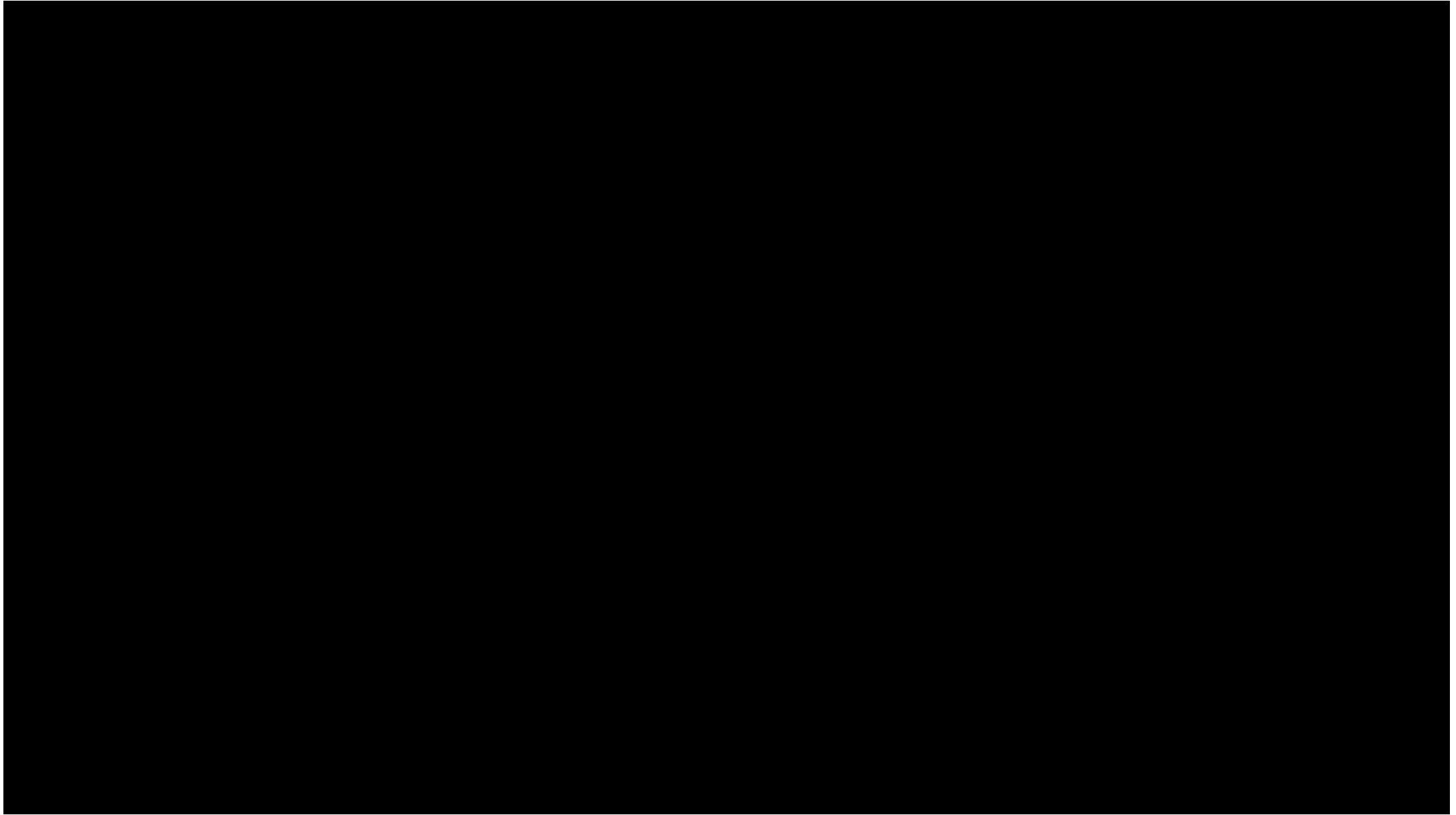


# “THE METRONOME” – VICTORIA NOLAN



# VICTORIA A NOLA



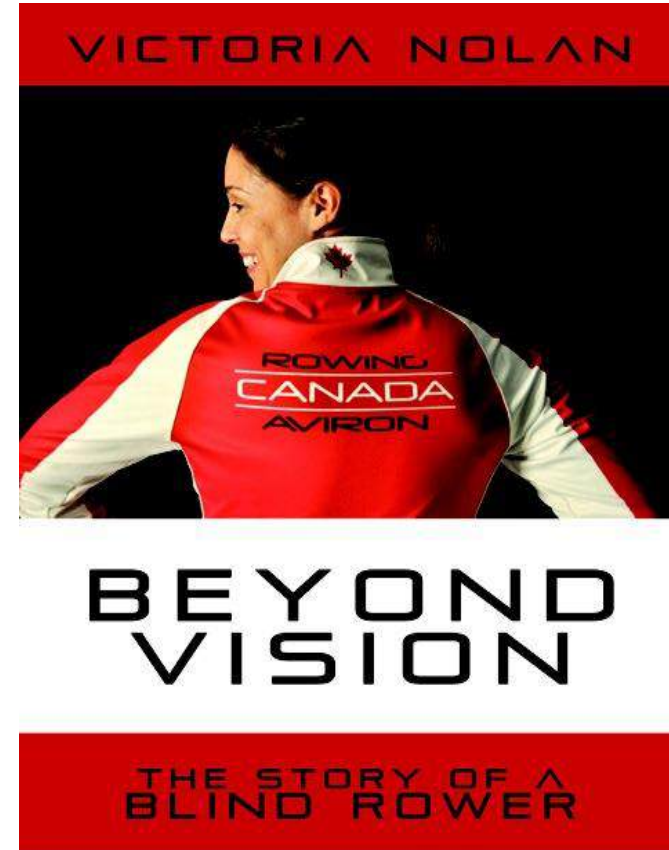
PARALYMPIAN, ROWING

BRONZE MEDALIST, RIO 2016

AUTHOR, "BEYOND VISION: THE  
STORY OF A BLIND ROWER"

CANFUND #150WOMEN RECIPIENT

*"You don't have to see to have vision"*















# BEIJING



# 2010 WORLD ROWING CHAMPIONSHIP, NEW ZEALAND – GOLD MEDAL





# 2010 WORLD ROWING CHAMPIONSHIP, NEW ZEALAND – GOLD MEDAL





# 2015 – WORLD ROWING CHAMPIONSHIP, FRANCE – BRONZE MEDAL





# 2016 PARALYMPIC GAMES, RIO – BRONZE MEDAL





# 2016 PARALYMPIC GAMES, RIO – BRONZE MEDAL





















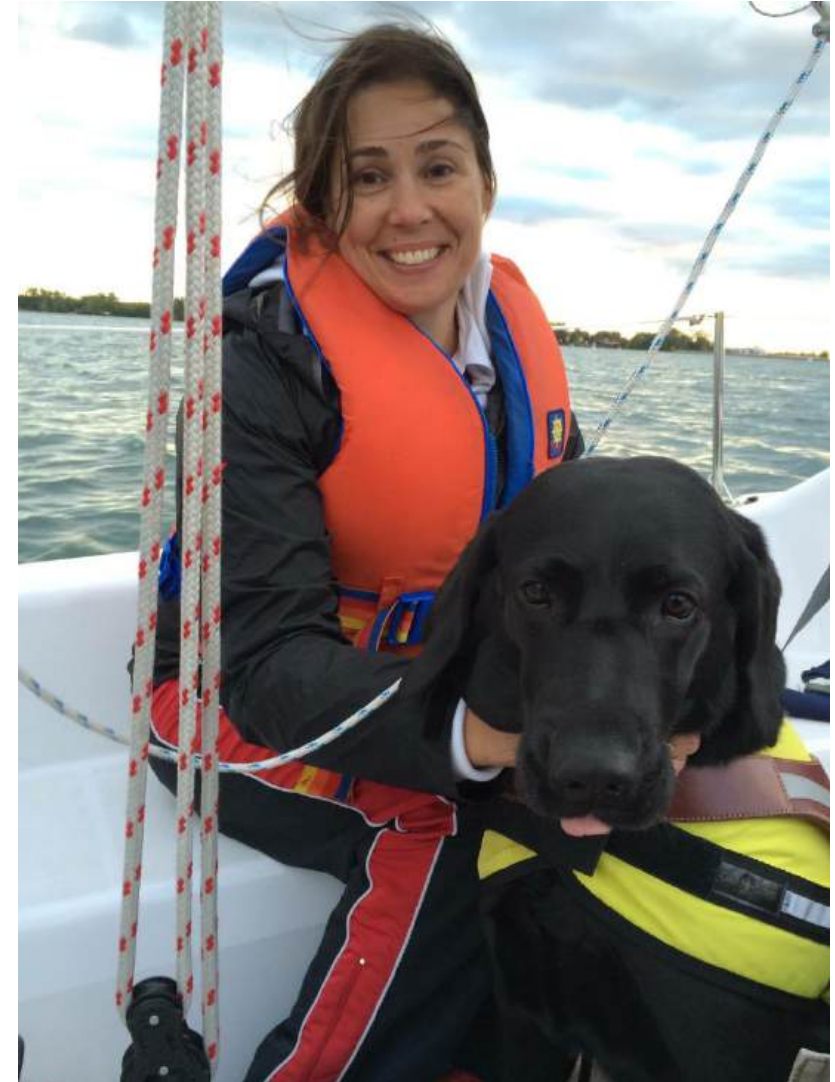


# MEET ALAN, MY GUIDE DOG





# MEET ALAN, MY GUIDE DOG

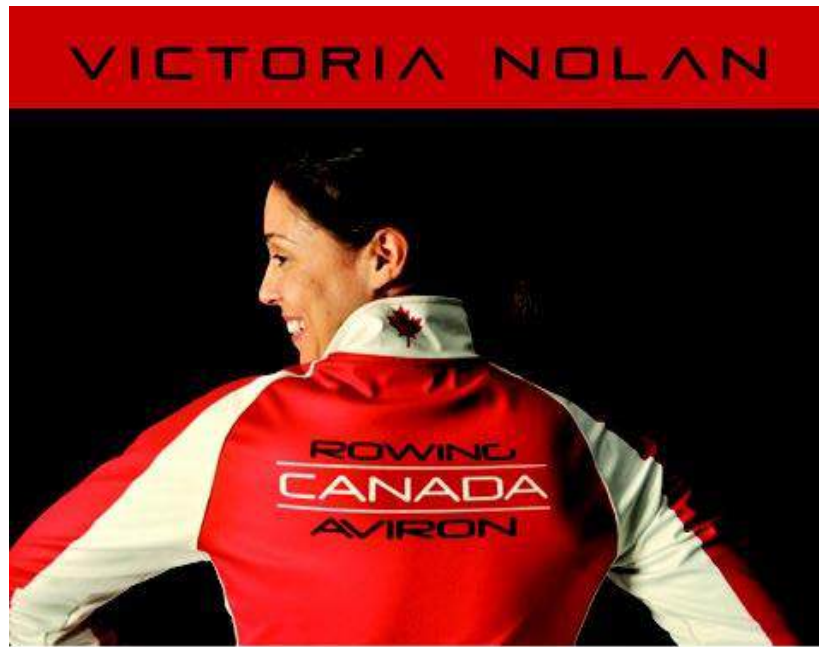




# THE “VICTORIA NOLAN” BOAT NAMING



# BEYOND VISION – THE STORY OF A BLIND ROWER



## BEYOND VISION

THE STORY OF A  
BLIND ROWER



At 18 years old, Victoria Nolan found out she was going blind. As her vision became more restricted, so did her independence. Her childhood dream had been to become a teacher, but she had to fight constantly against misconceptions about her capabilities as a visually impaired person. Even starting a family meant risking further vision loss, and as she struggled to deal with her disability, her goals for the future seemed impossible. Not wanting her children to grow up seeing their mother as someone who "couldn't," she sought opportunities to prove herself.

That's when she started rowing. Discovering her competitive fire, Victoria made the Canadian National Adaptive Rowing Team in 2007.

In this collection of reflections on and off the water, Victoria Nolan travels the world winning medals and breaking records. This personal story of triumph will inspire as she describes her frustration, her hard work, and her growing sense of accomplishment.



Victoria Nolan is a Paralympian, special education teacher, motivational speaker, advocate for people with disabilities, and author. She was diagnosed with retinitis pigmentosa at the age of 18. Despite other people's preconceptions about what she could and could not achieve as a blind person, Victoria took up rowing and climbed her way to a spot on the Canadian National Rowing Team. This is her first book.



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## Basic Text Guidelines

**Sub-Header title Font: Roboto, 20pt, Bold, Rowing Canada Red**

Body Text Font: Roboto, 16pt or 14pt, Black

Sub-body Text Font: Roboto, 12pt, Black

## Brand Colours

 G&G Blue: HEX #0063a8 | RGBA (0,99,168,255)

 G&G Grey: HEX #939598 | RGBA (147,149,152,255)

## Logo Usage

