

READY ALL, ROW!

PROGRAMS

2x & 4x PROGRAM TRY TRY AGAIN

Too few experienced scullers signed up for the first 3-afternoon 2x and 4x program, but the second program, from August 5th to 30th, is now open for registration with coach Luke Rein. If you're interested, sign up now on the website.

RIGGING CLINIC

The Programming Committee will soon announce a Rigging Clinic taught by Coach Linda Muri. Day/s & time/s TBA—everything you want to know about setting foot stretchers in sweep and sculling boats, oarlock spacers, and—if you're using your own oars—scull collars. Watch for Martha Beattie's announcement.

Proud Prouty!

...but storm knocks out Prouty row

The Upper Valley Rowing and Friends Prouty Team raised an astonishing \$415,032 for the Dartmouth Cancer Center this year, more than \$70,000 above last year's total, according to



Carin Reynolds

Prouty team organizer Carin Reynolds, but dangerous conditions on the river forced cancellation of the Prouty Row. Carin added that the Prouty team has raised more than \$2 million since its start as Friends of Lebanon Crew in 2012.



Above, UVRF Juniors; Below, CReWbies.



About 100 UVRF Juniors, Masters, CReWbies, Coaches, friends and family gathered at Kendal on July 13 for a pride-filled thank-you ceremony, a great brunch, and to row for fun or to tackle a 20-mile Prouty Row, but in spite of nice local weather, the Prouty organizers cancelled all rowing because floods up north had sent logs,



trees, other debris and raging water into the Upper Valley.

On Sunday, rowing was still considered unsafe for use of club boats—the Wilder Dam water flow was above 29,000 cubic feet per second, more than three times the club's limit for rowing a single.

On Monday, the water level was so low a few launches were sitting on mud between Kendal's dock and the shore. Coached programs were held, but the river was still carrying debris, so rowing was slow and everyone was on high alert.



Muddy launch bed



Water-logged on Monday morning

Meet our 2024 Dock Monitors

We have a great Dock Monitor team, and if you haven't introduced yourself, now's the time.

This is Graham's second season, and America and Sophia are old hands by now. They keep the dock clean, pump launches dry, and help carry, launch and dock boats.



Graham: MWF 6-9



America: TTh 6-9



Sophia: Sat 7-10



Doug & Donna at work

Have you seen the new club scull numbers?

Doug Calvey and Donna Morris-Calvey spent a long day during the steamy weeks of early July outfitting UVRF's sculling oars with new number stickers. They're Doug's latest Kendal fix: boat rack pads, anti-goose balloons, and shorter, re-located dock poles.



Old & new oar numbers



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SIGN UP NOW, PLEASE

Take your turn this season as an
AFTERNOON DOCK MONITOR

All Masters rowers are expected to volunteer at least once each season as a weekday afternoon dock monitor, from 5:30 to 7:30. Click [PM Monitor](#) to sign up. No training, just help rowers carry their boats.