Spartan Will:
My Journey From East Lansing to the Rio Paralympic Games

October 13, 2016 - 4:00pm - MSU Kellogg Center Auditorium

Join us during Disability Awareness Month as Paralympian Aaron Scheidies presents life, career and athletic milestones on his Road2Rio
In the Words of Aaron Scheidies

“My Road2Rio was an up and down rollercoaster ride, much like my journey in life; low points of sadness followed by emotional highs of success. The key is hanging on and moving forward to find a way to your next success.”

“As a teenager coping with the loss of my vision, I struggled with OCD, depression and an eating disorder. These non-visible disabilities compounded the difficulty of coping with vision loss. Thankfully at Michigan State I learned the importance of a support network.”

“My years at Michigan State molded me into the person I am today. Spartans Will is not just a figure of speech, it is for real.”

“One thing that I have learned as someone that lives with a disability every day is that there will come a time that you will be forced to prove yourself. Someone will question your ability or doubt you and you will need to prove yourself.”

“My Road2Rio was a rollercoaster ride. From being #1 in the world and expected to win Gold in Rio in triathlon to finding out my category was cut and I would have to find a new sport. From having a mechanical problem just short of the line at the Paralympic trials costing me getting on the team to unexpectedly getting selected to the team after Russia was banned for doping. The road was an emotional one and it was a good depiction of my life.”

“My goal with Disability Awareness is to change the perspective of society on those with disabilities. We need to not look at people with disabilities as "not able", but rather as having Discontinuous Ability. This means there is tremendous ability and potential that is sometimes punctuated by gaps. These gaps are filled by accommodation and adaptation. Our job in society is to help these people find ways to fill these gaps and unleash the capacity we all have.”

Aaron’s Accomplishments:

- Bachelor of Science, Exercise Physiology, Michigan State University (2004)
- Doctorate of Physical Therapy, University of Washington (2008)
- Founder and President of MSU’s Triathlon Club (2000-2004)
- MSU Tower Guard (2001-2002)
- Eleven time World Paratriathlon Champion
- World’s fastest time for anyone with a disability, Olympic (1:57:24) and Ironman 70.3 distances (4:09:54)
- MSU Alumni Association Distinguished Young Alumni Award Recipient (2011)

http://cdifferentwithaaron.com