



SHIFTING GEARS *By: Jacqui Kapinowski*

As a young adult I faced many hardships getting bacterial meningitis at the age of 23, and again at the age of 28. No one thought I would live or make it out of the hospital alive! I survived this horrific disease only to find out down the road there was more to come.....

Seizures starting at the age of 35, as time went by my body started to change numbness and spasm started in my legs, stomach, head & neck. Having fluctuating severe muscle spasms, progressive stiffness, rigidity & dystonia it has now taking over my body from my chest to lower extremities that have left me wheelchair bound. It took four years to diagnose that I had a rare progressive neurological disorder which there's no cure called "Stiff Person Syndrome"

Despite the hand that has been dealt over the years, I continue to compete in marathons, the grueling 26.2 miles that runners have come to love. I enjoy the challenge, love being outdoors, love meeting new people all over the world. I have competed in 67 marathons, I ran 17, push my walker at 3 marathons the rest in my racing wheelchair.

I would not be doing what I love if it wasn't for the support I received when I contacted Kevin Spina about pushing my walker 10 yrs ago in Palm Beaches Marathon (silence for a brief minute) it was the start of a new beginning & a friendship of a lifetime. Kevin came out on course after running his race & met me & finished the marathon by my side, I will never forget that day! After spending time with Kevin & his wife Jill I never knew my life would change forever. I went back home to New Jersey to find out that Kevin raised money through friends & local merchants so I could purchase a racing chair & continue running all he asked is if I would come back next year to race again.

(7 months later I was permanently wheelchair bound)

I did come back the following year & every year after that thanks to Iva Grady who was so generous to me & my family over the years giving me



free comps & hotel so I could compete in be part of this great race.

Eventually that's where Achilles International came into my Life, Mary Bryant McCourt, Vice President of Achilles took me under her wing & made me part of the Achilles Family. As of today I get to coach, Train & Mentor others with disabilities & our soldiers that are coming home injured from overseas. What a gift I was given.

I have to say it was a tough learning how to use my new racing chair, I was scared & frustrated!!!! I had one month to learn before I was off to my first marathon in my new racer The Erie Marathon that morning I sat in my car crying I was never so scared in my life looking around to this different world that I am now part of. Looking at the girls & guys getting into their racing chairs, I said a prayer & off I went. I was in shock when I crossed the finish line 1st place & the best was I qualified for Boston Marathon with a time of 2:40 (2:40 qualifying time for Boston) of course more tears this time happy ones. I believe I'm the only female to run & wheel Boston.

One thing led to another in 2007 I earned a spot on the USA curling team earning a Bronze Medal in 2008 at the World Championships, Surzee, Switzerland. Competed in 2010 Paralympics finished 4th. I retired from curling & moved to Tequesta, Florida full time. Now I train everyday swimming, handcycling, pushing my racing chair. This year (May 2013) I went to Austin Texas to try out for the USA Paratriathlon team & broke the National record & earned a spot on the USA Team. Sept. 13th I will be competing in the World Championships in London, England in hopes of being on the podium.

I want to thank everyone at Achilles International, Mary Bryant McCourt, Dick Traum, & Chris Holcomb. Palm Beach Road runners Iva, Brian, Kevin & Jill, Bob & Rob Anderson & by the way Rob was my bike assistant for years when I competed in Boston. Thanks to all the people who supported me without all of you I would have never gotten where I am today my husband Harry & I are so Jacqui is already registered to race the upcoming 2013 Turkey Trot.

PALM BEACH ROADRUNNERS SPONSORED RUNNING CAMP 2013



My name is Erin McNally, I am a senior at Wellington High School and had the privilege of attending Warrior Running Camp for the past two years. Warrior camp is a week-long, sleep over camp located in Lake Wales at Webber University that helps improve your running skills while having fun! Getting ready for camp was difficult for me. I had to sort through my clothes, decide which ones I wanted to bring (as a girl, not an easy task),

and then load up the car with my own stuff as well as that of the four other team mates that travelled with me. They were all squished against my car's windows the entire three hour trek up to camp. Luckily, I was the driver, so I had plenty of room. Uncomfortable? YES! But worth it? YES!

Each day we rose at 5AM to catch a bus to run huge hills.....OUCH. The pain was offset by running through beautiful orange groves and eating awesome, plentiful food. There were a lot of fun activities during the day such as yoga, circuit training, and pool aerobics. There were also group challenges such as dodge ball, noodle wars and kick ball. I was on team "hot sauce", probably because of my red hair! There were also three guest speakers per day. One of the coaches, Mike Boza had a very inspirational message that has influenced my team for this upcoming season. We were able to talk to him after his speech and he gave us

great advice for this season. On one of the last nights, it was really nice when everyone got dressed up for a dance. The transformation from sweaty, stinking cloths to make up and non-spandex clothing was magic. We all clean up well :) The even had a hypnotist but I have to admit I was not taken "under the spell" like some of my team mates.

One of the best things about camp is the people. Runners are such a supportive and a close group of people that seem to relate to each other in so many ways, not just running. In attendance at the camp were hundreds of runners, so meeting new people and making a new friend or two was easy. I made some great friends from camp that I will likely keep in contact with for a lifetime. It was also great because at previous and upcoming cross country meets, I will see somebody I met a camp, which brings back some great memories.



PALM BEACH ROADRUNNER SOCIAL

SATURDAY, OCTOBER 12, 2013 6AM

MEYER AMPHITHEATRE DOWNTOWN WEST PALM BEACH ON FLAGLER BOULEVARD

Are you training for New York, Boston, Chicago or Palm Beach full or half?

We invite you to join us for a group social run of 20 miles or 12 miles on a beautiful marked course with water stops followed by breakfast food and drink back at the tent after your run. MEET FELLOWS RUNNERS AND FIND SOMEONE TO RUN WITH.

Please email Paula at pjh13run@aol.com by october 8th if you plan to join us.