

Philadelphia, PA

BAYADA Regatta National Adaptive Rowing Regatta

August 12, 2017 ★ Schuylkill River, Philadelphia, PA Sponsored by: BAYADA Home Health Care Hosted by: Philadelphia Adaptive Rowing

Referee & Event Operations

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BRO⊜KS

Rehabilitation

Athletes Without Limits

Athletes Without Limits provides athletes with intellectual disability the opportunity to compete at their highest level — from mainstream sport to the US Paralympic Team — and is the US member of the international federation for athletes with intellectual disability, INAS. The rowing program is based in Washington DC and is hosted by DC Strokes Rowing Club where the athletes are integrated in club activities to promote inclusion with a "ONE TEAM" motto. With 18 ID Athletes around the US, it is AWL's mission to help all programs build their ID rowing community.

Brooks Adaptive Sports and Recreation

Brooks Adaptive Sports and Recreation is a community based, multi-sport program that enables those living with physical and/or visual disability to enhance their quality of life through meaningful participation in sports and recreation activities. All ages and abilities are welcome; no prerequisite

experience, skills, or aptitude are necessary. There is no fee for participation. All equipment, coaching, and space are provided at no cost to the individual. The program vision is that individuals living with a disability will enjoy a higher quality of life as a result of participation in the activities. The program mission is to provide inspiration, education, access, and opportunity to participate in world-class sports and recreation activities. The goal is to increase overall quality of life as evidenced by an individual's increased physical, social, and emotional health and wellbeing. The motto is fun, fitness, and friendship.



Capital Adaptive Rowing Program

Capital Adaptive Rowing Program (CARP) is a community-based rowing program located in Washington, DC. Started in 2009 and housed from the Anacostia Community Boathouse, CARP is an active and growing club, consisting of athletes from a variety of backgrounds, including but not limited to those with spinal cord injury, Parkinson's, MS, amputations, intellectual disability, stroke, and visual impairments. All athletes are trained in the sport of adaptive rowing to promote competitive, recreational and overall fitness goals while being part of a greater rowing community. CARP athletes compete in local regattas as well as at the national and world level. CARP is proud to return to

BAYADA this year with a few new faces in addition to "veteran" BAYADA participants. Go CARP!



Halifax Rowing Association

The Halifax Rowing Association (HRA - Daytona Beach, FL) introduced the Adaptive Rowing Program in late 2012 to improve the quality of life for individuals living with vision or mobility issues. HRA's Adaptive Program continues to grow and sustain because of the participants, volunteers, and a new partnership with Brooks Rehabilitation.

Bob Van Twyver, Embry Riddle, Aeronautics University men's crew Coach is now the head coach for the adaptive rowing program. Chelsea Hall is the Program Coordinator from Brooks Adaptive

Sports and Recreation-Daytona. They offer two separate rowing programs on water, one for individuals with vision impairments, and one for individuals with mobility issues. The Wednesday erging class is open to all. Fun, fitness, and friendship is the motto of one team pulling together.



Jacksonville Rowing Club

Founded in 1987, Jacksonville Rowing Club has become Northeast Florida's true community rowing club. JRC features sculling and sweep-rowing, learn-to-row programs, recreational rowing, and competitive masters and youth programs. In 2016, Joel Howe became the first adaptive rower to

race for JRC, representing the club at the 35th Annual BAYADA Regatta. Joel competed in the single, double, and four with coxswain. His most notable successes were in the double and the four. His double placed fourth and his four placed second. CAREER-DRIVEN MAJORS
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Lake Sunapee Rowing Club

Lake Sunapee Rowing Club was founded in 2007 by two avid female rowers. They believe that they row on the most beautiful water in the northeast: Lake Sunapee, New Hampshire. They offer learn-to-row, novice, intermediate, advanced, and racing programs. Their small

junior and adaptive programs also offer coaching in all aspects of rowing. The volunteers for these two programs are dedicated club members who want to share their love of the sport. Currently they have 50 members, five of whom are adaptive rowers. This year will be the third year that one of their adaptive rowers has raced in the BAYADA Regatta.



MEDSTAR National Rehabilitation Hospital (NRH) Paralympic Sport Club Rowing

The MEDSTAR National Rehabilitation Hospital Rowing Team is co-located with Athletes Without Limits (AWL) in the Anacostia Community Boathouse in Washington, DC. The program has been in existence for three years. MEDSTAR team members have participated in national as well as world events with Daniel Ahr (AS 1x in 2013) and Paul Hurley (LTA 2x 2013). The mission of MEDSTAR is

to integrate sports programs for veterans and service members to enable wounded, ill, and injured veterans and service members with the resources and opportunities to pursue a healthy active lifestyle through participation in community-adapted sport and recreation programs. The program strives to integrate all-adaptive rowers with their able-bodied partners to encourage integration.



Philadelphia Adaptive Rowing

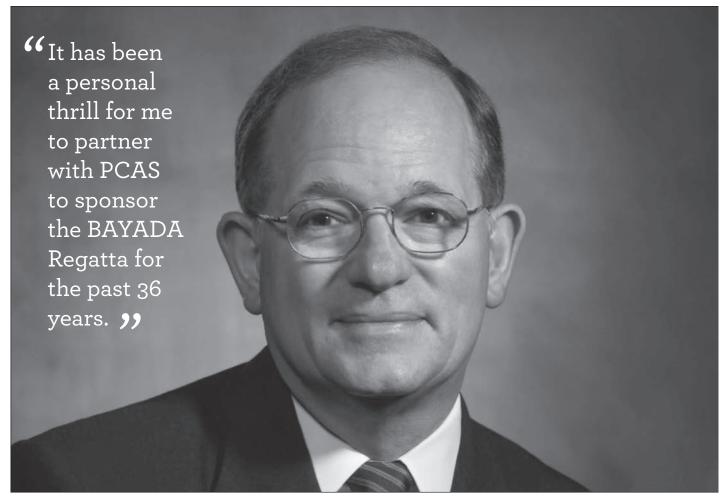
Philadelphia Adaptive Rowing (PAR) is the host club of the BAYADA Regatta. The PAR boathouse is located in Philadelphia on the Schuylkill River, upriver from Philadelphia's famous Boathouse Row. Started in 1980, PAR represents the birthplace of adaptive rowing in the United States. PAR was instrumental in achieving adaptive rowing inclusion in the Paralympics and in the creation of the first US adaptive rowing team to participate in the World Rowing Championships at St. Catherine's Canada. Six-time World Champion and Paralympian Scott Brown was a member of PAR, as was 2008 bronze medal Paralympian Laura Schwanger. PAR has a very active program with both recreational as well as competitive rowing with 40-plus rowers each year and an equal number of volunteers. PAR is a program of the Pennsylvania Center for Adapted Sports.



Richmond Community Rowing

Richmond Community Rowing is a nonprofit organization in Richmond, Virginia. RCR's goal is to expose the Richmond community to all levels of rowing and watersports without regard to individual ability, background or experience. They work to facilitate competitive rowing programs at all levels, including high school, collegiate, masters, and adaptive. RCR partners with Sportable to provide erging and rowing opportunities to nearly 40 individuals with physical disabilities annually.

Mark, thank you for making our community a better place to live & work.



Mark Baiada, BAYADA Regatta Sponsor

When Mark Baiada agreed to sponsor a little regatta 36 years ago, no one could have imagined how it would grow. Through his support over three decades, the regatta and the sport now reach around the globe.

He would be the last one to admit it but Mark is at the center of the event's success. It takes many people giving of their time and resources to make an event like the BAYADA Regatta happen. His team at BAYADA Home Health Care work tirelessly behind the scenes organizing and planning.

Mark commented, "The regatta helps us bring to life one of our company's core beliefs:

Providing community service where we live and work."

Perhaps the greatest benefit of having Mark on our team is that we have been able to create a sustaining community of people that is inclusive and caring.

Thank you Mark, and the entire BAYADA Home Health Care Team. You'll always have a seat in the boat with us.

- The athletes, volunteers and supporters of the Pennsylvania Center for Adapted Sports/Philadelphia Adaptive Rowing.





Three Rivers Rowing Association

The Three Rivers Rowing Association (TRRA) is located in Pittsburgh, PA. The TRRA Adaptive Program was started in 1987. Their rowers primarily row on the Allegheny River, but several of their stalwart team members routinely make the three-mile row down to "The Point," where the Allegheny and Monongahela rivers meet to form the Ohio River. Over 200 members have participated in their adaptive program, with focus on both recreational as well as competitive rowing. TRRA is one of the first adaptive rowing programs in the US and is home to several competitive rowers. TRRA adaptive rowers have won numerous National Championship titles, starting with the BAYADA Regatta. Two TRRA athletes were among the rowers who helped lay the foundation for adaptive rowing to be a Paralympic sport when they raced in the 1999 World FISA World Championships. At this event, adaptive rowing was introduced for the first time and was the first step in getting FISA (world rowing organization) to recognize adaptive rowing as

an official sport. In 2013, TRRA was designated as a Paralympic Sport Club, meaning it serves as a development club for athletes who have Paralympic ambitions. Most recently, TRRA has become a bronze level Paralympic Sport Club in 2016.



Judy Galloway Managing Partner

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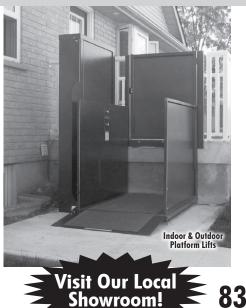
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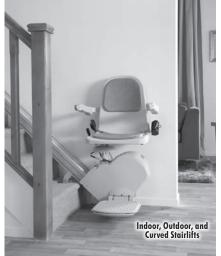
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Rower Profiles

Name and age: Jim Brooks, 70IRowing club: HolyokeIDisability: Multiple sclerosisIParticipating in: A/S 1X; Mixed T/A 2XIYears rowing: 10IHow I started: Started rowing in 2017 and 2018 with
Stephanie Moore in state MA DCR programINumber of BAYADA Regattas: 8IFavorite part of the BAYADA Regatta: CamaraderieI

Name and age: Dan Thornton, 54 Rowing club: PAR Disability: Brain injury Participating in: Men's TA 500mm Years rowing: 20 How I started: With a friend Favorite part about rowing: Exercise and friendships Number of BAYADA Regattas: 20 Favorite part of the BAYADA Regatta: Meeting different people

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Name and age: Ibrahim Onafeko, 33

Rowing club: Capital

with coaches and athletes

Disability: Blind

Participating in: 1x Men guided VI, 2x Men LTA, and 4x LTA 1000M

Years rowing: 3

How I started: Through an introduction to the then CARP coach Karen Eakes as an ideal candidate for the team

Number of BAYADA Regattas: 3

Favorite part of the BAYADA Regatta: The race and the banquet

Name and age: Stephen Wilson, 48 Rowing club: Brooks Disability: Cerebral palsy Participating in: Adaptive TA Compsite 2x Years rowing: 5 How I started: Brooks Adaptive Sports & Recreation Program Number of BAYADA Regattas: 4 Favorite part of the BAYADA Regatta: The race and the banguet

 Peepee

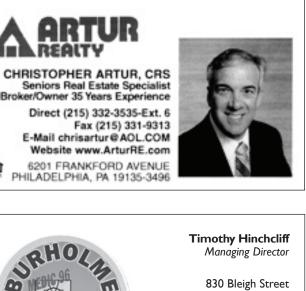
 Congratulations BAYADA for 36 years & Counting

 Good Luck to all the participants

 The BAYADA Harrisburg Office

 Good luck to my daughter, Susan.

 -Mary Ongirski-Conte



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Good Luck to the Rowers in the 2017 Bayada Regatta



All Our Love, Rich, Kathy, Katie & Lauren Dalasio

This Year's Featured Face of the Regatta—92 year-old Ned Goodrich

With the heat index hovering around 110 degrees, retired surgeon Ned Goodrich brought a whole different kind of heat to last year's BAYADA Regatta. The 92-year-old from Ardmore placed first in his race. For him, rising above daunting challenges has become a way of life, and he has faced much more serious opponents in the past.

He's battled three kinds of cancers, a heart attack, and a series of small strokes, but it was a massive stroke in 1980 that left him unable to continue his practice. After years of therapy, he was able to regain his motor skills. Rowing was one of the activities that helped him get stronger, and he continues to row each day in his basement.



Although rowing had helped him after a series of complicated health challenges, it was not his friend last year when he placed third in his race at the BAYADA Regatta. His son Alfred recalled, "It was a very long and quiet car ride home!"

With the same determination and positive attitude that helped him overcome the many obstacles life has presented him, he claimed victory once again. "Third place was unacceptable," he said of his performance last year. With his son smiling beside him, Goodrich stepped up to accept his medal and declared, "See what determination can do for you!"

Prior to his massive stroke in 1980, the accomplished surgeon completed the first successful canine liver transplant. It was his research that was used to further the understanding of transplants in humans. He also served in World War II and received a Silver Star.

Despite all of his accomplishments, he describes himself humbly as "5'7", 118 pounds, and shrinking every year."

His positive outlook keeps him enjoying each day and looking forward to the next!

Congratulations to Last Year's Leo Reilly Award Recipient

Allison McCool

Living with a progressive form of multiple sclerosis (MS) for the past 13 years, McCool began rowing with the Philadelphia Center for Adapted Sports (PCAS) four years ago. She was inspired by two of her friends who were active with PCAS—Bethany Davis, who had a stroke years earlier, and team leader Loretta Cohen.

Although up to now McCool's only participated as a volunteer and spectator at the BAYADA Regatta, she's ready to take it a step further. "I'm looking forward to actually participating in the BAYADA Regatta race," she says. "It was made for me. I have limited trunk ability and am unable to use my legs to row, but I can use my arms."

McCool puts her all into volunteering at the BAYADA Regatta each year. "Anyone who knows anything about Philadelphia knows Boathouse Row," she says. "Seeing the rowers out there is great. I'm proud to tell people all about it!"

This is not to say that McCool doesn't put her all into everything else she does – much like Leo Reilly himself. She's involved in other PCAs offerings such as cycling, kayaking, sailing, and wall climbing. She's also an avid Scrabble player and bird watcher.

Though modest, she embodies an unwavering spirit, which is why she keeps going. "This is the only award I have received, so I'm not sure I'm qualified to give advice," she says. "But what I can say is this—rowing each year has presented different solutions to accommodate my disease progression. There's something to new to learn each year in rowing."



Allison McCool, the 2016 Leo Reilly Award Recipient.

The Leo Reilly Award is an annual commemoration of the life and spirt of Leo Reilly, one of Philadelphia Rowing Program's very first runners. As a blind, single amputee with diabetes, Reilly rowed with the Philadelphia Rowing Program for more than five years. For the past two decades, this award has continued his legacy of passion and determination by honoring rowers with physical disabilities who thrive on and off the water with an energy and zest for life.



Curt Soroka President 45 Knightswood Drive Marlton, NJ 08053

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Our Crew

Hughey, Bill, Becca, Paul, Ann, Ron, Alana, Brenden, Bobby, Bob, Spencer, and Fred Diane, Lynn, Matt, Alex, Jen, Lisa, Christine, and Laura.

We extend our thanks to everyone at

BAYADA Home Health Care

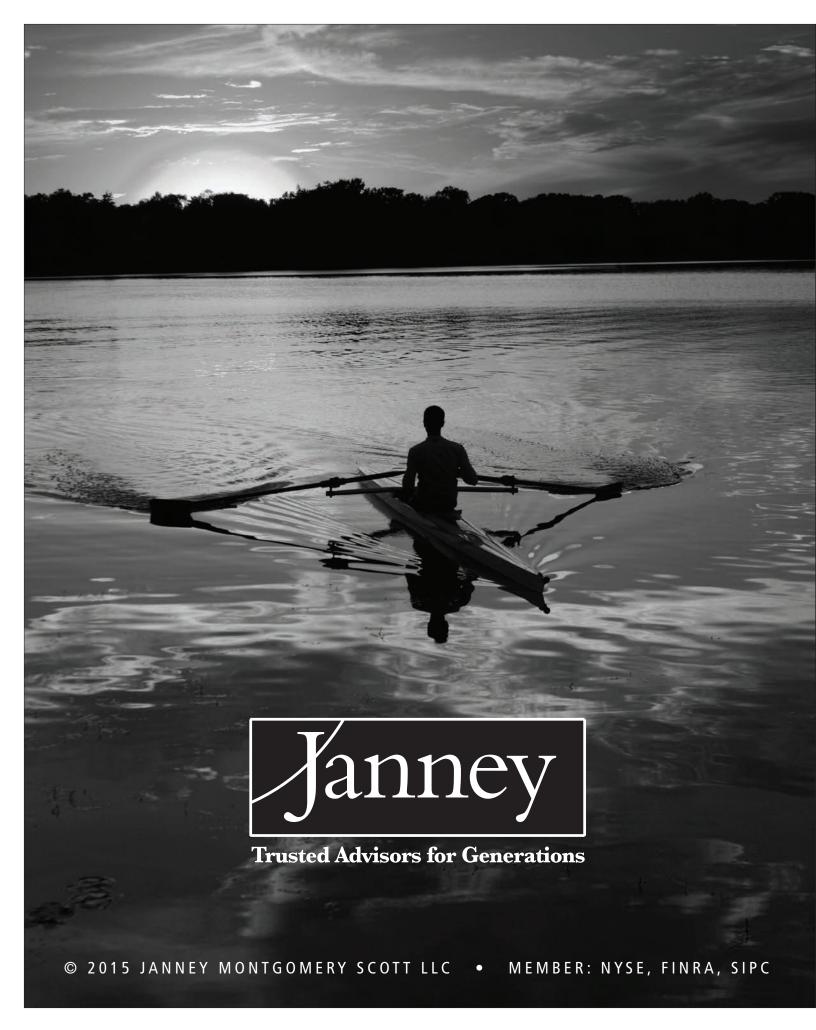
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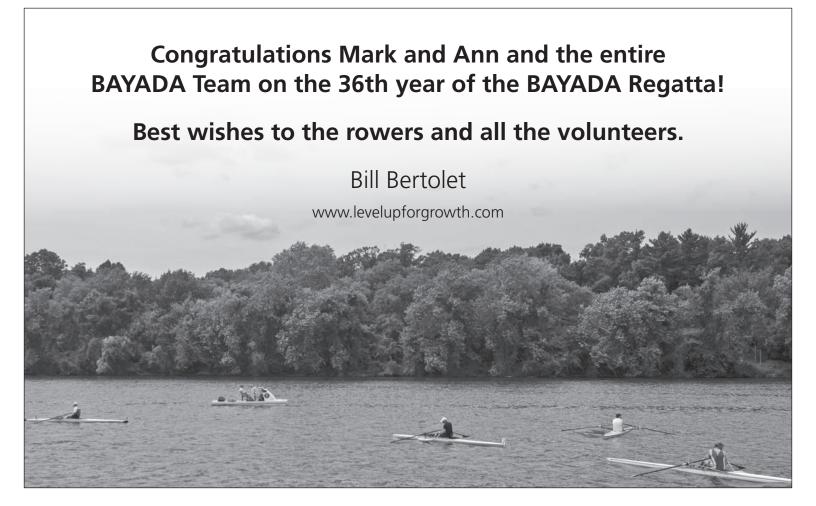


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Rowing, to some of us, is an allegory. It is a means of overcoming the barriers that we face, a way to explore and discover new lands, to find new perspectives, and for some of us, to capture our dreams.

When we make that decision to board that boat, take up oars, and launch onto the river, we challenge ourselves, we put ourselves at some risk, just to experience the freedom from our anchorage to everyday life.

The rewards of rowing come to us when we recognize the beauty of our world from that new perspective, from one's position of vulnerability, in a little boat on a big river with no guarantees of safe passage.

We put ourselves into a vulnerable spot, but we trust our boat and crewmates, and row in confidence.

From there, we can see the hidden beauty in our world. And that is where we find that nugget of life worth savoring.



We are immeasurably grateful to our volunteers, rowers, and supporters of adaptive rowing, especially our Bayada crewmates, for making our joy very real.

Lynn McGillin and Jack Campbell

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Congratulations...

to all the competitors for your athletic accomplishments, and thanks to the many volunteers and to BAYADA Home Health Care for supporting adaptive rowing and Freedom on the River.





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From all the Wednesday night Crew Thank you, Bayada, for all you do to keep us afloat!





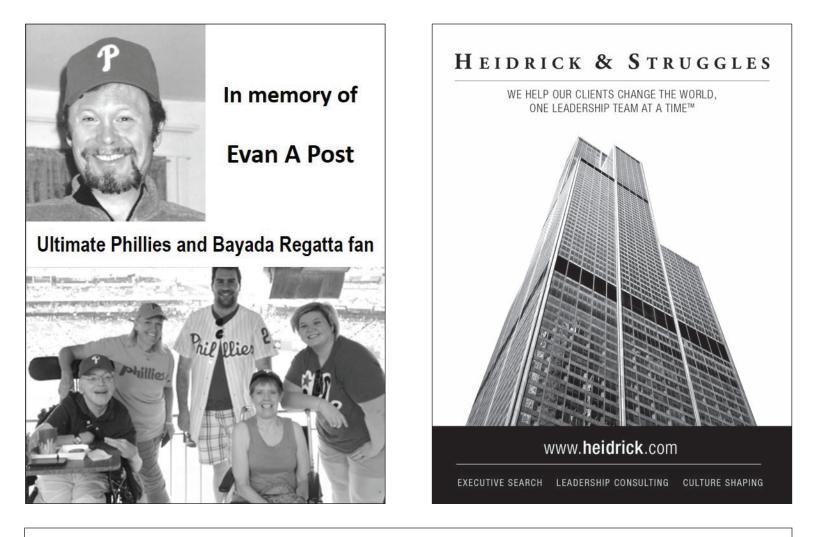
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