

Atria Darien Resident Sid Zacharais, 101, Aims to Break a World Record in Rowing

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101-year-old Pearl Harbor and Coast Guard veteran Sid Zacharais will break the [Concept 2](#) world record today cheered on by six Darien High School “Support Our Soldiers” students, along with friends, family, and fellow Atria Darien veterans.

— an announcement from [Atria Darien](#). The event is scheduled to start at 3 p.m., Wednesday, Oct. 26, at Atria Darien.

Also looking to break a world record today will be Atria Darien Veteran Rowing Team members, who range

in age from 78-93 years old. Olympic rowing Coach John Pescatore will be at the helm to instruct the entire crew.

The group's current record-breaking quest began with training in March for their major June event when they rowed a Still River Barge on the Norwalk River. After this successful experience their next goal became today's record breaking event.

A lifelong commitment to staying physically and mentally active is the hallmark of aging well, says Becky Gallucci, Atria Darien's Senior Engage Life Director. "These older adults have taken a serious approach to living longer . . . better by challenging themselves physically, enjoying continuous learning, trying new things and by maintaining a healthy competitive spirit.

"Our Atria Darien residents have not gotten this far in life without a goal," said Gallucci. "Their resiliency and willingness to try new things and challenge themselves every day is their playbook for success."

About John Pescatore

Pescatore is an Olympic rower who competed in the 1988 Seoul Olympic Games for the United States as stroke coach of the men's coxed eight person team and then later competed at the 1992 Barcelona Olympic Games in the men's coxless pair. Then at the 2000 Sydney Olympic Games he was named as top coach in America for coaching the coxless pair to the Silver.

Most recently, John served as Head Coach of the Yale Heavyweight Men's Crew from 2002 to 2010. He's a World Champion from 1987, a two-time Olympian from 1988 & 1992, and Olympic coach from 2000.

About Atria Senior Living

Atria Senior Living is a leading operator of independent living, supportive living, assisted living and memory care communities in 189 locations in 27 states and seven Canadian provinces.

We are the residence of choice for more than 21,000 seniors and the workplace of choice for more than 13,500 employees. We create vibrant communities where older adults can thrive and participate, know that their contributions are valued, and enjoy access to opportunities and support that help them keep making a positive difference in our world.