

# READY ALL, ROW!

- In this issue:**
- New Racks at Kendal
  - Calendar
  - Member stuff
  - Oarsome Ski Classic
  - Ergs & Tanks
  - Swim Tests

## Kendal to Get New Boat Racks

The wooden boat racks for singles and doubles on the lower level of Kendal will be replaced in April by sturdy metal racks built to hold both club and private singles and doubles—and, they'll all sit on a new grass-free pad. Wow! Thanks go to Doug Calvey and Carin Reynolds for making this happen.

## CALENDAR

*\*It's spring, so all events are weather-dependent!\**

**Thurs. March 30** - Junior Workday: Move trailers, boats, etc. from Wilson's Landing to Kendal.

**Sat. April 8, 10 to noon** - Masters Workday: Clean UVRF stuff out of both Wilson's Landing barns.

**Week of April 9:** Kendal dock to (may) be installed.

**Sat. April 15, 10 to 1:** Junior & Masters Workday: Rig boats, set up Kendal site.

**Mon. April 17:** Juniors' first day on the water.

**Some time in May:** Rig club singles.

**Watch email for changes!**

## An Awesome Oarsome!

Two dumps of snow and lickety-split, Rowan Carroll, Paul Gross, Carin Reynolds, Tim Cox and Dawn Carey leaped into action. The Oarsome Ski Classic at Garipay on March 4 was a great success; dozens of classic and skate skiers from 6 to 82 had a ball and turned in terrific times—from 11.55 to 49 minutes. Wax your skis and plan to join the fun next year.



Rowan Carroll & Dawn Carey

- Membership Link**
- ReMember to:**
- Join USRowing
  - Take SafeSport Training if you're a "**Relevant Adult Participant**"
  - Watch Safety Video
  - Get COVID boosters
  - Pass swim test
  - Register for Membership at RegattaCentral
  - **No dues are required for**
    - ◊ **Novice Intensive (sweep) or Learn-to-Scull**
    - ◊ **CReW: Cancer Recovery through roWing**

## Masters, CReW & Juniors Ergs & Tanks



UVRF masters at 6 am in Dartmouth's Alumni Gym

Off-season workouts? You bet! Masters Zoomed to 6 am fall & winter erg sessions coached by Ala Crockett, and CReW rowers have been erging virtually since the docks were hauled out in the fall. Now every seat is filled three mornings a week in the Dartmouth Alumni Gym tanks. Meanwhile, the Juniors' season started March 13 with erging, strength training, team-building, and rowing in the Dartmouth tanks. Our new 7/8th grade 3-day-a-week program, open to all UV kids, is full & our Junior Racing Team has a record novice turnout!

## Swim Tests Are Set from March to July

Rowan Carroll has scheduled Swim Tests—required of members every 5 years—throughout the 2023 season at the CCBA pool (Carter Community Building Assn. Rec Center) at 1 Taylor St, Lebanon, NH. See Rowan's schedule on the UVRF List-Serve. [Click here to go to the List-Serve.](#) Contact Rowan if you're not sure whether you're due for a test, and to sign up: [uppervalleyrc@gmail.com](mailto:uppervalleyrc@gmail.com)