

# READY ALL, ROW!

## Head Races

- **CRI Fall Classic**  
◇ Saturday, 9/16, Boston Masters & Juniors
- **Head of the Riverfront**  
◇ Sunday, 10/1, Hartford Masters
- **NH Champ'ships**  
◇ Sunday, 10/15, Pembroke, NH Masters & Juniors
- **Head of the Charles (If UVRF entries get in)**  
◇ Saturday, 10/21, Boston Masters
- **Head of the Fish**  
◇ Saturday, 10/28, Saratoga Springs, NY Masters



Six am sweep rowers have been gearing up for Head Race distances, usually 5,000 meters.

UVRF coaches will field Head Race crews from the Fall Junior program as well as the 5:30 am, 6 am, and 5:30 pm Adult Sweep programs. Club rowers who are not participants in those programs are welcome to enter themselves in regattas and arrange with Coach Chuck Nagle for their boats to hitch a ride on the trailer. **See the list to the left for head races where UVRF crews will race.**

Early- and mid-season regattas for juniors and masters are 1,000 meter "sprints" on a laned course (like a swim meet), while "head races" are 5,000 meter endurance tests that follow a river's course and often have bridges to navigate. A strong sprint finish is under 4 minutes; head race winners finish in less than 20 minutes.

## Forget-you-not

- Sign out/in when you row
- Rinse club boats & report repair needs
- Get on the list-serve list

## Double Date at Kendal Sept. 23



## END OF THE SEASON POTLUCK SOCIAL!



## How to find the 500M & 1000M markers



The 500M marker is two red stakes in the brush about 8 strokes downstream from the little white kayak dock on the Vermont shore. In this photo, my bow was at the stakes.

The 1,000 meter stakes upriver are

harder to spot amid the brush and pines, but there's a lone birch tree downstream, and across the river is the Dartmouth Organic Farm's big white barn, set back from the New Hampshire shore.



## Super Successful Stuff Novice Sweep & Learn-to-Scull

We asked Martha Beattie, chair of the Program Committee, how the summer programs have been going, and she was overjoyed. "The big news is about the Novice Sweep rowers who've joined our rowing community. They're so enthusiastic that a second session of Novice Sweep was run in August." Luke Rein, who's new to UVRF himself, coached more than 25 new rowers along with assistant coaches Austin Anderson and Joe Jones, "I'm told that every practice is as much fun as it is instructional," Martha said.

Martha says her other favorite success is the Junior Learn-to-Scull program. "Ala Crockett and company have gotten 23 junior scullers, ages 12 to 17, on the water twice a week for three two-week sessions!" Wow!



Oops! Junior Annie Hickox waited patiently for a rescue from her coach. Ala drove over, nudged the oar, and saved the day. Now there's a drill called "The Annie." Annie's dad is Ryan Hickox, the UVRF Coach who organized the Dartmouth House Crew.