

One Common Thread

All sorts of women from
all sorts of backgrounds
and ages. They come together
with one common thread...
cancer. What keeps them
together is the strength
they all have to rise above
it and row strong.

Eight women tied into shoes
eight sizes too big, rowing,
across a soulful lake...

Rowing with this common
thread strung between them
eight oars cutting the water
at the same time (theoretically),
Rowing in unison.

Many backgrounds, many ages,
one common thread.

by Jane Lloyd

When you think you cannot
go on pull for the woman
in front of you.

Row with the power of those
who rowed
before you.

Row for those yet to come.

Row as One.

Tri State



Women

Enduring

Cancer

Row

www.rowstrong.org



ROWING ON TWIN LAKES

In 2002 Row as One began its pilot program called **WeCanRow**, which was a collaborative project with the Dana-Farber Cancer Institute as a wellness and rehabilitation program for women with breast cancer. **WeCanRow** begins where surgery and physical therapy leave off, creating a new opportunity for cancer patients to heal both physically and emotionally.

Through the generosity of a grant from the Lance Armstrong Foundation (LAF) and in collaboration with the Boston based Row as One Institute, a local chapter of the **WeCanRow** program was started in 2004 to benefit men and women who are cancer survivors in the Tri-State area. Row as One develops and supports rowing programs that inspire self-confidence, achievement, and strength for individuals by focusing on the connection between mental, physical and emotional strength.



CARRYING OUR BOAT

“This week marks my one year anniversary of surviving lung cancer. While all of you who know me know I have a positive outlook on life and I look at the sunnier side of life. However, I know I could not have come this far in my recovery without all of you. Your encouragement to get into the boat and learn to row and your weekly warm and welcome smiles and hugs saw me through week after week of surgery and chemo recovery.”

Sandy



TEXTILE RIVER REGATTA 2006

“This group is very different from my breast cancer support group. Here (on the water) we get to know each other first as people, learn our strengths, laugh, struggle and then gradually share our health issues.

Rowing crew is a sport that I never would have dreamed of participating in. Thank you for bringing it to our lives!”

Martha



Our Tri-State WeCanRow program involves survivors of different cancers at different stages of recovery gathering weekly to continue to strengthen, grow and row on the beautiful and serene Twin Lakes in Salisbury. We are most grateful to the Salisbury School for their support of our program through use of their boat and facilities on the lake during rowing season, from April through October, and also the use of their erg training room in the off season.

The program is open to both men and women who have experienced cancer in their lives and would like to experience the benefits of exercise and camaraderie in a very special setting. Participants need not know how to row. The desire to learn and enjoy the process of becoming part of a team focused on wellness is our goal.

For directions and more information check out
www.rowstrong.org
or call Noreen at (860)824-5765.