



Bridge City POST

PITTSBURGH, PA | JUNE 2011

The Final Push



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

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What's New at THE EXPO



Where: David L. Lawrence Convention Center, Halls D and E

When: Monday, Aug. 1, 9 a.m. – 4 p.m.

As you weave your way through the many booths (and make sure you hit each mandatory stop!) at the Expo this year, look for some of the unique aspects we've added to make it extra special!

For Everyone: Members of the Pennsylvania National Guard's 28th Division Band will perform popular military tunes from 8 to 9 a.m. outside the Expo area.

For Kids: Come to the Children's Corner for face painting and a coloring break!

For Women: Stop by a special table for giveaways and valuable health information from our Healthy Women's Center staff.

For Smokers: Trying to kick the habit? Check out this table for information on getting started and stress-relief tools. ■

Health Watch: Prepare for the Heat

Denise Boehm, Medical Committee



Pittsburgh rarely experiences scorching temperatures in August, but our humidity levels can soar, adding what feels like 15 degrees to an otherwise balmy day in the mid-80s—and leaving you sweating buckets!

High humidity means sweat will not evaporate as quickly, preventing your body from swiftly releasing heat. If your body doesn't cool properly or enough, you could be at greater risk for a heat-related illness.

The first sign of such illness is muscle cramps. Individuals experiencing this symptom should stop, drink water or a sports drink and rest. More severe symptoms can include headaches, dizziness, weakness, exhaustion and nausea.

Remember: Have fun, but stay cool! ■

Preventing Heat-Related Illness

- » Dress for the heat. Wear light-weight, light-colored clothing, which will reflect away some of the sun's rays. Hats are also a good idea.
- » Carry water and drink continually even if you do not feel thirsty.
- » Eat small meals—and often. Avoid foods high in protein, which increase body heat.
- » Stay inside. If you must be outdoors, find a shady spot if you begin to feel overheated.
- » Take regular breaks during physical activity. If you are feeling the signs of heat-related illness, stop and find a cool place.

Veterans' Art Display

Helen Trent and Nancy Kovell, Athlete Reception Committee

Keep an eye out for a unique exhibit at the Athlete Reception on Monday, Aug. 1 at 7:30 p.m.

We've asked artists—all Veterans—to showcase their creativity in a display. The result? A collection of artwork that highlights the exceptional spirit of our athletes, our country and our city. Some of the artists also are competing in this year's Games! ■



Discover the Burgh



Allegheny County 2011 Summer Concert Series
www.alleghenycounty.us/summer

The Andy Warhol Museum
412-237-8300 | www.warhol.org

Carnegie Science Center
412-237-3400
www.carnegiesciencecenter.org

Cathedral of Learning
412-624-4141
www.tour.pitt.edu/tour-080.html

Duquesne Incline
412-381-1665
www.duquesneincline.org

Kennywood Park
412-461-0500 | www.kennywood.com

Phipps Conservatory and Botanical Gardens | 412-622-6914
www.phipps.conservatory.org

Pittsburgh Pirates
www.pirates.com

Pittsburgh Zoo & PPG Aquarium
412-665-3640
www.pittsburghzoo.org

Announcements

Registration



Before the Games, all athletes must submit and confirm their VA eligibility and the equipment they are bringing.

It is extremely important that you provide all of your specific travel information, including incoming and outgoing flight details, to PVA and the registration committee. This will help ensure that travel assistance between the airport and hotels goes smoothly.

If you have questions, contact Judy White at 412-822-1091 or Judith.White2@va.gov.

Registration and early classification will take place in halls D and E of the David L. Lawrence Convention Center.

Early Classification

Only for Air Guns and Medical
Sunday, July 31 | 11 a.m. – 4 p.m.

Note: This is not registration.

Athlete/Coach Registration

Monday, Aug. 1 | 9 a.m. – 4 p.m.

Late Athlete/Coach Registration

Data Management Room
Tuesday, Aug. 2
7:30 – 8:30 a.m.

Closing Ceremonies and Banquet Tickets

Everyone must have a ticket to attend these events, which begin at 7 p.m. on Saturday, Aug. 6, in the convention center's Hall B.

How to get your tickets:

Coaches will need to bring the names of their athletes attending the banquet—and of any guests and coaches buying tickets—to individual meetings with PVA's Stacy Kulig. Guest tickets cost \$25; coaches', \$15; and athletes' are free.

Kulig will assign tables and hand out banquet tickets for teams on Tuesday, Aug. 2, and Wednesday, Aug. 3.

The Final Push

VAPHS, KPVA and venues throughout Pittsburgh count down to the big week

We've tallied bowling balls, banners and tents. Applied fresh paint to slalom obstacles. Planned transportation and adventures and parties.

Earlier this month, members of the events committee hit the streets of Pittsburgh for a test ride of the (top-secret!) handcycling racecourse. Liz Tonarelli, a VAPHS physical therapist and handcycling committee chair, caught more than a few odd looks—and some cheers—from passersby as she moved along.



Tonarelli cycles through the city.



Events committee members Jason Fay, Alan Petrazzi and Tonarelli take a break outside Heinz Field.

"I can't wait for the athletes to see the route we've prepared for them," Tonarelli said. "We've put a lot of thought into it, and I think they're really going to enjoy the experience."

The events committee's enthusiasm extends to the many people throughout the city playing host to the 31st National Veterans Wheelchair Games during the first week of August. Like VA Pittsburgh and the Keystone Chapter of Paralyzed Veterans of America, they're eager to welcome athletes, coaches, family members, friends and other guests.

"We take great pride in hosting the Games," said Mark Leahy, general manager of the David L. Lawrence Convention Center, where most of the week's events will take place. "We enjoy seeing the convention center's large spaces used in unique ways—these Games may be the most unique event yet."

Bowling venue Princess Lanes is no stranger to handling national competitions. The alley also participated in the Games when they took place in Pittsburgh in 1998.

"We just want to make sure everybody enjoys themselves, and that they go home and say, 'Hey, I had a really good time,'" said Dennis Scott, the general manager.

For Shady Side Academy, the host for track, field, archery and Kids Day, the Games represent "a really wonderful opportunity to celebrate Veterans," said David Chottiner, the school's director of programs.

"They're not just coming to a track," Chottiner said. "They're coming to a community that really is engaged and wanting to be part of this program." ■



Getting to Pittsburgh: A Guide



Richard Ward, Airport Committee Chair
Casey Coulter, Hospitality Committee Chair



Our goal is to make your travel to Pittsburgh as smooth as possible. With that in mind, we have a few tips for your trip preparation and arrival:

- » Book your flight early! Most of the planes flying into Pittsburgh International Airport tend to be regional jets—and therefore, smaller.
- » Use the baggage tags provided in your welcome packet to identify your luggage and equipment as part of the 31st National Veterans Wheelchair Games. These color-coded tags are critical to getting your things to the right place.
- » Let the airlines know you are a special-service-requested customer so the necessary personnel can be on hand to help.
- » Be sure you mark or tag all removable parts of your wheelchair with your name.
- » **Pack a carry-on with essentials, including all medications.** Bags won't get to the hotels until four to six hours after you arrive.
- » Keep your cushions, backpacks, etc. with you on the plane.

At the Airport

Someone will meet you at your arrival gate and escort you to the hospitality area, located in the Landside Terminal. Greeters wearing black "Hero Helper" aprons will be on hand to provide information, water and snacks.

Getting to Your Hotel

Shuttle service to the Westin and Omni hotels will be available from the Landside Terminal (ticketing level) starting July 31 at 6 a.m. through midnight. Volunteers will be on hand to assist you with boarding. If you are arriving before or after this time window, you will need to make your own arrangements.

UPS will deliver luggage from the airport to the hotels. Once you arrive at your hotel, contact the luggage holding area (Sternwheeler Room at the Omni; Allegheny II and III at the Westin), and the hotel staff will bring your bags to your room.

UPS hotline for missing bags:
412-237-6803

NOTE: Do not remove the UPS tags on your bags, as they will also be used to identify and track your luggage when you depart.

HEROHelper



Hotel Details

Before you arrive: Be sure to make requests for bathroom-door removal, handheld showerheads and bed-height adjustments at registration so the hotels can prepare your room accordingly.

Where you'll stay:

Omni William Penn
530 William Penn Place
Pittsburgh, PA 15219
412-281-7100



All rooms have mini refrigerators. Medical refrigerators cost \$22 per day. There is a one-time fee of \$25 for rollaway beds.

Westin Convention Center
1000 Penn Avenue
Pittsburgh, PA 15222
412-281-3700



A limited number of refrigerators are available at no charge. There is a one-time fee of \$25 for rollaway beds.

Both hotels will allow you to store air guns in locked cases in your room. As part of union contract, the hotel staff must deliver luggage to rooms. ■

Games Online



NVWG

www.wheelchairgames.va.gov



VAPHS

www.pittsburgh.va.gov/NVWG



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