



CHALLENGED ATHLETES FOUNDATION Beating the Odds



This picture of my friend John was taken during a bike race in 2009. As you can see, John is a serious athlete. He loves to push his body to work harder and reach new goals. He is a fierce competitor who relishes the race, the sense of accomplishment and the way he feels after working hard to reach his goal.

Since 2003, when John began his involvement with the Challenged Athletes Foundation (CAF), I began hearing stories about the Foundation's work and the great athletes he was meeting and how they were changing his life. Every year, John participates in the Foundation's flagship fundraising event, a triathlon in San Diego. Over the years, he has participated alongside some of the most inspirational athletes he had ever run into – the challenged athletes.

CAF is a non-profit organization that provides equipment, support, training and opportunity to athletes with physical disabilities. It began with a triathlon in San Diego and a modest goal of raising enough money to help a paralyzed athlete purchase a specialized van in 1997. It now provides millions of dollars annually in grants and equipment to physically challenged athletes of all ages.

Since its inception, CAF has expanded its programs and now includes grant programs focused on children athletes.



John has been especially inspired by those young people.

“Words seem inadequate to capture the joy that is on each young athlete's face through the weekend as they swim, bike, or run around the La Jolla Cove Perhaps what is most rewarding now, going back each year as I have, is seeing some of the athletes who were just little kids when I first raced coming back as role models and mentors to the next generation of even younger kids. It means that more and more kids are realizing at an earlier age that a physical disability does not have to be the end of their athletic or competitive lives. It makes such a difference for them to see someone else like them

living an active life and it is clearly evident in the ear-to-ear smiles that can be seen all around the La Jolla Cove on that special weekend in October.”



John didn't even have to ask. The **Rohrstaff Law Firm** decided to become a sponsor of CAF to help it reach its goal of helping challenged athletes to achieve more than even they think they can achieve. The CAF motto to live by is “The only disability is a bad attitude.”

Good luck, John, on your next CAF triathlon on October 23, 2011. We look forward to hearing great stories about the power of the event and the impact that CAF has on you and other participants. The Rohrstaff Law Firm is honored to be one of its sponsors.

If you are interested in learning more about the Challenged Athletes Foundation or in making a tax-deductible donation, visit its website www.challengedathletes.org.

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