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Three Champions Living with Foot Drop Encourage Others to Come Back Strong

National Stroke Association and AllardUSA Team up Sunday, May 1st in Denver to kick off National Comeback Trail 5K Series

Littleton, CO – April 2016 – In the traditional sense of the word, the definition of a team often starts as a brain-child of one and then is established by a group of individuals unifying to achieve success. Teams are designed to support and encourage - inspiring others outside of the team that “winners” are made every day through small and large accomplishments. TeamUP – the first national team brought together to raise awareness on a condition called Foot Drop - is a team of resilient individuals who came together to compete against obstacles in their individual lives and to be the beacon of hope for so many others who are struggling to find answers in theirs.

Foot Drop is a condition where a person experiences a weakness or paralysis in their leg, foot and/or ankle that makes it difficult bending one or both feet upward. Often a person tends to trip or fall due to this limitation. Thousands of people suffer from this every day because they developed foot drop from a variety of other serious conditions, including stroke.

This Sunday, May 1st, **Billy Lister** and **Beth Deloria** (Co-Captains of TeamUP) along with **Becky Piper** (a member of the TeamUP movement), will be participating in the **Comeback Trail 5K Series in Denver** to show their support by encouraging and applauding others who are facing the challenges that they have overcome in their fight with stroke.

Billy Lister, a resident of Colorado Springs, Colorado and an Olympic training athlete was diagnosed with a rare and acute brain abnormality known as an Arteriovenous Malformation (AVM) when he was 15-years-old. This condition led to a stroke at the age of 17, which eventually led to permanent paralysis and foot drop on the left side of his body. Now a para-triathlete, Billy has worked hard to become a member of the United States



Paralympic Cycling team as well as the newest TeamUP Co-Captain this year. Lister also has his sights on Rio to compete in the 2016 Paralympics.

Beth Deloria, an accomplished marathon runner and the founding member of TeamUP, was ready to give up after suffering from foot drop due to a spinal injury. For Beth, the simple task of walking became a constant challenge. As a result, depression set in as she began to mourn the life she had once known as an avid runner. However, her passion and persistence led her to get motivated to do something about her condition. She now is back on her course and has been able to run in over 100+ races since her diagnosis.

After being severely assaulted and left for dead with a brain injury that left her half paralyzed, which ultimately led to having foot drop, **Becky Piper's** life as a triathlete suddenly came to a halt. However, her willingness to push through her tragic circumstance has allowed her to get back to competing in two sprint triathlons. This summer she has her sights on competing in an Olympic Distance triathlon and possibly beginning her journey back to the XTERRA World Championships.

With the help of a dynamic response, carbon fiber orthotic brace, like theirs made by Allard USA, Lister, Deloria and Piper have triumphed beyond their fears, doubts and discouragements to become ones who have overcome and who were brought together not just because of their commonality with having foot drop, but because they were determined to live the lives they've always wanted to have – ones that weren't limiting because of their condition.

How do Champions overcome – They Get Back UP to face a new day!

For more information about TeamUP and the Get Back UP movement, please visit:

www.GetBackUpToday.com

www.facebook.com/getbackuptoday

www.allardusa.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 TeamUP

The first national team of fourteen inspiring individuals who live with foot drop and who've made the clear decision that they were not going to let the condition they all came upon define how their future was going to play out. This team, made up of professional athletes, a veteran, avid marathon runners and everyday heroes proves that no matter what your goal is in life everyone can Get Back Up.