

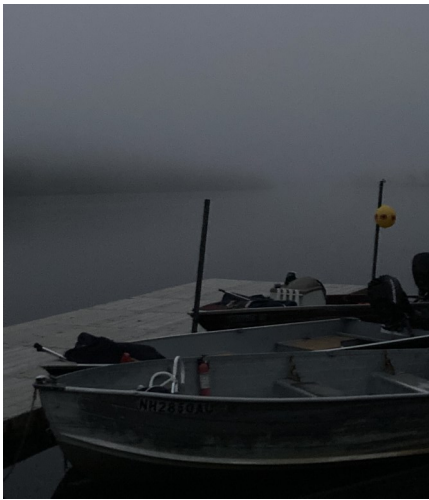
# READY ALL, ROW!

## CAUTION!

**Fall Fog  
Shorter Days  
Colder Temps  
Floating Debris  
Waterfowl Hunters**

Rowing in late September and throughout October means dealing with fog, late sunrises and early sunsets, debris that's hard to see, increasingly cold air and water temperatures.

And if that's not enough to convince you that rowing season is winding down, Connecticut River goose and duck hunting seasons will open on October 5 and continue beyond the beginning of November, when the Kendal dock will be pulled out of the water. Yikes! Another reason to wear hi-viz clothing and stay alert.



Not much visibility at the Kendal dock on 9/13.

**Do not row in fog** unless you can see the Vermont shore from the Kendal dock. If fog sets in while you are on the water, move slowly, be prepared to stop quickly, and use a coxbox, horn, or whistle to advise others of your location.

**Club boats** may not launch before sunrise and must return to the dock by sunset. **Private boat** owners who choose to row in the dark must use lights, and are strongly encouraged to wear bright or reflective clothing.

**Note:** Sunrise on September 15 was 6:23 am; sunset was 6:53 pm. Sunrise on October 15 will be 6:55 am; sunset will be 6:01 pm.

## Come One, Come All on 9/23!

**UPPER VALLEY  
ROW TO END  
ALZHEIMER'S  
ALZHEIMER'S ASSOCIATION  
September 23, 2023**



## End of the Season Potluck



## Want to become a UVRF coach?

Our club has become so successful at attracting novices to our Learn-to-Scull program, and our novice sweep program has been so popular, that the Program Committee is anticipating that UVRF might see an unprecedented interest in novice and post-novice programs next year.

If you think it might be fun to become a UVRF coach, and realize that coaching could be an excellent way to increase your income, check out the list of requirements for coaches on our website and contact Martha Beattie, chair of the Program Committee. Martha's email address is [mbeattie76@gmail.com](mailto:mbeattie76@gmail.com).

## Our Pop-up Regatta was Awesome!



When the CSI head race was cancelled, UVRF & Dartmouth coaches sprang into action and organized our own regatta on Saturday, the 16th. Eighteen boats—eights, doubles, and singles—raced the 5,000 meter course from Kendal to Ledyard Bridge. Huge thanks for a fun morning!



## Big Thanks to Morning Dock Monitors Josh Jordan & Graham Kelly

Josh Jordan helps Fran Faro take her single out of the river after a beautiful row in early September.



Visiting coxswain/rower Anna Piotrowski, from Long Beach, CA, rowed with the 6:00 am Sweep rowers on Friday and liked our stretch of the Connecticut River so much she took this nifty wide angle shot.