



**Paralyzed Veterans
of America**

Vaughan Chapter

the Wheel

THE NEWSLETTER OF THE VAUGHAN CHAPTER PARALYZED VETERANS OF AMERICA

February 2016

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Veterans' Day at
Residential Care
Facility, Hines
VA Hospital

Executive Director's Report

By Maria Hernandez, Executive Director

Vaughan PVA Members; Just a few updates from our last newsletter in early November, first of all, Happy New Year to everyone I wish you a great and successful year 2016; I hope to see you at our different outings and events that we have scheduled for the year.

plenty of nice raffle prizes; members who attended received a \$10 cash gift, goody bag donated by Donna Lambeth, family and friends. A Vaughan T-shirt was also given as an extra gift, the attendance this year was 90 guests total.

I'll start saying that on Veterans Day, November 11 a couple of volunteers and me visited Hines VA Hospital, Residential Care Facility and Spinal Cord Injury clinics. At their request we played BINGO; the prizes that were given were canteen

books which they can use at the canteen store, we also passed out goody bags with different snacks and candy, everyone enjoyed the games and the time we were there.

In December, we had our annual Christmas Luncheon and for those that weren't able to attend; let me tell you what you missed out. It was a successful luncheon again this year National PVA past PRESIDENT; Bill Lawson visited our chapter and joined us at the luncheon.

We had delicious food catered by Corky's and

*For 2016, I encourage
you to be part of our
different outings, events
and membership meet-
ings and enjoy the bene-
fits of your membership.*

My favorite part of the luncheon was having the extra volunteers from volunteermatch.com, and our regularly volunteers working together and serving the veterans, they all did an AWESOME job!

Santa Claus visited us and was taking pictures and entertaining our members along with the performer who was playing and singing. We also had live music, Bob Sove and his band who have joined us for three consecutive years. For 2016, I encourage you to be part of our different outings, events

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Paralyzed Veterans of America

Vaughan Chapter

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Vaughan Chapter

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Dear Vaughn Members:

This year, as we celebrate 70 years of service to paralyzed veterans, it is worth noting the origin of Paralyzed Veterans of America in Hines, Illinois. Representing the loosely affiliated associations at that time, a small group of WWII paralyzed veterans met at the Hines VA facility for the purpose of creating the national movement that would come to be known as the Paralyzed Veterans Associations of America, later Paralyzed Veterans of America. Those of us, who have benefitted from our founders' vision owe a debt of gratitude to these men, and we continue into year 2016 with the tradition of ensuring our society hears our "rolling roar" as we make the world a better place for paralyzed veterans, their families, and caregivers.

Sherman Gillums Jr.

Acting Executive Director, Paralyzed Veterans of America

.....
*Those of us, who
 have benefitted
 from our founders'
 vision owe a debt
 of gratitude to
 these men,*

Ex. Directors Report

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and membership meetings and enjoy the benefits of your membership. If you would like to suggest an activity or event; please contact our Sports Director or myself to plan accordingly. If you have any questions, concerns or need assistance, contact our office at 800-727-2234. Please join us at our next membership February 24th, 2016 at 12:00 (noon) in the Multipurpose Room at Hines VA Hospital or by calling at 1877-393-1772 option 2.

Reminder: Vaughn T-shirts and hats are now FOR SALE for \$10 + shipping, please help us fundraise for you.

2016 VAUGHAN PVA MEMBERSHIP MEETINGS

We encourage you to attend our monthly membership meetings. Don't miss out on any of the benefits from the different service organizations that make presentations to us on various benefits they have available for you.



**Hines VA Hospital
 Bldg #128 SCI Multipurpose Room
 at 12:00 (noon) CST**

**If not able to attend in person
 you may also join via conference call
 at 877-393-1772 and use option 2
 (state your name when joining the meeting)**

WEDNESDAYS

**February 24th, March 23rd, April 27th
 May 25th, June 22nd, July 27th
 August 24th, September 28th, October 26th**

Message from the Chief

IF WINTER COMES, CAN SPRING BE FAR BEHIND?.....

By Michael S.A. Richardson MD FACP
Chief, Spinal Cord Injury/Disorders

This winter has proven so far to be milder for us here than was expected. At the same time however the Northeast region and elsewhere have been hit by one of the worst snow storms “Snowzilla” that has been seen in many years. As I write this the temperature outside in Chicago is a balmy 37 degrees and the sun is casting long afternoon shadows on the parked cars!

So sitting and feeling hopeful I remembered the line above from Percy Shelley’s “Ode to the

West Wind”. The poet spends time speaking of the “wild west wind” that blows a chill over the frozen surface of lakes, leaves, and graves. He thinks of the frozen winter and the seeming “death” of things that winter and the west wind brings. But at the end of the poem comes that wonderful line... if winter comes, can spring be far behind....” And in those few simple words all the hope of rebirth, the joyousness of spring, the possibility of growth, warmth and happiness comes flooding into his thoughts.

There are many other sayings and quotations that calls us to hope when things seem hopeless “It’s always darkest just before the dawn” ; or “Every cloud has a silver lining” ; or even “there is often light at the end of the tunnel”. I

like the Shelley poem because unlike clouds or trains the image of the coming of spring is an image of a season in which things come to life again. We can plant again, grow again, and so hope and renew again. This past year has been a difficult one for the VHA organization and it may have been a difficult one for many of us personally also.

The issues that bring a “winter wind” blowing into our lives include hospitalization, losses of family or friends, failures and disappointments, plus the continual recognition of time passing. So often

we focus exclusively on the ‘coldness and despair’. We can only see the loss and the sorrow. We talk about these often to the exclusion of taking care of ourselves or enjoying our loved ones. The cold wind of despair blows constantly over us and we get resigned to a certain hopelessness.

The message that Shelley’s words is bringing however is one of hope and anticipation. He is saying; use the blowing of this cold west wind not to chill your bones, but to be a reminder that spring is definitely round the corner. Focus on the possibilities rather than the loss. Look forward rather than fall backward. It is a daring message that challenges us to hold to the promise of a future instead of moaning about the sorrows

of the past. This can be difficult and sometimes almost impossible especially after a year like 2015 in the VHA!



In the SCI/D Service for 2016 we are planning exciting new programs with Health & Wellness classes for selected Veterans in order to more fully empower their integration and utilization of community resources and activities. We are developing a wheelchair Lacrosse team in partnership with Concordia University of Forest Park IL and the Vaughn PVA Chapter sponsorship. We have a new program and investigation protocol for selecting and accepting eligible veterans for exoskeleton training. These are some of our Center “spring” developments all coming in the next months of this year. I encourage you to find your own “spring” activities also and re-grow your energy and interest. The garden may be smaller and your spring may be less active than in years past – but find an activity to remind you of living and joy.

My message in the middle of winter is to remember that spring and summer are coming so plan, prepare, and get ready to enjoy.

Sincerely,

The Chief SCI/D,
Hines SCI/D Center
Edward Hines Jr VAMC

for 2016 we are planning exciting new programs with Health & Wellness classes for selected Veterans in order to more fully empower their integration and utilization of community resources and activities.

Service Officer's Report

Robotic exoskeleton, now FDA-approved, and at the Hines SCI Center

by Mr. Winston Woodard III

Senior Veterans Health & Benefits Specialist PVA

ReWalk is an exoskeleton suit, worn outside a person's clothes, providing powered hip and knee motion to enable those with spinal cord injuries (SCIs) to stand upright and walk. Dr. Amit Goffer, an Israeli biomedical engineer who is himself quadriplegic, invented it. The system integrates a wearable brace support, a computer-based control system, and a tilt sensor. It allows patients who cannot move their legs by themselves to stand and walk independently with crutches, mimicking a natural gait.

The ReWalk has been cleared for marketing by the U.S. Food and Drug Administration (FDA) for use by individuals with spinal cord injury (SCI) who meet specified criteria. The Acting Deputy Under Secretary for Health for Operations and Management released a memorandum to VA Medical Center Directors regarding the clinical protocol for Veteran evaluation, training, and use of the ReWalk Powered Exoskeleton.

Veteran must contact primary physician about consultation. The ReWalk referral process includes both an evaluation and training as follows:

Referral: The veteran must contact primary physician to request a consult for the initial screen/evaluation for the clinical protocol. There are exclusions that may prevent veterans from participating in the clinical evaluation process.

Evaluation: The Veteran with SCI is referred to one of the 24 SCI Centers by: 1) Self referral; 2) VA provider referral to the SCI Center; 3) VA provider referral to the SCI/D System of Care National Program Office. The SCI Team at the SCI Center performs a comprehensive evaluation and certain aspects of the evaluation may be completed by telehealth as determined on a case by case basis.

Training: Once the preliminary criteria for the ReWalk training have been met, including identification of a required companion, the Veteran and companion are referred to a VA SCI Center designated as a VA ReWalk Training Center. A VA ReWalk Training Center is a VA facility that owns or has access to the ReWalk powered exoskeleton and has at least one clinician who is a certified ReWalk Therapist. Veteran based a Spoke Site facility will need to be referred to a Hub SCI Center.

If the SCI Center completing the preliminary evaluation is not a ReWalk Training Center and clinician training has not been initiated to support ReWalk Therapist certification, the Veteran is referred to the SCI Center designated as a Training Center. Travel logistics for the Veteran and required companion are coordinated by the referring SCI Center in collaboration with the training SCI Center. Beneficiary travel regulations are followed if travel is necessary.

The VA ReWalk Therapist and the SCI Team at the VA ReWalk Training Center determine if/when the ReWalk is recommended for lease and/or definite purchase. The Prosthetic and Sensory Aids Service (PSAS) at the training facility is responsible for procurement in collaboration with the VISN Prosthetic

The ReWalk has been cleared for marketing by the U.S. Food and Drug Administration (FDA) for use by individuals with spinal cord injury (SCI) who meet specified criteria.

Representative and the Network Contracting Office.

The information in this article was obtained from the Acting Deputy Under Secretary for Health for Operations and Management's memorandum dated December 10, 2015. For more information regarding the clinical protocol for veteran use of the ReWalk Powered Exoskeleton, please contact your local National Service Office.

Holiday Cheer at Hines VA Hospital



Vaughan PVA Christmas Luncheon at Hines VA Hospital Auditorium

Sports & Recreation

Hi everyone! Now that it's post holidays, we continue to be grateful for the past year's activities and events we were fortunate to enjoy; plan on 2016's as our calendar is now available!

The chapter participated in the quarterly PVA Sports and Recreation teleconference and many National events are again planned for 2016. An important notice was made that online applications for the NVWG were made available January 1st for participants to register. Be sure to know that this process will be the primary way that participants will register in the future. Please take advantage of it now and let us know about your experience. The other main topic that's important from the call is about adaptive Lacrosse clinics and teams forming across the country. The Wisconsin team is formed and Vaughan is working with PVA Sports and others to host a clinic in Chicago to develop a team. Additional clinics and teams are being sought nationwide. If interested, let us know immediately as we're planning and moving very fast. Our chapter Christmas Party was awesome again with entertainment, gifts, food and fun! Thank you staff and volunteers!

The chapter's bid to National to host the Land of Lincoln Bass fishing tournament at Rend Lake (near Mt Vernon, IL) in May won approval. The tournament is part of the PVA Bass Tour and the 19th Land of Lincoln Bass Tournament the chapter has been hosting and sending members to

participate in and enjoy. Anglers from as many as 26 different states and as many as 72 bass boats participated at once, which is over 140 anglers! Last year there were just over 30 boats and 70 anglers. Members need to plan now to attend it May 13-15th. Registration is open till April 13th for open division (bank till May 13th) online at the PVA Sports tab and forms are available upon request. The bank division includes all fish species and is separate from the open division. Cash and prizes will be given to the top half finishers in both divisions. It's a great weekend of fun and you don't have to be veteran to join us, so please spread the word and plan on coming! If you can't come, we sure can use your help with getting sponsorships, cash donations and/or product donations for raffles, prizes and goodie bags, boats, recruit boat partners and boat captains. Please inform Robert Arciola or our staff that you know someone who's interested, or have them call us. Hope to see you out on the lake or helping us!

Also, the chapter's bid to National to host the Vaughan Chapter PVA Trapshoot at Edwardsville Gun Club (near St. Louis in April) won approval for this event too! The trapshoot is a tournament that's been hosted by our chapter a few times in the past, so we've sent members to participate before, but need to see an increase this April. The tournament is also one event of the PVA Trapshooting Circuit and is open to all people with or without disabilities and includes special shoots. As an extra incentive, we are also having a pistol and rifle competition as well, but you are free to participate in any or all the events you wish to win cash and prizes! Registration is online at PVA Sports tab and paper format. As in any competitive event, we are asking for help securing donations and sponsorship as we do for the bass tournament. Please direct individuals to contact Robert Arciola or our staff.

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Attention Vaughan PVA Veteran Athletes

This year we will not be mailing out Games registration materials; they can be downloaded from the Games website at www.wheelchairgames.org beginning January 1, 2016. Please note that the postmark deadline for registration is April 15, 2016. A limit of 550 entries has been established for this year's NVWG.

Competitors and qualified coaches must complete and return all forms to: 36th NVWG Registration, c/o VA Puget Sound Health Care System, 1660 South Columbian Way, Seattle, WA 98108 for processing.

If you need more information contact
PVA Sports and Recreation at (800) 424-8200, ext 657.





V. Feb 2, 2016

WHEELCHAIR LACROSSE CLINIC

Presented by: Paralyzed Veterans of America

When:

- ♦ March 19 (2 PM – 5 PM)
- ♦ March 20 (10 AM – 1 PM) - lunch provided

Where:

- ♦ Concordia University Chicago Campus Gymnasium
- ♦ 7400 Augusta Street, River Forest IL

Who?

- ♦ Open to everyone 14 years & up
- ♦ Veterans & non-veterans
- ♦ Disabled or able-body
- ♦ Men or Women

Goal:

- ♦ Bring awareness & form a team



Join us to support the Chicago Cougars!



Paralyzed Veterans of America
Vaughan Chapter



Contact

Tiffany Villamin

Clinical Nurse Manager
Spinal Cord Injury-North

- Tiffany.villamin@va.gov
- tvillamin@gmail.com
- (708) 574-4919

Advocacy and Legislation Report

The holidays always seem to affect efforts to get things done in regard to advocacy and legislation endeavors; however, the chapter has managed to still attend meetings and conduct important business affairs.

We met with the Cook County Veterans Assistance Commission late this fall at their meeting to discuss ongoing issues facing the commission, service organizations, and veterans in the county. There are efforts underway to develop property and make improvements to existing structures for veterans with low income. We asked about whether or not any were going to be for the disabled and if there were any need for assistance in making any accessible. We offered our assistance when the time was necessary.

We also met with Baxter a major health care company in the northern Illinois suburbs to bring an increased awareness of the need of veterans with disabilities to acquire expensive modified equipment for outdoor recreation and sporting event use as well as some of the constraints veterans sometimes face acquiring them through the VA. We were able to discuss the benefits and therapeutic value and necessity in understanding the availability and promotion of such equipment as an integral component of the reintegration process, the roles the PVA plays in acquiring such benefits, its role in all mandated programs and Congressional Charter, the numerous services

PVA provides to its members as well as the disability community and our expertise knowledge provided in benefits and quality health care. Baxter made an unannounced donation to the chapter of \$1,000 and that they were assisting another nonprofit a previous commitment of \$10,000.

The chapter has acquired the assistance of four members to attend the PVA Advocacy and Legislation Seminar in Alexandria, VA in March and to bring attention to Congress the issues facing PVA, veterans and people with disabilities in a number of point papers and Annual Testimony to a joint hearing of key members of congress who are assigned to a joint Senate and House Veterans Committee. PVA staff recently drafted point papers and sent them to the advocacy and legislative director and appointments with each Illinois district member of Congress office are being made. The seminar dates are from February 29 to March 3rd with the first two days as seminar meeting days and the final two appointments and annual testimony on the Hill. Topics included in the issue papers often range from VA Health Care, Social Security, Air Carrier Access, TSA, VA transportation, protection of special services (SCI), and more.

It's a long way to address our ongoing needs, but it's necessary to put a voice and face (not to mention seeing a wheelchair or scooter) on an organization name and letterhead for our

...the price paid for freedom is an ongoing obligation to meet needs of veterans who continue to live after service and wars...

legislators to understand that the price paid for freedom is an ongoing obligation to meet needs of veterans who continue to live after service and wars as they plan, deliberate and vote on the numerous national issues facing all Americans. It's our intention that our voice, face and needs will continue to be addressed and met with success.

Lastly, we attended the Combined Veterans Association of Illinois meeting to provide a brief update of our progress and upcoming endeavors and obtain those of other organizations.

We will also attend the Four Chaplains Day Ceremony at Hines VA honoring the chaplains who gave their lives to save other civilian and military personnel as the troop ship SS Dorchester sank on February 3, 1943, during World War II. They helped other soldiers board lifeboats and gave up their own life jackets when the supply ran out. The chaplains joined arms, said prayers, and sang hymns as they went down with the ship.

FREE

(2) elevator chairs
Call Carol Wingfield
630-653-0846

DISASTER RELIEF FUND

Vaughan PVA Members; due to the extensive destruction recently caused by the floods in the area, we would like to remind you of Paralyzed Veterans of America (PVA)'s Disaster Relief Fund. All members of PVA or other severely disabled veterans who experience property damage from a natural disaster (such as the severe storms and tornadoes) can apply for financial assistance from the fund.

Veterans who qualify may be eligible for up to \$1,500 per family, with priority give to PVA members.

This assistance may be used for transportation may be used for transportation, temporary shelter, food, repairs/modifications for wheelchair accessibility, prosthetic appliances, and medical supplies.



To assist you in the distribution of relief funds, please comply with the following accountability procedures.

- 1) Funds will only be given to PVA members or other severely disabled veterans, with priority given to PVA members.
- 2) A maximum of \$1,500 per individual or family will be granted. Each application must be evaluated for need. Maximum disbursements will not be made in all cases.
- 3) Funds may only be used for these types of assistance listed on the Disaster Relief Fund Application, to request disaster relief form and apply for assistance contact Vaughan Chapter office at 800-727-2234.

WHEELS HELPING WARRIORS
Paralyzed Veterans of America

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I am a new beginning
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wheelshelpingwarriors.org



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Are you between the ages of 18 & 65 and do you have a spinal cord injury (SCI)?

- ✓ Have you had your SCI for at least one year?
- ✓ Did you sustain your SCI at 17 years of age or older?
- ✓ Have you received care at one of these four rehab hospitals? (Edward Hines VA Hospital, Rehabilitation Institute of Chicago, Schwab Rehabilitation Hospital, or Shriners Hospitals for Children)
 - ✓ Is there someone in your life who cares for you, physically or emotionally? (i.e., your spouse, parent, other family member or friend?)

Shriners Hospitals for Children-Chicago invites you to participate in **The Caregiver Project***, a research study that aims to understand the experiences of adults with SCI and their caregivers.

- **What does the study involve?**
 - You and your primary caregiver will be interviewed now, and interviewed again in 15 months
 - All information will be kept confidential
- **Will I be compensated for my involvement?**
 - Individuals with SCI will be paid \$30 for each interview
 - Because their interviews are longer, caregivers will be paid \$40 for each interview
- **I'm independent in many ways - does my family support person still count as a "caregiver"?**
 - Possibly! Give us a call and we can help determine your eligibility

For more information, please contact our Research Coordinator, Titilope Akinlose at (773) 385-5532 or takinlose@shrinenet.org

We look forward to learning from you so that we can continue to help individuals with SCI and those providing them with support!



Shriners Hospitals
for Children®

This project is being funded by the United States Department of Defense

*The Caregiver Project: The Process of Adjustment among Caregivers of Individuals with Spinal Cord Injury: A Qualitative Study

Vaughan Chapter 2016 Calendar of Events

800-727-2234

10th Paul Kolb Memorial Corned Beef & Cabbage Dinner Alpine Banquet Hall – 6pm cocktails, Dinner 7pm	March 19th
30th National Disabled Veterans Winter Sports Clinic Snowmass Village, CO. www.wintersportsclinic.org	April 3rd – 8th
Vaughan/National PVA Trap Shoot Tournament Edwardsville, IL	April 22nd – 24th
Land of Lincoln B.A.S.S Tournament Rend Lake, Mt Vernon IL	May 13th – 15th
Hines VAH Local Wheelchair Games	May 14th
Chicago Memorial Day Parade	May 28th
VPVA Busse Woods Fishing Derby Busse Woods Forest Preserve, Elk Grove Village IL FREE Lunch 10am – 3pm	June 11th
15th Annual Castaway Disabilities Fishing Event Iowa City VA Medical Center (319) 358-5962	June 4th – 11th
GLASA (Great Lakes Adaptive Sports) To register for the Regional games go to www.glasa.org	TBD
Abilities Expo , Renaissance Schaumburg Convention Center Admission is FREE Friday & Saturday 11am – 5pm Sunday 11am – 4 pm	June 24th – 26th
36th National Veterans Wheelchair Games Salt Lake City, UT Registration ONLY at www.wheelchairgames.org deadline April 15, 2016	June 27th – July 2nd
30th National Veterans Golden Age Games, Detroit Michigan Contact info: Jeanene.LeSure@va.gov or call (813) 903-4582	July 10th – 14th
The Rockin for the Troops Concert Cantigny Park, Wheaton IL \$25.00	July 16th
The 18th Annual Rend Lake Shooting Classic for Persons with Disabilities, Whittington, Illinois	September 10th
TEE Tournament September 12 - 16, 2016 Iowa City, IA Contact; Kirk Sickels 319-358-5963	September 12th – 16th
VPVA Annual Picnic RSVP to the Chapter office	September 17th
The National Veterans Summer Sports Clinic San Diego, CA	September 18th – 23th
Veterans Day	November 11th
American Legion Hall Thanksgiving Dinner	November 24th
Christmas Luncheon at Hines VA, Auditorium RSVP to Chapter Office	December 20th

Sports & Rec

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Please don't forget that we have limited funding available for events and need you to volunteer in any program to help us all make the chapter a successful one in all we do serving our membership. Lastly, sports team meetings are at the Hines VA SCI Multipurpose Room on Membership Meeting dates; just come one hour prior at 11 AM or call staff to obtain the teleconference and participant code number if you'd like to call in or join the team to volunteer.

PEN PAL EXCHANGE

Greg Guerriero

PO Box 657

Hillsborough, NC 27278



Paralyzed Veterans
of America

SPORTS & RECREATION SCHEDULE OF EVENTS

For more information, contact Paralyzed Veterans Sports at 800.424.8200 or pva.org/sports

PARALYZED VETERANS NATIONAL SHOOTING SPORTS CIRCUIT

CAL-DIEGO

Jan. 22–24, 2016
Rifle & Pistol Shoot
Jan. 22, 2016
Redlands, CA

FLORIDA GULF COAST

March 3–5, 2016
Odessa, FL

NEVADA

March 18–20, 2016
Pistol Shoot
March 18, 2016
Las Vegas, NV

VAUGHAN

April 22–24, 2016
Edwardsville, IL

COLONIAL

June 3–5, 2016
Baltimore, MD

IOWA

June 17–19, 2016
Pistol Shoot
June 17, 2016
Cedar Rapids, IA

PARALYZED VETERANS BASS TOUR

FLORIDA GULF COAST

April 1–3, 2016
Lake Toho
Kissimmee, FL

VAUGHAN

May 13–15, 2016
Rend Lake
Mt. Vernon, IL

KENTUCKY- INDIANA

May 20–22, 2016
Kentucky Lake
Gilbertsville, KY

NATIONAL

June 10–12, 2016
Potomac River
Waldorf, MD

MID-ATLANTIC

June 16–18, 2016
James River
Richmond, VA

ANNUAL PVA/AWBA BOWLING TOURNAMENT SERIES

FLORIDA GULF COAST

Feb. 26–28, 2016
Tampa, FL

CAL-DIEGO TBD

BOCCIA CLINICS

CAL-DIEGO
Oct. 28–29, 2015
San Diego, CA

**KENTUCKY-
INDIANA**
March 18–20, 2016
Louisville, KY

ANNUAL PVA/NWPA BILLIARDS TOURNAMENT SERIES

MID-ATLANTIC
March 18–20, 2016
Midlothian, VA

MID-AMERICA
April 1–3, 2016
Oklahoma City, OK

MOUNTAIN STATES
April 22–24, 2016
Fountain, CO

BUCKEYE*
July 22–24, 2016
Independence, OH

* A non-NWPA sanctioned event

ANNUAL AIR RIFLE & PISTOL PROGRAM

CAL-DIEGO

Jan. 18–19, 2016
San Diego, CA

MID-ATLANTIC

March 10, 2016
Richmond, VA

BUCKEYE

April 29–30, 2016
Geneva, OH

NATIONAL

TBD

PARALYZED VETERANS HANDCYCLING SCHEDULE

CLERMONT ROAD RACE

February 6–7, 2016
Clermont, FL

VALLEY OF THE SUN RACES

February 12–14, 2016
Phoenix, AZ

ONE CITY MARATHON

March 13, 2016
Newport News, VA

RIMS ON THE RUN

March 19–20, 2016
Deland, FL



Updated 10/19/2015

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