

# Helping athletes in need

## Tenafly's Vidra, 15 runs Bergen group

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STAFF WRITER

**TENAFLY** — The shadows closed in on Seth Abrams as he shuffled around the track, hitching his left leg along for one more lap.

Almost everyone else had gone home before the fading light drained from the sky. But there's always time for one last quarter-mile for Abrams, for just a few more minutes to bridge the gap between who he is and who he once was.

The tear in his aorta somehow did not kill him. Neither did the stroke that followed just days later, but it did paralyze his left side.

So each moment since January has been a gift, even if every step is an effort.

And Natan Vidra was right there with him circling that track, step for step and story for story, a soccer ball dribbling at his feet.

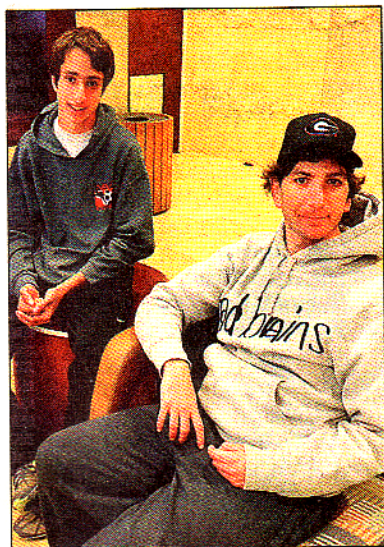
Abrams is a 35-year-old Fort Lee writer, actor and producer who refuses to allow a pair of catastrophic illnesses to permanently dictate his life. And Vidra is an unassuming 15-year-old Tenafly sophomore, trying to make a difference one lap at a time.

In March, the Tenafly varsity soccer player formed the Bergen County chapter of Achilles International — a non-profit organization that provides athletes with disabilities support and assistance to help them train and compete.

Vidra runs the group of about 10 participants with the help of his mother, Joan. They meet nearly every Monday on the track at Tenafly Middle School or at the indoor track at the JCC on the Palisades.

The goal is to train with the disabled athletes then compete with them as guides, just as Abrams and the Vidras did Oct. 14 in the Cresskill 5K.

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CHRIS MONROE/SPECIAL TO THE RECORD  
Natan Vidra, left, and Achilles International aids disabled athletes such as Fort Lee's Seth Abrams.