

# Road To Recovery

TODD GLADFELTER  
SUMMER/FALL 2025 UPDATE

## SUMMER/FALL 2025 CALENDAR UPDATE



Winter/Spring 2024	Summer/Fall 2024	Winter 2025	Spring 2025	Summer/Fall 2025
<ul style="list-style-type: none"><li>✓ Plan Route</li><li>✓ Plan Calendar</li><li>✓ Update Social Media</li></ul>	<ul style="list-style-type: none"><li>✓ Update/Renew Plan</li><li>✓ Complete Long Distance Ride/Trip</li><li>✓ Reach 50% Financial Goal</li></ul>	<ul style="list-style-type: none"><li>✓ Refine the plan</li><li>✓ Confirm Locations &amp; Stops</li><li>✓ 75% Financial Goals</li></ul>	<ul style="list-style-type: none"><li>✓ Finalize the plan</li><li>✓ 95% Financial Goal</li><li>✓ Receive &amp; print sponsorship materials</li><li>✓ Start Riding</li></ul>	<ul style="list-style-type: none"><li>✓ 100% Fundraised</li><li>✓ Complete Ride</li></ul>
<p><b>September 6-20:</b> <b>Ohio 157 Miles</b> Start in Holmes County near Kilbuck, Ohio. (Camp 2x nights TBD) (Camp 1x night near Westerville, Alum State Park) (Camp 1x night near London and Dayton at Buck Creek State Park)</p>		<p><b>Illinois 142.5 miles</b> Lodging TBD Old Plank Rd Trail- 21.7 miles Illinois &amp; Michigan Canal Trail- 60.8 Hennepin Canal- 60 miles</p>	<p><b>September 21-22 Travel</b> Rest &amp; Refit @ Home. Plan western trip!</p>	
<p><b>Indiana 82 miles</b> Lodging TBD Cardinal Greenway- 51 miles Nickel Plate Trail- 21.3 miles Penny Greenway- 10.0 miles</p>				



Cindy Ross 

Adventurer | Author | Speaker | Caregiver



Once you choose  
hope, anything is  
possible

~C. Reeve



## THE MISSION

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Through adaptive cycling across the United States, we will raise awareness and build a community to redefine recovery and to empower humans with limited mobility challenges to live without barriers.

# ABOUT US

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## Cindy Ross

Through nature, she found peace, happiness, and a sublime sense of contentment while walking and cycling the endless trails etched across the world. She is an accomplished author, artist and speaker with a heart of gold, sharing the gifts of the natural world with everyone she meets along the way.

Together, after meeting on the Appalachian Trail, Todd and Cindy earned their backpacking Triple Crowns. They have been avid long distance cyclists, entrepreneurs and philanthropists all while raising their now, two adult children. They recently welcomed their first grandson into the world and look forward to years ahead of sharing nature with the newest generation.

## Todd Gladfelter

A passionate and quiet hard worker of over forty years with a career in fine furniture making, supported by blacksmithing and as a chainsaw carving artist. Upon completing log building school, he spent four years engineering and constructing his families log cabin home from local trees and responsibly sourced materials.



# MOVING FORWARD

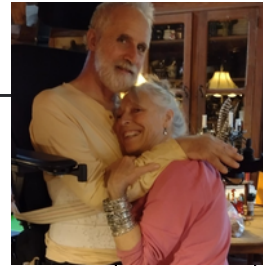
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Todd's Injury.



Within the first month Todd started the long and precarious road to recovery.



Re-learning to move his hands and legs with gradual strength and agility improvements allowed Todd to see the world from the standing position once again.



From laying on the ground in the cold grip of death to adapting their lifestyle, Todd & Cindy will never stop moving forward.

On Black Friday 2021, Todd suffered a tragic accident. He slipped off of a low roof and broke his neck and suffered an incomplete C3-5 spinal cord injury; rendering him a quadriplegic. Since the injury, the couple has completed intensive therapy to get Todd walking and cycling again.

Cindy has chronicled Todd's transformation and recovery. She recently began the process of writing her tenth book about the road to recovery. This journey across the United States will be the final chapter of the book and likely segue into the next, as her and her family continue to navigate their future adventures.



# THE GOAL

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To ride the nations next great treasure, The Great American Rail-Trail!

Our nations first cross-country multiuse trail intends to connect travelers of all ages & abilities with America's beautifully diverse landscapes and communities.

In addition to Cindy's blog, social media, and magazine articles, she has been drafting her newest book while exploring and highlighting the accessible great outdoors.

This journey is but one small step to communicate to the rest of the world the healing power of nature and its universal accessibility.



**Great American Rail Trail** 

# THE GREAT AMERICAN RAIL TRAIL AT A GLANCE



**Washington**  
October



**Idaho**  
October



**Montana**  
October



**Wyoming**  
September



**Nebraska**  
September



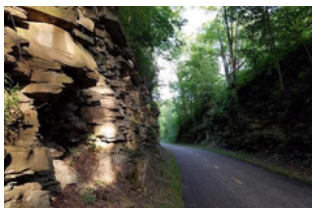
**Iowa**  
September



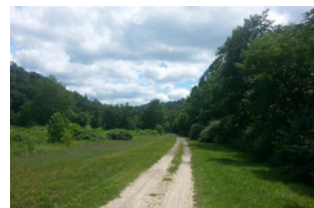
**Illinois**  
September



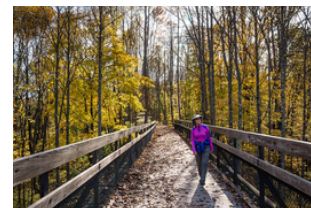
**Indiana**  
September




**Ohio**  
May/September



**W. Virginia**  
May 



**Pennsylvania**  
May 



**Maryland & DC**  
April 

\*Each State is Hyperlinked to its Respective Area Within The Great American Rail-Trail Website.

# SUMMER/FALL 2025 CALENDAR UPDATE



## Winter/Spring 2024

- ✓ Plan Route
- ✓ Plan Calendar
- ✓ Update Social Media

## Summer/Fall 2024

- ✓ Update/Post Plan
- ✓ Complete Long Distance Ride/Trip
- ✓ Reach 50% Financial Goal

## Winter 2025

- ✓ Refine the plan
- ✓ Confirm Locations & Stops
- ✓ 75% Financial Goals

## Spring 2025

- ✓ Finalize the plan
- ✓ 95% Financial Goal
- ✓ Receive & print sponsorship materials
- ✓ Start Riding

## Summer/Fall 2025

- 100% Fundraised
- Complete Ride

**September 6-20.**

### Ohio 157 Miles

Start in Holmes County near Killbuck, Ohio.  
(Camp 2x nights TBD)  
(Camp 1x night near Westerville, Alum State Park)  
(Camp 1x night near London and Dayton at Buck Creek State Park)

### Indiana 82 miles

Lodging TBD  
Cardinal Greenway-51 miles  
Nickel Plate Trail-21.3 miles  
Pensy Greenway-10.0 miles

### Illinois 142.5 miles

Lodging TBD  
Old Plank Rd Trail-21.7 miles  
Illinois & Michigan Canal Trail -60.8  
Hennepin Canal-60 miles

### September 21-22 Travel

Rest & Refit @ Home.  
Plan western trip!



# THE NUMBERS

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## *Recovery*

Weeks post injury- 195  
Miles ridden to date- 2000+  
Bikes ridden- 2  
Tubes replaced- 3  
Local/State/Natl. Parks visited- 13  
Unassisted steps taken- MANY

Follow online to see Todd's progress

**On the road to recovery!**

## *~5.5k Followers*

Two social media sites, GoFundMe and a dedicated website/blog.



**Like and follow the journey.**

## *75% To The \$200k Goal*

An outpouring of love and support in the form of monetary donations have been received towards Todd's immediate recovery. Just over half has been spent on adaptive equipment, supplies and fees to date.



A dollar sign cannot begin to account for the countless meals, hours, or caring conversations shared with the family.



## *Support*

Todd and Cindy are undertaking this trip as a husband & wife team supporting each other every mile.

Team and community members are welcome and encouraged to support the Journey by hosting, shuttling and cheering them on along the way.

**Send us a note to find out more!**

# RELATIONSHIPS MATTER

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## Hiking & Backpacking

As accomplished long distance hikers and stewards of the trail, the community of outdoor adventurers take care of their own. The outpouring of support and generosity along the journey would not be possible without the following support.



## Adaptive Sports

The new to them world of adaptive everything was thrust upon them in an instant. Without the generous supportive resources and time, Todd would not be riding today.



## Military & Veteran Organizations

Cindy Ross is the founder and Director of River House PA, a 501(c)(3) non profit organization designed to get Veterans into nature and heal. Her 9th book titled, *Walking Toward Peace-Veterans Healing on America's Trails*, was released in April 2021. It traces the personal and deeply moving stories of 25 veterans who use the outdoors as an outlet to heal.



Harrisburg/Carlisle Chapter

# SPONSOR SUPPORT

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## Living/Lodging Expenses (\$4k)

- Campground Fees
- Cycle Parts/Repairs



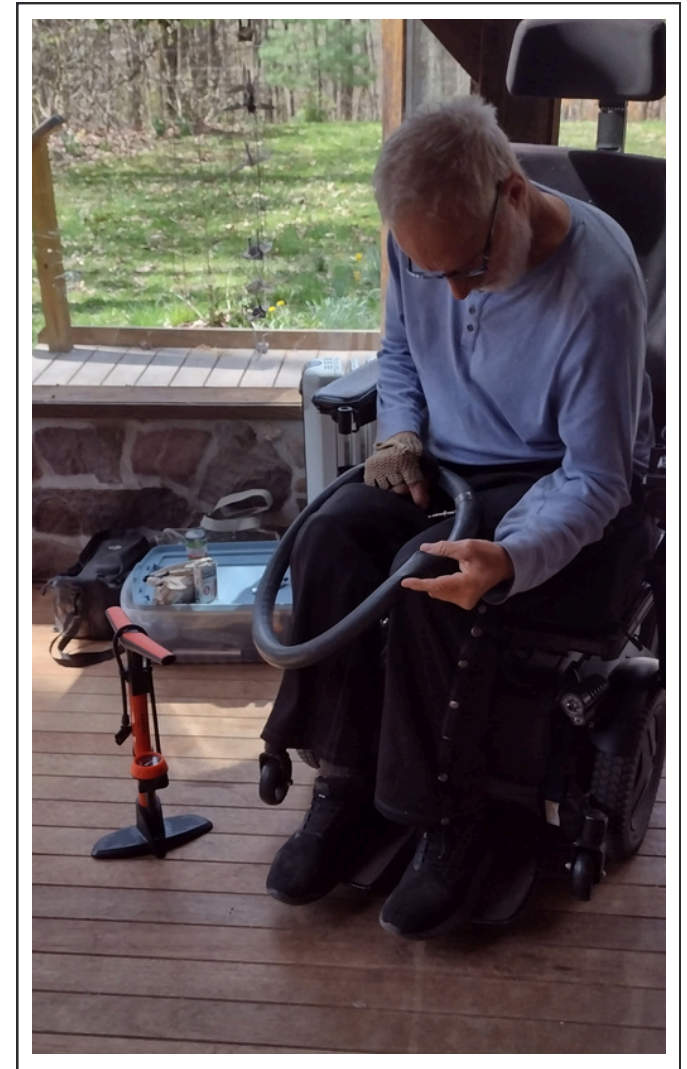
## Meals (\$6k)

## Equipment (\$3k)

- Cycle Parts/Repairs
- Generator, fuel, lubricants
- Propane

## Vehicle/Travel Expenses (\$7k)

- Fuel
- Maintenance
- Insurance



~Opportunities for logo placement while on the route, on the website and social media~  
~Personal location, media visits & more~