



Athletes Serving Athletes (ASA) began with a group of motivated, volunteer athletes who wanted to use their abilities to support individuals living with disabilities in Baltimore City. In 2007, they partnered with the William S. Baer School, to share the thrill of athletic competition with Baer Student Athletes living with disabilities. ASA's success can be defined by how many people have been encouraged to cross the finish line since 2007.

Athletes + Wingmen = Finish

a-s-a wingman (n.) - Any individual (man or woman) who lends his/her heart and legs to empower an ASA athlete to cross the finish line and at the same time raises awareness and funds for the organization.

The Wingman Program

The Wingman program empowers individuals with disabilities (ASA athlete) the opportunity to train and race in mainstream running and triathlon events. Each ASA athlete is supported by his or her own unique team and "Together We Finish."



ASA provides the ASA athlete and his or her wingman team with all of the equipment and resources necessary to cross the finish line including: assigning a race, working with race directors, hosting training opportunities and managing all race day logistics.

There are currently approximately 60 wingmen on the eastern shore. These volunteers will empower ASA athletes for more than 20 events this year—

including 5K's, 10K's, 10 milers, half and full marathons, triathlons and bike rides.

Volunteers are always welcome. ASA athletes cannot train and participate in races without a wingman. The teams start and finish together. The races are not about speed, they are about the experience.

An ASA wingman may be fresh off the couch, an experienced athlete, a professional athlete, young, old, male or female. If you have a will to work and help, you will be able to make a difference.

Each ASA wingman fundraises for the program every year. Everything is provided for the ASA athlete free of charge. ASA is a 501(c)3 non-profit charity funded entirely by private donors, corporate sponsors and granting organizations. Tori is currently working towards obtaining sponsorships for the triathlon she and George are training for.



Three amazing athletes and their teams will be participating in the Nanticoke Triathlon on May 1. Go Team George, Team Lily and Team Christopher!

For more information about the eastern shore chapter of ASA, please contact:

Jill Fears
Athletes Serving Athletes
Eastern Shore Community Coordinator
P.O. Box 1234
Salisbury, MD 21802
443-783-6198
easternshore@athletesservingathletes.org



Athletes + Wingmen = Finish

Meet George, the athlete.

George is not yet six years old but he has run more than 25 races. Dedicated? Yes. Hard working? Absolutely. Determined? Most definitely.

George has successfully completed races of all shapes and sizes—5Ks, 10Ks and 10-milers. He has now set his goal to complete his first triathlon. Scheduled for May 1, George is currently training on his own bike with specialized pedals as well as with his wingman. He loves going to training and hanging out with the wingmen, who are like family members to him, especially helping them pump up the tires on the joggers used by his fellow participants.

Meet Tori, the wingman.

Tori is not your average 16 year old teen. Conscientious? Yes. Devoted? Absolutely. Compassionate? Most definitely. Before running with Athletes Serving Athletes (ASA), Tori reports she was never super motivated to run for herself but when she heard she could use her legs to help others who didn't even have the option of running on their own, she was hooked.



Tori, George and mom, Michelle



“When I met George over two years ago, he immediately stole my heart—the first thing he wanted to do was come up and give me a hug.”

Tori already had a passion for triathlons and when George indicated he would like to participate in one, Tori quickly indicated she would be honored to lead Team George.

In response to what being a wingman means to her, Tori responded with the following:

“Well, to start, being a wingman means devotion. It means loyalty to your athlete, to your team, and to your personal training. It means perseverance—finish strong. But I think most importantly, being a wingman means TEAM. We are out there to support our athletes as a group of dedicated people ready and willing to serve in whatever capacity needed. And always remember: Together We Finish!”



The qualities George and Tori share—dedicated, hard working, determined, conscientious, devoted and compassionate—make them an amazing team. As May 1 approaches and their first triathlon becomes a reality, there is no doubt they will not only finish but they will finish with big smiles and an even bigger sense of victory.

“They needed me to be the best I could for them, and that inspired me to train harder for myself also.”

- Tori, wingman