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**National Marathoner and Foot Drop Advocate Beth Deloria  
Runs Seattle Rock n Roll Half Marathon and Challenges Locals to Get Back  
Up Today**

*Local residents encouraged to join the Get Back Up movement*

**Seattle, WA - June 18, 2014** – “The kind of psychological blow that I experienced is what thousands of people are facing as they come to terms with foot drop,” says Beth Deloria.

As a marathoner unwilling to give up an integral part of her life to foot drop, or paralysis of the lower leg, ankle or foot, Deloria spent countless hours researching her condition and a treatment that would make running possible again. She found one, and this year, her goal is to make sure no foot drop sufferer is alone behind a computer desperately searching for answers. At [www.GetBackUpToday.com](http://www.GetBackUpToday.com), become a member of TeamUP, the nation’s first foot drop team, and join a virtual community of foot drop patients and loyal advocates. Seattle area residents can enter a name, location and their Get Back Up story, and connect with other patients nearby and across the country as a member of TeamUP.

Deloria says, “The goal of Get Back Up Today is to create a national network of cheerleaders and valuable resources to inspire you to hold steadfast to your journey of getting back up. Family and friends of foot drop suffers, as well as, physicians and foot drop doctors are invited to join.”

To illustrate her own story, Deloria will run the Seattle Half Marathon on Saturday, June 21. But she knows all too well how much foot drop has affected her life.

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. “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®, 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. In addition to a spinal injury, 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 hope my experience battling foot drop can help encourage those affected by the disorder to not let it steal their quality of life.”

Deloria will run the Seattle Half Marathon as the captain of TeamUP and the manager of community outreach for Allard USA, the company that manufactures the ToeOFF® brace she uses to regain the mobility that foot drop would otherwise claim.

Learn more about Deloria’s effort to help others overcome foot drop or become a member of TeamUP by visiting:

[www.GetBackUpToday.com](http://www.GetBackUpToday.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.