



# CHALLENGED ATHLETES FOUNDATION®

Presents

## Texas Clinics for Challenged Athletes Leg-Amputee Running Clinic and Wheelchair Sports Clinic DECEMBER 3, 2011 - Arlington, TX

9:00am - 12:00pm

Registration begins at 8:30am

MENTORSHIP» MOBILITY» MOTIVATION

### Össur® Leg-Amputee Running Clinic (all ages and abilities)

Lead by Peter Harsch, CP and Francios Van Der Watt, PT

Össur®, the company responsible for making advanced performance prosthetics for the world's most elite amputee athletes, partners with the Challenged Athletes Foundation® (CAF), the organization that gets you started and keeps you going, to combine forces and bring you the most unique workshop designed for amputees to enhance your performance for sport and recreational activities.

YOU can learn how to run like a champion or simply improve your multidirectional mobility! Plus – you will receive instruction from renowned expert in amputee running and training, **Peter Harsch, CP** and **Francios Van Der Watt, PT**.

#### Join us and learn:

- ⊕ Leg over leg running
- ⊕ How to maximize prosthetic capabilities
- ⊕ Proper running techniques to improve speed and balance
- ⊕ Training techniques and sport specific exercises
- ⊕ Run in multiple directions for sports and recreation activities

#### Join us to:

- ⊕ Share your experiences with sport and recreational activities
- ⊕ Make new friends and find a training partner
- ⊕ Be a part of an unforgettable day and a CAF experience that is changing lives all around the world



### Wheelchair Racing and Handcycle Clinic (all ages and abilities)

Led by Justin Meaders, multiple marathon winner, and University of Texas, Arlington disabled sports athletes.

**Wheelchair racing** is a great way for athletes with various disabilities to get and stay fit, and an opportunity to compete. Our goal is to help you build the skills to get started with racing or to refine skills you already have to help you make the most of your abilities. (Bring a racing wheelchair with you if you own one, however, there will be chairs available at the clinic.)

**Handcycling** is perfect for people with any disability to get and stay fit. And, it provides an opportunity to participate in organized bike rides or ride with friends. Join CAF to learn more about this exciting sport. (Bring a handcycle with you if you have one, however there will be some available at the clinic.)



#### Join us and learn -

- ⊕ Proper chair fit
- ⊕ Pushing/cranking technique
- ⊕ Hill climbing tips
- ⊕ Equipment options
- ⊕ Proper positioning
- ⊕ Efficiency and speed instruction
- ⊕ Conditioning and strength exercises
- ⊕ Road and track racing information



#### Both clinics held at:

University of Texas, Arlington  
701 S. Nedderman Drive  
Arlington, TX 76019

#### Register online:

[www.CRS.kintera.org/TexasSports](http://www.CRS.kintera.org/TexasSports)

#### For information:

Jill Prichard at 858.210.3508  
[jill@challengedathletes.org](mailto:jill@challengedathletes.org)

#### To volunteer:

[www.CRS.kintera.org/TexasVol](http://www.CRS.kintera.org/TexasVol)