

May 15, 2015

RE: Letter of support for Veterans' Rowing & Kayaking, Inc

To Whom in may concern:

I am writing on behalf of 426 Fitness to support Veterans' Rowing & Kayaking, Inc. We are glad to be part of USRowing's new "Freedom Rows" program that serves veterans and members of the Armed Forces with disabilities.

It has been an honor to work with veterans with disabilities here at 426 Fitness. The veterans have been taking a group Indo-Row class here at the club for the past few months. Over that time it has been amazing to see them participate in the class. As a row instructor myself, I was encouraged to jump in and participate during some of their classes.

Veterans' Rowing & Kayaking, Inc. has been an important program in providing adaptive rowing services to veterans with disabilities and their families. It's remarkable to see the camaraderie that the veterans have and the delight on their faces when they all gather together in the Rowing Studio. Without the efforts of this program, many of these veterans would not get the physical, social, and mental support that physical exercise in a group setting provides. In part, 426 Fitness donates our space and equipment because we believe in this program and seen firsthand the benefits. It is my hope that funds will be allocated to clubs and areas that do not have the funds and supplies to keep this program accessible to veterans.

Sincerely,



Paul Sousa, CPT / General Manager

May 15, 2015

Michael F. Welch
Paralympic Program Specialist
Office of National Veterans Sports Programs and Special Events (002C)
Department of Veterans Affairs
Suite 912D
810 Vermont Ave., N.W.
Washington, D.C. 20420

RE: Letter of support for USRowing's application to VA-ASG-2016-01

Dear Mr. Welch:

I am writing on behalf of 426 Fitness to support USRowing's application to the VA's Adaptive Sports Grant Program for FY 2016. We are glad to be part of USRowing's new "Freedom Rows" program that serves veterans and members of the Armed Forces with disabilities.

It has been an honor to work with veterans with disabilities here at 426 Fitness. The veterans have been taking a group Indo-Row class here at the club for the past few months. Over that time it has been amazing to see them participate in the class. As a row instructor myself, I was encouraged to jump in and participate during some of their classes.

USRowing has been an important program in providing adaptive rowing services to veterans with disabilities and their families. It's remarkable to see the camaraderie that the veterans have and the delight on their faces when they all gather together in the Rowing Studio. Without the efforts of this program, many of these veterans would not get the physical, social, and mental support that physical exercise in a group setting provides.

My understanding is that USRowing will assess adaptive rowing equipment (and supplies) needs at each USRowing club or VA rehabilitation facility before allocating equipment or supplies purchased with funds provided by this program. In part, 426 Fitness donates our space and equipment because we believe in this program and seen firsthand the benefits. It is my hope that funds will be allocated to clubs and areas that do not have the funds and supplies to keep this program accessible to veterans.

Sincerely,



Paul Sousa, CPT / General Manager