



## **VINCENT LILLY, JR.**

US Air Force (Retired)

Vincent Lilly, Jr., a US Air Force veteran, works as a nurse supervisor for the Veterans Administration. He is an accomplished Concept2 rower and was instrumental in helping USVRK Founder, Paul-Stephen Varszegi, develop and test the world's first interactive rowing concept known as TeleRowing™ in 2015 when he was a participant in the USVRK Foundation's College Military Rowing Program.

