

READY ALL, ROW!

CRew eight preps for Head of the Charles

Members of UVRF's CRew team have moved into high gear, practicing for the Head of the Charles Regatta's Cancer Survivors Exhibition event on Saturday afternoon, October 19. It will be a three-mile adventure hosted by the national Survivor Rowing Network (Crew is a founding member) that few imagined would be part of their rowing careers.



"HOCR practices with Chuck (Nagle) and Linda (Muri) are more intense, more focused, more rowing than CRew practice typically is," said And Morse. "It's nice to challenge ourselves and see what we can do, but with the warmth and support that CRew brings."

HOCR will be one of 11 Survivor boats.

CRew heads for a HOCR practice with Lucy as cox. Chuck Nagle and Linda Muri are coaching the CRew crew. Chuck will cox on race day.

FALL PROGRAMS

Here are the Programs that are going on now through the end of the season—about Nov. 1.
Adult Sweep: 9/4 - 10/26 MWF 5:30am men; 6am women
CRew on-the-water: All September TTh 6 to 7:30pm; Sat 9 to 10:30am
CRew Zoom Erg season: October to May TTh 6 - 7pm; Sat 9 - 10am

September 28:

**All-Club "Head Race"
 Pot-luck Brunch**

Kickoff for Alzheimers fundraisers

UVRF's All-Club Fall Celebration will start with a come-one come-all "Head Race." If you want to hop in a boat with a mix of Masters, Juniors, CRewbies, and Rec Rowers for your first or your umpteenth 5K row, this fun race will be great. The starting line will be the Kendal dock; the finish line will be the Dartmouth boathouse "Big D."

Come at 7:15 to row the 5K race which starts at 8:00
 Arrive by 7:30 if you want to rec-row.

Come at 9:00 and wear purple for a ceremony to kick off "Purple Week" leading up to The Walk to End Alzheimers on October 9.

The POTLUCK BRUNCH starts next.

Bring goodies! Coffee & beverages will be supplied.

5K Head Race Season

Fall rowing means foggy rowing early in the morning, and it means Head Racing. Here's a list of regional regattas where an all-out effort lasts, more or less, 20 minutes.

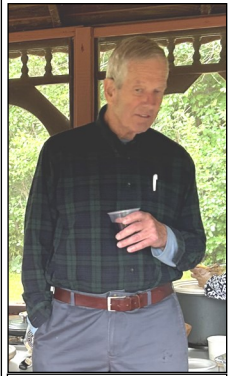


Christine Perry coaches in the fog.

- ◇ CRI Fall Classic in Boston 9/21
- ◇ Textile River in Lowell, MA 10/6
- ◇ NH Championships in Pembroke, NH 10/13
- ◇ Head of the Charles Boston, 10/18, 19 & 20
- ◇ Head of the Fish in Saratoga Springs, NY 10/26

A Meet & Greet Afternoon with our Kendal neighbors

At the invitation of UVRF, about 15 residents of Kendal at Hanover joined a few club members for a get-together at Kendal Park on September 20, a chance to let our neighbors see how we use the Kendal-owned property. The park property is owned by Kendal and leased to the town of Hanover, which allows UVRF to use it.



Kendal of Hanover resident Arthur Holcombe speaks on behalf of guests.

Kathy Harvard, Marcie Jacobs, and Donna Calvey organized the gathering. (Their clean-up and table-and-chairs furnishing of the gazebo was transformational!)

Carin Reynolds, Marcie. and Kathy introduced the club, explaining the benefits of our Junior and CRew programs, and inviting our guests to enjoy the park's access to the river.

Arthur Holcombe, a resident of Kendal of Hanover, thanked UVRF for inviting the Kendal residents for the gathering, and wrote a gracious thank-you note to Kathy Harvard a few days later.

"It was a pleasure to dine with you and your Upper Valley Rowing Federation friends on the 20th," he wrote.



"We also enjoyed it and learned a lot about all that you are doing to bring rowing to the Upper Valley. The Kendal Waterfront is a wonderful resource and I hope for of us can take advantage of it with you in the future....It is good to know that the UVRF is taking good care of the Kendal waterfront property."

Kendal residents and UVRFers enjoy a light meal and neighborly discussion about the Kendal site.