



January 2024

---

## A word from the Board President...

Greetings All. Welcome to 2024 and to our cadre of rowing enthusiasts in mid-coast Maine!

As the year begins our Megunticook Rowing program continues to evolve with growth in key areas while rebuilding in others. The growth we've seen is in adult masters oriented sculling while at the same time building up participation in our youth sweep and sculling program efforts.

In late autumn Olivia departed our ranks for the bright lights of snazzy NYC to pursue her interests in the fundraising and development ( funding ) field with a higher education market focus. We wish her well.

Our Board has been meeting frequently over the autumn to tackle a number of key areas, including examining a Club model of participants becoming formal Members. The particulars of this for 2024 will be announced soon. With this change in our By-Laws we're also finally formalizing the do's and don't's of our program activities at both our winter training center and come spring, at Barrett's Cove. More on our draft of formal House Rules as these come about in the next few weeks too!

What's next: We expect to see our youth athletes return in force for winter training at our Midcoast Recreation Center (MRC) base, especially after the mid-February school break. We're updating our safety guidelines for these afternoon training sessions, more on this as details firm up.

We also plan to start Learn-to-Row sessions at our MRC workout room in February. You'll start on ergs to learn the stroke and be ready to hit the water in the spring! Those interested please email [row@megunticookrowing.org](mailto:row@megunticookrowing.org)

I encourage all of our MegRow faithful to keep our Board posted with creative thinking for opportunities for participant-based expansion, community outreach and support. Please feel free to email me at [row@megunticookrowing.org](mailto:row@megunticookrowing.org)

With all good wishes, stay warm, dry, whatever you gotta do!

Thank you,  
John F Romain  
Board President

# WINTER PROGRAMS

## Come Erg With Us!



Yes, our land-based workout center at Midcoast Recreation Center is whirring with the sound of erg fans! Yes it's time to start training! We will be on the water before you know it! This is a great opportunity, no matter what your goals are, to work on form, efficiency, strength and cardio, and you will be doing it with others - it makes it so much more enjoyable!

There are early morning sessions, afternoon sessions and early evening sessions to keep you motivated during these winter months and in shape to hit the water in peak condition come April.

### Schedule:

5:30-7am Monday and Friday with coach, Will Schaetzke

5:30-7am Tuesday-Thursday with Masters coach, Don Seales

3:30-5pm Monday-Friday High School open workout\* - start date TBD

5:30-7pm Tuesday and Thursday Open Workout session

For extra motivation check out the virtual team challenges below.

Questions? Contact: John Romain - [jfromain@megunticookrowing.org](mailto:jfromain@megunticookrowing.org)

**\*The program is looking for support for each session to include a adult Age 21+ to be present. This is a safety precaution and a requirement of our landlord.**

---

JAN 29 - FEB 4/2024

# 4702 | HOCR

winter erg challenge

Register to erg the iconic distance of 4702 meters, the length of that storied Charles River course, enter your time, and pay the \$10 or \$15 donation fee between January 29 and February 4. We could win a guaranteed entry for Megunticook Rowing to the 2024 Head of the Charles.

We need at least 10 participants in order to receive an entry into a giveaway for 1 of 10 Guaranteed Entries to the 2024 HOCR. Clubs represented by 20+ entries will receive an additional giveaway entry! Whether you want to row at Head of the Charles or not, do it for your fellow Megunticook Rowers who would like to go. Got to be in it to win it!

This is not a time trial! It's about participation. The first 2500 entries will receive a 4702 pin.

We will be rowing as a group on Tuesday, January 30th at 5:30am and again that evening at 5:30PM!

This is also a fundraiser: the proceeds benefit the HOCR X Gold Cup Grant Fund to support rowing programs serving under resourced communities in the United States.

[CLICK HERE TO ENTER](#)



## Who's on the Board?

### Hugh Brock, Treasurer

Hugh found rowing as an adult living in Philadelphia near Boathouse Row and is a





member of that city's Malta Boat Club. He rowed his first race in the Malta gig and was hooked, later buying a new FluidDesign single. On moving to Maine in 2020 he found Megunticook Rowing and has been a grateful and passionate participant since. Hugh's main hope for the club is to establish it as a permanent institution at Lake Megunticook by growing its adult membership and its roster of committed supporters.

We are tremendously grateful to Hugh for stepping into the role of Treasurer!



## Meredith Currier

When Meredith moved to Maine in 2001, she connected with a handful of other rowers who together founded Megunticook Rowing in 2008. She served as vice president and secretary of the board as well as equipment guru and coach until 2015. During that time, Meredith cleared the Barrett's cove site and established the basic infrastructure that we still use today. She is the Girls coach and active Master Rower, we are thrilled to have her back on the board!

To see a complete list of Board Members [Click here](#)

## Member Profile: Don Seales, Master's Coach and Equipment Manager



Don in stroke seat at 1986 Head of the Charles' Mens Championship

## Doubles

During my years in college, I was an avid sailor on Lake Erie. Back then, seeing scullers and rowers from the Westside Rowing Club zip past me when the wind was flat calm planted the rowing seed. I built a classic Whitehall Rowing boat as a dinghy to row out to my sailboat's mooring. From there I was hooked on rowing and boat building.

As my rowing improved so did the need for speed and I invested in a new Peinert Racing Single and some other shells needing repair which were quickly turned over to fund newer, faster, lighter boats. Clearly, I was obsessed. I visited Marist College to see what their programs were about, they offered me a coaching position for the Novice women's crew. That coaching experience offered many opportunities for organizing Masters, and meeting many great scullers at regattas in NYC, Albany, Saratoga, Boston and Philly. I wanted to compete in every available rowing regatta. I expanded my coaching to include private or group rowing clinics for Masters while competing in East coast events and offered some repair skills too. I enjoyed rowing #4 seat in the Marist 8+ that took the bronze in the 1985 Empire State Games and in the same regatta, I got a Silver in the Single as well as a bronze in the Men's double. I rowed with and coached the men's four+ and in the mens Quad but did very poorly but it was still a very enjoyable experience. I rowed many times to first place in the Derby Sweeps and sculls regatta in the Pair, double, mixed double, Single and Mixed Eight. My motto became "Any seat, Any boat, Any time!"

Years later, during a summer vacation to Camden, Maine I met some scullers and some boat builders that changed my plans for where I wanted to live. After buying a 65 acre parcel on Muzzy Ridge, I designed and built my house, shop, barn and outbuildings keeping my wooden singles and a few rough water boats with plans to build wooden rowing shells and restore wooden boats. I met Darryl Strickler of Rowable Classics and have restored many very beautiful antique rowing shells for him.

Over the years the transition of equipment from wood to composites has been significant and I have learned to appreciate the improvements to the sport. Most importantly, as someone who learned to scull before learning to sweep row, it seems obvious to me, that is the direction Megunticook Rowing should favor - scullers make really good rowers. What is next for me, I would like to have an Octuple to play with and it would be great for teaching team boat techniques to new rowers. For now, I think some additional Quad time with some additional new equipment will raise the bar for the future of our organization.

45 years of rowing and messing with boats. I have had a blast and the people are just great!

P.S.

from the editor: Don is Megunticook Rowing's Equipment Manager - he's the one who keeps us on the water in the all-important club boats! Thank you Don!!!

---

## Ways to Support Megunticook Rowing

Recycle! Every bit counts!

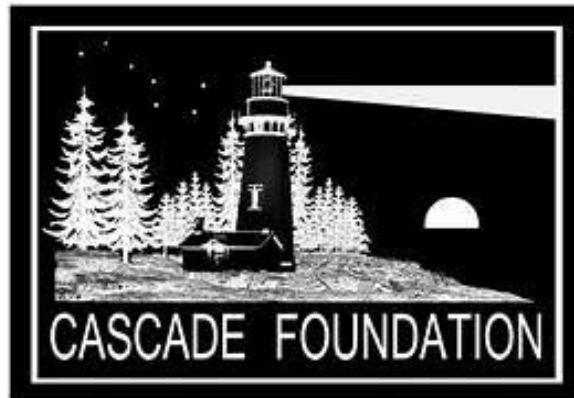
Donate your bottles and cans to Megunticook Rowing through Clynk! You can purchase Clynk bags at Hannaford and get stickers from Sarah Kuhn!

## 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?

Contact [marnie@megunticookrowing.org](mailto:marnie@megunticookrowing.org) for more information.



U S H A R B O R S 



# DownEast

Camden Coast  
Real Estate



**SALT WHARF**  
RESTAURANT • BAR • CAMDEN, MAINE



A M E R I C A N  
**FLATBREAD**

CAMDEN  
REAL ESTATE  
C O M P A N Y



ROCKPORT HARBOR HOTEL



a Bay View Collection property



BayView  
Collection

GRAND HARBOR INN  
*A Bay View Collection Property*

Lord Camden Inn  
*A Bay View Collection Property*

**16 BAY VIEW**  
*A Bay View Collection Property*



Megunticook Rowing  
P.O. Box 855  
Camden, Maine 04843  
Email: [row@megunticookrowing.org](mailto:row@megunticookrowing.org)  
Website: [megunticookrowing.org](http://megunticookrowing.org)

CONNECT WITH US



Megunticook Rowing | P.O. Box 855, Camden, ME 04843

[Unsubscribe marnie@megunticookrowing.org](mailto:marnie@megunticookrowing.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [row@megunticookrowing.org](mailto:row@megunticookrowing.org) powered by



Try email marketing for free today!