



Dick Traum (second left) and Linda Down (third left) in the New York Marathon, accompanied by their "guides," who assist them in many ways. Linda's volunteer is an 85-year-old former runner.

Health and Fitness News for KIDS

trained, can outrun most able-bodied people who have not trained, no matter his or her disability."

Races, Games, and Good Feelings

But the specially-abled don't have to head for the woods to find challenges. There are clubs, programs, and competitions everywhere that offer them training and opportunities to participate or compete in many kinds of fitness or athletic activities.

The Achilles Track Club in New York City, is such an organization. It began in 1982, to help train energetic specially-abled people to run. Its members include polio victims, amputees, stroke victims, paraplegics, and others.

Linda Down, a 30-year-old who was born with Cerebral Palsy and walks haltingly with canes, joined Achilles in 1982, with an ambitious dream. She wanted to train for the New York Marathon.

"I was scared to death," Linda says. "But I knew if I could enter the marathon and *finish*, it would have to mean that I must have a lot more to offer—across the board—than I ever thought. After the marathon, I felt I