



June 2025

A word from the Board President...

May was a tough month for rowing in the Northeast. Regattas all over the region were canceled or curtailed due to weather and unsafe water levels. Particularly damaging for our junior program was the loss of both the Amber Zapatka Memorial regatta and the Northeast Regional championships, on the Merrimac River in Lowell, Mass. Two storms in a row brought the river to unrowable levels and our teams had to stay home, canceling hotel reservations and travel plans.

However our luck turned last weekend when the weather broke and we were able to host the Dirigo Sprints, the last race of the junior spring season and a celebration of our own beautiful Megunticook Lake. The wind from a passing nor'easter abated the night before the race and with smooth water conditions the racing came off without a hitch. See below for all the results. Our juniors, particularly the women, did great!

So now we rush headlong into the summer season, the time for morning rows, mist on the water, and... membership renewals? Yes, that's right – our member-supported program depends on funds from those who use our boat forest (and maybe more importantly our insurance) to launch, recover, and store their shells during the rowing season. I kind of wish we could call it something other than a membership, given there are no Megunticook Members Only jackets to go along with it, or exclusive cardmember levels (Gold? Diamond? Platinum?) to extort ever-larger fees from our constituents. But lacking a better word, we have memberships, and it is Time To Renew Them. You'll be getting a special email soon from me, the chief, cook, and bottle-washer of the Membership Committee, reminding you to do this. In the meantime however if you are a returning member, if you will browse [here](#), scroll down to "Adult Full," and click "Register," you will be able to pay your fee and help us keep our docks on the water and our rowing and our boats insured. If you would like to become a member, go [here](#) or see the QR code below to register.

Finally I want to welcome not one but TWO new coaches to Megunticook Rowing! Kathryn (Kali) Brown joins us from St. Lawrence University – I had the privilege of joining a few sessions with her last

week and I can tell you she is a major addition to our program. Bob Van Twyver will arrive next week from Florida, where he has coached high school and university programs for many years. Bob brings a special interest in starting new rowers and we are expecting a significant upgrade to our Learn-To-Row program thanks to him. See below to learn more about these two new additions. They'll be joined by our dedicated part-timers Sam Abbott and Andy Obst, as well as Megunticook Rowing alumnus Cabot Adams. We're going to have a lot of great sessions this summer with this team!

Summer is here, and the sun is up early with the loons and the loony rowers at 5 a.m. Come join us!

Scan this to join:



Sign Up for Summer Rowing!

Intermediate and Competitive Sessions are
Up and Running

Learn-to-Row and Novice Programs
Begin June 9th

Coach Kali Brown and Coach Bob
Van Twyver to Lead Programs





The rowing program for summer of 2025 is coming together. Competitive and Intermediate have a full schedule of programming starting June 2nd. Open to ages 12 and up. Check out iCrew to sign up.

Learn-to-Row and Novice sessions will start June 9th.

We are very excited to have Coaches Kali Brown and Bob Van Twyver stepping in to the lead coaching positions with Cabot Adams, and Andy Obst rounding up the group to coach this summer.

Kali was recently the assistant rowing coach at St. Lawrence University, Canton, NY and describes herself as a “dedicated educator with passion for coaching and teaching.” Prior to coaching at St. Lawrence, Kali coached rowing and taught history and the humanities at Windsor School of the Bahamas and at Connecticut’s Kent School. She has US Rowing Level 1 and 2 Coaching certification. Kali arrived just in time to experience Dirigo Sprints on May 24th and has since been on the water with Masters rowers.

Bob Van Twyver starts June 9th. Bob has been involved with rowing as either a competitor or coach since 1979. Along the way, he has coached men's and women's teams to championships, including Henley Gold Un19 Men's 8; 7 Senior, U23 and U19 boats in Grand Finals. He also has coached a range of athletes from middle school to septuagenarians. Learn to row is his specialty since all champions must learn somewhere!

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

Summer is here! Come Row With Us!

Not yet a member? No problem, we have many levels of membership. check them out.

Membership

**Check Out Our
Programs**



Row the Coast is a Wrap

\$3,402 Raised

1,522 Kilometers Erged

Many thanks to all who donated, and joined in on Saturday May 3rd on Camden's Village Green as Megunticook Rowers erged those last meters.

It's safe to say that they are excited to have that challenge behind them and have been appreciating the gorgeous weather that has meant many morning and afternoon sessions on the lake instead of on the ergs.

To see the leaderboard click button below.

Thanks again to all who supported our annual fundraiser!

[Row the Coast!](#)



Megunticook Rowing and Waynflete Race to Tie for Dirigo Sprints Trophy

Perfect Conditions Prevailed on
Lake Megunticook

Megunticook Rowing hosted the Dirigo

Sprints on Saturday, May 24th on Megunticook Lake. Maine Coast Rowing Association of Brunswick, ME was defending their title. Waynflete of Portland and Neponset Rowing Club from Milton, MA completed the field of four teams. These high school rowers trained hard all spring only to be foiled by Mother Nature for regattas scheduled the prior weekends on the Merrimack River in Lowell, MA. So it all came down to Saturday. Some 75 high school athletes gathered to compete in perfect conditions in fifteen events on this 1500 meter sprint. They received terrific support from crowds along RT 52 ringing cow bells and shouting encouragement. Megunticook Rowing and Waynflete tied for the overall championship.

This event began several years ago to bring rowing teams together to battle it out on the water for the title and trophy. This year Dirigo Sprints became a US Rowing sanctioned event. The club was please to host US Rowing official Gudi Bigga. As a sanctioned regatta, the competitors can report their results to colleges and universities who may be recruiting.

Huge shout out to Jennifer and Fabrice Roux, of Union, Maine's Alsace restaurant, who stirred up a traditional paella for all. Delicious!!! Thank you again Fabrice and Jennifer.

Experience showed on Saturday. Although there was no racing before Dirigo this spring, teams that had raced together in the previous fall or spring seasons did particularly well. See for example the first place finishes by Women's HS Varsity 2x Group 1, the team of Laura Riordan and Adella Brainerd. They put 14 seconds between them and the second place team! In Group 2, Leona Bournival and Ireland Heller took first place by a comfortable 8 seconds. Womens 4x of 4. Adella Brainerd 3. Laura Riordan 2. Tucker Beynart 1. Lucy Morgenstern finished 17 seconds ahead of the second place boat; Women's HS Varsity 4+ Group 2 C. Natasha Heller; 4. Lucy Morgenstern 3. Grace Doolen 2. Ireland Heller 1. Raya Luehman finished 10 seconds ahead of the second place boat; and Women's HS Varsity 4+ Group 1- C: Ruth



4+ Adella, Laura, Tucker, Leona and Ruth



4x Tucker, Adella, Lucy and Laura



Laura and Adella

Weiss 4: Adella Brainerd 3: Laura Riordan 2: Tucker Beynart 1: Leona Bournival took first place by 9 seconds.

The Men's Varsity competition was much tighter with many men new to the sport. Nine seconds separated the first place Mens HS 4x boat of 4: Jake Roux 3: Cameron Pinchbeck 2: Jack Williamson 1: Connor Howland's third place finish. Everyone agreed that Henry Reader steered the straightest line in his first race as cox in the Mens HS Varsity 4+ of 4: Jack Williamson 3: Cameron Pinchbeck 2: Bennett Cohen 1: Ethan Cohen's 4th place finish. Connor Howland and Jake Roux had to settle for third in a tough group and the double of Jack Heller and Cameron Pinchbeck joined fellow team mates Tucker Beynart and Raya Luehman in the Splash Club. Both teams popped back in the boat and finished wet but strong. That's racing!

Now it's on to summer rowing. Remember parents, members of the high school rowing team are members and can join the summer rowing programs without paying a membership fee. Not only that we are waiving coaching fees for all junior program members for the month of June, which means your rowing is FREE for the month. Summer training is highly recommended if your kid is planning on competing in college. Take advantage of Bob and Kali and the other summer coaches' experience with college and university programs.

Click to sign up for summer programs



Thanks to our sponsors!



Can't do this without them!



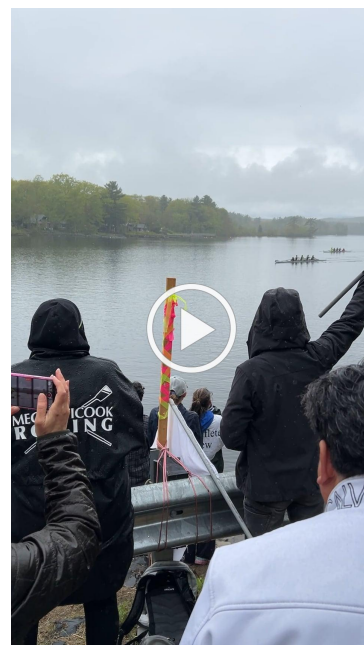
Fabrice and Jennifer Roux



Megunticook Rowing and Waynflete Raced to a Tie for the Trophy!

A little video.

Women's HS Varsity 4+ Group 2 C. Natasha Heller; 4. Lucy Morgenstern 3. Grace Doolen 2. Ireland Heller 1. Raya Luehman finished 10 seconds ahead of second place boat. It was Natasha's first race as a cox, and Raya's first regatta. Congrats!



Membership Makes It All Possible

Memberships are Due!

- Family memberships start July 1
- If your child participated in the fall or spring high school rowing program, your child's membership is included in that fee
- Those participating in Learn To Row pay only \$50 for membership to graduate to Novice classes

Reminder:

- All college-age and older participants will pay an annual

membership fee that will give them access to our docks, equipment, and facilities, including the Megunticook Rowing space at the Pen Bay YMCA

- The Membership dollars we collect will be used to pay our operating costs. This includes maintaining our docks and boats, insurance and safety equipment, and keeping the boat forest in good shape
- Although we will continue fundraising aggressively, the funds we raise will be targeted for specific needs like upgrading equipment, and scholarships for all programs

**Join
Today!**



Safety Tip!

With all the program happenings, the waterfront is busy!

Remember, boats coming in to the dock have priority over those launching.

Wait to bring your boat down until the docks are clear!

Ways to Support Megunticook Rowing

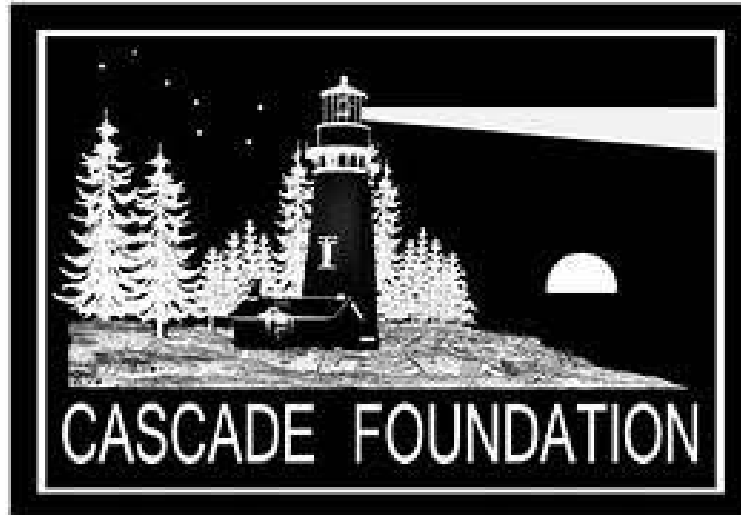
Recycle! Every Nickel Counts!

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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