



August 2025

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## A word from the Board President...

Well, between rowing, working, and dodging errant Camden tourists, things are getting really busy around here. So I'm going to keep this short. Here's what's happening:

Our new coach Bob Van Twyer will be with us through the end of the fall season. I row with Bob every weekday morning and I can't say enough good things about him. We are working to have him become our permanent head coach – stay tuned!

The Megunticook Regatta is coming September 6th! Don't miss this annual celebration of fall, lobsters, and insane rowing marathons in Maine. Our **website** has all the latest details.

Are you a youth rower (under 25) squeezed for cash? We have the solution for you: our new Juniors discount code! Enter JUNIOR25 when you purchase a punch card or sign up for a month of coached sessions in iCrew – we'll deduct 50% from the price.

There's still time to learn to row this summer! We have LTR weekday and weekend sessions available into September. See the **Programs page** on our website for more info. We are also offering FREE learn-to-row days for youth – our next date is Tuesday, August 5th. Email [row@megunticookrowing.org](mailto:row@megunticookrowing.org) for more info.

OK, that's it for me – I have to go direct a batch of tourists to park somewhere else (like Massachusetts). Happy rowing!

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## **Attention 6-12th Graders!** **Megunticook Rowing is offering Free Learn to Row Session** **August 5th**

Megunticook Rowing wants you to join the team. To encourage new rowers, we are offering a Learn to Row session from 6:30-8:30am on Tuesday, August 5th at no cost. Grab a friend and come check out the ultimate team sport that is rowing. Some current team members and our awesome coaches will be on hand to take you through the basics. After this session, you can participate in Novice sessions for \$10 a session, that's half off the regular price using the code JUNIOR25. Come Row With Us!

Interested? You must sign up by email: [row@megunticookrowing.org](mailto:row@megunticookrowing.org)

## **Already on the Team? Remember all Session are 50% off**

The fall rowing season will be here before you know it! Now is the time to get on the water. Coach Kali and Bob will get your game moving to the next level. Your membership is covered if you rowed with us this spring or if you plan to row with us in the fall. All coached sessions are 50% off when you enter the code JUNIOR25 at checkout! There are tons of sessions to choose from. Sign up today in iCrew. Questions?

Email [will@megunticookrowing.org](mailto:will@megunticookrowing.org)

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# **Sign Up for Rowing!**



We are in the middle of the summer rowing season. Now is the time to sign up for all programs. You really do not want to miss the chance to be coached by our terrific pair of coaches. Coach Kali Brown and Coach Bob van Twyver have enormous experience, various effective drills and tips to improve your rowing.

Whether you are at a Learn to Row, Novice, Intermediate and Competitive level, now is the time to get into these sessions so you will be ready to join more informal group rows in the fall.

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

Come Row With Us!

**Check Out Our  
Programs**

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## Register Today for Megunticook Regatta September 6th

There is no prettier venue than Megunticook Lake for the 30th running of the Megunticook Regatta hosted by Megunticook Rowing. A blueberry pancake breakfast follows the award ceremony where lobsters will be awarded to the first place finishers. There are **Masters, Open, and u23** classes, in 1x and 2x, for both the 3 mile and 10 mile courses. u23 classes are 50% off regular entry fee.

To volunteer email [row@megunticookrowing.org](mailto:row@megunticookrowing.org)

[Click Here for Registration info](#)

## Megunticook Rowers Finish In Top Three at Cromwell Cup



Amy Mitchell (right) won 3rd place in the Women's Masters Singles.  
Robert Wickenden (center) won 2nd place in the Men's Novice Singles.  
Cabot Adams (left) won 3rd place in the Men's U-23 Singles.

All those early morning workouts paid off for Cabot Adams, Amy Mitchell and Robert Wickenden on Sunday July 20th at Riverside Boat Club's annual Cromwell Cup. All three rowers finished in their time trials in the top three. Robert finished second in the finals. Amy and Cabot took third place in their finals. The course of 1000 meters on the Charles River known as the Powerhouse Stretch.

Robert Wickenden is a rising sophomore at Deerfield Academy. He is a member of the varsity rowing team there (as well as varsity swimming and water polo). He has been rowing with Megunticook Rowing since 6th grade, and he was recruited for rowing at both Deerfield Academy and Philips Exeter based on his rowing experience with us. Cabot Adams picked up rowing with Megunticook when COVID shut down the swimming program. He rowed his freshman year at Wesleyan and has been coaching Learn to Row and other Masters groups this summer. Amy has been rowing for about five years.

When asked about the weekend's experience and Megunticook Rowing in general Robert said, "This is my first summer rowing with Megunticook, and it's been a blast. In past years, I have opted out of summer rowing because I wasn't as serious about the sport, but as I get older and grow more passionate, having this opportunity in the off season has proven invaluable. It was about four and a half years ago when I went to my first orientation for Megunticook Rowing, and it was then that I knew the program was something special. Over the years, I have been coached by olympic athletes and college coaches; I've rowed in almost every type of boat, and can't begin to describe how grateful I am to have had these opportunities. It was through the program that I first got exposed to the sport and I haven't looked back since. I'll admit that rowing will not be for everyone. The early



morning practices, or the long drives to regattas can prove challenging, but the wonderful coaching staff and supportive community make it much more than worth it. The sport of rowing and by extension Megunticook Rowing, has changed the trajectory of my life for the better.”

We are thankful for our Competitive summer program that has been preparing athletes since June—also a big shout out to our Head Coaches Kali Brown and Bob Van Twyver.

### Complete Results

## What's New in the Boat Forest? A new launch and dock!



Busy Busy Busy is Megunticook Rowing's waterfront! We are running a full schedule of coached sessions and it became crystal clear that we needed more dock space and that our "fleet" of launches was in dire need of an upgrade.

Thank you to Polly Saltonstall and her husband John Hanson for donating the new-to-us docks. And thank you very much to the two very generous board members who have covered the cost for the launch! Big thank you to the volunteers who put in the docks! Don, Meredith, Will, Hugh and Eric!

As always, many hands make light work!

# Misc Megunticook Lake Items



Northeast Rowing Center is excited to have been running our camp out of Camp Bishopswood on Megunticook Lake since 2021 with the help and support of Meguticook Rowing. Established in 1989, our one-week overnight performance camp for 14-19 year-old rowers and coxswains focuses on improving technique, fitness, knowledge and nutrition while making friends in a Maine summer camp environment. With excellent coaches and great food, camp is the perfect pre-season tune-up! We also offer a customized Coaching Education program. 2025 Camp dates: August 17-23rd. For more information, please visit [www.RowCamp.com](http://www.RowCamp.com).

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Addy Kidder of the Megunticook Watershed Association reminds everyone that if there is anything to report while you're out on the lake - dangerous debris, bad behavior, missing marks, dead bird etc to call 207-200-3513 or email [abby@megunticook.org](mailto:abby@megunticook.org)

Also, they are looking to hire people to do boat inspections Fri-Sun and on holidays. \$15/hour, flexible schedule, morning and afternoon shifts available. Contact [abby@megunticook.org](mailto:abby@megunticook.org)



## Safety Tip!

Hi-Viz apparel is the rule on the water! You must wear something - a hat or top that is hi-viz. It can be pink, yellow, red, orange.

The lake is very busy!

Your coaches need to see you, and other boaters need to see you. If you forget the apparel you will be required to wear some vests that the club owns.

## Ways to Support Megunticook Rowing

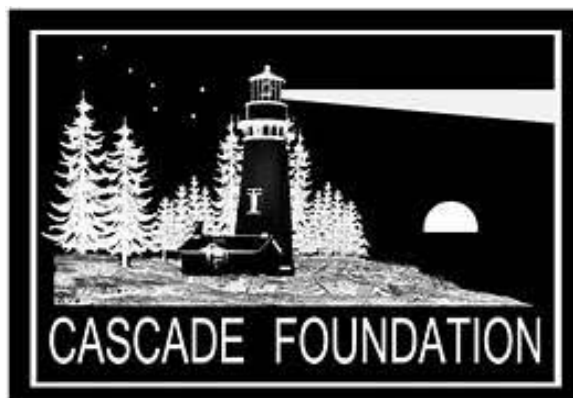
Recycle! Every Nickel Counts!

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





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