

## CAF's Catch a Rising Star Represents in the West



CAF's Catch a Rising Star Program (CRS) has made its way through the Colorado Rockies, the Texas Plains and back home to the California Coast. Over the last three months, there have been a total of six workshops that covered running and mobility, wheelchair racing and multi-sport camps.

October started with the Women's Wheelchair Multi-sport Camp led by Tricia Downing in Denver, Colorado the weekend of October 1-3. With more than half of the participants new to sports, it served as a great introduction to what is possible. Many of the first time participants left with inspiration to be more active.

On October 24, during the weekend of CAF's San Diego Triathlon Challenge (SDTC), CRS held three workshops including an Ossur Leg Amputee Running Workshop led by Ossur Professionals, a Wheelchair Triathlon Workshop led by David Bailey and an Upper Extremity Workshop led by "One-Arm" Willie Stewart. Read the full recap at [www.challengedathletes.org](http://www.challengedathletes.org)



Cold weather didn't deter CAF's Catch a Rising Star program from finishing out 2009 in Dallas, Texas. The day included a Wheelchair Racing Workshop led by Justin Meaders and an Ossur Leg Amputee Running Workshop led by Ossur Prosthetists Brian Frasure and Francois VanderWatt. Some of the participants took part in video review, while others tested out what they learned. Jill Prichard (CAF's Director of Programs), Justin Meaders and CAF's spokespeople Rudy Garcia-Tolson and Cody McCasland were invited to and share the message of CAF to more than 400 kids at a local school, patients at the Scottish Rite Hospital and at the Dallas White Rock Marathon.



Keep an eye out for CAF's 2010 Catch a Rising Star 2010 Calendar, coming soon!

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