



Sergeant Major Chris Self is a 22 year U.S. Army veteran. In December 2005, while serving in Iraq, Chris sustained gunshot wounds to both legs during a combat operation. One bullet severed the sciatic nerve in his right leg leaving it paralyzed.

Prior to his injury, Chris was extremely active. He competed in triathlons, cycling events, and ran in numerous marathons. He was especially active with his three children who love to play and hang out with their dad.

Chris was determined not to let his injury slow him down. With his wife Dana by his side, Chris made the decision to have his paralyzed right leg amputated. On July 13, 2006, seven months after he was wounded, Chris endured a successful surgery to remove his right leg.

Chris Self, U.S. Army

With the help of CAF Operation Rebound and his own determination, Chris is now back to the active lifestyle he had known prior to his injury. Chris' resilience and positive attitude highlight what he and other injured troops are capable of doing when given the opportunity.

The generosity of supporters like you has given Chris the opportunity to compete as a member of the CAF Operation Rebound Triathlon team.

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 501 (C) (3) 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.

**Challenged Athletes Foundation
P.O. Box 910769
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Nonprofit Tax ID #33-0739596**