



Ted Rake

Hometown
Corydon, IN

Branch of Service
Army

Division
Novice

Sports
**Field Events, Boccia
Bowling**

In the Summer of 2010, I started having physical problems with my body. My legs would just stop working if I worked outside too long or did anything they exerted my body. Soon thereafter I was diagnosed with Multiple Sclerosis (my 40th birthday present). Over the next couple of years my condition worsened and I could only walk a few feet unassisted.

I fell into a deep depression. I was angry at the world and could not accept my condition or my future. I turned to unhealthy habits like workaholicism and heavy drinking to cope, until a friend encouraged me to get involved with my local PVA chapter

I couldn't believe what I was seeing. Veterans, many with much more limits than me were competing in events, using adaptive equipment or alternative technique and absolutely dominating. I watched as many events as I could and met so many great people who understood the challenges I was going through, I experienced a peace and joy that I hadn't felt in years. I came back from Cincinnati a new man.

This year, at the 2018 Veterans Wheelchair Games in Orlando, I will compete. I cannot wait to hangout with all the great Veterans again. They truly showed me the only disability is a bad attitude and where there's a will (and an adaptation), there a way.

Watch out Orlando,
Ted's coming for Gold!



**Paralyzed Veterans
of America**

Kentucky-Indiana Chapter