

READY ALL, ROW!



UVRF Newsletter

Mid-September, 2025

SAFETY

FOG - The weather has been spectacular, but as a result so has the morning fog. It is hard to walk away from a rowing opportunity, but please don't go on the river if the visibility is bad. Can't see VT from the dock? Wait until the fog lifts or reschedule. Be smart. Be safe.

Hi-viz gear is recommended in foggy and low-light conditions, especially now that we are rapidly losing daylight at both ends of the day.

COLD - With the onset of meteorological fall, dropping overnight air temps mean a corresponding drop in water temperature. When the water drops below 50 degrees, a capsize can be critical even on a warm and sunny day. Be prepared to row in a team boat or use wider hulls and/or pontoons. Forty degree water is cold whether on an 80 degree day or a 40 degree day.

Linda Muri

UVRF Safety Officer

Kendal neighbors enjoy a UVRF visit

For the second year in a row, UVRF welcomed more than a dozen neighbors who live at Kendal at Hanover for a tasty afternoon dinner in late August, so they could learn about the benefits of our programs.

(Kendal at Hanover owns the location where we row, and the Town of Hanover operates it as Kendal Riverfront Park.)

Arthur Holcombe (at right) the Kendal resident who helped arrange the event, told Margie Elsberg, after he finished rowing on Saturday, that a few visitors have told him they were so impressed with the programs Chuck Nagle and Carin Reynolds described, that "they're thinking they'd like to learn how to row." How cool is that!



Join the fun on Saturday 9/20! Alzheimer's Race, Rec Row, Potluck

Don't miss this coming Saturday's All-Club celebration of the end of a terrific summer and to kick-off the fall racing season. Bring your besties & kids to mix and meet, row, and enjoy a fabulous Pot-Luck brunch.

In it's fifth year, the event is how our club is making a difference in the fight to end Alzheimer's. By raising awareness and dollars, we're supporting the Alzheimer's Association's no-cost care, support, and education programs for families struggling with Alzheimer's and other forms of dementia.

UPPER VALLEY

ROW TO END ALZHEIMER'S

ALZHEIMER'S ASSOCIATION

September 20, 2025

Here's the schedule:

7:00 Check in for all

7:30 Ceremony.

Launch immediately after ceremony: Race rowers followed by rec rowers

8:15 Race start. Rec rowers head upstream with a safety launch.

Bring something delicious to share, any time after 7 am.

There will be plenty of coffee, and brunch will begin as soon as boats start returning to the dock.

UVRF Juniors are on fire! Record food drive, 3 head races

Our Fall Junior Racing Team is record-size: 52 high school athletes. And their Hunger Action Food Drive to benefit The Haven broke last year's record drive of 238 pounds. This year's haul—literally a boat-load—weighed in at 360 pounds!

The Juniors will race in the Row to End Alzheimer's, and also at the Head of the Riverfront in Hartford, CT on 10/5, and at the NH Championships in Pembroke on 10/12.



UVRF's Fall Juniors filled Voyager with food for The Haven.

Foggy mornings can be dangerous but they're breathtakingly beautiful



▼ Photo: Rowan Carroll

▲ Photo: Margie Elsberg



Thank you, Ada, our awesome fall dock monitor.

Coach Tyler Bergmeier says Fall Evening Sweep is a blast, with warmish temps and no fog. ▼

