

SFC Jorge Avalos (Active)



"Cycling has given me strength and pushed me forward."

Current Location:

San Antonio, Texas

MOS/Current Occupation:

11B4V (Infantry)

Warrior Transition Unit:

Warrior Transition Battalion, Fort Sam Houston, Texas

Hometown:

Bell Gardens, California

School(s):

Bell Gardens High, California; Methodist University, North Carolina

Events training for:

Cycling, Swimming, Track and Field

Injury or Illness:

Lost a kidney on left side, lower left limb salvage, L3 replacement, spinal fusion, extensive nerve damage to lower left limb



Sgt. 1st Class Jorge Avalos participates in sports because it lets him "push himself to the max." Avalos is an avid cyclist and says the Army's adaptive reconditioning program allowed him to realize his potential in cycling.

Cycling is not only a passion, but a source of strength for Avalos. He credits it with helping him through his recovery. "I broke my back and was initially paralyzed," he said, in reference to the parachuting accident that caused him to freefall. "Cycling has given me strength and pushed me forward."

Avalos, who has participated in rides for wounded, ill and injured soldiers across the United States, hopes he will be able to compete in the 2016 Paralympic Games in Rio de Janeiro.

But before he gets there, he will focus his attention on the inaugural Invictus Games in London this fall, where he will compete not only in cycling, but also in swimming and track and field.

"It's an honor to represent the United States and the Army and show that life doesn't have to stop just because it has changed," he said.

