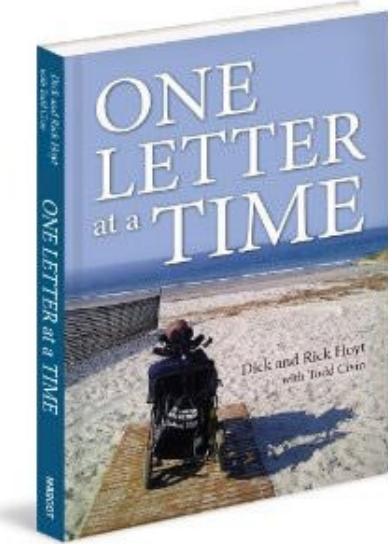


Ironmen, Marathoners, & Authors

Dick & Rick Hoyt

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- * Rick Hoyt was born with Cerebral Palsy and is non-verbal. Rick told his father, Dick Hoyt he wanted to participate in a charity run for an injured Lacrosse player, so together, they became Team Hoyt and competed in that charity run along with numerous marathon and ironman competitions.
- * This year, Team Hoyt was inducted into the USA Triathlon Hall of Fame.
- * Now retired, the duo have been immortalized in a statue that was installed in Hopkinton, MA so that generations can learn from their “Yes You Can” motto.
- * They have also written their experiences in a book, “One Letter at a Time”. It is Rick’s hope that those who read the book will learn that a person can have hopes and dreams while also living with a disability. “In that sense, we are more alike than most people think.”
- * Rick was able to write his portion of the book himself using a method developed by his younger brother called the Russell Method. Though not perfect, it was an improvement over his electronic speech board and allows Rick to communicate using the alphabet and slight nods of his head when the person to whom he is speaking with hits upon the letter in the word that Rick is attempting to convey.
- * The completion of the book using Rick's one letter at a time method of speaking was an exercise in patience, diligence, painstaking commitment and perseverance.