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# TEAM SUNSHINE RUNS FOR COMMUNITY HEALTH

Team Sunshine, representing Sunshine Prosthetics and Orthotics in Wayne NJ, ran in The 21st Annual Apple Chase 5k/12k in Pequannock on October 15, 2017, emphasizing their belief in the importance of being active and facing challenges.



The team leader, Brooke Artesi, owner of Sunshine P&O, has been an amputee since the age of 15 when she lost her right leg in a train accident. She's an avid hiker and outdoor sports enthusiast and encourages others to follow an active lifestyle. This year, she also founded an Amputee/Adaptive Hike club for beginning hikers to introduce them to the rewards of hiking.

The monthly hikes on Pyramid Mountain in Montville NJ was a great success, enjoyed not only by amputees and others with assistive walking devices but their friends and family as well.

"I love the challenge and the exhilaration at the finish, and I also love seeing people who never thought they could do it find that they are stronger than they thought. That's most exciting to me," says Artesi.



(left to right) Sean Allen, John Szucs, Shelley Lalonde, Natalie Johnsen, Debbie Hatch, Brooke Artesi, Steven Pezzetta and Baby Gio.

The original Team Sunshine was formed in 2013, competing in the Lincoln Park Triathlon. Artesi formed the team to show the local community that disability is a challenge to overcome like any other challenge, but you can still compete. An inspiring example is Jack Wallace, one of the original Team Sunshine members, who is now a member of Team USA National Sled Hockey Team training for the 2018 Paralympics. You can learn more about Jack at <http://sunshinepando.com/wallace>.

Team Sunshine welcomes family and friends on their runs and hikes. "These outdoor activities are a great way to boost both mental and physical health", says Artesi, who often brings her two young sons along. "Our team is made up of people with enthusiasm and a love of challenge, whether or not they may have a physical disability."

Being a highly active outdoor enthusiast, Artesi alternates between the Össur Flex-Run™ and the Ottobock Challenger.

For the Flex-Run, Össur teamed up with Nike to create a running foot for high impact activities such as jogging, trail running, distance running and triathlons. The Ottobock Challenger is a multi-purpose foot developed for the varying demands from everyday walking to recreational sports and fits most lower profile shoes.



Össur Flex-Run



Ottobock Challenger

This year the Apple/Chase 5k/12k raised money for the Chilton Medical Center Foundation, a not-for-profit dedicated to enhancing the quality of healthcare available to those they serve - funding clinical services, state-of-the-art technology, facility construction and modernizations, community outreach initiatives and other vital programs.

Sunshine Prosthetics and Orthotics is located at 1700 Route 23 North, Suite 180, in Wayne New Jersey, where they provide a full range of services for amputees and other physically challenged adults and children. Call **973-696-8100** to learn more about their custom services or visit their website at [www.SunshinePando.com](http://www.SunshinePando.com).



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