

Free Coaching proceeds benefit LAF's cancer research

May 23rd and 24th

Saturday: 8am -10am

Sunday: 8am - 10am



Improve your stroke, go **faster**, be more **efficient**... just come down to the Boathouse on Memorial Day weekend to get some **free coaching**. Sessions will have something for all abilities and ages.

The plan will be to do about 20-30 min. of **demo**, give everyone a few practice **drills** to think about, and then go **scull**. Do both sessions to get the maximum benefit to your stroke, or just show up for one. Either way you'll get a print out of some drills, ideas and some great tips. There is no charge, but it would be great if you people could make a donation to my ride vs. cancer.

<http://sanjose09.livestrong.org/perkins77>

About me:

I started rowing at Kent School in 1991 and was on the Jr. Team in 1993. I attended Dartmouth College where I was a captain my Jr. and Sr. year. In 1995, still at Dartmouth, I was diagnosed with Level IV brain cancer and not expected to row again. After a finding a surgeon in New York, and surviving a successful operation, I returned to rowing and in 1997 I stroked the U23 4x in Italy.

After college, I won the trial for the US 2x in 1999, but had a relapse of cancer, which I followed up with another surgery and radiation. After failing to make the Olympic Team in 2000, I returned in 2001 and was the US Sculling Spare. In 2002 I rowed at Oxford and won the boat race. I've coached rowing at Tufts, MIT, CJRC, and Columbia, and coached sculling at Craftsbury and Black Bear Sculling.

I'm currently a graphic designer and copywriter at an internet startup. This bike ride commemorates my 10 yrs of cancer free rowing and 14 years of survival.

-Dan Perkins