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**National Marathoner and Foot Drop Advocate Beth Deloria  
Runs Eleventh Va. Beach Rock n Roll Half Marathon**

*Deloria encourages local residents to join the national Get Back Up movement*

**Virginia Beach, VA - July 29, 2014** – Beth Deloria ran the first Rock n Roll Half Marathon in 2001 before she developed the paralysis associated with foot drop. And she has competed in the event every year except for the two years that she was undergoing surgery and recovery. When she crosses the starting line on Sunday, August 31, it will be Deloria’s eleventh Rock n Roll Half Marathon despite her paralysis.

As a marathoner unwilling to give up an integral part of her life to foot drop, (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.

“The kind of psychological blow that I experienced is what thousands of people are facing as they come to terms with foot drop,” says Deloria. “The goal of Get Back Up Today is to create a national network of cheerleaders and valuable resources to inspire others to hold steadfast to their journey of getting back up. Family and friends of foot drop sufferers, as well as, physicians and foot drop doctors are invited to join.” At [www.GetBackUpToday.com](http://www.GetBackUpToday.com), they can become a member of TeamUP, the nation’s first foot drop team, and join a virtual community of foot drop patients and loyal advocates.

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 Virginia Beach Rock n Roll Half Marathon as captain of TeamUP and 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.