

# 2014 ARMY WARRIOR GAMES ATHLETE

## NAME

Samantha Goldenstein

## RANK

Sergeant 1st Class

## STATUS

Reserve

## CURRENT OCCUPATION

Adaptive Sports Coordinator,  
Warrior Transition Unit, Fort Leonard  
Wood, Missouri

## WARRIOR TRANSITION UNIT

Warrior Transition Unit,  
Fort Leonard Wood, Missouri (Cadre)

## CURRENT UNIT

325th Combat Support Hospital,  
Independence, Missouri

## HOMETOWN

Kansas City, Missouri

## CURRENT LOCATION

St. Robert, Missouri

## SCHOOL(S)

Winnetonka High School, Missouri;  
University of Missouri, Missouri (BA);  
Grantham University, Missouri (MBA)

## INJURY OR ILLNESS

Hip injuries, including bilateral  
femoral acetabular impingements  
with labral tear

## EVENT(S)

Cycling, Track



Shortly after arriving at the Warrior Transition Unit (WTU) at Fort Leonard Wood, Missouri, Sgt. 1st Class **Samantha Goldenstein** found a passion for cycling. She now serves as cadre at the WTU.

“It’s just finding new things I could do with my limitations,” said Goldenstein. “I was looking to participate in a long distance sport other than running. I found cycling. I had never cycled before I was stationed at the Warrior Transition Unit, and it’s a real blessing.”

Thinking toward the future, Goldenstein said she hopes to stay as mobile and competitive as she can while keeping a high level of athleticism.

“Staying active in sports helps me to forget my physical limitations,” said Goldenstein. “My limitations have forced me to find new activities to participate in, and because of this, I have found many more sports that I enjoy.”

Adaptive sports, especially cycling and track, have been an essential part of her rehabilitation, and she feels honored to represent the Army team for the first time at this year’s Warrior Games.

“For me and my position as the adaptive sports coordinator, it’s great to be able to show my Soldiers that this is something you can do post-surgery and post-injury,” said Goldenstein. “I want to be a role model for the Soldiers here.”



***“STAYING ACTIVE IN SPORTS HELPS ME TO FORGET MY PHYSICAL LIMITATIONS.”***

