

How A Health Club Rescued A Vietnam POW



*Ronald McClellan - US Veteran
Member Since 1989*

“Since boyhood, I’ve been involved in athletics & weight training. I was in the best shape of my life when I graduated from Officers Training School & Special Forces. In Vietnam, as the leader of an intelligence unit, I led several forays into Cambodia to intercept enemy supply lines. On one such mission we were ambushed, captured, and tortured for several weeks. Somehow I overcame a guard and escaped with two others.

Returning into Vietnam, we encountered a fierce fire-fight where a rocket took my right arm and the lives of my friends. Severely injured, and confined to a wheelchair, the years of rehab that followed were painful & hard. By a stroke of luck, I moved to Gainesville and joined the Center. The Staff taught me how to compensate for my shortcomings, and how to focus on the positives. They have given me my chance for success.”

