

FOR IMMEDIATE RELEASE

The Bayada Regatta Celebrates Three Decades of Freedom on the River for Athletes with Disabilities

Mt. Laurel, NJ—August 12, 2011—The 30th annual Bayada Regatta, an adaptive rowing event hosted by Philadelphia Adaptive Rowing (PAR) and Bayada Nurses, will take place on Saturday, August 20 from 8:00 am to 4:00 pm. The Bayada Regatta will be held on the Schuylkill River at St. Joseph's University Boathouse, located at 2200 Kelly Drive, Philadelphia, PA.

The Bayada Regatta is the nation's oldest and largest adaptive rowing competition. The event hosts many athletes—classified according to their physical, visual, or intellectual impairment—who strive to compete in adaptive and recreational rowing events.

Ricky Howard, of Upper Darby, PA, has been competing in the Bayada Regatta since 2000.

"When I became handicapped, I didn't know if I'd be able to compete again in any sport," said Howard. "So, it's been a blessing to learn how to row."

Howard, who had a bilateral below-knee amputation, participates in the 500 meter recreational race consisting of one able-bodied person and one person with a disability rowing.

"It's not so much about the winning—it's about being able to compete and having fun," said Howard.

PAR is the host rowing club for the Bayada Regatta and trains many of the competing athletes at its facilities on the Schuylkill River. Staffed by volunteers, PAR provides recreational and competitive rowing opportunities for individuals with disabilities.

"The Bayada Regatta is the highlight of [PAR's] season—everyone who is a part of it really enjoys it," said Howard. "At the end of it, I look forward to the next one."

The Bayada Regatta is free and open to the public. Music, crafts, and refreshments will be provided.

For more information about the Bayada Regatta, visit www.bayada.com/regatta.

Founded in 1975 by J. Mark Baiada, Bayada Nurses provides nursing, rehabilitative, therapeutic, hospice, and personal home health care services to children, adults, and seniors in the comfort of their homes. Headquartered in Moorestown, NJ, Bayada Nurses employs more than 13,000 nurses, home health aides, therapists, and social workers who serve clients in 20 states from more than 190 offices. For more information, visit www.bayada.com or www.youtube.com/bayadanurses.

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