



October 2024

A word from the Board President...

Greetings!

And what an end of summer and autumn season we've had!

Since our last newsletter, we successfully and safely hosted the 31st annual Megunticook Regatta! Great to have three dozen competitors here, keeping us on the map as a destination site.

This autumn we enjoyed the support from itinerant (Traverse City, MI) rowing coach Heather Adle. She and her husband arrived after Labor Day and got right-up-to-speed on all details of our program. Heather conducted four sessions each day and we're very grateful. Huge thank you to the Kremenz's, who hosted Heather and her husband in their Rockport apartment for two months. Thank you Barb and Krem!

This Fall, our junior rowers competed in a number of local and regional regattas. Support from our parent-core has been phenomenal to pull this together. Races in Manchester NH, Saratoga NY, Lowell and then HOCR in Cambridge all brought out the best in our athletes. Huzzah. Details and photos below.

Our Boat Forest is emptying as fast as the lake water levels are dropping. The final push is this coming Saturday, November 2nd. We need everyone to come pitch in for Docks Out at 9am! Once the Boat Forest is cleared we'll get a crew in to remove a number of the precarious hull-piercing overhanging 'dead-wood'. The final note on this, last weekend, Chris Facq and Sarah Kuhn attended to the oiling of the bridge. Chris was rockin' to his Grateful Dead in homage to Phil Lesh during the project. My guess is that this neatsfoot type product application will be an annual event.

Upcoming events include gearing up for winter training at MRC, kicking into gear immediately after Thanksgiving. We also will be able to loan-out a handful of ergs for folks to use at home. Please let **Meredith** know.

In closing, these brief notes are all supported by the outstanding support we receive from our coaches, active Board and volunteers to bring our best to our presentation.

Come Row With Us!

John F Romain

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

All Hands on Deck for Docks Out

November 2 9am-Noon
Barrett's Cove!



Part of the crew from this year's Docks In!

Yes, the 2024 season is almost in the books. We need everyone to pitch in and help with the effort to clear the Boat Forest on Saturday, November 2nd from 9am-12noon. (Rain date Sunday November 3.) We are counting on EVERYONE to be there; if you all turn out we can get this big job done!

It's not just docks, it's boats, equipment, oars, racks, launches. There's something for everyone to do. Bring work gloves and boots.

See you November 2!

Everyone's hard work will be rewarded with pizza!

Below are some photos from last weekend's Boats Out! Sixteen masters rowers led by Don Seales and Meredith Currier spent 4-plus hours cleaning, de-rigging and carrying out our fleet of singles and doubles from the boat forest. The small boat fleet of 1x and 2xs are now tucked in for the winter in Polly's warehouse. Thank you Polly!

Once the forest was emptied, Sarah Kuhn and Chris Facq oiled the new bridge

that leads into the forest that Meredith Currier and Paul Gill had built earlier in the summer. Now sealed and sure to last decades!

Many thanks to all who chipped in yesterday!

PS Private boat owners, please remove your boats ASAP!





Megunticook Rowing's Junior Team Alum are Paddling Their Way to Success



top left: Cabot Adams and his first place medal at this summer's Cromwell Cup; Cabot also raced in the Mens Collegiate 4s finishing 26th out of 42 boats at the Head of the Charles. top right: Alley Johnson, shown above in 7 seat at this year's Henley races. Alley also competed at Head of the Charles in the Women's Collegiate Eights finishing 8th.



Above: Maggie Gill also competed at Head of Charles in the Women's Collegiate 8s, her team finished 5th. Below: Devin Gutpil in 2 seat at last weekend's Wormtown Chase regatta.



by Iselin Bratz

Megunticook Rowing Alum has been making moves in their collegiate rowing programs.

Maggie Gill graduated in 2023 and moved on to row for Bates College. She finished her year having been awarded freshman rower of the year and was stroke for 1V Eight at the Head of The Charles Regatta in the fall. Cabot Adams, who graduated in 2023 now rows at Wesleyan University and won the national championship in the Men's 2V Eight. Alley Johnson rows for Trinity College, graduating in 2021 Johnson finished her year winning fifth at the Royal Henley

Regatta in the UK, third in the Head of the Charles, and third at NCAA. Devin Guptil graduated in 2022 and now rows for UMaine in Orono, he is a huge asset and leader to the team there, motivating people to find joy in the sport.

Collegiate sports are an attraction to many for the communities they host and rowing is no different with each athlete expressing how it's been a huge aspect of their college careers.

"Going to college and knowing no one was scary, but I almost immediately found a huge network of people that looked out for me," said Gill.

"You get such a big support system," said Johnson "It was really nice going into college having instant friends"

At Megunticook Rowing, the athletes reported a similar feeling of finding a home in their team.

"All of my closest friends I found through the sport, and lots of my teammates still feel like family to me," said Gill.

"I met a bunch of people that I definitely would not have become friends with if it wasn't for rowing," said Johnson.

"It was exercise, meditation and community all in a singular sport," said Guptil.

As a more niche sport, rowing also encourages high school athletes to reach further academically, Adams noted how the desire to have a good rowing program in college motivated him academically. "If I wanted to row at a top school I needed the grades to keep up with that," said Adams.

The rowers also expressed challenges that they have had to face in college. As a sport known for its intensity, balancing academics and the team can be difficult.

"It takes up so much of your time," said Johnson, "navigating knowing when to put yourself first and when to put the team first is difficult."

"Staying motivated in the erg room for the long stretches of winter training due to Maine's weather is really challenging," said Guptil.

Despite this, each athlete stated that it has been worth the effort.

"It's a sport that'll challenge you and push you till you feel like you're about to collapse while simultaneously feeling the most relaxed you've ever been," said Guptil.

"If you are thinking about doing it, try it, it is hard work but your hard work pays off," said Johnson.

"Get on the erg, learn how to row, walk onto a college team, try it in high school, try it for a season, try it for four years, it's awesome," said Adams

"It is honestly a life-changing sport, the community you find on rowing teams are so close-knit and welcoming and empowering," said Gill "I cannot imagine my life without rowing."

Check out Megunticook Rowing's programs for juniors and masters For more information on programs <https://megunticookrowing.org/programs/>

Iselin Bratz

Summer Coach

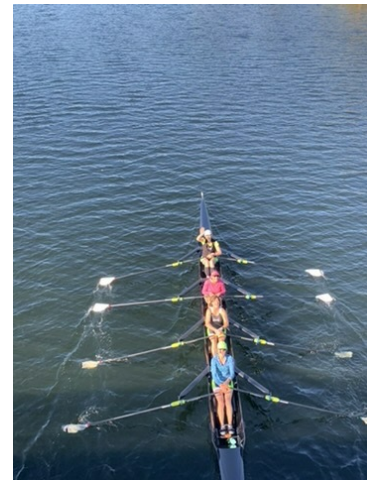
Iselin started rowing her freshman year of high-school for Megunticook Rowing. After completing her gap year she now attends Emerson College and rows with Riverside Boat club. She has been coaching at Megunticook rowing for 2022 and is excited to now be coaching full time while she is back from college. Iselin lists rowing as one of her all time biggest passions, stating that it has helped her tremendously with both her physical and mental health. She continues to row when she is not coaching, usually favouring sculling boats and racing in the summer months, As a coach she absolutely adores translating her love for the sport into coaching.

2024 Regatta Season! The results are in!



Mixed Jr 4+ and their Second Place Medals!

Below Ruth Weiss applies the glitter at Textiles



Happy Mixed Masters Quad at HOCR; Below: Meg Rowers at Cow Island



Masters Womens Quad heading up river to the start at Textiles; Below: 2nd place medals for Grace and Lucy at Textiles



Rowing season is fast and furious, with many moving parts and pieces. So right up front, a huge shout out to the parents who get the juniors to practices and regattas and host team dinners. The parents also handle set up of the tent and provide fuel and drinks to the Megunticook Rowers; to the Coaches Heather Adle and Sam Abbott, both new to the program who jumped right in and masterfully managed many details. Finally, a huge heartfelt thanks coaches Meredith Currier and Will Schaeetzke, who provided knowledge as to how the

program works, logistics assistance and coaching. It is a huge team effort on everyones part.

The season started with picture perfect weekends for the Megunticook Regatta and Cow Island.

Megunticook Regatta, Sunday September 8

Twenty six racers participated in the Megunticook Regatta held September 8th in Barrett's Cove. After last year's event had to be canceled due to threatening weather, this event was particularly enjoyable.

Three flights of 10-milers went off at 815. It was a great morning to tour the lake. Crews in safety launches along the way guided and cheered them on. The 3-milers, in three flights, went off at 8:30.

As has been customary since the founding of the regatta in 1994, a pancake breakfast was served and lobsters were awarded to the first place finishers.

First Place

10-mile Mxd 2x- Marnie Read and Evan Waters

10-mile Men 1x – Russ Cone

10-mile Women 1x- Barbara Harling

3-mile Mens 2x – Hugh Brock and Jay Brock

3-mile Men 1x – G. Gratwick

3-mile Women 1x- Polly Saltonstall

Cow Island, Saturday September 14

This 4600-meter course on the Androscoggin River in Brunswick, Maine, was picture perfect with very little wind. Maine Coast Rowing was a terrific host, and the event was well organized.

Junior Megunticook Rowers Laura Riordan and Adella Brainerd took first place in the Juniors Girls 2x by over a minute.

The Girls' 4+, coxed by Ruth Weiss, with Tucker Beynart in stroke, Lucy Morgenstern, Ireland Heller, and Grace Doolen, was a no-contest win over teams from Maine Coast Rowing and Waynflete. Grace Doolen and Lucy Morgenstern stepped up from the Club's Novice program to compete. The new Boys' 2x of Jack Heller in bow and Connor Howland as stroke, came in 5th.

For the Masters, Will Schaetzke and Amy Mitchell raced in the 1x races. Amy raced again with Marnie Read in the Women's Masters 2x and won!

It was a great day for all, and a great start for Coach Heather Adle and Sam Abbott's season with Megunticook Rowing.

Winni Chase, Saturday, September 28

In the second annual Winni Chase Regatta, a 4,500 meter Head Race on a protected area of scenic Winnepesaukee, hosted by Brewster Academy, included 11 teams and over 90 boats competing, nearly tripling in size from the first year year! It's a historic location, according to the website, "on August 3, 1852, the first American intercollegiate athletic competition of any sport took place on Lake Winnepesaukee. What has become commonly referred to as "the Race" was a contest between Harvard and Yale rowing teams, a tradition that continues to this day, though no longer held here. The Winni Chase regatta honors the special place that this lake, our home lake, holds in the storied history of this sport and U.S. intercollegiate athletics at large." It is a great addition to the calendar!

Mixed Double, 1st place
Ireland Heller and Jake Roux

Women's 2x, 4th place
Tucker Beynart and Laura Riordan

Women's 4x +, 6th place
Cox Lilah Snow
Leona Bourvinal, Lucy Morgenstern, Grace Doolen, Ireland Heller

Men's 2x, 8th place
Evan Fossum and Jack Heller

Textile River Regatta, Sunday October 6

The gorgeous weather and conditions continued for Textile River Regatta, a 4500-meter head race on the Merrimack River. Coach Will got the day started in his single and finished 4th in his class. Next up was a new boat of junior boys - Evan Fossum, Jack Heller, Connor Howland and Jack Williamson finished 9th; the Masters Women's team of Stephanie Lash, Amy Mitchell, Marnie Read and Polly Saltonstall finished 4th; Girl's Novice team of Lucy Morgenstern and Grace Doolen hopped in Hugh Brock's Fluid Double *Red Dawn*, and made it count, picking up a 2nd place medal! The Girls's 4+ finished 12th out of 26th. Mixed Masters Quad of Hugh Brock, Amy Mitchell, Evan Waters and Meredith Currier took home a 3rd place medal! Finishing the day strong and in the medals was the Mixed Jr 4+; coxed by Adella Brainerd, with Connor Howland, Jack and Ireland Heller, and Leona Bourvinal. They powered to finish 2nd and took home medals!

The New Hampshire Championships, Sunday Oct 13th

The New Hampshire Championships George Dirth Memorial Regatta is the largest New England rowing event north of Boston and is hosted by Amoskeag Rowing Club at Memorial Park in Pembroke, NH. The regatta is a 3-mile head race. Here's how Meg Rowers stacked up:

Men's 1x - 4th
Jake Roux

Men's Junior 4+A - 13th
Cox: Lilah Snow
Connor Howland, Jack Williamson, Evan Fossum, Jack Heller

Women's Junior 4+A - 3rd
Cox: Ruth Weiss
Adella Brainerd, Laura Riordan, Tucker Beynart, Leona Bourvinal

Women's Junior 4x - 4th
Laura Riordan, Lucy Morgenstern, Grace Doolen, Ireland Heller

Head of the Charles, Oct 18-20

Megunticook Rowing club members, coaches, juniors, Masters, summer rowers and alums were represented from start to finish at this fall classic of 4702 meters on the twisting Charles River.

First up was Cathy Kemper, who came in second in the Women's 70+. She rowed with our Competitive Team all summer. She is our hero, and will be in the 80+ next

year. Coach Will hopped in a double with a friend and finished 15 out of 25 in the Men's Masters Double 30+40+; Next Coach Sam and the UVM Alum 4s finished 14 out of 23. Summer rower Amy Dyer competed with her home club Litchfield Hills, CT, they placed 22nd out of 31 teams of Women's Senior Master 8s. Abbie Chamberlain, one time Meg Rowing coach, help power the Women's Alum 8s Evergreen (Dartmouth) to a 25th place finish out of 52. Youth Double of Jake Roux and Connor Howland placed 56th. Directors' Challenge Mixed Quad of Hugh Brock, Amy Mitchell, Evan Waters and Meredith Currier came in 21 out of 25. Polly Saltonstall and Stephanie Lash joined two friends in Directors' Challenge Women's Quad and placed 14 out of 35.

Head of the Fish, Sunday October 27

The season wrapped up in Saratoga, NY on a 3200 meter course on Fish Creek. Laura Riordan and Adella Brainerd finished 9th out of 36 hulls!

It was a great season with some new rowers and new regattas! Solid performances all around.



Stephanie Lash in bow and Polly Saltonstall in 3 three-seat in the Directors Challenge Women's Quad



Above: The Men's 4+ at NH Champs; center photo: the Team at NH Champs



Above: Meg Rowers at the Winni Chase Regatta

Join The Club!



Coach Heather Adle and Coach Bob Perkins with Tristan Shaw and Benji Ellis, took advantage of being next to the park to hike Maiden Cliffs. 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. With the exception of a couple of afternoons, September and October offered absolutely idyllic rowing conditions. Our handful of Club rowers finished the fall season and wish the spring was just a week away! Check out the video below! The coaching has certainly paid off, what a nice double! Come join the fun next Spring! email: row@megunticookrowing.org if you are interested



Wanted: Head Coach



Come coach us!

Yes, we are wrapping up fall and already looking to setting up the program for next spring!

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

Ways to Support Megunticook Rowing

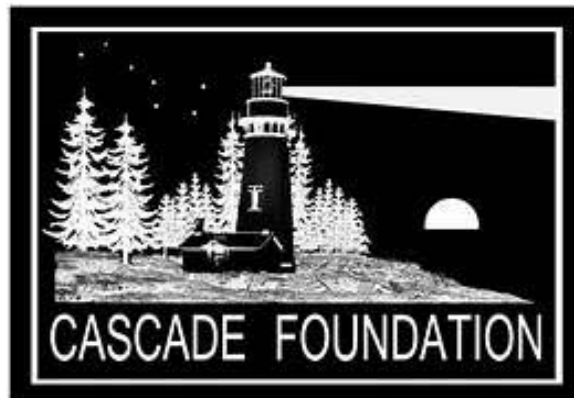
Recycle! Every Nickel Counts!

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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Megunticook Rowing
P.O. Box 855
Camden, Maine 04843
Email: row@megunticookrowing.org
Website: megunticookrowing.org

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

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