

September 2026 Berkshire Community Rowing Newsletter

President's Message ~ Connell McGrath

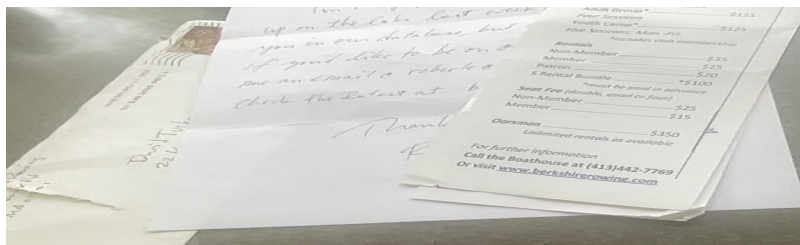
Many of you noticed that the wooden ramp leading to the dock was detaching from the concrete casement that surrounds it. Well, it finally came apart on August 8 and started popping up about 12 inches when stepped on. On Tuesday, August 11, a crew went down to the boathouse and fixed it. They were David Tucker, Adrian Shoobs, Loren Paduano, Randy Oberle, and me. Thank you, crew! Special thanks to new member, David Tucker, who brought the right tools and skills. We got it done in 90 minutes, and I believe it's not (ever) going to break again. This is how the club functions best: when members volunteer their time and know-how. What are you good at? Bring your strengths to the club: we need your help.

Random Rower's Corner ~ David Tucker

If You See Something, Say Something

Let's say you are out and about and as you are getting out of your car, you notice the car next to you has a "Rowing Mom" sticker or a (name a college) rowing sticker on the bumper and somebody is about to get in (or out) of that car. How about this: you are at one of the many lakes anywhere in the Berkshires and somebody has a rowing shell on the roof. Or maybe you are just rowing around Onota and notice somebody unfamiliar rowing an unfamiliar boat.

True Story, as told by Randy Oberle. On a fine June morning in the year 2014, I was out rowing and encountered somebody I did not recognize, rowing a shell that I did not recognize. I intercepted him and (probably) asked if he knew about our rowing club and (certainly) suggested he join us. I (apparently) demanded his name and address and (apparently) remembered that information long enough to jot it down when I returned to the boathouse. I sent him a note and brochure. Twelve(!) years later, David Tucker came to National Learn to Row Day and today Dave is a fully fledged member of our masters gang. We ask that you all be on the lookout for more "Daves," wherever you find them and under whatever circumstances ("Dave" is non-gendered and of any age in this usage). Lord knows we all like to talk about rowing for any reason and there are lots more Daves out there. It's the greatest way to build a great club of great and interesting people! *Welcome Dave!*



Dave saved this note for all of these years for the day that would eventually come...We are so pleased he did!

Regattas ~ Save the Dates

Rockrimmon Regatta - September 12 - Connecticut River, Springfield, MA

Paper City Regatta - September 26 - Connecticut River, Holyoke, MA

Head of the Fish Regatta - October 24 and 25 - Fish Creek, Saratoga Springs, NY

Race Results ~Quinsigamond Sprints Regatta - August 9 - Lake Quinsigamond, Worcester, MA

BCR Mixed Masters 4x Crew placed second, .8 of a second shy of first place!

Stroke, Paul St. Germain, Two Linda Dulye, Three Randy Oberle, Bow Ted Humphrey



Report and photos from Linda Dulye

What makes a club? ~ Connell McGrath

We ask every member to help make BCR better. The club has a minimum 20 hour a year volunteer requirement, and requests each member give eight hours a month. We recommend teaming up with another member to make the work fun and effective. Volunteer opportunities: Order and manage merch. Organize get-togethers such as the Annual Meeting, the End-of-Season potluck, and Club Days at the boathouse. Coach novices. Write a grant. Research legal aspects that affect the club. Manage our membership. Outreach to other organizations to build and maintain partnerships. Help with building and maintenance projects.

Policy Review ~ High Viz Clothing and Liability Waiver

- All rowers must wear high-visibility shirts: neon green, yellow, pink or orange.
- All members and program attendees must sign US Rowing's liability waiver on their website.

<https://membership.usrowing.org/>

If you need help with this, reach out to info@berkshirerowing.com

Coaches' Corner ~ Ted Humphrey and Randy Oberle

We have all been told *"lift with your legs, not with your back."*
But tell it to a younger person!

On the other hand, there is one simple exercise that only takes a short minute, that can really change our rowing. It can change how we lift a boat, how we get into a boat, how we row the boat and how we can protect our bodies in the process. I call it the "sink squat." I started calling it that because I do it in the morning, with my hands on the sink while I'm waiting for the coffee water to boil. But I also sink all the way to my heels. Keeping my hands on the counter helps me boost myself back up (trying to stay on my heels as I lift, but you know, some days...) and is a bit of a safety mechanism, especially in the beginning.

This exercise takes 60 seconds to do 20 times. It stretches my hamstrings, it stretches my lower back, it aids in my flexibility, and wonder-of-wonders, I can squat to lift a boat with my legs, not my back. 60 seconds a day; give it a try. You're just waiting for water to boil anyway!
(p.s.- and it's good for all ages!)



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.

Come Row with Us!
info@berkshirerowing.com

The newsletter has been brought to you for the last 16 months by the Marketing and Communications Committee (MarCom): Liz Goodman, Melissa Greenlaw, Joanne Murphy, and Anne Pinkston