



Volume 2, Issue 3

March 23, 2006

CAF Grantees Shine in Torino

U.S. athletes supported by CAF made their presence known on the slopes and ice rinks of the Torino Winter Paralympic Games, collecting nine of the 12 total medals won by the U.S. team.

Laurie Stephens led the way, capturing Gold in the Sitting Downhill and Super G races, and Silver in the Sitting Giant Slalom, while **Stephani Victor** won Gold for the U.S. in the Sitting Slalom event. **Allison Jones** took home a Gold and **Sandy Dukat** a Bronze in the Standing Slalom.



Muffy Davis and Erik Bayindirli

For the men, **Kevin Bramble** and **Chris Devlin-Young** stood atop the podium after finishing 1-2 in the Sitting Downhill race. Sled Hockey veteran **Dave Conklin** was a key member of the U.S. Sled Hockey Team that took Bronze amid some of the fiercest competition witnessed at the Torino Games.

Congratulations to all the CAF grantees who competed in Torino and to all the members of the U.S. Paralympic delegation. You made us proud!

For full Winter Paralympic Games results, go to:
http://www.paralympicgames.torino2006.org/ENG/ParalympicGames/gare_e_programma/calendario.html

Amputees Make Huge Strides at Catch a Rising Star Mobility Clinic!

CAF's highly successful *Catch a Rising Star* program held its latest event on March 19th in Del Mar, CA. Led by Peter Harsch, Sr. Regional Clinical Manager at CAF Partner Ossur North America, the CRS Mobility Clinic was designed specifically for leg amputees of all ages and abilities. It featured individual run/gait evaluations, strengthening and agility drills, and fun interactive group exercises. Serving as mentors and showing off their winning form were Ironman World Championship finisher and above-knee leg amputee, Sarah Reinertsen, 2005 Ossur National Leg Amputee Half Marathon Champion and below-knee leg amputee, JP Theberge, and USA Triathlon PC Development Team member and below-knee leg amputee, Matt Henderson.



Jonathan Bik testing his balance.

The clinic attracted both San Diegans and individuals from as far north as Sacramento and San Francisco. The travel wasn't an issue for Sacramento's Jonathan Bik, an above-knee amputee. For him, it was just another step in a longer journey to once again be a runner – something he wasn't sure was an option after losing his leg just over a year ago. Attending the clinic with a 5K already under his belt, he had set a goal of completing a 10K in 2006. After honing his skills at the clinic, he was so inspired that he signed up to run in the 2006 Ossur

National Leg Amputee Half Marathon Championship.

"The clinic really helped me with my running technique." said Jonathan. "I think most people see me and might see bad form, but think 'it's just cool he's running,' so they don't say anything. At the clinic, they [CAF and Ossur] tried to get me to run as 'normal' as possible and it really worked. After the clinic, I used the techniques I learned from Peter [Harsch] and ran almost four miles in 35 minutes – my fastest pace as an amputee!"

Another clinic participant, Laura Brumund, didn't have to travel as far, but still had to make a leap of faith. After being an above-knee amputee for more than a decade, Laura attended the clinic with the hopes of running again for the first time. As an able-bodied athlete, she was once a track and field competitor. As an amputee, her dream is to return to the track. With the confidence and mentoring provided by the clinic, she's on her way. Those first running strides will certainly not be her last.



Laura Brumund's First Run

They came with hope and left with confidence ... and a world-class roster of mentors from whom they can take inspiration – and advice. CAF and Ossur, as well as other program sponsors: Hanger, Scope, RGP and the S. Mark Taper Foundation, are helping Catch a Rising Star make huge strides. Together, we're changing lives one step at a time!

For more information about Catch a Rising Star and upcoming clinics, visit:
http://www.challengedathletes.org/programs/rising_star.htm

Xterra Creates Challenged Athletes Division; Provides Qualifying Slots for National Championship

The Nissan Xterra USA Championship Series will be among the first to create a Challenged Athlete (CA) National Qualifying Division. Now challenged athletes can participate within the CA Division of the Xterra point series and earn a chance to compete at the Xterra National Championships in Nevada on Oct. 1, 2006.

As one of the official benefiting charities of the Nissan Xterra Series, CAF applauds Xterra for their continued support of CAF's mission and their bold efforts to advance the cause of integration of challenged athletes into mainstream sports.

Challenged athletes wishing to compete in the new division must indicate so upon registration. For details of the new PC Division rules, visit:
http://www.xterraplanet.com/uploadedFiles/Fixed_Content/Races/How_it_Works/2006_points_series_rules.pdf.

NYC to host USA Triathlon Physically Challenged National Championships; CAF Triathlon Clinic Also Planned

The Big Apple will provide a big stage for some of America's most accomplished physically challenged triathletes when the Nautica New York City Triathlon plays host to the **USAT Physically Challenged National Championships on July 16, 2006.**

The race will determine who will represent the United States at the 2006 ITU World Triathlon Championships in Lausanne, Switzerland.

Members of the USAT PC National Team will also participate in a CAF triathlon clinic for physically challenged athletes, sponsored by Accenture (date/time/location TBD). The event will be open to any challenged athlete from the Tri State area interested in becoming involved in triathlon or improving their swimming, biking or running. Stay tuned for additional details, or contact jill@challengedathletes.org for more information.

Physically challenged athletes who have completed an Olympic-distance triathlon in less than 4 hours who are interested in competing in the USAT Physically Challenged National Championships should contact the USAT/PC Commission at emg@cox.net. Additional information can also be found at www.usatriathlon.org.

Emmanuel Ofose Yeboah Update

The Disability Bill advocated by Emmanuel Ofose Yeboah for the past several years in Ghana was finally brought to the floor of the Parliament and will likely be passed by Easter. Congratulations to Emmanuel, whose long struggle will be rewarded with equal rights for his disabled countrymen. The bellwether legislation is likely to have a profound impact not just in Ghana, but across Africa.

To read more on this story, visit <http://www.myjoyonline.com/ghananews.asp?p=3&a=22380>

To learn more about Emmanuel's life and his struggle, purchase Emmanuel's Gift today!
http://www.amazon.com/gp/product/B000CDSS18/qid=1137789060/sr=1-1/ref=pd_bbs_1/002-5248847-3796863?_encoding=UTF8&v=glance&n=130

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