



Carlos Moleda grew up in São Paulo, Brazil. At age 18, he chose a life of adventure, moved to the United States and joined the Navy. His ability to work hard and learn fast eventually won him a coveted spot as a Navy SEAL. A few years later, he found himself in the middle of an intense firefight in Panama. Nine of the 10 men in his unit were wounded, four fatally. Carlos was hit near his spine and leg, and lost feeling in his lower body, forever. Competitive sports proved to be the best way to recover from this traumatic injury. Through an unyielding spirit and a passion for competition, Carlos turned his misfortune into his greatest adventure: becoming a champion.

### **Carlos Moleda U.S. Navy**

Today, Carlos is a winner of the 367-mile Sadlers Ultra Challenge handcycle race in Alaska, a two-time National Handcycling Champion and a four-time Hawaii Ironman Champion where he holds the record for the physically challenged division. Carlos appreciates how far he's come. To help others, he serves as a spokesman for the Challenged Athletes Foundation and uses his expertise and motivational skills to teach younger kids with disabilities how to ride handcycles. He is also a triathlon coach for CAF Operation Rebound.

#### How Does Operation Rebound Help?

Operation Rebound provides unparalleled sports opportunities and support to our troops and veterans of any branch of service and first responders who have served honorably and have suffered permanent physical injuries. Grants are awarded for event travel, lodging, entry fees, training and equipment not provided by the VA or DoD.

#### How Can You Help?

Make a tax-deductible contribution to Challenged Athletes, Inc., (dba Challenged Athletes Foundation) a non-profit 501c3 organization. To make a donation, please call (858) 866-0959, send a check to the address listed below, or make a secure payment through our website:

[www.challengedathletes.org](http://www.challengedathletes.org).

**Challenged Athletes Foundation  
P.O. Box 910769  
San Diego, CA 92191  
Nonprofit Tax ID #33-0739596**