

To whom it may concern,

To introduce myself; I have lived in the Mt. Washington Valley for 28 wonderful years and I am a baby boomer. I keep healthy and in touch with my grown daughters, who run and do triathlons, by doing them too!!!! How many moms can say that? I am honored.

Last April, I shattered my tibial plateau biking and required surgery, a plate and 8 screws. As there is no aquatic rehab facility in the valley, my rehab was

seriously compromised and prolonged. When the weather finally warmed, I joined my women's triathlon group at a lake to swim three mornings a week. With the support of these women, I was able to go from the car to the water with a walker (I was non-weight bearing at that point), then I would painfully walk in the water with the walker until I could lean back into someone's arms and swim. You can't believe the exhilaration and freedom I felt. Life was good again!! The entire process would be repeated on the way out, although, I wasn't in a hurry to get out, of the water. Swimming gave me back something I has lost in the accident.

I now have been swimming throughout the winter in a hotel pool that is 50 feet long. It is kind of like a mouse in a wheel, but it is better than not swimming.

The Mt Washington Valley unequivocally needs an aquatic center. We have the population base to support such a facility. The high school would benefit, as would young children being introduced to water (my girls did baby swim at 2 months of age), competitive swimmers, rehab patients, older citizens needing an avenue for exercise, recreational swimmers and an entire host of people. I could go on and on.

There is also a dedicated group of men and women in the valley, some are triathletes and some not that have been swimming year round for years, alternating in hotel pools, commuting sometimes 75 miles to a YMCA, and a local lake in the summer. The exercise and companionship alone are reasons to support a pool. The quality of life for all involved would be greatly enhanced. Everyone, young and old would benefit.

Sincerely,
Lorraine Tilney

