

# May 2026 Berkshire Community Rowing Newsletter

## President's Message:

We had a very busy April. Many people devoted their time and effort to help organize and repair the dock. And we finally got most of it in the water on boathouse opening day. Thank you everyone who participated. As of May 1, we have a shortened dock, and I know we will all cooperate to get boats out as efficiently as possible. We will continue to extend the dock as we repair and add more pieces to it. Of course, since it was April in the Berkshires, it snowed the day after boathouse opening. That delights me! We will be rowing on the water soon enough!

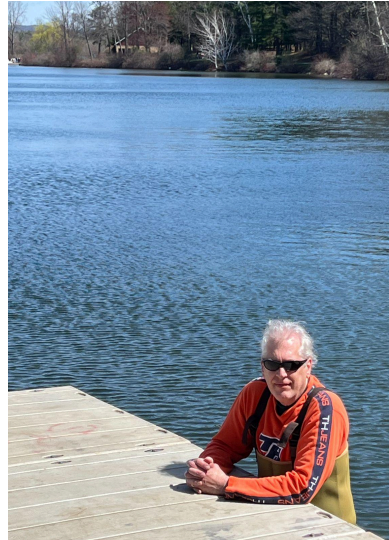
## Random Rower's Corner

At the end of another winter on the erg, Liz, our random rower of the month, worried that her wrists and elbows might not make it much longer with "winter rowing." Injuries like this can happen on the Concept2. The straight handlebar doesn't conform to the body's needs nearly as well as oar handles do. Until now! [Row-Mo](#) handles are designed to clip on easily to the Concept2 erg and to mimic actual oars. Having bought hers at the end of the winter season, she can't report as to long-term benefit, but the first couple of days have her hopeful. Maybe they'd be of use to others as well.



## Boathouse Opening - Saturday, April 18th

Wow! What a terrific turnout of Masters and Juniors who produced amazing results. Different 'teams' rigged boats, washed dock hardware; assembled dock pieces; and put the dock into the lake. Two days of dock repair prior to the boathouse opening ensured that the dock was ready to float. Thanks to all who showed up to help and to all who brought treats to sustain the enthusiastic volunteers.



## Sign Up for the 2026 Season

Registration for our 2026 season is open on RegattaCentral, [regattacentral.com](http://regattacentral.com), and as always, we encourage monthly ACH payments if that's helpful for you — just send an email to [info@berkshirerowing.com](mailto:info@berkshirerowing.com) to learn how to set it up. All members must sign up for membership or program before their first row. As you sign up, we will add you to the RegattaCentral boat reservation system. Reserve boats there for your crew. Master's coached rows start on May 4. Please coordinate with your crews to get out earlier in team boats.

## **BCR Committees:**

We need active, focused committees, and we need you to be an active, focused committee member. As committee members, we reduce the burdens on the board, we bring specialized expertise, we get things done, and we provide consistency and build institutional knowledge. Check out the presentation Connell McGrath gave at the annual meeting March 18th for details. It's [here](#).

So . . . volunteer for a BCR Committee of your choice and drive BCR forward!

## **Policy Review: High Viz Clothing and Cold Water Parameters**

All rowers must wear high-visibility shirts and/or hats: neon green, yellow, pink or orange.

BCR follows the Hundred Degree/Four Oar Rule. If the combined water and air temperature is below 100°, there must be a minimum of four oars on the water (i.e., no singles or pairs) and life jackets (provided) must be in the shells before May 15 and after September 15.

## **CrewLAB app - a must have!**

Here is the link to connect with other BCR members through CrewLAB to work out together and use the app to find workouts you can do on your own...or both! Go to the CrewLab Page to download the app, [crewlab.io/get-started/](http://crewlab.io/get-started/) Our team codes are:

Masters: **srk-lweu-pww**

Juniors' Parents: **jwn-etkt-hvg**

Juniors: **taz-kloc-xyh**

**PS The Remind app is no longer in use by BCR.**

## **Coaches' Corner**

Welcome Spring! The time of new beginnings; bright beginnings; slowwww beginnings. We got the boathouse open, yay, but that's not all we need to be ready, especially when it comes to getting the juniors on the water. A mix of new rowers and dodgy conditions has kept us on shore since the program started on April 1.

Fortunately, our relationship with Miss Halls School has continued to grow and we've been able to erg at their gym. We went from an 18' x 18' space at the Y to a space that's...however big a gym is. Big! But that's the least of the relationship. After BCR member Eve Edwards coached a handful of MHS students through winter training, the group has expanded to 7. This raises our roster to 17 members this spring. That's about capacity for our club at this stage. Coaches Don, Jon, Randy, intern Sasha and Ted are looking forward to the fun of on-water rowing. Let it begin!

Randy Oberle

**National Learn to Row Day: Saturday June 6, 2026.**

## **Best Resource Ever!**

You can always find the most up-to-date information on the club's activities by visiting BCR's website, [berkshirecommunityrowing.org](http://berkshirecommunityrowing.org).

Come Row with Us!  
[info@berkshirerowing.com](mailto:info@berkshirerowing.com)