

get backUPtoday

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Allard USA Chooses 10th Annual Thunder Road Marathon to Introduce 2014 TeamUP Members

*The Get Back UP Today movement is growing with ESPY Award winner
Jamie Whitmore among newest team members*

Charlotte, NC - October 10, 2014 - Eleven men and women from around the country will soon converge in Charlotte, all connected by a shared disability called foot drop, and each with a unique story of how they got back up.

They'll be coming together as Allard USA's TeamUP, the nation's first foot drop team, to advocate for the Get Back UP Today movement. The members face limited mobility in one or both of their legs as the result of foot drop, which is paralysis of the lower leg and foot. They're able to walk and run with the help of a technologically advanced, carbon fiber orthotic device made by Allard USA. TeamUP members will join together for the first time since their launch last year to introduce the newest team members at the 2014 Novant Health Thunder Road Marathon on Saturday, November 15th.

The TeamUP members' participation in athletic events and public education efforts support the Get Back UP Today movement, which is inspired by the Japanese proverb "Fall 7 times, get up 8." It is because of TeamUP's effort both on the street and online that thousands of people across the country have been encouraged to regain their mobility.

One of TeamUp's newest members is Jamie Whitmore, a 37-time XTERRA victor and foot drop sufferer. Despite being stricken with cancer at the age of 31, which resulted in foot drop, Whitmore continues to win competitions and was honored with an ESPY Award this year as the Best Female Athlete with a Disability. She is able to compete with the help of her Allard USA dynamic response ankle/foot orthotic (AFO).

Among the causes for the paralysis associated with foot drop are partial foot, cerebral palsy, stroke, multiple sclerosis, muscular dystrophy, Charcot-Marie-Tooth Disease (CMT), spinal cord injury and many other conditions. Foot drop affects thousands of Americans, many of whom don't know there's anything they can do to regain mobility. The members of TeamUP are XTERRA winners, USA Paratriathlon National Team members, local leaders in the fight against CMT, and mothers, fathers and friends who choose to speak about foot drop along the way to shed light on the disability.

TeamUP Co-Captain Beth Deloria says, "We are truly excited to participate in the Thunder Road Marathon and to introduce the newest TeamUP members. While each team member faces different conditions and challenges, we all share the paralysis of foot drop, which has the potential to limit our mobility. We want to encourage others not to let foot drop steal their quality of life. Together, we are demonstrating what is possible."

Meet the TeamUP members and learn more about their efforts to help others overcome foot drop at: 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.