Riley Maynard (Derry, NH), sophomore Max Vallino (Spring City, PA), sophomore James Ross (Stamford, CT), junior Dehron Smith (Nassau, Bahamas), freshman Aidan Gardner (Vergennes, VT), freshman Ethan Bradley (Burlington, VT), senior Bobby MacInnis (South Easton, MA), and freshman bow Gage Thomas (Egg Harbor Township, NJ).

Men's 4 – freshman cox Miles Kenaston (Fairbanks, AK), fifth-year stroke Mac Morean (Red Lodge, MT), freshman Jonah Alefantis (Spring Brook, PA), sophomore Anthony De Lapi (West Babylon), freshman bow Caleb Grassi (Stroudsburg, PA), and alternates junior Jack McKeown (Yorktown Heights), junior Jake Lentz (Barrington, RI), junior Max Finkelstein (Port Washington), and freshman Finn Ward (Naples).

...and now the women -

Varsity 8 – fifth-year cox Michelle Hyland (Poughkeepsie), fifth-year stroke Allie Arndt (Lewisburg, PA), senior Dania Bogdanovic (Brookline, MA), senior Laura Trainor (Audubon, NJ), junior Taylor Volmrich (Park City, UT), senior Izzie Ozkurt (Portsmouth, NH), freshman Maggie Farber (Orleans, MA), fifth-year Devi de Oliveira (Ithaca), and senior bow Eliza Worth (West Chester, PA).

2nd Varsity 8 – junior cox Carlie Wohlfahrt (Pleasant Valley), junior stroke Karley Whalen (Fabius), junior Erica Elcsisin (Calcium), sophomore Emma Hammel (Tonawanda), junior Brenna Hanratty (Clifton Park), sophomore Erin Trojan (Cranford, NJ), senior Glenn Hartley (Manlius), senior Edie McRoberts (Fort Collins, CO), and senior bow Emily Lighthall (Croghan).

<u>Varsity 4</u> – senior cox Holly Rybnick (Norwalk, CT), sophomore stroke Melanie Belmont (Southbury, CT), senior Kelsey Lavin (Ammawalk), junior Katrina Pohlman (Longmedow, MA), and sophomore bow Emma Anderson (Pawcatuck, CT).

3rd Varsity 8 – senior cox Emmy Repetti (Wauwatosa, WI), senior stroke Grace Collins (Clinton), junior Paige Pimental (Malden, MA), junior Winnie Zhang (Camden), junior Lauren Hitesman (Dover, DE), sophomore Michaela Berman (Franklin, MA), sophomore Avery LaVergne (Montclair, NJ), sophomore Chloe Croft (Waverly), and senior bow Rachel Valentine (Clarkdale, AZ).



The women's v8 breaks out at the NIRC. The "yellow hats" would go on the win the NIRC championship with this effort. That's (l-r) Worth, De Oliveira, Farber, Ozkurt, Volmrich, Trainor, Bogdanovic, Arndt, and Hyland.

Novice 8 – freshman cox Hailee Daunis (Brunswick, ME), freshman stroke Nicole De La Mota (Warwick), freshman Zoe Paradis Stern (Westhampton, MA), freshman Lily Babcock (Staatsburg), freshman Ashley Bailey (Lakewood, WA), freshman Skyler Moresi (North Adams, MA), freshman Sam Lescinskas (Bridgewater, MA), freshman Caroline Grass (Burke, VA), senior bow Em Bieck (Telford, PA), and freshman alternates Danasha Zarate (Bronx), and Zoe Kwasnicki (Philadelphia, PA).

Racing concluded at the women's NCAA Championships in Sarasota, FL. The Ithaca varsity 8 finished fourth and the 2V8 finished third in what was a wide-open competition – WPI won the varsity race, Bates won the 2V8 race, and Wellesley won the team title behind two 2nd place finishes. Ithaca finished fourth in the team standings. It was Ithaca's 20th trip to the NCAA Regatta. Only Williams has been there more often. They finished fifth this year. The other three DIII contenders were Tufts, St. Mary's of Maryland, and Pacific Lutheran. Mercyhurst won the DII title while Texas claimed their second consecutive DI championship.

At the season ending banquet, The men's sweeps named **Steve Van Hoof** the 49th Tallman Award winner. **Alli Arndt** won the women's achievement award. **Gregg Seiz, Seth Freeman,** and **Jake Lentz** were named men's commodores for the 22-23 season. The women's commodores will be **Taylor Volmrich, Erica Elcsisin,** and **Brenna Hanratty.** A sincere appreciation and recognition goes out to the past year's commodores, **Jake, Steve, Alli, Dania Bogdanovic,** and **Izzy Ozkurt.**

The Liberty League handed out post-season awards. All-league individual recognition went to Michelle Hyland, Alli Arndt, Dania Bogdanovic, Taylor Volmrich, and Izzy Ozkurt from the women's crew. From the men's crew, Steve Van Hoof, Colin McCarthy, Sam Bickham, and Zoe Foster received honors. The league also named both Ithaca teams as having "Coaching Staff of the Year." That's a shout

out to Becky Robinson '88, Beth Greene '00, Mikayla Henry '21, Dan Robinson '79, Christa Shopis, student helpers Jennie Brian '20 and Jake Lentz '23, and trainers Morgan Baker and Will Blum '21.

Lastly, we tip our hats to our graduating seniors. They had a broken four-year run – only two NYS regattas, NIRC regattas, three spring trips, etc...they were robbed. However, they have survived and their view may differ slightly from previous seniors. Some will/have returned for a fifth year. From where the coaches sit, we see student-athletes to honor and respect. Sincere Congratulations to Jared Anderson, Sam Bickham, Em Bieck, Dania Bogdanovic, Grace Collins, Zoe Foster, Glenn Hartley, Kelsey Lavin, Emily Lighthall, Bobby MacInnis, Colin McCarthy, Edie McRoberts, Izzy Ozkurt, Emmy Repetti, Holly Rybnick, Gregg Seiz, Laura Trainor, Rachel Valentine, and Eliza Worth.

ROWER'S VIEW

CONVINCED



Glenn Hartley '22

Rowing was always daunting to me. Seeing the flyers on the tower bulletins or hearing my friends talk about the sport and how hard it was. I ate dinner with these friends for a lot of COVID. They would come back from practice and start talking about this world that I knew nothing about. I felt like a total NARP (non-athletic regular person). I was hearing the stories and always thinking about how strong and determined they were and how each year they kept rowing. I was perplexed by how they kept returning even though it sounded so difficult. I eventually was persuaded, and for my senior year, I walked on. Starting rowing after three years of continuously not working out was a challenge. I had only ever rowed with a summer novice team in early high school. I felt like I was in over my head and was frustrated with all the rules that came with this new sport. There seemed to be a certain way to do everything, and I didn't get why it was so intense. In the fall doing workouts with the sweep team my body was hurting in ways I had never felt before. I remember thinking about how I would rather step out of the boat and into the murky inlet water and walk all the way back to the boathouse instead of continuing the workout that day. I never acted on that idea, if I did, I don't think Becky would've let me stick around.

Now it's the spring and the regular season is over. I now know why people are student athletes for more than one year and regret not making the scary leap of walking on sooner. Out of all the sports I've played in my life, all of which have been ball sports, I've never worked harder for something than I have rowing. Somehow walking on and joining this group of people made me work in a way I didn't know I could. Rowing has made me super frustrated, excited, and sweaty. However, I get why you must use the very smart rules that make a lot of sense such as things like don't step over boats on the ground, hold onto the boat at the dock so it doesn't float away, and slow your slide to have a more restful recovery. Not saying that I'm great at slowing my slide but I work really hard to do so. Rowing has made me realize why I love competing so much, how great being part of a team is, and why people enjoy college. I was in the 2V for nationals this season and we placed third in the nation as a boat. That was thrilling, tears actually came to my eyes which hasn't happened for any other sport I've played. Probably because I've never sacrificed alcohol for this long or committed myself to a sport like I did rowing. The team finished fourth overall. It makes sense why people are so dedicated to this sport and especially this team. You'll never experience anything like rowing a 2k with a boat of teammates that you've worked this hard with for so many weeks. The tears and sacrifice are all worth it. Thanks for having me!

RESULTS

NYS Wv8 Grand Final		
Marist	6:52.1	
Ithaca	6:54.4	
Colgate	6:59.0	
Canisius	7:04.7	
Skidmore	7:07.1	
URochester	7:12.2	

NYS Mv8 Grand Final		
Ithaca v8	6:06.0	
Army	6:09.8	
Ithaca 2v8	6:25.3	
Union	6:40.5	
Skidmore	6:45.2	
Vassar	6:59.3	

NYS W2v8 Grand Final		
Ithaca	7:07.0	
Marist	7:09.9	
Colgate	7:20.0	
URochester	7:39.6	
Skidmore	7:44.7	
Manhatten	7:49.5	

NIRC Wv8 Grand Final	
Ithaca	6:46.6
Wellesley	6:46.7
Bates	6:47.2
WPI	6:50.8
Tufts	6:54.1
Trinity	7:05.4

Michigan	6:05.6
Trinity	6:06.4
Hamilton	6:13.3
Ithaca	6:15.0
Boston College	6:20.1
WPI	6:20.8

NIRC Mv8 Petite

NIRC W2v8 Petite	
Ithaca	7:15.8
Smith	7:22.3
URochester	7:25.6
Clark	7:25.7
Colby	7:29.6
Coast Guard	7:40.0

NIRC M2v8 Petite	
Bates	6:18.0
Coast Guard	6:19.1
Boston College	6:19.2
Ithaca	6:19.9
Trinity	6:22.2
Hamilton	6:22.4

NIKU W4 Grand Final		
WPI a	8:06.0	
Ithaca	8:17.9	
Williams	8:24.3	
WPI b	8:27.9	
Bates	8:35.6	
Wellesley	8:36.1	

MIDC WA Crond Final

-Glenn Hartley '22

DONOR REPORT

The donor list is particularly large due to our enormously successful "Day of Giving" back in April. We raised over \$60,000 in one day and added to our endowment. We also acquired a new 8-oared Resolute for the men. The equipment ledger and endowment have never been healthier. With such loyal supporters, we can continue to thrive. Thank you to all family, friends, and alumni!

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Don't you love drones!? This bird's-eye view shows an Ithaca 8 at the dock (newly installed in 2020) – either shoving off or returning – we think it's the latter.

WHAT'S NEXT

Ed Keagle '73 writes: For the record; spring training my freshman year in 1970 (our first official Varsity status season) was 3 miles up the lake at the Ithaca Yacht Club. We were able to stay in the dorms, I don't remember how we got fed! We carpooled up to the Club once or twice a day. We must have wet launched. Cold. rough water, but no ice like in the inlet. 1971 we split the week between ECU on the Tar River in NC, and VCU in Richmond on the James River. 1972 we were in Charleston, SC at the Citadel. 1973 was bleak, I don't remember any trip. We spring got some wintertime in the Teagle tanks with Bob Tallman then made the best of it on the inlet our sketchy junkyard digs. Most have no idea what we endured to make sure the program survived. It was on the ropes in spring 1970 and 1973. Those of us who were "present at the creation" are proud of our role: setting the table for what came later.

The two submissions above represent two generations 50 years apart! Author Ed can be proud

that author Glenn benefited from his efforts five decades earlier. Glenn can take pride that what she did will be recognized by hundreds of participants from before, and those that follow. I am proud that I didn't miss a year for 47 years! I am retiring. I met so many fantastic individuals who recognized what we all did — Crew at Ithaca College is a life-changing activity. I tip my hat to all my teammates for granting me the opportunity to coach them rowing. I can't wait to watch the next installment.

Dan Robinson

Grip it and Rip it

Pull Hard Don't Stop

Keep the Faith

See You at the Races

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Justin Stangel was named the next Head Coach of Ithaca Men's Rowing. He started July 12th and will be making connections with Alumni throughout the year!

Email: jstangel@ithaca.edu



Sculling competitors on their way to the start of the 2021 Cayuga Sculling Sprints. Notice the improved bike path on the right – Come watch a home race soon!