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A PUBLICATION OF DISABLED SPORTS USA

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Cover photo of 17x Paralympic Medalist Tatyana McFadden

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As we were gearing up for the spring issue of Challenge Magazine, expecting to express excitement of the 2020 Paralympic Games in Tokyo, Japan, our world came to a screeching halt amid the Coronavirus expansion in the United States. While disruptive, Disabled Sports USA (DSUSA) is reorganizing and adapting to the new normal.

With the virus now affecting all aspects of our country, Disabled Sports USA is focused on providing youth and adults with disabilities opportunities to participate in sports and recreation virtually, to sustain healthy lifestyles and avoid isolation by connecting to other athletes with disabilities. We are also working closely with our 148 chapters to help them through this very challenging spring and summer. However, through this difficult time, we are not losing sight of our long term objectives.

About a year ago, we set our vision on 2028, when the Paralympic Games will be returning to the United States in Los Angeles, and we embarked on a strategic planning effort to drive a bold vision for 2028 and beyond. We've set out to deliver a network where 90% of all individuals with physical disabilities in the United States will have access to adaptive sports within 50 miles of your home. We plan to quadruple the participation number of youth with disabilities in sports nationwide. That's just two examples of how we are working to enhance the adaptive sports ecosystem.

How are we working toward this vision?

For starters, we have doubled our support to DSUSA chapters across the country. Over \$2 million in grants flow to local adaptive sports organizations across the country to help meet their equipment, programmatic and other needs. Second, we have an aggressive growth model to unite a diverse group of adaptive sports organizations into the DSUSA member network, including new categories such as city parks and recreation departments, event partners, and more. In the past year, 25+ chapters have joined the movement.

But more exciting things will be happening in the weeks, months, and years to come. In the very near future, we will be making announcements that include new programs, new products, and even a new name and logo. Engage with DSUSA via our social media channels and monthly electronic newsletter to stay informed about this news and new opportunities. The new brand that we will be announcing soon will center on a united future of the adaptive sport movement. More to come on that later.

Speaking of Challenge magazine, here is what you can look forward to in this issue. Feature stories on the sports of wheelchair racing and para shooting, as well as profiles on two wonderful athletes, Warfighter Cameron Kerr (who recently trekked to The South Pole with the mission of redefining disability and disabled veterans) and DSUSA Elite Team Member Mikayla Chandler (who has her sight set on competing at the Paralympics). Also inside is a story about how four Paralympians and/or Paralympic hopefuls are staying healthy physically and mentally during this pandemic, an article on the top ten adaptive states in the country, and a piece about our new adaptive sports podcast, "Challenge Extended."

Finally, you can find dozens of adaptive sports offerings available to you from DSUSA chapters all over the country. Please note these activities were submitted before COVID-19 started spreading across the United States, and these programs may have been impacted by the Coronavirus. However, during this period we know the power that sport brings to each of our lives and Disabled Sports USA is presenting live events on our various social media platforms and gathering online chapter activities to encourage you to #Adaptathome.

Regards,



Glenn Merry

Executive Director, Disabled Sports USA
gmerry@dsusa.org

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BETTER FASTER, STRONGER

THE SPORT OF WHEELCHAIR RACING

For starters, let's clarify the difference between wheelchair racing and handcycling. Wheelchair racing is akin to running, while handcycling is a form of biking or cycling. Racing chairs, the specific piece of equipment used by wheelchair racers is relatively lighter in weight and is propelled by the chair user whereas handcycles often have gears or cranks. Racing chairs also have push rims, which the racer uses to move the chair.

THE BASICS

For Paralympian Daniel Romanchuk, who got his start in adaptive sports with the Bennett Blazers at Kennedy Krieger Institute, a chapter of Disabled Sports USA in Baltimore, Maryland, wheelchair racing is his first love. He always enjoyed pushing himself and finding where his limits are. But he also likes the simplicity of the sport. "When you get into the technical parts of some sports, it's a lot to think about at one time," he said. "I like how simple it seems to be (with wheelchair racing) ... it is about getting from Point A to Point B as fast as you can."

Three-time Paralympian Amanda McGrory (who hopes to make one more in Tokyo) also likes how the sport is really about yourself as an athlete. "There is something about individual sports, knowing that you've put in the time, preparation, and effort and to see that come back in a real way," she said. "The notion that you get pretty direct feedback has always been really satisfying to me. I'm going out there and competing against myself. Working on my own individual skills to see what I can do to get better, faster, stronger."

GETTING STARTED

Nine-time Paralympian Candace Cable, who was recently inducted into the U.S. Olympic & Paralympic Hall of Fame, first got involved in wheelchair racing because it provided a sense of belonging. "It also provided me with a sense of personhood. Whether it is a 5K, 10K, half marathon, or marathon, we are all using the same starting line, are on the same race course, and crossing the same finish line as everyone else. We are no longer on the outside looking in."

Cable is affiliated with Angel City Sports, a DSUSA chapter in Los Angeles, California, and coaches other athletes. Although she says that you can push yourself in your everyday chair in a 5K race or other events, she highly recommends getting into a race chair. She suggests connecting with a Disabled Sports USA chapter or other organization and begin with a loaner chair through that program. Find a chair that fits and be sure to get comfortable in the chair. Once you are in the chair, figure out the best body positioning. How do you sit? Where are you most comfortable? Having the right chair and the right setup is key.



Besides the chair, you also need the right pair of gloves and a properly fitted helmet. When you first start, focus on going up and down the track, working on turns, and basic moves. Then you can work on the mechanics of your stroke, building your stamina, and other skills. Once you get the hang of things, Cable suggests setting different goals, working on your starts, and timing yourself.

“Get your own chair as soon as you can,” Cable states. “Success in adaptive sports is all about equipment. I hated getting beat by my own equipment.” But know that racing chairs are expensive, and you can’t go to an ordinary bike shop to purchase one.

Also make sure you find a safe place to practice. If you are on the road, you will need a flag. Cable suggests putting reflective tape on your chair, to not be out after dark, and to be with other people if you can.

TRAINING FOR THE ELITE LEVEL

Wheelchair racing is considered a track and field sport. Racers can choose to specialize in shorter distances or sprints (100 meter, for example), longer distances (5,000 meter for example), or both, if they dare. McGrory originally wanted to be a sprinter. “Turns out, I am a garbage sprinter. I’m just not made to be a sprinter. I was putting in a lot of work and not seeing any improvement.” She completed her first marathon in 2006 and saw her strength was longer distance events, so sometimes it takes trial and error to figure out your preference.

To be an elite athlete, it takes dedication, sacrifice, life balance, and a strong support system, according to 17-time Paralympic Medalist Tatyana McFadden, who also got her start with the Kennedy Krieger Institute. “You have to build volume,” she said. “Lots of miles on the road and a lot of time in the gym.” She also suggests working on various skill sets such as hill climbing or descents.

McGrory agrees. “You have to get used to putting that distance in (for long distance races) to build up your endurance.” For sprinters, the focus is on getting off the line fast and developing a powerful stroke. McGrory, who trains with a number of other athletes at the University of Illinois at Champaign, an official USOPC training site, has about eight to ten workout sessions a week, focusing on everything from sprints and attacks to different paces and climbs.

McGrory, who has been involved with GLASA, an Illinois-based chapter of DSUSA, for years, has appreciated the

opportunity to participate in regional athletic competitions such as the Great Lakes Games. “Regional games are not only fun, but they provide you with more time on the track, help you meet entry standards for national competition, and try out new things in a race scenario.” In many cases, you can also get classified at some of these games.

When preparing for a race, Romanchuk likes to scout out the course. “For a marathon, or even a 5 or 10K, I like to preview the course beforehand. I get in the car and drive the course if I can, looking at the road conditions and the general terrain. I pinpoint specific features that I want to be aware of and be ready for them,” he said. “All of the races differ from each other. No two races are the same. They may be the same distance, of course, but the course layout, environment, and weather can play a huge role with each race.”

Romanchuk also focuses on taking care of his equipment. “Equipment can get quite overwhelming at times; certainly a barrier to starting the sport or continuing in the sport.” He is in the process of making a video series on how to maintain a racing chair and things like inflating a tire, etc.

SOME GOOD ADVICE

As you continue your pursuits in wheelchair racing, Cable, McFadden, Romanchuk and McGrory each have great advice to share.

McGrory: Savor the experience. Put the time and effort in and you will see results. Don’t get frustrated when something goes wrong. Every day is not going to be great as sometimes your speeds will be awful, your times will be off, or you will feel horrible. Be patient, because it is just as much mental as it is physical.

Cable: You have to love wheelchair racing ... it has to give you joy. Be sure to become one with the chair.

Romanchuk: Have fun. Listen to your coaches. Don’t take shortcuts. But don’t overdo it.

McFadden: Athletes are getting faster. Always go for it. The greatest won’t give up ... you have to keep at it at all times.

FIND A PROGRAM

About two dozen DSUSA chapters offer track and field sports, including wheelchair racing. To find the closest one near you, visit <https://www.disabledsportsusa.org/chapters/location-map/>. You can also find out more information at <https://www.teamusa.org/US-Paralympics/Sports/Track-and-Field>.



WARFIGHTER CAMERON KERR TREKS TO THE SOUTH POLE

Twenty years ago, a group of approximately 3,600 “Lost Boys” would travel 6,000 miles from Sudan to the United States. Their journey would inspire hundreds of others, including a young Cameron Kerr who would go on to join the military, journey to Afghanistan and back, re-learn to walk, and then begin an arduous trek through the southernmost part of the globe.

Kerr’s parents had spent time in Sudan in the early 1980s teaching English and doing other volunteer work, so when the Sudanese civil war resulted in refugees to their area they wanted to help. He recalls that much of what his parents did was simply help them adjust to daily life in America. Teaching them skills like how to use a vacuum cleaner or how to pay taxes. “Skills you learn just through growing up here,” Kerr said.

“My interacting with them at a young age was kind of formative in that it showed me that I’m super lucky to have everything that I have just because my parents happened to have me in the U.S.,” he said.

He decided he needed to earn that privilege.

For him, the best way to earn it was through direct service. He decided to join the military but made a deal with his parents



he would finish college first. He headed to Dickinson College where he joined the ROTC, studied Arabic and earned a degree in Middle Eastern studies to help prepare him for where he’d be heading next.

Upon graduation, 1st Lt. Cameron Kerr was deployed with the 101st Airborne division of the U.S. Army, where he was stationed in Afghanistan. In February of 2011, with one

Continued on page 12 >>

The battle isn't over.

AIG is proud to partner with Disabled Sports USA to raise awareness and funds for wounded veterans in their Warfighter Sports Program.



Bring on tomorrow

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Continued from page 11 >>



month left in his deployment, Kerr stepped on an Improvised Explosive Device (IED), resulting in the loss of his left leg below the knee and earning him a Purple Heart.

His injury didn't stop him from wanting to give back and earn his place in the world.

In December 2011, just nine months after his injury, Kerr relearned to snowboard as an amputee with Disabled Sports USA in Breckenridge, Colorado.

"It was one of the first big 'I can do this again' type of things," he said. "I started realizing that something I had done as a kid with two legs and I had loved as a teenager, I could get back into pretty seamlessly."

It launched him into other adventures most people would only dare to undertake, including running the Boston Marathon twice, completing a 50-mile race through Norway, and trekking to Antarctica.

"I love helping motivate other people," he said when recollecting a story about finishing the Boston Marathon to meet a man who had passed him earlier in the race and credited Kerr for giving him the motivation to keep going during the grueling 26.2 miles.

"If I can help be that motivation, and help redefine disability, then I'm all for it," he said.

In January 2020, Kerr continued to redefine disability and disabled veterans with a trek to Antarctica, skiing the last 60 nautical miles to the South Pole with the 2041 Foundation. Founded by Robert Swan, who was the first explorer to visit both poles, the foundation looks to bring attention to the preservation of Antarctica beyond 2041, the year the continent is no longer protected by a treaty to protect it from mining.

Kerr, who lives in Annandale, Virginia, first connected with the group in 2012 as part of a larger group of about 50 people who visited the Antarctic.

This year, the group was much smaller. Swan and three explorers took a route to complete the last 300 nautical miles

of the continent. Kerr, along with nine others, linked up with that group at the 89th parallel to complete the last section of the journey, known as the last degree (from the 89th to the 90th parallel south in latitude). As a Warfighter Sports Ambassador for Disabled Sports USA (DSUSA), Kerr's excursion was made possible via the Kirk M. Bauer Service Award, a fund that honors retired long-time DSUSA Executive Kirk Bauer and supports individuals with disabilities who exemplify a can-do spirit and commitment to adaptive sports.

"Being out there and being completely beholden to the elements, but also the master of the elements with all the right gear and training, it's just totally peaceful and zen. I'm really looking forward to that. I love having time to be active, but also think," he said before departing for the trek.

Kerr's portion of the journey took seven to eight days to complete, traveling approximately 10 kilometers per day.

Just as the "Lost Boys" redefined their narrative with the help of people like Kerr's family, he hopes to be a part of redefining views on disability and veterans.

"So much of the discourse is steered by unfavorable news, and all of that is kind of an impression that people have of vets, wounded or otherwise," he said. "They think we're all just damaged by the wars, but that's obviously far from the truth.

"It's all about reframing that discourse and that perception. Going out and doing audacious things, and showing that we can be missing our leg, but we can still do stuff that two-legged people would only dream of."

Plus, he was looking forward to something else. "I get to fly the DSUSA flag at the pole," he said with a smile. "That's pretty cool." Which, as you can see, he did!

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The programs listed here are provided free of charge for veterans and active duty service members with a permanent physical disability as a part of Disabled Sports USA's Warfighter Sports program.

Didn't find a program near you on the Warfighter Sports calendar? Disabled Sports USA's chapter network has many other program opportunities free of charge for military this winter. Flip to page 24-25 to find your nearest chapter and see what programs are available in your area.

ALABAMA

September 16 – September 20
Lakeshore Foundation
Paralympic Multi Sports Clinic Program
Birmingham, AL
www.lakeshore.org

ARIZONA

Ongoing – May
Arizona Disabled Sports
Adaptive Air Rifle Program
Air Rifle
Mesa, AZ
www.arizonadisabledsports.com

CALIFORNIA

Ongoing – August
Achieve Tahoe
Achieve Tahoe Military Sports
Skiing, snowboarding, water skiing, wakeboarding, stand up paddle-boarding
Truckee, CA
www.achievetahoe.org

June 1 – June 7

Amazing Surf Adventures
Adaptive Surfing for Military in Huntington Beach
Water Sports
Huntington Beach, CA
www.operationsurf.org

April – September
Bay Area Outreach & Recreation Program

Year Round Series of Yoga, Dance, Tai Chi and Fitness Classes
Yoga, Dance, Tai Chi and Fitness
Berkeley, CA
www.borpc.com

Ongoing – September
Bay Area Outreach & Recreation Program
Adaptive Cycling Program
Cycling
Berkeley, CA
www.borpc.com

Ongoing – July

Disabled Sports Eastern Sierra
Warfighter Sports High Altitude Training
Alpine skiing, snowboarding, Nordic skiing, Biathlon, Road Biking, Mountain Biking, Rock Climbing, Fishing, Kayaking, Stand Up Paddle Boarding, hiking
Mammoth Lakes, CA
www.disabledsportseasternsierra.org

June – August

United States Adaptive Recreation Center
Adaptive Sports Summer Program
Big Bear Lake, CA
www.usarc.org

Ongoing: April– August
Angel City Sports

Operation Take Flight
Archery, Air Guns, Golf, Rowing, Kayaking, Wheelchair Tennis
Los Angeles, CA
www.angelcitysports.org

COLORADO

Ongoing – August
National Sports Center for the Disabled (NSCD)
Therapeutic and Adaptive Sports/ Recreation for Veterans Living with Disabilities
Paddle sports, rock climbing, archery, team sports
Denver, CO
www.nscd.org

Ongoing – April

Telluride Adaptive Sports Program
Summits – Telluride Winter & Summer Military Programs
Skiing, snowboarding, climbing, cycling, flatwater kayaking, canoeing
Telluride, CO
www.tellurideadaptivesports.org

Ongoing – September

Adaptive Sports Association
Winter Ski/Snowboard & Summer Outdoor Program
Durango, CO
www.asaduramgo.com

May 01 – May 30

Adaptive Sports Association
All Female Military River Trip Program
Durango, CO
www.asaduramgo.com

CONNECTICUT

May – September
Sports Association, Gaylord Hospital
Veteran's Fishing Tournament
Wallingford, CT
www.gaylord.org

FLORIDA

April – July
Florida Disabled Outdoors Association
ALLOUT Fishing & Boating
Boating and Fishing
Various locations in FL
www.fdoa.org

GEORGIA

April – September
BlazeSports America
Yoga Program for Female Veterans
Yoga
Norcross, GA
www.blazesports.org

April – September

BlazeSports America
Weekly Crossfit Program
Norcross, GA
www.blazesports.org

IDAHO

August 01 – August 30
Higher Ground Sun Valley, Inc.
Rafting and Kayaking Program
Ketchum, ID
www.highergroundusa.org

ILLINOIS

April – September
Dare2tri
Dare2tri Elite/Development Triathlon Team
www.dare2tri.org

June 4 – June 7

Dare2tri
Triathlon Camp Program
www.dare2tri.org

MAINE

August 14 – August 17
Maine Adaptive Sports & Recreation (summer)
Veterans No Boundaries Adaptive Sports Camp (summer)
Newry, ME
www.maineadaptve.org

PLEASE NOTE: These events were submitted prior to the COVID-19 hitting the U.S. Some events may be cancelled, postponed, or changed. Please check with the organization directly to see if their programs have been affected.

MARYLAND

Ongoing
WRNMMC
Weekly Swimming Lessons at WRNMMC
Bethesda, MD
www.warfightersports.org

MONTANA

May – September
DREAM Adaptive Recreation, Inc.
Water Sports Program
Whitefish, MT
www.dreamadaptive.org

NEW HAMPSHIRE

May 1 – May 30
New England Disabled Sports
Summer Multi Sport Camp
Lincoln, NH
www.nedisabledspots.org

January – August

Full Circle Farm Therapeutic Horsemanship
Veteran Therapeutic Horsemanship Lessons
Mounted and unmounted horse lessons
Newport, NH
www.fcferapeutic.org

May – September

Granite State Adaptive
Adaptive Cycling Program
Mirror Lake, NH
www.gsadaptivesports.org

June 1 – June 30

New England Healing Sports Association
New England Summer Sports Clinic for Disabled Veterans
Newbury, NH
www.nesha.org

NEW YORK

April – August
Adaptive Sports Foundation
Warriors in Motion
Kayaking, horseback riding, hiking, skiing, snowboarding
Windham, NY
www.adaptivesportsfoundation.org

May – August

Adaptive Sports Foundation
Warriors in Motion
Cycling & Mountain Bike Program
Windham, NY
www.adaptivesportsfoundation.org

May – August

Adaptive Sports Foundation
Warriors in Motion
Paddling Program
Windham, NY
www.adaptivesportsfoundation.org

Ongoing – March

GallopNYC
Horse-Based Equestrian Program
Equestrian
Forest Hills, NY
www.gallopnyc.org

August 1 – August 30

STRIDE Adaptive Sports
Military Boot Camp Program
Camping
West Sand Lake, NY
www.stride.org

OHIO

May – September
Adaptive Sports Connection
Adaptive Kayaking Program
Powell, OH
www.adaptivesportsconnection.org

OKLAHOMA

Ongoing – September
University of Central Oklahoma
Year Round Adaptive Multi Sports Program
Edmond, OK
www.uco.edu/wellness

June 11 – June 14

University of Central Oklahoma
Endeavor Games Program
Edmond, OK
www.uco.edu/wellness

TENNESSEE

April – September
Sports, Arts, and Recreation of Chattanooga (SPARC)
Adaptive Cycling Program
Cycling
Chattanooga, TN
www.sparctn.org

TEXAS

Ongoing – August
Operation Comfort
Cycling, Sled Hockey & Swim Programs
Cycling, Swim, Sled Hockey
San Antonio, TX
www.operationcomfort.org

UTAH

June 1 – June 30
Common Ground Outdoor Adventures
Mountain Biking and Climbing Camp
Logan, UT
www.cgadventures.org

VIRGINIA

April – September
Therapeutic Adventures Inc.
Adaptive Paddling, Cycling, Fitness & Conditioning and Fishing Program
Charlottesville, VA
www.TAonline.org

WEST VIRGINIA

July 2020 – August 2020
Challenged Athletes of West Virginia
Adaptive Camp Program
Snowshoe, WV
www.cawvvsports.org

VARIOUS LOCATIONS

April-July
Capital Region Nordic Alliance
CRNA On the Move
Adaptive Trail Orienteering
Albany, NY - Windham, NY - Philadelphia, PA – Boston, MA
www.capitalregionnordicalliance.org

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Arthur J Gallagher	Medical Center Orthotics and Prosthetics
Beaver Run Resort & Conference Center	Munich Re
Birdies for the Brave	O'Melveny & Meyers LLP
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TIME TO BE A STRAIGHT SHOOTER: THE 411 OF PARA SHOOTING



Furthermore, Anti says there is really no gender advantage in the sport. “A lot of events are mixed on the para side with men and women competing together.”

CHOOSING THE BEST OPTION FOR YOU

The first thing you will want to do is find a club, program, or place where you can practice and has the knowledge and expertise to train you in proper safety as well as proper shooting. USA Shooting, as well as 4-H and other organizations, offer a number of programs to those interested in the sport. Check with your local program to see if an adaptive component is available or if they are willing to start one.

Taylor Farmer, a member of the U.S. National Team, had never shot a firearm until 2012 when she joined her dad at a local range. She went to a junior camp and eventually joined 4-H where she could practice on a regular basis. “What does a young kid know about a firearm?” she said. “It was just fun at that point.” But it was while she was in the 4-H program that Farmer, who has cerebral palsy, set a goal of competing one day in the Paralympics in rifle shooting. She was named to Disabled Sports USA’s E-Team in 2017 and became a member of the National team that same year. In 2018, she moved to the United States Olympic and Paralympic Training Center in Colorado Springs to train full-time and hopes to represent Team USA at the 2020 Tokyo Games.

In addition to rifle shooting, the other firearm shot as part of Paralympic competition is the pistol. “The one you pick is typically the first one you get introduced to,” Anti said.

Pistol shooting comes in two varieties. An air pistol is used for the shortest distance, 10 meters. It is a lighter gun and shoots a pellet. It requires a lot of steadiness.

A 22-caliber pistol is used for the 25-meter competition, which is broken into two sets. One component is the precision portion, where you must focus on being still, steady, and precise over the course of 30 shots. You are holding the pistol with one hand and any slight movement can impact the results. The rapid-fire portion consists of a set of several shots as well. The gun is down in a certain position and when a light turns green, you have a few seconds to come up, shoot, and bring the gun back down. It is fast, but it is also slow. It takes a lot of coordination and mental focus. There is also a 50-meter category.

The air rifle category has similar distance ranges and categories, including standing, smallbore and prone. Adaptations can be made within the various athlete

“Everyone can be a shooter,” according to Will Anti, the Paralympic coach and manager for USA Shooting. “Once adaptations are made, shooting is shooting.”

Para shooting, or adaptive shooting, is unique because it doesn’t require a significant amount of strength or certain athletic ability.

It is also an equalizing sport for many reasons. Unlike some sports where the barrier to entry is quite high, that is not the case. When shooting with a local program, equipment is typically provided in most cases. At some point, when you get serious at the sport, you can purchase your own pistol, rifle, or other equipment.



TAYLOR FARMER
Photo by Dewitt Photos

In addition, you will also find individuals with physical disabilities training right alongside those without.

classifications. According to Anti, SH1 is for individuals who have mobility in their upper arms and can support the firearm themselves. SH2 is for those with some degree of impairment and additional adaptations available, including a spring stand and loader assist (rifle only). Adaptations impact the spring of the gun.

PRACTICE MAKES PERFECT

Shooters should focus on building their core strength, arm strength, and endurance. But mostly, shooting sports is as much a mental game then a physical one. Warfighter and Paralympian Marco Delarosa started shooting at a VA hospital in 2015 after an injury left him paralyzed. A year later, he made the National Team and had the opportunity to represent Team USA at the 2016 Paralympic Games in Rio. "There is definitely a mental side to shooting," he said. "Once you are on the line, everything starts hitting you: the guy next to you, scores, noises, the crowd behind you, and the announcer. Sometimes, it starts getting to your head. You have to remember it is just you and the target."

For Paralympian Trish Downing, shooting is an interesting sport. "With the sports I have done, it has always been about getting hyped up and excited. Shooting is a lot more about being calm, more like meditation. I want to not think about my shots instead of thinking about them. When you start analyzing them, that's when things go wrong."

Repetition, repetition, repetition is the name of the game. "The one thing you can count on with any sport is if you work the progression over and over again and put the time, energy, and effort in, you can get there, you can do well," Downing said. Downing, who shoots pistol, spends a lot of time at the range sitting in front of a target and doing shot after shot after shot. "You are trying to figure a consistent process that you can follow each time to get the results that you are looking for."

Having a coach is also important. Delarosa, a veteran of the Marine Corps, who is paralyzed from the waist down and shoots pistol, wasn't coached when he first started out. "I was decent. Now that I'm being coached, it makes me a better shooter."

THE NEXT LEVEL

For anyone wanting to compete, there are various matches held across the country. Delarosa has participated in the Endeavor Games, Valor Games and other competitions. In addition, all USA Shooting matches have a para component to them. National Team athletes put a minimum of four hours a day, five days a week to train. "The more work you can put in the better," Farmer said.

WHERE CAN I SHOOT?

To find a list of local shooting clubs or programs, visit usashooting.org.

TRISH DOWNING



Photos by USA Shooting

E-TEAM MEMBER MIKAYLA CHANDLER AIMING FOR PARALYMPIC SUCCESS

At the age of five, Mikayla Chandler started playing soccer. “My parents put me in it because that is what my older sister did. It was something for me.” Chandler has dwarfism, which is pretty uncommon. “Only about one in 30,000 have it,” she said. She would play soccer until she was about 10 years old and then switched to lacrosse. That’s because it is what my sister did ... I followed her lead.”

During her freshman year in high school, she was approached to join the indoor track team. Originally, she was reluctant. “I ended up really loving it.” For Chandler, it was easier than the team sports she had participating in. “Running up and down the field was a struggle for me, due to my short legs. I also get to compete at my own pace.”

The following year she had the opportunity to go to Junior Nationals. “I love competing,” she said. “We all have something that makes us unique, but we forget about all that during a competition.” The Marion, Massachusetts, native is also thankful for the opportunity to participate in sports in her state. “In Massachusetts, student athletes like me have the opportunity to compete at indoor and outdoor state meets. It led me to the introduction of parasports.”

Throughout her athletic pursuits, Chandler points out that Adaptive Sports New England, a new chapter of Disabled Sports USA based in the Boston area, has been very supportive of her. “Joe (Walsh, president of the organization) has been instrumental in pointing me in the right direction, helping me find competitions, and providing training advice.”

As a track and field athlete, Chandler focuses on two events, discus and shotput. “I’m a thrower,” she said. She was named a member of Disabled Sports USA’s Elite Team in 2017 and continues to advance and progress in her sport. She works out six days a week, alternating between throwing one day and lifting weights the next.

“WHEN I’M THROWING, I MAKE SURE I CLEAR MY MIND. I NEED TO DO WHAT MY COACH SUGGESTS AND LET IT RIP.”

For discus, she needs to stay very focused and relaxed. “When I’m throwing, I make sure I clear my mind.” Shotput, which is her favorite event and her specialty, she wants to stay aggressive. “I need to do what my coach suggests and let it rip.” As far as diet, she eats a lot of protein, including meats, grains, veggies, and fruit.

The 19-year-old was part of the Team USA delegation that competed at the 2019 Parapan American Games in Lima, Peru. Being named to the team wasn’t something she was particularly expecting. “I’m pretty young, so it was a bit of a surprise. I don’t have the experience yet.” But she has competed at the international level prior to the Lima event, both in Arizona and Ireland.



Chandler competed in both discus and shotput in the F41 classification. “They are the only two I can do in parasport because of classification,” she said. “It is one of the newer classifications.” She would love to medal, but mainly wants to improve on her personal bests.

In 2018, Chandler was named the U.S. Paralympic High School Track and Field Female Athlete of the Year. Ultimately, her goal is to represent Team USA at the Paralympic Games in Tokyo. She is currently attending San Diego State University, where she is one of the first field athletes to join the new SDSU Adapted Athletics Track and Field team. “There are only three athletes right now, but it’s a start. I have always wanted to be on a collegiate team.”



STAYING HEALTHY AND HAPPY IN CHALLENGING TIMES

We are indeed in unique and turbulent times. As the Spring issue of Challenge magazine first started to be put together, words like Coronavirus or COVID-19 were not part of our lexicon. Disabled Sports USA, our local chapters, and adaptive sports organizations across the country were gearing up for Spring and Summer programs, including the various regional games, Paralympic trials, and other normal activities.

Although this pandemic has disrupted our lives in many different ways, it doesn't have to impact our physical and mental well-being. During these challenging times, we want you to be safe, be active, and be connected.

BE SAFE.

Without a doubt, the term or phrase of the year will be social distancing. We do need to maintain a safe physical distance from others, with the recommended six feet apart. If you are sick, stay home. Please note that we are in an ever-changing environment with this outbreak, so please adhere to all CDC guidelines as well as local and state policies when it comes to their recommendations. Check out Peter Axelson's recommendations for assistive technology users to stay healthy at bit.ly/3bGbfNI.

Two-time Paralympian and Six Time Medalist Dan Cnossen, who has incorporated meditation into his athletic training, says this is a time to practice mindfulness. "Keep perspective and check-in about the things you are thankful for. That is different for each person. For me, I am glad to be at home a little more."

BE ACTIVE.

As much as you can, make sure you stick with your everyday activities. Maintaining routine and structure is important as long as it is done safely. This should include some sort of physical activity. Even if your adaptive sports program has temporarily halted or your fitness facility is closed, there are things you can do at home.

For Julia Gaffney, a member of Team USA's swim team who was preparing to compete in the Paralympic Games in Tokyo (which has been postponed to 2021), she has had to think outside the box in terms of her training. "I have been primarily doing my weightlifting exercises in my room. In terms of cardio, I have been using tools such as a rowing machine as well as getting outside and moving around whenever I get the chance. Another important thing that I have been doing is pushing in my chair more in order to keep my upper body strength up."

Being a swimmer poses additional challenges. "Not being able to swim has been difficult, but my training is focused on mimicking swimming specific movements and maintaining swimming specific strength. I am not quite sure when I may get back in a pool but exercising as much as I can has helped me maintain a sense of normalcy in these trying times."

She encourages all athletes to not be afraid to think outside the box. "There are so many different ways to adapt even basic workouts to fit ones needs. It may take a bit of trial and error at first, but fitness is a never-ending journey, not a destination."

Two-time Paralympian, Bronze Medalist, and former Army Officer Melissa Stockwell, who co-founded Dare2Tri, an Illinois-based chapter of Disabled Sports USA, offers a number of suggestions that you can do at home:

1. Find an online class or group to workout with. If you are on a bike trainer, Zwift is an amazing resource to feel like you are riding with a group. There are so many other online programs and jump into one to hold you accountable!
2. Involve your kids! If you are doing strength work at home, challenge them to do a few push ups with you. Or let them watch the clock while you do a certain exercise and tell you when to start and stop. It's a win all around!
3. Lastly, stay positive. If you need a break from workouts, that is ok. Take this time to do what you need to do to get through each day as best you can. Find things that make you happy and make them a part of your day. Spend time with your family. FaceTime a friend, take on a home project. Stay optimistic that this will pass and we will get through this together!



DAN CNOSSEN



JULIA GAFFNEY



MELISSA STOCKWELL

There are national fitness chains offering free online programs and a number of other resources out there as well. Two that we would recommend include:

- The National Center on Health, Physical Activity and Disability (NCHPAD) has curated a series of videos that highlight various exercises you can do from home for various abilities
- Mind Body Solutions offers exclusive video content on their YouTube page, The Hub, focused on adaptive yoga teaching/training videos, mind-body insights, stories of transformation and actual yoga classes filmed in their studio.

Disabled Sports USA is also curating a list of online events and activities through our special COVID page of our website, as well featuring events through our social media pages.

If you are stuck in the house and are able, Paralympic Silver Medalist and Long Jump World Record Holder Lex Gillette, who is blind, recommends you make up a simple workout routine. “I think that we as athletes have the ability to adapt and be creative, and those are going to be huge during this time;” he said. “Training looks different given the recommendations and guidelines in place for our country, but you have to keep moving so you don’t go stir crazy. It may be difficult if you have limited space, but the idea here is to try and get some work in, and again, creativity is the name of the game.”

Assuming you are able to do so (check your local jurisdiction for any restrictions), get outside. Cnossen, who was serving as the platoon commander for SEAL Team One in Afghanistan in September 2009 when he stepped on an IED (improvised explosive device), ultimately resulting in the amputation of both legs above the knee, tries to get outside every day. Of course, as a member of Team USA’s Paralympic Nordic Ski Team, his sport focuses on the outdoors. “I love being close to nature. I’m always searching for viable ways for me to get into the woods. It helps keep my sanity” Cnossen said. He believes we are all meant to be outside. “Being outside helps with mood, temperament, and outlook. It helps get the blood flowing and increases endorphins. During this challenging time, either start the day, break up the day, or end the day by getting outside.”

BE CONNECTED.

It may be easy to feel isolated in times like these, but it definitely doesn’t have to be. Social media can be a powerful way to maintain relationships with others. We are an adaptive sports community, so make sure you have been in contact with the DSUSA chapter nearest you. See how you can help and stay in touch with fellow athletes, coaches, and other adaptive sports practitioners. Being on the email lists and/or following the chapter nearest you on social media will also make sure you get word when programming is able to resume.

Although you should maintain as much routine and structure in your life, consider taking up something new with any extra time you may have. For example, this is a great time to learn something new. Disabled Sports USA’s website has a wealth of information available for athletes, coaches, and other adaptive sports stakeholders. For example, check out various adaptive sports webinars and online training resources (adapt2achieve.org), back issues of Challenge magazine that is chock full of information (challengemagazine.org), and adaptive sports overviews, athlete profiles, and other helpful materials (disabledsportsusa.org).

Also, if you aren’t already following Disabled Sports USA on our various social media channels (Facebook, Twitter, Instagram, and LinkedIn) or on our electronic newsletter distribution list, we encourage you to do so. As we find additional resources and information we can share with you, we will do so through the various platforms. Might we also suggest listening to the new adaptive sports podcast “Challenge Extended” as well? Whatever you decide to do, make sure you have some fun. And finally, make sure you are checking in with others to see how they are holding up and if they know what resources are available.

Taking care of your physical and mental health is more important than ever during this time. Just know that things will get back to normal. Like all challenges, we will rebound and recover. We are used to adapting and will continue to do so.

“Our world isn’t accessible to us in many ways right now, and it’s frustrating. This is why I speak so heavily on vision. It doesn’t mean that we won’t feel discouraged, frustration, or even fear, but what it will do is help us see hope during times of sadness. Staying locked into that greater vision is a huge way to stay encouraged during this time. We will get through this,” Gillette said. For links to some of the websites above and other information, visit disabledsportsusa.org.



Photo by Joe Kusumoto

LEX GILLETTE



CHALLENGE EXTENDED PODCAST FOCUSES ON ADAPTIVE SPORTS

Disabled Sports USA (DSUSA) has launched “Challenge Extended,” a new podcast that focuses on the world of adaptive sports. Challenge Extended is a great resource for listeners interested and involved in the adaptive sports field. DSUSA is looking forward to sharing the personal stories of our nation’s top adaptive athletes, training tips from the best coaches and program leaders, and news on latest technology, equipment, and trends in the industry through this platform.

The podcast is an extension of Challenge magazine, the nation’s leading adaptive sports publication. In episodes of Challenge Extended, you will delve into the lives of athletes with physical disabilities to hear how they have been able to adapt and achieve, get the 411 on how to begin in or excel at a particular adaptive sport, learn the best techniques in training from coaches and program experts, find out what’s on the cutting edge in terms of technology, equipment, or trends, or catch up on upcoming adaptive sports events and programs.

Challenge Extended debuted in February 2020 and is produced in collaboration with Heroes Media Group. In the first few months, Listeners will enjoy interviews with Ret. Marine Sgt. Kirstie Ennis, two-time Paralympian Tyler Carter, adaptive snowboarding coaches “Kep” Koeppe and Reggie Showers, warfighter Cameron Kerr (and explorer Robert Swan), who completed a recent trek to the South Pole, world record holder Jami Marseilles, gold medalist wheelchair basketball player Megan Blunk, gold medalist monoskier Andrew Kurka, track and field gold medalist Breanna Clark, wheelchair tennis player Anthony Lara, and three-time Paralympian multi-sport gold medalist Alaina Nichols.

You can also hear more from the individuals featured in this issue of Challenge magazine, including the unedited conversations with Paralympians Amanda McGrory, Daniel Romanchuk, and Candace Cable around wheelchair racing and Paralympians (or future Paralympians) Trish Downing, Marco Delarosa, and Taylor Farmer about adaptive shooting sports.

New episodes will debut weekly. For specific links to the Challenge Extended podcast on each of the platforms listed above, visit <https://www.disabledsportsusa.org/adaptive-sports-podcast/>.



The podcast is available on Spotify or wherever you get your podcasts (just search for Challenge Extended) on the following platforms:



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TOP 10 STATES FOR ADAPTIVE SPORTS

Last summer, Disabled Sports USA sought nominations for the top adaptive states in the nation. After a few hundred responses and a survey of our constituents, the list has been whittled down to the top 10. Here is what you said.

1. COLORADO

Colorado, by far, was the most popular state for adaptive sports, receiving 30% of the vote. This may not be a surprise to many. Kurt Hahn from Telluride Adaptive said, “Colorado offers a little bit of everything with many adaptive organizations to choose from in all corners of the state. There are lakes, rivers, mountains and deserts to explore and adaptations of all kinds. With several major hubs and access to beautiful places, it is a state not to be missed for adventures.

In fact, Colorado is home to the most Disabled Sports USA chapters with 14, or nearly 10% of our current local chapter network. So if you live or visit Colorado, there is an abundance of opportunity for you to participate in adaptive sports. These organizations have the equipment, training, and people to assist you in fulfilling your sports and recreational dreams. David Beerman of Broomfield agrees saying, “I have an obvious bias living here ... but where else can you have true four-season opportunities?”

2. CALIFORNIA

California came in second with 18% of the overall vote. Again, no surprise here. It is one of the largest states in terms of land mass (therefore an array of outdoor possibilities) and one of the largest in terms of population. Although larger in size and population, it also comes in second to the overall number of Disabled Sports USA chapters with 13.

Tom Rhodes put it best, stating: “California, hands down, from the ocean to the mountains year-round!” Think about it, how many states can you go surfing and snow skiing as well? But we really loved what Tom Perez wrote when he nominated California: “I am a blind vet. When I first became blind, I thought I couldn’t participate in sports like I did when I was sighted. I sat on a couch feeling sorry for myself for two years. Then my wife emailed a video of the Western Blind Rehabilitation Center in Palo Alto. My recreational therapists, Rachel and Lindsay, showed me that many sports are available to B/VI athletes. At the WBRC I learned about tandem cycling as a blind stoker. I have also been wall climbing and white-water rafting down the American River. We moved from the Bay Area to San Diego and found an abundance of adaptive

sports opportunities.” Perez has experienced success through adaptive sports, winning a gold medal at the Valor Games–Far West, finishing third (in tandem) in the El Tour de Tucson (a 50-mile race), and he was part of the first tandem bike to cross the metric century at the San Diego Gran Fondo.

3. FLORIDA

Coming in third place is Florida with 9%. Laurie Gussak, executive director of the Florida Disabled Outdoors Association suggests the state has “a vast array of accessible inclusive programs!”

In addition to its own work and other adaptive sports organizations, Florida State Parks works to provide accessibility and inclusion in park facilities, camping, programs, and activities. Florida Fish and Wildlife Conservation Commission provides resources for hunters with a disability, anglers with a disability, paddlers with a disability as well as other resources. Visit Florida is working to ensure that our beautiful state is welcoming to people of all abilities. visitflorida.com/en-us/florida-events/events-activities-disabled-special-needs.html.

Sam Maizlech from Glacier Wellness concurs. “Florida is arguably one of the best states for adaptive recreation for the simple reason they have countless dedicated organizations spanning countless sports. For starters, local governments have made huge strides in providing inclusive sports opportunities for both civilians and veterans. Take Tampa for example, where the VA’s Office of National Veterans Sports

Programs and Special Events runs an extremely successful Adaptive Sports Program from the James A. Haley Veterans’ Hospital. There’s also the Miami-Dade Office of Parks, Recreation, and Open Spaces, which offers a variety of adaptable sports programs throughout the county.”

Maizlech points to the work of the Florida Disabled Outdoors Association (FDOA) in particular as “one of the many remarkable resources, which offers programs for para-badminton, adaptive biking, sit water-skiing and everything in between. While there are many similar organizations and programs throughout the state, few are popular as the Florida Sled Hockey Association and multiple National Wheelchair Basketball Association (NWBA) teams.

“Overall, Florida offers a truly special collection of inclusive opportunities for competitive, recreational, and spectator sports,” Maizlech said.

TOP 10 STATES FOR ADAPTIVE SPORTS:

1. COLORADO
2. CALIFORNIA
3. FLORIDA
4. NEW HAMPSHIRE
5. OREGON
6. MARYLAND
7. VIRGINIA
8. MAINE
9. MICHIGAN
10. VERMONT

For more information, visit disabledsportsusa.org.



4. NEW HAMPSHIRE

Fourth on the list is New Hampshire. “New England in general is saturated with adaptive sport programs ... and taking into account the number of adaptive sport programs in New Hampshire and the number of square miles that make up our small state by comparison,” said Crystal Skahan, education and training director at Northeast Passage. “New Hampshire has the most variety in close proximity to best serve clients in state and across the region! Eileen Page agrees: “By far New Hampshire offers a variety of different programs to pique the interest of all participants.

Skahan is also correct about New England as a strong region for adaptive sports. If you were to check out the number of pins on the map of Disabled Sports USA chapters (disabledsportsusa.org/chapters/location-map/) in the northeast, you would find a number of local adaptive sports programs.

5. OREGON

Rounding out the top five is Oregon with 8% of the vote. According to Kelly Standish of Oregon Adaptive Sports, the state is “a mecca for outdoor recreation.” Dan Little, the spouse of Oregon Gov. Kate Brown, has made it his mission to make sure that everyone has access to the outdoors. His project “Roadmap to the Outdoors” is working to bring together and amplify the work of organizations promoting diversity in the outdoors. “Oregon is one of the most inclusive spaces I’ve ever lived in and it’s also experiencing a ton of growth. As we continue to grow, there is more and more emphasis on ensuring that all different kinds of voices are included in the process. Travel Oregon is currently highlighting accessible recreation on their website,” Standish said. “I really have never seen a community so ready to dive into inclusion!”

The other states making up the top 10 include Maryland, Virginia, Maine, Michigan, and Vermont.

Paul Bollinger Jr., executive director of Chesapeake Region Accessible Boating (CRAB), a chapter of Disabled Sports USA located in Maryland, was one of the individuals making a pitch for his state. “Maryland is the best state for adaptive boating,” he said, pointing out the Chesapeake Bay is a major resource for water lovers.

Ruth Meyer from Charlottesville, Virginia, had many good things to say about the opportunities available in the Commonwealth, pointing out Wintergreen Adaptive Sports and the VA Medical Centers (VAMC) in McGuire and Salem. She also mentioned the Masters of Adaptive Physical Education program at the University of Virginia as a highlight.

Bryan Wilkinson of Michigan said it quite clearly when he

made the case for his state: “It’s an awesome state and awesome time to be a wheelchair user in our Great Lake’s state. Michigan is the best, because we have trackchairs for our state parks and a huge variety of sporting outlets.” Wilkinson specifically referenced several organizations that have provided adaptive sports programming, including Michigan Adaptive Sports, a chapter of Disabled Sports USA and others like Michigan Sports Unlimited, Michigan Operation Freedom Outdoors, and Got Ability Sport as well as some hospitals that have organized sports like Rehab Institute of Michigan (Sportsabilities), Mary Free Bed Rehabilitation Hospital Sports, and Michigan Medicine (University of Michigan Adaptive and Inclusive Sports Experience). “Also, we have the two big universities Michigan and Michigan State making waves for adaptive sports and recreation.”

Last, but not least, is Vermont. Norm Staunton from Vermont Adaptive made a very compelling argument. “Short answer is Vermont is the best state in the country for Adaptive Sports. We have it all: world-class skiing, snowboarding, Nordic skiing, and snowshoeing, amazing rock and ice climbing, and some of the best mountain biking and road biking in the world. We have amazing sailing on Lake Champlain and paddling of every kind across the state. We have camping, marathons, century rides, sled hockey teams, and more. All of those activities are accessible through a huge network of nonprofits and programs from Vermont Adaptive Ski and Sports that covers the entire state and all disabilities, to geographic, sport, or disability specific programs, including Northeast Disabled Athletics Association, Special Olympics Vermont, Stowe Adaptive, Smugglers Notch Adaptive Program, Bart J. Ruggiere Adaptive Sports Center, Mount Snow Adaptive, Partners in Adventure, Pioneers Sled Hockey Team as well as nationally known access and funding groups

like the Kelly Brush Foundation and High Fives Foundation. For a state of only 600,000 people, we are rich in adaptive sport resources, offer world class programs, and are able to both serve our citizens and be a destination to the world.”

Most of the states on the top 10 list are indeed synonymous with an abundance of outdoor recreational opportunities, including stunning mountain peaks, pristine waterways, wonderful hiking trails, and many others. The correlation can also be made that there are strong adaptive sports organizations in each of these states, so organizations, communities, and the culture is there to promote, support, and provide adaptive sports instruction, equipment, and support. Do you agree with this final list? What states are missing from this list? In the rapidly changing adaptive sports field, future results could look different.



ALABAMA

Lakeshore Foundation
Birmingham, AL 35209
lakeshore.org

ALASKA

Challenge Alaska
Anchorage, AK 99501
challengealaska.org

Southeast Alaska Independent Living
Juneau, AK 99801
sailinc.org

ARIZONA

Arizona Disabled Sports
Mesa, AZ 85210
arizonadisabledsports.com

Ability 360 Sports & Fitness Center
Phoenix, AZ 85034
Ability360sports.com

Arizona Adaptive Watersports
Dewey, AZ 86327
Azadaptivewatersports.org

Southern Arizona Adaptive Sports
Tucson, AZ 85733
soazadaptivesports.org

CALIFORNIA

Achieve Tahoe
Truckee, CA 96162
achievetahoe.org

Adaptive Sports and Recreation Association
San Diego, CA 92195
adaptivesportsandrec.org

Amazing Surf Adventures
San Luis Obispo, CA 93406
amazingsurfadventures.org

Angel City Sports
Los Angeles, CA 90064
angelcitysports.org

Bay Area Association of Disabled Sailors
San Francisco, CA 94107
Baads.org

Bay Area Outreach and Recreation Program (BORP)
Berkeley, CA 94703
borp.org

Central California Adaptive Sports Center
Shaver Lake, CA 93664
centralcaladaptive.org

Disabled Sports USA Eastern Sierra
Mammoth Lakes, CA 93546
disabledsports
easternsierra.org

Disabled Sports USA Los Angeles - The Unrecables
Los Angeles, CA 90024
unrecables.com

Disabled Sports USA Orange County - The Achievers
Fullerton, CA 92838
theachievers.org

Giant Steps Therapeutic Equestrian Center
Petaluma, CA 94954
Giantstepsriding.org

U.S. Adaptive Recreation Center
Big Bear Lake, CA 92315
usarc.org

United States Driving for the Disabled
Arroyo Grande, CA 93420
usdfd.org

COLORADO

Adaptive Action Sports
Copper Mountain, CO 80443
adacs.org

Adaptive Adventures
Lakewood, CO 80215
adaptiveadventures.org

Adaptive Sports Association
Durango, CO 81301
asadurango.com

Adaptive Sports Center of Crested Butte
Crested Butte, CO 81224
adaptivesports.org

Breckenridge Outdoor Education Center
Breckenridge, CO 80424
boec.org

Challenge Aspen
Snowmass Village, CO 81615
challengeaspen.org

Colorado Discover Ability
Grand Junction, CO 81501
cdagj.org

Foresight Ski Guides, Inc.
Vail, CO 81657
foresightskiguides.org

Golf 4 The Disabled
Englewood, CO 80110
golf4thedisabled.org

Ignite Adaptive Sports
Boulder, CO 80308
igniteadaptivesports.org

National Sports Center for the Disabled
Denver, CO 80204
nscd.org

Steamboat Adaptive Recreational Sports
Steamboat Springs, CO 80477
steamboatstars.com

Telluride Adaptive Sports
Telluride, CO 81435
tellurideadaptivesports.org

Visually Impaired and Blind Skiers
Colorado Springs, CO 80923
coloradovibes.org

CONNECTICUT

Chapter 126 Sports & Fitness, an Oak Hill Center
Bristol, CT 06010
chapter126.com

Gaylord Hospital Sports Association
Wallingford, CT 06492
Gaylord.org/sport

Leaps of Faith Adaptive Skiers
Sandy Hook, CT 06482
leapsofffaithadaptiveskiers.com

FLORIDA

Central Florida Dreamplex
Clermont, FL 34711
cfdreamplex.com

Florida Disabled Outdoors Association
Tallahassee, FL 32301
fdoa.org

GEORGIA

Athens Inclusive Recreation and Sports, Inc. (AIRS)
Athens, GA 30605
airs-ga.org

BlazeSports America
Norcross, GA 30093
blazesports.org

HAWAII

AccessSurf
Honolulu, HI 96830
Accesssurf.org

IDAHO

Adaptive Wilderness Sports of McCall (AWeSOME!)
McCall, ID 83638
www.awesomemccall.org

AquAbility
Boise, ID 83705
aquability.org

Boise Adaptive Snowsport Education
Boise, ID 83701
baseidaho.org

Higher Ground Sun Valley
Ketchum, ID 83340
highergroundusa.org

ILLINOIS

Adaptive Adventures
Elk Grove Village, IL 60007
adaptiveadventures.org

Dare2tri
Chicago, IL 60642
dare2tri.org

Great Lakes Adaptive Sports Association (GLASA)
Lake Forest, IL 60045
glasa.org

Shirley Ryan Ability Lab
Chicago, IL 60611
sralab.org

INDIANA

Special Outdoor Leisure Opportunities
South Bend, IN 46660
skisolomichiana.org

Turnstone Center for Children and Adults with Disabilities
Fort Wayne, IN 46805
turnstone.org

IOWA

Adaptive Sports Iowa
Ames, IA 50010
adaptivesportsiowa.org

KANSAS

Wichita Adaptive Sports
Wichita, KS 67203
wichitaadaptivesports.org

MAINE

Adaptive Outdoor Education Center
Carrabassett, ME 04947
Adaptiveoutdoor
educationcenter.org

Central Maine Adaptive Sports
Auburn, ME 04210
cmassports.org

Maine Adaptive Sports & Recreation
Newry, ME 04261
maineadaptive.org

MARYLAND

Baltimore Adapted Recreation and Sports
Parkton, MD 21120
barsinfo.org

Bennett Institute Physically Challenged Sports Program of Kennedy Krieger
Baltimore, MD 21211
kennedykrieger.org

Chesapeake Region Accessible Boating
Annapolis, MD 21409
crabsailing.org

Team River Runner, Inc.
Rockville, MD 20853
teamriverrunner.org

MASSACHUSETTS

AccessSport America
Acton, MA 01720
accesssportamerica.org

Adaptive Sports New England
Boston, MA 02111
Adaptivesportsne.org

MICHIGAN

Cannonsburg Challenged Ski Association
Ada, MI 49301
skiccsa.org

Michigan Adaptive Sports
West Bloomfield, MI 48323
michiganadaptivesports.com

MINNESOTA

Courage Kenny Sports and Recreation
Minneapolis, MN 55408
www.allinahealth.org/
adaptivesports

North Star Community Rowing
Minneapolis, MN 55401
northstarcommunity
rowing.org
info@northstarcommunity
rowing.org

U.S. Electric Wheelchair Hockey Association
Minneapolis, MN 55427
powerhockey.com

Wayzata Community Sailing Center
Wayzata, MN 55391
Wayzatasailing.org

MISSOURI

Disabled Athlete Sports Association
St. Peters, MO 63376
dasasports.org

Midwest Adaptive Sports
Dearborn, MO 64439
midwestadaptivesports.org

MONTANA

DREAM Adaptive Recreation, Inc.
Whitefish, MT 59937
dreamadaptive.org

Eagle Mount Billings
Billings, MT 59101
eaglemount.us

Eagle Mount Bozeman
Bozeman, MT 59715
eaglemount.org

Eagle Mount Great Falls
Great Falls, MT 59403
eaglemount.net

NEW HAMPSHIRE

AbilityPLUS, Inc.
Glen, NH 03838
abilityplus.org

**Adaptive Sports Partners
of the North Country**
Franconia, NH 03580
Adaptivesportspartners.org

**Full Circle Farm
Therapeutic
Horsemanship**
Newport, NH 03873
Fcftherapeutic.org

Granite State Adaptive
Mirror Lake, NH 03853
gsadaptivesports.org

**Lakes Region Disabled
Sports at Gunstock**
Gilford, NH 03249
lrdisablesports.org

**New England
Disabled Sports**
Lincoln, NH 03251
nedisablesports.org

**New England Healing
Sports Association**
Newbury, NH 03255
nehsa.org

Northeast Passage
Durham, NH 03824
nepassage.org

**Waterville Valley
Adaptive Sports**
Waterville Valley, NH 03215
watervilleadaptive.com

NEW MEXICO
**Adaptive Sports
Program New Mexico**
Santa Fe, NM 87502
adaptivesportsprogram.org

Ski Apache Adaptive Sports
Ruidoso, NM 88355
skiapacheadaptive.com

NEW YORK
**Adaptive Sports
Foundation**
Windham, NY 12496
adaptivesportsfoundation.org

**Adaptive Sports Program
– Helen Hayes Hospital**
West Haverstraw, NY 10993
helenhayeshospital.org/
hospital-services/adapted-
sports-and-recreation

**ASPIRE, Inc.
(Amputee Program)**
Hartsdale, NY 10530
aspirenewyork@gmail.com

**Burke Rehabilitation
Hospital Adaptive
Sports Program**
White Plains, NY 10605
burke.org/community/
adaptiveprograms

**Cape Ability
Outrigger Ohana, Inc.**
West Henrietta, NY 14586
adaptivecanoeing.org

**Capital Region
Nordic Alliance**
Albany, NY 12203
capitalregion
nordicalliance.org

GallopNYC
Brooklyn, NY 11215
gallopnyc.org

**Greater Buffalo
Adaptive Sports**
Hamburg, NY 14075
sledhockeyfoundation.org

**Greek Peak
Adaptive Snowsports**
Apalachin, NY 13732
gpadaptive.org

**Lounsbury Adaptive
Ski Program**
Ellicottville, NY 14731
lounsburyadaptive.org

Move Along, Inc.
Oswego, NY 13126
movealonginc.org

**Rochester Accessible
Adventures**
Rochester, NY 14623
rochesteraccessible
adventures.org

STRIDE, Inc.
West Sand Lake, NY 12196
stride.org

**Western New York
Adaptive Water Sports**
Grand Island, NY 14072
wnyadaptivewatersports.org

NORTH CAROLINA
Bridge II Sports
Durham, NC 27705
bridge2sports.org

NORTH DAKOTA
Dreams in Motion
Mandan, ND 58554
Dreamsinmotioninc.com

OHIO

**Adaptive Sports
Connection**
Powell, OH 43065
taasc.org

**Adaptive Sports
Program of Ohio (ASPO)**
Dalton, OH 44618
adaptivesportsohio.org

Three Trackers of Ohio
Middleburg Heights, OH
44130
3trackers.org

OKLAHOMA
**UCO Center of
Adaptive Sports**
Edmond, OK 73034
uco.edu/wellness/sr/
trainingsite/index.asp

OREGON
**Adaptive Sports
Northwest**
Beaverton, OR 97005
adaptivesportsnw.org

**Adventures
Without Limits**
Forest Grove, OR 97116
awlouddoors.org

Oregon Adaptive Sports
Bend, OR 97703
oregonadaptivesports.org

PENNSYLVANIA
**Blue Ridge Adaptive
Snow Sports (BRASS)**
Carroll Valley, PA 17320
brasski.org

**Pennsylvania Center
for Adapted Sports**
Philadelphia, PA 19130
centeronline.com

**Three Rivers
Adaptive Sports**
Pittsburgh, PA 15238
traspa.org

**Two Top Mountain
Adaptive Sports
Foundation**
Mercersburg, PA 17236
twotopadaptive.org

RHODE ISLAND
Access2Adventure
Tiverton, RI 02878
access2adventure.org

SOUTH CAROLINA
Adaptive Expeditions
Charleston, SC 29422
adaptiveexpeditions.org

**Roger C. Peace
Rehabilitation Hospital**
Greenville, SC 29605
ghs.org/rcp

TENNESSEE

**Sports, Arts & Recreation
of Chattanooga (SPARC)**
Chattanooga, TN 37343
sparctn.org

TEXAS

Kinetic Kids
San Antonio, TX 78269
kinetickidstx.org

Operation Comfort
San Antonio, TX 78209
operationcomfort.org

**Soldiers Undertaking
Disabled Scuba (SUDS)**
San Antonio, TX 28516
sudsdiving.org

UTAH
**Common Ground
Outdoor Adventures**
Logan, UT 84321
cgadventures.org

National Ability Center
Park City, UT 84060
discovernac.org

**Ogden Valley
Adaptive Sports**
Eden, UT 84310
ogdenvalleyadaptivesports.org

Wasatch Adaptive Sports
Snowbird, UT 84092
wasatchadaptivesports.org

VERMONT
**Bart J. Ruggiere
Adaptive Sports Center**
Manchester Center, VT
05255
bartadaptive.org

Central Vermont Pioneers
Montpelier, VT 05602
centralvermontpioneers.org

**Friends of Stowe
Adaptive Sports**
Hyde Park, VT 05655
stoweadaptive.org

**Mount Snow
Adaptive Sports**
Mount Snow, VT 05356
msadaptive.org

**Northeast Disabled
Athletic Association**
Burlington, VT 05408
disabledathletics.org

**Vermont Adaptive Ski
& Sports Association**
Killington, VT 05701
vermontadaptive.org

VIRGINIA

Adventure Amputee Camp
Falls Church, VA 22042
adventureamputeeecamp.org

Sportable
Richmond, VA 23220
sportable.org

Therapeutic Adventures, Inc.
Charlottesville, VA 22905
TAonline.org

**Wintergreen
Adaptive Sports**
Roseland, VA 22967
wintergreenadaptivesports.org

WASHINGTON
**Footloose Sailing
Association**
Mercer Island, WA 98040
Footloosedisablesailing.org

Outdoors for All Foundation
Seattle, WA 98115
Outdoorsforall.org

WASHINGTON, D.C.
**DC Fire Fighters
Burn Foundation**
Washington, DC 20017
dcffburnfoundation.org

WEST VIRGINIA
**Challenged Athletes
of West Virginia**
Snowshoe, WV 26209
cawwspports.org

WISCONSIN
**Coulee Region Sport,
Therapeutic and Adaptive
Recreation Association**
La Crosse, WI 54601
couleeregionsledhockey.com

**Southeastern Wisconsin
Adaptive Ski Program**
Cedarburg, WI 53022
sewasp.org

WYOMING
Teton Adaptive Sports, Inc.
Jackson, WY 83001
tetonadaptivesports.com

Chapter Events

MOUNTAIN REGION



PLEASE NOTE: These events were submitted prior to the COVID-19 hitting the U.S. Some events may be cancelled, postponed, or changed. Please check with the organization directly to see if their programs have been affected.

CAMPS, PADDLING, HORSEBACK RIDING WITH THE NSCD VARIOUS LOCATIONS, COLORADO

Celebrating 50 years in 2020, the **National Sports Center for the Disabled (NSCD)** offers adaptive lessons for individuals living with a disability in a variety of action sports, adventure sports and competitive programs. Athletes with any physical, cognitive, emotional or behavioral diagnosis can participate in sports and recreation programs year-round in Colorado's Front Range and mountains. The NSCD has grown into one of the largest therapeutic recreation and competitive adaptive sports agencies in the world.

Summer Camps – Join the NSCD for our adventurous camps in the beautiful Rocky Mountains to experience a wide variety of recreation including horseback riding and whitewater rafting to hiking. We offer both multi-day and overnight camps that

utilize specific approaches to meet the needs of all individuals with special needs.

Water Sports – Learn or improve your paddling skills in a fun and safe environment! Through our indoor paddling club, outdoor paddling club, Lake Day fun programs, river rafting and sailing we offer various water sport activities in both the Denver Metro area and Winter Park.

Therapeutic Horseback Riding – Our therapeutic horseback riding programs involve teaching riding skills to riders with all disabilities, with adaptations as needed. The primary goal of our riding programs is to learn riding and horsemanship skills. However, as the movement of the horse is inherently therapeutic, riders frequently enjoy secondary benefits such as increased postural control, balance, strength and speech. We offer lessons for beginner, intermediate and advanced riders, as well as trail rides and unmounted/ground lessons and they are held in Winter Park.

To learn more about our programs, visit nscd.org or call 970-726-1518.

CANOEING AND KAYAKING ON LAKE PAYETTE MCCALL, IDAHO

Come join **Adaptive Wilderness Sports of McCall (AWeSOMe)** in scenic Idaho and have an AWeSOMe! time on beautiful Lake Payette. We offer canoe and kayak lessons using adaptive equipment as needed to achieve maximum independence and success.

Lessons include on-land training, followed by time on the water and last approximately 90 minutes. All equipment is included in the lesson. Each student

works with one lead instructor on the water and is assisted by one or more volunteers depending on the needs of the participant.

This year the lessons will be held at several locations. Most will be at the McCall Outdoor Science School located in Ponderosa Park and Pilgrim Cove Camp. We offer lessons in July and August.

Cost: \$20 per participant. Scholarships available for local participants.



Visit www.awesomemccall.org and fill out the participant form or email programdirector@awesomemccall.org for more information.



CHALLENGE ASPEN REC (RECREATIONAL, EDUCATIONAL AND CULTURAL) PROGRAM ASPEN, COLORADO

Challenge Aspen REC programming creates possibilities for individuals of any age, living with any disability, by offering year-round adaptive experiences.

Summer programming offers day and week-long activities and camps to individuals of all ages. Activities include swimming, hiking, whitewater rafting, sailing, cycling, horseback riding, fishing, archery, camping, bowling and more.

Challenge Aspen, in partnership with ICanBike, will offer a one-week program in Glenwood Springs, June 15-19. Participants must be 8 years and older and capacity is limited to 25. ICanBike has an 80% success rate, using specially designed bicycle equipment that progressively changes until participants are riding independently. Visit

ICanShine.org for more details.

The Magic of Music and Dance Camp, Challenge Aspen's longest running camp, will take place July 13-17. Music and Dance Camp provides artists of all ages with disabilities the opportunity to release their creative spirits and express themselves through dance, movement, singing, and acting. Participants create and rehearse a full stage production with dialogue, songs, costumes, and dance. Afternoon activities include swimming, whitewater rafting, and a family BBQ. The camp culminates with a magical performance of the production on the last day of camp for the local community. Lunch will be provided to participants Monday, Tuesday, and Thursday.

For more information and to register for ICanBike or Music and Dance Camp, visit challengeaspen.org, email Deb@challengeaspen.org, or call 970-923-0578.

HIKING, CAMPING, CANOEING, BIKING AND OTHER OPPORTUNITIES LOGAN, UTAH

Out of **Common Ground Outdoor Adventures'** adaptive center at Beaver Mountain Ski Area, we are running activities including rock climbing, mountain biking, and hiking. Our Logan office is staying busy with activities including canoeing, cycling, Dutch oven cooking, and whitewater rafting. Common Ground wants to help individuals of all abilities have the opportunity to participate. This means low fees and scholarship opportunities for activities and trips.

In addition to daily activities and other programs, Common Ground offers multi-day programs.

Oneida Narrows Camping Trip, Oneida Narrows, Idaho, June 9-11: Join us as we enjoy the beautiful Oneida Narrows! Camping, rafting, rock climbing, and hiking!

Warfighter Mountain Bike Trip, Beaver Mountain, Utah, June 22-26: Mountain biking, riding service roads, and practicing skills free of cost for veterans with physical disabilities. Participants will have the option to try a variety of downhill, cross country, and mellow trails, using a variety of adaptive bikes to fit their needs.

High Uinta's Camping Trip, Washington Lake Campground, Utah, Aug. 3-5: Join us at 10,000 feet as we camp at Washington Lake Campground in the High Uinta's, hiking, fishing and exploring the high alpine lakes!



For more information, call 435-713-0288 (Logan office), 435-946-3205 (Beaver Mt. office), email info@cgadventures.org, or visit <http://cgadventures.org/programs/summer/>.



EXPERIENCE THE IDAHO SAWTOOTH MOUNTAINS SUN VALLEY, IDAHO

Higher Ground (HG) is celebrating 20 years of service. We want to highlight our passion and innovation for our increasingly popular Fly-Fishing and Off-Road Mountain Biking programs for residents and visitors to the Sun Valley, Idaho, area.

In partnership with Trout Unlimited, HG will be offering day and multi-day guided trips for veterans on the world class Big Wood River. You will have opportunities to connect with other veterans, share resources, and reflect on the impact of recreational activities in our lives.

Fishing isn't your sport? Get out and hit the dirt on our amazing wide single-track trails, perfect for our fleet of off-road bikes. Whether you are a first-time rider or returning for another camp, all levels are welcome. Our multi-day backcountry trips are geared to all abilities. Don't have your own bike? We have a variety to rent, including e-assist bikes made by Reactive Adaptations and Lasher.

Our organization's goals are to use recreation as a catalyst to reduce symptoms of TBI, PTS, MST, and poly-trauma, improve the quality of your relationships, and improve your overall quality of life. We use the natural benefits of the outdoor

experience to open new doors for therapeutic growth, which is easily transferred to your lives at home. We wholeheartedly believe recreation can be used to effect positive change.

Check out all our programs including our Los Angeles and Western New York regions.

Our programs run June-September.

Fly-Fishing:

Shasta, May 1-4

Main Salmon, June 22-28

Sawtooth Mountain Lakes, July 16-19

Idaho Base Camp, Aug. 20-23

Snake Drift Boat, Sept. 17-20

Bi-Monthly group rides May-Oct.

Boise Bike Fest, June 13

Ladies/Open MTB camp, July 9-12

Ladies/Open MTB Camp, Aug. 27-30

Wydaho (Grand Targhee Resort), Sept. 4-7

For specific dates and program descriptions, visit highergroundusa.org.

CYCLING AROUND SALT LAKE VARIOUS LOCATIONS, UTAH

Wasatch Adaptive Sports is gearing up for adaptive cycling lessons starting in May. Lessons are provided all along the Wasatch Valley at locations such as Liberty Park in Salt Lake City, the Jordan River Parkway in Murray, and the Murdock Canal Trail in Provo. Adaptive bikes, helmets, and instruction provided.

Individuals who are looking to increase their cycling mileage and join an awesome community of riders are invited to join the WAS Adaptive Cycling Team. Starting in May, the team will meet on Saturday mornings at various locations around Salt Lake City including the Jordan River Parkway that has over 100 miles of trail connecting Provo to Ogden. Students meet to train for local races, keep up with their fitness, or to simply

get out and ride. Adaptive bikes are made available for use upon request and can be rented out for little to no cost through the Equipment Rental program for an extended time.

May 5-Oct. 31:
Cycling Programs

May 9-Oct 31: WAS Adaptive Cycling



Team Meet Ups

July 1-Aug. 31: Paddling Programs

Learn more at wasatchadaptivesports.org. Sign up for a lesson by contacting programs@wasatchadaptivesports.org or 801-933-2188.



PARATRIATHLON TRAINING CAMPS VARIOUS LOCATIONS

Dare2tri hosts a variety of paratriathlon training camps for youth, adults and injured service members who have a physical disability or visual impairment. All camps are held within driving distance of Chicago, where Dare2tri is based. Adaptive equipment, handlers and guides are available upon request.

Injured Military Camp, June 4-7, Hammond, Indiana: Injured Military Camp is open exclusively to injured service members. Camp concludes with Leon's Triathlon, a race that pays special tribute to active and retired military.

Learn2Tri Camp, June 11-14, Pleasant Prairie, Wisconsin: Learn2Tri is an inclusive, beginner-level camp for individuals who have never completed a triathlon or athletes who have completed up to two triathlons. Camp concludes with the Tri It Triathlon.

Train2Race Camp, June 25-28, Pleasant Prairie, Wisconsin: Train2Race is a training camp geared towards experienced paratriathletes. Camp concludes with the Pleasant Prairie Triathlon, the site of the 2017 and 2018 Paratriathlon National Championships.

Kids Tri Camp, July 14-15, Chicago: Held on Chicago's 63rd Street Beach, Kids Tri Camp is a fun, confidence-building camp for ages 6 and up.

Learn2Tri Youth Camp, Aug. 17-19, Ingleside, Illinois: Held at YMCA Camp Duncan, this all-new, overnight camp is designed for ages 8-16.

Scholarship opportunities are available for those in need of financial assistance.

To learn more or register, visit dare2tri.org.

DISCOVER ABILITIES EXPO MINNEAPOLIS, MINNESOTA

Save the date! April 25 from 10 a.m.-3 p.m. at the University of Minnesota's Rec Wellness Center. **Courage Kenny Rehabilitation Institute**, in partnership with the University of Minnesota, is hosting the third annual Discover Abilities Expo, a regional showcase of adaptive sports and recreation opportunities. People with disabilities, families and friends, health care professionals, students, and the general public are welcome to come and connect with community organizations, advocacy groups and learn from professionals in the field. There is also a chance to meet Paralympic athletes, try adaptive equipment and #DiscoverYourSport. Come join us for a day full of exploration and fun!

For more information visit: 2020discoverabilitiesexpo.eventbrite.com.

TURNSTONE ENDEAVOR GAMES FORT WAYNE, INDIANA

Turnstone has postponed the fourth annual Turnstone Endeavor Games in Fort Wayne, Indiana with the hopes of finding a new date.

The event is a national tournament that offers athletes with physical

disabilities the opportunity to participate in various sporting events on a novice and a competitive level. Sports include archery, air rifle shooting, boccia, goalball, power soccer, sitting volleyball, swimming, track, field, and wheelchair basketball.

The Turnstone Endeavor Games is the first stop of the Endeavor Games series, with the series culminating at the UCO Endeavor Games June 4-7.

Turnstone's home city of Fort Wayne is Indiana's second-largest city and is home to amazing family vacation attractions, including the Fort Wayne Children's Zoo (ranked in the top 10 in the U.S.), TinCaps baseball (voted the #1 minor league experience), world-class festivals, amazing eats, and more! Athletes and families are sure to have a memorable experience.

The Endeavor Games series is supported by national partners Turnstone Center, U.S. Paralympics, Disabled Sports USA, and Hanger Clinic.

Contact Jaime Garzon, Jaime@turnstone.org or 260-483-2100 for inquiries and to register.





ADAPTIVE CYCLING OMNIUM & PARALYZED VETERANS LEARN TO RACE CLINIC WICHITA, KANSAS

Wichita Adaptive Sports will host the 15th Annual Kansas Adaptive Cycling Omnium & Paralyzed Veterans Racing Learn to Race Clinic May 29, 30, 31. It's a three-hour skills clinic followed by one race each day (time trial, criterium, and road race). Open to riders of any experience level. Learn to race clinic for newer riders. Contact: James Watson kansasadaptivecycling@gmail.com.

2nd Annual Living Incredible 1st Annual 5k will be Aug.10 in Augusta, Kansas, Shyrock Park. All abilities are welcome. Check-in begins at 7 a.m. Contact: lzwillis@gmail.com.

Air Capital Classic Date to be announced Coleman Tennis Complex The Air Capital Classic is a Wheelchair Tennis tournament held each summer in Wichita. Paralympic Gold Medalist Nick Taylor, along with wheelchair tennis player Grady Landrum, will be hosting and assisting those not so familiar with the sport learn how to navigate and play tennis. A clinic will also be hosted throughout these days to teach tennis techniques and form while using a wheelchair. Contact: Grady Landrum: grady.landrum@gmail.com.



Contact wichitaadaptivesports.org or wichitaadaptivesports@gmail.com.

UCO ENDEAVOR GAMES EDMOND, OKLAHOMA

The 2020 **UCO Endeavor Games** in Edmond, Oklahoma, will be June 4-7. The 21st annual event will feature sports competitions for eleven sports, including archery, air rifle shooting, cycling, goalball, powerlifting, sitting volleyball, swimming, table tennis, track and field, wheelchair basketball and wheelchair softball. The event will also offer eight sport clinics, and classification for swimming and track and field. Registration will open March 25 at www.endeavorgames.com/edmond.

For questions about the UCO Endeavor Games, contact Cassidhe Walker at cwalker68@uco.edu or 405-974-3411.



ADULT NATIONAL OPEN & GREAT LAKES GAMES CHICAGO, ILLINOIS

The **Great Lakes Adaptive Sports Association (GLASA)** is hosting the Adult National Open & Great Lakes Games (ANO GLG), June 11-June 14, at Lake Forest High School and Niles West High School, located in the northern suburbs of Chicago. These games will provide three days of competition, educational clinics and socials. GLASA is honored to host the Adult National Open (ANO), which will run in conjunction to the Great Lakes Games and will include many of our injured military. The Great Lakes Games (GLG) is a qualifier for the Adaptive Sports USA Junior Nationals (for some a first step to the U.S. Paralympics). Track and Field will be World Para Athletics Approved and conducted on a Mondo track. Track and field results will qualify athletes to compete at the 2020 U.S. Paralympic Team Trials. Additional sports offered include boccia, swimming, field, archery, and powerlifting. National classification panels will be offered in swim, track and field. Air rifles will be conducted on a different weekend.

The ANO GLG are unique in that they serve the beginner, first-time sport enthusiast to the Paralympic hopeful athlete, following the GLASA motto of "Let No One Sit on the Sidelines." New this year will be the addition of activities targeting the younger athletes and their parents emphasizing inclusion. The GLG committee is also looking to engage colleges which provide adaptive sports programs as well as a clinic on how to obtain financial assistance for students who have a disability.

For further information, contact Cindy Housner at chousner@glasa.org or greatlakesgames.org.



MULTIPLE EVENTS WITH VERMONT ADAPTIVE VARIOUS LOCATIONS, VERMONT

The 10th Annual **Vermont Adaptive** Charity Ride presented by Long Trail Brewing is slated for Saturday, June 20. This is the 10th anniversary of the event and we're ready to celebrate and raise more than \$300,000 for Vermont Adaptive's programs and expensive adaptive equipment. More than 600 cyclists plus friends and family will enjoy the day in the Green Mountains of Vermont. Bike riding in the morning then a fun festival in the afternoon. Choose your ride from 100-, 60-, 40-, 20- mile routes, a new gravel grind, plus a family-friendly 5K bike loop. Then join us for a fantastic afternoon of fresh brews, great food, live music with The Wheel and Saints & Liars, kids' games, a vendor village, silent auction and more. It's a great day of community. Mark your calendar and get yourself registered. Adaptive athletes and veterans/members of the armed services participate for free but must register at <https://charityride.vermontadaptive.org>.

C.O.R.E. Connections Wellness Camp will be June 22-26, 2020 at Pico Mountain, Killington, Vermont. Join

us for an adventure-filled week of camp that emphasizes whole body health and is open to all ages and abilities. The camp includes an initial individualized lifestyle analysis and moves on to personalized goal setting, nutrition, fitness and mindfulness. Activities include farm-to-table field trips, cooking, fitness modalities, creative arts and music, and season-related adventures including paddling, cycling, hiking, indoor rock climbing, yoga and more. For more details, pricing and information, visit www.vermontadaptive.org.

Veteran Ventures Programs: Vermont Adaptive continues to offer a variety of summer programs specifically designed for injured service members, veterans with disabilities, and their families. Since the organization's inception in 1987, Vermont Adaptive has worked with veterans with disabilities and evolved its programs to match the changes in the needs and interests of men and women who have been injured in the line of duty. Veterans participate free of charge and are encouraged to join weekly outings in Burlington, Vermont



or for one of the many retreats offered, including one at Killington Resort during Veteran's Day. For more details, contact Vermont Adaptive's veterans coordinator Ret. SSG Misha Pemble-Belkin at veterans@vermontadaptive.org or visit vermontadaptive.org.

Vermont Adaptive offers a whole host of summer adventure programs for all abilities during the summer and fall months. From adaptive mountain biking on dirt roads and trails to kayaking, canoeing and more on Vermont's waterways, trained guides and instructors take participants into the Green Mountains for all types of adventures. Reservations are required.

Visit www.vermontadaptive.org for more details.

LEARN TO RIDE AND CARE FOR HORSES NEW YORK CITY



Come work with veterans and horses! **GallopNYC** brings the proven benefits of horsemanship to NYC veterans through free weekly horseback riding lessons and an opportunity to develop the skills to work in our barns. Through these programs, veterans of any age learn groundwork, which includes horse care and handling. Veterans will develop confidence from learning to be in charge of large herd animals, the competence in the skills learned, and the community of working with fellow veterans. We're excited to be hosting Family Days, where veterans and spouses can come to learn with their children. Our spring program runs through June.

We also welcome volunteers in our veteran programs. These volunteers donate their time to help in riding lessons or in the barn to care for the horses – no experience required! To sign up to volunteer visit <https://volunteer.gallopny.org>.

Located in Brooklyn, the Bronx, and Queens, you can learn all about horses right in New York City. At GallopNYC, people with disabilities are invited to attend weekly riding sessions with PATH International-certified instructors, where we help riders learn new skills and build new, supportive connections. Come and join the GallopNYC community!

If you would like more information on these programs, contact info@gallopny.org or learn more at gallopny.org.



COLLABORATIVE PADDLING EVENT FOR BLIND VETERANS WASHINGTON, D.C.

In early August, **Team River Runner (TRR)** will partner with the Blind Veterans Association (BVA) and QL+ to offer an adaptive paddling day for blind or visually disabled veterans at the Annual BVA Convention in Washington, D.C. TRR has been honored to have offered a kayaking program at the BVA Convention for many years now, and this year's event will include the Blind Slalom technology built by QL+.

The Blind Slalom system consists of buoys anchored in a flat-water venue that paddlers navigate by sound alone—blind-no guides except for the loud music emanating from speakers on each buoy. A control box on shore allows the "slalom director" to turn each buoy on and off as paddlers approach and pass. Previous Blind Slalom Events have been tremendous fun, and QL+ improved the Blind Slalom technology this spring.



Photo by Jerry Kloehr Jr.

TRR hopes to create additional Blind Slalom Paddling events or competitions. For more information on the TRR/QL+ Blind Slalom, contact TRR at info@teamriverrunner.org.

GO SAILING WITH CRAB ANNAPOLIS, MARYLAND

Chesapeake Region Accessible Boating (CRAB)

has been providing the thrill, freedom, and therapeutic value of sailing to people with disabilities, recovering warriors, and youth from at-risk communities for nearly 30 years. A variety of programs are offered from Group Sails to Kids Sailing Camps, Family Sail Sundays to Regattas. CRAB has over 100 highly trained, volunteer skippers and crew to provide sailing instruction to guests. CRAB has six Beneteau F22A's (A for Adaptive), and one Martin 16 with a Sip-and-Puff system for guests with quadriplegia. The sailing base is at Sandy Point State Park with the sailing season running from April-October.



Sailing builds self-confidence, teamwork skills, awareness, along with the knowledge of a new sport enjoyed by all. The therapeutic value of being on the water also helps guests lower their stress levels and it provides a sense of peace in their lives.

Check out our calendar at crabsailing.org for sailing dates and more information on how to sign up for events.



CYCLING AND PADDLING OPPORTUNITIES CENTRAL NEW YORK STATE

Move Along Inc. is moving on from winter and gearing up for the outdoors with adaptive kayaking and cycling adventures! Our spring and summer programming offers a variety of recreation throughout the region that inspires travel and exploration in an inclusion committed environment.

We are taking our passion for health and wellness off the court and ice and onto the nature trails and waterways across Central New York. Cycling clinics from May-August provide inclusive access to over 12 cycles to include tandem cycles for visually impaired riders, handcycles, recumbent cycles and dual sport bicycles. In addition to our on-going cycling clinics, Adaptive Mountain Biking will run weekly on Sundays through spring and summer at Greek Peak Mountain Resort in Cortland County.

If cycling isn't adventurous enough, join us in June, July and August for on-going paddling experiences. Our flat-water paddles are adapted to meet each participant's needs, to include physical and emotional considerations. We understand not all disabilities are visible. Everyone benefits from an inclusion; you do not have to have a disability to participate in any of our activities. Join us for your choice of cycling or paddling for the Erie Canalway Challenge 2020! Set a goal and we can achieve it together. All our adaptive equipment is available for rent.

To rent equipment, learn more, participate, volunteer, schedule an event or fundraiser, visit movealonginc.org or contact Program Manager Jenn by phone, 315-561-0223, or email Jennifer_Mays@movealonginc.org.



CAPITAL REGION PARALYMPIC NORDIC SPORTS VARIOUS LOCATIONS

Capital Region Nordic Alliance Inc. (CRNA) is busy at work setting up an exciting schedule of events in its four Paralympic Nordic sports: XC skiing, biathlon, snowshoeing/trail running, foot/trail orienteering. With Alliance in its name, CRNA is always looking to partner with other organizations that do what they do best but share the rest!

Orienteering

CRNA continues to be a national leader in trail orienteering (trail O) mapping foot/trail courses in the Albany, New York, region, Catskills and working with New England Orienteering Club to host events in the Boston metro area. Unlike foot O where participants walk/run through the woods to located controls with a map and compass, trail O has all staying on trails and selecting controls from 1-6 at a specific location. It is a rare sport where those with disabilities compete on par with the able-bodied population ... head-to-head.

There are two forms of trail O: precision O and temp O. Precision O entails answering a number of questions in an allotted amount of time (provided map) e.g., 12 questions in 90 minutes.

Temp O consists of fewer specific stations in which five questions are answered at the same station within 150 seconds. Of course, penalties are assessed for each miss as well as going over time. Look for CRNA to host a national trail O event at the Navy Shipyard in Philadelphia June 13-14 as well at other venues in the Northeast. Please check the CRNA website for event details

XC Skiing

Roller skiing, not skating is used both on Mt boards for those with SCI ... using a sit-ski bucket and XC boots and roller skis for those that can stand. Parking lots and available roads on the weekend make excellent terrain to get ready for the winter.

CRNA works with veterans, adults and youth with disabilities/special needs throughout the USA and beyond. Its affiliations with a variety of national and international federations afford its participants the opportunity to experience all that its paralympic sports offer.

For more information, visit <https://www.capitalregionnordicalliance.org/>



ENJOY THE MOUNTAINS OF NEW HAMPSHIRE LOON MOUNTAIN AND BRETTON WOODS, NEW HAMPSHIRE

New England Disabled Sport (NEDS)

offers those affected by disability the opportunity to enjoy the scenic mountain regions of New Hampshire. The summer season begins early May. Our staff and volunteers will work to ensure your safety, as well as having a blast outdoors. We have adaptive equipment for golf, mountain biking, cycling, archery, rock climbing, stand-up paddleboarding and kayaking. We highly encourage participation in as many events as possible. All activities offered make for a great family fun environment.



White Mountain War Fighter Experience: We offer veterans living with a disability the opportunity to enjoy all the sports that we provide at no cost for the participant. This event kicks off in June.

Summer Day Camps: We offer a customized two-day weekend camp to experience NEDS, July 18 and Aug. 24. They help to create lifelong memories through our summer activities. If group activities aren't for you then we can also create an individual experience.

Call 603-745-9333 for more information regarding our summer programs.



ADAPTIVE WATER SKIING & WAKEBOARDING LAKE ZOAR, CONNECTICUT

For nearly 30 years now, **LOF Adaptive Skiers** has been providing adaptive water sports opportunities at Lake Zoar, Connecticut. From mid-June to the beginning of September (depending on the weather), our ski clinics will run four days a week from 10 a.m. to 3 p.m. We have volunteers and equipment to offer lessons to children, adults and veterans of nearly all disabilities. This includes both stand-up and sit-skiing, from complete beginners to more advanced skiers. Our clinics are free of charge under most circumstances and are open to individuals or groups alike.

Email LOFskiers@gmail.com for more information.



MAINE ADAPTIVE ON THE ROAD NEWRY, MAINE

This past fall, in partnership with Disabled Sports USA and The Hartford Ability Equipped Program, **Maine Adaptive** launched its newest endeavor “Maine Adaptive On the Road.” A new truck and trailer have been outfitted complete with all-court sport chairs and adaptive cycles (both on- and off-road) and will provide the opportunity for new participants and existing participants to try out equipment and new activities in a relaxed, recreational setting. Our trained and experienced staff and volunteers will offer an introduction to cycling, mountain biking, pickleball, and tennis. We picked these sports because they can be offered in a variety of indoor / outdoor settings.

With Maine being such a large and rural state, transportation and access to services can be difficult. We know that there are individuals whose lives can be greatly impacted through adaptive sports, and we are committed to reaching them! If you would like to see us come to your community – please contact, Senior Program Manager, Brandon Merry at bmerry@maineadaptive.org.



KAYAK AND PADDLEBOARD IN BEAUTIFUL NEW ENGLAND VARIOUS LOCATIONS

New England Healing Sports Association (NEHSA) will begin summer sports programming mid-June and continue until mid to late September. NEHSA’s summer program offerings include adaptive kayaking and paddleboarding. NEHSA serves individuals of all ages and a wide variety of disabilities and diagnoses by providing watersport opportunities at the Sunapee Beach in Newbury, New Hampshire, and by partnering with several area VA’s for group paddles on surrounding lakes and rivers in New Hampshire and Massachusetts. Volunteer training will take place in June.

For more information on Maine Adaptive Sports & Recreation year-round programming, contact info@maineadaptive.org or visit www.maineadaptive.org.

For more information or to sign up, contact us at info@nehsa.org, 603-763-9158, or nehsa.org.

SUMMER ADAPTIVE SPORTS WITH GAYLORD SPORTS ASSOCIATION VARIOUS LOCATIONS, CONNECTICUT

The **Gaylord Sports Association** has been going strong for 25 years! We offer year-round adaptive sports programming in 15 different sports for individuals ages 16 and up with a physical disability or visual impairment. Join us this summer for one of our sports programs or special events.

Paratriathlon Training Program

– Begins in May, various locations in Connecticut. This program is a great way to get introduced to the sport of paratriathlon. Athletes may choose to compete in all three legs of the event (swim, bike, run), or as part of a relay team. The program includes coaching, adaptive equipment, a three-month YMCA membership, group training sessions and volunteer training partners to help athletes reach their goals. The program culminates with a sprint triathlon in Madison in September.

Annual Adaptive Cycle Clinic – May 2, New Haven. This clinic will provide an opportunity to learn about and try

adaptive cycling.

There will be dozens of adaptive cycles to explore including foot-pedaled trikes and handcycles. Participants will be able to work with adaptive cycle experts and be fit to a cycle that works with their ability level.

Veteran’s Fishing Tournament – May 19, Candlewood Lake, Danbury. One of two annual Disabled Military Fishing Tournaments where 25 veterans will have the opportunity to be paired up with experienced boat captains for a day out on the water, followed by a weigh-in and awards luncheon.

Ken Murphy Memorial Open Golf Tournament – June 15, Wallingford. This annual 9-hole golf tournament welcomes golfers with a physical disability or a visual impairment the opportunity to



compete against other golfers with similar ability levels.

Gaylord Gauntlet – June 27, Wallingford. At Gaylord, no obstacle is too great – and that’s true for our 5k Trail Obstacle Run. Challenge yourself to conquer 24 obstacles on a wooded course with water, mud and fire. It includes a festival area with music, food trucks, vendors and a children’s obstacle course. The Gaylord Sports Association will sponsor one adaptive athlete through the course. Proceeds from the event support the Gaylord Sports Association. To register or volunteer, visit www.gaylordgauntlet.org.

In addition to these special events, we have regular programming in adaptive cycling, kayaking, golf, waterskiing, archery and tennis throughout the summer.

For more information, visit www.gaylord.org/sports. To register, contact us directly at 203-284-2772 or sports@gaylord.org.



INJURED MILITARY PROGRAMS AND CAMPS AT LAKESHORE FOUNDATION BIRMINGHAM, ALABAMA

Since its program beginnings, **Lakeshore Foundation** proudly serves members of our Armed Forces who sustained physical injuries during their time of service. The Lima Foxtrot programs for injured military began as a response to the significant number of men and women acquiring injuries from Operation Enduring Freedom and Operation Iraqi Freedom. Lakeshore has served over 2,800 injured servicemen and women and their families from 46 states, D.C., and Puerto Rico since 2006. Through Lima Foxtrot, active-duty personnel and veterans use lessons from sport and recreation to learn how to pursue an active, healthy lifestyle.

For more information or to register for a Lima Foxtrot program, email Susan Robinson or call 205-313-7461.

Operation Endurance enables servicemen and women who have sustained an injury or illness during active duty ongoing access to Lakeshore's membership programs at no cost. This is available for all who have sustained a service-connected injury or illness resulting in physical disability, regardless of when they served.

Eligible service members and/or veterans must live in the greater Birmingham area to qualify.

Operation Endurance RASE, July 12-18, is designed to give veterans the experience of what a Lakeshore membership would be like if they lived closer to Lakeshore. If you are looking to learn and implement adapted and inclusive sports, recreation, nutrition and mindfulness into your daily life, this program is for you. Veterans who live in the Southeast are eligible to attend.

Operation Refocus, Aug. 12-16, is a female-only camp for military servicewomen who have sustained spinal cord injuries, traumatic brain injuries, vision impairments, amputations, burns and/or disfigurements while serving our country. As a female-only camp, we create a comfortable environment to address needs that are specific to women with activities that focus on the mind, body and spirit.

Operation Rise and Conquer, Sept. 16-20, is an extended outdoor adventure weekend for servicemen and women who have sustained a significant injury or vision loss. The weekend begins at Lakeshore and moves on to Lake Martin, located near Alexander City, Alabama, for a variety of challenging outdoor recreation activities. Qualifying injuries included but not limited to spinal cord injuries, traumatic brain injuries, vision impairments, amputations, burns, and/or disfigurements. Participants are welcome to bring a guest.

For more information, visit lakeshore.org.

TENNIS, GOLF TOURNAMENTS, AND MORE RICHMOND, VIRGINIA



Sportable is proud to host the River City Slam wheelchair tennis tournament in Richmond May 29-31, at the state-of-the-art Collegiate School. All levels, including top players and first-time players, are invited to compete in men, women, and quad divisions.

The sixth annual Wayne Samford Memorial Golf Tournament will be held June 1 at The Dominion Club in Glen Allen, Virginia. Proceeds will directly benefit Sportable's mission to make adaptive sports accessible throughout the Greater Richmond area. Registration is available now at Sportable.org.

Sportable's spring and summer programming also features swimming, archery, cycling, rowing, wheelchair basketball, wheelchair rugby, kayaking, tennis, and wheelchair lacrosse.

Learn more at Sportable.org or contact info@sportable.org or 804-340-2991.

GET FIT & CHALLENGE YOURSELF WITH BLAZESPORTS ATLANTA, GEORGIA



Join **BlazeSports America**

for these two favorite summer events: **All-Star Sports Camp**, June 8-12. This overnight summer camp gives kids, ages 7-17 with a physical disability, a chance to make friends, experience all the joys of summer camp and try new sports. **Olympic Day Track and Field Meet**, June 22. This event is an open meet for track and field athletes with physical disabilities, who are both ambulatory/use a wheelchair.

Veterans: In addition to our regular programming, BlazeSports is excited to offer many NEW free programs for veterans this spring, including tennis, swimming, CrossFit, and for female veterans, yoga. All experience levels welcome.

Training and Education for Adaptive Sport Professionals: BlazeSports America's *Certified Disability Sport Specialist* CARSS™ Level II has been released. Volunteers, coaches and other professionals can demonstrate to employers and organizations alike that they are leaders in adaptive sports and recreation program development. Register for CARSS Level I and II at blazesportsinstitute.org.

For more information about our programs, check our website at blazesports.org, email info@blazesports.org, or call 404-270-2000.



VALOR GAMES SOUTHEAST RALEIGH/DURHAM/CHAPEL HILL, NORTH CAROLINA

Bridge II Sports is proud to coordinate and host Valor Games Southeast for the 8th consecutive year May 18-21. Taking place the week between Armed Forces Day and Memorial Day this event has become a symbol of empowerment, honor and hope during a time of year when our attention focuses on our wounded and fallen soldiers.

Valor Games Southeast invites over 135 Veterans and members of the Armed Forces with disabilities to Raleigh/Durham/Chapel Hill for spirited competition in 11 sports over three days filled with camaraderie and community. National

coaches and experts in each adapted sport are available to educate and evaluate. Competitions include sitting volleyball, air rifle, boccia, wheelchair basketball, powerlifting, archery, table tennis, indoor rowing, kayaking, shot put and cycling.

Athletes will compete in arguably the most iconic sports venues in the world – the Dean Smith Center at the University of North Carolina-Chapel Hill and Cameron Indoor Stadium at Duke University as well as beautiful Lake Crabtree County Park, home of the country’s most accessible kayak dock.



Visit www.bridge2sports.org/valorgamesse for more information on the 2020 Valor Games Southeast.



CLIMBING, CAMPING, AND MORE VARIOUS LOCATIONS, NEW MEXICO

The **Adaptive Sports Program New Mexico (ASPNM)** has a calendar full of spring and summer events. We start off in April with rock climbing. We climb for two days at an indoor climbing gym and then move to Cattle Call Wall for a great day of outdoor climbing and archery. From there we start our water sports at Elephant Butte Lake in early June. Come and camp with us for two nights and enjoy waterskiing, kayaking, paddleboarding, and much more. Although this is a disabled veterans' event all individuals with a disability are welcome. We have a similar event at Ute Lake in early August. Once again this is a disabled veterans' event but all individuals with a disability are welcome.



Contact Jason Cline at 505-570-5710 or jccline@AdaptiveSportsProgram.org.

FOOTLOOSE DISABLED SAILING SEATTLE, WASHINGTON



Footloose introduces sailing as recreation and sport to disabled people of all ages. Their family, friends and caregivers are also welcome to participate. We have big and small sailboats available for our day sails out of the north Leschi marina on Lake Washington. Our events are scheduled on the average of twice a month

throughout the late spring, summer and early fall. Once every summer we sail across Puget Sound for a two-night camping trip at Blake Island. Footloose is an all-volunteer organization and always looking for volunteers to help with shoreside tasks, on the docks and out on the water. It’s good, safe family fun!

Come join us! The Footloose motto is “Leave Your Disability at the Dock.”

For our event schedule and more information, visit footloosedisabledsailing.org or [facebook.com/FootlooseSailingAssociation](https://www.facebook.com/FootlooseSailingAssociation).

JUNIOR ADAPTIVE SPORTS CAMP SAN DIEGO, CALIFORNIA



San Diego **Adaptive Sports & Recreation Association’s** 34th annual Junior Adaptive Sports Camp, July 20-25, is for ages 4-18 with physical challenges such as spina bifida, cerebral palsy, amputations, spinal cord injuries, and more to help cultivate a love for sports. During this unique week, campers work with volunteers and sports instructors who share a passion for adaptive sports, while learning the fundamentals of activities such as wheelchair basketball, tennis, archery, swimming, handcycling, waterskiing and more. Campers develop important skills to help them stay active and healthy while fostering positive self-esteem, leadership, independence, and establish a desire for lifelong activity.

Learn more about camp and see last year’s camp video at adaptivesportsandrec.org.



SPORTS AND RECREATION IN CALIFORNIA'S EASTERN SIERRA MAMMOTH LAKES, CALIFORNIA

Disabled Sports Eastern Sierra (DSES) is gearing up for another gorgeous spring and summer in the mountains. With daily lessons in a variety of snow sports through May, and summer sports including road biking, mountain biking, rock climbing, via ferrata, and paddling beginning in June, adaptive athletes of all ages with any disability can pursue outdoor sports and adventures with DSES. Athletes of all ages can discover the freedom and thrill of year-round outdoor sports on the incredible terrain in the Eastern Sierra and at Mammoth Mountain with DSES.

Daily lessons, weekly group programs, and multi-day camps are available. Reservations are required. Visit disabledsportseasternsierra.org or call 760-934-0791 for more information.

DSES offers opportunities for high altitude training and hosts a series of sport-specific skill development camps for those with physical disabilities or vision impairment throughout the year.

Summer recreation opportunities will officially launch in early June, and our first camp of the summer will be **Operation High Altitude**, a camp for military athletes, June 8-12. Athletes camp, road and mountain bike, rock climb, paddle, fish and experience the splendor of the Eastern Sierra. Next up is our **Sierra Cycle Challenge** fundraiser bike ride, July 24-27. Qualified riders join us on a fully supported three-day ride covering 160 miles and climbing more than 10,000 feet. **Pedal~Paddle**, our final summer camp August 14-16, offers athletes of all ages the opportunity to camp, mountain bike, and paddle with friends and family. Space is limited in all camps and events so please reach out to us early. Daily summer lessons and camps continue through October, weather permitting.

For more information about camps or daily programming, contact info@disabledsportseasternsierra.org, or call 760-934-0791.

ADAPTIVE FITNESS FOR BAY AREA VETERANS SAN FRANCISCO, CALIFORNIA



Over the past year, **Bay Area Outreach and Recreation (BORP)** has significantly increased its programming for veterans and military personnel with physical disabilities. As part of this initiative, BORP has developed partnerships with several vet-serving organizations in the San Francisco Bay Area, offering regular classes in tai chi, brain-body fitness, and habit modification workshops at their sites.

These offerings have been popular at the Oakland Veterans' Center (OVC). Says OVC Outreach Coordinator, Sean Gibson,

"For the vets who come to BORP's classes, it's life-altering. Their mood is lifted, their personality changes, they have real enthusiasm for life."

Doug Thompson, a veteran attending BORP tai chi classes at OVC adds, "I found the exercises helped calm my anxiety and allowed me to concentrate on the here and now. It also didn't hurt that it has been good exercise, helping me with balance issues and developing strength."

BORP classes are also offered at the Concord Veterans Center, the San Francisco Veterans Medical Center, and Greater Richmond Interfaith Program, which offers housing to unsheltered vets.

Veterans with disabilities are also welcomed at BORP's other programs, including its adaptive cycling center (located in Berkeley on the San Francisco Bay Trail), which hosts a regular vets' group ride, its adaptive fitness center (providing classes like boxing, strength and conditioning, as well as open gym hours), and its team sports programming.



OUTDOOR ADVENTURES SHAVER LAKE, CALIFORNIA

The **Central California Adaptive Sports Center** is offering adaptive summer outdoor adventure opportunities in and around Shaver Lake, California, from June through September. Single day and weekend camp programs include mountain biking, rock climbing, paddleboarding, kayaking, fly-fishing, hiking, and camping. A grant from the Veterans Administration allows veterans with disabilities to participate free. Other grant and scholarship opportunities may be available.

Visit <https://www.centralcaladaptive.org/> summer for more information or email info@centralcaladaptive.org to sign up.

For more information about veterans' fitness programming at BORP, contact ariel@borp.org or visit www.borp.org.



EXCITING SUMMER SPORTS WITH ACHIEVE TAHOE ALPINE MEADOWS, CALIFORNIA

Achieve Tahoe will be offering a great new adaptive climbing program this summer. Rock climbing is a great way to gain confidence and take advantage of the mental aspects rock climbing presents. Achieve Tahoe continues our excellent summer sports programs that include waterskiing, sailing, Sierra Summer Sports, and paddle sports. Our adaptive sailing program offers an opportunity for our participants to harness the power of the wind on Lake Tahoe. All skill levels are welcome! From a first-time experience to learning to sail independently, our sailing program puts the participant in

control. Lessons will consist of learning basic water safety, boating skills, tacking, jibing, rigging, and much more! If our sailing program isn't your speed, put your water skis on and skim across a private lake just north of Sacramento. Beginner to advanced skiers enjoy one-on-one instruction from experienced adaptive water ski instructors and trained volunteers. No prior experience is necessary. To serve more participants, Achieve Tahoe is pleased to announce we are adding ten new tandem kayaks to our fleet! All summer programs offered through August.

Show your support Saturday, Aug. 31, at Achieve Tahoe's 30th Annual Foam Fest!



For more information, visit achievetahoe.org.

CLOSE-BY ISLAND IN THE SKY BIG BEAR LAKE, CALIFORNIA



Photo by Andy Templeton Photography

Wounded Warriors, veterans and those with other disabilities can escape 20 million of their neighbors to the sunny, clean alpine oasis that is the home of the **United States**

Adaptive Recreation Center (USARC), Southern California's original adaptive program.

USARC's time-tested protocols, plus DSUSA's partnership, enable affordable access to exciting aquatic recreation in the beautiful and close-by Big Bear Lake region, all at the lowest cost of any comparable program in the West, with every fee including a full or partial scholarship!

Providing water-skiing, wakeboarding, kayaking, stand-up paddleboarding, sailing, fishing and Jet-Skiing, USARC can address virtually anyone's excitement level. Join us for two nights camping by a glowing campfire under clear, starry skies for the relaxing icing on the cake of daytime water sports action.

For taste-buds that savor saltier sports closer to home, USARC will again join Casa Colina Rehabilitation in early August in Long Beach.

As soon as our partner resorts finish their trail improvements, USARC's "chariot" program will renew its gravity powered descents along dirt trails or fire roads, while a backcountry 4WD ride-along program continues its collaborative development.

Summer sessions are in July and August, and with limited space reservations are required. Contact USARC at 909-584-0269, mail@usarc.org, or usarc.org.

BIKING OPPORTUNITIES ABOUND SEATTLE, WASHINGTON

In the early part of 2019, **Outdoors for All** was approached by the Seattle Department of Transportation to make this already bicycle-friendly city even more accessible. With this partnership, Outdoors for All was able to provide free adaptive bike rentals in Seattle's Magnuson Park seven days a week to children and adults with disabilities.

Outdoors for All has offered adaptive bike rentals at their Seattle headquarters since 2012, when their program was supported by one staff member, 20 bikes and hourly rental fees. Since then, Outdoors for All's bike program has grown to over 240 bikes,

full-time staff support, and a fully equipped Adaptive Cycling Center.

"Programs like Outdoors for All are crucial in building self-esteem and core strength in people with disabilities. Getting outdoors is essential for health and mental health" says Alistair Patrick, Outdoors for All participant.

Outdoors for All is currently in conversation with the Seattle Department of Transportation to renew its partnership and begin preparing bike rental operations for the summer of 2020. In the interim, adaptive bikes are available at Outdoors for All for a small fee.



For more information, visit Rentals@outdoorsforall.org.



FILLAUER ADJUSTABLE ALIGNMENT BRACKETS

The **Fillauer** Adjustable Alignment Brackets are designed to assist in the fitting and alignment of posteriorly mounted feet. The bracket allows for dynamic adjustment of height, inversion/eversion, and medial/lateral translation. It is for in-clinic fitting only; the bracket is not a permanent mounting solution, but rather a fitting tool. Once correct alignment is determined, the foot can be mounted with the a Fillauer Posterior Mounting Bracket Kit or directly laminated to the socket. The adjustable adult bracket is compatible with the Formula and Posterior Mount AllPro feet, while the adjustable pediatric bracket is intended to be used with the Pediatric Formula foot. Visit Fillauer.com.



QLK-150 PERSONAL WHEELCHAIR DOCKING SYSTEM



The next step in independent wheelchair securement: **Q'STRAIN'S** QLK-150 offers more features and options you won't find in any other system: more ground clearance, a seamless dash control, an advanced stabilizer, and more. QLK-150 is the perfect solution for mobility users' who drive their

own vehicle or want to quickly secure their wheelchair. Along with a complete lineup of brackets for today's most popular wheelchairs, QLK-150 is the only docking system with a range of exclusive brackets for chairs that can only be secured with the QLK-150. Learn more: qstraint.com/qlk-150.

MOTION CONTROL'S NEXT GENERATION ETD2 IN WHITE

For many in military hospitals, the ETD is the first choice hand replacement for function and versatility. The ETD is the only device that achieves true resistance against water, dirt, dust, and grease. The next generation ETD2 is now available in white in addition to black.

A U.S. Department of Defense contract, awarded to **Motion Control** of Salt Lake City, Utah, partially funded development of the ETD2 and wrist system. Visit fillauer.com/etd2 or call 801-326-3434.



ONE-ARM FREEDOM™ CANOE PADDLE

Do you dream of joining an Outrigger Canoe or Dragon Boat Club, or paddling into the wilderness to catch a wily trout? The **One-Arm Freedom™** flatwater canoe paddle is for you. Our one-arm technology allows you to propel your own craft or join a team! Universally

designed to meet the needs of individuals or programs, the paddle accommodates left or right hand use and different arm and torso lengths. The One-Arm Freedom™ is used in all styles of flatwater canoeing from recreation to racing and solo to team paddling. For more information or to place an order, visit <https://DillenschneiderDesigns.com>.



A CUSTOM AFO MADE TO FIT YOUR NEEDS

Lightweight, durable, and stable, the **Ottobock** custom carbon ankle foot orthosis (CCAFO) provides dynamic support during even the most demanding activities. The CCAFO is fully customized to your needs, with a molded-to-you inner boot, and adjustable foot and calf straps. This low-profile brace is trusted by everyday users and Paralympic hopefuls alike to improve gait and provide increased energy return during a variety of rigorous activities. Talk to your orthotist about getting the CCAFO and visit <https://www.ottobockus.com/orthotics/success-stories/> to learn more about Annie Carey's journey to the Paralympics.



BEAT THE HEAT WITH UNDERCOOL COOLING SYSTEM

Heat keeping you on the sidelines? We get it. That's why we created the UnderCool Cooling System. Its lightweight, ergonomic design lets you beat the heat for up to 2 hours without the bulk. Removable, fast-freezing cooling packs make it easy to keep playing to the end. Packs can be refrozen in as little as 20 minutes in a cooler of ice water. Adjustable straps and breathable, lightweight fabric keep you comfortable. UnderCool is virtually invisible when worn under clothing and will not get in the way of whatever your love is. Get in the game with **ThermApparel** UnderCool. Contact us@thermapparel.com or visit thermapparel.com and [Instagram.com/thermapparel](https://www.instagram.com/thermapparel).



ALL NEW RUSH RAMPAGE

With an ongoing mission to improve the lives up amputees through innovation and product improvement, **PROTEOR USA** is proud to introduce the all-new RUSH RAMPAGE LP, RAMPAGE LP EVAQ8, and RAMPAGE LP H2O. The RUSH RAMPAGE LP features a similar, medium build-height profile as the RUSH LoPro and offers increased dynamic response & a higher patient weight limit; all while achieving an overall reduction in product weight. Discover the exciting PROTEOR USA product line today at proteorusa.com. #humanfirst



LOW BUILD HEIGHT HIGH PERFORMANCE



RAMPAGE LP H2O

RAMPAGE LP

RAMPAGE LP EVAQ8

INTRODUCING THE
RUSH
RAMPAGE LP
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Flexibility, energy return, smooth roll through, and zero dead spots are just a few characteristics of the **RUSH RAMPAGE LP**. With a medium build-profile, the **RUSH RAMPAGE LP** is the perfect option for those with limited clearance seeking comfort, performance, and durability.

Discover the **RUSH RAMPAGE LP** and the entire **PROTEOR USA** collection at proteorusa.com

