



**NATIONAL
ABILITY
CENTER**

P.O. Box 682799
Park City, UT 84068

435.649.3991 p.
435.658.3992 f.

www.DiscoverNAC.org
info@DiscoverNAC.org

Chief Executive Officer

Dale D. Schoon

Board of Directors

Mark Gaylord
President

Sally Tauber
Vice President

Susan Lockwood
Secretary

Carol Easton
Treasurer

Carlos Alegre

Greg Golding

Susan Fredston-Hermann

Scott Jager

Rena Jordan

Conor Kristensen

Steve Sala

Joy Stanley

Honorary Board

Michael Brodsky

Adam Bronfman

Jack Ferraro

Jim Gaddis

Jerry Gilomen

Jon Huntsman

Karen Huntsman

Richard Marriott

Frank Richards

John Shuff

Phil Thompson

Utah Cyclist Riding 1500 Miles to Support Vets

****Media Advisory****

**For Immediate Release
August 3, 2009**

**Contact: Ryan Jensen
(435) 200.0990**

Park City, Utah – A brain injury while on active duty ended Joe Johnson's military career, but it didn't stop him from leading an active life. The former Apache helicopter pilot with the 211th Aviation Group has fought through partial paralysis on the left side of his body for more than ten years.

"Before I became disabled, I was an avid cyclist," Johnson said. It took 13 years for Johnson to get back on a bike after his injury. He now uses a recumbent bike that provides better balance for him while still allowing him to enjoy the freedom of cycling. Though he lives near Tooele, Johnson drives to Park City to ride with the National Ability Center (NAC) each week throughout the summer. The reason he continues to bike is simple.

"My outlook on life has changed, so I'm a more positive person." Johnson said. "Because I'm exercising, it makes me feel better."

Johnson wanted to find a way to help other veterans "feel better" as well, so he decided to ride 1500 miles around the state of Utah to raise awareness for veterans with disabilities. Through his "Bike 1500 for Vets" campaign and 1500-mile bike ride, Johnson will raise money to sponsor veterans who want to try cycling or other recreational activities at the NAC.

Johnson will start his month-long ride at 6am this Friday at the NAC in Park City. The first day of his journey will lead him to Tabiona. Within a week he'll have passed through Price and Green River en route to Moab and Monticello. The goal is to return to Park City on September 3rd in time for the NAC's Summit Challenge 100-mile bike ride two days later.

A link to donate to Johnson's ride, his daily schedule, ride map, and blog can all be found by visiting www.Bike1500forVets.com. Well wishes and questions can be sent to him at Bike1500forVets@gmail.com.

The National Ability Center has been providing adaptive recreation experiences for individuals with disabilities and their families for nearly 25 years. Based in Park City, the NAC seeks to build self-esteem, confidence and physical development through its programs. For more information about the NAC, visit DiscoverNAC.org or call 435.649.3991.

###