

Rudy warms up on the track at the Drayson Center gym in Loma Linda, Calif.



**Rudy Garcia-Tolson, 14**  
**TRIATHLETE** Bloomington, Calif.

**AMAZING RACE:** "I've been doing triathlons since I was 10 years old, even though when I was five, both my legs were amputated below the knee. With prosthetic legs, I can run a six-minute mile, and I'm a few seconds shy of the American record among disabled athletes in the swimming individual medley."

**THE BEGINNING:** "I was born with pterygium syndrome, a disease that bound my legs together and left me unable to walk. I wanted to be active, and the doctors said I'd spend the rest of my life in a wheelchair unless I had my legs amputated, so I had them cut off."

**WEAPON OF MASS INSTRUCTION:** "As a Challenged Athletes Foundation spokesperson, I talk about being a disabled athlete at schools nationwide."

**HOW HE'LL CHANGE THE WORLD:** "When I first started running, there were no races for double amputees because people didn't think that we could do it. But I'm proving them wrong. I want to show other disabled kids that it's worth coming out and competing."

**GET INVOLVED:** To learn more about the Challenged Athletes Foundation, or to make a donation, visit its Web site at [challengedathletes.org](http://challengedathletes.org).

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Teens Who Will Change the World