

## Linda Muri offers cold water rowing advice

Safety Officer Linda Muri says, "As we return to the water, let's keep in mind the safety issues around this sport we love," starting with UVRF's Safety Page: <https://www.uppervalleyrowingfoundation.org/?>

### Here's a quick checklist:

- (1) **Check the weather:** Use your favorite app or go to a trusted source such as [noaa.gov/weather](https://www.noaa.gov/weather) to check for wind, precipitation, lightning, and temperature swings that can impact safety on the water.
- (2) **Check the flow rate.** High flow rates can mean swirly water and extra debris. Know the limit of your comfort in those conditions. <http://h2online.com/srcs/505121.html>
- (3) If you haven't watched the **USRowing Safety video** this year, here's the link: <https://usrowing.org/about-safety/safety-resources#USRowing%20Safety%20Video>
- (4) **Consider bringing a phone** in a ziploc-type bag with you. Keeping air in the bag when sealing it makes for some phone-floatation and keeps it dry. Use it to call 9-1-1 in an emergency. The phone can pinpoint your location for a rescue.



-- Photo by Margie Elsberg

Adam Osman, co-captain of the Jr. race team, hefted all the riggers his teammates needed on the April 4 workday. Adam is a Lebanon High senior who has been in the UVRF program since 8th grade.



- Photo by Donna Calvey

Peter Swanson, chair of Equipment and Facilities, has added more non-slip strips to the dock ramp.

## QUICK TAKES

### Workdays, Boats in Josh's barn

#### Two 4/19 Workday Projects:

**Kendal Rigging:** Sat, April 19, 1 to 3 pm - Bring 7/16" & 10mm wrenches if you have them (Chuck has several to lend); park in the KRP lot & walk down to the boats.

**Fuller Dock Building:** Sat, April 19, 2 to 4 pm - Need 2 pick-up trucks & up to 15 workers, some heavy lifting to carry & install dock modules. Park in Dartmouth Boathouse lot & walk to the Fuller building. Click on the link to sign up:

<https://www.signupgenius.com/go/805054BADAB4-56285421-saturday#/>

**Spring Juniors:** Middle School Rowing participants will start rowing in coxed quads on April 21; **Spring Junior Racers** are already on the water; their first race is at The Dublin School on April 26.

#### Moving Private Boats to Kendal:

Josh's Barn will be open from 11am to 1 pm on Saturday, April 26. Please plan to pick up your boat from the barn at that time to transport it to Kendal—the gate will be open. Dan Ruml will post rack assignments for all boats on the "boathouse" trailer. **If you need to make other arrangements**, contact Dan at [danruml@gmail.com](mailto:danruml@gmail.com).

## Juniors now, Adult Sweep in May, coached programs start the season

**Juniors:** Workers from the Town of Hanover floated the Kendal Dock at Kendal Riverfront Park more than a week ago, but our Junior racing team couldn't wait, so they started rowing 8s at the Hanover High dock at Wilson's Landing. Now they're rowing at Kendal 5 days a week, prepping for their 5-race season.



#### Adult Sweep & Scull programs are set to start; sign up now:

- Sweep race team MWF Men/5:30am, Women/6am starts May 6.
- Evening Sweep: (1) TTh 5:30pm, coed/experienced Sweep rowers, starts June 10. (2) MWF 5:30pm, Novice Sweep coed, little or no experience, starts June 9.
- Learn-to-Scull Clinics: 3 x 1 1/2 hrs; see website for start dates.
- CRew for those w/cancer diagnosis; no fees; see the website.