

Bridge City POST

PITTSBURGH, PA | AUGUST 1, 2011



Game On! >>>

IN THIS ISSUE



«« **Welcome to
Pittsburgh!**



Games Kick-off



**At the Expo:
Jessica Lynch**

Presented by Paralyzed Veterans of America and the Department of Veterans Affairs

Games Online



Stay on top of all the Games action! “Like” VA Pittsburgh on Facebook or follow #NVWG this week on Twitter.



NVWG

www.wheelchairgames.va.gov



VAPHS

www.pittsburgh.va.gov/NVWG



Facebook

www.facebook.com/VAPHS



Twitter

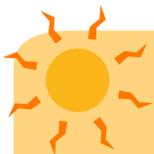
twitter.com/VAPittsburgh

On the Cover: VA researcher and athlete Rory Cooper on the Roberto Clemente Bridge.

Spirit of the Games



The Spirit of the Games Award is the most prestigious honor given at the Games, recognizing the athlete who epitomizes a true champion’s qualities—excellence, sportsmanship and strength of character. Pick up a ballot at the David L. Lawrence Convention Center hospitality table and vote today! *All ballots must be in no later than 10 a.m. Friday, Aug. 5.*



Weather

Average high: 83°F

Average low: 60°F

Average rainfall: 3.15"

Welcome to Pittsburgh

To our heroes:

For the last two years, we have envisioned this moment. The photo finishes. The crowds and their electrifying rally cries. Your smiling faces as you greet friends both old and new.

Oh, yes, have we envisioned this moment.

And, along the way—after many days of fretting and planning and “back to square one” moments—we’ve tallied up quite a lot of successes.

We’ve packed your week of nonstop action with some exciting extras, including a Pirates game, Gateway Clipper ship cruise and an evening of all-American food at Heinz Field, home of the Pittsburgh Steelers.

We are so excited—and so very honored—to show you how all of our extra-mile efforts will play out in the week to come. And, if you would be so kind, we have just one stipulation: for you to enjoy this ride.

Take it in. Pause. Breathe. Relish this amazing week of perseverance, stiff competition and even stronger camaraderie.

Enjoy this ride.

On behalf of the Keystone Paralyzed Veterans of America and VA Pittsburgh Healthcare System, we’d like to officially (and warmly) welcome you to our city.

Welcome to *your* Games.

Your proud hosts,

Terry Gengk Wolf
VAPHS Director and CEO

Fred Tregaskes
Keystone PVA President



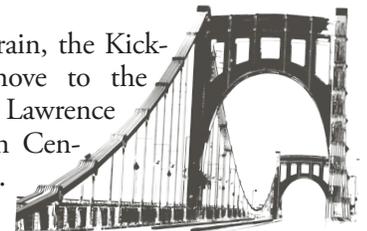
Let the Games Begin!

Come to the legendary Roberto Clemente Bridge today to see a group of seasoned athletes tear through a one-of-a-kind slalom obstacle course!

The Kick-off for the 31st National Veterans Wheelchair Games, which starts at 11:30 a.m., serves to introduce the Games to the community. For the first time, the Kick-off will showcase slalom, spotlighting the skill and grit of eight top athletes from last year’s competition.

“I encourage all to attend this year’s Games Kick-off,” said Derek Coughenour, a VAPHS physical therapist who organized the event. “This is a great prelude to a week of competition, rehabilitation and fun.”

In case of rain, the Kick-off will move to the David L. Lawrence Convention Center’s Hall B.



More than **600** athletes registered | **700** “good luck” cards written by local schoolchildren | **8 Super G** slalom athletes in

On the Menu



Tuesday's Meal Schedule

Breakfast: 5:30–9 a.m.

Lunch: 10:30 a.m.–1:30 p.m.

Dinner: 4:30–6:30 p.m.

We will give athletes and coaches WePay debit cards starting Tuesday, Aug. 2, allowing them to choose where they eat breakfast, lunch and dinner. Intended for meals only, the cards will have \$67 loaded on them daily through Friday, Aug. 5.

Breakfast, lunch and dinner will be available to buy in the convention center's second-floor concourse.

Welcome Reception Menu

Appetizers

Thai chicken skewers, braised short ribs, grilled vegetable skewers, Parmesan crisps and Primanti's-style sandwiches.

Mini Desserts

Banana cream pie, chocolate mousse, key lime pie, tiramisu, and carrot and red velvet cakes.

Drinks

Coffee, iced tea and lemonade.

WORD on the Burgh

A daily dose of Pittsburghese

yinz: you ones

gumbans: rubber band

dahntahn: downtown

Today: Meet Veteran Jessica Lynch

Amid the various booths, mandatory stops and free giveaways, Veterans and visitors at today's Expo will find a special guest: former prisoner of war Jessica Lynch.

This marks the Army Veteran's first time at the National Veterans Wheelchair Games, and she said she looks forward to meeting her fellow Veterans and seeing them compete.

"I just think it will be interesting to support them and see their talents played out," said Lynch, 28, who traveled to Pittsburgh with her four-year-old daughter, Dakota, and family.

The West Virginia native knows the challenges of living with disabilities, having suffered a broken back, crushed legs and internal injuries after her military convoy was ambushed in Iraq in March 2003. Her experience—which still involves continual bouts of physical therapy—is in part what motivated her to come to the Games.

"Sometimes I get so frustrated...I'm still struggling with living with a disability, so I look at these men and women and how courageous they are to put their disabilities aside and want to have fun and compete," Lynch said. "I think they're amazing. I can't wait to be there and see them in action."

Lynch is about to hit a major milestone herself: She's set to graduate this December, earning a teaching degree that puts her one step closer to her longtime dream of becoming an educator.

Her message to athletes this week?

"There's probably not much that anyone can tell these men and women," she said. "Good luck, and have at it." ■



At the Expo

David L. Lawrence Convention Center, Halls D and E | 9 a.m.–4 p.m.

Don't miss...

- » **Veteran Jessica Lynch** at a special table for female Veterans
- » **2010 Miss Wheelchair Ohio Amy Jo Riter**, who will greet Veterans
- » the **Pennsylvania Army National Guard's 28th Division Band** playing military tunes just outside the Expo area
- » the **Children's Corner**, which includes face painting, coloring, a bean-bag toss and a sand and water table
- » the **special gift for athletes** at Keystone PVA's booth.

the **Games Kick-off** | **1,500** French-fry-stuffed sandwiches and **6,000** appetizers prepared for the welcome reception



Games Schedule

Be sure to **arrive at your events one hour before** they start.

Monday, Aug. 1		
9 a.m.–4 p.m.	Games Registration & Expo	DLCC - Hall D&E
11:30 a.m.	Games Kick-off	Clemente Bridge
1–2 p.m.	Coaches' Meeting	DLCC - Hall A
2:30–3 p.m.	Novice Athlete Meeting	DLCC - Hall A
6–7 p.m.	Opening Ceremonies	DLCC - Hall A
7:30–9:30 p.m.	Athlete Welcome Reception	DLCC - Concourse 2, Hall B
Tuesday, Aug. 2		
7:30–8:30 a.m.	Late Registration	DLCC - Data Mgt. Room
8 a.m.	Bowling (IV, V)	PL
	Nine-Ball (II-III)	DLCC - Hall D
	Slalom (Motor - Hand, Head, Mouth)	DLCC - Hall B
	Air Guns (Assigned Times)	DLCC - Hall E
10 a.m.	Air Guns (Assigned Times)	DLCC - Hall E
1 p.m.	Table Tennis (II-III)	DLCC - Hall D
	Air Guns (Assigned Times)	DLCC - Hall E
	Nine-Ball (IV-V)	DLCC - Hall D
	Bowling	PL
2–5 p.m.	Weightlifting Weigh-In	DLCC - Alcove A
3 p.m.	Air Guns (Assigned Times)	DLCC - Hall E
	Bowling (Ramp)	PL
6:30 p.m.	Slalom (I A-B-C)	DLCC - Hall B
	Bowling (Ramp)	PL
7 p.m.	Basketball (Games 1,2,3)	DLCC - Hall B-C
	Air Guns (Assigned Times)	DLCC - Hall E
8:30 p.m.	Basketball (Games 4,5,6)	DLCC - Hall B

DLCC - David Lawrence Convention Center PL - Princess Lanes

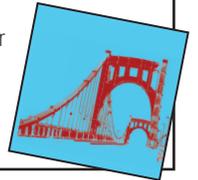
1 Don't miss an official welcome from your Pittsburgh-area fans who are proud hosts of the Games! This event will also include live music from the 28th Division Band.

1 Come for the music picks of DJ Gunner and to see fellow Veterans' artwork on display!

Get Your Legend-Worthy GAMES GEAR

On sale at the convention center while supplies last!

Plus: Swing by a souvenir booth every day for a new free button pin. Quantities limited.



Odds and Ends

- » We are completing **team rosters for quad rugby, basketball, softball and power soccer** today, and will distribute them during tonight's welcome reception. You can also pick them up Tuesday morning at the DLCC's hospitality table. Be sure to pick up your assignments as soon as possible to verify your event details and make sure you're at the right place at the correct time for your sport.
- » Need help? Stop by a **hospitality table** or pull aside one of our roaming concierges—wearing black "Hero Helper" aprons.
 - » Westin: 7 a.m.–10 p.m.
 - » Omni: 7 a.m.–10 p.m.
 - » DLCC: 7 a.m.–10:30 p.m.
- » Hop online at **HP's computer workstations** on the DLCC's second floor, outside Hall A. Open during DLCC hours.
- » **Wheelchair Repair**
 - » Westin: Pennsylvania Room, 8 a.m.–8 p.m. Minor repair service at DLCC and all off-site venues during events. Emergency repair: 1-800-272-3233.
- » **Medical Suites:**
 - » DLCC: Room 330, 7:30 a.m. until last event ends
 - » Westin, Room 2322; Omni, Room 1540/1550. 7:30 a.m.–10:30 p.m. Staff will be on-call 10:30 p.m.–7:30 a.m. and can be reached by calling your hotel's front desk.
- » **Durable Medical Equipment:** On-call: 206-972-1621/1620. Westin, Allegheny Room I, ext. 6426; Omni, Riverboat Room, ext. 5035. Athletes at the Marriott can register at the Westin for DME.
- » **Transportation:** Boarding for shuttles to events will begin 60-90 minutes beforehand.
 - » Pickup and drop-off: DLCC east lobby entrance
- » **Specialty Chairs:** You must register specialty chairs on the DLCC's second floor, 9 a.m.–4 p.m. You can inspect your chair, which we will tag and store in a secure room until your event.
- » **Lost and Found:** DLCC, second floor, show office C. 6 a.m.–10 p.m.

