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# RUNNER'S WORLD

## THE HUMAN RACE

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David Gribin (second from left)

When 29-year-old **David Gribin** of Great Neck, New York, tripped and fell at the 20-mile mark in the New York City Marathon last November, he knew he had to pick himself up and keep going. Because that's exactly what Gribin has been doing for the last seven years of his life after a horseback riding accident in 1985.

For six weeks Gribin lay in a coma, paralyzed from the neck down and with serious brain injuries. In 1989, after years of rehabilitation, Gribin was finally able to walk unassisted. Then, as a spectator at the 1990 NYC Marathon, his life changed again. "People in the Achilles Track Club passed by me in wheelchairs and on crutches," says Gribin, "while I watched, standing on two good legs. I decided right then that I wanted to run the marathon."

He joined the track club and cofounded another group, Survivors United Network, a nonprofit organization that trains and employs disabled people. Along with his father, he has published *Comin' Back*, an annual magazine designed to support those involved in rehabilitation. "Don't give up is the message," says Gribin who, by the way, finished the NYC Marathon in 6:02.

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