



November 2025

A word from the Board President...

Well it has been one heck of a year.

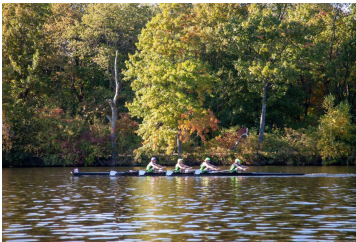
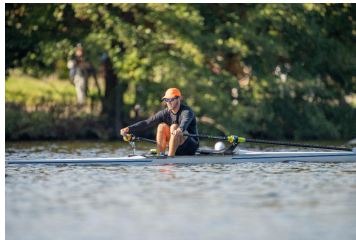
Where do I start? We hired a permanent head coach. We raced competitively at the Charles in multiple classes. Our junior girls team never finished lower than 3rd in the three regattas we entered, and outright won two races. And to cap the season off, the whole club turned out to clean up the forest, put the boats away, and pull the docks on the last, beautiful weekend of the year on the most beautiful lake in Maine. I am so proud of this team -- there's no other word for what we have become.

But just because the docks are out doesn't mean we're lying in our hammocks until the spring. We started Winter Training the Tuesday after the last shell was cleaned and put away. Our first session was 100-meter and 6k tests on the erg (5k for the ladies), so that we can measure how far we go over the winter and set appropriate goals. We've also added a Weight Training for Rowers class once a week to get our strength up where it needs to be on the water. See below for all the details -- it's a great time and a great way to stay fit.

Of course, November is also the beginning of fundraising season, and this year the success of our fundraising is going to directly affect the success of our revised, revamped junior program next spring. You'll have a letter in your mailbox in the next few days, and some emails from me promoting our participation in GivingTuesday. Whatever you can do to help will be so appreciated, not only by our hard-working board members (who are also giving until it hurts), but also by the core of our junior team who are ready to lead an expanded crew to a victorious spring season next year. All your gifts are of course tax deductible due to our non-profit status, and they will go directly toward putting young rowers on the water and into competitive boats.

I am so grateful for the efforts of our junior parents and our hard-working board members, and even more so for your past and future support. Next year is going to be quite something, thanks to you!

Megunticook Rowing Juniors and Masters Shine in Fall Regatta Season!



Megunticook Rowing made its mark across New England this October with a string of impressive performances and teamwork. From fierce junior competition at the Textile River Regatta and the New Hampshire Championships to masterful finishes at the prestigious Head of the Charles, Camden's "Loonies" proved their dedication and spirit on the water.

The fall racing season kicked off with juniors grabbing podium spots in Lowell, then stepping up just a week later in Pembroke, New Hampshire—facing over 2,000 athletes and challenging conditions. With multiple top-three finishes in doubles and quads, Megunticook's young rowers impressed fans and coaches with their skill, focus, and resilience.

The action continued in Boston as both Masters and Juniors competed in the legendary Head of the Charles Regatta. Highlights included a

gold medal win for longtime friend and summer rower Cathy Kemper, strong singles and quad performances from the men's and women's squad, and a spirited mixed eight crew—showcasing the club's trademark camaraderie.

From first-time rowers to national champions and alumni, Megunticook Rowing celebrated a fall season defined by unity and fast boats. The Loonies' energy and commitment were felt by everyone from the banks of the Merrimack to the busy waters of the Charles.

**Read Full
Report**



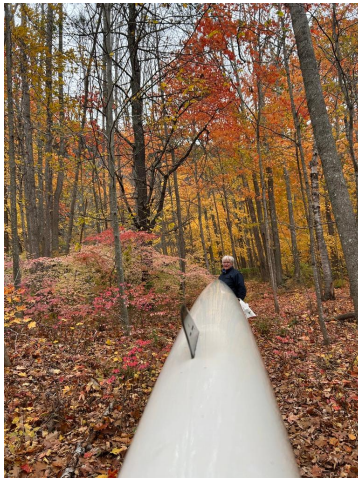
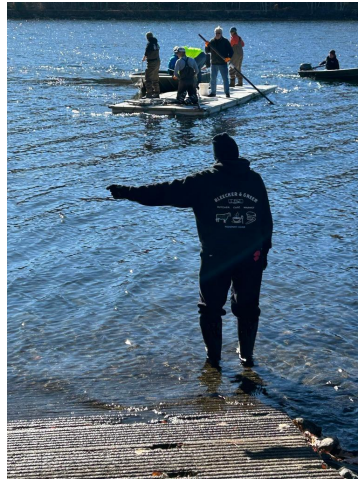
Thank You John F. Romain



On behalf of the Megunticook Rowing Board of Directors and the entire Megunticook Rowing Community, I would like to thank John Romain for his tireless contributions to our organization as a volunteer, board member, and board president. John, a former Ithaca College lightweight and 40+ year volunteer at the Head of the Charles, joined the Megunticook Rowing Board of Directors in 2019 and became Board President in January 2023. During his time on the board, John helped transform Megunticook Rowing from a volunteer-run, transactional, seasonal, youth rowing program to a year-round membership organization serving rowers of all ages. In the summer of 2020, John facilitated the world premiere of Arshay Cooper's *A Most Beautiful Thing* with a screening at the Camden International Film Festival's Shotwell Drive-In Theater. He brought us into the digital age by introducing iCrew, our digital club management system. John revived and expanded Dirigo Sprints, bringing it to the Midcoast and making it Maine's largest annual regatta. While on the Board, John drafted our House Rules, codifying rower policies and procedures; he was instrumental in updating our Safety Policy. John has worked hard to improve the relationship between Megunticook Rowing and the Town of Camden. He has also helped increase our visibility in the world

of rowing beyond Maine. Most important of all, John Romain has been an ever-ready volunteer, showing up with his chainsaw, carpentry skills, and corny jokes to do whatever needed to be done in the boatyard. Please join me in thanking John for his friendship and for his skillful leadership and dedication to Megunticook Rowing. We would not be able to imagine starting the race or crossing the finish line without John.

Loonies Make Light Work: Fleet & Docks-Out Day a Big Success!



Yep, it was a merry asylum of Loonies who gathered to empty the Boat Forest of its fleet and take the docks and launches out. Many hands did make light work. Meredith Currier, our amazing equipment manager reported "This past weekend went more smoothly and quickly than I could have hoped because you all showed up and powered through to the end! Plus, it was FUN! Everything is cleaned, organized, put away, and I even had time to repair outhauls and other equipment because we got done much earlier than expected and I had time in the afternoons!"

A huge thank you to all who showed up! To Meredith for keeping us organized and on track, to Don Seales for handling the trailer and managing the storage of the Big Boats, and to Polly Saltonstall for providing storage for the smaller boats.

What's next? Winter Training! Details below.

It's True! Winter Training Has Begun!

Sign up Today on iCrew



You heard it right - No rest for the wicked (or the Loonies)! Just three weeks after wrapping up the racing season, we are starting to think about next season.

But here's the thing: you do not have race - or even want to race - to join our awesome new fitness sessions led by Head Coach Bob van Twyver. Maybe this is the perfect moment for you to join Megunticook Rowing (that's the only requirement!). You'll get moving with a new fitness program, meet a bunch of fellow rowers, and be ready for next season's on-the-water sessions.

Don't let the dark winter months slow you down! These workouts are for all activity levels—come get in shape and feel great no matter your current fitness. We'll be meeting three days a week, with both morning and afternoon sessions at the PenBay YMCA in Rockport. You can choose a six-session punch card or opt for a monthly fee - it's a real bargain.

Come find out about Row-ga! Bob's holistic approach to training and fitness. Bring a mat and blanket for those sessions as you will work up a sweat and will cool down under that blanket. Plus, we will work on building core strength, put some meters on the ergs, do some stretches to keep us limber, all the best ingredients for rowing fitness (and fun).

So, whether you join for the month or grab a punch card, make this the season you stay strong and connected. Membership to Megunticook Rowing is required, but you don't need to be a Y member to participate. The link below will take you to the Club Store where you can sign up for the Coached Sessions and join Megunticook Rowing. Can't wait to see you at the Y!

If you have any questions please email us at row@megunticookrowing.org

**Sign up
Today!**

Ways to Support Megunticook Rowing

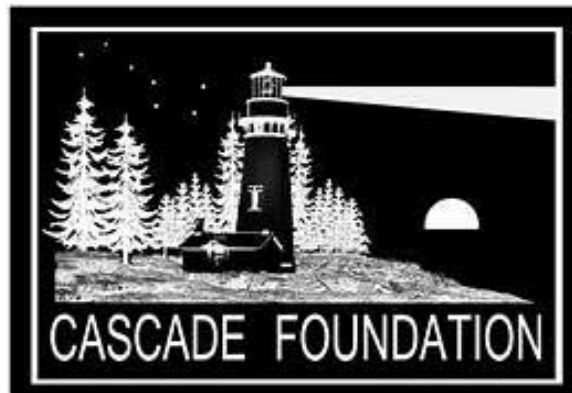
Recycle! Every Nickel Counts!

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.



Berry &
Burbank

Attorneys at Law

Camden Coast
Real Estate



Down East



MAINE
STATE
CREDIT UNION







COLD MOUNTAIN BUILDERS

33 PENDLETON STREET

BELFAST, MAINE 04915

207.338.4552

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

CONNECT WITH US



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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!