

# Disabled youths learn to run

By EDDIE COYLE

Daily News Sports Writer

Disabled people are making tremendous strides in many areas, including athletic performance. Forty-one of them completed the Nov. 2 New York City Marathon, a 26-mile trek through the five boroughs.

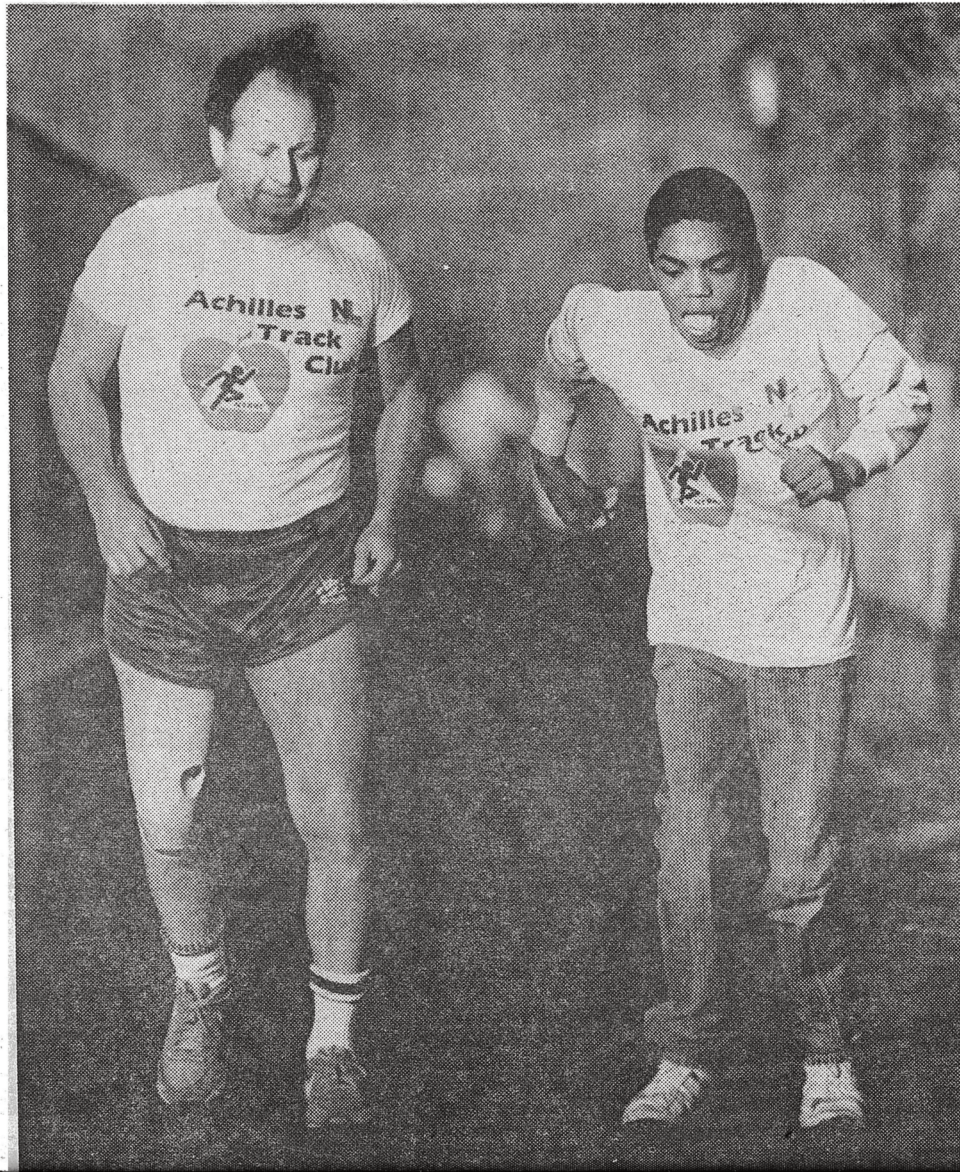
Now, a group of disabled runners will be sharing their time and experience helping disabled high-school students to get into better physical condition through running.

They'll start by alternately running and walking short distance in the gym; or if they're running outside, from one lamp post to the next. But they're expected to make great strides in a short time.

The program, tentatively due to begin next month, will be conducted at six chapters—two in Brooklyn and one in each of the other four boroughs—by the Achilles Track Club with the city Board of Education's Division of Special Education, Adaptive Physical Education.

## Marathon training

Dick Traum, a disabled runner who is coordinating the program with Irv Bader and Larry Facher of the Adaptive Physical Education Division, says they hope to have at least 1,000 participants. In addition, he says,



Traum feels by encouraging disabled students to enjoy the benefits of exercise they are getting a new lease on life early on. And they enhance their opportunity to not only prolong their lives but vastly improve the quality of it.

Traum says of the students that will be enrolled in the program, "A trained disabled youngster will be able to cover longer distances that the average person on the street who is not in condition."

Traum sees far-reaching benefits for the disabled students through running. "If they work hard at it and achieve success, they can carry it over into other areas of their life. They'll develop what you could call a success history." Traum recalls the joy of one disabled runner when she told him, bursting with pride, "I did eight lamp posts today (running the length of eight lamp posts in the park)."

Traum says that the New York City Marathon "is the only major marathon that encourages the physically disabled to enter." He adds that they will get to start ahead of the rest of the field so they can finish with the thousands of middle and back-of-the-pack runners—not alone by themselves in the dark of night.