



Cycling Through Life's Challenges

By Sharon Palmer, Central Arkansas Veterans Healthcare System

Snow skiing hasn't always been the "sport of choice" for Wayne Ross of Scituate, MA. A former Air Force Nuclear Launch Control Officer, Ross was an avid bicyclist until a tragic accident in October of 1996, during his biggest ride ever, left him a C-6 quadriplegic. "Bicycles were my whole life," Wayne explains. "I'd bicycled all over the world, and cycled the whole U.S. in a square – up and down each coast, and across the top and bottom."

On June 12, 1996, Ross and a friend, Christopher 'Spike' Ramsden, embarked upon literally the world's longest journey, attempting to set a new Guinness book record while raising funds and awareness for the Multiple Sclerosis (MS) Foundation. Their 16,000 mile adventure would begin from Prudhoe Bay, AK, the northern most point of North America, and end months later at Cape Horn Island, off the southern tip of South America. At least that was the plan. Wayne's ultimate physical challenge, doing the sport he loved most, ended abruptly at the halfway point of the trip in Guatemala City when he collided with a bus and fractured his neck. "Ironically, I was bicycling to raise money for people with MS – to help people in wheelchairs - and now I'm in a wheelchair myself," Wayne noted. The community and organizations he'd worked for in the past were there to support him when he needed it most. "People were charitable to me and my family, and helped me deal with what was going on."

PARTY TONIGHT !!!

Everyone is invited to attend the Instructor Appreciation Party tonight, 8:00 p.m. to midnight, Conference Center Ballroom. Entertainment will be provided by special guests, The Amazing Rhythm Aces. See you there!

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TODAY'S SCHEDULE

6:30 - 8:30a	BREAKFAST: Conference Center
7:30- 8:30a	Yoga Warm Up: Wildwood Hotel, Max Park
8:00a - 4:00p	Horseback Riding: Carbondale
8:30 - 11:30a	Downhill Skiing: Rock Island, Granite, Sneaky's
8:30a - 3:00p	Cross Country Skiing, Snowshoeing: Conference Center Circle for Ashcroft
9:00 - 11:00a	Scuba Diving: Silvertree Hotel Pool
9:00 - 11:30a	Snowmobiling: T Lazy 7 Ranch
9:30 - 11:30a	Sled Hockey: Aspen Ice Rink
10:00 - 11:30a	CEU Educational Workshop: Physical Activity for Persons With MS -- Kearns Room
10:00 - 12 noon	Rock Climbing & Hand Cycling: Conference Center Circle
11:00a - 1:00p	LUNCH: Conference Center
11:30a - 4:00p	Shooting Sports & Archery: Basalt Trap Club
12:30 - 3:30p	Downhill Skiing: Moonshine, Wildcat, Slider
1:00 - 6:00p	Trip to Aspen & Dinner at Elks Club: Conference Center Circle
1:00 - 3:00p	Rock Climbing & Hand Cycling: Conference Center Circle
2:00 - 3:30p	CEU Educational Workshop: Ethical & Legal Issues for the CTRS -- Kearns Room
2:00 - 4:00p	Scuba Diving: Silvertree Hotel Pool
3:00 - 4:00p	Yoga Cool Down: Wildwood Hotel, Max Park
4:00 - 5:15p	DINNER: Conference Center
4:30p	Ski Instructor Mtg: Silvertree Hotel, El Dorado
4:30p	Team Leader Mtg: Stonebridge Inn, Council

More CEU Opportunities

CEU Educational Workshop:
Hometown Heroes: Living
Your Legacy, Part I -- Kearns
Rm, 6:00 p.m. - 7:30 p.m.

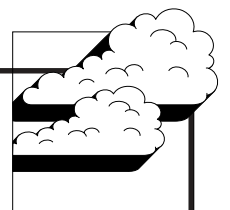
CEU Educational Workshop:
The Healing Power of Humor --
Kearns Rm, 7:30 p.m-9:00 p.m.

Prosthetic & Wheelchair Repair

**Carroll Room, during meal
hours, thru Friday.
6:30 a.m. - 8:30 a.m.
11:00 a.m. - 1:00 p.m.
4:00 p.m. - 5:15 p.m.**

**Saturday
6:30 a.m. - 8:30 p.m.
11:00 a.m. - 12:00 noon**

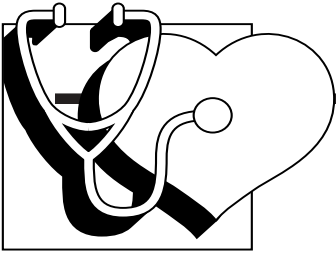
WEATHER CORNER



**30% Chance of P.M.
Snow Showers**

UV Index 3 - Low

**Today's High: 56
Tonight's Low: 25**



Health Watch

Tips for Today

Please wear your sunscreen! Snowmass is located at an elevation of more than 7,900 feet. This brings you low-landers much closer to the sun and sunburn. Additionally, the snow cover reflects sunlight and increases and intensifies exposure. Use sunscreen with a sun protection factor (SPF) of 30 or greater, and use it often. And don't forget the sunglasses!

How are those eyes? You may notice extreme dryness in your eyes and nose this week, for good reason. The humidity is much lower due to the cold air (it holds less moisture than warm air) and there is no active source for moisture to be absorbed into the air in the winter. Use moisturizing eye drops and nose sprays to keep eye burning and nose stiffness to a minimum.

Medical Information for Participants

PHONE: 970-923-2000 Ext.381

Medical Emergencies:

- Call 911 for an ambulance for transport to the local emergency room.

Non-Emergent Care, 8:00 a.m. - 9:00 p.m.:

- Bedford A conference room, one level below mall, across the street from Mountain Chalet Hotel
Stairway access from mall is next to Christy Sports.
- Wheelchair access must use elevator at far end of mall above main bus terminal to get to medical room level.

Transport:

- Van transport is available from Silvertree Hotel to medical room. Find medical van in front of hotel, or call medical room for transport.

After Hours:

- Call medical room for recorded instructions for contacting "On Call" medical provider. If unsuccessful, call hotel operator.

Lost & Found

LOST

- Minolta camera in black case

FOUND

- Chair cushion, red & white
- Green ski cap
- Black left mitten
- Smith goggles from snowmobiling
- Child's black glove
- Pair of light brown gloves
- Two pairs of sunglasses
- One pair clip-on sunglasses in case
- Black fleece jacket, size M

See the Host Room staff to drop off or claim items.

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Wayne's life had changed, but most definitely had not ended. These days, he's still an avid athlete and committed to community service. He's been in a wheelchair more than six years, and this is his sixth Winter Sports Clinic. "Since my injury, the biggest thing in my life has been swimming," says Wayne. "I started swimming in January of '97 while still in the hospital as part of my therapy, and moved on to swim competitively." He's set several local and national swimming records in the backstroke. Wayne also competes in bowling and stunt kite events. "Flying stunt kites is the only thing I actually do better now, from a wheelchair, than when I walked."

Wayne gives back to his community *and beyond* by telling his story to kids. "I tell younger kids to practice safe sports, emphasizing using helmets, and I try to encourage older kids to set goals."

Wayne's bicycling challenge of a lifetime didn't go as planned, but it had a remarkable ending. His friend 'Spike' went on to finish the trip, setting a world record for bicycling and earning a place in the famous Guinness Book of World Records. And in an unprecedented move for Guinness, Wayne Ross' name appears alongside his friend's. Wayne is also credited in Ripley's Believe It or Not for his invention of a boat, made of 1,273 aluminum cans and weighing only 40 lbs., that can unbelievably float over 900 lbs.

Though not the way he'd planned, Wayne Ross has achieved fame and recognition. He continues to set high goals and face challenges head on. But perhaps the most admirable thing about Wayne Ross is his giving spirit and his desire to influence the lives of children for the better.

(Wayne's story came to us through his interview with the Veterans History Project. If you would like to participate, contact the Media Center in the Erickson Room)



E a t s

Lunch today (11:00 a.m. - 1:00 p.m.): Potato Salad; Fruit Salad; Hamburgers, Bratwurst and Hot Dogs; Sauerkraut; Potato Chips.

Dinner today (4:00 p.m. - 5:15 p.m.): Caesar Salad; Penne Pasta with Meatballs; Meat Lasagna; Four Cheese Lasagna; Zucchini and Peppers; Roasted Potatoes; Italian Bread.

Breakfast tomorrow (6:30 a.m. - 8:30 a.m.): Fresh Fruit; Oatmeal; Breakfast Breads; Scrambled Eggs; Sausage and Ham; Coffee, Tea, Juices.