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The Challenged Athletes Foundation wishes you and your family a joyous holiday season. Thanks to your support, CAF has raised more money this year than ever before. This will enable CAF to help even more challenged athletes than ever before in 2007. Without you, this wouldn't be possible.

Season's Greetings, from the Challenged Athletes Foundation.

In This Issue:

- * Holiday Gift Idea
- * Reaching New Heights – 2006 Race for a Reason Fundraising
- * Current Events: Ford Ironman World Championship 70.3, Ossur National Leg Amputee Championships, IPC Swimming World Championships
- * Grantee Spotlight – Ricci Kilgore



Holiday Gift Idea

Thank you all for your amazing fundraising efforts in 2006! To end the year, CAF would like to pass on a great gift giving idea.

There are usually so many people on our holiday shopping list that we have no idea what to get them. They have everything, return everything, or won't tell us what they want, and we end up getting them something that becomes next year's "white elephant" gift at the office holiday party. Why not give the gift of dreams?!

Go to the CAF's web site, or click the "Donate Now" button on the left-hand sidebar, and make a general donation in honor of a friend or family member this year. You can request that we mail you a Gift Donation Certificate that you can wrap up and pass on as a gift. This idea can be used not only for the holidays, but for weddings, birthdays, and just about for any reason to give something wonderful. Remember, this gift will keep on giving, enabling people with physical disabilities to pursue active lifestyles for years to come.



**Reaching New Heights –
2006 Race for a Reason Fundraising**

In 2006, CAF's flexible and easy to use fundraising program, Race for a Reason, raised almost \$200,000 for challenged athletes. This is a new record for the program and we'd like to thank

everyone who participated. The funds you raised helped make dreams come true for hundreds of challenged athletes, and touched the lives of thousands more.

Race for a Reason (RFAR) is a fundraising and incentive program designed for all ages and abilities, and gives the participants the freedom to fundraise for CAF at any event of choice. Anyone can do it – from high powered executives like David Samson of the Florida Marlins and Dave Blass of NBC's *Biggest Loser*, to challenged athletes like marathoner J.P. Theberge and eight-year-old Brendan Driscoll, to pro-triathletes like Kate Major. These folks, along with more than 100 others, participated in RFAR through a wide array of events including Ironman Triathlons, marathons, cycling events, weddings, and so much more.

CAF would like to thank all the 2006 RFAR participants for all their hard work, and give special recognition to the top twenty fundraisers listed below:

First	Last	Event	Fundraising Total
David	Samson	Ford Ironman World Championship	\$36,865.00
Brad	Miller	Ford Ironman World Championship	\$22,883.00
JP	Theberge	SDTC	\$12,547.00
Chris	Kostman	AdventureCORPS	\$12,765.00
Mark	Wolf	Vineman Ironman 70.3	\$10,180.00
Dave	Blass	NBC <i>Biggest Loser</i> Charity Auctions	\$7,260.00
John	Macias	Whitney Classic	\$7,160.00
Ricardo	Garza	ITU World Championship Long Course Triathlon	\$6,765.00
Debbie	Maue	Chicago Marathon	\$5,010.00
Michael	Watson	Xterra World Championships	\$4,361.00
Mark	Scully	Ganesh Goes to India	\$4,330.00
Brendan	Driscoll	SDTC	\$3,345.00
Dan	Marinsik	Badwater Ultramarathon	\$3,315.00
Kate	Major	Ironman Couer d'Alene	\$2,790.00
Brian	Mackenzie	Western States 100	\$2,725.00
Andreas	Fest	NYC Marathon	\$2,710.00
Julie	Gildred	Ganesh Goes to India	\$2,585.00
Cassidy	Lundin	NYC Triathlon	\$2,439.00
Rose	Nicholson	Half marathon	\$2,100.00
John & Dana	Ryan	Ironman Arizona	\$2,010 each
Keith & Kyle	Ryan	The Triathlon at Pacific Grove	\$2,010 each

Looking to make a difference in 2007? Have a special event planned? Then *Race for a Reason*. It's an easy way to make your next event more meaningful, while making a difference in the lives of challenged athletes. To learn more about the program, visit www.challengedathletes.org, or contact Jennifer Schiffer at Jennifer@challengedathletes.org.



Current Events:

Rudy Garcia-Tolson, One Step Closer to Ironman

On Saturday, November 11th, Rudy Garcia-Tolson toed the line at the Inaugural Ford Ironman World Championship 70.3 in Clearwater, Florida. This event presented a lot of "firsts" to the Ironman hopeful. Not only was it the first year of the event, but for Rudy, it was the first time attempting a 56-mile bike, and the 70.3 mile triathlon altogether. Talk about nerve racking!



"I was a little nervous about the bike because I'd never ridden that far" said Rudy, "But, overall I felt prepared. I knew what I needed to do for my nutrition and performance to get the job done."

And he did get the job done. Rudy is the first bi-lateral above knee amputee to finish the Ironman 70.3 on prosthetic legs. He finished with a time of 7:16:33 and said, "After completing the Ironman 70.3 and feeling good about it, I have the confidence I need for my Ironman training. A full Ironman is definitely possible."

Congratulations Rudy! You're one step closer to becoming an Ironman.

Congratulations to all the other challenged athlete competitors as well, including Ironman veteran and CAF athlete Sarah Reinertsen. It was a big day for challenged athletes.

Amputees Feel the Need for Speed at Ossur National Leg Amputee Championships



This year's Ossur National Leg Amputee Championships (held annually in conjunction with the Silver Strand Half Marathon and 5K) featured an elite field of challenged athletes -- each intent on getting his or her piece of the only known prize purse for amputee runners. As expected, in the half marathon, C.J. Howard was first to break the tape, covering the 13.1 miles in an amazing 1:23.15. He was followed across the line by Amy Winters (1:30.34), who won the female crown. J.P. Theberge and Paolo Almeida finished second and third among the male amputee competitors.

For the first time, prize money was also offered for the 5K race, where Jonathan Bik and Creighton Wong took top honors in the above-knee division and Warren Frank, Matt Henderson and Dave Nilson finished 1-2-3 in the below-knee race.

Congratulations to all our physically challenged finishers -- you were an inspiration to all!

U.S. Swimmers Bring Home Gold from Durban

Swimmers supported by CAF helped a strong U.S. team surge to the top of the medal standings at the recently concluded IPC World Swimming Championships held in Durban, South Africa. Rudy Garcia-Tolson won a gold medal in the S8 200 M IM, while Roy Perkins, Jr. scored a gold in the S5 50 M butterfly and a bronze in the S5 200 M IM. Aimee Bruder was a four-time medalist, bringing home a silver and three bronzes in the S4 150 M IM, 50 M free, 200 M free and 100 M free. Kate Gibbs, another CAF grantee, also performed well at the meet.

All told, the 25-member U.S. team won 56 medals during the competition. In the process, it became the first squad from the United States to win the medal count at a major Paralympic competition.



Motivating Memories

Ricci Kilgore has overcome many obstacles, some near fatal, to become the strong, self-motivated woman she is today. At the young age of two, Ricci and her father Rick were in a terrible car accident. Her father was able to save her life, but sadly lost his own. This was her first trip to intensive care.

Years later, Ricci developed into an established athlete and earned a scholarship as a pole vaulter for Idaho State University. She was on her way to accomplishing her dream of competing in the Olympics – until tragedy struck again. During her freshman year, the team was returning from a track meet in Reno, Nevada, when the van she was in hit a patch of black ice. Ricci woke to the van spinning, and then rolling, which launched her 65 feet from the vehicle. She landed in intensive care with a broken back.



While most people would sulk about all of life's "lemons," Ricci converted these horrible memories into motivation. Motivation to overcome any challenge. Motivation to continue to go after her Olympic dreams. And motivation to make those "lemons" into lemonade.

Although Ricci was devastated by her accident, she was not defeated. Her dream of pole vaulting in the Olympics became a dream of alpine skiing in the Paralympics. A State Champion Giant Slalom skier in high school, skiing on a sit down mono ski came naturally to Ricci. Her goal is to make the U.S. Paralympic Alpine Ski Team and compete in the 2010 Paralympics in Canada.

Thanks to CAF, she is on her way. She recently finished third in the slalom at The Hartford Ski Spectacular in Breckenridge, CO on a new mono ski provided by CAF's Access for Athletes program. CAF is proud to support athletes with "never-die" attitudes like Ricci Kilgore.



Happy Holidays!

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