May 24, 2004

For Immediate Release

Crew: Lauren Rutledge named second team All-American; Blaise Bellows, Audrey Knutson receive national scholar-athlete honors

Lauren Rutledge of the Pacific Lutheran University women's crew team was named a second team All-American by the Division II/III Collegiate Rowing Coaches Association. PLU's Blaise Bellows and Audrey Knutson received national scholar-athlete honors by the organization.

Rutledge, of Lynnwood, Wash., recently completed her junior season on the team. Nomination requirements include participating in 75 percent of all races during the season and rowing at least 75 percent of the season's races in the varsity boat.

Bellows is a sophomore from Whitefish, Mont. majoring in psychology with a 3.8 GPA. Knutson is a sophomore from Okanagan, Wash. She is majoring in education with a 3.5 GPA. To be eligible for scholar-athlete honors, student-athletes must have a 3.5 or better GPA through fall semester for the current competition year, be at least a sophomore in eligibility and have rowed in her institution's varsity boat for a minimum of 75 percent of the spring season's races.