

2014 ARMY WARRIOR GAMES ATHLETE

NAME

Jorge Avalos

RANK

Sergeant First Class

STATUS

Active

MOS

11B4V (Infantry)

WARRIOR TRANSITION UNIT

Warrior Transition Battalion,
Fort Sam Houston, Texas

HOMETOWN

Bell Gardens, California

CURRENT LOCATION

San Antonio, Texas

SCHOOL(S)

Bell Gardens High, California;
Methodist University, North Carolina

INJURY OR ILLNESS

Lost left kidney, lower left limb salvage,
L3 replacement, spinal fusion, extensive
nerve damage to lower left limb

LOCATION AND DATE OF INJURY OR ILLNESS

Texas, 2011; Louisiana, 2012

EVENT(S)

Cycling, Swimming



Sgt. 1st Class **Jorge Avalos** participates in sports because it lets him “push himself to the max.” Avalos is an avid cyclist and says the Army’s adaptive reconditioning program allowed him to realize his potential in cycling. “The staff from the Warrior Transition Battalion at Fort Sam Houston have played such an integral part in my physical recovery, but more so in my mental recovery,” said Avalos. “Everyone, from my squad leader to the battalion commander, has given me so much support in not only my transitional needs but also in my cycling aspirations and endeavors.”

Cycling is not only a passion, but a source of strength for Avalos. He credits it with helping him through his recovery. “I broke my back and was initially paralyzed,” he said, in reference to the parachuting accident that caused him to freefall. “Cycling has given me strength and pushed me forward.”

Avalos, who has participated in rides for wounded, ill and injured Soldiers across the United States, hopes he will be able to compete in the 2016 Paralympic Games in Rio de Janeiro.

But before he gets there, he will focus his attention on the inaugural Invictus Games in London and the Warrior Games in Colorado Springs, where he will compete not only in cycling, but also in swimming.

“It’s an honor to represent the Army and show that life doesn’t have to stop just because it has changed,” he said.



***“CYCLING HAS GIVEN ME STRENGTH
AND PUSHED ME FORWARD.”***

