



200 years ago the Erie Canal transformed New York State and on August 4, 2017 under the moonlight...

**Rochester Community Inclusive Rowing will row all night, 363 miles - equivalent to the length of the Erie Canal - to fund an INCLUSIVE rowing center to serve Veterans and people with disabilities.**



**IF you scull, gather sponsors & come row under the moonlight with us !  
You can bring a check or cash the night of the event.**

**Target is \$363 per seat**

**\$363 / 1x, \$726/ 2x, \$1452/ 4x**

**Questions call RCiR at 585-465-2634**

**Sponsoring of Miles Rowed :**

- **\$0.05 x 363 miles = \$ 18.15**
- **\$0.10 x 363 miles = \$ 36.30**
- **\$0.25 x 363 miles = \$ 90.75**
- **\$0.50 x 363 miles = \$181.50**
- **\$1.00 x 363 miles = \$363.00**

- Name: \_\_\_\_\_
- Title: \_\_\_\_\_
- Firm: \_\_\_\_\_
- Address: \_\_\_\_\_
- City/State: Zip: \_\_\_\_\_
- Telephone: \_\_\_\_\_
- FAX: \_\_\_\_\_
- Number of People Attending Event: \_\_\_\_\_
- Solicited By: \_\_\_\_\_
- Bill me for \$ \_\_\_\_\_
- Check enclosed for \$ \_\_\_\_\_

(payable to Rochester Community inclusive Rowing Capital Campaign)

- Using PayPal go to [www.paypal.com](http://www.paypal.com) enter [timmyg3359@gmail.com](mailto:timmyg3359@gmail.com)
  - Or email [timmyg3359@gmail.com](mailto:timmyg3359@gmail.com) and request an invoice
- VISA/MC/Discover \_\_\_\_\_
- Name: \_\_\_\_\_
- CardNumber: \_\_\_\_\_
- Expiration Date: \_\_\_\_\_ CVV \_\_\_\_\_

**Please accept my donation of \$ \_\_\_\_\_**

100% of SPONSORSHIP dollars will be dedicated to the Capital Campaign and down payment of the NEW rowing center at 20 Black Creek just west of the Genesee River at Scottsville and Jefferson Roads





***Please watch this 4 minute video and you will understand the mission of our 501c3  
Not for Profit –***

***<http://www.rochestercommunityrowing.org/boathouse-fund-donations/>***

***In addition to the rowing on the canal there will be a party at the “Clubhouse at  
the Reserve”***

***Rowers must raise the targeted sponsor \$\$\$ / per for entry and must “cover up” all  
spandex ! 😊, Seriously 😊***



***The veterans and other people with disabilities that we have been and will continue to serve pay  
nothing, and no one is paid – this is 100% community % volunteerism at work.***

***Rochester Community Inclusive Rowing has a viable social enterprise model that successfully  
addresses all annual expenses, yet we are in need of capital to fund our new facility.***

***100% of SPONSORSHIP dollars will be dedicated to the Capital Campaign and down payment of  
the NEW rowing center***





# ***Make 2017 the year of the NEW Adaptive rowing Center of Rochester !***



- **2016 Accomplishments from Rochester Community Inclusive Rowing (RCiR)**
- RCiR successfully enabled the 29<sup>th</sup> annual Head of the Genesee Regatta in partnership with the City of Rochester's annual Rochester River Romance weekend October 8<sup>th</sup> and 9<sup>th</sup>, 2016. A special thanks to our NEW sponsor, **the IDE Family of Dealerships**, who also generously agreed to support the expansion of adaptive rowing for Veterans and other members of our community with disabilities and challenges through a multi-year philanthropic relationship with RCiR.
- As reported in June of 2016, RCiR successfully foreclosed on land at 20 Black Creek just 200 meters west of the Genesee River at Jefferson Road. Our goal of ending 2016 in a solid financial position since our incorporation as a 501c3 in 2009 was achieved, driven primarily through donations for our planned community sculling center at 20 Black Creek, Rochester, NY. Preliminary plans call for up to 3 bays and 60 – 80 sculling shells of storage (5120 sq. ft.), bathrooms and showers and a second floor, and a year round fitness area of up to 1920 sq. ft. on a second floor.
- RCiR was featured in a 10 minute segment at WXXI on the "Need to Know" show sponsored by the Golisano Foundation and committed to creating a more inclusive community! Many thanks to host Hélène Biandudi Hofer who found us! Please take a look at [the video to learn more! http://wxixnews.org/post/watch-roc-rowing-club-takes-purpose-team-sports-new-level](http://wxixnews.org/post/watch-roc-rowing-club-takes-purpose-team-sports-new-level)
- **(An important note, RCiR is not a club, we are a charitable 501c3 committed to collaborating across the entire community to stimulate rowing for all, and to remove barriers to the water for Veterans and other people with challenges/disabilities)**
- RCiR produced a 4 minute video in support of our boathouse capital campaign—check it out! Thank you Matt O'Neill <http://www.rochestercommunityrowing.org/boathouse-fund-donations/>
- **Collaboration, Collaboration, Collaboration continues**
- Through the generosity and collaboration of Pittsford Crew and the Pittsford Indoor Rowing Center, RCiR was able to introduce over 15 veterans from Rochester as well as the greater Utica area to sculling from January through April of 2016. In July, the visitors from the Mohawk Valley then invited RCiR to an immersion day of sculling with veterans at Camp Sitrin in New Hartford, NY. This activity has spawned a \$21,000.00 grant application to expand the number of sculling shells in 2017 thereby enabling RCiR to offer adaptive sculling week days in the Mohawk Valley region. All of this triggered by the largesse of Pittsford Crew and the PIRC! THANKYOU!
- **RCiR began pursuing deeper insights as to why sculling is positively impacting Veterans with PTSD and TBI from a neuro/psychological perspective with rehabilitation specialists at Sitrin in New Hartford, NY and Utica College.**
- Coordinated acquisition of 2 single rowing shells for 2 disabled Veterans at no cost to the Veterans. A huge shout out to the folks and Trustees of Future Care Planning Services Community Pooled Trust!
- Coordinated acquisition of 1 new Concept 2 erg for a developing young sculler with Cerebral Palsy at no cost to the young man. Another huge shout out to the folks and Trustees of Future Care Planning Services Community Pooled Trust! This certainly beats a Hippopotamus for Christmas.
- RCiR was designated the Greater Rochester Adaptive Rowing and Freedom Rows organization by USRowing in 2016.
- Many thanks to the Genesee Rowing Club for housing RCiR for the second "year in a row" – pun intended – the support and openness of your rowing members was HUGE in our success, it cannot be stated enough how important it is to create a welcoming environment for all!
- Many thanks to the Genesee Waterways Center for granting storage and access so one of our Veterans could more easily gain access to the river via the ramps and proximity of the boathouse to the river.
- **People served and people serving others!**
- In addition to serving our Veterans with disabilities, in 2016 RCiR expanded the populations of rowers to include youth with various autistic challenges as well as our initial youth with the challenge of cerebral palsy.
- To the best of our knowledge the first ever USRowing classification for competition was completed by USRowing at the Genesee Waterways Center with a program graduate from RCiR in September of 2016!
- RCiR continued its' collaboration with OASIS Adaptive Sports to acquire Veterans who want to row as well as beginning a relationship with the Veterans Outreach Center (VOC) on South Ave. The Executive Director of the VOC and his wife came out and were sculling in the quad in about an hour! 2017 will see more outreach and participation from VOC!
- Our community saw its first 2 entries at local venues with adaptive rowers participating in Pittsford Regatta in May and at the Genesee Rowing Club fundraiser in June.
- Our volunteer base was strengthened in 2016 with regard to their understanding and utilization of the Jim "Joy" method of sculling. Tee shirts with instructions on the back for the person behind you are now available☺.
- The volunteers from our sculling programming were invaluable in the 2016 Head of the Genesee, bringing many new talents and improvements to processes in preparing for, executing and wrapping up the regatta!
- **Equipment Assets Added**
- Through the incredible generosity of the Harris Corporation in Rochester on University Ave, 20 multi-channel radios retail value of \$70,000.00 have been donated to RCiR for use at regattas across the community.
- RCiR was granted \$2000.00 in 2016 from the Harold "Snook" Lee Foundation to purchase 4 new sets of oars from Concept 2 and 8 inflatable life vests. Harold "Snook" Lee was a WW II veteran and double amputee who is forever remembered through the creation of this foundation and the love of his incredible family in Syracuse, NY and especially his son Jim.
- RCiR also acquired 2 more sets of sculling oars from Betsy Lerner Nitschke and the Brighton Rowing Club. Many thanks from our rowers who will benefit from your generosity.
- The University of Rochester and its' Crew program led by Coach John Gaskin continued their on-going support to RCiR in 2016 including the sale of our first launch for \$100.00. We are proud to report it no longer leaks and its value has increased tremendously in the eyes of the rowers we support! Does anyone have a motor?
- Our equipment assets were augmented in 2016 with the acquisition of 2 new PC's and a new printer and software for under \$750.00 via the RIT Digital Computer Den!\_



# Transforming Lives through Rowing !



This letter was received unsolicited by RCiR and captures our mission beautifully!

## Getting Involved with RCiR: a Parent's Perspective

*I approached the leaders of RCiR at a local regatta last spring about the possibility of my college age daughter, who has Asperger's Syndrome, rowing with Rochester Community Inclusive Rowing (RCiR) as a way to keep rowing in her life. That may sound strange, but the history is that she wanted to try rowing because her mother, a competitive rower, was constantly espousing the joys of rowing around the house. My daughter joined a local high school rowing club, which did a great job. But even though she found out that she could be a great, powerful rower, she struggled mightily with the social end of it. Rowing assumes a lot of unique vocabulary and the communication, typically unidirectional from coxswain or coach to the rower, and was challenging for my daughter. RCiR was very encouraging, and assured me that RCiR provided an adaptive rowing experience for rowers with a variety of challenges, not just for veterans.*

*The first day, it was clear that the emphasis for RCiR is on getting people out on the water in a safe, therapeutic modality, rather than on preparing for competition. Moreover, even though RCiR is a great, supportive group, the emphasis is on the individual's rowing experience, rather than on how fast the boat is, and that has made all the difference for my daughter. Their adapted sculling (think 2 oars per rower) technique reinforces the emphasis on active time on the water, rather than speed, and it is easily adopted by all, with minimal finesse or frustration. This is key for some people on the autism spectrum.*

*My daughter first launched in a double (2 person) boat with an RCiR volunteer, where she got the basics. And even though I am an experienced rower, when they rowed out of sight, I thought I would die. What if they flip? What if she can't get back in the boat? What if she drowns? What if a big boat comes by and they get swamped? I don't know what they did out there, but she came off the water smiling and saying, "He is a great teacher, Mom. He just explains things in a way that works for me." These days, my daughter alternates between the double and a quad (four scullers), and she consistently comments on each row as an accepting, supportive and collegial experience. Apparently, they laugh a lot out there too!*

## A Couple of Months in...

*Since my daughter has been rowing with RCiR, she has gained a confidence in herself as an athletic person and as a part of something important. She was already a great advocate for herself as a person with Asperger's Syndrome, but she now knows that her athleticism doesn't have to look like everyone else's. The RCiR leaders reached out to me early on, to find out how she was feeling after each row. They asked for tips for the best way to communicate ways she could improve. To me, this was an unprecedented gesture. But I deferred to my daughter, and apparently she provided insights that work for everyone, which was empowering for her as well.*

*My daughter had a rough row a week or so ago, following a long, exhausting week at camp. Whereas she typically would have just slinked away from the rowing group ashamed, she went back. She was met with a matter-of-fact, "How are you feeling today?" and back out on the water they went. My daughter said afterward, something made her want to go back, and she was proud of herself that she did. I see it as an important transferable life skill.*

*There are expectations at RCiR. Rowers are expected to help carry the boats to the water and back, they are expected to carry their own oars and to care for the equipment. This type of follow-up does not come easily for my daughter. After each row, there is a review and debriefing for the group, and everyone contributes. Everyone is out there for their own reasons. Share. Don't share. It's up to the rower. But I have noticed that no row happens without reflection, which makes it a deeper experience for all.*

## Preparing for College and for Letting Go...

*I mentioned my daughter is college bound. Indeed, she is. This summer with RCiR, she has learned that she can have rowing and athleticism in her life, but it doesn't have to look a certain way to count. At school, my hope is that my daughter will continue to adapt what is "normal" for college students to suit herself, without shame. With RCiR, she has found a group that she knows she can always revisit, social capital is often lacking with people on "The Spectrum" so this is a well-timed lift. She rose to the expectations for RCiR rowers without question, something that she has struggled with in the past. And for me, let's just say that first day my daughter was out on the water, I waited on the dock like a dog. You've heard about helicopter parents, I was a drone, swooping in and out with speed and precision to smooth things over. But I made myself back off and trust the process, the volunteers at RCiR and the intentionality of the experience laid out for my daughter and all the rowers, regardless of their challenges. I'm thinking there is a transferable skill there for me, as well.*

*Adaptive sports are growing, and it is about time. Athleticism and activity should be accessible to every person who wants it in their life. RCiR and its inclusive approach, from rowers to volunteers make that happen in Rochester in a way that takes advantage of our natural resources and the tradition of rowing in our area. Once an elitist sport, rowing is one of the best ways to reconnect mind, body and soul. As a parent, my hope is that RCiR will continue to receive support to provide a rowing experience in Upstate New York for any rower who wants it.*



# Transforming the Lives of our Veterans through Rowing !

This document was published in the OASIS Adaptive Sports organization's Annual Report about RCIR's impact with Veterans



## ROWING

The OASIS Adaptive Rowing Program began its first full season in early June, coming off a very successful pilot during Summer, 2014. Rowing sessions were held at the **Genesee Rowing Club**, on the Genesee River. Boats, oars and other associated equipment were provided by the **Rochester Community Inclusive Rowing (RCIR)** organization. The program started out slowly, but within a few weeks there were 14 Veterans participating and enjoying the sport. Word spread from those Vets who first started out about what a great experience this was, which attracted other Vets to join. A big *thank you* goes out to RCIR and its two principals, **Tim Giarrusso** and **Dennis Fronheiser**, as well as the many other volunteers from various rowing clubs in the Rochester area for making the rowing experience so meaningful for the Veterans.



Many days, and many hours, were given by the volunteers to build this experience. And it was made up of not just learning and growth for the Vets, but for the volunteers as well. A couple of comments from the coaches describe this:

- "We started out as strangers and became a family that hasn't ended when our season ended this Fall."
- "When I first volunteered with RCIR, I had no clue that this rowing experience would be like no other. I had no idea how, by simply showing up to row, lives could be so remarkably changed for the better. Not only for the Vets, but for the volunteers."



The Veterans have commented on how the understanding, patience, compassion and dedication they saw in their coaches is serving as a model which they are using to change their own lives. Some of the Vets' comments:

- "I walked away from my first sculling with a better sense of who I was... That outing provided me with an increase in my self-confidence, a better sense of how my mind and body were connecting (or not connecting as it seemed), and no matter what was 'wrong' with me, I was OK."
- "This program is the only place where I can "turn off" my brain and finally find some peace. It's saving my life."
- "It was a great escape from my daily battles, stresses and ills, during a very difficult time for me. Programs like this truly offer a healthy sanity mechanism that I would not find elsewhere."
- "This program went above all the expectations I had and gave me back a life I haven't known. It has built new beliefs in my self-worth, leaving me feeling upbeat with a positive attitude."

Wow... what else can be said to describe the impact this program has had on both Vets and rowing volunteers?



The program ended in the Fall, with a graduation party given by the volunteers, who provided all the food and drinks. Eight Veterans graduated, having rowed at least 20 times each. Many rowed more, and some continue to row and will be back on the river next Summer.

In early Winter, Tim and Denny secured some weekend time at the **Pittsford Indoor Rowing Center** for Vets who would like to continue practicing their rowing skills. It is also providing a venue where new Vets, coming into next Summer's program, can start building their skillset.