

Pedal For My Peeps



A ride to benefit catastrophic injuries!

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FOR IMMEDIATE RELEASE

LOVELAND QUADRIPLEGIC "GEARS UP" TO CYCLE ACROSS COLORADO TO RAISE
AWARENESS AND FUNDS FOR DENVER-BASED SCI RECOVERY PROJECT

August 26, 2011 -- Loveland, CO – Recovering quadriplegic, Jay LaPointe, 38, of Loveland, CO, is currently in peak training for a trans-state ride themed "Pedal For My Peeps," slated to begin on Monday, September 26, 2011, and finish on Monday, October 10, 2011, with the purpose of raising awareness and funds for Denver-based SCI (Spinal Cord Injury) Recovery Project.

Just prior to entering the Pro Motocross ranks, a motocross crash in 2004 left LaPointe paralyzed from the neck down with a three percent chance of ever walking again. Through his hard work, determination, and the help and support of SCI Recovery Project and numerous other people, or "peeps," LaPointe has since regained movement, strength and mobility far beyond what the odds should allow.

Alternating between two specially designed trikes, the first a Project One Trek Madone, combined with a custom two wheeled axle from Geoff Booker of Oxfordshire England, and the other a Catrike recumbent, LaPointe will begin the ride at the Wyoming border and follow a [route](#) across the entire state of Colorado, ending at the New Mexico border.

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“The people at SCI Recovery Project have helped me achieve a level of functionality that many, including some of my doctors, thought was impossible,” said LaPointe. “With the support of [Trek Bikes](#), [Go Fast Sports](#), my local bike shop [Bike-N-Hike](#), and [Braaap Energy Bars](#), [A Charm For Charity](#), and [BR4SS Underwear](#) I am hoping that this ride in some way will allow me to re-pay my “peeps” at SCI Recovery Project for all they have done for me, and also allow others like me to achieve similar recovery results.”

LaPointe’s training schedule is not for the faint of heart. Working through a grueling workout schedule, he cycles for 3 hours a day, five to six days a week, with gym workouts interspersed. The challenges of managing body sensations, an inability to sweat, and heat tolerance are only a few of the details LaPointe must factor into his training.

The newly expanded SCI Recovery Project, located at 866 East 78th Avenue in Denver, Colorado, is a non-profit organization specializing in providing exercise based recovery programs for individuals who have suffered a spinal cord injury (SCI), stroke, or similar trauma. Using neuromuscular reeducation, weightbearing activities, functional electrical stimulation (FES) with the RTI 300 bike, strength training, flexibility, and gait training, SCI Recovery Project has helped numerous clients achieve maximal neuromuscular recovery and functional ability. The center can be reached at (303) 286-0918.

“We couldn’t be more thrilled that Jay has decided to do this ride for us,” said Amanda Wilson, Operations Manager at SCI Recovery Project. “His amazing hard work and dedication to his recovery is really pouring through along with his amazing will to help others, and that is really special.”

A donation campaign has been established where supporters can donate money or purchase items to support the ride effort. An invitation is also extended to cyclists wanting to participate alongside LaPointe in support. For more information or to donate, visit LaPointe’s Recovery blog at http://www.jaylapointe.com/pedal_for_my_peeps.

Jay LaPointe

Injury and Recovery History

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| June 2004 | While practicing for an upcoming motocross race, Jay broke his neck at the cervical 4 vertebrae, instantly paralyzing him from the neck down. |
| Late June 2004 | Underwent surgery to fuse his spine at C 3, 4, and 5, with titanium hardware and a hipbone graft. |
| June – Sept. 2004 | Spent three and half months at Craig Hospital in Denver, Colorado learning about his injury and his new life as a quadriplegic. |
| Oct. 2004-Jan. 2005 | Underwent home-based physical therapy, and after a few months could stand unassisted and walk with a platform walker. |
| 2004 – Sept. 2007 | Spent hundreds of hours in the gym trying to regain strength and functional recovery, only to realize more help was needed. |
| Sept. 2007 | For one week, Jay trained with Project Walk in Carlsbad, California, a specialized spinal cord injury recovery center, and was told he would not need his wheelchair much longer. He left Project Walk with exercises to do at home. |
| Sept. 2007 -2010 | Hundreds of hours were spent in the gym, but this time with a more focused direction. |
| Jan. 2010 | Trained with Project Walk a second time without his wheelchair, using only forearm crutches to assist with walking. He purchased an English racing trike to begin cycling again. |
| January 2010 | Found Denver based SCI Recovery Project, similar to Project Walk in Carlsbad, California, and started therapy there a few months later. |
| June 2010 to August 2011 | Jay has remained a client of SCI Recovery Project and now uses one crutch to walk with. He is currently training to walk with out assistance. |

September 26, 2011

'Pedal For My Peeps' start date. Jay is planning on riding his trike across the state of Colorado, from the Wyoming border to the New Mexico border, to raise awareness and money for his friends that are recovering from spinal cord injuries and SCI Recovery Project in Denver.

Future plans:

A cycling trip across the United States. Upon successful completion Jay would be the third recovering quadriplegic to accomplish this.



Jay LaPointe

Born and raised in Maine, Jay LaPointe, 38, came to Colorado after graduating high school to pursue his college degree. After his arrival he began working instead and developed a love for a new sport: motocross.

At 24, Jay began motocross racing with the RMXA (Rocky Mountain Motocross Association) A.M.A. District 25 and finished fourth in the state of Colorado in his first year. He spent most of 2004 winning almost every race he entered. He was leading the points in the amateur class for both 30+ and 25 C/B combined before breaking his neck just a month away from turning pro.

During a practice ride in June of 2004, LaPointe experienced what every motocross racer fears: a tragic crash that left him paralyzed from the neck down. Since then, every ounce of his determination intended to help him reach a professional motocross career has been funneled into his rehabilitation and recovery.

After seven years of a whirlwind of emotion, intensely difficult rehabilitation, and a will against all the odds, Jay has regained functionality that allows him to walk with one crutch, live independently, and now take on new challenges that only few in his position ever dream to achieve. He maintains a five to six-day training schedule both on the bike and in the gym, and hopes to one day begin a non-profit of his own contributing to the lives of others with spinal cord injuries. He now holds an associate's degree in business.