Running Again…



On April 23, Lydia Crowell experienced a stroke while running. On August 20, she ran again … and raised funds for YoungStroke with the support of her former high school and local community in Purcellville, Virginia. Shown here (left to right): Amy Edmunds (YoungStroke), Coach Burns (Woodgrove High School) Lydia Crowell (young stroke survivor), Laura and Alf Crowell (Lydia's mother and father).

Lydia Cromwell, a former cross country and track athlete at Woodgrove High School and Christopher Newport University, suffered a stroke on Saturday, April 23, 2016. She was competing in the Capital Athletic Conference Championship meet, which was to be her last collegiate race. That Saturday afternoon, Lydia was running in the steeplechase final at Frostburg State University. She had felt fine before and immediately after the race, which, incidentally, she won. After the race things took a turn for the worse. Lydia had become visibly upset, and her father noticed her eye was drooping. Lydia's mouth also began drooping and she couldn't squeeze her mother's hand.

Lydia presented the classic signs of stroke and was rushed to Cumberland's local hospital. She lost all feeling on her entire left side. After several CT scans, a clot was located in the right carotid artery in her brain. She was given the clot busting drug tPa and transported by helicopter to University of Maryland Hospital-Baltimore. Doctors there decided to perform an angioplasty (using the advanced Trevo Retriever device). They were able to retrieve one piece of the clot on the first pass and, after deliberating and weighing risks, went back in and retrieved another piece.

When she arrived at the hospital in Baltimore, Lydia was fully paralyzed on her left side. However, she has been blessed with an amazing recovery since then. She has spent many hours doing physical, occupational and speech therapy. Now, Lydia is well on her way towards a full recovery as she runs alongside her supporters.