



April/May 2024

A word from the Board President...

Greetings! Happy Springtime!

We've many updates, recent accomplishments and upcoming events to share. Most important, Megunticook Rowing Membership is here. For several years, the Board has been examining different models to ensure the long term financial stability of the club. After much discussion, we have reached the following conclusions:

- Grants, appeals, or other fundraising activities should not be used to support the day-to-day operations of the organization.
- Income from coached programs is not sufficient to cover all our operations.
- We need an additional reliable funding stream to continue, even at a minimal level.

To address these concerns, we will become a membership organization with annual membership fees, much like other organizations such as the YMCA.

Here are the details:

- All college-age and older participants will pay an annual membership fee that will give them access to our docks, equipment, and facilities, including the Megunticook Rowing erg gym at Midcoast Recreation Center;
- The Membership dollars we collect will be used to pay our operating costs. This includes maintaining our docks and boats, safety equipment and hosting our website, and other admin site fees;
- Although we will continue fundraising aggressively, the funds we raise will be targeted for specific needs like upgrading equipment, scholarships for youth programs, and eventually a permanent facility;
- Seasonal programs supporting adult guests, youth rowing, learn-to-row and others will be maintained as we have for 15 years.
- Financial Aid will be available to any rower unable to afford membership fees.

In addition to these changes we have engaged a new web service designed specifically for rowing clubs: iCrew! iCrew will become our one-stop shop for reserving boats, signing up for classes, paying fees, and managing waivers and other documents. Board members Hugh Brock and Meredith Currier have dug into this capable (if complex) system to bring structure and organization to our

membership needs for roster, scheduling, fee payments, waivers and more. Once you sign up in iCrew, your member profile has all of the detail needed for safely managing our efforts.

To sign up visit <https://icrew.club/register?club=MEGROW> and choose the membership level you want.

For help with iCrew, don't hesitate to email Hugh (hugh@megunticookrowing.org).

If you have questions regarding membership, please contact me or Meg Webb, meg@megunticookrowing.org.

Other details for membership:

- All members must be a USRowing Member. Our Club code is: C6V3L (US Rowing is our insurance provider).
- Create your profile in the iCrew site, including your USRowing Member #, and complete your waiver review/acceptance.
- Review our adjacent Megunticook website as a reference for programs offered and membership safety requirements.
- Sign up for various offerings for programs.
- Membership Dues are required before you hit the water in your boat or a club boat.

In the last few weeks we completed the pilgrimage from winter storage to Barrett's Cove! But this was the easy part! Volunteers also put in many hours of site spring cleaning, trail maintenance and dock placements. Truly outstanding support. Now - our junior rowers are on the water and establishing their stroke for upcoming competitions in May.

I'm thrilled to be a part of this truly volunteer community rowing program. The spirit and enthusiasm is inspiring, which is helpful for me when navigating our challenges.

Megunticook Rowing is committed to supporting rowing to all who enjoy Megunticook year-round, seasonally or for even a short visit.

Come Row With Us!

John F Romain
Board President
jfromain@megunticookrowing.org

**Ready All?
Row!
Varsity Rowers' Regatta Schedule
and Club Rowing Has Begun**



May will be a busy month for youth rowers at Megunticook Rowing. The varsity team got on the water on April 22, two days after the docks went in. The team has a busy spring ahead with lots of racing. Their regatta schedule is below:

May 5 @ Neponset, Milton, MA

May 11 Mayor's Cup, Somerville, MA

May 18 US Rowing NE Youth Championships, Lowell, MA

May 25 Dirigo Sprints, Megunticook Lake, Camden, ME

The varsity rowers, coached by Will Schaetzke and Meredith Currier, have been practicing five mornings a week before school. Team captains lead practices an additional two afternoons a week. Flora Gurdon, captain of the Girls Varsity admitted, "It's always a bit difficult getting practices going after a long winter, but the whole team is doing a really good job with training and going the extra mile to excel - this season is looking really promising."

The afternoon Club Rowing program has launched with eight rowers. They began by perfecting technique on the ergs at our indoor training center at Midcoast Recreation Center, in Rockport. Because of school vacation, wind, and the 8th grade Camp Kieve festivities, the rowers will not hit the water until Tuesday, April 30. Then, Coaches Bob Perkins and Eric Buck expect a four week full-tilt boogie to Memorial Day weekend, with the possibility of some of the club rowers giving racing a try if the opportunity presents itself!



Help Megunticook Rowing Row the Coast of Maine from Kittery to Calais! 5,967,000 meters to raise \$5967

Having just moved our shells and oars to the “boat forest”, and with the youth Varsity and Club programs on the water, it is clear to all that we need some new oars and new grips for those still in rotation. To raise funds to purchase new oars and grips, Megunticook Rowing will row the length of the Maine Coast and we ask you to support this effort.

As Megunticook Rowing's Youth and Masters rowers total up all the meters they have put on the ergs over the winter, they ask you to support them by making a donation in acknowledgement of their effort. Your donation helps raise funds for new oars and grips, and your dollars translate to meters, too.

The final meters will be “rowed” on Sunday, June 1 from 10 am - 3pm on Camden's Village Green. We will have eight ergs set up and a rotation of your favorite rowers will help us cross the finish line. You can even try the erg to add to our overall meters!

Click the button below for more information, to donate and to sign up!

Row the Coast!



Boat Forest Is Ready Thanks to Our Merry, and Sometimes Soggy, Band of Volunteers!

Because it was the earliest ice out on Megunticook Lake since 1903, we were able to get our docks in on Saturday, April 13th, ten days ahead of schedule. It was a sunny, breezy Saturday, perfect for floating the docks from the route 52 boat launch to our ramp at the boat forest in Barrett's Cove. In addition to getting docks in the water, sheds were cleaned, and safety equipment was checked and readied.



Another sign of spring - trout

That day was followed by another work day on Saturday, April 20th. Don Seales delivered the trailer full of hulls and oars. Polly Saltonstall and Stephanie Lash brought in twelve truckloads of chips to help mitigate mud. Alec Brainerd and Paul Gill brought materials to shore up the foot bridge, while others pitched in to clean up the site, haul in quads, doubles and eights, plus all the oars. (BTW - Please donate to **Row the Coast!** We need new oars and all our oars need new grips. Thank you!)

Volunteer hours for both days equaled more than 200 hours!

Thank you to everyone who pitched in!



spawning!



We'll all volunteer for Stephanie's brownies

Rowing with an Olympian

Megunticook masters rower Polly Saltonstall, who is a trustee of the US Rowing Foundation, headed to Sarasota, Florida in April to watch the Olympic qualifying trials for U.S. rowers. She came home with this account:

“Highlights of my trip included a coastal rowing/beach sprint demo and rowing the 2k Nathan Benderson race course in a double with Kristi Wagner. A 2015 graduate of Yale, she raced the double in the Tokyo Olympics (placing fifth), and was third in the 2023 World Rowing Championships, which qualified the boat, and Wagner, for the Olympics this summer in Paris. FYI, Kristi’s 2k time is 6:35!



She told me the hardest part of the race for her is the settle after the start. Usually her start is 10 high strokes at a 44 or higher, 10 more at a 40, then she and her partner settle

to a race pace of 36/38 strokes per minute. As a warm up, the national team rowers do what we do on our lake: a pick drill starting with arms only, pause drills, and lots of steady state.

During a tour of the national team training area, U.S. High Performance coach Josy Verdonkschot said the training and athlete selection involves a lot of data about athletes' performance on and off the water. Josy pointed out multiple monitors in the racing shells at each seat: traditional stroke coaches, as well as small screens tracking the power of the oar as it passes through the water.

During the racing, I was standing next to Josy for the mens quad race. He said figuring out who to put in in what boat had been difficult. Of the 8 quad scullers who had been training with the team. Four had faster erg scores and were stronger, while four were more technically skilled with slower erg scores. He tried mixing boats putting two strong rowers in with two more technical ones, but they didn't row well together. In the end he put the strong rowers in one boat and the more skilled rowers in another. As we watched, the more technical rowers edged out the strong rowers by a tenth of a second to win the Olympic qualification, proving that sometimes talent trumps might."



Ways to Support Megunticook Rowing

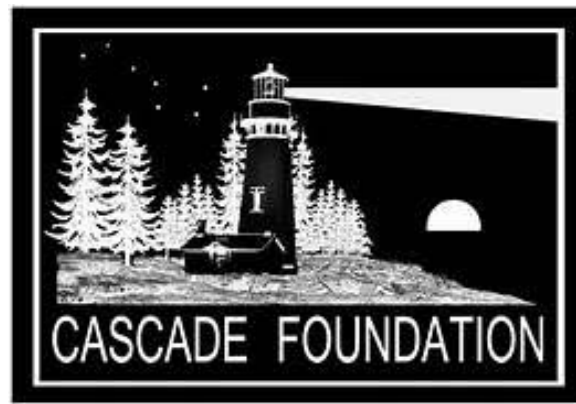
Recycle! Every Nickel Counts!

Donate your bottles and cans to Megunticook Rowing through Clynk! You can purchase Clynk bags at Hannaford and get stickers from **Sarah Kuhn!**

Make a Donation

Become a Sponsor

As a 501(c)3 organization, donations are essential to our viability. Sponsorships range from \$12,000 to \$300 and give you a wide range of visibility throughout the year. Won't you join these fabulous sponsors?



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