

Greg Hockensmith



- 🏆 2002 Time Trial World Champion
- 🏆 Gold – 2003 European road race open championship
- 🏆 Gold – 2001 European team time trial open championship
- 🏆 Silver – 2001 European road race open championship
- 🏆 Bronze – 2002 European road race open championship
- 🏆 4 time National Champion
- 🏆 Fastest arm powered ascent up Mt. Fuji, 2007
- 🏆 Arm powered bike distance World record holder – 252 miles in 17 hrs. 52 min.
- 🏆 2004 Paralympian
- 🏆 World class competitor, mentor, motivator, business owner, and avid student of life

For the past 20 years, Greg Hockensmith has exemplified the spirit of sport, perseverance, and accomplishment. It has been this drive and desire to succeed that has endured with him in his handcycling career, a sport in which he was a dominating figure from 2001 to 2006.

However, as usual, the path of greatness is never an easy one. Greg was injured in a traumatic car accident that left him paralyzed from the waist down at the age of 16. Determined to not let this slow him down, it was sport that he felt was not only the great “equalizer” but also a way for him to excel. At a very young age, Greg had tremendous success as a wheelchair racer, and then it was wheelchair basketball that enabled him to go to college where he played for the Temple Rollin’ Owls in Philadelphia. While traveling the country and competing, Greg managed to earn his Bachelor’s and eventually a Master’s degree in neurophysiology. His educational training afforded him the opportunity to work in some of the top Bioscience research labs in the country, and several cardiac rehab centers.

However by the late 90’s, it was his new found love of handcycling that inspired Greg to move across the country to Arizona where he knew the year around sun shine and strong cycling influence of Tucson would fuel his passion. In 1998 he had won his first big race, a 367 mile stage race from Fairbanks to Anchorage in Alaska. Since then, Greg has won numerous National titles and domestic races, has won at least 3 International Gold medals, a World Championship, and set a World Record when he rode his bike 252 miles in under 18 hours. His last major athletic accomplishment was ascending Mt. Fuji, the tallest mountain in Japan, in record time. However, instead of medals to denote this major accomplishment, he was rewarded with a life changing experience that was shared with several of his closest friends, something that was never possible with traditional racing.

Now, in principal, retired from the competitive racing circuit, most of his time is spent running a small business called AZ Lift & Care Specialists, which provides lift systems and other specialized adaptive equipment for people with disabilities. His business also provides a platform to provide adaptive sporting equipment, such as handcycles, at great discounts in order to help promote physical activity and sport for people with disabilities. Greg also stays busy with a national motivational speaking schedule, and runs a program that he co-founded which provides bikes and programs for disabled kids. It is very clear that Greg’s message is one of inclusion and participation for those he helps, and whether he is coaching an ‘up and coming’ world champion, or simply someone who is trying sport for the first time, that feeling of accomplishment though others is as great as any finish line he ever crossed.

When asked the question “why?” when it comes to all the sacrifice and hard work that has gone into his success, Greg responds, “It is important to realize that simply being a great cyclist is never going to make someone rich or extravagantly famous, even after having the greatest of victories, but it is through spreading the story of struggle, triumph and success that I hope thousands of others will be inspired to create greatness in their own lives; on and off the bike.”

Greg currently lives in Tucson, Arizona where he runs his business and coaching and non-profit program and resides with his wife Shelley, and hound dog Linus.

Further inquiries regarding Greg’s business that provides specialty patient lift systems, his non-profit program or coaching program can be made by contacting Greg directly at greghock@msn.com, visiting www.azliftandandcare.com, or by calling 520-401-4411.