



National Disabled Veterans

Winter Sports Clinic

Skier Profile (National)

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 part of for 16 years. He's talking about the Rockies in Snowmass Village, Colo. Last year, 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, 85, of Brown Deer, Wisconsin, had always been active in softball and bowling prior to his 1991 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. After the accident, he returned to his home town of Milwaukee to be closer to his family.

Since becoming a paraplegic, Worth has tried parasailing and learned to ski at the National Disabled Veterans Winter Sports Clinic in 1993. He has attended every year since. An active octogenarian, Worth still lives on his own in an apartment and works out two days each week at the VA Medical Center in Milwaukee, where he receives care. He also volunteers with the medical center's incentive therapy program and 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.

In addition to the Winter Sports Clinic, Worth is also a regular competitor at the National Veterans Wheelchair Games, and came home with three gold medals from the 2008 event. Worth says, "Every year I look forward to the competition, seeing a new city and the camaraderie at these national programs."

Many of his fellow wheelchair users see Russell Worth as a true inspiration. Being the modest man that he is, though, he puts it like this, "It is important to have a good attitude and keep busy."



Miracles on a Mountainside!

