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## News Release

FOR IMMEDIATE RELEASE

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### **BEDFORD VA Medical Center Employee trains for coveted spot on U.S. National Rowing Team**

BEDFORD – It's 6:30 am and Natalie S. Dell, MPH, a Bedford VAMC employee, has already been hard at work, rowing with the Riverside Boat Club in Cambridge for the past 2 hours. Natalie then arrives at the Center for Health Quality, Outcomes and Economic Research (CHQOER) ready to begin her full-time work as a Research Health Scientist. After a day at work, Natalie drives to the Charles River, training for an additional 3 hours before calling it a day.

A former Penn State University rower (where she broke and continues to hold all rowing records), Natalie is training for a coveted spot on the U.S. National Rowing Team—and her hard work has paid off. **After placing in the top 10 at the National Selection Regatta in Princeton, NJ, on April 23, 2010, Natalie is waiting for the formal invitation to join the U.S. National Rowing Team Training Center in Princeton to begin training with the U.S. National Team.**

Natalie moved to Boston in August 2007 where she continued to train while pursuing her MPH at Boston University School of Public Health. Natalie completed the full-time MPH program in December 2008, and began employment as a Research Health Scientist/Project Manager at the Bedford VA in February 2009. Due to the VA's flexible work hours, she was able to continue daily training and attend various national and international rowing competitions in Princeton and Canada, all while carrying out exceptional work at CHQOER.

Natalie hopes to begin her National Team training in August of this year. She will then have the opportunity to compete in the 2010 World Championships in New Zealand, the 2011 Pan-American Games in Mexico and the 2012 Olympics in London.

Good Luck Natalie!

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