



October 2025

A word from the Board President...

This is the best time of year to row Lake Megunticook. The temperature is perfect, the water is (often) flat, and the leaves are changing. Plus, we're in good shape and gearing up for October racing! All too soon we will be done for the year, but for now I am savoring every moment.

I want to take a moment to celebrate the group of new rowers who have joined us this season and are now regular fixtures at our morning rows. Rowing is not necessarily an easy sport to learn, but these folks are making it look that way, and a few of them will even join the racing at the Textile Regatta next week. Congrats all!

Finally, we have a new mascot: the loon! An overwhelming yes vote of the board approved the mascot proposal from our junior committee. Connor Howland, who turns out to be almost as good an artist as he is a rower, drew "Loonie" -- see below. We even have a new blade design to go along with it. Did you know that a group of loons is called an "asylum"? Maybe a new name for the boat forest...

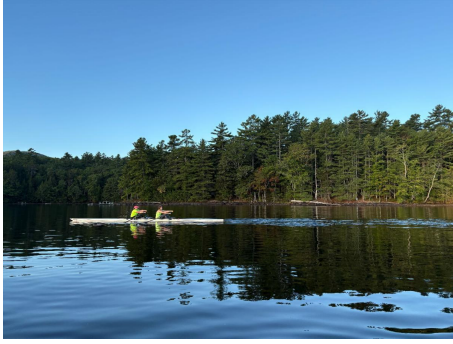
See you on the water,
--Hugh



Take Advantage of These Last Days! Sign Up for October Sessions

None of us can believe that the season is almost over. Take advantage of the final weeks of on the water with some excellent coaching and workouts. Comp Team will continue at 6am 5 mornings a week for \$300 for the month. Novice and Intermediates Sessions are 5 early weekday mornings and 2 weekday mid-mornings each week. \$175 covers attendance at any or all of them, each week, for the 4 weeks of sessions in October. Our focus will be the basics of sequence, blade work and power application. We will be rowing a variety of shells with the emphasis being on small sculling boats. Intermediate rowers will find plenty to do at these sessions. So come row with us every weekday morning in October!

Sign up today in iCrew



Megunticook Regatta Brings All Comers!



Men's and Women's 10-mile Winners
Brady Bohrmann and Polly Saltonstall



Will Schaetzke, above on the 10-mile course. Below: Connor Howland and Bennett Cohen



Fifteen stalwart rowers ignored the iffy weather forecast and were rewarded with great racing on Sept 6th for Megunticook Rowing's 32nd annual running of the Megunticook Regatta on Megunticook Lake here in Camden Maine.

There were 2 courses for competitors to enter, either the 3-mile stake turn or the 10-mile endurance head course.

Winners of contested events received their alive 'n kicking fresh Maine Lobster, packed on ice for travel. A traditional Maine blueberry pancake

breakfast was the reward and a highlight for everyone. John Romain provided logistical support for the racing. He's a fixture at Head of the Charles start line so that's where we put him, too. Evan Waters and Sarah Kuhn along with other volunteers from the club provided scoring details and manned safety boats. Megunticook rowers Connor Howland and Bennett Cohen served as rescue agents from the Camden Fire Department. With pretty low water levels due to drought, the pair found themselves called to duty when a double hit a submerged rock and took on water. Everyone is fine and the following week, their skag was found on shore. The skag will be mailed back to the pair along with t-shirts to commemorate the event!

While we had entries from ME, VT, NH and MA we are hoping that in 2026 a greater number of rowers from "away" will come and compete. Save the weekend after Labor Day! **Email us at row@megunticookrowing.org**

Mens Open 1x 10-mile

Brady Bohrmann, Yarmouth, ME, Maine Coast Rowing Association

Womens Open 1x 10-mile

Polly Saltonstall, Camden, ME, Megunticook Rowing

Mens Open 1x 3-mile

Sam Abbot, Camden, ME, Megunticook Rowing

Womens Open 1x 3-mile

Peggy Sadler, Norwich, VT, Upper Valley Rowing Foundation



Strong showing from Cambridge Boat Club L to R: Duncan Sanders Fleming, Alison Sanders-Fleming, Polly Saltonstall, Betsy Harding and John Romain. Below: Polly on course.



**Check Out The Full
Results**



Fall Regatta Schedule for Juniors and Masters

Yep, all the hard work our Junior Team has been putting in will be put to the test starting Sept 27th at Winnie Chase. Next up, they will be joined by a crowd of Masters Rowers at Textiles Regatta, Oct 5th. From there, it's on to the NH Championships the following weekend. Wrapping up with the Head of the Charles Regatta, Oct. 17-19.

We'll keep you posted on Instagram! More details can be found on our [website](#).

Introducing Loonie! Megunticook Rowing's First Mascot!

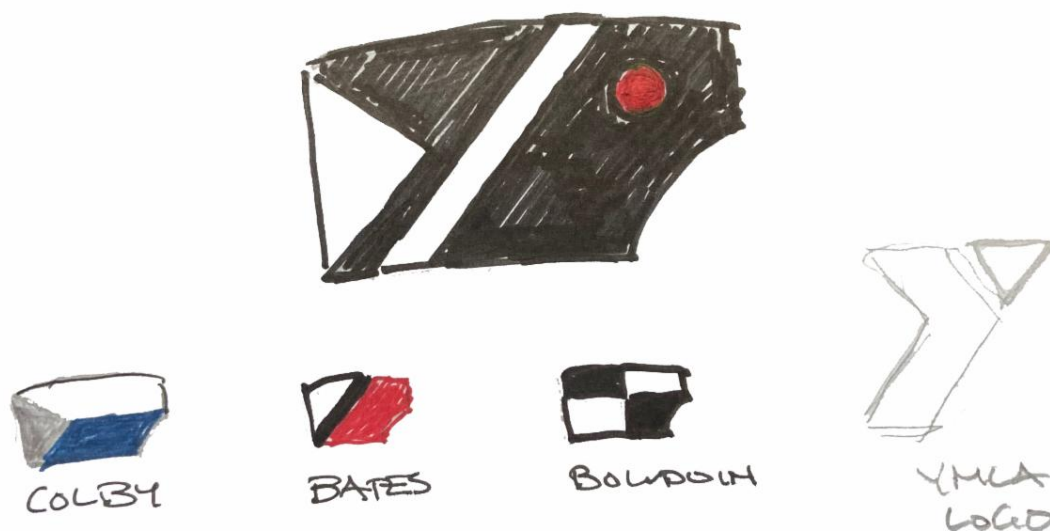


When we head out on Megunticook Lake for early morning practice, the loons are usually there too. Their calls echo across the water while we row, and it feels like they're part of the team's routine every day. Over time, seeing them became something we all looked forward to. They're a constant reminder that we share the lake, and we've learned to respect their space the same way we respect the water.

That connection is what inspired our mascot, Loonie. Loonie is based on the real loons we see every day, but with a rowing twist. Just like us, Loonie carries an oar and wears the Megunticook Rowing uniform. Loonie represents the strength and focus we try to bring to every practice, while also reminding us to appreciate where we row and the wildlife around us.

Loonie is a symbol of Megunticook Lake, the team, and the community that comes together on the water each day.

New Oar Pattern!



To make Loonie's presence known to our competitors, we will be updating our oar pattern. Yes, the founders of Megunticook Rowing had deep ties to Bates, Bowdoin and Colby's rowing programs and our former oar pattern was a mash-up of their oar patterns. Since Megunticook Rowing is now based at the Penobscot Bay YMCA, Bos'n Meredith Currier added their presence and the distinctive red eye of Loonie! Look for these oars to be flashing on the water this spring!

Mark Your Calendars! Docks Out November 1st and 2nd!



Yep seems like we just put them in! But it's time. Please plan on being there at least one of the days. We'll be in touch with more details but in the meantime -

MARK YOUR CALENDARS for NOVEMBER 1st and 2nd.

Thank you so much!

As always, many hands make light work!



Safety Tip! That's Not a Loon, It's a Rock!

The light is disappearing at both ends of the day. Please use bow and stern lights if you are going to be rowing as the light fades or early morning.

In addition, the lake is very very low. Give all rock markers a wide berth! And there are some out there that are not marked like the one that looks like a loon, at the southern end of Fang, route 52 side.

You've been warned!

Ways to Support Megunticook Rowing

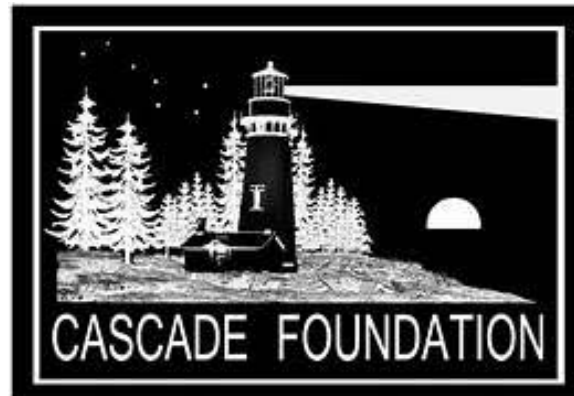
Recycle! Every Nickel Counts!

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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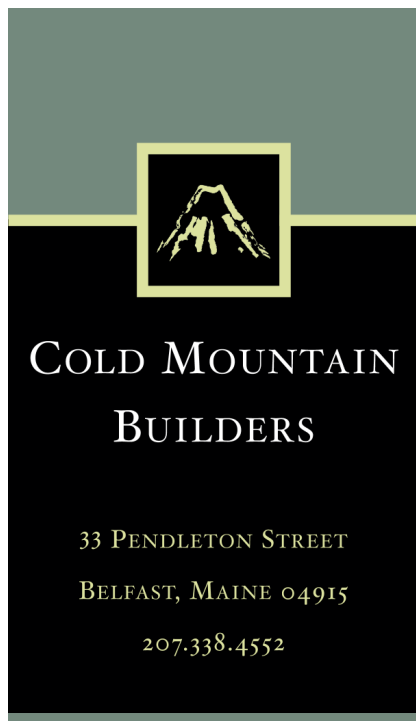
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