



### INTERESTING WHEELCHAIR NEWS FROM AROUND THE GLOBE

#### “Because I Can!”

It's great to hear that so many you have enjoyed reading our newsletter. Thank you to everyone for your feedback.

We want to continue providing you with an interesting blend of international stories and hope you continue to enjoy our newsletters.

There are some really great stories in the “**Because I Can**” section of our web site. Check out the story and video clip on Page 1 about Robert Wall

and how he pushed himself in Project Walk.

Page 2 has the story, photos, video clips and links to Chris Waddell's amazing One Revolution handcycle adventure up Mount Kilimanjaro.

And the two stories on page 3 are about Sue Marshall and her fantastic charitable work in Africa, and the mad adventures of

young hemiplegic Mark Owen and his travels, bungee jumps and more.



#### Rainer Küschall – Athlete, Wheelchair Designer & Racing Driver



Aged 16 in 1963 Rainer Küschall broke his neck in a diving accident. But this was just the start of his amazing journey. Always a very active and motivated person, Rainer

has a very proud record of competing in 7 Paralympic games and winning no fewer than 21 medals in wheelchair racing, from 100m sprints to marathons. At the age of 31 he was determined to improve the design of a wheelchair and this is where his professional career started and his internationally re-

nown company was born. Küschall wheelchairs are without a doubt some of the best wheelchairs on the market. Now in his 60's, Rainer is far from slowing down. In fact, he's going even faster! He's taken up motor racing and has fitted hand controls to many different sports cars. He

enters many slalom and mountain races in his AC Cobra or Crossle, as well as racing on circuits such as Dijon and Hockenheim-Ring.

Check out these video clips from cameras mounted on his race car.

[Hockenheim](#)  
[Roggwil](#)

#### Fastest Female Athlete in the World

Monique van der Vorst, has been nominated Disabled Sportsperson of the Year 2009 in Holland for her outstanding sporting achievements.

Monique, who lives near Rotterdam in Holland has been in a wheelchair from the age of 14, when her left leg became para-

lysed and then her right knee stopped working. In 2008 she then became a T4 paraplegic from a car crash.

Always a very active person, Monique took up wheelchair sports right away, taking up handcycling whilst in rehab. By 16 she had entered her

first wheelchair race and at 18 won her first European championships. At 21 she had set a World Record.

Her latest sporting achievement was winning the World Championship Ironman race in Hawaii. Her message – “**Don't dream. Just do it!**”

Read all about Monique on her web site.

[www.MoniqueVanDerVorst.com](http://www.MoniqueVanDerVorst.com)



#### Paralympic Sport TV—Online

ParalympicSport.TV is a 24/7 online TV channel that is free. You can watch live, delayed programming or some very interesting archive footage.

The IPC launched this channel to promote the Paralympic sports and the Paralympic spirit.

This very interesting channel provides a variety of news, interviews, event reports and of course the Paralympic Games. You can sign up and receive alerts when new items are added. Check it out – you'll be impressed!

[www.ParalympicSport.tv](http://www.ParalympicSport.tv)

#### Wheelchair Stair Climbing

This is a very interesting blog that explain how to climb stairs in a wheelchair.

There's a breath-taking video clip of a T4/5 paraplegic climbing a set of 10 stairs in his wheelchair, then coming back down.

You'll be blown away!

Try not to forget to breathe as you watch this, especially when he stumbles.

There are also some other interesting links to self-defence techniques in a wheelchair.

[wheelchairstairclimbing.blogspot.com/](http://wheelchairstairclimbing.blogspot.com/)

#### Wheelchair Travelling Website

This is a new web site with lots of very useful tips to help plan and organise a successful holiday or trip. A clickable world map shows many different locations, mostly in the USA but as this site grows, hopefully there'll be links to locations all over the world.

There is also a constantly growing section with stories posted by other wheelchair users about their travels. The web site wants more people to post their travel stories so why not add your story and help other wheelchair users to learn and be confident about travelling.

[www.WheelchairTraveling.com](http://www.WheelchairTraveling.com)

#### Peter Norfolk receives OBE from Queen

Peter Norfolk, tetraplegic British Paralympic wheelchair tennis champion has been honoured by the Queen and received an OBE at Buckingham Palace in London.

Peter already had an MBE, presented by the Prince of Wales in 2005, so he was very honoured when he received the OBE

from the Queen.

Read more about Peter and his wheelchair tennis achievement on his web site.

[www.QuadFather.co.uk](http://www.QuadFather.co.uk)

