

# 2014 ARMY WARRIOR GAMES ATHLETE

## NAME

Allan Armstrong

## RANK

Staff Sergeant

## STATUS

Active

## WARRIOR TRANSITION UNIT

Walter Reed National Military Medical Center, Maryland

## HOMETOWN

San Antonio, Texas

## CURRENT LOCATION

Bethesda, Maryland

## SCHOOL(S)

Killeen High School, Texas; American Military University, West Virginia

## INJURY OR ILLNESS

Vehicle collision resulting in right leg above-the-knee amputation

## LOCATION AND DATE OF INJURY OR ILLNESS

South Carolina, 2013

## EVENT(S)

Track, Swimming, Sitting Volleyball



Staff Sgt. **Allan Armstrong** delivered a strong performance in the 2014 Warrior Trials in June, bringing home one gold, two silver and three bronze medals. Competing in swimming and track, Armstrong has used adaptive reconditioning to regain strength, confidence and new skills following a September 2013 vehicle collision while riding his motorcycle.

“I knew my life would never be the same again,” he said. “I left work that day and was safely riding through the back roads when a vehicle lost control, instantly pinning my leg between the motorcycle and vehicle.”

Armstrong was treated at Walter Reed National Military Medical Center in Bethesda, Maryland. Through focused therapy, he worked hard to learn to walk again, and through adaptive sports, to learn to compete again. The support he received at Bethesda, coupled with the love and support of his wife and Family, helped him get to the Warrior Trials and has propelled him to his first Warrior Games, as well.

As Armstrong has learned, it is one step at a time. “It takes a step at a time to recover. Participating in track events helps me run faster, and if I can run faster, I can certainly walk faster,” he said. “Learning how to walk again is a challenge, but I have a valuable support system.”



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