

By Bethany Nelson
November 2013

CAPTAIN L J TRIUMPHS!

Running with My Team Triumph (MTT) has been a great experience for my family. For myself, as a mother and runner (just getting back into shape after a knee injury) this has given me time with my son, and a chance to meet an amazing group of people (e.g., “Captains” and “Angels”).

Captain LJ has multiple disabilities, is non-verbal, and wheelchair bound (at the moment), however that does not stop him from enjoying himself and having fun. Ever since he was small, he loved to be in motion or in a moving vehicle – preferably one that was moving rather quickly. LJ and I have been running together (with his dad) since he was only a few months old.

After joining MTT, I feel that we (as a family) are now apart of something bigger, e.g., a wonderful *Team* of like-minded individuals that want to exercise, make new friends, and just have fun (with and for the kids) and a running *community* that has been amazingly supportive. It has been awesome! Together, We Will TRIUMPH!



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