



August 2024

A word from the Board President...

Greetings All!

Since my last note in June, there is much to report.

Our summer programs, led by coaches Tilghman Moyer and Iselin Bratz, have provided many opportunities for our summer and year-round members to receive first-rate coaching, plus health and nutrition seminars. August is the last month of formal programming.

In September and October, rowing will continue with our experienced masters reaching out to our newer members to row in bigger boats as temperatures drop. This is a great opportunity for those who are in the Novice groups. It's not too late for those who want to experience Learn to Row. Now is the time to get started with this amazing sport. **Sign up [here](#)**

Twelve members of Megunticook Rowing traveled to Cambridge to compete at the Cromwell Cup. It was a great showing. Read Connor Howland's full report below.

Meanwhile, in the Boat Forest, thank you Rob Short for agreeing to step up and re-engage as a Boat Forest monitor. There is much to do with ongoing maintenance of a busy summer boat yard, and planning for mid-winter tree-trimming permitting.

As we look ahead to late summer and fall programs for our high school programs, the Board is interviewing candidates for a Head Coach. The full job description is **posted [here](#)**. Please contact us if you or anyone else you know would be interested. More on this as it firms up!

Mark your Calendar! Sunday, September 8th is the annual Megunticook Regatta at Barrett's Cove. This popular regatta features two courses, a 10-mile endurance, and 3 miler. 1x and 2x are welcome. Details are outlined below with a link to sign up.

Later in the autumn, our high school and masters athletes anticipate

racing in the Textile River Regatta in Lowell, MA on October 6th, and at the New Hampshire Championships on October 13 in Manchester NH. An eager cadre of masters is vying for 2 male and 2 female seats for the mixed masters entry to the Head of the Charles, October 18-20. Megunticook Rowing literally won the lottery to get this boat entered. We are holding our breath that the junior entries will be accepted.

We will be hosting a Boat Forest Cleanup Day in late August to get shipshape for the coming autumn racing. Details on this to follow. All members are asked to provide several hours of time and talent to support the efforts. It's how things get done in a small volunteer organization. Case in point:

Our upgraded bridge across the little stream - MANY MANY thanks to the folks who made this happen. Design, permitting, build and financial support from Eric Buck, Meredith Currier and Paul Gill & more. THANK YOU! This bridge is a solid example of the Megunticook Rowing spirit.

In closing, the influx of enthusiastic new summer rowers is wonderful. We are grateful that our coaches have tailored programs to fit the needs of each member's levels of skill and enthusiasm. The outstanding support we receive from our coaches, active Board, and volunteers is essential to our programs.

Come Row With Us!

John F Romain
Board President

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

Sign Up for August Rowing!
All Coached Sessions Wrap up August 23rd
Don't worry - Group Rowing will continue through the Fall



There is one more month of coached rowing programs for summer of 2024. Whether you are at a Learn to Row, Novice, Intermediate and Competitive level, now is the time to get into these sessions so you will be ready to join more informal group rows in the fall.

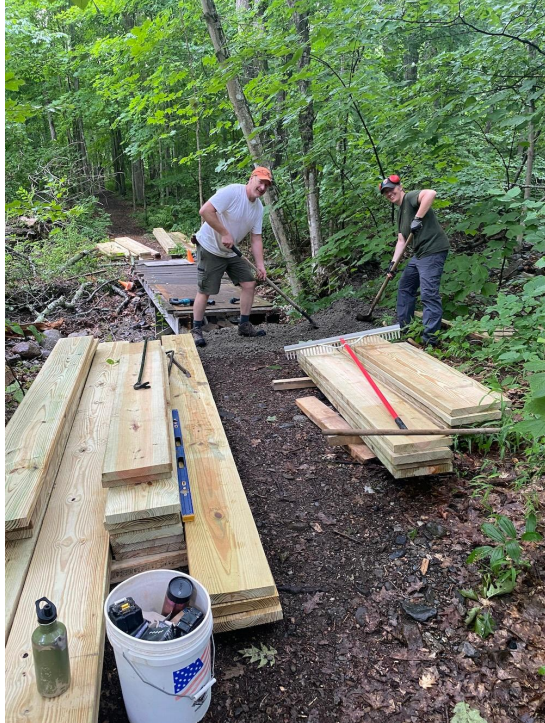
Through August 23rd, you will be coached by experienced, enthusiastic Level 2 certified personnel on beautiful Megunticook Lake.

Come experience this fantastic sport on beautiful Megunticook Lake! Whether you have always wanted to row, have in the past, and/or are new to the area and want to get on the water, we have a variety of programs and times to fit all schedules.

Come Row With Us!

**Check Out Our
Programs**

What's New in the Boat Forest?



Huge shout out to Meredith Currier, and owner of **Gill Timber Frame Co.**, Paul Gill. They spent a hot weekend replacing the bridge to the Boat Forest. Materials and time were all donated - we could not have paid for a better bridge! Thank you

A New-to-Us Hull

New to our fleet is a 20-year-old carbon fiber Vespoli 8. We will convert it to an octuple, making it a great training vessel for all rowers to work on the timing of the sculling stroke.

We thank our summer head coach Tilghman Moyer, who contacted Stew Stokes, Colby's Head Coach of some 20 plus years about our need for new equipment. (Stew is Tilghman's boss during the school year.) Stew delivered the hull in June. We thank Colby College so much!

Update on success of Row the Coast

Ten sets of Concept2 oars were delivered on August 1st! We chose these oars because they are the standard for race winners around the world. We want our rowers — students, racers, masters — to be equipped with blades that let them realize their true potential on the water. The "Skinny Comp" Concept2 oars are designed with the most advanced blade shape in the industry, for sharp catches and clean releases. WooHoo! New Oars!

Most importantly, the ten sets of oars will give us the capacity to get all the junior rowers out on the water at one time. This spring some juniors had to sit out because we did not have enough sculling oars for the number of rowers in our programs. This will allow everyone to scull together.

Thanks to everyone for their time and dollars!



Club Rowing to Start after Labor Day!

While the details are still being worked out, we look forward to offering the afternoon Club Juniors program again this fall! While the focus has sometimes changed from year to year, the afternoon program generally offers a chance for Middle School students, novice competitive rowers of middle and high school age and high school students who want the joys of rowing without focusing on preparing for competitions. The afternoons in September and October can offer absolutely idyllic rowing conditions with less wind than in the spring, warmer temperatures and unbelievable Fall foliage along the shore and on the hills. The focus will be on sculling in all size boats, but an attempt will be made to also expose the club rowers to sweep rowing as appropriate. Historically, Club rowers finish the fall season and wish the spring was just a week away! Come join the fun. email: row@megunticookrowing.org if you are interested

entriesregistrar@megunticookrowing.org

To volunteer email row@megunticookrowing.org

Come Race With Us!

Megunticook Rowers Win Gold at Cromwell Cup Because Not All Medals Are Being Awarded in Paris



story and racing photos by Connor Howland

This month the training has paid off for 12 athletes who competed in the Cromwell Cup on Sunday, July 21st. Megunticook Rowing had the opportunity to compete in the Cromwell Cup, which is hosted annually by the Riverside Boat Club on the Charles River. The course is 1000 meters. Junior Rowers must compete in time trials before moving to finals hosted in the afternoon. To no surprise almost all Megunticook athletes were able to advance to the finals!

We were thankful for our Competitive summer program that has been preparing athletes since June—also a big shout out to our summer Head Coach Tilghman Moyer for committing the time to work with the athletes.

**Read Full Story and
Results**

Wanted: Head Coach



Come coach us!

Megunticook Rowing (MR) offers a unique opportunity for coaching. 3 hours north of Boston, Megunticook Lake offers pristine waters and gorgeous mountain views in a thriving seaside community. Our rowers enjoy the call of loons and the thrill of bald eagles soaring overhead while on the water in all size shells from singles to eights. Many of our members and guests comment that they have never rowed on a more beautiful body of water. But MR offers more than simply a bucolic setting. As a small and close-knit organization, we offer the opportunity to work in a supportive atmosphere for a head coach with an Inspirational attitude and entrepreneurial spirit.

For More
Info



Safety Tip!

Hi-Viz apparel is the rule on the water! You must wear something - a hat or top that is hi-viz. It can be pink, yellow, red, orange.

The lake is very busy!

Your coaches need to see you, and other boaters need to see you. If you forget the apparel you will be required to wear some vests that the club owns.

Ways to Support Megunticook Rowing

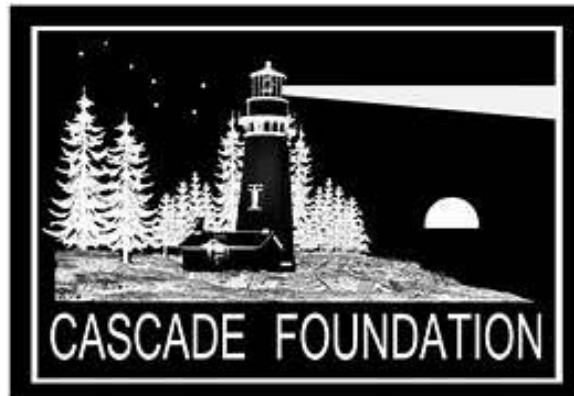
Recycle! Every Nickel Counts!

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

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?

Contact marnie@megunticookrowing.org for more information.



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