

# MISSISSIPPI BLUES MARATHON & HALF-MARATHON

Presented by:



BlueCross BlueShield  
of Mississippi

Committed to a Healthier Mississippi.



january 7, 2012 • jackson, ms • [www.msbluesmarathon.com](http://www.msbluesmarathon.com)

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## Mississippi Blues Marathon and Half-Marathon Welcomes Chris Waddell

(Jackson, MS) – Organizers for the 5<sup>th</sup> Annual Mississippi Blues Marathon and Half-Marathon, presented by Blue Cross & Blue Shield of Mississippi, are proud to announce the participation of Chris Waddell in the marathon on Saturday, January 7, 2012. Waddell is a decorated Paralympic athlete known for his September 2009 handcycle summit of Mount Kilimanjaro and the award-winning documentary of his climb.

“Chris Waddell’s participation in the Mississippi Blues Marathon is an honor for us and a unique opportunity for Mississippians to see an athlete who exemplifies the true spirit of the marathon,” said John Sewell, Director of Corporate Communications for Blue Cross & Blue Shield of Mississippi. “Chris is a true inspiration for any athlete.”

A viable competitor on the Middlebury College Ski Team in 1989, Waddell was paralyzed in a ski accident. He returned to his studies two months later, and began skiing on a monoski less than a year after the accident.

Waddell went on to become the most decorated male Paralympic skier in history, earning 12 medals over four Paralympics. He is also a three-time Track and Road Racing Paralympian.

Retiring from competition in 2001, Waddell faced his greatest challenge. “That moment was even more difficult than my accident,” Waddell said. “I was more tied to being the best monoskier in the world than to being able to walk.”

Compelled to change the way others perceive those with disabilities, Waddell founded the One Revolution Foundation. “Chris’s achievements transcend what others believe he could achieve given his disability,” said Bob More, President of the Board of Directors of the Foundation. “As we know, everyone faces his or her own challenges in life. Chris is an inspiration to everyone to re-think preconceptions of their own limitations.”

(more)

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## Chris Waddell

### Page 2

Waddell named the Foundation after one revolution of his handcycle. He estimates that it took 528,000 revolutions to make it to the summit of Mount Kilimanjaro. Just like those 528,000 revolutions led him to the summit, he explains that each of us can make small decisions that ultimately lead to great change.

Even greater than the physical challenge, the mountain provided Waddell with significant emotional challenges. “As a skier, I was so used to getting to the starting gate at competitions and shutting the world out,” Waddell said. “I got into a mindset that I didn’t need others.” On the mountain, Waddell learned the sometimes painful lesson that success is ultimately just as much about our relationships and support as the individual achievements that we make.

On September 30, 2009 Waddell reached the 19,340-foot summit of Mount Kilimanjaro, with just 100 feet of assistance from his team. The documentary of his climb, beautifully directed by Amanda Stoddard, has received several prestigious awards at film festivals throughout the world.

This fall, the film toured with Nametags, One Revolution’s education program. “Nametags is not about disability, it is about resilience and community,” said Donna Volpitta, Ed.D. who helped design the program. “Chris has a wonderful ability to bring people together and inspire them to do great things.” During the 10-week tour, Waddell traveled throughout the country to spread his message.

The next step for Waddell is to establish One Revolution’s outreach program, Mobility Revolution. Through Mobility Revolution, he hopes to give people opportunities to live their lives more fully. “So often, people have obstacles that we could eliminate, or at least minimize,” Waddell said. “We want to figure out what those obstacles are and find solutions.” His first project is to adapt the handcycle he used to climb Mount Kilimanjaro to create a vehicle that could be easily manufactured and affordably used throughout the world.

Waddell is scheduled to appear at the Mississippi Blues Marathon and Half-Marathon Expo at the Jackson Convention Center on Friday, January 6 from 11:30am to 2:30pm.

The One Revolution Foundation is actively seeking sponsorship for its tours and programming, and is currently booking events. For more information, visit [www.one-revolution.org](http://www.one-revolution.org).