

## Say goodbye to the 2024 rowing season, Head of the Fish racing team has a great day, Club plans off-season Zoom erg program

It's a busy time on the Connecticut River. The Kendal dock's been taken up, and we're getting boats and equipment put away for the winter.

Volunteers moved our launches to the Wilson's Landing barn more than a week ago, and another volunteer crew spent a freezing Monday afternoon derigging the club's oars, miscellaneous equipment, and boats—eights, fours, quads, doubles, a pair, and more than two dozen singles. Everything is now waiting to be hauled on the trailer to Wilson's.

Another volunteer crew will dismantle the Fuller dock on November 3, and members who own singles will cartop their boats home to garages, or to the racks in Josh Lewis's barn.

### SCHEDULE

**Sunday, Nov. 3:** 2:00 - dismantle Fuller dock  
**Saturday, Nov. 9:** 8:15 - Kendal gate will open;  
9 - 11 - Josh's barn will be open



**Above:** Ben Bailey coaxes a launch onto a trailer for the short ride from the Connecticut River into the Wilson's Landing barn.



## Off-season morning erg program is in the works

Coach Ala Piotrowski will once again coach 6 am erg workouts on Zoom



during the off-season, according to UVRF's Program Committee Chair Martha Beattie.

Club members will be notified by list-serve emails as soon as the erg program schedules and fees have been set. The information will be posted on the UVRF website so everyone who's interested will be able to sign up .

Last year, the club ran three erg programs for Adults and Juniors that ran back-to-back from December to early April.

Coached programs in the Alumni Gym tanks for Juniors, CReWbies, and Adults are on our Program Committee's wish list, but it's unclear whether that will become a reality.

Stay tuned.

## It's all about volunteering!

**Above:** A great crew of members and coaches derigged all of the club boats at Kendal in two hours flat.

**Right:** A hardy crew met at Wilson's Landing to stow UVRF's launches in the barn for the winter. Thanks to all!



## Gold & Bronze at the Head of the Fish



**(Photo left)** UVRF's bronze medal mixed 8+ crew with Coach Chuck Nagle at the Head of the Fish, the last race of the 2024 season.

UVRF raced 13 boats at the cold and windy 3200 meter Head of the Fish regatta in Saratoga Springs on October 26th, winning **two gold medals**: Linda Muri's in the **Women's Veteran Single race (60+ age)**, and Erika Dade, Ala Piotrowski, Ann Boucher and Carin Reynolds's in their **Women's Quad**. **Bronze medals went to four boats**: the **Men's 8+**: Derek Cosentino, cox; Dmitry Kim, Paul Gross, Tim Williams, Peter Swanson, Doug Calvey, Andre Sole, Tyler Bergmeier. & Dylan Mroszczyk-McDonald; Carin & Ala in the **Women's Masters 2x**; Rachel Cole & Aiden Beyer, in the **Women's Open 2x**; and the **Mixed 8+** crew: Coach Chuck Nagle (cox); Vicki May, Leslie Sonder, Kristen Munroe, Elizabeth Glenshaw, Tim Cox, Terry Harwood, Ben Bailey and Sean Whalen.