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The Handicapped Coloradan

There is no hope for the satisfied disabled person, so if you've got a beef, write a letter and tell our readers.

Boulder woman amputee finishes NY Marathon

By HOMER PAGE

On Nov. 6, 1988, Terry Greenberg was one of 23,000 runners who started the New York Marathon. Seven hours and twelve minutes later she finished the race, becoming only the second woman amputee to accomplish this feat.

An employee of the University of Colorado at Boulder, where she works in the traffic management office, Greenberg is also the mother of two children, ages ten and eleven. She began running about two years ago, when a dance teacher with whom she was studying took the class to a local park and instructed them to jog.

"I was embarrassed," Greenberg said. "I didn't think I could do it, but I gave it a try. When I finished a lap around the park, I was exhausted, but I was so happy. I had done it."

Greenberg, who lost her leg in a motorcycle accident, is now a member of the Dallas Athletic Club (an organization of disabled athletes), and credits its president, Dick Tron, as having been a major source of inspiration. "He encouraged me to try the New York Marathon," she said.

"His support was very important."

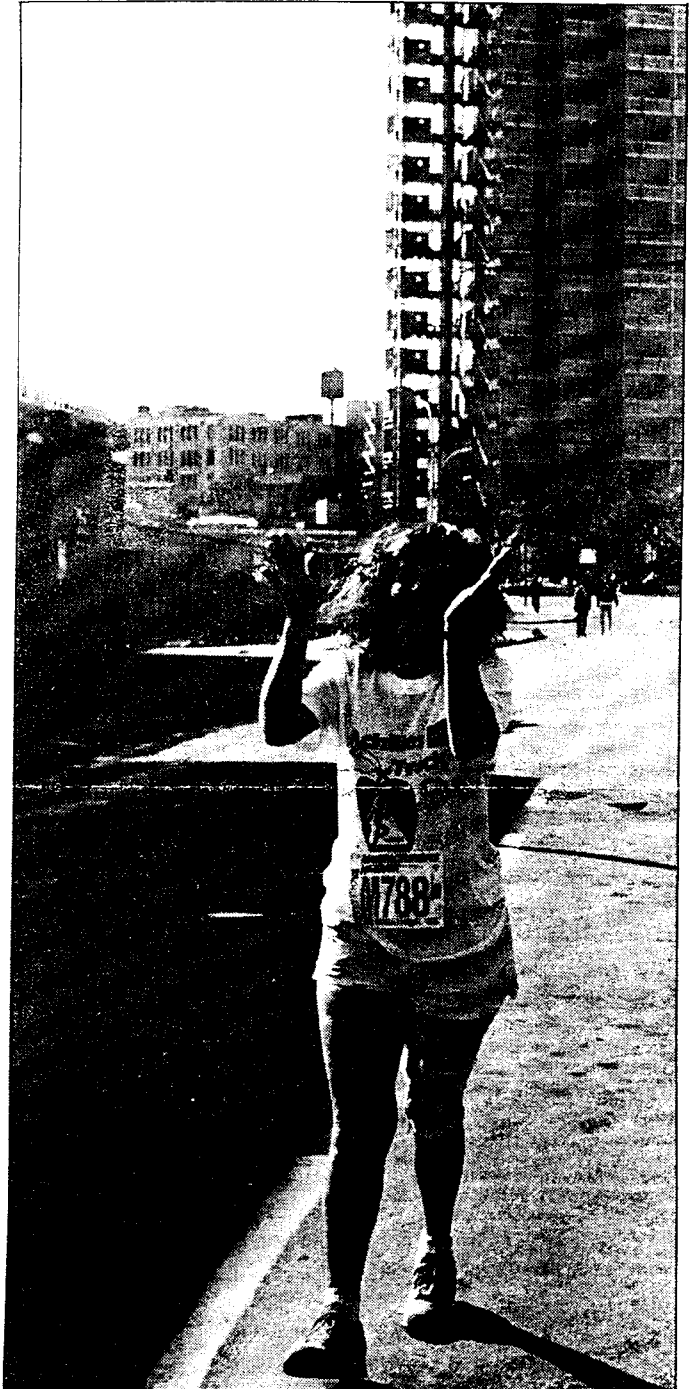
Running is very difficult for an amputee because the prosthetic device worn by the runner has a tendency to break down the skin on the leg, causing a great deal of pain. Another problem, the result of poor circulation, is a tendency for severe cramping as tannic acid builds up in the leg muscle. In a non-disabled runner, ankle and knee joints move and stimulate the blood flow. Obviously, when one does not have an ankle, the circulation of the blood is limited.

Greenberg, who encountered both of these problems during training, turned for help to Rod Hernley, president of the National Handicapped Sports and Recreation Association. He recommended medication that would toughen her skin and explained that the cramping could be eliminated by more intense running, which would increase circulation and thus allow the blood to clean the tannic acid from her muscles.

Greenberg also has good things to say about the man who made her prosthetic leg, Don Buckels, whose specialty is manufacturing and fitting devices for below-knee amputations.

"If you run over 26 miles you really do test out just how good your prosthetic leg is," Greenberg said. "Don Buckels really is good. I would recommend him to anyone."

Running has been an important factor in Greenberg's adjustment to her disability. "The challenge has really been good for me. When I lost my leg, I wondered how my life would be limited. Now I know that I can do just about anything I could do before the accident. And I probably will do things that I would never have thought of doing before."



Boulder's Terry Greenberg became only the second woman amputee to finish the New York Marathon this fall. Greenberg lost her leg in a motorcycle accident. "I didn't think I could do it, but I gave it a try," she said.