

2014 ARMY WARRIOR GAMES ATHLETE

NAME

Carlton Duncan

RANK

Staff Sergeant

STATUS

Active

MOS

11B (Infantry)

WARRIOR TRANSITION UNIT

Warrior Transition Battalion,
Fort Bragg, North Carolina

HOMETOWN

Rancho, California

CURRENT LOCATION

Fort Bragg, North Carolina

SCHOOL(S)

Rancho Cucamonga High, California;
Colorado Technical University, Colorado

INJURY OR ILLNESS

Traumatic brain injury (TBI), shoulder
injury, fractured back and neck

LOCATION AND DATE OF INJURY OR ILLNESS

Iraq, 2007

EVENTS TRAINING FOR

Track, Cycling



As a seasoned Warrior Games, Valor Games and an Invictus Games athlete, Staff Sgt. **Carlton Duncan** is one step closer to his long-term goal by participating in his second Warrior Games. “I would like to compete on the Velodrome in track cycling at the Olympics,” said Duncan. “I have been training ever since I was assigned to the Warrior Transition Unit two years ago.”

Duncan sustained neck, shoulder and back injuries and a traumatic brain injury in 2007 after his vehicle was hit by an improvised explosive device while deployed in support of Operation Iraqi Freedom.

The adaptive reconditioning program at the Warrior Transition Battalion at Fort Bragg, North Carolina, gave Duncan the opportunity to be back on a team. “Adaptive reconditioning has been instrumental in both my military career and my personal overall well-being,” said Duncan.

After he retires, he would like to get into coaching. “I have learned that I can be a valued inspiration to fellow wounded, ill and injured Soldiers just as they inspire me to face challenges I have never faced before,” said Duncan.

Duncan is proud to represent the Army team and believes that the Warrior Games reflect the true resilience of the American Soldier. “It is a chance to show fellow service members who are recovering from their sacrifices for freedom that they will not be forgotten and that they too can do the unthinkable,” said Duncan.



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