

# Paralympian is all about “No Limits”

**Maggie O’Neill, Reno Gazette-Journal**

When Paralympian Mark Wellman, 49, answers his phone in Truckee, he picks it up with two short words: “No Limits.”

That’s the name of the motivational business he started in 1991, but also a brief summation on his attitude on living.

**Read the whole story**