

## Teen with Prosthetic on Leg and No Right Arm Attempts Ultra-Challenging Spartan Race This Weekend to Prove Disabilities Do Not Equal Limitations



17 year old Jeffrey, a patient at Shriners Hospitals for Children® - Canada since the age of 5 months, was born without a right hand or right foot. But that hasn't stopped this young man who wants to prove that disabilities do not necessarily mean limitations. He has run three Spartan Races this summer and on Sunday, he will attempt the most difficult so far, a 21+km "Beast". Spartan Races are among the most challenging obstacle courses in the world, usually on mountainous terrain, making them that much more exhausting. Usually only elites do the "Beast", but Jeffrey is determined to complete it in order to get his "Trifecta" medals (a Sprint (5 km), a Super (13 km) and a Beast (21 km)). "I want to show people – those with disabilities and those without – that you can do so much more than you think you can," says Jeffrey. "I'm also doing this to raise \$10,000 for Canada Shriners Hospital," he continues. "Without their help, I wouldn't be in a position to do Spartan Races. It's my turn to give back."



Jeffrey started the Spartan Race season running a Super in Quebec City and then doing Sprints in Ottawa and Montreal. This Sunday comes the last – and biggest – challenge of them all. His father, Patrick Beausoleil, will be running with him. "We saw Jeffrey doing Spartan Races last year and it was so inspiring," Patrick says. "He pushed me to get into better shape and follow him. He inspires so many and I don't think he realizes how much." Indeed Jeffrey has been inspiring students in the Montreal-area for the past two years as well. He has been doing school tours for Canada Shriners Hospital, talking to students about living with a

disability, bullying and about pushing your limits to accomplish more.



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## Media opportunity

Come see Jeffrey undertake his last Spartan Race of the year – the most challenging – and complete his Trifecta goal.

**Date:** Sunday, July 31, 2016

**Time:** Jeffrey will start his race very early in the a.m. We suggest you come early-mid afternoon to get shots of him doing the course. We can try to arrange interviews with him and his father mid-course. We expect Jeffrey to finish the race sometime between 5 and 8 p.m.

**Place:** Owl's Head, 40 Chemin du Mont Owls Head, Mansonville, QC J0E 1X0

**Please contact Caroline Phaneuf to arrange your coverage:** She will help you organize interviews and get to Jeffrey on the course.

### More on Shriners Hospital for Children – Canada's partnership with Spartan Race

All patients at Canada Shriners Hospital face obstacles: we treat children with orthopaedic and neuromuscular problems such as scoliosis, brittle bone disease, club feet, hip dysplasia, leg length discrepancies and cerebral palsy. Our mission is to treat and rehabilitate our patients. Our aim is to convey to them that so much is possible when we put our mind to it.

That's why, for the second year in a row, Canada Shriners Hospital is a Spartan Race charity partner. Anyone willing to raise a minimum of \$200 for Shriners Hospitals for Children – Canada, can get a *free entry* into the Spartan Race of their choice (adult or junior race) (see our website or Facebook page for details). Why this partnership? Spartan Races challenge participants to make it to the finish line, not necessarily to win. The idea is to help and encourage others during the race, so that everyone can get that coveted "Finisher" t-shirt and medal. Spartan Races have many of the same goals we at Canada Shriners Hospital have: showing compassion, helping others and trying our best to overcome obstacles both physical and psychological. We are using Spartan Races as *an example* of a challenge kids and adults alike can take on to prove to themselves they can do great things.

Watch this Spartan Race promotional video featuring Jeffrey to get inspired:

<https://vimeo.com/152210619>

To encourage Jeffrey and make a donation to his Spartan Race objective:

<http://shfcmh.convio.net/goto/spartanjeffrey> or follow the link from our Facebook page  
<http://www.facebook.com/ShrinersHospitalsforChildrenCanada>

### About Shriners Hospitals for Children – Canada

Established in Montreal in 1925, Shriners Hospitals for Children – Canada is the only Canadian establishment within the network of 22 Shriners Hospitals, the others located in the U.S. and



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Mexico. The bilingual, short-term, acute care hospital provides ultra-specialized orthopaedic care to children from coast to coast, the U.S. and around the world. The mission of the hospital is to promote health and provide treatment and rehabilitation to infants, children and young adults with orthopaedic and neuromuscular problems such as scoliosis, brittle bone disease, club feet, hip dysplasia, leg length discrepancies and cerebral palsy. The hospital is committed to excellence and innovation in clinical practice, research and education and to ensuring patients and their families are treated in a caring, family-friendly environment. The hospital is affiliated with McGill University and provides clinical experience and teaching for residents and allied professionals. The hospital is present in communities across Canada thanks to telemedicine, outreach clinics and two satellite clinics located in Winnipeg and Halifax. Shriners Hospitals for Children – Canada has been helping kids reach their full potential for 90 years and counting.

[exceptionalcare4kids.com](http://exceptionalcare4kids.com)

**For more information:**

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