



News for Immediate Release

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Womens 4x 1st place A. Friedrich, E. Mohanram, S. Kliesch, E. Friedrich

Photo courtesy of E. Mohanram

[A Dozen First Place Finishes for Ridgewood at Premier Bergen County Regatta](#)

Leonia, New Jersey, July 29, 2023 – Bergen County Rowing Academy hosted 44 clubs with teams ranging from juniors to masters at the annual Summer Sprints regatta on Overpeck Lake. Ridgewood Crew raced 27 boats and walked away with twelve first-place finishes in 2000 meter and 1000 meter rowing events including:

Mens U17 1x Flight 3	M. Moomjy
Mens U17 1x Flight 5	W. Nasr
Mens U19 1x Flight 1	S. Boogaert
Boys U15 1x Flight 2	G. Richardson

Womens U17 1x Flight 2	E. Mohanram
Womens U17 1x Flight 3	J. Smith
Mens U19 2x Flight 2	T. Clark/N. Harris
Mens Open 2x Flight 1	T. Clark/N. Harris
Womens U17 2x Flight 4	S. Ponomarciuc/J. Smith
Mens Jr 4x Flight 5	T. Clark/N. Harris/S. Sharfenberg/S. Boogaert
Mens Jr 4x	W. Nasr/W. Carroll/L. Evers/T. Riedel
Womens Jr 4x	E. Mohanram/S. Kliesch/A. Friedrich/E. Friedrich

The team continues to prepare for the upcoming Royal Canadian Henley Regatta from August 6-13.

Complete results and racer times are available at:

<https://herenow.com/results/#/races/21144/results>

About Ridgewood Crew

Ridgewood Crew introduces Ridgewood, NJ high school-aged youth to the traditions, athleticism, sportsmanship, techniques and camaraderie of the sport of rowing. 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 highly competitive US Rowing Nationals, SRAA Nationals, Stotesbury Cup Regatta, Philadelphia City Championships, Passaic River Northern NJ Championships, Cooper Cup, Garden State Championships, and Manny Flicks Regattas.

Additionally, the team's overall performance continues to attract interest from top rowing colleges and universities including Boston College, Boston University, Bucknell, Columbia, Cornell, University of Delaware, Drexel, Duke, Fairfield, Fordham, George Mason, Georgetown, Harvard, Holy Cross, Ithaca, Lehigh, Marist, Northeastern, Notre Dame, Purdue, Rutgers, Skidmore, Syracuse, Trinity College, Williams, and others.

Ridgewood Crew offers several ways for you to experience our mission: join the team, volunteer, or donate.

For more information contact Ridgewood Crew at ridgewoodcrew2k@gmail.com or visit our website <http://www.ridgewoodcrew.com>.