



## Jennifer McCarty's 1000-mile Walk for Jake French

In December 2008, 24-year-old Dufur, Oregon-resident Jake French was with friends when a harmful headlock resulted in a C6 spinal cord injury, leaving him paralyzed from the collar bone down. A recent university graduate and avid outdoorsman, Jake suddenly found himself unable to walk, totally dependent on others for his daily function, and forced to abandon his dream job with the Oregon Department of Forestry. Over the last year, and with the help of his physical therapist, my dear friend Anna Saltonstall, DPT, Jake has fought hard to improve his function and mobility, despite his very limited resources. Amazingly, Jake has not lost hope, and with the help and support of his community, he has set his sights on [Adapt Advanced](#), an advanced neuro-muscular redevelopment program for spinal cord injury survivors in Beaverton, OR. [Adapt Advanced](#) provides a rehabilitative environment to optimize the physical potential of each individual through exercise-based recovery programs, education, support and encouragement.



The whole foods energy bar



**JOHN HOWELL, DC**  
**CHIROPRACTIC PHYSICIAN**  
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This spring I will walk for Jake—a talented, young man who deserves to experience the outdoors again. Trekking 1,000 miles on the Pacific Crest Trail from Mexico to Yosemite Valley, CA, I will raise money for Jake to attend [Adapt Advanced](#). My hike will begin on the Mexican border on May 1st, passing through the Anza-Borrego Wilderness, the Mojave Desert, the Sierra Mountains, a summit of Mt. Whitney (14,505ft), and finishing at the top of Half Dome in Yosemite National Park, eight weeks later.

To get involved with my **1000-mile Walk for Jake French**, donations can be made directly to the [Clackamas County Peace Officers' Benevolent Foundation](#), who has graciously set up an account. 100% of what you send will be used to support Jake and his family's efforts to attend [Adapt Advanced](#). At year's end, you will receive an update and photo CD of the trip. My goal is to raise \$5000 to support Jake's rehabilitation for two months! For more info on my walk, visit [www.3ptbenders.com](http://www.3ptbenders.com).

clip me and send me in today!

### Jennifer McCarty's 1000-mile Walk for Jake French Donation Form

Please make all checks payable to 'The Jake French Fund'

Name & Address: \_\_\_\_\_

Email (to receive Jennifer's trail updates!): \_\_\_\_\_

Big Bear City	(275 miles)	\$20	_____
Mojave Desert	(555 miles)	\$40	_____
Kennedy Meadows	(700 miles)	\$60	_____
Yosemite Valley	(1000 miles)	\$80	_____
Other		\$	_____

Please send your donation to:  
CCPOBF/ McCarty's Walk for Jake French  
P.O. Box 426  
Oregon City, OR 97045

**Contact information:** Sherri Magdlen, Clackamas County Sheriff's Office, 503.957.1384  
Mark Kolberstein, Benevolent Foundation Secretary-Treasurer, 503.774.0712