



On September 19, 2002, Rich Ingram enlisted in the Georgia National Guard at age 19. He was a student at North Georgia College & State University when his Guard unit was called to serve in Iraq. Rich and his fellow Georgia National Guardsmen stopped their daily routines to answer the call to duty.

On July 20, 2005 while on patrol in a rural area of Iraq outside of Baghdad, the Humvee that Rich was riding in was hit by a roadside bomb. Rich was manning the top gun of the Humvee when the bomb struck, hurling Rich and the 12,000 pound vehicle into the air. Rich was thrown out of the Humvee as it rolled over, smashing his left arm. Severely injured, Rich began coughing up blood and asked the medic who was attending him if he was going to die. The medic reassured Rich that he would be O.K. and had him evacuated to a field medical hospital.

In 2006, Rich was introduced to CAF by a fellow injured soldier while recuperating at Walter Reed.

Rich Ingram, U.S. Army

In May 2007 Rich received a CAF equipment grant to modify his racing bike for increased performance. Since that time, Rich has represented CAF at numerous events to include the 2007 and 2008 Ford Ironman Florida 70.3 Ironman Triathlons.

Rich epitomizes what it means to be a student athlete. He has recently returned to college to finish a degree in finance and will graduate in December 2008. After graduation he entered officer candidate school and was commissioned a 2nd Lieutenant in the U.S. Army. In 2009, Rich deployed to Iraq as a platoon leader.

The generosity of supporters like you has given Rich the opportunity to continue racing and inspire others.

How Does Operation Rebound Help?

Operation Rebound provides unparalleled sports opportunities and support to our troops and veterans of any branch of service 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
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Nonprofit Tax ID #33-0739596**