When Rick Hoyt was 15 years old, he wanted to take part in a 5-mile (8-kilometer) running benefit to help a young person who had been in an accident. Rick shared his wish with his dad, who agreed to do everything he could to help Rick make it happen.

For many teenagers, a run like this wouldn’t be such a big deal. But Rick was born with cerebral palsy. Cerebral palsy is a brain disorder that affects muscles and the way people move. Rick couldn’t walk or speak.

But that didn’t stop Rick and his dad, Dick, from dreaming big. Dick would serve as Rick’s “pusher” during the run. Dick and Judy fought to make it possible for Rick to attend public school. They had a special computer made that allowed Rick to read. They also fought to have a long-term care facility.

Many people doubted that Rick would be able to compete in the 2002 Boston Marathon, one of America’s most famous races. In 1992, they even tackled a triathlon and completed six Ironman competitions! Rick and his dad finished 32 Boston Marathons, and YES YOU CAN! became their motto.

Over the next few decades, Team Hoyt competed in more than 1,000 races, including marathons, duathlons and triathlons. They even completed six Ironman competitions! Rick and his dad finished 32 Boston Marathons, one of America’s most famous races. In 1992, they even tackled a triathlon and completed six Ironman competitions! Rick and his dad finished 32 Boston Marathons, and YES YOU CAN! became their motto.

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Rick and Dick Hoyt compete in the 2002 Boston Marathon.

**Mini Jokes**

Ralph: What is harder to catch the faster you run?

Ralph: Your breath!

**Mini Fact:**

The Hoyts have competed in triathlons that include running, taking and swimming.

**Mini Resources**

This issue of Mini Page Heroes is based on a chapter from “50 American Heroes Every Kid Should Meet” by Dennis Denenberg and Lorraine Roscoe. To order the book, go to heroes4us.com and click on “50 American Heroes Book” and “Order a Book.”

**Mini Thank You**

The Mini Page thanks Dennis Denenberg, former teacher, principal, superintendent and university professor, and Lorraine Roscoe, a champion of heroes of every kind, for help with this issue.

**Mini Teachers**

For standards-based activities to accompany this feature, visit bit.ly/MMStandards

**Try ’n’ Find**

Words that remind us of Team Hoyt are hidden in this puzzle. Some words are hidden backward, and some letters are used twice. See if you can find:

- Accomplishment
- Award
- Benefit
- Brain
- Cerebral
- Challenge, computer
- Disability, graduate
- Handicapped, inspire
- Ironman, marathon
- Muscles, oxygen
- Palsy, run, team, tenacity
- Tenacity

**Cook’s Corner**

**Figs Stuffed With Cream Cheese and Raisins**

You’ll need:

- 8 dried figs
- 4 ounces light strawberry cream cheese, softened
- 2 tablespoons raisins
- 1 teaspoon balsamic vinegar

What to do:

1. Slice off stem end of each fig and, using a small spoon, scoop out the center.
2. In a small bowl, combine cream cheese, raisins and vinegar. Mix until well-blended.

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**Eco Note**

A remote, uninhabited island in the Pacific Ocean has been found to be polluted with the world’s highest density of plastic trash. More than 3,500 pieces of plastic wash up each day on Henderson Island, roughly 3,000 miles from the nearest major land mass.

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**Puzzling**

Unscramble the words below that remind us of running.

inrat

icotenads

ehtleat

emtcope

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**Adapted with permission from Earthweek.com**