



FOR IMMEDIATE RELEASE

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## Orlando Rowing Club To Offer Demonstration Clinics for Visually Impaired

ORLANDO, FL (June 23, 2009) - Members of the Orlando Rowing Club (ORC) will be offering two indoor rowing demonstration and learning clinics for visually impaired youths and adults during the 48th Annual Convention of the [American Council of the Blind](#) in Orlando, Florida, July 3-11, 2009. The clinics will be held on Wednesday, July 8, and Thursday, July 9, 5:00pm to 6:30pm both dates at the convention.

The clinics will include orientation of the indoor rowing ergometer (erg), explanation of the rowing movement and strokes, allowing individuals to row for a time on the erg. Volunteers will guide and assist each person in the "workout". Each participant will have the opportunity to "row" as far as they can in 2 minutes with encouragement provided by family, volunteers and spectators. Prizes will be awarded to participants.

Rowing was one of the newest sport competitions added to the [2008 Paralympic Games](#) held in Beijing, China and one that is easily adapted for the visually impaired. ORC is working to establish adaptive rowing classes in the Orlando area later this year.

ORC's participation in this year's convention was made possible through the efforts of Aerial Gilbert, Outreach Manager, Guide Dogs for the Blind. For more information go to [www.guidedogs.com](http://www.guidedogs.com).

### About Orlando Rowing Club

Orlando Rowing Club, Inc. (ORC) is a non-profit 501(c)3 organization that supports and develops amateur athletes (19 years and older) for local, national or international rowing competition, fosters amateur rowing through education and instruction, and promotes adult physical fitness through the sport of rowing. ORC is a member of [USRowing](#), the national governing body of the sport. ORC members compete in regattas nationally. The club is run by a volunteer board of directors elected by the membership annually. These members represent a diverse group of rowing interests from recreational to competitive rowing, and all levels of experience. More information about ORC can be found at [www.orlandorowingclub.com](http://www.orlandorowingclub.com)