

THE FAMILY FRIENDLY MAGAZINE SINCE 1991

the Parklander

October 2009



**The Mobile Issue:
GETTING FROM HERE
TO THERE IN STYLE**



Serving Parkland and neighboring areas
Directly mailed to 17,504 homes and businesses
Check us out online @ www.theparklander.com

On The Road Again: CYCLISTS BRING THEIR MESSAGES HOME

By Margie Kaye

Albert Einstein once said, "Life is like riding a bicycle. To keep your balance you must keep moving."

This past summer, two passionate South Florida cyclists found balance and exhibited brilliance on their own journeys to raise awareness for their personal causes, offering inspiration and setting records while touching hearts every mile along the way.

U.S. NAVY PILOT COMMANDER RICK RYAN has raised more than \$75,000 since 2005 by running in over forty marathons for charities in the United Kingdom and United States. However, in August 2008, while serving in the Middle East, Commander Ryan suffered a badly broken leg in a parachute accident. After fourteen grueling operations meant to save his leg, he was told he had little chance of running on it ever again.

That sobering news didn't deter him from completing the New York City Marathon in the Wheelchair Division on November 2nd, 2008, just two weeks after being dismissed from the hospital.

In February 2009, Ryan suffered a setback and was air lifted to Germany and eventually to Bethesda Naval Hospital due to a raging bone infection. While in the hospitals, he decided to do something in honor and memory of the fallen soldiers and their families.

His latest journey began on August 7th, 2009 as Ryan set out to complete a record setting hand-crank wheel chair crossing of Great Britain, some 900 miles from Land's End, England to John O'Groats, Scotland in less than ten days. As he explained, "I'm riding inspired by the injured coalition troops with whom I've shared hospital rooms for the past ten months and knowing what so many others have sacrificed."

His goal was to raise attention and money for military-related charities in the US and UK, including Help For Heroes, an organization formed by a group of friends who wanted to help their wounded "blokes" returning from war in Afghanistan and Iraq; Achilles Track Club Freedom Team; The Royal British Legion; and TAPS, Tragedy Assistance Program For Survivors.

Mission accomplished. On August 15th, 2009, Commander Ryan set a new world record for the hand crank wheel chair: 8 days, 10 hours, 9 minutes, 10 seconds to cover 902 miles. Along the way, to the cheers and honks of hundreds, he raised an estimated \$15,000.

His brother Mike, a partner at the law firm of Krupnick Campbell Malone, accompanied him by bicycle every victorious mile. Mike spoke of the camaraderie that made this magnificent milestone a reality, "To watch the selfless acts and seamless efforts of our support team working to protect us from traffic, to warm us quickly when cold and wet, to shuttle food and supplies at a moment's notice, to work to repair damaged equipment and bodies, and always on the ready for the call to duty was symbolic of what our soldiers do for each other against all odds."

Mike reflected, "Rick's effort over every hill and mile, reminded us we can do more than we think and we do have virtually endless reserves of determination."

For more information on Rick Ryan visit RideForRemembrance.org.



RAFAEL GIRALDO, a parishioner from Saint Katharine Drexel, and eighth-grade history teacher at Weston's Tequesta Trace Middle School decided he'd do the homework for his students this summer.

He boarded his recumbent tricycle (appropriately named Destiny) in San Francisco, California and began a 5,000-mile history lesson across America, peddling through the cities and towns he has shared with his students from the pages of books, documenting his ten-week journey in captivating detail.

As for why he would want to cycle across America, Giraldo sighted various inspirations. From a teaching perspective, he spoke volumes.

"As a history teacher, this crossing will grant me a better understanding of our American Journey. It will allow me to witness first-hand, the lives of ordinary and extraordinary Americans, as I travel across our majestic country. The most important reason of all belongs to the educator within me. To my former, present, and future students, I seek to deliver a lesson in commitment. I wish to teach about the value of