

2015 Trans NH Bike Ride Dedicatee

Ellen, who has ALS, is very adventurous and refuses to let her disability define who she is.

Meet Ellen.....



Ellen Corindia is a 39 year old former Navy Nurse living in Marlborough, New Hampshire. She developed the symptoms of Amyotrophic Lateral Sclerosis (ALS) in 2001 while serving our country on active duty. She has continued to live an adventurous, active life despite dealing with a fatal neuromuscular disease.

Ellen grew up in the Monadnock Region of New Hampshire as the middle child of three. She was a stand-out athlete in high school earning a spot in the Athletic Hall of Fame for field hockey. The Navy awarded her a four year college scholarship to become a nurse and officer in the Navy. She attended Norwich University in Northfield, Vermont graduating in 1997. Ellen served as a nurse in Bremerton, Washington and Groton, Connecticut. The Navy took care of her as best they were able when her muscle symptoms began. However, by the end of 2002 she was medically retired from active duty with ALS.

After the Navy, Ellen has received care from the Department of Veteran Affairs (VA). Care from the VA has been absolutely fantastic. They introduced her to the world of adaptive sports. This has provided opportunities for adventures and friendships across the country. She skis every winter at Mount Sunapee in a sit-ski. Summertime brings adaptive cycling, kayaking, and water skiing to name a few. At the national VA sports events, Ellen has also done sailing, surfing, snow-mobiling, climbing and target shooting.

Throughout the year Ellen does public speaking engagements about living with ALS using her talking computer. Venues have included Keene State College Nursing classes, University of New Hampshire Occupational Therapy classes, Monadnock High School Science classes, and Harvard Medical School. She stays active educating people about living with a neuromuscular disease and adapting to adversity.

For more information on the bike ride go to transnhbikeride.org

Or call MDA 603-471-2722

