

the Wave Writer

Monday, September 29, 2008

Go Beyond the Clinic

CYCLING AND TRACK ACTIVITIES CAN BE DONE LONG AFTER THE CLINIC IS OVER.

One major purpose of the National Veterans Summer Sports Clinic is to introduce newly injured veterans to outdoor activities they may have thought were no longer possible, and encourage them to make exercise a regular part of their daily routines.

Three of the five events at the Clinic – sailing, kayaking and surfing – require ready access to bodies of water, which makes adding them to a daily workout a bit more of a challenge. The other two however, cycling and track and field activities, can be done anywhere. “Track is something they can do daily,” said Tom Brown, Director of the National Veterans

Wheelchair Games. “We’re starting with a 50-yard dash, but this is really just a gauge for what we can do at future events.”

The track and field events – javelin, discus, shot-put and a variety of walking and running events, are sure to peak the interest of anyone wanting to add more activity to their lives. “We have educational clinics on how veterans can get involved in the track and field sports,”

Brown said. “Barbara Chambers, Chairperson of Wheelchair Sports USA, is here to help educate participants and

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WEATHER

TODAY



High 75°

Mostly Sunny

Low 66°

TOMORROW



High 77°

Sunny

Low 66°



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show them how to look on-line to find community groups or other activities they see at the Clinic.

Dave Tostenrude, who works at the VA Puget Sound Health Care System in Seattle, is serving as the cycling event coordinator this week. He believes the environment can make a big difference in an individual's decision to participate in an exercise program. According to Tostenrude, the cycling event being held at the Embarcadero, right by the Marriott Hotel, is the perfect motivation. He says, "It's a beautiful park in a wonderful setting, with the harbor in full view. It is really an incentive for anyone wanting to handcycle back home to find local parks in their areas."

Tostenrude believes that handcycling is one of the best activities for a person with physical disabilities. "It enables veterans with restrictions to take up cycling and ride in regular cycling events; it allows them to get out of the house and into the community along with their family members who ride bikes; and it helps prevent them from feeling isolated."

Clinic activities include educating veterans because there is more to it than just purchasing a handcycle

and going for a ride. "There is a fitting process for bikes that is just as important as setting a person up with a wheelchair," said Tostenrude. "The handcycles have to be set up to support the person, to protect them from the stresses that can cause an injury. Seating position and cushioning is very important as well as the individual's strength and ability."

"Veterans should talk to professional staff at their local VA medical center who have the networks to help them, because local bike shops are really not qualified to set up a handcycle properly," Tostenrude added. "The veterans partner with their therapists to determine their needs, and then VA can purchase the handcycle for those who are eligible."

No matter what sport you may be interested in, the end goal of the Summer Sports Clinic is consistent. As Brown puts it, "The philosophy here is to introduce veterans who may have ideas about things they think they can't do, to a variety of new activities that they can do." Tostenrude agrees, adding, "Just the location here in San Diego provides motivation for veterans to go home and do it! And that is key to this program." 🌀



Discover San Diego

A daily guide to discovering the host city for the National Veterans Summer Sports Clinic.

San Diego Zoo

The San Diego Zoo is one of the largest zoos in the world with over 4,000 animals of more than 800 species. It's a world-famous conservation organization where visitors view exotic animals in habitat environments. You will span the globe in one afternoon, viewing rare and intriguing wildlife from nearly every region of the world, in just one location – the San Diego Zoo.



Gaslamp Quarter

Located in the heart of downtown San Diego, the Gaslamp Quarter is Southern California's premier dining, shopping and entertainment district, where you'll find a truly eclectic blend of food, fun, nightlife and culture all within one of San Diego's most historic areas. Stroll past the Gaslamp Quarter's charming Victorian style commercial buildings constructed between 1873 and 1930. As the sun sets, the streets come alive in the Gaslamp Quarter. The old-fashioned gaslamps emit a warm glow along the wide brick walkways, illuminating the many charming sidewalk cafes, coffeehouses and nightclubs. The gaslamps transform the streets into a magical atmosphere alive with romance and elegance of the Victorian period. 🌀

Snapped!



Happy Birthday to Jennifer Ferrier!

Jennifer's birthday is today, so if you see her out and about, wish her many happy returns!



Schedule of Today's Events

Monday, September 29

8 am	Breakfast Marriott Hotel Restaurants • 6:30 a.m. - 8:30 a.m.				
9	Team Nautilus Track & Field Chula Vista Olympic Training Center 8:30 a.m. - 3 p.m.	Team Titan Surfing La Jolla Shores 8:30 a.m. - 3 p.m.	Team Poseidon Sailing San Diego Harbor 9 - 11:30 a.m.	Team Olympus Kayaking Mission Bay Yacht Club 9 a.m. - 3 p.m.	Team Neptune Cycling Embarcadero 9:30 - 11:30 a.m.
10					
11					
12	Lunch Served at all venues • Noon - 1 p.m.				
1					
2			Team Poseidon Cycling Embarcadero 1:30 - 3 p.m.	Team Neptune Sailing San Diego Harbor 1 - 4 p.m.	
3					
4	The 4:30 sessions presented below are mandatory for all participants.				
5	Team Nautilus Stress Management San Francisco Rm. • 4:30 p.m.	Team Titan Coping New York Rm. • 4:30 p.m.	Team Poseidon Community Integration Chicago Rm. • 4:30 p.m.	Team Olympus Nutrition Orlando Rm. • 4:30 p.m.	Team Neptune Stress Management San Francisco Rm. • 4:30 p.m.
6					
7	Dinner Marriott Hotel Restaurants • 6 p.m.				
8					
9 pm					



Monday's Bus Schedule

Morning Sessions

Surfing, Team Titan:

Load at 7 a.m., depart hotel at 7:30 a.m.

Kayaking, Team Olympus:

Load at 8 a.m., depart hotel at 8:30 a.m.

Track & Field, Team Nautilus:

Load at 7 a.m., depart hotel at 7:30 a.m.

Sailing, Team Poseidon:

Load sailboat at 9 a.m.

Cycling, Team Neptune:

Load at 9 a.m., depart hotel at 9:30 a.m.

Afternoon Sessions

Surfing, Team Titan:

Load at 3 p.m., depart venue at 3:30 p.m.

Kayaking, Team Olympus:

Load at 3 p.m., depart venue at 3:30 p.m.

Track & Field, Team Nautilus:

Load at 3 p.m., depart venue at 3:30 p.m.

Sailing, Team Neptune:

Load sailboat at 1p.m., depart venue at 3:30 p.m.

Cycling, Team Poseidon:

Load at 1 p.m., depart hotel at 1:30 p.m.

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Medical Information

For life threatening emergencies call 911.

Medical care is available twenty four hours a day, every day at the Clinic. Beginning Saturday, September 27 at 7:30 a.m. a nurse will be on call.

The medical room is located at **Marriott Hotel, Room 2000, 20th Floor in the North Tower**. A nurse or doctor, will be on duty in the room from **7:30 a.m. - 8 p.m. daily**. If, for some reason the nurse is not in the room, please call **(619) 886-4058**.

Host Room

Participants who have questions or need assistance at the hotel should go to the Host Room in **Torrey 3**. The Host Room opens Monday at 6:30 a.m. and will operate through Wednesday from **6:30 - 10:30 a.m.** and **2:30 - 6:30 p.m.** If you need any assistance outside these hours, please call **(619) 888-4026**. Make note that the Host Room will be closed on Thursday and Friday.

Prosthetics and Wheelchair Repair

There will not be a central location for wheelchair or prosthetic repair at the Clinic. There will, however, be a Wheelchair Technician at the Track & Field and Cycling venues from 8 a.m. to 4 p.m., Monday-Friday.

The Track & Field venue is the Chula Olympic Training Center, and Cycling is located at the North Park, Embarcadero.

The Wheelchair Technician can be contacted at **(619) 886-4940**. The "on call" Prosthetist is at **(619) 886-4187**.