



# BREAKING NEWS

*Long Beach, California*

Issue 4

Tuesday, July 8, 2003

## New Handcyclers Making Their Moves in Long Beach



*Jim Spencer said Coach Jennifer Hahn had to do some arm-twisting to get him to train for competition.*

**By Cindy Butler  
VA San Diego Healthcare System**

**H**andcyclers are ready to roll for medals for the first time this year at the Games in Long Beach. An exhibition sport for several years, handcycling has been growing in popularity and became a medal sport this year. It allows wheelchair-users to cycle, using a sit-down three-wheel cycle with hand pedals. The race is timed, run on an asymmetrical course designed to measure both speed and endurance. Two novice athletes to watch are Jim Spencer and Oscar “Oz” Sanchez.

“She twisted my arm to get going,” said Jim Spencer, 47, of his coach, Jennifer Hahn from the St.

Louis VA Medical Center. Spencer was injured 27 years ago, but never got interested in wheelchair competition until recently. He just started training for handcycling in April of this year, but he is enthusiastic and ready to compete.

To prepare for the Games, he has been driving one hour each way to participate in training. A side benefit of getting in shape has been a 25-pound weight loss, which has brought his diabetes under better control. He keeps very busy with his full-time job as a design engineer for Spartan Showcase, for which he received an industry award in 1994 for his NASCAR display.

In addition to handcycling, he has been training for the 100-meter and

1,500-meter track, and he just completed certification for scuba diving. Coach Hahn and the team are very proud of novice Spencer and his intensive efforts to prepare for the Games in Long Beach. In addition to competing in five events, Spencer will play another role at the Games, as he is accepting the torch for the 24<sup>th</sup> National Veterans Wheelchair Games in St. Louis next summer.

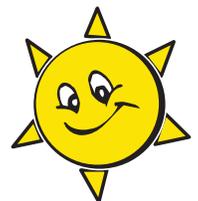
Oscar “Oz” Sanchez, 27, of San Diego, is used to being a top athlete and said, “I plan to compete as a top national athlete in handcycling.” Sanchez served in the Marine Corps Special Forces in East Timor and aboard the U.S.S. Cole. He was in the process of transferring to the Navy Seals when he was injured in a motorcycle accident in 2001. After the accident, Sanchez was in Sharp Hospital, went through a rapid rehabilitation and was ready to start competing at the end of one year. Sanchez is very grateful to his wife, Shannon, who “pulled me out of my depression and told me to get on with my life,” he said.

Prior to the accident, Sanchez loved to participate in all sports, especially cycling and weightlifting. When he started handcycle training, he feared that the competition wouldn’t

*(continued on page 2)*

**Today’s  
Weather**

Mostly sunny;  
High 85, Low 65



## ***'Fab Four' Coming to Wheelchair Games Wednesday***

Thought they broke up years ago, right? Tomorrow night after the Closing Ceremonies, the Local Organizing Committee has arranged a special show by the **Fab Four**, previously seen on Entertainment Tonight, Extra, ABC, CNN, NBC, FOX, CBS, and local network affiliates. Stay tuned tomorrow for more about this ultimate tribute to the Beatles...



*Oscar "Oz" Sanchez is one to watch.*

### **Handcyclers (cont.)**

be as fulfilling but, he said with a big smile, "It's just as fun and challenging." Although he only started training in March of this year, he is moving up fast and is already competitive with national athletes. He

placed fourth at the San Diego Omnium national-sanctioned event, and second in the San Diego Rock & Roll Marathon in May.

Keep watching Sanchez. "My goal is to make it to the Paralympics," he said. With his steely determination and big heart, he'll surely make it.

## **DME and Wheelchair Repair**

Durable Medical Equipment (DME) rooms are available at all hotels to pick up and drop off equipment. Wheelchair Repair is located in the Westin Hotel only. If your wheelchair needs repair, you should go to the Westin Hotel. If the repair is an emergency or occurs after-hours, you should contact the Hotel Team Leader or the Co-Team Leader at the phone numbers listed below at each of the hotels. They will contact Wheelchair Repair to come to your hotel.

Athletes are reminded to bring your VA identification card in order to receive DME. There is a \$10 per equipment refundable deposit when you check out the equipment. Please inform the DME specialist when you pick up your equipment if you will need it dropped off at your hotel room. Athletes must let the DME staff know if you will be returning the equipment yourself, or if you will need to have it picked up from your room after the Games.

If your pick-up or delivery situation changes, please contact the Hotel Team Leader or Co-Team Leader. If no DME was requested for you, your name will be placed on a waiting list and it will be issued on a first-come, first-served basis once all of the athletes who requested DME have picked it up. Exchanges for equipment can be made, but this will also be on a first-come, first-served basis.

You will be given your DME loan form when you pick up your equipment. Please bring this with you when you return the equipment and/or have it attached to the DME upon pickup. If the DME is not returned, a bill of sale will be created and mailed to the Team Coach. Once the DME is returned, the Hotel Team Leaders will mail the refundable deposit to you after the Games.

**Hotel Co-Team Leaders:** Hilton (Mediterranean, Pacific I/II Rooms) - Sue Kulvinskis (Cell phone: (562) 244-8929); Westin (Tokyo, Vancouver, Shanghai Rooms) - Realean Maxwell (Cell phone: (562) 244-8936)

**DME Chair:** Gina De Ocampo (Cell phone: (562) 244-8906)

# • Today's Schedule •

— Kids Day at the Games —

8 a.m.	Track Field Field	IA, IB, IC V IV	Cal. State Univ. Long Beach Track Cal. State Univ. Long Beach Field Cal. State Univ. Long Beach Field
10 a.m.	Field Track	III Powerchair 220	Cal. State Univ. Long Beach Field Cal. State Univ. Long Beach Track
11 a.m.	Field	II	Cal. State Univ. Long Beach Field
1 p.m.	Track Field	II-V IA, IB, IC	Cal. State Univ. Long Beach Track Cal. State Univ. Long Beach Field
6:30 p.m.	Basketball Slalom	Games 7, 8 motorized <i>hand control</i>	Cal. State Univ. Long Beach Convention Center Arena
8 p.m.	Quad Rugby Quad Rugby Basketball	Games 3, 4 Games 5, 6 Games 9, 10	Convention Center Hall B Convention Center Hall B Cal. State Univ. Long Beach

## Shuttle Schedule for Today

TIME	EVENT	DESTINATION
6 a.m.-11p.m.		Hilton/Convention Center/Hilton
6:30 a.m.-5p.m.	Track & Field	CC/Cal State Univ. Long Beach/CC
5 p.m.-11 p.m.	Basketball	Convention Center/Cal State Univ. Long Beach/CC



\* CC-Convention Center

\*\*Transportation to venues is available only from the Convention Center

## Medical Assistance

**Hotels:** A medical suite is fully operational through Thursday at the Westin and Hilton Hotels. The rooms will be open from 7 a.m. to 10 p.m. for treatment of minor injuries and illnesses. Look for signs to direct you to the medical suite, or call the hospitality desk for directions. After hours, a Games physician will be on call, and can be reached by calling the hotel operator. In the event of a life-threatening emergency, dial the hotel operator to call 911. There is no medical suite at the Hyatt; however, a Games physician will be on call each night. For services needed during the daytime hours, call or visit the medical suites at the Westin, Hilton or Convention Center.

**Convention Center:** A medical room in Suite 301 on the Seaside Meeting Level at the Convention Center will be staffed from 7 a.m. until the last event is completed each evening.

**Games Sites:** Medical staff will be present at each Games venue. They can easily be identified by their red T-shirts with the white cross on the front. The medical personnel can care for minor injuries. A severe injury or illness will be referred to the VA Long Beach Medical Center.

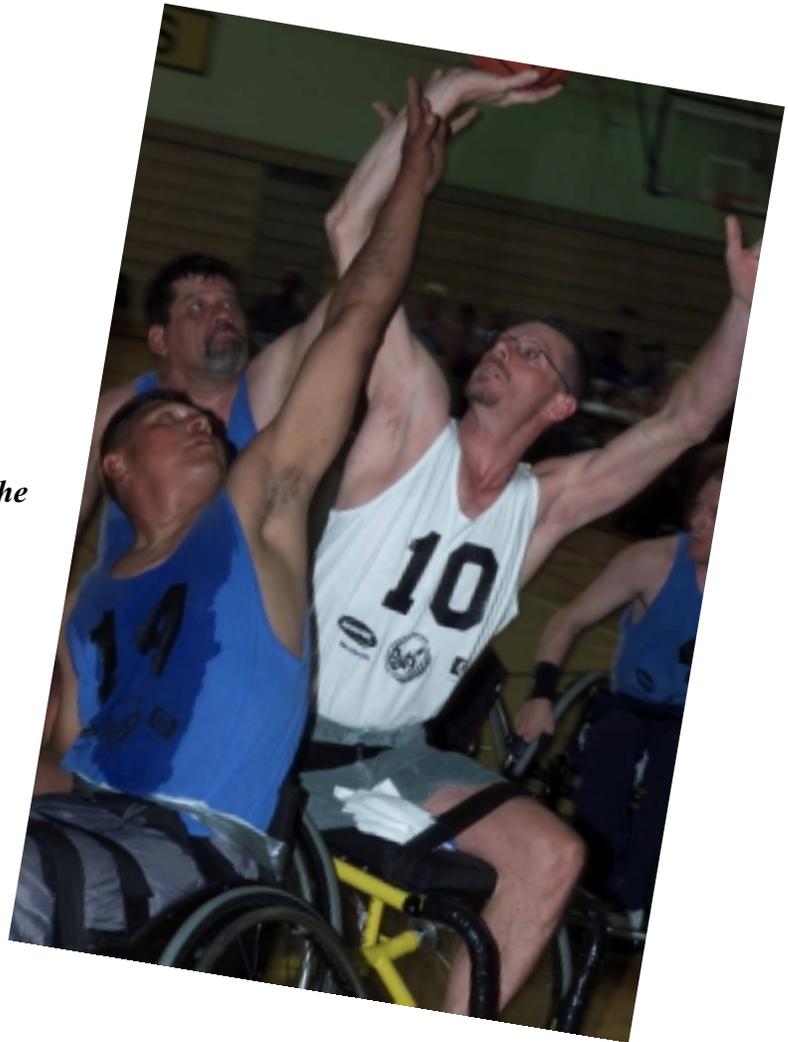
The medical staff are not able to provide attendant care services, but have a list of agencies you may call if needed.



*Arron Powless and Gil Garcia rock & roll at quad rugby.*

# *Goin’ for the Gold!*

*Andrew McErlean, Wayne Miller  
and John Marti go for the ball in the  
always hotly contested basketball  
competition.*





*Eric Webster competes in slalom.*



*Bill Cody's aim is sharp in table tennis.*



*VA Secretary Anthony J. Principi tries his hand at air guns.*

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# Attention Athletes!

**Spirit Nominations Deadline ...** If you're reading this at breakfast, it's not too late to drop off your nominations for the 2003 Spirit of the Games award. Hustle yourself on over to the Command Center and drop them off by 8 a.m. so they can be considered for this year's award.

**Red, White and Blue Day** Today is red, white and blue day. Did you remember to show your patriotic spirit by wearing our nation's colors?

**Attention Handcyclers** More than 40 veterans registered for handcycling tomorrow! If you are one of them, please arrive early. The event is scheduled to begin at 7:30 a.m., but if you get there before then, we can start sooner. Don't forget—handcycling is a medal event this year, so cycle your way to an early start!

**Baseball Game Tonight** Congratulations to the winners of the drawing for the Anaheim Angels game. Winners' names are posted at the Hospitality Desk in the Convention Center lobby. The lucky winners have two tickets (athlete and an ambulatory guest). The game starts at 7:05 p.m. Buses will be leaving the Convention Center at 4:30 p.m. Look for the buses marked "Angel Game."

**Awards Presentations** During the Wheelchair Games, awards are presented two ways: **Immediate awards** are presented as soon as results become available at the venue site at the following events: **basketball, softball, quad rugby, and weightlifting.** **Delayed awards** are presented for all other events throughout the day on the Awards Platform in the main lobby of the Long Beach Convention Center. A schedule of award presentations will be available at the Awards Platform. Awards will be presented Tuesday between 10 a.m. and 8 p.m.; and Wednesday between 10 a.m. and 5 p.m. Last chance to pick up your award is Wednesday at 5 p.m. at the Awards Platform. Scores will be posted as they become available in the main lobby and the Internet Cafe at the Long Beach Convention Center.

**Athletic Equipment** Athletes can pick up their equipment at the Westin Hotel (Ocean Ballroom) from 5 to 7 a.m., and from 5 to 7 p.m.

**Lost and Found** is located in the main lobby of the Convention Center by the exits to the departing buses. Manned from 8 a.m. to 6 p.m.

**Lost Items** Sprint flip phone lost on Saturday night during Opening Ceremonies, men's room at the Convention Center. If found, please return to Coleman Kearse Jr. at the Westin, or call (914) 469-4434. Alice Barszcz lost a disposable camera with many sentimental photos inside. If found, please return to her at the Hilton.

**Today's Special Guests** Dodger great **Steve Yeager** will be at the track and field venue for Kids Day activities. Country music star **Travis Tritt** will also visit with athletes today.

**Lunch tomorrow** will be a BBQ at Cal State Univ., Long Beach. Tents, tables, and chairs will be set up by the track and field events. Lunch begins at 10:30 a.m. No lunches will be served tomorrow at the Convention Center.

## Veterans History Project Interviews

The Veterans History Project at the Library of Congress was created on Oct. 27, 2000, by a unanimous vote of Congress and seeks to collect and preserve recorded memories of America's war-time veterans. The project collects audio- and video-recorded interviews, as well as letters, diaries, photographs, and other personal documents and preserves these stories of experience and service for future generations. For those who signed up at registration to record their stories, interviews will be conducted in Room 308A. The schedule is currently full, but there may be cancellations, so stop by and ask.

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## On the Menu ...



**Breakfast (6 to 8:30 a.m. at Convention Center, 6:30 to 8 a.m. at Hilton):** cheese omelets; smoked bacon; potatoes O'Brien; fresh fruit/cups, assorted breakfast breads; assorted dry cereals; orange, tomato and grapefruit juice; coffee and tea.

**Lunch (11 a.m. to 1:30 p.m.):** BBQ at track & field (Cal State University Long Beach). **No lunch will be served at the Convention Center today.**

**Dinner (4:30 to 7 p.m.):** Caesar salad; chicken piccata with capers and artichokes; egg noodles tossed in butter and parsley; seasonal vegetables; assorted dinner rolls; tiramisu; iced tea, lemonade, punch and coffee.

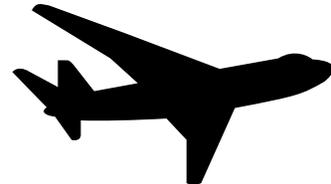
# Departure Information

**JOHN WAYNE/ORANGE COUNTY AIRPORT** For teams/coaches/athletes departing on Thursday, July 10 – a **luggage sweep** will be conducted on the evening of Wednesday, July 9, at 11 p.m. Luggage is to be appropriately tagged and placed outside hotel room door no later than 11 p.m. on Wednesday. All equipment (i.e. racing chairs, air guns, etc.) is to be delivered to the following locations:

Ocean Ballroom, 1<sup>st</sup> floor, Westin Hotel  
Pacific I & II, 2<sup>nd</sup> floor, Hilton Hotel

## Departure Schedule

<u>Flight Time</u>	<u>Bus Loading Time</u>	<u>Bus Departure Time</u>
6-8 a.m.	3 a.m.	4 a.m.
8-10 a.m.	4 a.m.	5 a.m.



For all other flights you are advised to load buses for arrival at airport 3-4 hours prior to flight departure time.

The **luggage staging area** is located on the lower level, Terminal A (Alaska, American, American Eagle, Continental, Delta) is located on the North End; Terminal B (America West, America West Express, Aloha, Northwest, Southwest, United, US Airways) is located on the South End. Staff will be on hand to assist you in retrieving your luggage and checking in with the respective airlines. Elevators are located adjacent to the parking structure.

A separate area will be designated for Wheelchair Games participants for **security screening** to expedite this process.

**LONG BEACH AIRPORT** You are responsible for ensuring all luggage, racing chairs, air guns, etc. are loaded on to the buses for transport to the airport from your respective hotel.

## Departure Schedule

<u>Flight Time</u>	<u>Bus Loading Time</u>	<u>Bus Departure Time</u>
7-9 a.m.	4 a.m.	5 a.m.
10 a.m.- 12 noon	7 a.m.	8 a.m.
2-4 p.m.	11 a.m.	noon

**LOS ANGELES INTERNATIONAL AIRPORT (LAX)** You are responsible for ensuring all luggage, racing chairs, air guns, etc. are loaded on to the buses for transport to the airport from your respective hotel.

## Departure Schedule

<u>Flight Time</u>	<u>Bus Loading Time</u>	<u>Bus Departure Time</u>
7-10 a.m.	3 a.m.	4 a.m.
10 a.m.- 12 noon	6 a.m.	7 a.m.
2-4 p.m.	10 a.m.	11 a.m.

# Just Dropping In On the National Veterans Wheelchair Games

Dana Bowman dropped in for a visit with fellow athletes of the 23<sup>rd</sup> National Veterans Wheelchair Games yesterday. Doesn't sound like news to you? Consider this: Bowman "dropped in" from an altitude of more than 4,000 feet, parachuting to a targeted landing outside the Long Beach Convention Center. Consider this as well: Dana Bowman has been skydiving regularly since a mid-air

of the Golden Knights, Sgt. Jose Aguillon, collided while falling at more than 150 mph each. The force of the collision was so strong that it severed Bowman's legs on impact.

Bowman's parachute deployed automatically when they hit. Aguillon's parachute fired at 700 feet due to an automatic firing device installed in his pack. Sgt. 1<sup>st</sup> Class Bowman landed in the motor pool

parking lot, while Sgt. Aguillon landed in a tree. Both were flown by helicopter to a hospital in Yuma, Ariz., where Sgt. Aguillon died six days later. Bowman was flown to Barrows Neurological Center in Phoenix, Ariz., where he began his road to recovery and rehabilitation that spanned just 111 days. On Feb. 14, eight days after the

accident, he attended the funeral of his friend Sgt. Aguillon.

Six months later, on Nov. 4, 1994, Sgt. 1<sup>st</sup> Class Dana Bowman re-enlisted in the Army for six years. He parachuted onto the Main Post parade field following his reenlistment ceremony conducted in the aircraft.

Early the next year, Bowman attended the National Disabled Veterans Winter Sports Clinic for the first time, where he learned to use adaptive ski equipment.

Yesterday's jump was the first ever at the National Veterans Wheelchair Games, and came during Bowman's participation as a first-time athlete at the Games. First to greet him on the ground was Secretary of Veterans Affairs Anthony J. Principi, along with a large gathering of well-wishers.

"There is no limit, particularly today, to what a person can accomplish," said Bowman after he landed. "You start out wherever you are and head to the top." -*David Jewel, Louis Stokes Cleveland VA Medical Center*



*Bowman comes back to Earth outside the Convention Center yesterday.*

collision with a fellow Golden Knight parachutist resulted in the loss of both his legs, and the death of his best friend.

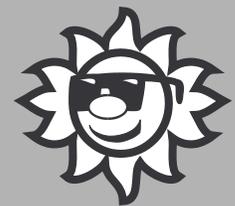
Seeing Bowman accomplish a precision landing makes it hard to imagine the events of Feb. 6, 1994, when Bowman and a fellow member

## Discovering Long Beach

**Catalina Island**  
**18 miles off the coast of Long Beach**  
**Catalina Express (800) 360-1212 (Boat)**  
**Catalina-Vegas Airlines (310) 510-2525 (Helicopter)**

A popular getaway is a 90-minute day cruise out to beautiful Santa Catalina Island, located about 18 miles south of Long Beach and readily visible on most days. Stroll the quaint streets of Avalon and explore the adventurous village of Two Harbors. Hike past grazing buffalo and dive crystal clear water brimming with life. You'll have a great time, no matter what you choose to do. The operators listed above provide daily transportation from Long Beach.

### Beat the Heat



This is sunny California, so it's important to take precautions to protect yourself from the effects of that strong summer sun when you're participating in outdoor events. Here are some tips to keep in mind:

- Drink plenty of fluids both before and during your event.
- Wear sunscreen and a hat whenever possible.
- Stay in the shade as much as possible before your event.
- Bring a towel to dry off and a clean shirt to change into so you can stay dry.
- Wear loose clothing.

If you feel any of the following signs of heat-related illnesses, make sure that you drink water, get out of the sun and get medical help immediately: dry mouth, weakness, nausea, clammy skin or confusion.