

TALKING ABOUT WORLD RECORD WHEELIES WITH MARK OR VALERIE

Question for Mark

How can you do stuff in your wheelchair?

Lots of times people see the wheelchair and think I don't do the same kinds of things other people do, but that's just not true. People who use wheelchairs do all kinds of things. We go to school, play sports... some of us are even world record holders, like my friend Robert M. Hensel. Robert writes poems and stuff but he is also a Guinness and Ripley's World Record Holder for the longest non-stop wheelie in a wheelchair. Now, I love poppin' wheelies and they can really come in handy when a place isn't accessible—but Robert's wheelie was more than six miles long... SIX MILES! That's one LONG wheelie! So next time you see someone who uses a wheelchair, you never know... you might be looking at a world record holder, a super star athlete or a brand new FRIEND, but you're not gonna know, unless you get to know them.

Question for Valerie

You can't be a cheerleader.

Some people think I can't do the things they do because of my spina bifida and that's just not true. I may not be able to do the cheers in the same way, but that doesn't mean I CAN'T do them. I don't ever want to let my spina bifida get in the way of my trying the things I want to do. Sometimes my friends and I have to be creative to come up with new ways to play a sport or do some other activity. Giving up and saying, "Oh, I can't," would be a lot easier—but think of all the things you would miss out on if you just gave up without trying! There are so many things you can do when you put your mind to it, like succeed in school, make a difference in your community or even set world records, like my friend Robert M. Hensel. Robert writes poems and stuff but he is also a Guinness and Ripley's World Record Holder for the longest non-stop wheelie in a wheelchair. Robert's wheelie was more than six miles long... SIX MILES! That six mile wheelie helped raise money to install wheelchair ramps throughout the community. There's SO much each of us can do, when we don't let "CAN'T" get in the way.