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**National Marathoner with Partial Paralysis Pays it Forward in Mahwah
at The Mary Therese Rose 5K**

TeamUP Captain, Beth Deloria who founded the national grassroots Get Back Up movement, will run on May 10 to support the Marie Therese Rose Fund

Mahwah, NJ – April 23, 2014 – To illustrate her own Get Back Up story, Deloria will be in Mahwah, NJ to compete on May 10, in The Mary Therese Rose Run. Over the last two years, while running in more than 50 events, it was the inspiring stories shared by others that led to the formation of TeamUP, the first and only national foot drop team. “The kind of psychological blow that I experienced is what thousands of people are facing as they come to terms with the paralysis of foot drop,” says Beth Deloria. As a marathoner unwilling to give up an integral part of her life to foot drop, Deloria spent countless hours researching her condition and a solution that would make running possible again. She found one, and her goal is to make sure no foot drop sufferer is alone behind a computer desperately searching for answers.

Deloria’s dedication to helping others Get Back Up has spawned a national grassroots movement and a virtual community of people determined to overcome the challenges they face. Deloria says, “The goal of Get Back Up Today is to create an international network of cheerleaders named Team UP who support and inspire one another.”

It is this passion that brings Deloria to Bergen County to run in the Marie Therese Rose 5K to support the fund that helps families pay for needed equipment like orthotics, braces, and standers. It also funds activities such as horseback riding that are therapeutic and brighten the lives of these special kids.

Deloria was diagnosed with foot drop in 2004 after a spinal injury that resulted in paralysis of the muscles of her left foot and ankle. She had lost the ability to flex her foot upward, as is necessary for a natural walking or running gait. Prior to the spinal injury, Deloria had competed in major marathon events from Chicago, IL to Boston, MA. “My capability essentially declined from running over 26 miles regularly to having difficulty walking without tripping,” she says. “That realization was as much a psychological injury as it was a physical issue. There can be an enormous emotional toll when foot drop prevents you from getting around well enough to live your life.”

Deloria is able to compete in marathons with the support of a technologically advanced, carbon fiber orthotic device named ToeOFF®, which is made by Allard USA. The brace she uses to run is designed to mimic the biophysical movement of the muscles in her legs and feet. The many causes of foot drop include stroke, multiple sclerosis, muscular dystrophy, Charcot-Marie-Tooth Disease and other conditions.

Deloria says running in spite of foot drop has significance that goes beyond her race results. “I know from personal experience the importance of preventing a physical condition from taking away the things you want to do in life,” she says.

Deloria is Manager of Community Outreach for Allard USA, the company that manufactures the ToeOFF® brace. Learn more about Beth Deloria, TeamUP’s effort to help others overcome foot drop, and the Get Back Up Today virtual community at:

allardusa.com/beth/

facebook.com/getbackuptoday

[Twitter.com/getbackuptoday](https://twitter.com/getbackuptoday)

getbackuptoday.blogspot.com

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About Allard USA

Allard USA is a subsidiary of Allard International, recognized worldwide as a leader of innovative orthotic devices, privately owned by Peter Allard and based in Helsingborg, Sweden. Allard USA is committed to working together with Orthotic and Prosthetic facilities and medical professionals throughout North America to offer innovative orthotic solutions that will help improve function and quality of life for individuals with physical challenges.

About The Mary Therese Rose Fund

Mary Therese Rose Crilly was born in 1998 with Joubert Syndrome a rare genetic disorder which left her profoundly disabled. Though physically limited, Mary's limitless love and courage inspired those closest to her to establish a fund in her name to benefit special needs children being treated out of the Kireker Center for Child Development. The Fund provides needed therapies and equipment that are so often denied by insurance companies because of lifetime insurance benefit limits or simple denial of reasonable claims.

Each year The Mary Therese Rose Fund helps families pay for needed equipment like orthotics, braces, and standers. It also funds activities such as horseback riding that are therapeutic and brighten the lives of these special kids. It is the goal of The Mary Therese Rose Fund to help these special children reclaim some of the simple joys of childhood denied them by their disabilities. Though Mary passed away in 2003 her brief life was filled with joy. In gratitude, and to honor her memory, supporters of the Mary Therese Rose Fund continue to work so that other special children can experience some of childhood's simple joys as Mary did. For more information on the Mary Therese Rose Fund, go to www.marythereserose.org.