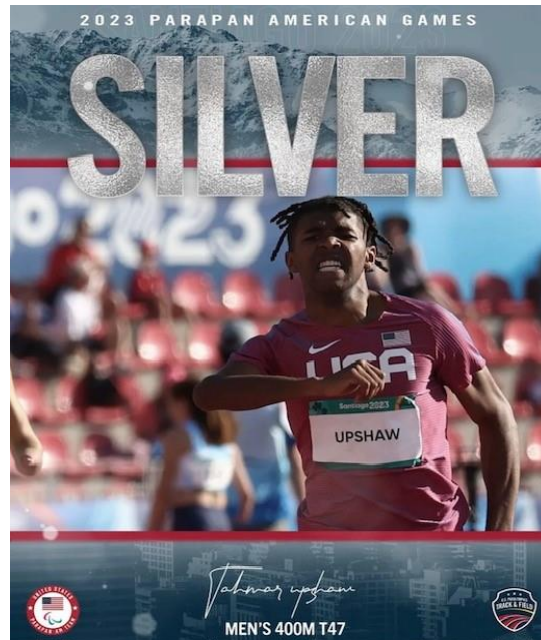


Tahmar Upshaw, Riverdale High School graduate Class of 2022, recently competed in the November 2023 Parapan American Games in Santiago, Chile representing Team USA.

Tahmar competed in the 400 meter and 1500 meter running events and achieved a 2nd place silver medal in both events.



<https://www.usparatf.org/news/2023/november/21/podium-sweep-10-medals-highlight-team-usa-s-blistering-start-to-2023-parapan-american-games->

Tahmar currently attends Cumberland University in Lebanon, TN pursuing a bachelor's degree in biomedical science and is on a track and field scholarship.

For future updates on Tahmar Upshaw's journey please follow him at @tahmar04 on Instagram.

