



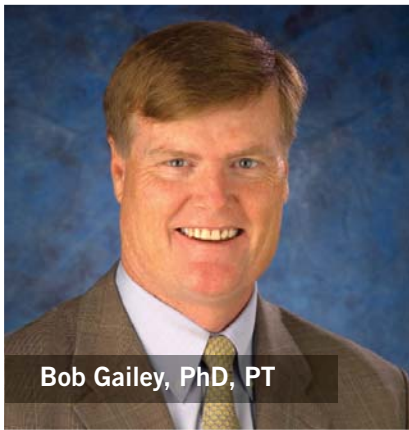
CHALLENGED ATHLETES FOUNDATION®  
**CATCH A RISING STAR PROGRAM**  
 Presents:

**AN ÖSSUR® LEG AMPUTEE RUNNING AND MOBILITY WORKSHOP**

Featuring Bob Gailey, PhD, PT  
**April 24 2010 - 9:00AM - 12:30PM**

Workshop held in conjunction with the Team CAF-Florida St. Anthony's Triathlon.

MENTORSHIP» MOBILITY» MOTIVATION



**Bob Gailey, PhD, PT**



**Brian Frasure, CP**



**Sarah Reinertsen**

Ossur, the company responsible for making advanced performance prosthetics for the world's most elite amputee athletes, partners with the Challenged Athletes Foundation, the organization who gets you started and keeps you going, to combine forces and bring you the most unique workshop designed for amputees to bring out your best gait and running style!

Now YOU can run like a champion OR simply improve your mobility. Best of all, you will meet role models and new friends you'll never forget!

Plus – you will receive instruction from world renowned expert in amputee running and gait training, **Bob Gailey, PhD, PT** and premiere athlete and four-time Paralympic Champion, **Brian Frasure, CP**.

**Join us and learn**

- ⊕ Run for speed or learn leg over leg!
- ⊕ Proper running gait techniques and training tips to improve balance.
- ⊕ How to maximize your mobility and core strength.
- ⊕ Interactive group exercises and individual run/gait evaluations.

**Join us and meet**

- ⊕ Ironman World Championship finisher and above-knee amputee Sarah Reinertsen, who will share and demonstrate her expertise in running.
- ⊕ CAF spokesperson and CAF-Florida mentor Ronnie Dickson, who will share his experiences and passion for running.
- ⊕ New friends for life!



**Ronnie Dickson**

ALL AGES AND ABILITIES ARE WELCOME. LUNCH WILL BE PROVIDED. NO COST TO ATTEND THE EVENT.

**Progress Energy Park  
 Al Lang Field  
 230 First Street S.  
 St. Petersburg, FL, 33701**

**RSVP: 858-526-6567  
 jill@challengedathletes.org**



Hosted by  
 St. Petersburg  
 Baseball  
 Commission

