

## **More about this Episode**

**Meet Team Hoyt:** Yes You Can! In the spring of 1977, Rick Hoyt told his father, Dick Hoyt, that he wanted to participate in a 5-mile benefit run for a lacrosse player who had been paralyzed in an accident. Far from being a long-distance runner, Dick agreed to push Rick in his wheelchair and they finished all 5 miles, coming in next to last. That night, Rick told his father, "Dad, when I'm running, it feels like I'm not disabled." This realization was just the beginning of what would become over 1,000 races completed, including marathons, duathlons and triathlons. To learn more and/or to make a donation visit [www.teamhoyt.com](http://www.teamhoyt.com)