

Kona Bound Karen!

Having competed in 12 Kona Ironman competitions, Karen was preparing for another in 2006 when she was struck from behind by a car while on her bike in California.

After a 2-year struggle to keep her foot and ankle, Karen opted for amputation.



“They say attitude is 50 percent of the battle,” Karen said.. “I’m in charge of that 50 percent, so I tried to keep a positive and helpful attitude. I was told I would never run again and I refused to believe it. And I was very happy when I could tell my doctor he was wrong, and he was too.”

Thanks to the Challenged Athletes Foundation, Aydelott was able to get a running prosthesis and she began the long journey back to the Ironman World Championship.

Last November she gave Ford Ironman Arizona a shot, but had to pull out late in the run.

“My biggest problem was my socket wasn’t a good fit and the leg was too long,” she says. “I iced it at 13 (miles), but by the time I got to 20 it was too painful.”

Having learned of Jan Stokosa from fellow Ironman competitor, Amy Dodson, Karen made the journey from California to our clinic. Kona is now once again on the horizon.

“There’s a lot of mystique, or aura (about Kona),” she says. “I set it out as a goal – could I possibly get back to Hawaii? I think it also sets a

good example – for people who might not take on a challenge – if they see me out there, maybe they will think they can, too.”