



Photos by Jesse Grass

Port Elgin's Rick Carr celebrated a gold medal in the high jump at the International Blind Sports Federation Pan-American Games in Colorado Springs, Colorado. His jump of 1.60 metres matched his personal best to date.

He also won a bronze in the 100-metre dash with a time of 12.57 seconds.

To help celebrate his performances, a number of businesses around Port Elgin posted congratulatory messages to Carr as he returned home, pictured surrounding Carr.

Rick Carr: gold medalist and World Record holder

By JESSE GRASS

Port Elgin is home to another World Record holder.

Rick Carr won gold in the B1 high jump by clearing 1.60 metres in the International Blind Sports Federation Pan-American Games in Colorado Springs, Colorado recently.

"I am pretty pumped about it," he said. "It feels good knowing I hold a world record in something."

Carr said he was confident going in that he could break the record as last year's winner was in the 1.25m-1.30m range.

"I started higher than last year's winner's numbers," he said. "I just had to prepare myself before the jumps."

Carr missed the height on his first two attempts, but cleared it on the third easily to break the record.

"Evan (Porter, his guide runner in the track events) was there with me when I cleared it and I think he was more pumped than I was," Carr said. "It was a great feeling."

It wasn't the first time he had cleared the 1.60m mark, as he did so last year in London at the Regional Summer Games. Unfortunately for Carr, he hadn't been in the B1 category long enough for it to count as the record.

"The rules state you have to be in it for six months and I think I was in it for a month or two," he said. "Now that I have the record, I know I can go higher. The guy working the event told me I cleared it (by a few inches) so 1.70 is next on my list."

Amongst his record-breaking performance, he also earned a bronze medal in the 100m dash running a time of 12.57s with Porter by his side.

"I was in sync with Evan right from the

beginning which was great," he said. "I was right with the leader until three-quarters of the race was done and I fell back. It was only four-tenths of a second off of last year's time, so I was really happy."

His speeds have forced Fitness Corner's owner Holly Vanderzwet to alter the treadmill's programs.

"We had to program it just for Rick because he is so fast on it," she said. "He is one heck of an athlete."

While his family and friends were not able to make the trip down to see him compete, they are very proud of everything he has been able to accomplish, especially coming back from a severe injury last year which left him sidelined for months with a broken femur and clavicle.

"He's trying to keep it low-profile and not act all excited so I am going to do it for him," his sister Chris Lippett said. "I am so

proud of him and everything he has done."

Lippett didn't stop at just words as she went to different businesses around town and asked them to congratulate Rick on their signs.

Carr's season has come to an end as he will be meeting with his doctor at the hospital in Owen Sound in hopes to have the plate and screws moved from his leg so he can officially end his recovery period.

"I'll be going into the consultation and hoping to hear good news," he said. "The secretary said it could be a one month process so that's what I am hoping for."

While he is not back at 100 per cent yet, Carr is hoping he can get everything back to normal by next season.

"I am not nearly as strong as I used to be, but once the injury is fully healed I will be pushing to get back all of my strength back and break my own record."