



John Blue is a career soldier with more than 20 years of active duty experience in the United States Army. In 2006, he deployed with his unit to Iraq for a year-long tour. On January 27, 2007, the Stryker Armored Vehicle John was riding in was struck by an Explosively Formed Penetrator (EFP). The blast removed most of John's right foot and caused extensive injuries to his right leg below the knee.

Upon evacuation from the battlefield, John was rushed to surgery at an Army field hospital and then further evacuated to Germany before being sent to Walter Reed Army Medical Center for further surgery and rehabilitation.

While at Walter Reed, John was given options for surgery on what he had left of his leg and foot. He decided on a below-the-knee amputation because it gave him the best option to live an active lifestyle. Post-amputation, John remained at Walter Reed for six weeks until he was transferred to Brooke Army Medical Center in San Antonio, TX where he endured demanding physical therapy. Ninety-one days after his injury, John started walking with the use of a prosthetic leg and within four months he began to run. John demanded the best from himself and with his doctor's approval he increased his therapy to twice-daily seven days a week. On October 1, 2007, John returned to full-duty as a Battalion Sergeant Major.

#### **John Blue, U.S. Army**

Within 12 months of his injury, John participated in the Extremity Games, the Endeavor Games, and completed the run portions of two Men's Health Urbanathlons. He has since completed competed in a number of half-distance and Olympic distance triathlons .

***"Even though you go through a traumatic event like losing a limb, you can still achieve any goal that you set your mind to. Nothing can stop you if you put your mind to it and put in the training time."-John Blue***

John remains on active duty and continues to inspire other injured service members to find and use the healing power of sports.

#### **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](http://www.challengedathletes.org).

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