

# W&M Rowers Shine At Prestigious Event

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When Lisa Milne became head coach of the William and Mary Rowing Club last fall, she heard the men's team's goal was to medal at the prestigious Dad Vail Regatta within seven years. That seemed like a reasonable objective, considering the Tribe had never finished in the top three of the 73-year-old event.

But Milne, a former rower at Ohio University, admits she was more ambitious. She aimed to shorten the timetable by introducing cross-training and two-a-day workouts to the club.

Tribe rowers responded to the new regimen enthusiastically and, as a result, reached the medal stand of the nation's largest collegiate rowing event six years ahead of schedule. W&M finished third, among 25 schools, in the Men's Lightweight Four race held last month in Philadelphia.

Rowing for the Tribe were Matt Connell, Mark Miller, T.J. Wallin and Sean Gillick. Rudy Primeau served as the coxswain, sort of the coach on the boat.

W&M covered the 2,000-meter course on Philly's Schuylkill River in 6: 35.96, finishing about four seconds behind second-place Penn State and just over six seconds behind winner Fordham.

Stunningly, the Tribe led both at the halfway mark of the race.

"If you'd have told me that was possible, I'd have said: 'No,' " said Connell, who admitted the Tribe's goal was to simply make the six-team final. "Both teams had beaten us handily in a race two weeks before.

"The double practices, and going to the gymnasium afterward, paid off."

Milne said the hard work is a necessity in the sport. The Tribe won two races en route to the final.

"That's the equivalent of running a marathon, it's so physically taxing," she said. "So we introduced cross training to improve cardio: stairs, running and yoga. Those exercises are adaptable to anything."