

News for Immediate Release

Contact: Stacey Kliesch
201.655.4032
staceykliesch@gmail.com



1 Gold Medalist Lian Riedel

Ridgewood Crew Wins 16 Medals at the 2021 Ironman Regatta

Ridgewood, New Jersey, January 27, 2021 – The Ridgewood Crew team participated in the annual Ironman Erg Classic held 100% virtually and hosted by Don Bosco Prep High School in Ramsey on January 23, 2021. The event attracted 17 clubs. Ridgewood Crew had 44 entries.

Ridgewood performed well, According to Head Coach Boris Roque-Alvarez, “This event was a great opportunity to all RC athletes and will help the team to keep motivated in a difficult season giving the challenges presented by COVID-19 19. We are proud of the whole team and we are looking forward to race in upcoming events.”



2Gold Medalist Sara Wong

Gold medalist Sara Wong commented, “Although times have been tough, being able to participate in the virtual Ironman Erg Competition this year has been great and I’m super grateful I have amazing coaches and teammates to help me succeed.” Gold medalist Llian Riedel felt similarly and offered, “I’m grateful that I was able to participate in this year’s virtual Ironman Erg Classic. It’s an excellent way to keep racing, while staying safe during a pandemic.”

Results included...

Event: Girls 8th Grade 1K

Silver Medalist Eliza Hough

Event: Boys 8th Grade 1K

Silver Medalist William Carroll

Bronze Medalist John Aguilar

Event: Women’s High School Coxswain 2K

Gold Medalist Sophia Lee

Event: Women’s High School Freshmen

Gold Medalist Alisa Dubovis

Event: Women’s High School Novice

Silver Medalist Emma Carroll

Bronze Medalist Cameron McDonough

Event: Women’s High School Lightweight

Gold Medalist Sara Wong

Bronze Medalist Olivia Kim

Event: Women’s High School

Gold Medalist Llian Riedel

Silver Medalist Isabel Lee

Bronze Medalist Lauren Sudol

Event: Men’s High School Lightweight

Gold Medalist Sam Boogaert

Silver Medalist Henry Hersperger

Bronze Medalist Peter Joseph

Event: Men’s High School

Bronze Medal James Scanlon



3Gold Medalist Sam Boogaert

The team's success is a result of the hard work and dedication through the fall and winter practice seasons. Gold medalist Sam Boogaert mentioned, "I'm so happy that we've all been able to do Crew during lockdown. In the race I was going for a time that I didn't hit but ended up with a PR and my first Gold, so I'm thrilled." The team is hoping to be able to safely participate in their usual spring regatta lineup later this year.

About Ridgewood Crew

Ridgewood Crew not only introduces participants to basic and advanced rowing techniques, but also instills and promotes character values including discipline, focus, teamwork and sportsmanship. Ridgewood Crew rowers are challenged individually and as a team. The philosophy of Ridgewood Crew is to elevate each athlete to the status of MVP. By doing so, we believe that a team of young leaders emerges. These leaders not only make fast boats, but also significant contributions toward their individual pursuits. Founded in 2004, the team rows on the Passaic River in northern NJ and competes in the sport's premier regattas held throughout the Northeast.

In the program's short history, our youth, board and parent volunteers have moved Ridgewood Crew forward by leaps and bounds. That success is represented by the widespread individual and team achievements of each of the student-athletes on the roster. To facilitate that success, Ridgewood Crew continues to make investments in coaching and new equipment. The coaching staff is one of the most experienced in program history.

Ridgewood Crew athletes compete in the Philly Flicks on the Schuylkill River as well as at the highly competitive SRAA Nationals, Stotesbury Cup Regatta, Philadelphia City Championships, Passaic River Northern NJ Championships and Garden State Championships. Additionally, the team's overall performance continues to attract interest from top rowing colleges and universities including: Bucknell, Boston College, Boston University, Columbia University, Drexel, Duke, Fairfield, Fordham, George Mason, Georgetown, Harvard, Holy Cross, Lehigh, Marist, Notre Dame, Purdue, Syracuse, Trinity College, University of Delaware, University of North Carolina, University of Wisconsin, Williams, and others.

Ridgewood Crew offers several ways for you to experience our mission: join the team, volunteer or donate. Student athlete programs being with Learn-To-Row for middle school schoolers.

For more information contact Ridgewood Crew at <http://www.ridgewoodcrew.com>. ###