

Team Operation Rebound California 70.3 a Huge Success!

With the cost of our freedom and security rising everyday, Americans have never been so aware of the service and sacrifices of our brave men and women in uniform. With help from North American Sports, racers at the Ford Ironman California 70.3 on March 29 got a chance to say a major "thank you."



Through CAF's *All-New* Team Operation Rebound California 70.3, a fundraising initiative for the Operation Rebound program, an astonishing \$168,000 was raised to support American troops permanently injured in Iraq and Afghanistan. A team of 60 fundraising members and seven members of the Operation Rebound program raced with pride, sporting red, white and blue uniforms. They filled the event with patriotic spirit and pride – which was most appropriate, considering that a large part of the

race course is in Camp Pendleton.

Team Operation Rebound 70.3 was led by seven "wounded warriors," who can now say that they've raced in an Ironman. Two of the seven – Brandon Erickson (featured above) and Chris Chandler, a below-knee leg amputee, both completed the entire triathlon – their first 70.3-distance event. The rest of the troops – Evan Morgan, Oscar Sanchez, Saul Martinez, Andy Hatcher and John Blue – participated on relay teams. Thanks to the extraordinary efforts of the 60 Team Operation Rebound California 70.3 fundraisers, these troops – and dozens of others – will have the opportunity to become whole again through sports.

"There are some things I can't do," said Evan Morgan when asked about competing, "But this is something I can do, so I'm going to do it."

Each member Team Operation Rebound California 70.3 raised at least \$1,000 for Operation Rebound and in return got a plethora of goodies and benefits, including a separate team wave start, a custom race uniform, a special luncheon, and more. Special recognition goes to top fundraiser Martha Long, who raised an amazing \$35,150 for our injured heroes. The runner-up was Elizabeth Grundy who raised \$15,250, and following her was Susan Mitchell at \$7,410.



Your continued support of Operation Rebound is critical to ensuring our wounded troops have access to life-affirming sports activities – today and tomorrow. You can still get behind these team members and their efforts to raise money for Operation Rebound!

Click here to make a donation:

<https://www.kintera.org/AutoGen/Simple/Donor.asp?ievent=96433&en=aiJRL1MDJkJOI1NK18IMJ2PMIrKYK5NHieIWkfNYF>

Operation Rebound - Update

Led by new Operation Rebound program manager Nico Marcolongo, CAF kicked-off its Military Medical Center Physical Training Program (MMCPT Program) in April at the Naval Medical Center San Diego, Balboa. The intent of the MMCPT program is to provide structured physical training for active duty service members who are recovering at military medical centers. CAF's Operation Rebound provides top-flite coaches and mentors with expertise in running, swimming, biking, and strength and conditioning who work in concert with resident prosthetists, recreational therapists,

and medical hold unit commanders to ensure that physical training is done in compliance with individualized rehabilitation programs and applicable military regulations.

The MMCPT is a big step in Operation Rebound's growth, and CAF hopes to replicate it soon at Walter Reed and Brooke Army Medical Centers. The long-term goal is to make the MMCPT an integral part in our injured service members' recovery to a full, active life.