



2007 Dodge Grand Caravan SE. VMI Northstar in floor ramp conversion. Lowered floor, 4 way tie downs, Remote entry with power door and kneel. Removable driver and front passenger seats. Remainder of factory warranty plus 3 yr./36K Mi. VMI Warranty. 800-420-6470. DEC V23



2008 Dodge Grand Caravan SXT. El Dorado American conversion with remote entry, 12 in. lowered floor, ADA 56 in door height, power side door, ramp, and kneel. Removable front seat. Loaded chassis with many extras. 800-420-6470 DEC V22



2007 Dodge Grand Caravan SXT. Braun Entervan conversion, remote entry, 10 in. lowered floor, power kneel, door, ramp. Removable driver and passenger seat. 4 way restraint system. 800-420-6470. DEC V21



2008 Chrysler Town & Country LE. Freedom rear entry manual conversion. 4 pt. tie downs and lap belt. Dual middle jump seats. 42 K Mi. 800-420-6470. DEC V20



2006 Chrysler Town and Country Touring. Braun Entervan conversion featuring a 10 in. lowered floor, power kneel, door, and ramp. Removable driver/front passenger seats. EZ lock in front passenger position. 4 pt. tie downs/lap belts w/ multi/ positions. 12M/12K Mi. Exclusive MITS of VA Warranty. 800-420-6470 DEC V19



2006 Dodge Grand Caravan/Braun Conversion. 10 in. lowered floor, remote door, kneel, and ramp. 4 pt. tie downs. Removable driver & front passenger seats. Stow and Go Rear Storage. Loaded Chassis! 800-420-6470 DEC V18



2001 Chrysler Town & Country LX. w/ dual ac & heat, power brakes, steering, windows, mirrors, door locks. Tilt and cruise. Keyless entry. Braun Entervan II conversion, 10 in. lowered floor, power kneel, door and ramp. Removable driver and front passenger seats. 4pt. tie downs and lap belts. 55K Mi. 800-420-6470 DEC V17



2000 Dodge Grand Caravan Sport with Freedom Kneelvan Conversion. Power rear entry ramp, power kneel, half cut 10 in. lowered floor. EZ Lock and 4 pt. tie downs. 48K Mi. 3 Mo./3,000 Mi. Mobility Equipment/Powertrain warranty. 800-420-6470 DEC V16



1999 Dodge Grand Caravan. Viewpoint rear entry conversion with key FOB. Sliding side doors. Passenger side transfer seat. Raised roof. TV/VCR, illuminated vanity mirrors. Warranty available for an additional charge with the purchase of this vehicle. 540-932-7620 DEC V15



2002 Dodge Grand Caravan Sport. Keyless entry. Braun Entervan Conversion, lowered floor, power kneel, door & ramp, removable driver & front passenger seats. Limited Warranty. 1-800-420-6470. DEC V14



2005 Dodge Grand Caravan SE. Manual rear entry ramp. 10 inch lowered floor. 4 pt. tie downs and lap belts. ADA COMPLIANT!!! 800-420-6470 DEC V13



1996 Plymouth Grand Voyager with a Braun Entervan conversion. Includes 8 in lowered floor, 4 pt. tie downs, power door, ramp, and kneel system. Removable driver/passenger seats. Warranty available. 69K Mi. 800-420-6470 DEC V12

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## "From The Editor's Desk"

By Dena Sims

For the month of December we have several new resources to share with you: Valley Moms, for parents of children with disabilities in Staunton, Waynesboro, & Augusta Co. Meets the 3<sup>rd</sup> Thur. of ea. month, contact C. Jones @ 540-255-3026. Just for Kicks, Community-based adaptive physical education services for individuals with disabilities, contact T. Moran @ 540-568-4877. [WWW.DISABILITY.GOV](http://WWW.DISABILITY.GOV), offers information from 22 federal agencies as well as educational institutions, non profit organizations and state and local governments.

*From all of us at Disabled Dealer of VA & WV,  
Merry Christmas!*

### MISSION STATEMENT

Our mission is to bring people with disabilities and the elderly complete access to new and pre-owned adaptive equipment, services, resources and events throughout Virginia and West Virginia

### ABOUT THE FOUNDERS:

**Rob Smith**, has been a quadriplegic since 1980 as a result of a diving accident. Robert served eight years in the armed forces and retired as an E-6 Staff Sergeant.

**Stella Smith**, an RN, has been married to Robert since 1991. She brings her five years experience in Spinal Cord injury to Disabled Dealer Magazine. Since the V.A. she has worked as a Community Health Nurse with the Governors Healthy Start Program. She now dedicates 100% of her time to Disabled Dealer.

**Oliver O'Riordan**, serves the Disabled Dealer organization in a number of ways. His mainstay is overseeing general management duties for DDM Graphics. He also assists Disabled Dealer Enterprises, Inc. in the sales and Graphics sector of the initial training process. "Our mission is to bring people with disabilities and the elderly complete access to new and pre-owned adaptive equipment, services, resources, and events throughout the country."

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Nick Scott is the foremost promoter of wheelchair bodybuilding. He is the founder and owner of the largest online wheelchair bodybuilding community [www.wheelchair-bodybuilding.com](http://www.wheelchair-bodybuilding.com), Read more about his accomplishments in this month's cover story on page 14.



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2000 Chrysler Town and Country Lx. Braun side entry, 8 in. lowered floor conversion. Power kneel, door, and ramp. Removable passenger seat. Driver transfer seat, hand controls. Loaded fully auto. chassis. 3 Mo./3,000 Mi. 800-420-6470 DEC V10



1996 Dodge Grand Caravan LE. IMS Side Entry, 10 in. lowered floor conversion. Power door, kneel, and ramp with keyless entry. 4 pt. tie downs. Driver side transfer seat and removable passenger seat. Tinted windows, overhead console. 800-420-6470 DEC V9



1996 Dodge Grand Caravan SE. Braun Entervan Conversion. 8 in. Lowered floor, power kneel and ramp. Removable passenger seat, 6 way driver transfer seat. 800-420-6470. DEC V8



1992 Dodge Grand Caravan SE. Braun Conversion, 4 pt tie downs, 10 inch lowered floor, power sliding door, removable driver & front passenger seats. Call 1-800-420-6470 for more information. DEC V39



1993 Plymouth Voyager SE. Manual rear entry, fold down rear ramp, fold down back bench seat. 4 pt. tie downs. Power brakes, steering, door locks, and mirrors. AM/FM Stereo/CD. Tilt steering, heat & AC. Cruise Control. 800-420-6470 DEC V7



# Mobile *Lifestyle* Advisor

Need answers to your mobility questions?? Want to know the latest in Assistive Technology? Would you like to learn money saving tips on

how to purchase your next van, scooter or lift? Get these answers and more from "The Mobile Lifestyle Advisor" brought to you by Disabled Dealer of Virginia and West Virginia. This monthly column might make you roll with laughter, cringe with fear, or jump for joy, but it guarantees to produce solutions that you can take to the bank. So "Let's Get Rolling".

**Q. My Dad continues to drive even though he has recovered from a stroke which has left him with limited use of his right hand and slowed reaction of his right leg. I have suggested that he get hand controls installed on his car, for safety reasons. He says that the ones he has seen are bulky and make it hard for him to get into the car. Are their different styles that could be bought?? Karen B.-VA.**

A. Karen, there are various styles of hand controls on the market from which your Dad can choose from. However, Dad needs to see an evaluator before he does anything. He may find there are other solutions that will assist him in staying a safe driver. Evaluators are located throughout the state, email me and I will send you a list. I would highly suggest that your Dad find one that can show him different hand control set ups and train him on one that is comfortable and a good fit for his car. As I mentioned, he may not even need hand controls so don't let him delay on finding a good evaluator, safety is paramount!! As a side note, push/pull and push/right angle are the most popular types of hand controls. Technology has provided our industry various other options and it is worth doing your homework before being evaluated. For those readers that have questions regarding types, evaluations or the part DMV plays, feel free to contact me. It has been a very popular issue and one that many people avoid because they think it will jeopardize their ability to drive, in reality, it could EXTEND their safe driving years.

**Q. I am looking at a car topper for my Town car. The gas fill is on the driver side of the car. My question is this; Can I pull up to the gas pump, get out of my car and still be able to fill up the gas tank? Chuck E.-VA.**

A. Chuck, what a great question! The ageless car topper has been on the market for years and is a great way to keep your current vehicle and still become independent using a manual wheelchair. Newer style cars present somewhat of a problem because of weight limitations on

roof supports but most cars will accept the carrier with a new style mounting system. For a self driver like yourself, you will require about 38-40 inches to deploy your chair and transfer into it. If your gas fill cap is on the same side of the car, you should have a long enough hose to reach. If you want to make sure, find a pump on the end of the island, pull past it until you have side clearance to get out, you should then easily reach the gas fill. Just a note for all readers, gas stations, by ADA law must provide assistance to motorists who are disabled. The key is finding the button, bell or horn that alerts the inside counter staff.

Q. My mechanic alerted me to the fact that the air bags on my 1993 IMS van were cracking and could start to leak air. I was wondering if I could do away with the air bags since I don't use the kneel system?? Brian M.-VA.

A. The air bags on your van are used both for suspension and also the kneel function. Consequently, you cannot remove them unless you want to ride without a suspension system, making for a rough ride and little ground clearance. It is possible to find a speed shop that could totally replace the air bag system with coil springs and struts however I would caution you that the price may be prohibitive. The air bags themselves are not unique to lowered floor vans, so you can still get air bags for your van if you develop a leak. To prevent unnecessary wear and tear on your existing bags, you can turn the kneel function off. It is great to see that the manufactures of these vans realized the limited life of air suspension and all the maintenance involved and decided to develop the mechanical kneel system which did not jeopardize your normal suspension. Great to hear that you found the fuel filter you ask about in an earlier column!!! Stay in touch.

**Happy Holidays to All and have a very Merry Christmas**

*Keep those questions coming in and keep those wheels rolling on! Send your questions and comments and receive a "free gift" from "The Mobile Lifestyle Advisor", c/o Richard Baldwin, 2075 W. Main St. Waynesboro Va. 22980, or email him at [mobility@ntelos.net](mailto:mobility@ntelos.net). Also catch the latest questions and comments on the Mobile Lifestyle blog at [www.disabled-boom.com](http://www.disabled-boom.com).*

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2007 Chrysler Town & Country LX; Champagne; only 1700 miles; VISION Manual Rear-entry Conversion; 10" dropped full-cut floor; 4 pt. tiedowns; Lightweight spring-hinged manual folding ramp; Pwr hatch release/close; flip down rear bench seat; modified mid-ship seating; still has remaining Factory Warranty! Call for more details 434-846-7510 STOCK# 366 \$36,995. DEC V48



2001 Ford E-150; Silver; 72k miles; Self-driver; Braun Vangater full pwr lift; Hand Ctrls; Steering knob; m6-way pwr transfer seat; 6" lowered floor full cut; removable pass. seat; magnetic entry; 4 pt. tiedowns; \$24,900 Please call 800-657-5438 for more info. STOCK# 52-0406 DEC V49



2000 Chevrolet Express 1500; Fullsize; 31k miles; Light pewter; Full Power Lift; Raised Roof & Raised Door Panels; Carpeted; 4 Point Tiedowns; 434-846-7510 STOCK# 266 \$27,900. DEC V50



NEW 2009 Honda Odyssey Ex; VMI Northstar; Ocean Mist; 7 miles; Power In-floor Ramp, Door & Kneel System; 10 in Low Floor; Removable Driver & Passenger Seats; Remote Entry; 4 Point Safety Restraints; \$54,995.00; Call 800-657-5438 for more details DEC V51

## FEATURED VAN DECEMBER 2009



2010 Toyota Sienna Braun Rampvan with Infloor ramp Loaded with features: Leather, TV, DVD, Sunroof, Back-up Camera. Rampvan features In-floor Ramp, Power Door, Kneel, Removable Driver and Passenger seats, Remote entry. 4-Point Tie-Downs.

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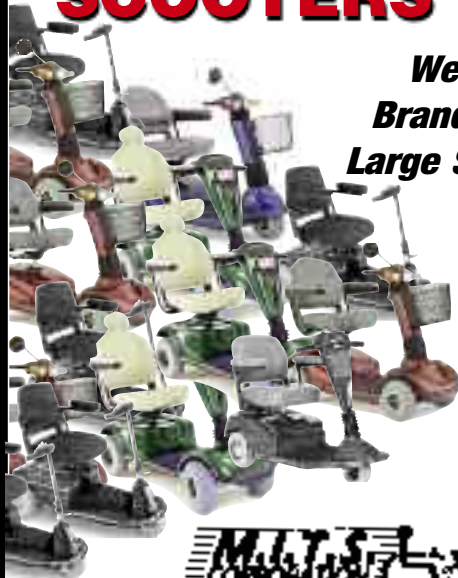
*Merry Christmas and Happy New Year!  
From, The Staff at Independent Lifestyles!*



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2004 Chev. Silver tone, 15K Mi., Very Clean! \$22,500. Entervan, Braun Conversion, 10 in. lowered floor, remote entry, kneel, ramp. 4 pt. tie downs, removable front seats. Hand Controls for driving. V-6 Engine. 1-805-479-6050 or 1-304-677-8871 Fairmont, WV. DEC V37



Price Reduced to: \$3195

1994 Ford Aerostar XLT, Ricon side platform lift, rubber mat flooring, EZ Lock mid ship position, 53 inch door opening. Raised roof. 3.0 L 6 Cylinder. 540-932-7300 DEC V6



1988 Plymouth Voyager SE. Braun L400 Lift, Power door, Raised door panels, Dual Battery, Outside control switches, Raised roof, 4 way restraints. \$3995. Call Richard @ (540) 932-7300 DEC V5



2004 Ford E-250 Eclipse Mobility conversion van. 6 in. lowered floor for easy entry with plenty of head room. Vangater II folds up giving maximum space for passengers and cargo. Remote entry, CD player, back fold down sofa. Call Richard 1-800-420-6470. DEC V4



1997 Ford E 150 Club Wagon. Rollex Custom 6 in. lowered floor, removable front driver and passenger seats. Vangater II Lift. Dash mounted switches, outside taillight switches. Power side door, remote entry. EZ Lock front passenger seat. 64 K mi. 800-420-6470 DEC V3



1995 Ford E 150. Ricon Lift, Raised Power Side Door, Raised Roof & Lowered Floor. Removable Driver Seat. EZ Lock. \$16,500. (540) 932-7300. DEC V2



1986 Chevrolet Beauville. 5.0 L V-8. Auto. transmission, power brakes, power steering. Large cargo area in rear. Braun Lift. 800-420-6470 DEC V1



1997 Pontiac Trans Sport Montana mini van. VMI Excel Scooter Lift. MPD Hand Controls. Auto. trans, Power mirrors, windows, door locks. Cruise control, Rear wipers/Defroster, Tinted windows, Overhead console time/temp/compass. Am/Fm Stereo, Cassette. 77 K MI. 800-420-6470 DEC V31



2002 Nissan Quest with Tracker Platform Lift (remote engaged). 68K Mi. DVD, Am/Fm Stereo with multi disc CD player. Tinted Windows. Power Mirrors, Windows, and Door Locks. 540-932-7300 DEC V32



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DEC V35**



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M.I.T.S. of Virginia installs straight & custom curved stairlifts. Call Tom for more information. 1-800-420-6470 DEC M2



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Pride Lift Chairs, The Ultimate In Comfort & Style! Now in stock for Christmas! Call Tom at 1-800-420-6470. DEC M3

# VIRGINIA Resources

The following calendar of events, support groups, and resources is provided free as a service to our readers. Disabled Dealer of Virginia & W. Virginia cannot guarantee the accuracy of all information given. Please be sure to verify dates and locations with the contact or organization listed. You can have your event included in the section by mailing, faxing, e-mail, or calling in the information at least 6-8 weeks before the event if possible. Our address, phone/fax numbers and e-mail address is located on page 3

## VIRGINIA RESOURCES

### Waynesboro Disability Services Board 540-942-6718

For information on housing and disability services in Waynesboro, VA.  
**Spirit Roller Ministries**  
[www.spiritrollerministries.org](http://www.spiritrollerministries.org)

### Granting Freedom

Virginia's Military Home Modification Grant Program  
Grant program that pays for modifications to make living spaces more accessible for servicemen or women who sustained injury during service in a combat theatre of operations.  
[www.vhda.com](http://www.vhda.com)  
Search keywords: Granting Freedom Program  
877-VHDA-123

**The Virginia Department for the Deaf and Hard of Hearing (VDDHH)** works to reduce the communication barriers between persons who are deaf or hard of hearing and those who are hearing, including family members, service providers, and the general public.  
804-662-9502 (V/TTY)  
800-552-7917 (V/TTY)  
Email: [ddhinfo@ddhh.state.va.us](mailto:ddhinfo@ddhh.state.va.us)  
Website: <http://www.vddhh.org>

### Virginia 2-1-1 Get Connected. Get Answers.

Dial 2-1-1 / [www.211virginia.org](http://www.211virginia.org)  
When you dial 211 a trained professional will listen to your situation & suggest sources of help using one of the largest databases of health & human services in Virginia.

### Access Chesterfield:

The Chesterfield County Coordinated Transportation Program, Access Chesterfield, provides transportation services for any Chesterfield County resident who is disabled or, over age 60, or who meets federal income guidelines regarding poverty levels.  
[www.chesterfield.gov](http://www.chesterfield.gov)

### Access Chesterfield-Transportation

7321 Whitepine Road  
Richmond, VA 23237  
804-279-8489

### Senior Navigator

[www.seniornavigator.org](http://www.seniornavigator.org)  
Equipment Recycling Resource.

### AARP Virginia State Office

707 East Main Street, Suite 910  
Richmond, VA 23219  
Phone: (804) 819-1902 Fax: (804) 819-1923  
TTY: (877) 434-7598  
Web Site:  
<http://www.aarp.org/statepages/va.html>

### Alzheimer's Association:

**Northern Virginia Chapter**  
10201 Lee Hwy, Suite 210  
Fairfax, VA 22030  
(703) 359-4440

### Central VA/Lynchburg Chapter

P O Box 823  
Lynchburg, VA 24506 (804) 845-8540

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### Charlottesville/Piedmont Chapter

PO Box 4634  
Charlottesville, VA 22906  
(804) 973-6122

### NewWell Fund

1602 Rolling Hills Drive  
Suite 107  
Richmond, Virginia 23229  
Telephone: (804) 662-9000  
Toll-Free: (866) 835-5976  
Fax: (804) 662-9533  
E-Mail: [atifa@atifa.org](mailto:atifa@atifa.org)  
The NewWell Fund, established by the General Assembly in 1995 as the Assistive Technology Loan Fund Authority, provides a unique funding alternative for many who have no other options. Our mission is to promote alternative funding resources for Virginians with disabilities to acquire assistive technology that can enhance their independence, and improve their quality of life.

### Blue Ridge Independent Living Center

Main Office  
1502 B Williamson Road, N.E.  
Roanoke, Virginia 24012  
540-342-1231

### Brain Injury Support Group-Greater

Shenandoah Valley Support Group. Meets on the 3rd Wednesday of the month at 6:30 p.m. in Room 221 of Rockingham Memorial Hospital. Call Pat Wilkins (daytime) at (540) 879-2833.

### Brain Injury Association

1608 Spring Hill Road  
Ste. 110  
Vienna, VA 22182  
703-761-0750 Toll Free: 1-800-444-6443  
[www.biausa.org](http://www.biausa.org)

### Brain Injury Association of Virginia

3212 Cutshaw Ave Suite 315  
Richmond, VA 23230  
804-355-5748/800-334-8443  
Web site: [www.bia.v.org](http://www.bia.v.org)

### Brain Injury Association of Staunton-Augusta

Support Group  
Second Monday of each month.  
7:00 pm William A. Cashatt Chapel  
Woodrow Wilson Rehab Center  
On Hornet Drive near Parking Lot F

### Goodwill of Central Virginia Medical Adaptive/Assistive Technology Program

8:30 am - 4:00 pm  
6301 Midlothian Trnp.  
Richmond, VA 23225  
804-521-4923  
[www.goodwillcvva.org](http://www.goodwillcvva.org)  
MA/ATP Provides medical equipment to people in need for no charge regardless of age or disability. Please call to verify availability of equipment.

### Lions Club-Special Needs Equipment

State Chairman-Mike Nicolos  
3906 Melvern Place  
Alexandria, VA 22312-1149  
E-mail: [lionmikecoordinator@mymailstation.com](mailto:lionmikecoordinator@mymailstation.com)  
703-941-6575

### Valley Associates For Independent Living, Inc.

1791-A South High St.  
Harrisonburg, VA 22801  
540-433-6513 Fax: 540-433-6313  
Valley Associates For Independent Living, VAIL, serves planning district 6. VAIL provides an array of services to individuals who have a disability including but not limited to supported employment, independent living skills training advocacy, and information and referral. Call 540-433-6513 for more information.

### Paralyzed Veterans of America

Virginia-Mid Atlantic Chapter  
11620 Busy Street

Richmond VA 23236  
800-852-7639 • 804-378-0017  
Fax: 804-378-0026

### Resources for Independent Living Inc.

The Resources for Independent Living Inc., serves persons with physical and sensory disabilities to live independently in the community and to encourage necessary change within the community so independent living is a possibility. A community based nonprofit and nonresidential agency serving persons in Chesterfield providing case management, peer counseling, housing placement services and technical assistance. Also, provides advocacy for personal and collective rights of persons who are disabled in the areas of accessibility, education, employment, transportation and other areas of equal opportunity. Please call Barbara at (804) 743-3798 for further information

### Spotsylvania County Public Schools

Parent Resource Center  
7409 Brock Road  
Spotsylvania, Virginia 22553  
(540) 582-3616  
(540) 582-3791

### High Hopes Stroke Survivor Support Group of Lynchburg.

Join us the 2nd Thur. of ea. Mo. 1-3 pm  
Jamerson YMCA Multipurpose  
Wyndhurst Area  
Lynchburg, VA  
Contact: Carol @ 434-384-7568  
Or Emily @ 434-385-1976  
Email: [LBstrokesupport@msn.com](mailto:LBstrokesupport@msn.com)

### New River Valley Brain Injury Support Group

4th Tuesday of each month Waldron College, Radford University  
Call for further information: Jason foundation at (540) 633-2225

### Stroke and Head Injury support Group

**Montgomery Regional Hospital**  
Meets the second Tuesday at 6:30 P.M.  
Call for further information:  
Terry Shelor (540) 961-4652  
Promoting a cooperative partnership between parents of children with special needs and the schools.

### Virginia Association for Home Care

8001 Franklin Farms Dr., Suite 110  
Richmond, VA 23229  
Phone: 804-285-8636 Fax: 804-288-3303  
[vahc.org](http://vahc.org) [www.vahc.org](http://www.vahc.org)

### Muscular Dystrophy Association

MDA Clinic  
Roanoke Neurological Center  
Roanoke, VA  
Ahmad Bushirk, MD 540-772-3237

VAIL has a loan closet of durable medical equipment & equipment for those who are deaf or hard of hearing in our Harrisonburg office. Items include: bedside toilets, walkers, crutches wheelchairs, hospital beds, TTY's, phone or doorbell signalers, and phone amplifiers. Call 433-6513 to see what is available. VAIL and the Waynesboro Disability Services Board cooperatively operate a loan closet for the Waynesboro area. Items include: bedside toilets, walkers, crutches, wheelchairs, and hospital beds. Call 942-6718.

### Wheelin' Sportsmen NWF of Virginia

If you are DISABLED and interested in applying to become a member of a growing number of sportsmen who have physical limitations and enjoy the great outdoors, please examine the websites below and contact one of our member to join us in a life full of beauty and adventure. Websites: [www.wheelinsportsmen.org](http://www.wheelinsportsmen.org) Contact: Robin Clark 434-979-6154 [www.vanwft.com](http://www.vanwft.com)

Virginia Board for People with Disabilities  
[www.vaboard.org](http://www.vaboard.org)

### Care Connection for Children

3299 Woodburn Road  
Suite 220

Annadale, VA 22003  
703-205-2629

### Traumatic Brain Injury & Veterans

P O Box 1485  
Bedford VA 24523  
434-660-1235

## W. VIRGINIA

### Easter Seals West Virginia

1305 National Road  
Wheeling WV 26003-5780  
(304) 242-1390 (V/TTY); (800) 677-1390  
E-mail: [ateaster@stargate.net](mailto:ateaster@stargate.net)  
Web: [www.wv.easter-seals.org](http://www.wv.easter-seals.org)

### Primary Lateral Sclerosis Hereditary Spastic Paraplegia-Support Group.

April 1, 2006  
Berkeley Springs WV  
Contact Ms. Ronnie Grove  
[frogrove@pennswoods.net](mailto:frogrove@pennswoods.net)  
or 13 Erin Ln.  
through relay 711 call:  
304-258-5275

### W. Virginia Chapter of Polio Survivors

The 2nd Saturday of each month  
1 pm - 3 pm  
Putnam General Hospital-Educational Room  
Hurricane W. Virginia  
Contact: Mae Inscocoe-Group Leader  
304-736-6325

### Paralyzed Veterans of America

**West Virginia Chapter**  
336 Campbells Creek Road  
Charleston WV 25306  
304-925-9352

### Multiple Sclerosis

City Hospital  
Meeting Room One  
Martinsburg WV 25401  
(304) 262-6045

### Adult Day Care Services Program

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### Disability Determination Area Offices:

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Charleston Federal Center, 5th Floor  
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**2007 Chevrolet C5500 General Coach Classic. 6.6 diesel engine. Driver, co-pilot, plus 34 passengers with overhead luggage. 10,000 demo miles. Call Eugene for pricing. DEC V44**



**2008 Freightliner Turtletop FM2 Odyssey XL. Driver, co-pilot plus 37 passengers with overhead and rear luggage. 3,700 demo miles. Call Eugene for pricing. DEC V45**



**2009 Ford E 350 Starcraft Allstar. Driver plus 12 passengers and 2 wheelchairs. Gas engine. 1K Miles. Call Eugene for more details. DEC V46**

# Hard & Lean! Wheelchair Bodybuilding

by Stella Smith

Nick Scott is the foremost promoter of wheelchair bodybuilding. He is the founder and owner of the largest online wheelchair bodybuilding community [www.wheelchair-bodybuilding.com](http://www.wheelchair-bodybuilding.com), and a global promoter for the sport of wheelchair bodybuilding. As a wheelchair bodybuilder he is an active part of the bodybuilding scene, having competed in 24 shows in 19 national locations since March 2006.



Back in August of 1998 he was involved in an accident that forever changed his life. The left front tire on his vehicle blew out and the vehicle rolled five-and-a-half times before coming to a stop. Nick was ejected through the driver's side window, and eventually collided with his vehicle in mid-air. Nick was diagnosed as paraplegic (T12,L1) and told that it would be physically impossible for him to ever walk again. That day a part of him died; yet, at the same time, another part was born.

Wheelchair bodybuilding is very close to his heart because of the void it filled after his accident. Training in the gym helped Nick put the pieces of his life back together. All his goals for this sport come from the heart. Nick states "that's where bodybuilding lives, breathing new life into all of us".

Nick's mission is to bring more awareness and exposure to the sport of wheelchair bodybuilding, and he intends to lead by example. Wheelchair bodybuilding is his passion and his life. He has competed on stage at countless competitions and events, and has traveled across the United States to bring more awareness and exposure to the sport of wheelchair bodybuilding.

I asked Nick a few questions.

## **How does someone become a Wheelchair Bodybuilder?**

You must have competed at least once. If you qualify, email me at [nickscott@wheelchair-bodybuilding.com](mailto:nickscott@wheelchair-bodybuilding.com) and I will add your biography to the Bios section of my website so everybody will know who you are. It's a great networking tool and you can be included for FREE!

## **What is the criteria to Compete?**

To make things simple, just find a bodybuilding show that has a Wheelchair Division that you are interested in, fill out the entry form, pay the entry fee, show up at the show and compete. Each bodybuilding show is different and everything you need to know will be on that show's entry form. I have listed all the shows that I am aware of that have a Wheelchair Division on the Upcoming Shows section of my website. The 2010 schedule normally comes out around November/December and I will post them once I know.

## **What if someone has never competed before?**

Once you read the entry form of the bodybuilding show you plan to compete in you will know exactly when and where you need to be. There are two parts to a bodybuilding show, Pre-Judging and the Night Show. During Pre-Judging you will go through a series of poses. You will be lined up side by side to your competitor so the judges can compare you to the person next to you. In each bodybuilding show you are ONLY competing against the person next to you. Pre-Judging is when the Judges score you. The Night Show is for entertainment and for the fans. You will perform a routine to music and once everybody else has done their routine they will line everybody up and announce the placing. Whoever is the hardest, leanest, biggest and symmetrical wheelchair bodybuilder will win the show.

Nick also added "You have to be mentally strong and have a desire like no other. What separates Wheelchair Bodybuilding from ALL the other Wheelchair Sports in the World is that next year will be the first IFBB Pro Wheelchair Division! It will be the first time in History that a disabled sport is on the same stage and spotlight as an able body sport. Wheelchair Basketball is one of the most popular sports for disabled athletes but is nowhere close to the NBA. But with Wheelchair Bodybuilding, soon disabled athletes will have the same status as Arnold Schwarzenegger, competing on the same level of stage as he did. It will happen, because I'm the guy that has been pushing for it! Plus at the Pro Show the athletes will receive thousands worth in prize money and products."

For years Scott has been helping Wheelchair Bodybuilders around the world and those who want to train or just get in shape through his online training at [www.nickfitness.com](http://www.nickfitness.com)

Nick's final comment to our readers... "if you want to become a Wheelchair Bodybuilder contact me and I will help you achieve it!"

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4	8				9			
		6						
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6	9						5	2
		2					9	1
						6		
			7				8	9
	2	5		9	3			4

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