



February 2025

A word from the Board President...

I am often so taken by the beauty of our Camden environment that I exclaim “We live in an earthly paradise!” Often this happens when I am rowing on Lake Megunticook. Whether it is springtime with baby loons and goslings dodging our shells, summertime when the sun peeks over Mount Megunticook as we are rowing across the basin, or fall where the colors reflect in the mirror-smooth water as we glide over it, I know that almost every day I row I will see or hear or smell something amazing.

The fact that I came to rowing as a thirty-something adult in Philadelphia maybe makes me appreciate this all the more. I didn’t start out competing -- I was so busy trying to keep my single upright that I never even thought about racing until much later. Rather, I learned to love the beauty of the stroke when it works, the way the boat jumps when you hit a stroke just right or your crew syncs up. There are few things better in rowing, or in life in my view, than a long steady-state row at a low rate with a well matched crew. It is teamwork in a way that few other sports know, where perfect synchrony and the submission of your individual quirks to an alignment with the crew brings outsized gains.

Why am I telling you all this? Well like I said I love racing, and when I talk about rowing I often find myself talking about going fast and trying to win races. But as we gear up for what I’m hoping will be a record-breaking 2025 for Megunticook Rowing, I wanted to take a moment to emphasize all the great reasons to climb in a shell that don’t involve racing. There’s fitness, of course, and camaraderie, and all the usual stuff you read about all kinds of team sports. But rowing is different. It is a way to connect with natural beauty, with inner peace, and with your crewmates that is unique among sports. I hope you will join us on the water this spring and see for yourself.

I know that the draw of the rowing experience is infectious because I live it every day as president of the Megunticook Rowing board. Every one of our board members are engaged and working really really hard to get their particular aspect of the program pulled together and ready to go for spring. In this update I want to highlight one of our new board members Sam Grinnell, as well as veteran junior board members Connor Howland and Laura Riordan. The three of them are

working overtime to build an outreach program in the high school and our local middle schools with an aim to doubling (or more!) the size of our Varsity and Novice teams – if not by this spring then certainly by the fall. If you are a Rowing Parent reading this, please make sure your child is ready for the season and take note of the various events our team is planning. I want to highlight especially the Dirigo Sprints, our own Megunticook Rowing junior regatta. I was only able to attend this event for the first time in 2024 and I was amazed and delighted to see the huge number of students who turned up and the amazing time they all had rowing and enjoying each others' company that day. It was a great thing that I am really proud to be part of again this year.

One last thing: Winter training continues at MRC all the way through the end of March. Sign up info is below. Remember, the shape you're in April 30 is the shape you'll be in September 1, if you're lucky! So join us mornings and evenings for workouts with coach Sam (MWF evenings) and coach Will (TTH mornings). I hope to see you there!

Come Row With Us!

Cheers,
Hugh Brock
Board President

Juniors! Spring Training Begins!

MARK YOUR CALENDARS
DOCKS IN APRIL 21ST



Our Varsity boys and girls teams are designed for high school aged rowers. We train to compete in local and out of state regattas. High school is stressful but participants agree that getting out on the water eases stress and promotes both good physical and mental health. Teamwork and camaraderie is the foundation of the sport of rowing. When you are in a boat with your teammates, success is only achieved if you work as one.

Megunticook rowers have been recruited by and competed for colleges and universities across the country including Bates, Colby, Wesleyan, Trinity, UC Berkeley, Dartmouth, UMaine, and Connecticut College.

Most importantly, Megunticook Rowing strives to inspire a lifelong passion for rowing.

We take pride in fostering sportsmanship, fitness, commitment, discipline, teamwork, and healthy competition.

Come Row With Us!

Below is the **tentative spring 2025** schedule and competitive season dates.

March 3rd - Club and Varsity Registration Opens

March 27th - Time and Location TBD - Team wide orientation meeting. Bring a friend(s) that may be interested in joining!

March 31st - Spring Season Begins with mandatory Indoor Training.

April 21st - Boat Forest Setup & Docks In - all hands (rowers, parents, friends) needed to get this done! Many hands make light work! We will enjoy pizza and snacks following our work day

Tentative Varsity Race/Event Schedule:

April 6th, 10AM, ergatta at Waynflete, Portland, ME

April 12-13th Dartmouth Tank Training

May 4 - Row the Coast - Megunticook Rowing fundraising event - Camden Village Green

May 10, 2025 - Amber Zapata Memorial Regatta, Lowell, MA

May 17-18, 2025 - NE Youth Champs, Lowell, MA

May 25, 2025 - Dirigo Sprints, Camden, ME (end of spring season)

Cost - \$700 per rower for the Spring Season. Includes regatta fees and all training sessions, year round membership to Megunticook Rowing giving rowers access to club equipment and programs during the summer. Does not include travel and accommodation expenses associated with regattas.

Contact **Will Schaetzke** for more information



**It's Back! Free Learn to Row
February 24-28th and March 24-28th!**

If you have ever wanted to get into rowing, now is the



time. Megunticook Rowing is offering free Learn-to-Row sessions their training facility at Midcoast Recreation Center.

Megunticook Rowing's Learn-to-Row program takes you through a four-class learning experience designed to teach the basics of the rowing sequence. No rowing experience is required! Attending two or three of these erg sessions will get you ready to complete the Learn-to-Row course on the water in half the time and half the cost of our regular on-the-water Learn-to-Row sessions.

This program is open to anyone with no previous rowing experience, 12 years old and up.

Once you complete the Learn-to-Row program you can become a member of Megunticook Rowing at a discounted rate of \$50 your first summer on the water. You will then be qualified to sign up for our full schedule of coached Novice programs. The only requirement is that you must sign up in advance by contacting: Will Schaetzke at row@megunticookrowing.org

Sessions:

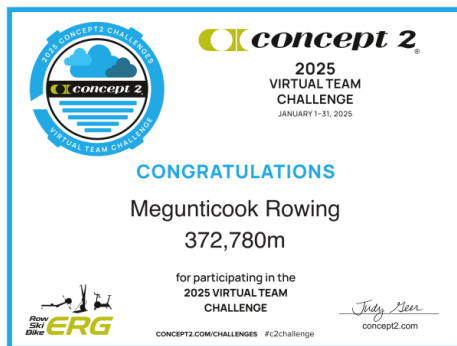
February 24, 25, 26, 27, 28

March 24, 25, 26, 27, 28

Monday, Wednesday and Friday 5:30-7 p.m.

Tuesday and Thursday 5:30-7 a.m.

Come Row With Us!



January Challenge

Masters logged nearly 400,000 meters in January! The seven member team included Amy Mitchell, Marnie Read, Meredith Currier, Meg Webb, Leslie Forand, Evan Waters, and Sarah Kuhn. Thanks to all who joined in!

JAN 27 - FEB 2/2025

4702 | **HOCR**
winter erg challenge

Great Participation!

Darn it! While our 10 teammates did qualify Megunticook Rowing for one free entry into the 2025 HOCR, Megunticook Rowing was not one of the 10 clubs drawn out of the 259 clubs that entered.

Notable finishes include the Megunticook Women in the 60-69 age group. Even with all their complaining about fitness, they all finished in the top 73 out of 283 rowers entered in that age category. Amy Mitchell is top finisher in 24th place followed by Polly Saltonstall, Meg Webb, Stephanie Lash and Marnie Read.

That means we will just have to qualify with our talent! As of today, HOCR is 232 days away!

Full Results

WINTER Shenanigans!

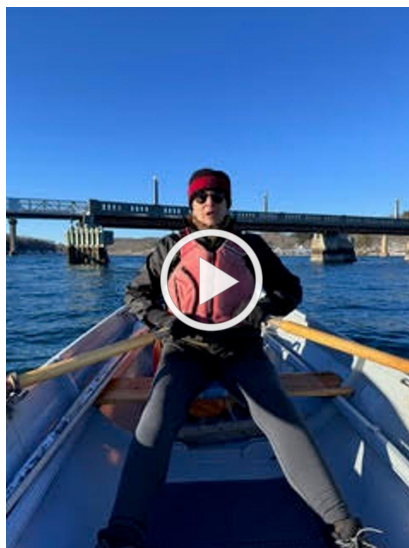
Megunticook Rowers from Coast to Coast



On the other coast (west) on the other kind of water (salt), Cathy Kemper and Meredith Currier got together for some winter training. Cathy and her teammates at San Diego Rowing Club went above and beyond to welcome Meredith for two days of 4x training with fantastic coaches and fabulous water!



Back on the east coast, frozen, fresh water was the medium for the 34th Annual Toboggan Championships held annually on Camden's Hosmer Pond. Masters rower Leslie Forand and the Camden Comets were the fastest All Female Team with a time of 8.890. It was a one and done situation -- who needs a second run when you're that fast!



Board member Sarah Kuhn rowed through the ice in Belfast Harbor during the Belfast Ice Festival on February 22. Thanks to Nicolle Littrell and her

business, DoryWoman Rowing (<https://www.dorywomanrowing.com/>), Sarah spent a wonderful hour out on the water, followed by a hot sauna. "Rowing a dory is kind of similar to rowing in a sliding-seat shell, but the feel is very different, and you have to make sure your oars go deep, which is hard for me since I've spent so much time working on NOT having my oars go too deep. It was a blast!"

Ways to Support Megunticook Rowing

Recycle! Every bit counts!

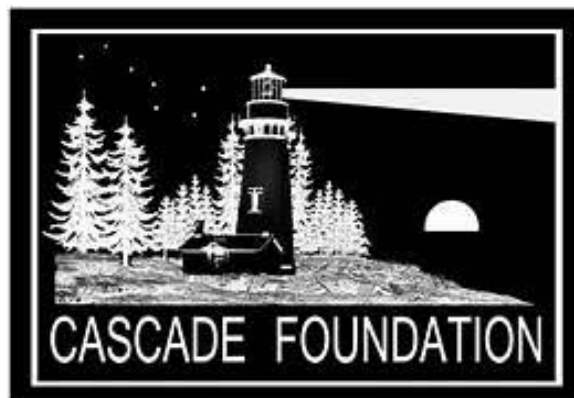
Donate your bottles and cans to Megunticook Rowing through Clynk! You can purchase Clynk bags at Hannaford and get stickers from **Sarah Kuhn!**

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 for more information.



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