

# READY ALL, ROW!



UVRF's Newsletter

Mid-July, 2025

## UVRFers row & ride Prouty "Ultimates"

The Wednesday before Prouty weekend, Paul Gross rowed his single the marathon distance of 26.2 miles—the fourth time he's done that!



Paul Gross & Linda Muri

Then, on Friday and Saturday, he joined Linda Muri for back-to-back biking centuries, 100 miles each day, both earning official Ultimate Prouty status.



Cancer Center Director Steven Leach, MD (arms raised) cheers on UVRF!

## UVRF & Friends raise the most ever: more than \$620,000 for The Prouty!

In its 14th year of participation, the UVRF & Friends Prouty fundraising team contributed \$623,718 to the Dartmouth Cancer Center, more than ever in a single year. The 2025 team's 210 members: middle and high school rowers, CReWbies, adult rowers, and UVRF family and friends, broke the \$1 million multi-year fundraising total four years ago, and passed \$2.2 million in 2024.

After the 7 am ceremony, about 150 rowers launched every size shell onto the river for 5-, 10-, and 15-mile rows in a display of enthusiasm that lasted until noon. Organized by Karen Sluzenski, Carin Reynolds, and Eszter Pattantus, 64 club members made it all possible by volunteering as registrars, safety launch drivers, dockmasters and monitors, oar carriers, SAG food folk, parking lot organizers, and cleaners-up.

## Lights, Camera, Action! CReW stars on WMUR-TV

UVRF's CReW program (Cancer REcovery through RoWing) is the subject of a beautifully produced feature that aired recently on WMUR-TV, New Hampshire's ABC affiliate. It is available by prompting your browser. (See below.)

"New Hampshire Chronicle" producer, Jean Mackin, and videographer/editor Jason Modeski spent an afternoon at Kendal in late June interviewing and taking video of CReW members as they launched and rowed the Kingfisher, with Pam Tingden as their coach.

CReWbies Kate Devine, Dani Ligett Capsis, Bob Wohlfort, and Tom Griggs went on camera to talk about why CReW is important to them—in great part, they agreed, because CReW is about rowing, teamwork, and doing something wonderful outdoors with others who understand them.

"We're bound together by circumstance," Bob Wohlfort says in the segment, "but we don't talk about cancer. We talk about our lives. It's a good community."



## Last Scheduled Swim Test of the Season

**JULY 16 6 to 7 pm CCBA pool in Lebanon**

UVRF members are required to take a Swim Test every 5 years. If you don't know if you need a Swim Test, email the Executive Director with your questions: [Executive.Director.UVRF@gmail.com](mailto:Executive.Director.UVRF@gmail.com)

**Follow instructions on what to wear (rowing clothes) and what to bring (a towel and dry clothes).**

The test takes about 15 minutes:

While wearing a t-shirt & shorts, tread water for 10 minutes, swim 50 yards, put on a life vest that is thrown to you, swim to the nearest ladder or edge of the pool, get out of the pool and then take the life vest off.

**CCBA's address: 1 Taylor Street, Lebanon, NH**

*If you're not taking a scheduled test, check the Swim Test page for instructions.*