

Green Bananas, By Patrick Rummerfield, Emerges As Number One International Bestseller, and climbed to the top of international bestseller lists within a mere 35 hours of its release. The book has been recognized as a bestseller in numerous countries including the US, Canada, Mexico, India, and Australia, across 35 categories, with six of them ranking #1.

“Over the years, numerous journalists have highlighted my accomplishments and friends worldwide have suggested I share my story to inspire others facing adversity. I started writing this narrative 19 years ago, finally bringing to life Green Bananas: The Patrick Rummerfield Story in recent years. My book is aimed at encouraging readers to pursue their dreams and never give up even if the odds may seem stacked against them,” says Patrick Rummerfield about his bestselling book.

Patrick devotes his time to empowering and aiding individuals confronting adversity. He provides constructive tools to help people surmount hurdles and focus on achieving their goals. The author says it takes a dream to spark the desire to develop a goal. He encourages his readers to write down their short-term and long-term goals and strategize manageable steps towards their fulfillment.

**“Develop an Iron Will to build the determination needed to finish and achieve your goal,” he asserts. “Success is a powerful tool. Indulge in positive self-talk and never waste time dwelling on negative thoughts.”**

Rummerfield’s personal journey from being an orphan and a quadriplegic, to becoming an Iron Man and a World Land Speed record holder, is a testament to his dedication to assisting others.

Patrick is a staunch advocate of Movement Therapy. “Our bodies collaborate with our brain chemicals,” explains the author. “The benefit of using our bodies, regardless of physical limitations, impacts our health and outlook. I’m passionate about helping others work through limitations to achieve beyond expectations.”

Patrick Rummerfield played a pivotal role in developing and implementing Activity Based Therapy (ABRT), which has since become the rehabilitation standard of care for quadriplegics, paraplegic, and stroke patients. He also conceptualized and patented an advanced phase of Functional Electrical Stimulation (FES), now considered standard care for individuals coping with paralysis. He regularly mentors individuals with spinal cord injuries worldwide. Patrick emphasizes that resilience, positivity, and self-belief can propel individuals through the toughest of times, making them stronger and more resilient. He believes that success is personal and should be celebrated, regardless of its scale. According to him, the only real failure lies in quitting.

About Patrick Rummerfield:

Patrick Rummerfield is a testament to the power of resilience and determination, being the world’s first fully recovered quadriplegic. He survived a car crash in 1974 that crushed four of his cervical vertebrae, despite doctors predicting his demise within 72 hours. His unwavering willpower, positivity, and spiritual strength triumphed over death and beyond. His story epitomizes the power of determination and the importance of Never Giving Up or Giving In.

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Patrick D. Rummerfield is the first fully functional SCI quadriplegic, with 45 World Records and Firsts (IronMan Triathlon fundraiser) (One of 82 first to run in a Marathon in Antarctica) World Land Speed Record Electric Car at 245MPH fundraiser) (Patrick ran 155 mile foot race across China's Gobi desert fundraiser). His story has been highlighted in international and national media outlets reaching over 46 million PLUS. His FES Phase II Bike invention is now standard of care in paralysis rehab facilities around the world. His goal is to assist, wherever possible, toward improved quality of life for all living with disabilities.

“Patrick's dreams inspire millions of able-bodied and physically challenged people around the world. His achievements sow the seeds that grow gardens of hope wherever he goes.”

Walter Payton

**“The only time we fail....is when we quit! Never Give Up!!....Never Give In!!! With and IronWill we will always win!!**

*Patrick D. Rummerfield*

### **Forty-Seven World Records and First:**

- 1: April 1991: Patrick was the first unassisted Spinal Cord Injury (SCI) Quadriplegic to complete a 5K run, Big Horn, WY.
2. May 1991: Patrick was the first SCI Quadriplegic to run/participate and compete in a sprint triathlon as a fundraiser for SCI research and the Thunder Child Treatment Center, Buffalo, WY.
3. July 1991: In Coeur D'Alene, Idaho, Patrick became the first SCI Quadriplegic to swim/bike/run/participate and complete an Olympic distance triathlon. This triathlon raised awareness and funds for SCI research.
4. Aug. 1992: In Spokane, WA, Patrick became the first SCI Quadriplegic to swim/bike/run/participate and complete a half Iron Man Troika Triathlon to raise awareness and funds for SCI research.
5. Aug. 1992: In Spokane, WA, Patrick became the first SCI Quadriplegic to run a half marathon (21,097.5 meters, or 13-7/64 miles, about 13.1 miles).
6. Aug. 1992: In Spokane, WA, Patrick became the first SCI Quadriplegic to swim 1.2 miles in competition. Troika Triathlon
7. Aug. 1992: In Spokane, WA, Patrick became the first SCI Quadriplegic to bike 56 miles in competition. Troika Triathlon

8. Oct. 1992: In Hawaii, Patrick became the first SCI Quadriplegic to swim 2.5 miles in competition.
9. Oct. 1992: In Hawaii, Patrick became the first SCI Quadriplegic to bike 112 miles in competition.
10. Oct. 1992: In Hawaii, Patrick became the first SCI Quadriplegic to run a marathon, 26.2 miles.
11. December, 1992: [Patrick was featured on NBC for being the first SCI Quadriplegic to participate and complete one of the world's most grueling physical events, the world renowned Hawaiian Iron Man Triathlon, again as a fundraiser for SCI research.](#)
12. Sept. 1994: [Patrick became the first physically challenged athlete to receive three Presidential Sports Awards by achieving goal standards set up for able-bodied persons.](#)
13. Feb. 1995: [Patrick became the first physically challenged person to participate in a racing/driving school \(Toyota Fast Lane\).](#)
14. Feb. 1997: [Patrick became the first physically challenged athlete who, with 81 able-bodied athletes from around the world, ran in the Antarctic Marathon. This endeavor was to raise funds and awareness for Washington University School of Medicine's SCI program- another first for a SCI Quadriplegic.](#)
15. Aug 1997: [Patrick became the first SCI Quadriplegic to qualify for and receive a FIA driver's license.](#)
16. Aug 1997: [Patrick became the first human to drive an electric car over 220 MPH with an unofficial one-way run average of 237 MPH.](#)
17. June 1998: [Patrick was the first SCI Quadriplegic to test in a NASCAR at the Texas Speedway to raise awareness and funds for SI research](#)
18. [Aug. 1999: Patrick became the first SCI Quadriplegic to set a USA National Land Speed Record \(239 MPH\)](#)
19. [Aug. 1999: Patrick became the first SCI Quadriplegic to be inducted into the Bonneville 200 MPH club.](#)
20. [October 1999: Patrick raised funds and awareness for SCI research by becoming the first SCI Quadriplegic to set a new FIA World Land Speed Record of 245.5 MPH in an electric car \(that record stood for over 12 years\). The event raised awareness and funds for SCI research.](#)
21. [October 1999: Patrick becomes the first human to take an electric car over 220 mph, then 230mph, 240mph and 250mph.](#)
22. [October 1999: Patrick becomes the first SCI Quadriplegic to set a new FIA World Land Speed Record of 395.133 kilometers per hour \(that still stands today in an electric car\) to raise awareness and funds for SCI research.](#)
23. [Oct. 1999: Patrick became the first human to drive an electric car over 250 MPH setting a USA National Land Speed Record \(251 MPH\).](#)
24. [March 2000: Patrick was the first physically challenged/SCI Quadriplegic athlete to participate in and finish the LA Marathon without the use of mechanical aids. This was to raise awareness and funds for SCI research.](#)
25. [Oct. 2000: Patrick was the first physically challenged/SCI Quadriplegic athlete to receive the InterSport/ESPN amateur athlete of the year ARETE award.](#)
26. [Oct. 2000: Patrick was the first physically challenged/SCI Quadriplegic athlete to participate in a SCCA road racing event held at Gateway Speedway.](#)

27. June 2001: Patrick was the first physically challenged/SCI Quadriplegic athlete to throw out the first pitch at a Major League Baseball game. (The Chicago Cubs vs St. Louis Cardinals at Wrigley Field in Chicago.)
28. Jan. 23, 2002 First Fully Function SCI Quadriplegic to be presented with the Measurement Science Conference Achievement Award
29. Jan. 15, 2003 First Fully Function SCI Quadriplegic to be presented with the Measurement Science Conference Achievement Award
30. Dec. 2003: Patrick was the first SCI Quadriplegic to test in an Infinity Pro formula car with the Sam Schmidt Racing team in Las Vegas to raise awareness and funds for SCI research.
31. [June 2004: Patrick was the first physically challenged/SCI Quadriplegic athlete to run and carry the Olympic torch in the Olympic relay. St. Louis, MO.](#)
32. June 2004: Patrick was the first SCI Quadriplegic to drive in a NASCAR event with the LaddCo race team at the Irwindale half-mile speedway.
33. Aug. 2005: Patrick set another Land Speed Record (110MPH) in Gil Gillis's 1927 Modified Roadster at the famous Bonneville Salt Flats, building more awareness for the plight of SCI.
34. Aug. 2005: Patrick was the first physically challenged/ SCI Quadriplegic to drive another Quadriplegic in a NASCAR Cup car around Dover Raceway.
35. May, 2006: Against all odds Patrick becomes the first physically challenged athlete to participate in and finish unassisted a stage in an Adventure Race- the most grueling athletic pursuit on Earth. [His latest 155 mile foot race exploits took place on China's Gobi Desert as a participant in Racing the Planet's Gobi March, and his diary of the experience reveals an indomitable spirit.](#) As always this was a fundraiser for SCI research and for increasing more awareness for the plight of SCI.
36. May, 2008: Patrick is the first physically challenged/ SCI Quadriplegic to qualify and receive an NHRA Super Comp Drag Racing License (Cecil Country Dragway, Cecil County, MD.)
37. May, 2009: [First SCI Quadriplegic to race a dragboat. \(Marine Creek Lake in Ft. Worth, Texas.\) \(100 MPH\)](#)
38. October 2009: First SCI Quadriplegic to participate in professional drag racing, during the National Guard ADRL Finals in Ennis, Texas.
39. Sept. 8, 2011: First SCI Quadriplegic to test in a Grand Am race series GTO. (Watkins Glen International race track.)
40. April 18, 2012: Patrick became the first fully functional quadriplegic to work on the line assembling Corvettes at the General Motors Corvette Assembly Plant in Bowling Green, KY.
41. May 2013: the First Fully Functional Quadriplegic to receive the coveted [Henry Viscardi Leadership award.](#)
42. April 2014: First Fully Functional Quadriplegic to test and race the new 2014 C7 Corvette StingRay on a racetrack.
43. April 2014: First Fully Functional Quadriplegic to take another quadriplegic (two quads at speed on a road course racetrack) for hot laps around a race track (Bondurant race track) in the new 2014 C7 Corvette StingRay.

44. May 2015: First time three quadriplegic sailed 25 miles (Baltimore to Annapolis) in under 4 hours.
45. July 2015: 1<sup>st</sup> fully functional SCI Quadriplegic to climb unassisted Rabbit Ears Peak near Steamboat, Colorado.
46. Sept. 2022: 1<sup>st</sup> fully functional SCI Quadriplegic to climb unassisted Colorado's Legendary Manitou Incline's 2768 stairs, 2000 ft elevation gain in .88 miles. 6 hours 1 minute and 23 seconds.
47. Sept. 2022: 1<sup>st</sup> fully functional SCI Quadriplegic to receive the St. Louis Auto Racing Fan Club Ambassador Award.