

Neuromuscular
Research Updates
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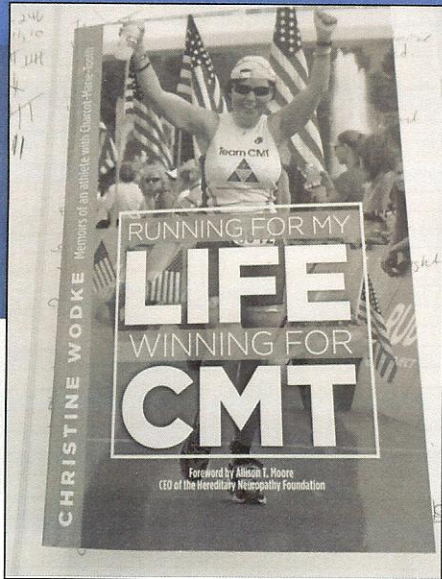
Meet Your Clinic
Staff
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Muscle Summit
&
Loan Closet
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The Muscular Dystrophy Association Southern Wisconsin

Winter 2014

Meet Local Inspiration Christine Wodke



"I run because I can, when I get tired I remember those who can't run, what they would give to have this simple gift I take for granted and I run harder for them, I know they would do the same for me." - Unknown

Running 4 CMT

Most people never run a marathon. Christine Wodke, a local southern Wisconsin MDA client with CMT, ran the 2012 Boston Marathon, coming in second in the Mobility Impaired Division for women. She has a book on the way and will be featured in an upcoming issue of MDA's Quest magazine. She is the 2013 Female Midwest Regional Paratriathlon Champion.

Christine was diagnosed with Charcot-Marie-Tooth disease (CMT) in 2010 but has been living with the symptoms all her life. She began running and competing in races during college but felt like she had to stop because of slowness and burning feet. Once she was diagnosed however she realized how lucky she was to be running at all and decided it was that ability that would allow her to raise awareness for CMT. Using her passion for running and drive to raise awareness for people living with CMT, She became the founder and manager of Team CMT, a group of about 100 athletes raising awareness for CMT. The team also includes about 2 dozen athletes living with CMT.

Christine strives to be as active as her body will let her. She believes it is important for people to set goals even if they seem out of reach and strive to be the person that inspires people. Christine does have advice for people living with muscle diseases, "be as active as your condition allows; if you can bike, then ride a bike, if your body lets you swim, then hit the pool. Some people confined to a wheel chair may still be able to do exercise like chair yoga. Moving will make you feel better and enhance your health."

