

Volante



# WISDOM WARRIOR CHALLENGE NEWSLETTER

April 2025 | Vol 2, Issue 4

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Upcoming packet pickups and race day reminders—don't miss your team's!
- **Hot Off the Press:**  
Catch the latest WWC news, press mentions, and community highlights.



Dear \*{{First Name}}\* ,

Can you believe we're nearing the finish line of the 2025 season? With just **one event left**, we want to take a moment to recognize the incredible heart

and grit shown by every Warrior out on the track.

From March's inspiring races to the overwhelming team spirit and support at every event, this season has been a powerful reminder that **age is just a number—and Warriors never go it alone**. Whether you've competed, volunteered, or cheered from the sidelines, YOU are what makes the Wisdom Warrior Challenge so impactful.

### **Next Up: The Wisdom Warrior Cup!**

We're gearing up to announce which teams will take home the **Best of the Best awards!** The competition has been fierce, the stories unforgettable—and we can't wait to celebrate all of you who made this season so special.

### **A Special Thank-You to Our Donors**

We're still working toward our fundraising goal, and your support means everything. Anyone who donates **\$25 or more** will receive our official **2025 WWC T-shirt and Thank-You Bag**—while supplies last. Show your Warrior pride and help us finish strong!

**Donate today at:** [wisdomwarriorchallenge.org](https://wisdomwarriorchallenge.org)

Let's finish the season with the same passion and purpose that brought us together. We'll see you at the final events—and at the finish line for the Wisdom Warrior Cup!

With gratitude,

**Linda Borgmeyer OTR/L, MSK**

Founder, Wisdom Warrior Challenge

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**MORE INFORMATION CAN BE SEEN  
ON OUR WEBSITE OR CONTACT US:**

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# MEET THE WARRIOR

Mary Helen Arbogast - Redefining Strength, One Push at a Time

In this edition of Meet the Warrior, we shine the spotlight on Mary Helen Arbogast, a true embodiment of resilience, grace, and grit.



Mary Helen 2025 WWC

Once a trained and passionate West Coast Swing dancer, **Mary Helen's** life took an unexpected turn after being struck with a neurological disorder. Now navigating the world in a self-propelled wheelchair, she is not letting anything slow her down—in fact, she's speeding up.

Mary Helen joined the Wisdom Warrior Challenge in 2025 with a powerful goal: to **train for the self-propelled division** and reclaim the joy that movement once brought her. As she put it, "When I train for it, I feel alive. I feel relevant."

And did she ever rise to the challenge.

At the **WWC race held March 8th at Duncan Middle School**, Mary Helen took **first place** in every one of her events—the **50, 200, 400, 800, and 1600 meters**—using only her arms. This was her first year competing, and it was nothing short of extraordinary.

Her trainer and Occupational Therapist, **Linda Borgmeyer**, shared her pride:



Mary Helen Crossing the Finish Line!



# MEET THE WARRIOR

Mary Helen Arbogast - Redefining Strength, One Push at a Time



Mary Helen & Linda Borgmeyer

*"I am so proud of Mary Helen's perseverance. Don't be surprised if she's walking it next year!"*

Mary Helen's story reminds us that no obstacle is too big when fueled by heart, purpose, and the will to rise.

## 🏆 Celebrating a Champion

Stay tuned for more on Mary Helen as we gather her full Warrior profile. In the meantime, join us in celebrating her victories, her journey, and the light she brings to the WWC community.

## Your Support for 2025

As we look ahead to 2025, your donations will play a crucial role in supporting the mission of the Wisdom Warrior Challenge. Every contribution, no matter how big or small, helps to empower and inspire senior adults to lead active and fulfilling lives.

**Donate \$25 or more and receive an official 2025 WWC T-shirt and thank-you- bag,** a special thank-you for supporting our warriors! (Offer valid while supplies last.)

So, let's come together and make 2025 a year of great success! Whether through donations or joining a WWC 2025 Team, each of us has the power to make a difference and be a part of this incredible journey.

## Have a story to share?

Feel free to contact [Tina@WisdomWarriorChallenge.com](mailto:Tina@WisdomWarriorChallenge.com) if you'd like to be featured in our next Meet the Warrior section.



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## HOT OFF THE PRESS



Aging Athletes Gather For Wisdom Warrior Challenge At Wellington Bay

Posted on April 17, 2025 by **Town-Crier Editor**

[Check Out the Full Story!](#)

## 2025 Wisdom Warrior Challenge Event Series Returns Starting In March

The Wisdom Warrior Challenge, a Florida-based nonprofit focused on age-inclusive track races, is making a strong comeback this year by offering 11 events for adults aged 50 and over starting in March.

With races ranging from 50 to 1,600 meters, the challenge encourages seniors to stay active, socialize, celebrate their vitality and challenge the common myth that aging means slowing into a sedentary lifestyle. These events are taking place across Florida, with two additional races in North Carolina, expanding the reach and impact of this inspiring initiative.

To ensure that everyone can join, the challenge is designed with inclusivity in mind, welcoming seniors of all capabilities to take part. Each race features teams organized into categories: Independent Living Communities, 55+ Communities, Assisted Living Communities and the Freelance Race division, which is open to the general public. There are specific divisions for participants using assistive equipment such as canes, walkers or wheelchairs, and the only qualification is being age 50 or older.

The founder of the nonprofit, Linda Bergmeyer, is an occupational therapist with a master's degree in kinesiology, specializing in geriatric exercise science. She is also the owner of Novisco



The Wisdom Warrior Challenge is challenging the common myth that aging means slowing down.

Therapy and Fitness in North Palm Beach and is dedicated to supporting seniors in Florida communities and helping them feel empowered. This passion motivated her to create the Wisdom Warrior Challenge.

"I founded the Wisdom Warrior Challenge in 2019 to challenge the misconceptions surrounding aging and break free from the limitations often tied to that narrative," Bergmeyer said. "We have much more control over how we age, and making better choices for our physical and emotional health enhances the golden years. If you are over the age of 50 and are interested in participating, I encourage you to do so."

The Wisdom Warrior Challenge

is free for all participants thanks to support from sponsors such as Healthcare Solutions, Fox Rehab, AARP Florida, Dignity Memorial, Always Best Insurance, Visiting Angels, Trustbridge, Novolo Therapy and Fitness, Home Suite Home, Social Savvy Seniors, Partnership for Aging, Roaming Medical and Shoreline Insurance. There is an upcoming race on Saturday, March 8, from 9 a.m. to 2 p.m. at Duncan Middle School in Palm Beach Gardens. For more information, visit [www.wisdomwarriorchallenge.org](http://www.wisdomwarriorchallenge.org). To sign up for an upcoming race, contact the Wisdom Warrior Challenge by e-mail at [wisdomwarriorchallenge@gmail.com](mailto:wisdomwarriorchallenge@gmail.com) or call (561) 202-7650.

Wisdom Warrior Challenge Community Team Race Set for March 8, 2025

Newspaper The Town-Crier

Volume 46, Number 4 February 21-March 6, 2025

See What's Making Headlines!

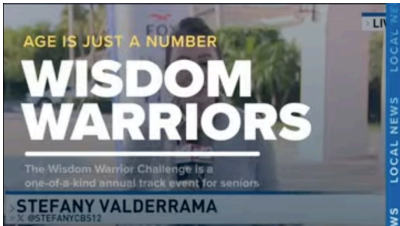


The Wisdom Warrior Challenge is a one-of-a-kind annual track event for seniors.

Kitty Lundan's Podcast

Posted February 24, 2025

Check out the Podcast!



Wisdom Warrior Challenge

CBS 12 News - Stefany Valderrama

Posted March 11, 2025

See the Broadcast!



Wisdom Warrior Challenge

WPTV News

Posted March 8, 2025

See the Broadcast!



 SPONSOR  
HIGHLIGHT



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Great Job **Wisdom Warriors!**



# THANK YOU!

## to our SPONSORS

We extend our deepest gratitude to our incredible sponsors, whose unwavering support makes the Wisdom Warrior Challenge possible. Your generosity fuels our mission, inspires others, and creates a lasting impact in our community. Thank you for believing in our vision and helping us empower active aging! We couldn't do this without you!

#WisdomWarriorChallenge #ThankYouSponsors #MakingADifference



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### Want to be a sponsor or learn more?

Scan the QR code on the left for additional resources on how you can be a sponsor or email us directly at:

[Linda@WisdomWarriorChallenge.org](mailto:Linda@WisdomWarriorChallenge.org) or  
call us at 561- 202-7650

# RACE INFORMATION

## MARCH 2025

**BROOKDALE WPB**

**MARCH 3RD**

**VOLANTE SENIOR LIVING**

**MARCH 6TH**

**FREELANCERS**

**MARCH 8TH**

~~LUXE SENIOR LIVING~~

~~MARCH 8TH~~

**HARBOR CHASE PBG**

**MARCH 10TH**

**TEQUESTA TERRACE**

**MARCH 11TH**

**SANDHILL COVE**

**MARCH 13TH**

**LEGACY AT HIGHWOODS**

**MARCH 20TH**

**SOVANA AT STUART**

**MARCH 21ST**

**ARCADIA GARDENS**

**MARCH 27TH**

## APRIL 2025

**WELLINGTON BAY**

**APRIL 2ND**

**WATERCREST SENIOR LIVING**

**APRIL 8TH**

**ALAMAR SENIOR LIVING**

**APRIL 9TH**

**THE MERIDIAN**

**APRIL 10TH**

**THE FOUNTAINS**

**APRIL 15TH**

**WATERSIDE LANDING**

**APRIL 16TH**

**THE ATRIUM BOCA RATON**

**APRIL 22ND**

**ABBOTSWOOD AT IRVING PARK**

**APRIL 23RD**

**HERITAGE GREENS HIGH**

**APRIL 24TH**

**LA POSADA**

**APRIL 25TH**

**VI AT LAKESIDE VILLAGE**

**APRIL 29TH**





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# WARRIOR CHALLENGE

## Safety Considerations

Before engaging in any physical activity, it's crucial to prioritize safety. Consider the following tips:

- Consult your healthcare provider before starting a new exercise program.
- Choose comfortable and supportive footwear.
- Exercise on a stable surface to minimize the risk of falls.
- Begin gradually and listen to your body. Start with lower intensity activities and progress at your own pace.
- If you experience pain, dizziness, or shortness of breath, stop the activity and seek medical advice.



**Strength Training Legs and Glutes Slow Weighted Squats**



Warm regards,

**Linda Borgmeyer**

CEO/Founder

Direct line: (561) 202-7650

Linda@WisdomWarriorChallenge.org



Donate Today!

P.S. We'd love for you to share our **Wisdom Warrior Challenge newsletter** with your friends and family members.

**Our Contact Information**

\*{{Organization Name}}\*

\*{{Organization Address}}\*

\*{{Organization Phone}}\*

\*{{Organization Website}}\*



Thank you to all the sponsors that make this event possible!





# HEALTHCARE SOLUTIONS PRIVATE DUTY HOMECARE



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