

Bridge City POST

PITTSBURGH, PA | AUGUST 6, 2011

Race to the Finish



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

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Stay on top of all the Games action with #NWWG on Twitter!



NWWG

www.wheelchairgames.va.gov



VAPHS

www.pittsburgh.va.gov/NWWG



Facebook

www.facebook.com/VAPHS



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twitter.com/VAPittsburgh

On the Cover: Army Veteran Jerry Braun in the power chair relay.

Departure Notice

All of your bags must have a completed UPS tag to identify your airline. Replacement tags are available at hospitality tables.

The bags you plan to check should be set together and ready for pickup **INSIDE** your room today by 4 p.m.

Hotel staff will **ONLY** pick up **TAGGED LUGGAGE**.

WORD on the Burgh

A daily dose of Pittsburghese

sweeper: vacuum

tahl: towel

grinny: chipmunk

Celebrating a Legendary Week

The city of Pittsburgh has witnessed magic this past week: One athlete after another has pushed through countless obstacles and triumphed, creating memories that will last long after the applause and cheers have faded.

Join us for an inspirational evening that celebrates a week's worth of athletic skill and spirit. Tonight's Closing Ceremonies and Banquet will take place in Hall B at the convention center. You must have bought a ticket in advance to attend.

Doors open at 5 p.m. with pre-ceremony entertainment from a local band. We will announce the **2011 Spirit of the Games winner** before passing on the torch to next year's host facility, the Hunter Holmes McGuire Richmond VA Medical Center. You also won't

want to miss a special video featuring the week's highlights.

There will be a cash bar before the event begins.

Come celebrate a week that has allowed us all to see heroes become legends! ■

We are pleased to welcome Dr. Robert A. Petzel, the VA's undersecretary for health, and Bill Lawson, national president of Paralyzed Veterans of America, who will address athletes and other guests this evening.



Petzel



Lawson

Nearing the Finish: Finals Today

Debbie Brammer, Public Affairs Officer, Huntington (W.Va.) VA Medical Center

As we wrap up this legendary Games week, we have several championships that are sure to thrill spectators and athletes alike. The best of the best will be giving it their all in the softball, basketball, power soccer and quad rugby finals today.

These action-packed games begin at 11 a.m. with the top two softball teams playing for gold. You can be sure the players will step up to the plate to deliver one heck of a game for those who love this all-American sport.

Remember the bump? Well, we're not talking about the popular 1970s dance here, but the power soccer championship game, where bumping and driving to score will keep you on the edge of your seat.

And if you haven't seen quad rugby yet, be sure to catch today's exciting match. You won't want to miss the rough and tumble action and fierce competition of this unique sport!

The basketball teams will be taking it to the hoop in today's consolation game at 1 p.m., two hours before the championship. Don't blink, because you don't want to miss one second of these fast-moving, intensely competitive final games.

Be sure to stick around for the awards ceremonies, where former Pittsburgh Steelers Rocky Bleier, Robin Cole and Franco Harris will present medals for quad rugby and basketball right after the finals.

Best of luck to all the teams! ■

Just Call Him Coach

James Theres, Public Affairs Specialist, Tomah (Wis.) VA Medical Center

A local teacher jumps from Games volunteer to coach



Some things are just meant to be. For Paul Welty, a teacher at Shaler Area Middle School in Glenshaw, Pa., one such thing was volunteering for the Games—a decision that unexpectedly catapulted him from volunteer to coach.

After finishing an eight-hour shift on Tuesday, Welty, a Marine Veteran, went down to watch the first round of basketball that night. As he stood on the sidelines, a ball rolled by him. Another one followed.



Coach Welty talks strategy with his team before their second win Thursday night.



A team huddle. The athletes play for the gold this afternoon.

Games Video



Scan the QR code with your smartphone to watch!



Today's Finals

Sports: softball (11 a.m.); power soccer (1 p.m.); quad rugby (3 p.m.); basketball (1 p.m. consolation; 3 p.m. championship)

Location: Hall C

“No one was rebounding for the guys, so I decided to,” Welty recalled.

After five minutes of silent rebounding, an official walked up and asked the players who their coach was.

“Him,” team member Willie Harvey said.

“I looked around a bit and then realized they were pointing at me,” said Welty, who happens to be a former college basketball coach. “I said, ‘Sure, I’ll do it.’”

Things moved quickly after that, as the accidental coach called a team huddle. His first question: What do we do?

In minutes, the Veterans schooled him on the rules. One of the more seasoned players selected the starting five. Welty then spent the first half getting up to speed.

“We hung in there,” he said, “but I was flying by the seat of my pants.”

In the next team huddle before the second half, Welty had some strategy for his athletes: Keep the middle plugged, watch the picks, play hard defense.

“You got it, Coach,” one of the Veterans said.

Hearing the moniker, Welty’s apprehension melted away.

“They were looking to me for support,” he said. “I was extremely humbled.”

His first game as coach turned out to be a real barn burner—a thrilling game with more than 150 spectators that came down to the last shot—that resulted in a win for Welty’s team.

“One of my players, Little C [CeCe Mazyck], almost leapt out of her chair to hug me. It really moved me,” Welty said.

“It kind of found me,” he said of being a coach. “Now I’m hooked.” ■

Games officials



1,600 challenge coin gifts at Closing Ceremonies

3,560 volunteers





Veterans' Best Friends

You've seen these Veterans throughout the week, but can you match them with their service dogs? *Answers on p. 5.*

Bentley



Glory



Pink



Dumas



1. Donny Thomas



2. Jillian Underriter



3. Holly Koester



4. William Hendrickson



40 wheels fixed daily at the hotel repair station and 200 daily minor repairs at the floor

On the Menu



Saturday's Meal Schedule

Breakfast: 5:30–9 a.m.

Lunch: 10:30 a.m.–1:30 p.m.

Athletes and coaches will have **\$32 on their WePay debit cards** today to buy breakfast and lunch at the restaurant of their choice or on the convention center's second-floor concourse.

Breakfast

Cheese-filled omelet with roasted potatoes and sausage

Warm biscuits and gravy with sliced tomatoes

Lunch and Dinner

Fried chicken with baked beans

Pizza with mixed green salad

Hot dog or kielbasa with chips

Closing Banquet Menu

Allegheny arugula salad

Smoked beef brisket with red wine demi-glace and sweet potato gnocchi

Local apple crisp

Dinner also includes rolls, sweet butter, coffee and tea.

Get Your Legend-Worthy GAMES GEAR

On sale at the convention center while supplies last!



Getting in the Game



First-timers share their journeys to the Games

Surgeries and other obstacles kept Army Veteran Chanda Gaeth, 46, from attending the Games for a time. But this year, the stars aligned for the Fort Hood, Texas, resident. She sees this week as an avenue to a life of more than just doctor's appointments—and a chance to reconnect with fellow Veterans.

I learned about the Games a few years ago from Jose Laguna, a recreation therapist at the VA in San Antonio, but the priority has just been putting me back together physically, and mentally handling not being all you can be anymore... Overall, things in my life are so much better now.

I started training in March. I'm doing swimming, air rifle and handcycling. I love the water, so swimming was a natural choice, as was shooting. But cycling is hard. It's a lot of work, and I needed to build up strength in my arms.

Jose tried to do at least one thing a week to get us ready for the Games. I aimed for at least two shooting events per month—and got in one day at the pool and one on my bike during the week. Jose even arranged for us to go rock climbing. I was petrified, but it was good muscle exercise.

When I started handcycling, I could maybe do a block—not even the distance of the race [3.1 miles]. Now I can do five miles, and I'm faster and more confident. My partner has encouraged and pushed me to work harder every day.

I didn't expect that I could do any of it, but when it becomes more about the sport, it's really surprising because you're concentrating so hard on just pushing out a little bit farther. Then, all of a sudden—"Hey, I'm at the end! How did I do it?"

The Wheelchair Games is just a really good motivator for everything else in my life. It's proof to me that you can do stuff, not just be sick. I hope to be able to do it again and stay involved. ■

Gaeth won gold and silver medals in her swimming events on Wednesday.



3. Holly Koester, Army Veteran/Glory
4. William Hendrickson, Army
National Guard Veteran/Bentley

1. Donny Thomas, Army Veteran/Dunnas
2. Jillian Underwriter, Army Veteran/Pink

repair station

300 disposable bath towels



25 service dogs







PITTSBURGH

where **HEROES** become **LEGENDS**



Games Schedule

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

Saturday, Aug. 6		
7:30 a.m.	Handcycling	North Shore
8 a.m.	Softball (Games 7,8)	DLCC - Hall A
9 a.m.	Motorized Wheelchair Rally	Carnegie Science Center
9:30 a.m.	Softball (Games 9, 10)	DLCC - Hall A
11 a.m.	Softball (Championship & Consolation Games)	DLCC - Hall A
1 p.m.	Power Soccer (Championship Game)	DLCC - Hall C
	Basketball (Consolation Game)	DLCC - Hall C
3 p.m.	Basketball (Championship Game)	DLCC - Hall C
	Quad Rugby (Championship Game)	DLCC - Hall C
7 p.m.	Closing Ceremonies & Banquet	DLCC - Hall B

DLCC - David Lawrence Convention Center

6 Celebrate a week of legend-making! Pre-ceremony entertainment begins at 5 p.m. Tickets required to attend.

6 Cheer on today's handcyclists, who are tackling a scenic racecourse that runs throughout downtown Pittsburgh and the North Shore!

Attention! Athletes who drove to the Games: We will deliver your specialty chairs back to the hotels starting at 7 p.m. today. We will store them in the Omni's Three Rivers Room (William Penn level); the Westin's Washington Room (second floor); and the Marriott's Marquis A (third floor).

Odds and Ends

- » Family members **cannot** accompany athletes through the course during the **motor rally event**.
- » **Registration** for chip timers and wave assignments for the **handcycling race** will take place outside the DLCC's east lobby at 6:30 a.m. sharp. Road closure and staging begin at 7 a.m. Volunteers will deliver handcycles stored in the specialty chairs area.
- » Athletes and coaches: Be sure to get **separate checks** when **paying with WePay cards**.
- » Need help? Stop by the **hospitality tables** or pull aside one of our roaming concierges—wearing black “Hero Helper” aprons.
 - » Westin: 7 a.m.–4 p.m.
 - » DLCC: 7 a.m.–7 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. Be sure to return all DME upon checkout

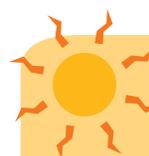
Award Presentation Schedule

Medal presentations will take place on a special awards stage located in the concourse on the DLCC's second floor.

Saturday, Aug. 6	
11 a.m.	Track & Field
5 p.m.	Handcycling
	Motor Rally

These presentations will take place at the event location immediately after it ends:

Saturday, Aug. 6	
11 a.m.	Softball
2:30 p.m.	Power Soccer
	Basketball (Consolation)
3:30 p.m.	Quad Rugby
	Basketball



Weather

High: 80°F | Low: 72°F
Chance of rain: 60%

