

SPRING 2009

FRIENDS OF UNH ROWING

EXTRA! EXTRA!

Welcome back!

As promised, here are the seniors' full responses to our questionnaire, complete with inside jokes and details about their post-graduation plans.

Enjoy!

Remember! Send your contact information to Zachary Saunders at vicepresident@unhrowing.org to get updates about the team and alumni events.



JULIA PRIOR

Age: 23

Hometown: Stratham, N.H.

Seat: 7

Major: Nutritional Science with a Spanish minor

Rowing has taught me how to realize the potential and capabilities that I possess. Rowing has taught me how to be strong and feisty, and to realize that I can achieve anything as long as I work hard for it. It has also taught me the value of trust and teamwork. And that I will do just about anything for my teammates, and I know they'll do anything for me. Rowing has also taught me that even though I may feel like I'm dying, I'm not actually going to, so I should just suck it up and pull harder.

My favorite thing about racing is the adrenaline rush. Knowing that I have an opportunity to prove to people that my boat is mentally tougher than any other crew on the water, and that every other woman is working just as hard as I am (and harder than any other crew) because we all want to achieve the same thing. I also highly enjoy breaking the capillaries in my throat to the point where I taste blood. That way I know I pulled hard enough.

I'll always remember omelets at breakfast. Tennessee rash. Listening to "Remember the Name" and "Please Don't Stop the Music" way more times than any individual should. Wondering why on God's Green Earth it seemed like a good idea for Lizzie and me to take out a pair that morning it was ridiculously windy. Placing "8th in '08" at the Head of the Charles. Kerry's and my massive hamstring cramps when we couldn't get "our weggins to un-fift". (Don't ask...) "Stop wiggling." Honey Butter. Team Crack Pipe winning the erging-on-sliders competition. Dowdy doing "the worm" on spring break. Marissa's food baby.

I'd like crew alumni to come to races!!!

After graduation, I plan to get my R.D. Teach English in Spain or Indonesia. Go to the Olympics for something; I don't care what. Come to every UNH crew regatta possible. Sleep.

ARIELLE FREIBERGER

Age: 23

Hometown: Londonderry, N.H.

Seat: Coxswain

Major: Health Management and Policy, and Communication

Rowing has taught me how to persevere when tasks become difficult on and off the water, and to motivate myself and others to do well.

My favorite thing about racing is feeling the boat pick up in the last 500 as everyone gives it that little bit more.

I'll always remember the long breakfasts at Holloway, running Garrison Hill, and getting to see the sunrise over the water.

I'd like crew alumni to attend races and support the team.

After graduation, I plan to work in hospital administration, and continue to pursue my love of travel.



ELIZABETH LYONS

Age: 21

Hometown: Manchester, N.H.

Seat: Stroke/6

Major: Communication Sciences and Disorders, with a Deaf and Hard of Hearing Studies minor

Rowing has taught me that I am stronger than I ever thought I could be, that mindset is everything, that she who has the will to win will always succeed, that rowing is as analogous to life as life is to rowing, that preparation is everything, that I love waking up before the rest of the world and beating the crap out of myself with the eight other women that I trust the most, testing our will and our strength as the sun rises.

My favorite thing about racing is the way I feel before, during, and after the race, knowing that I am reaching deep down inside myself to pull out every last bit of umph I have to put our bow ball over the line first and knowing every other woman in my boat is doing the same thing.

I'll always remember the pink deadly bunny, the Red Rose Crew, the medal dock, coming in third at New England's in 2007, the grand final that never happened, sprinting up Garrison Hill, the 4 X 1 mile, coming in eighth at HOCA in 2008, the bus rides, breakfasts at HOCO, tea time in Tennessee, Big Ed's pizza and pizza-eating contests, umoja, True Fire, the Phoenix, coming in first in the pair with Julia, going out on the most windy day of the entire fall to practice racing in the pair with Julia, the erg room, the friendly competition, this bliss of being a novice, recruiting, watching racing footage of us and the pros, RQR sending us off the launching dock before races, race walk-throughs, the perfect race: 3/21/2007 against Trinity, Bates, RIT, and Washington College, Vermont always being late to the line, the starting line at Lake Quinsigamond under the bridge, 20ks, the bond I shared with my teammates, the three-hour long rows in TN, the email quotes, learning more about myself and my character than I ever thought I could learn from doing a sport, the recruiting videos, the T-Shirts, Crash-Bs, tri-captains 07-08 and tri-captains 08-09, Tenney, Shawna's parents always taking pictures of me instead of her no matter how many times we explained to them where she was in the boat, meeting Wendy Wilbur, Falcon busline, the amount of muscle I gained, boat meetings, the late-night boat meeting on the dock, my teammates, the boathouse, RQR's cards before New England's and ECACs, GO FAST!!! DONT GO SLOW!!!

I'd like crew alumni to come to more races and have more contact with the individual team members.

After graduation, I plan to go to graduate school to get my master's and become a speech language pathologist, then head off to medical school and hopefully become a neo-natal doctor.



CASSIE COCHRAN

Age: 21

Hometown: Nashua, N.H. and Cary, N.C.

Seat: Coxswain

Major: Nursing

Rowing has taught me everyone gets down but only the strong are able to overcome it and become stronger.

My favorite thing about racing is when everyone makes a conscious decision to make a move.

I'll always remember the feeling of electricity running through my body during every 2k rowing and coxing.

I'd like crew alumni to get to know current team members. Share your stories!

After graduation, I plan to work as a neonatal intensive care nurse either in New England or North Carolina.

CAROLINE VIETEN

Age: 21

Hometown: Hanover, N.H.

Seat: Coxswain

Major: Nursing

Rowing has taught me how to persevere. I have grown a lot over these four years. Rowing has taught me how to be confident in my abilities and to never settle. I have found that I am stronger than I think. I also have learned from my teammates that no matter what, someone will always be there to keep you going.

My favorite thing about racing is taking seats! Battling inch for inch with another crew! I love sitting on the starting line knowing that this is everything you've been working for. Being confident that all nine women have their heads focused on the same goal is empowering; you feel untouchable. I love having to trust that no matter what, each woman in the boat is willing to give everything she has for her teammates. **I'll always remember** my sophomore year. Realizing 400 meters into the race at Worcester that we were going to beat #8-ranked Bates and #1-ranked Trinity when we were coming into the race ranked at #13. Winning the race was incredible. But the best part was when we started to move on Trinity. I could feel that everyone knew this was going to be the race of their lives. This was the race that turned around our entire season that culminated in a shiny bronze medal at New England's.

I'd like crew alumni to come to races like Head of the Charles and New England's!

After graduation, I plan to pass my nursing boards! Then hopefully work in an intensive care unit at a large teaching hospital.

BEN BANCROFT

Age: 21

Hometown: Newton, Mass.

Seat: Stroke

Major: Mechanical Engineering

Rowing has taught me to hold myself and those around me to higher standards, and how to eat.

My favorite thing about racing is when everything clicks and the boat takes off.

I'll always remember the goofy times, the hard times, and the "great job STERN 7" times. (Pete Cathey, I was bow...)

I'd like crew alumni to stay involved with the program. A little support goes a long way, and it's always nice to have fans at races.

After graduation, I plan to retire.

DAN LEATHERBEE

Age: 21

Hometown: Exeter, N.H.

Seat: 6

Major: Communications

Rowing has affected nearly every aspect of my life. It has given me the drive to face and overcome challenges. It has taught me the focus needed to get the work done, and it has taught me the satisfaction of doing a hard job and knowing you did it right.

My favorite thing about racing is the finish line. Seriously though, I love the feeling of those first five strokes, the energy that's emanating from every body in the boat, and the exhilaration you feel as the boat picks up speed.

I'll always remember not taking my silver medal off for a week after we earned it at New England's. Hearing the trickle of water in Tennessee the first time the boat took a stroke correctly. And stadiums; I'll never forget those.

I'd like crew alumni to support the team by coming to races and cheering the boats on!

After graduation, I plan to go to graduate school and earn a degree in biological anthropology, and hopefully live my life as close to Indiana Jones as possible.

KIMBERLY GUAY

Age: 22

Hometown: Wolfeboro, N.H.

Seat: Starboard

Major: Political Science with a Medical Lab Science minor

Rowing has taught me nothing is impossible and hard work pays off in the end!

My favorite thing about racing is the feeling you get when you are on the water. It's amazing. Also, there is nothing like being in a boat that is passing the competition. It's a rush like nothing else.

I'll always remember the team. The women are really accepting and loyal, and you build a camaraderie found nowhere else in college.

I'd like crew alumni to visit and share with us their wisdom.

After graduation, I plan to go to law school, become a successful lawyer and give back to UNH rowing.



“Deviled eggs? Yesssss!”

Hey parents!

Hey alumni!

Hey people who like
to cook stuff!

Send us your recipes
for the tent.

And pass along your
delicious deviled egg secrets
to the next generation of
rowers.

They're hungry.

Send your recipes to
newsletter@unhrowing.org