

READY ALL, ROW!



UVRF Newsletter

Mid-August, 2025



There's a new bald eagle nest above Wilson's Landing

Fun for Everyone: All-club pot-luck party, Row to End Alzheimer's, Head Race season

We think the best rowing season is from now until early November, when the docks comes up. Cool weather, perfect water, and great fun.

****Bring friends, family, and dogs on leashes. The Bash is great!****

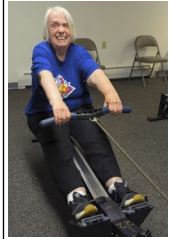
Bring something yummy to share when you come to the Season-End Bash on September 20. Tell your Junior or Adult program coach now that you want to race in the "Row to End Alzheimer's" head race scrimmage.

7:15 Row to End Alzheimer's check-in

7:30 Rec Rowers (no race, just row) check-in 7:45 Brief ceremony

8:00 Race launch 8:15 Rec Row launch Brunch as rowers return

UVRF takes erging to Bugbee seniors



Our Juniors have lent a few ergs to the Bugbee Senior Center in White River Junction, and

Carin Reynolds, Peggy Sadler, & Tom Griggs are having a great time leading a popular 5-week Indoor Rowing class on Monday afternoons. Renata, pictured above, one of the many participants, is the grandmother of former UVRF rower Falcon Jaacks.



And Morse shot this photo just after the 6 am sweep program participants started out toward the Iron Bridge on 8/22. Aah, fall is good.

****Head Racing Season is awesome!***

For competitors, Head Racing is as good as it gets. UVRF rowers will battle all over New England in 5000 meter (3 mile) contests and will send four eights and lots of other boats to the most famous of them all—to the Head of the Charles on October 18 in Boston—incidentally, a great spectator event.

9/20 Tentative UVRF Invitational at Kendal (Juniors & Masters)

9/28 Green Mountain Head (sculls); 10/5 Head of the Riverfront

10/12 NH Championships; 10/18 Head of the Charles

10/25 Head of the Fish

If you plan to race a single, or are putting together a sculling team, contact Executive Director Chuck Nagle about reserving club boats, navigating entry rules and fees, and asking for rack space on the trailer.

Learn-to-Scull is a GREAT success!



Marilyn Farley (left) and Linda Marshall, with Coach Ryan Hickox & Graham, our super Dock Monitor, were delighted with their Learn-to-Scull experience. UVRF coaches taught a whopping 48 folks how to scull this season, filling all but 3 available offerings, according to Executive Director Chuck Nagle. LTS was the first rowing experience for many, and 7 were so happy they joined UVRF. Those who had exclusively been sweep rowers can now add singles, doubles, pairs, and quads to their rowing adventures. Congratulations to all, and thanks to the LTS coaches.

Kendal's Fix-it & Beautify-it team

We'd guess that everyone who rows from Kendal has been delighted with the amazing groundskeeping and equipment maintenance being done throughout the 2025 season by our volunteer crew.



Doug & Peter installing padding on the trailer.

Doug Calvey and Dan Ruml led the effort to install new racks and gravel pads under the boat racks, making Kendal more attractive and eliminating the need to weed-whack grass under our boats. Then Doug decided to keep it.

"After we did the gravel pads, I thought the whole place should look nice," he said. "We fixed the fence line for the Kendal kayakers, and then it snow-balled into craziness."

Doug, Peter Swanson, Jeff Damren, and Donna Calvey have worked all season, improving the ramp, putting pads on the boat racks, weeding and trimming shrubbery that lines the shoreline, cleaning club oar handles...and more. Here's to an amazing team!

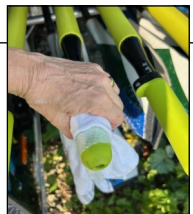


Jeff clipping away.

Ryan Hickox to the (seat) rescue!



The other day, a seat Ryan Hickox was setting in its tracks slipped from his hand, flipped over the gunwale and disappeared into the river. Ryan let it rest on the bottom until the dock wasn't busy, then dove in, finding the seat on his first dive and wowing a small audience.



Donna cleaning oar handles—big thanks!