



January 2025

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## A word from the Board President...

Last week I chaired my first meeting of the Megunticook Rowing Board of Directors. It was an unusual meeting, not just because we elected new officers including myself as President and Leslie Forand replacing me as Treasurer, but because we dispensed with our regular order of business to consider an existential question: Can we, a small club surrounded by small towns, grow enough to justify hiring a full time coach? Leslie and I had spent hours looking at income sources and expense categories, so that we could put together a fair analysis of our chances of success. Our conclusion: We can do it, just barely, but only if we get solid growth in our Club and Varsity programs and strong support from our masters rowers and the local community.

I'm very happy to say that a large majority of the board agreed with us, and that we have committed to moving ahead with the search for a full-time coach. Why is this so important? Although we have in my view the most engaged and committed board since I came to Megunticook Rowing in 2020, and a number of wonderful people who volunteer their time to coach our youth program, we will not get the program to its full potential without a full-time coach on staff to promote and organize Club and Varsity rowing, establish the training schedule, and actually train junior and masters rowers to row better. The person we hire will not supplant the work of our volunteers and board members. On the contrary, our work will likely increase if we are successful in growing the program the way we want. It is our hope however that our coach will fill the key organizational gap that a group of volunteers and part timers will inevitably have, and that together we will all be able to take the club to the next level.

Let me introduce myself. My wife Kim and I arrived here in Camden 4 years ago. Kim is a musician and web designer who first came to Camden in the '80s as a harp student. I am a software engineer and engineering manager who began rowing as an adult in Philadelphia, but I am really a product of Megunticook Rowing. I believe I put more time in on the water my first year here than I did in ten years rowing on the Schuylkill before. It is my gratitude to Megunticook Rowing, its members, and this amazing, beautiful place that led me to accept first a board position and now the presidency of this group. Aside from Kim and my family, this group and its success is the most important thing in my life. I can only hope to give back in equal measure what I have taken from it.

While I'm expressing gratitude, I need to thank our outgoing board president John Romain. John brought me and so many others onto this board during a difficult transition period. His steady hand and quirky sense of humor has made our current board into the tight group it is today. John, we appreciate your service and we do hope to see you rowing on the lake this summer at last!

I must also welcome not just new treasurer Leslie Forand, but our new board member Sam Grinnell. More about both of them below. Sam has volunteered to take on our Membership committee with a particular eye toward increasing Club and Varsity participation from the high schools. We're excited and incredibly lucky to have him with us. Leslie for her part has forgotten more about non-profit bookkeeping and accounting than I will ever know. A product of our masters program, Leslie is not only an excellent rower but will keep our finances in great shape. Finally, I have to give a special thanks to my friend and IT colleague Evan Waters who has very graciously volunteered to take over management of our various IT systems. If you have questions about iCrew, [evan@megunticookrowing.org](mailto:evan@megunticookrowing.org) is the right place to start.

If you're receiving this newsletter you likely also received our recent Annual Appeal for donations. Although I should not give a final number since gifts are still coming in, chief fundraiser Marnie Read and I are amazed and overwhelmed at the outpouring of support we have received. Thank you, thank you, thank you all! Your support is making our growth possible and you'll see the results on the water this spring, summer, and fall. Even though we are in the new year, donations are welcome and encouraged any time. You can visit <https://megunticookrowing.org/donate> to chip in and help us get where we're going.

One last thing. Megunticook Rowing is open to all with an interest in rowing on the water. However, we do ask people to pay a modest membership fee to gain all the benefits of the program. Membership renewals are coming soon, so members please watch your mail. If you're not a member, but you would like to join us on beautiful Lake Megunticook for the on-water season, please visit <https://megunticookrowing.org/membership> for more information, or contact Sam Grinnell at [sam@megunticookrowing.org](mailto:sam@megunticookrowing.org) or me at [hugh@megunticookrowing.org](mailto:hugh@megunticookrowing.org). Don't expect a quick answer from me, though – I'll be at our rowing gym, trying to get to 80 strokes on the new TR. \*Ouch\*. See you on the water,

–Hugh

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## JOIN OUR WINTER TRAINING PROGRAMS!



After a well deserved break for the holidays, Megunticook Rowing kicks off 2025 again with a five-day-a-week series of rowing fitness sessions in their training facility at MidCoast Recreation. Coaches Sam Abbott and Will Schaetzke have put together a comprehensive agenda that includes core work, strength training, and of course erg workouts – both steady state and speed work. All ages, levels and abilities welcome!

In addition, incoming board president Hugh Brock, to ensure the world dominance of Megunticook Rowing going forward, has donated a TR-H – <https://last500.com> – to the club. The TR-H tunes your rowing stroke while building strength exactly where you will want it - as in when you're passing an 8 going under Eliot Bridge. This machine will be a key part of strength training this winter season! Want to use it? Show up for winter training with Will and Sam!

All sessions are FREE to Megunticook Rowing adult members and current Varsity and Club rowers – please just add the sessions to your Attendance Plans in iCrew – see <https://icrew.club/memberportalpanel?opentab=plans> – so Sam and Will know you're coming.

Not a member? Check out the various membership levels including Winter Training and join today! <https://megunticookrowing.org/membership/>

Session times are as follows:

Monday 5:30-7 p.m.: Sam will lead a mixed strength training, core, and steady state erg session to kick off your week.

Tuesday 5:30-7 a.m.: Will starts your day off right with his trademark mix of yoga-inspired calisthenics and erg pieces.

Wednesday 5:30-7 p.m.: Sam is back with a steady-state erg workout including an emphasis on core fitness.

Thursday 5:30-7 a.m.: Will takes on strength training, including the TR-H, in case you weren't already sore enough.

Friday 5:30-7 p.m.: Sam feels the Need for Speed. Check your erg times with this speed work session every week. 2k-day keeps the doctor away!

Please sign up in advance at <https://icrew.club/memberportalpanel?opentab=plans> so we know who is coming, and who to notify in case we have to cancel for weather.

See you at MRC!

For extra motivation check out the virtual team challenges below!

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## Mark Your Calendars!

### Team Meeting January 28th!



Attention all Club and Varsity Team members! Come to MRC Tuesday, January 28th 5:30-7pm for a team meeting to discuss recruitment strategies and club growth. This is your program, and we need your input to make a difference. We will also provide a short summary of what to expect regarding coaching as we move forward.

#### Agenda:

-5:30-5:45pm Dinner/ Brief Summary From Board/Coaches on 12 Month Program Goals and Coaching

-5:45-6:15pm Why We Row Discussion/Activity

-6:15-6:45pm Brainstorm for Recruitment

-6:45-7pm Flex Time for Overage.

Any questions? Email Sam Grinnell

### Free Learn-to-Row For All!

If you have ever wanted to get into rowing, now is the time. We are offering **free** Learn-to-Row sessions January 27-31 and February 24-28th at our 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 2 or 3 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 and be qualified to sign up for our full schedule of coached Novice programs offered at a discounted rate your first summer on the water.

The only requirement is that you must sign up in advance by contacting: Will Schaetzke at [will@megunticookrowing.org](mailto:will@megunticookrowing.org)

Sessions:

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

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

Come Row With Us!

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## Make Those Winter Training Meters Count!

### Join the Challenge

Megunticook rowers have been logging meters since January 1 to complete as many meters as they can collectively until 11:59 p.m. January 31. As of January 15, we have logged 164,850 meters. **Deadline to sign up is tomorrow, January 16th!**

1. Join the Megunticook Team -  
<https://log.concept2.com/team/18001/vtc/2025>
2. There are two ways to join a team.
3. In your online logbook, click Teams at the top of the page.
4. In the Join a Team section, click Choose A Team and select Megunticook Rowing from the list.
5. Visit the page for the team you want to join. You can do this by clicking on the team name in a challenge board.
6. Click Join Team.
7. Join the current team challenge to confirm your participation in the current challenge:
8. OR - In your online logbook, click Teams at the top of the page.
9. In the Team Challenge section, click the link provided to join the challenge.
10. Enter all of your meters into your online logbook.
11. If you do not have access to a computer but want to participate as a team member, contact **Marnie** and she will enter your meters for you. Better still download the Concept 2 app onto your phone. Once signed up your meters will automatically be added to the challenge.



The deadline to join the team is January 16th so sign up today! There is nothing to lose here, it's just a motivational exercise to get us psyched to erg the month away... and it prepares us for the next challenge...

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Ok this one is important!

Register today for the 4702 HOCR Winter Challenge! We need at least 10 people to enter, 20 or more would be awesome. You will erg the iconic distance of 4702 meters, the length of that storied Charles River course.

[https://www.regattacentral.com/regatta/?job\\_id=9435&org\\_id=0](https://www.regattacentral.com/regatta/?job_id=9435&org_id=0) to enter your time, and pay the \$10 or \$15 donation fee.

We will do this at one of the Winter Training sessions between January 27 and February 2. Of course, you can complete this on your own erg as well. The point is to get at least 10 hopefully 20 entries. Why?

We need at least 10 participants in order to receive an entry into a giveaway for 1 of 10 Guaranteed Entries to the 2025 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.

This is also a fundraiser: the proceeds to benefit HOCR's DEI partnerships, grants, and programming.

**CLICK HERE TO ENTER**



## Who's on the Board?



### Leslie Forand

Leslie began rowing four years ago. After taking a free learn to row session on an erg, she couldn't wait to get on the water. Megunticook Rowing was the first community group that Leslie joined after moving to Maine. She loves the ability to compete and the friendships that have been formed. Rowing in one of the most beautiful places in the world is beyond words. Leslie's hope for everyone who has ever wanted to try this beautiful sport, to come join us! Don't hold back or put it off, get in the boat!

### Sam Grinnell

Sam grew up in Lincolnville, across town from where he lives now with his family. Sam has a long history of involvement with programming for non-profit organizations. He is ready to jump start Megunticook Rowing's Varsity and Club team. In his free time, he enjoys being outside, playing music and spending time with his family.



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

## Ways to Support Megunticook Rowing

Recycle! Every bit counts!

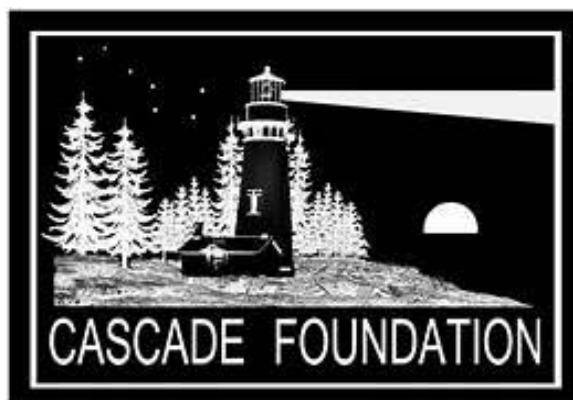
Donate your bottles and cans to Megunticook Rowing through Clynk! You can purchase Clynk bags at Hannaford and get stickers from **Sarah Kuhn!**

**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.







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