



FOR IMMEDIATE RELEASE

***ROWING CANADA AVIRON & MANITOBA ROWING ASSOCIATION TO
HOST MANITOBA BLIND SPORTS ASSOCIATION
ADAPTIVE ROWING SESSION AT THE WINNIPEG ROWING CLUB***

***Run by Colleen Miller, Member of Manitoba Sports Hall of Fame
Thursday, July 29 @ 5:30pm***

Winnipeg MB (July 22, 2010) – Colleen Miller, Domestic Development Officer for Rowing Canada Aviron, will be traveling to Winnipeg July 29th to attend the Manitoba Blind Sports Association adaptive rowing session run by the Manitoba Rowing Association. This eight week adaptive rowing program is part of the Rowing Canada Aviron initiative to develop and create awareness of the National Adaptive Rowing Program across Canada.

“We are excited to be holding this session at the Winnipeg Rowing Club, which has been offering adaptive rowing programs for many years now,” says Colleen Miller, who is a three-time world champion rower, previous Olympic athlete, and member of the Manitoba Sports Hall of Fame. “With my personal connection to the club, as the place where I started rowing, it’s extra special for me to be coming back.”

ABOUT ADAPTIVE ROWING

Adaptive rowing is sweep rowing or sculling for people with physical or intellectual disabilities/limitations. Many different types of disabilities can be accommodated within the same crew, allowing for integration among athletes and, ultimately, integration into regular rowing programs. The basic techniques of adaptive rowing are the same as rowing for the able-bodied, and the learning curve is comparable to any novice rower. Individuals delivering the program do much of the 'adapting' of the sport through modifications of coaching techniques, rowing equipment, and program structure.

Adaptive rowing has been offered at rowing clubs around the world for over 20 years, and was accepted as a new sport at the Beijing 2008 Paralympic Games. Rowing Canada sent its first National Adaptive Rowing Team to the World Championships in 2004. Winnipeg rower Meghan Montgomery was selected for the national adaptive team in 2006, and represented Canada at national championships and the Paralympic Games. She is currently still part of Canada’s National Adaptive Rowing Team, and trains out of Victoria.

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ABOUT COLLEEN MILLER

Originally from Matlock, Manitoba, Colleen Miller was inducted into the Manitoba Sports Hall of Fame in 1998 for her success in the sport of Rowing. Colleen enjoyed a 10-year amateur career, making her impact on the national rowing scene at the Royal Canadian Henley Regatta in 1990 where she won gold in Lightweight Single Sculls and silver in Lightweight Four. She also burst onto the international scene that same year by capturing gold in the Lightweight Four at the World Championships.

The rowing partnership Colleen formed with Wendy Wiebe would produce some of the finest rowing in Canadian history, with the two capturing gold in Double Sculls at the World Championships in 1993, 1994 and 1995. At the 1996 Olympic Games in Atlanta, Miller and Wiebe were denied Olympic success due to the untimely and unfortunate onset of the flu for Wiebe. They battled on to finish 7th and soon after, Colleen retired from competitive rowing. She was honoured to be inducted into the Manitoba Sports Hall of Fame in 1998.

Today, Colleen lives in Victoria BC, and is married with two children. She works in sport development for Rowing Canada Aviron, and still fondly remembers her first day of rowing at the Winnipeg Rowing Club: "Being on the river, watching the leaves change, that was fun. Then I was hooked after that." The rest, as they say, was history.

At 129 years old, the Winnipeg Rowing Club is one of the oldest sporting organizations in Western Canada. It has been in operation since 1881, stopping only twice – during WWI and WWII. A long-time tenant of the banks of the Red River in downtown Winnipeg, the WRC survived the North-West Rebellion of 1885, the General Strike of 1919, the Great Depression of the 1930's, the Great Flood of 1950, and the Flood of the Century in 1997. Over the years the clubhouse has been destroyed by fire, wind, and water, but has always managed to maintain its long and proud tradition. Today, the WRC is a non-profit organization with a rich and successful sporting history, fostering generations of camaraderie and friendships. Members range from 13 to 85, and the club offers programs for all skill levels.

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www.winnipegrowingclub.ca
www.rowingcanada.org
www.blindsport.mb.ca