

READY ALL, ROW!



UVRF Newsletter

Mid/Late October , 2025

IMPORTANT!

- ◇ 11/1 Long row, back by 10:30
- ◇ 11/2 Fuller dock out, 1-3
- ◇ 11/8 Rack renters may store singles in Josh's barn, 9-1
- ◇ 11/8 Kendal Workday, 2-4:30
- ◇ 11/10 Kendal dock out (sad)

UVRF won lots of medals at the early Head Races

GREEN MOUNTAIN HEAD

MASTERS
 John Tunnicliffe, 1st (55-64 age)
 Peter Kermond & Carin Reynolds
 2nd - Mx2x (120+ comb age)
 Linda Muri - 3rd (55-64)

NEW HAMPSHIRE CHAMPS

MASTERS
 Paul Gross - 1st - Mens 1x (60+)
 Tim Denny - 2nd - Mens 1x (60+)
 Ryan Hickox - 2nd - Mens 1x novice
 Niamh Greaney - 2nd - W 1x
 Mens Vet 4+ - 3rd
 Tim Cox & Niamh Greaney - 1st
 Mx 2x
 Rowan Carroll & Erika Dade - 2x -
 1st
 Mens Vet 8+ - 1st
 Womens Vet 8+ UVRFA - 1st
 Mens Vet 4x - 3rd

JUNIORS
 Mens Jr 4+ A flight - 1st
 Womens Jr 4+ - 2nd
 Mens Jr 4+ BCD flights - 3rd
 Womens Jr 8+ A flight - 2nd

Wins! Squeekers! Battles! at HOCR Our UVRF team has LOTS to brag about!



Peggy Sadler rows to gold at age 85!

When Peggy Sadler launched her single last Friday morning, it was her 13th consecutive attempt to win the HOCR gold medal she's long wanted. She'd come in second 10 times. But this time, Peggy beat both of her opponents, ages 88 and 85, in the Women's Senior-Grand Veteran II singles race, and she did it decisively. Peggy's time was 34.55, nearly 8 minutes ahead of Joan Campbell of the Cambridge Boat Club.

Victory for Lucky Charms!



From right: Ann Bracken, Erika Dade, Nancy LaRocque Pederson, Rowan Carroll, Carin Reynolds, Ala Piotrowski (all UVRF members), Ann Boucher, Tracy Glover, and cox Lauren Cummings.

Lucky Charms—six of the eight rowers are UVRFers—captured first place by 1.405 seconds in the highly competitive W8+ 60+ age event. Wow!

CRew sweeps to third place

UVRF's CRew 8+ came in third in the HOCR Survivor Row Exhibition event. Chuck Nagle coached, Megan Bouchard, Erika Weliczko, Liza Serenquá, Sara Dunbar, Tom Griggs, And Morse, Mary Merges, Katy Driscoll; Margaux Lohry coxed. Congrats to all!



The joys of fall
 Early am pitch dark practices, 38 degrees, fog, headlamps, load the trailer, unload, rig, unrig, rig, unrig, load, unload, race.



UVRF HOCR Results

**We've listed only UVRF names for composite crews*

- Paul Gross MsrVet 1x 70+ 15th
- Peggy Sadler WGrVet 1x 85+ 1st
- *Linda Muri WvVet 2x 2nd by 0.364
- *JTunnicliffe MvVet 2x 2nd by 0.430
- Niamh Greaney WClub 1x 25th
- UVRF MGrMaster 8+ 50+ 26th
- Dylan Mroszczyk-McDonald, Tyler Bergmeier, Bartlett Harwood, Tim Cox, Sean Whalen, Doug Calvey, Peter Swanson, Tim Williams; Luke Harrold, cox
- UVRF WGrMaster 8+ 50+ 26th
- Dawn Carey, Elizabeth Glenshaw, Joslyn Meier, Margaret Hastings, Jennifer Lynn, Kristin Burdick, Donna Morris-Calvey, Vicki May; Addy Cesanek, cox
- UVRF WvVet 8+ 60+ 21st
- Kathleen Briscoe, Katherine Semple-Barta, Susan Brighton, Kristen Monroe, Karen Sluzenski, Kathy Harvard, Margie Elsberg, Debbie Hannam; Chelsea Freer, cox

- *John Tunnicliffe DirCh Mx4x 1st
- *Linda Muri DirCh W4x 1st
- Rowan Carroll, Erika Dade, Felice Mueller, Rachel Jeffers DirCh W4x 5th
- Carin Reynolds DirCh W4x 7th
- UVRF CRew Survivor Row Exhibition 8+ (names w/photo)



A great fall season!



UVRFers turned out for Alzheimer's Row and Walk

Scores of UVRF members gathered at Kendal for the Upper Valley Row to End Alzheimer's on September 20th.

Carin Reynolds (right) spoke about her mother, Jo Reynolds, a community activist as well as an athlete who hiked the Appalachian Trail from Georgia to Maine after becoming a grandmother. Carin said Jo suffered from Alzheimer's in her later years.

The Row plus October 20th Walk contributions total more than \$188,000 for Alzheimer's Association research and support programs.

