

Kurt Christensen Adapted Fitness Hall of Fame Award for 2019 is presented to

Dustin Palenshus

Dustin is always there lending a hand. Over these past years He has volunteered to help get Trackchairs which are off road wheelchairs out to many users. Dustin is always there supporting others to do, or to help others learn. We see and experience him in Adapted Fitness Always listening and finding ways to help others. Many have been newly injured and his guidance has helped many of them get on good solid foundations quicker and more effectively. Dustin is also extremely inspiring to the university students and very quickly helping them understand that a person's disability does not define them nor does it limit them.

Once a year we induct an Individual from the program who personifies the qualities of living without limitations, has a passion for learning as well as educating and is an advocate for others regardless of ability. This year for 2019, we are very excited and honored to name Dustin Palenshus as the 2019 Kurt Christensen Adapted Fitness Hall of Fame winner.



Kurt Christensen Adapted Fitness Hall of Fame Award for 2020 is presented to

Georgia Kaftan

Georgia is the first individual to win this award who isn't actually a client. She is the partner of a client. Georgia has been with Phil since before his stroke that happened while they were in France riding sections of the famous race, the Tour de France. She has assisted Phil in his recovery and their pursuits of the outdoor silent sports like biking, running and cross country skiing. Not only has Georgia assisted Phil, she has insisted that no medical person, staff or facilitators of his therapy is not just doing therapy. Everyone involved goes beyond therapy to push Phil to the highest levels. And by doing so they both continue to live an adventurous life.

Georgia has given much. She gives much her time, equipment and financial support to Adapted Fitness. She teaches and encourages university students to think creatively and challenges them every day to reach higher goals and instills a passion in them as they move towards their health a medical professions.

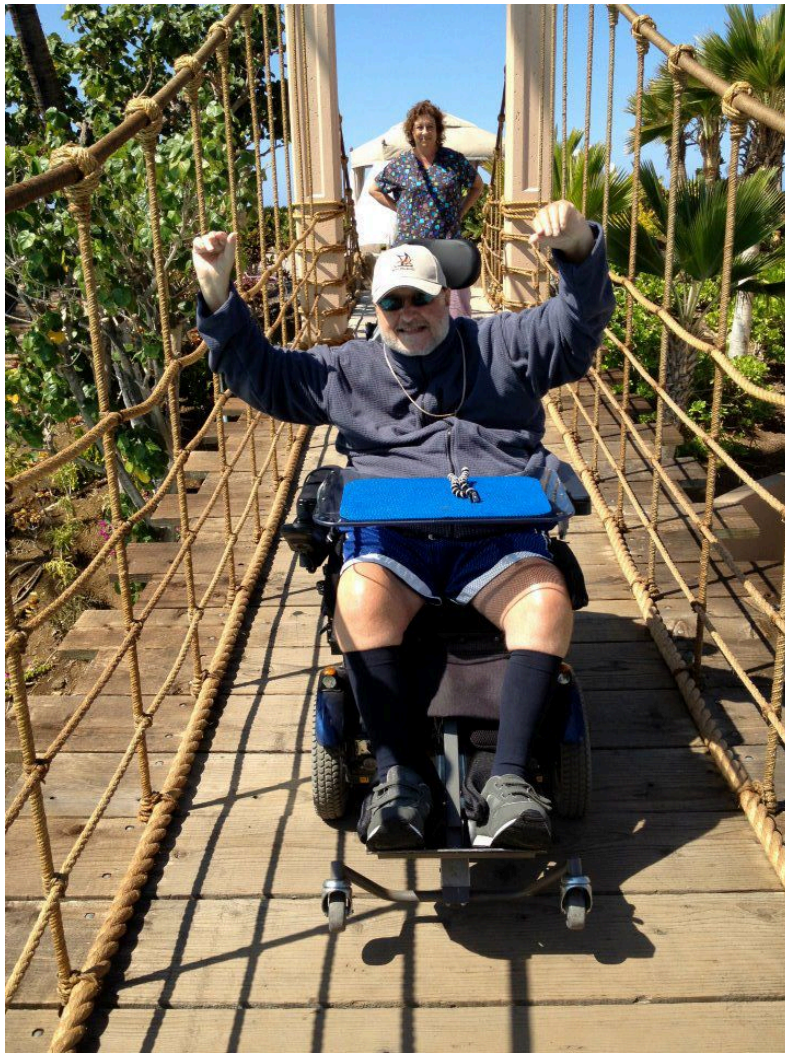
Once a year we induct a Individual from the program who personifies the qualities of living without limitations, has a passion for learning as well as educating and is an advocate for others regardless of ability. This year for 2020, we are very excited and honored to name Georgia Kaftan as the 2020 Kurt Christensen Adapted Fitness Hall of Fame winner.



Georgia and Phil cranking out the mikes together

Who is Kurt Christensen?

As a long time participant in the University Wisconsin Adapted Fitness program, Kurt Christensen brought his unique personality to this program which embodied living by unlimited possibilities even after a car accident left him a quadriplegic. Kurt came as a client but every individual who had the opportunity to meet and work with him soon become his student. Kurt's humor, personality, overwhelming perseverance and positive mindset continually inspired many, regardless of ability.



Kurt Christensen loving life

The 2019 Jeff Schram Inspiration Award

The 2019 Jeff Schram Inspiration Award is given this year to David Adams. There is little doubt that David Adams is one of the hardest working individuals in the history of Adapted Fitness. He has surpassed what many ever felt was possible. And there seems to be no stopping him. Every semester David is doing more at higher and higher levels of quality and fitness than we can ever describe.

David was before his injury a person who also gave to others. He and his engineering firm Isthmus Engineering long before his own spinal cord injury gave time and resources to build the adapted sit skis that now are all across the Midwest helping people with diverse abilities with the opportunity to enjoy winter and the snow through the sport of cross country skiing.

Once a year we award one individual who exemplifies strength under adversity, courage at working towards higher goals and inspires us through his example. This year we are proud and honored to present David Adams with the Jeff Scram Inspiration Award.



David Adams Looking tough in Adapted Fitness

Who was Jeff Schram?

Jeff was a fun loving man who entered adapted fitness after going blind from complications with diabetes. Jeff had numerous health setbacks but always bounced back to health and worked hard on his fitness. Even after going blind and eventually losing one leg he still was an example of hard work and inspiration to those who knew him. Jeff is pictured here making dog leashes while also lifting weights! Jeff was also very mechanically proficient and was a member of the crew that made UW band conductor Michael “Mike” Leckrone “fly” in his spring band concert performances.

