



# Therapeutic Adventures

## SAILING ANARCHY "WHERE THE STATUS QUO BLOWS"

### Sail On

**John Kostanecki** *After getting hurt and then involved in the disabled sailing crowd, I came to meet and compete against John. During the lead up to the 2000 Paralympic trials, it was apparent that he was a stand up guy. After the Trials I saw John a few times at the NACC/IC in Chicago, which he won. He got into other aspects of disabled sports after that. Falling out of touch, 3000 miles can do that, I always thought about the competition we had and felt he was much like me in respect to sailing. Then I received this last week and was floored because I felt John was young by my standards. Dawg*

John passed away at the UVA Hospital at 2:45 AM on Wednesday, February 21, 2008, from a heart attack resulting from internal injuries and an infection for which he was hospitalized on Monday Morning. His wife, Barbara and his daughters, Paige and Emily, of Charlottesville, Virginia, his brother Chris of Ross, California, sister, Andrea Kostanecki, of Rowayton, Connecticut, his father, Andrew Kostanecki, of Orchid, Florida and Woodstock Vermont, and his mother, the former Caroline Wolfe of Houston, Texas, survive him.

John was a consultant in the field of alternative energy and a real estate developer. He received his Bachelor's degree from Georgetown University and a Master of Business Administration from New York University. Above all, he served as an inspiration to all who knew him. He was optimistic, caring and open. He became a paraplegic in 1977 following a disabling automobile accident. However, he led a full life, skiing, sailing and living life to the fullest with his family and friends, blaming no one, showing malice towards none and cheerfully accepting his life in a wheelchair.

During the 1970s, John was a top junior sailor in Long Island Sound. In 2000 John placed second in the Paralympic Sailing Trials, narrowly missing the right to compete in Sydney, Australia, as a representative of the United States. He competed in several wheelchair marathon races, fly fished, camped, and danced. He was looking forward to an adventure trip to Scotland this summer with his friend, Mark Andrews, to whose Charitable Foundation, Therapeutic Adventures, Inc., (PO Box 4668, Charlottesville, VA 22095) he would prefer donations in lieu of flowers.

A memorial celebration of John's life also will be held at a future date in Darien, CT, his hometown.

2008-02-27



**That's John on the left**