

PARA-ROWING



Des Moines Rowing Club



DMRC-AMI
An idea is
born.

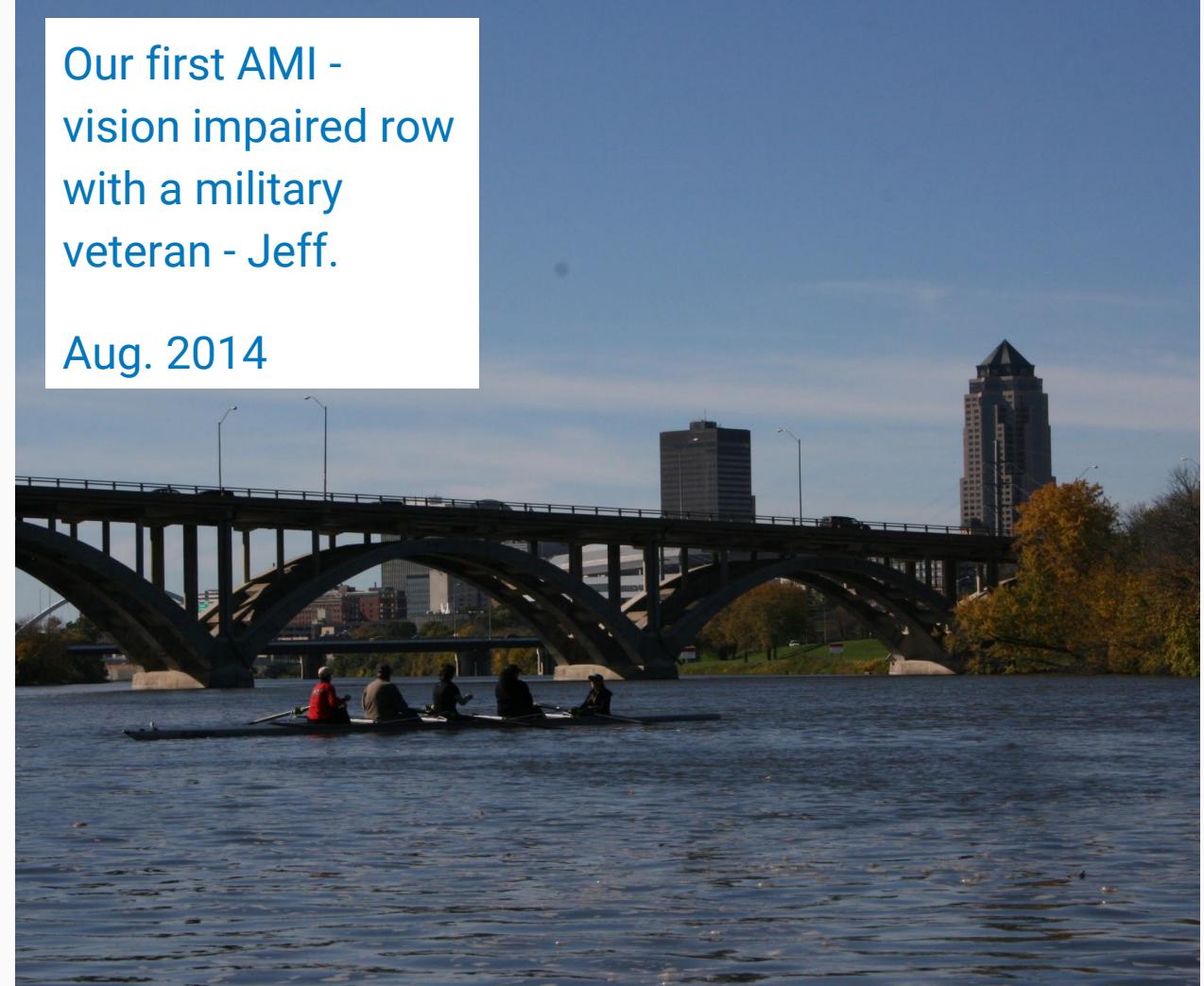


Tonya, Linda, Jeff, Susan S., Katherine & Rob

Rob MacDougall, supported by Tonya Logan, Linda Railsback, Katherine Hauser, Susan Stewart and Susan Ashworth welcomed Joyce Ellens & Jeff to Des Moines Rowing Club's river boathouse. Jeff is a visually impaired military veteran who was adventurous enough to give rowing a try and allow us to experience supporting our war heros on the water.

Our first AMI -
vision impaired row
with a military
veteran - Jeff.

Aug. 2014





It was a beautiful day to take Jeff out in seat 2 and a learning experience as well. Some DMRC members wanted to see if it was possible to safely take a person with physical challenges onto the water. With Joyce's connections and Jeff's bravery, we learned it was not only possible but a fun and rewarding way to expand our club's band width. We were now able to visualize what an adaptive membership initiative would look like.

Railsback coaching Jeff from behind!

First AMI row ever.



5 MONTHS.

4 HUMANS.

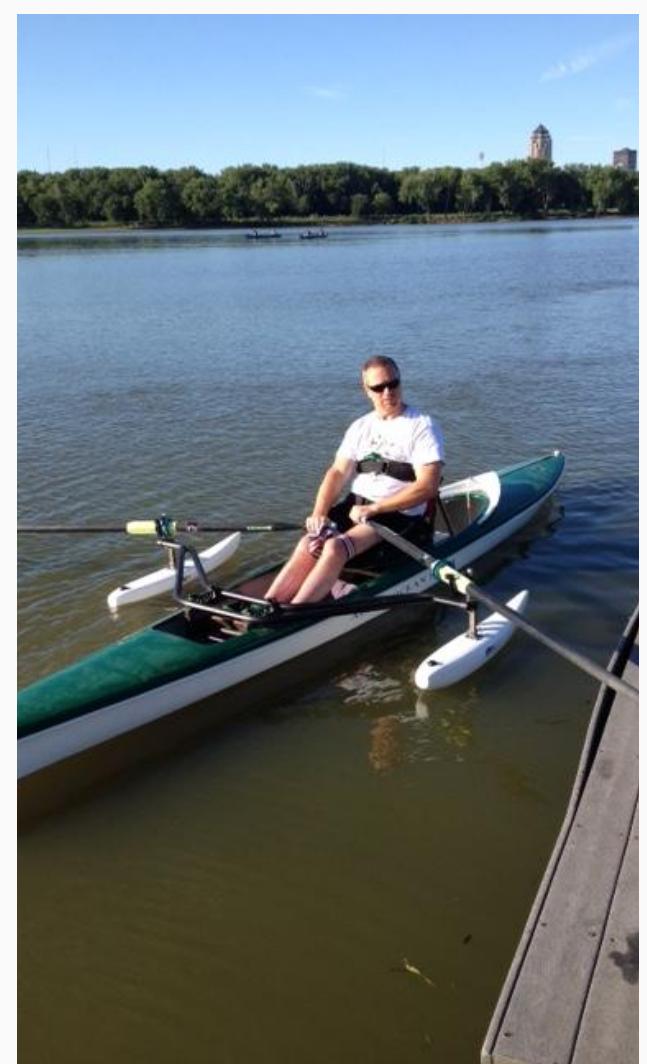
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2

1 ALDEN.



Scott getting the feel of a blade in
the water.



Scott launching, rowing
and landing, making the
first solo AMI row a
great success. July 2015

1 YEAR.

2 ATHLETES.

3 SPONSORS.

8 DONORS.

MANY VOLUNTEERS.

1 SWIFT.



Ann & Mark Baiada

Ann & Mark Baiada

Adaptive rowing
means a 3:1 ratio.
Being a volunteer is
a fun and rewarding
experience.



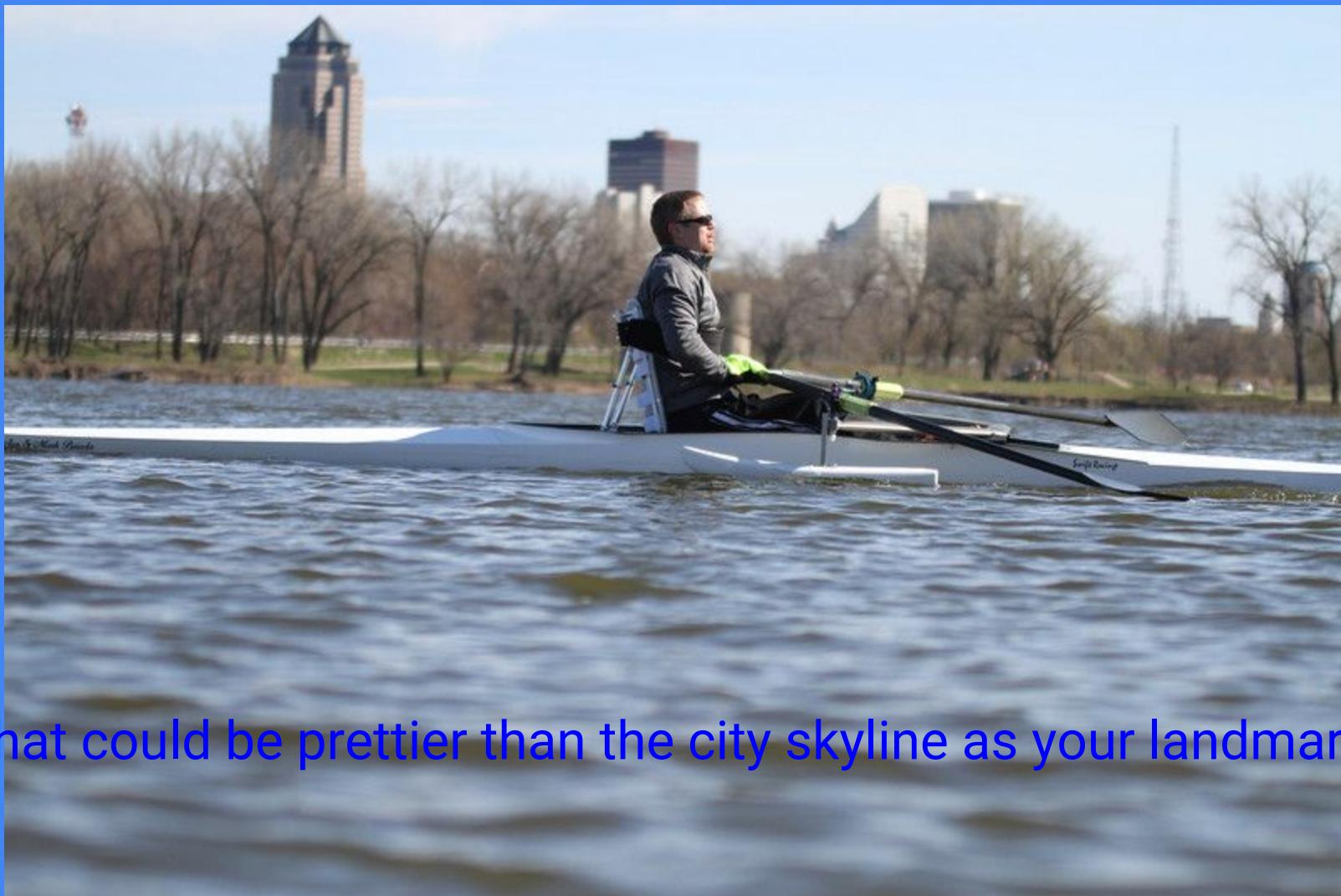


From land to water,
training is the key to a fun
and successful experience.





Gray's Lake is the perfect setting for practicing your stroke.



What could be prettier than the city skyline as your landmark?



The reward of a hard workout is a fit and healthier body.



Safety is always
a priority and a
launch is always
on the water
when an AMI
rower is on the
water.









Nine months later
and the landing is so
much sweeter.

April 2016















It takes a village. Thanks Mark and Ann for being a part of ours.

Ending
your day
with a row
improves
everyone's
life.



SWIFT -
a beautiful
way to
experience
the water.





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