



National Disabled Veterans *Winter Sports Clinic*

Skier Profile

Russell Worth

Ready for his annual trek to the Rockies

“It’s purely majestic,” says Russell Worth, describing the mountains he sees when attending the National Disabled Veterans Winter Sports Clinic, an event he has been a part of for 17 years. He’s talking about the Rockies in Snowmass Village, Colo. In 2008, Worth received a special award at the Winter Sports Clinic to recognize his determination, stamina and tremendous spirit.



A World War II Navy and Army Air Corps veteran, Worth, 86, of Brown Deer, Wisconsin, had always been active in softball and bowling prior to his 1991 injury in a car crash in St. Louis. The accident occurred while he was driving home from his job as a building inspector in University City, when the suspension unit on the rear of Worth’s car snapped. After losing control of the vehicle, he was tossed from the driver’s seat over a ten-foot embankment. Landing on the frozen ground, he broke all of his ribs as well as his back. He returned to his home town of Milwaukee to be closer to his family.

Although the accident left him a paraplegic, Worth has not let his injury or his age slow him down. He’s tried parasailing and even learned to ski at the National Disabled Veterans Winter Sports Clinic, an event he has attended since 1993. Worth still lives in an apartment on his own and works out two days each week at the VA Medical Center in Milwaukee where he receives his health care. He volunteers with the medical center’s incentive therapy program and also serves as a peer counselor in its spinal cord injury unit, helping other veterans with similar injuries. As if that wasn’t enough to keep a person busy, he also sits on the Board of Directors for the Wisconsin chapter of the Paralyzed Veterans of America.

In his spare time, Worth enjoys watching his grandchildren, especially when they are playing softball and hardball. Worth also competes in the National Veterans Wheelchair Games, being held this year in Denver. Worth says, “Every year I look forward to the competition, seeing a new city and the camaraderie of the event.” Many of his fellow wheelchair athletes see Russell Worth as a true inspiration. Being the modest man that he is, though, he puts it this way, “It is important to have a good attitude and to keep busy.”