Get Out and RIDE
WHO ARE YOU?
I AM REBUILT.
I AM STRONG.
I AM SOLEUS.

BUILT WITH INTELLIWEEVE™ COMPOSITE SPRINGS

3 STAGES OF PROGRESSIVE RESPONSE
- Comfortable standing
- Smooth, stable walking
- High-impact sports

Choose from brand new colors, Perfect Pink or Midnight Black and one of nine custom icons.

<table>
<thead>
<tr>
<th>I AM FEARLESS</th>
<th>I AM STRONG</th>
<th>I AM DYNAMIC</th>
<th>LIGHTNING ON YOUR FEET</th>
<th>HEART AND SOLEUS</th>
<th>WHOOPS A DAISIES</th>
<th>SUPER STARS</th>
<th>HOME OF THE BRAVE</th>
<th>FLAME ON</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Icon Fearless]</td>
<td>![Icon Strong]</td>
<td>![Icon Dynamic]</td>
<td>![Icon Lightning]</td>
<td>![Icon Heart and Soleus]</td>
<td>![Icon Whoops a Daisies]</td>
<td>![Icon Super Stars]</td>
<td>![Icon Home of the Brave]</td>
<td>![Icon Flame On]</td>
</tr>
</tbody>
</table>

college park
technology for the human race
800.728.7950 | 586.294.0067

facebook.com/CollegeParkInd
youtube.com/CollegeParkInd
college-park.com/Soleus
Since she was a little girl, Carrie Davis knew she was unique. Born without her left arm, she often wondered “Why me?” She longed to be known for her contributions, not what she was missing.

A prosthetic wearer since she was nine months old and long-time Hanger Clinic patient, today Carrie is the face and personality of Amputee Empowerment Partners, the leading peer-to-peer support network for those living with limb loss or difference. Carrie finds the answer to “Why me?” through helping others.

In 740+ clinics throughout the U.S., Hanger Clinic delivers orthotic and prosthetic solutions to help more than 1,000,000 patients like Carrie turn their hopes and dreams into reality, break down barriers and move their lives forward.

To find a Hanger Clinic near you, call 1-877-4HANGER or visit HangerClinic.com.
WHERE WILL YOU VENTURE?

The MV-1 is the only mobility solution built from the ground up. Designed with best-in-class accessibility, durability, and proven safety, the MV-1 provides independence wherever your travels may take you.

- Spacious front-row wheelchair access
- Meets or exceeds all ADA guidelines
- Integrated side-entry ramp stores under the floor
- Independent driving solutions readily available
- Fully FMVSS certified from the Original Equipment Manufacturer (OEM) with a bumper-to-bumper warranty
- Produced by Mobility Ventures, a new wholly-owned subsidiary of AM General

www.MV-1.us
1-877-MV1-FORU
info@MV-1.us

All features subject to change.
WHERE WILL YOU FIND YOUR SUCCESS?

Success can take many forms. For some like Sam Kavanagh, it is reaching the podium in the Paralympic Games. For others it is getting back on a bike or out on the golf course for the first time after a serious injury. For Team Warfighter Sports, it was reaching the peak of Mt. Aconcagua this past February.

A little over a year ago when we began planning for another high-mountain expedition, I knew that finding the right team would be crucial to reaching our goal. More important than a sense of adventure, success in mountain climbing requires a certain mixture of self-confidence, teamwork, positive attitude and persistence in the face of adversity. Team Warfighter Sports had that perfect combination of ingredients culminating in a summit day in spite of equipment breakdowns, extreme wind, cold and altitude.

Read more about the team’s experiences on page 18.

That same combination of self-confidence, positive attitude, conviction, desire, and tenacity holds true for almost any successful person or group I’ve encountered, and this magazine is filled with their stories.

Sam Kavanagh had all these qualities when he began cycling again after losing his leg below the knee in an avalanche on New Year’s Day. With a great support system behind him, Sam took up a goal he thought impossible and became a world-class cyclist.

Sam’s story of perseverance can be found on page 15.

Hundreds of adaptive athletes will test their resolve and find success while competing against their peers in regional competitions this summer at the Arizona Desert Challenge Games, Endeavor Games, and Great Lakes Regional Games and Adult National Open.

Find out how you could be one of them on page 10.

Earlier this year, the Eastern College Athletic Conference (ECAC) opened the door to hundreds of more success stories when they voted to provide adaptive sports as a part of their varsity athletic programs. This historic decision will allow athletes with disabilities to compete in intercollegiate championships in athletics, rowing, swimming and tennis.

For more information on providing integrated adaptive sports opportunities for students, visit athleticsforall.net.

Where will you find success? Allow Disabled Sports USA’s chapter network (page 22) to help you reach your goals.

Kirk Bauer, JD
US Army (Ret)
Executive Director, Disabled Sports USA
Handled with care.

Motion Control ETD with **FLAG**: Force Limiting Auto Grasp

Whether dipping a strawberry or holding a loved one’s hand, the new FLAG feature on the Motion Control ETD provides the gentle grasp you desire.

[www.fillauer.com/FLAG](http://www.fillauer.com/FLAG)
If you’ve never played golf, but think it looks like fun, be assured, it is. If you played golf before, but since becoming an amputee think you can’t do it again, you can. No matter your age or ability, it’s never too late to take up the sport.

Bob Buck, accomplished golfer and amputee, is the Executive Director of the Eastern Amputee Golf Association. Buck, who helped found the First Swing golf clinics to teach golf to people with disabilities, said there are very few people who can’t learn to golf.

“It may take a little longer to perfect your golf swing, especially if you are new to the game. But once you are comfortable with your swing and learning how to manage your way around a golf course, your challenges will be the same as every other golfer – consistency,” he said.

There is no time like now to get started, Buck advised. “Hop in your car and go to a driving range. You will be able to rent clubs and balls to hit. If it feels like fun, find a golf professional that will give you tips on improving your swing.”

There are many DSUSA chapters that offer golf as part of their programming (see list on the next page) as well as First Swing clinics. The Orthotic and Prosthetic Activities Foundation, the National Amputee Golf Association (NAGA) in conjunction with the Disabled American Veterans (DAV) Charitable Trust, and the Professional Golf Association (PGA) sponsors nationwide “First Swing” seminars and “Learn to Golf” clinics annually. The one-or-two day clinics bring golf professionals, physical and recreational therapists, and the physically challenged together to teach, learn, and enjoy golf. Many golf courses also have instructors who have taught amputees, including PGA and LPGA professionals.
Players Are On Even Par

First-time golfers, or golfers who are a little rusty, can still play as equals with those more experienced thanks to the handicap scoring system.

To get a handicap, the USGA requires at least 5 scores (but prefers 20). The handicap reflects how many strokes you are over par for an 18-hole course. For example, if your score over the first 10 rounds of golf averages out at 100, and the 18-hole course is par 72, then you have a 28 handicap, which you can subtract from your total strokes. This score can be compared to any other golfer’s score. Your handicap is also based on the difficulty of the course determined by a number of factors. Most clubs and courses have computers that will update your handicap based on that particular layout. Playing a good game is challenging, but fun. Golf also is a great sport for socializing with friends and family members who play, and it has the added benefits of improved balance, hand-eye coordination, and strengthened muscles in the arms, legs and hands.

Buck’s advice to the new golfer: “Don’t get discouraged! It takes some time to feel comfortable with the game. But it is something that you can play all your life. You can play with family and friends and it gets you outside with a chance to smell the good earth. A wonderful way to socialize and have fun.”

Adaptive Equipment

All amputees can pick up the game, whether they are upper- or lower-limb challenged.

Many upper-limb amputees play with their biological limb only. Others may choose to use their prosthesis using a variety of adaptive equipment available to hold the club. Lower limb amputees who have difficulty with mobility can play from a seated position in a single-rider golf cart, and golf club grips can help with those who have muscle weakness.

There are also adaptive clubs and putters that aid in teeing up the ball, getting the ball out of the hole, and even smoothing out divots.

“Because of the availability of single-rider golf carts, people in wheelchairs have the opportunity to play,” Buck said. The two most popular brands of adaptive carts are the Solorider and the Paragolfer. “The site, mobilitygolf.com, has a list of golf courses that have single-rider carts available.

“Slowly but surely, most golf courses are welcoming players with specialized carts.”

To find a variety of adaptive golf equipment vendors, please visit disabedsportsusa.org/golf.

DSUSA Chapters with Golf Programs

<table>
<thead>
<tr>
<th>State</th>
<th>Chapter Name</th>
<th>Website</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>California</td>
<td>Adaptive Sports &amp; Recreation Association</td>
<td>adaptivesportsandrec.org</td>
<td><a href="mailto:info@adaptivesportsandrec.org">info@adaptivesportsandrec.org</a></td>
</tr>
<tr>
<td></td>
<td>San Diego</td>
<td></td>
<td>619-336-1806</td>
</tr>
<tr>
<td>Colorado</td>
<td>Golf 4 The Disabled</td>
<td>golf4thedisabled.org</td>
<td><a href="mailto:frankmartenrella47@gmail.com">frankmartenrella47@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td>Denver</td>
<td></td>
<td>303-221-1184</td>
</tr>
<tr>
<td>Connecticut</td>
<td>Sports Association of Gaylord Hospital</td>
<td>gaylord.org/Home/WhyGaylord/SportsAssociation.aspx</td>
<td><a href="mailto:sports@gaylord.org">sports@gaylord.org</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>866-429-5673</td>
</tr>
<tr>
<td>Florida</td>
<td>Florida Disabled Outdoors Association</td>
<td>fdoa.org</td>
<td><a href="mailto:info@fdoa.org">info@fdoa.org</a></td>
</tr>
<tr>
<td></td>
<td>Tallahassee</td>
<td></td>
<td>850-201-2944</td>
</tr>
<tr>
<td>Illinois</td>
<td>Great Lakes Adaptive Sports Association</td>
<td>glasa.org</td>
<td><a href="mailto:info@glasa.org">info@glasa.org</a></td>
</tr>
<tr>
<td></td>
<td>Lake Forest</td>
<td></td>
<td>847-283-0908</td>
</tr>
<tr>
<td>Maine</td>
<td>Maine Adaptive Sports &amp; Recreation</td>
<td>maineadaptive.org</td>
<td><a href="mailto:info@maineadaptive.org">info@maineadaptive.org</a></td>
</tr>
<tr>
<td></td>
<td>Newry</td>
<td></td>
<td>207-824-2440</td>
</tr>
<tr>
<td>Montana</td>
<td>Eagle Mount Billings</td>
<td>eaglemount.us</td>
<td><a href="mailto:info@eaglemount.us">info@eaglemount.us</a></td>
</tr>
<tr>
<td></td>
<td>Billings</td>
<td></td>
<td>406-969-2949</td>
</tr>
<tr>
<td>New Hampshire</td>
<td>AbilityPLUS</td>
<td>abilityplus.org</td>
<td><a href="mailto:info@abilityplus.org">info@abilityplus.org</a></td>
</tr>
<tr>
<td></td>
<td>Jackson</td>
<td></td>
<td>800-267-8415</td>
</tr>
<tr>
<td>New England Disabled Sports</td>
<td>Lincoln</td>
<td>nedisabledsports.org</td>
<td><a href="mailto:info@nedisabledsports.org">info@nedisabledsports.org</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>603-745-9333</td>
</tr>
<tr>
<td>North Carolina</td>
<td>Bridge II Sports</td>
<td>Durham</td>
<td>bridge2sports.org</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>866-880-2742</td>
</tr>
<tr>
<td>Rhode Island</td>
<td>Access2Adventure</td>
<td>access2adventure.net</td>
<td><a href="mailto:info@access2adventure.net">info@access2adventure.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Adaptive Golf Associations

<table>
<thead>
<tr>
<th>State</th>
<th>Association</th>
<th>Website</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>California</td>
<td>NAGA (National Amputee Golf Association)</td>
<td>nagagolf.org</td>
<td></td>
</tr>
<tr>
<td></td>
<td>EAGA (Eastern Amputee Golf Association)</td>
<td>eaga.org</td>
<td></td>
</tr>
<tr>
<td></td>
<td>WAGA (Western Amputee Golf Association)</td>
<td>wagagolf.org</td>
<td></td>
</tr>
<tr>
<td></td>
<td>MWAGA (Midwest Amputee Golf Association)</td>
<td>mwaga.org</td>
<td></td>
</tr>
<tr>
<td></td>
<td>SAGA (Southern Amputee Golf Association)</td>
<td>sagagolf.com</td>
<td></td>
</tr>
<tr>
<td></td>
<td>SWAGA (Southwest Amputee Golf Association)</td>
<td><a href="http://amputeegolf1.com">http://amputeegolf1.com</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>NAOAGA (North American One Armed Golfer Association)</td>
<td>naoaga.com</td>
<td></td>
</tr>
<tr>
<td></td>
<td>National Alliance on Accessible Golf</td>
<td>accessgolf.org</td>
<td></td>
</tr>
<tr>
<td></td>
<td>USGA (United States Golf Association)</td>
<td>usga.org</td>
<td></td>
</tr>
<tr>
<td></td>
<td>PCA (Professional Golfers’ Association of America)</td>
<td>pga.org/play-golf-america</td>
<td></td>
</tr>
</tbody>
</table>
ADAPTIVE SPORTS COMPETITIONS
This summer, several Disabled Sports USA chapters will host regional multi-sport competitions for athletes of all ages and ability levels. Whether you’re a young athlete looking to qualify for the National Junior Disability Championships (July 18-24), or a Paralympic hopeful looking to get classified, these events are a great place to test your skills against other competitive athletes.

DESERt CHALLENGE GAmES MAY 13-17
Arizona Disabled Sports invites individuals ages 7 through adult with a physical disability to compete in the sports of archery, track and field and swimming over three days.

The 2015 event will be part of the IPC Athletics Grand Prix and is the only Athletics Grand Prix event taking place in the United States. The competition will also be one of two opportunities in the United States for athletes to receive an International Classification for track and field.

What began in the early 1980’s with a few local athletes has grown into a large, multi-sport event hosting hundreds of athletes from all across the world with more than 300 athletes anticipated this year.

Please contact Lane Gram at lane@arizonadisabledsports.com or 480-835-9273 with questions. To register, visit desertchallengegames.com. Registration closes April 24.

ENDEAVOR GAMES JUNE 11-14
The University of Central Oklahoma in Edmond, Okla., celebrates 16 years of the Endeavor Games, one of the largest multi-sport, multi-disability sporting events in the U.S.

Competitions include archery (indoor/outdoor), cycling, powerlifting, wheelchair basketball 3-on-3 (adult/junior), sitting volleyball, shooting, table tennis, track and field, swimming, soccer, and paratriathlon. Additionally, this year will see a powerlifting training camp in the days leading up to the event, as well as clinics for track and field, swimming, powerlifting, and sitting volleyball.

For more information on disabilities, sanctioning and classifications of individual sports offered at the UCO Endeavor Games, or to register for competitions or clinics, visit ucoendeavorgames.com or contact Heather Kohl at 405-974-3140 or hkohl@uco.edu.

GREAT LAKEs REGIONAL GAMES & ADULT NATIONAL OPEN JUNE 12-14
Great Lakes Adaptive Sports Association in Lake Forest, Ill., will provide three days of competition, educational clinics and socials for youth, teens, and adults, including our injured military. Injured military participation is comped.

Sports for both competitions include swimming, track, field, boccia, archery, powerlifting, and air rifles. A national classification will be provided for athletics and swim. Sanctioning by Wheelchair and Ambulatory Sports, USA, USA Track & Field, Wheelchair Track and Field, USA, and IPC (International Paralympic Committee) Approved (pending) will allow competitors to break National and World Records in track and field attracting national and international competitors all looking to earn a spot in the 2016 Rio Paralympic Games.

Contact Cindy Housner, Games Director, at chousner@glasa.org 847-283-0908 for further information or check out the games website at glasa.org/adultnationalsgreatlakes2015.
Play like a pro.

Meet the new AllPro: the most naturally active, flexible, energy-returning foot from Fillauer.

www.fillauer.com
Rain, sleet, snow, or hail ... it seems that no matter the weather, you can always see a cyclist biking for pleasure, on an errand, or keeping fit. The love of bike riding is rapidly growing across nearly every demographic. Cycling has always been a great way to enjoy the outdoors, socialize with fellow bikers, and is a great low-impact way to get a cardio-vascular workout while improving strength, balance, and coordination.

If you haven’t embraced the sport of cycling, what are you waiting for? Your first question may be how do I choose a bike – should I go for a handcycle, a two-wheeler, a recumbent or riding in tandem? In general, handcycles are used by those without the use of their lower limbs, recumbent bicycles are used by those with balance issues, and tandem cycles are ridden by those with visual impairments and others needing assistance pedaling. Leg amputees may ride a traditional upright bike using their prosthesis and a clip-in pedal or choose to forgo the prosthesis and pedal solely with the non-injured leg.

Choosing the Right Bike

Seeking out advice from adaptive cycling organizations or DSUSA chapters that offer cycling can help you choose what is best for your needs.

There are different bikes for different abilities:

- Handcycles, popular among riders with lower-limb mobility impairments, allow cyclists to propel a three-wheeled cycle using their arms.
- Tandem bikes come in a variety of setups, with the most common being a two-wheeled bike with a guide in the front.
- Four-wheeled dual recumbents keep riders in a relaxed, seated position and are best for lower-extremity cycling.
A side-by-side tandem tricycle allows two people to cycle simultaneously or at different rates.

Recumbent cycles that have three wheels and are lower to the ground create a lower center of balance.

A recumbent foot cycle comes in a tadpole style, one wheel in back and two in front. The tadpole style is better for balancing.

A recumbent foot cycle also comes in a delta style. The delta style has two wheels in the back and one in the front.

One style of recumbent handcycle sits up higher and looks similar to a wheelchair and sits higher off the ground. This cycle is much easier to transfer to and would be used for someone who has less mobility.

There are also handcycles much lower to the ground that are more efficient and for competitive cycling.

Recumbent handcycles are used for people who have no or limited use in their lower body. SCI, CP, MS, Spina Bifida, amputee, etc. Recumbent foot cycles are used for people who may need more balance. TBI, CP, stroke, autism, limited fine/gross motor skills, brain tumor, neurological back injury, etc.Visually-impaired cyclists don’t have to miss out on the fun either.

“Some people with visual impairment ride a two-wheeled bike with a guide in front and might use radios. Some choose to ride a tandem recumbent cycle because it is easier to balance. This is set up with two tandem cycles, the guide in front and the participant in the back. The participant is the pedal power,” said Deb Maxfield, Maine Adaptive Sports & Recreation. “It really depends on the person and how much sight they have.”

Bart Center Director Joe Hurley offers these tips for finding the bike.

“I think that a question to be asked is What type of riding do you want to do? Road, bike paths, dirt roads, or mountain biking. Once you answer that question it might help you decide on what type of bike you want.”

**Cycling Instructor Training and Development**

In 2013, Disabled Sports USA brought together representatives from leading adaptive cycling programs nationwide, to develop an adaptive recreational cycling manual, which is consistent with Paralympic and USA Cycling standards. Since then, DSUSA chapter Northeast Passage, has spearheaded its completion, featuring contributions from nationally recognized coaches and organizations. The manual aims to provide community organizations and therapeutic recreation programs with an easy to reference guide on all forms of adaptive cycling, including off-road, tandem, handcycling and more. The first version of the manual will be distributed to attendees at the Adapt2Achieve-Cycling conference taking place May 12-15 in Seattle, Washington. For more information, visit www.adapt2achieve.org.

This project was funded by a grant from the United States Department of Veterans Affairs. The opinions, findings and conclusions stated herein are those of the author(s) and do not necessarily reflect those of the United States Department of Veterans Affairs.

---

**SUMMIT WITH US**

PARK CITY, UTAH • JULY 9-12

www.nobarrierssummit.org

At the No Barriers Summit, we envision a world where the power of the human spirit transcends barriers. We bring together scientists, inventors, academicians, practitioners, and end-users in a four-day outdoor adventure conference that challenges your conception of what is possible.

- **Harness inspiration** from some of the nation’s best speakers.
- **Redefine yourself** in one of our 40+ clinics, featuring everything from adaptive climbing, to yoga, sailing, fly fishing, creative writing and much more.
- **Discover** the latest in adaptive technology at our Innovation Village.
- **Gather support** from a community that knows what’s within us is stronger than what’s in our way.
Finding the Right Fit for Stand-Up Bikes

“I would start with the general rule of standing over the top tube and making sure that there is about an inch or so of clearance. You do not want a bike that is too small or too big. If you are looking at a regular bike I recommend to go to a bike shop and have them do a fit. It makes all the difference in comfort and performance,” said Hurley.

Mounting and Dismounting

Getting on and off a two-wheeler is not much different than how an able-bodied person does it. If it is a handcycle or a recumbent, a user may need to learn how to transfer.

“If it is a recumbent cycle, you can use the boom to hold on to and balance and push up from when getting off. If it is a recumbent cycle you can also walk backwards with the boom in-between your legs and sit down; if you are unable to lift your leg over the boom, you can also use other people to help,” Maxfield said.

Tweaking Your Ride as an Amputee

As an amputee, you may need to make some slight modifications to your bike.

“For a single-leg amputee, remove the crank arms on the side of the loss of limb,” recommended Hurley. “For an arm amputee, set up the handlebars so the shifters and brake levers are on the side that the person has use of the hand. I would think about removing the front brake for a person that uses the controls on one side. This might help them from going over the handle bar when making a quick stop.”

Ride Safely and Comfortably

Clothing, food, water and safety are elements of being comfortable while riding. Clothing includes a helmet, cycling gloves, eye protection and, if you are riding a regular bike, padded cycling shorts. A wicking shirt or a cycling shirt contains pockets for snacks and energy bars, and a cell phone.

Don’t forget to bring water to keep hydrated. Bottle cages attached to the bike frame make it easy to drink on the go.

“If you have a bike path in the area I strongly recommend using it,” Hurley said. “If you ride on the road I recommend to ride single file, know the laws in your area and always, even on a bike path, ride with a friend.”

New riders are advised to attend a clinic or program with their local DSUSA Chapter. Some Parks and Recreation Departments also provide adaptive equipment and instructions. Riders who wear a prosthesis or orthosis may want to verify with their practitioner that their prostheses or orthoses are in good shape for vigorous activities and protected from any harmful effects of water, sand, and sun.

Maine Adaptive Program Coordinator Kelsey Moody also contributed to this article.
On the first day of 2005, Sam Kavanagh and three friends were on day two of a planned four-day, backcountry skiing trip in Montana’s Centennial Mountain Range.

At that moment Sam wasn’t a Paralympic medalist. He wasn’t an elite cyclist, having given up the dream of being a serious competitor. All of these things would come later.

On that day, he was just a 20-something on a boy’s weekend in search of some outdoor adventure. By day’s end he would be caught in an avalanche, fighting for his life with a compound fracture in his left leg.

Because of poor weather, it took two days before Sam could be airlifted to the hospital by military chopper. “I was pretty much ready to give up on my life. The only thing that kept me going was thinking, I have to get home to my wife, Sara,” he said.

On the mountain, Sam’s friends did their best to stabilize his condition, but by the time he arrived in the hospital he still required three days in the ICU. After being re-admitted to the ER for complications from his injury, Sam would have his left leg amputated below the knee on January 13.

Active by nature, Sam had spent most of his life on the go advancing from recreational to competitive athlete and eventually becoming a highly decorated collegiate cyclist. The first two months as an amputee were rough on him.

“I went through that depression, thinking that I wasn’t going to be able to participate again, and questioning whether I had made the right decision in amputating.”

Then one afternoon, Sara took Sam’s old bike out of a closet, and put it on a trainer in their living room. “You are going to get on your bike today,” she said.

“I’ll be honest, I fought her. I may have even said a few harsh words. That bike was a reminder of how much I’d lost,” said Sam.

But Sara stood her ground. And Sam got on his bike.

That first day he pedaled for about 30 seconds, a failure in his mind. Sara refused to allow him to feel sorry for himself, asking, “Well, how much did you pedal yesterday?”

As Sam became more active, he began conversing with Ron Williams, a Paralympic cyclist, who had been an inspiration for him during his time in the hospital.

Ron encouraged Sam to apply for an opportunity to attend a Paralympic cycling development camp in June of 2006. He stood out at the camp and was invited to attend Nationals. There, on his first attempt at a Velodrome, on a borrowed bike, Sam placed fourth, and he caught the attention of the U.S. Paralympic coaches.

“It sparked that competitive fire in me,” he said. “I didn’t want to just be good, I wanted to excel.”

So Sam and Sara committed to his dream of reaching a Paralympic podium. While working a 60-70 hour week as an engineer, Sam trained as much as he could, but after missing making the team for Beijing by less than one second, the couple regrouped and made a decision to make cycling a full time job.

As always, Sara was there encouraging him.

“The sacrifice to race at this level goes farther than you on the bike. I probably would have given up on myself a long time ago, if it weren’t for Sara,” he said.

While training full time, Sam still found time to enjoy the sport he always loved. “It is punching a clock, but I would find time to just ride for the love of riding. To feel the wind in my hair, and feel how empowering it was to be moving.”

The sacrifices paid off and Sam not only made the team in London, but brought home a bronze medal.

While the hardware was something he will never forget, the real accomplishment for Sam was learning that he’d surpassed a goal he’d given up many years ago when he stopped racing competitively.

“It was learning that when I had two legs I had convinced myself that I wasn’t capable of competing at this level, but I was surpassing all of those goals.”

He encourages other racers and adaptive athletes to test themselves in the same way.

“Sports empower us on so many levels. There’s that sense of accomplishment there, especially when the general public, or even ourselves, say we’re incapable,” said Sam. “The day I got back on my bike, I felt whole again.”
Disabled Sports USA Thanks its Corporate and Community Sponsors for their support!

Diamond

[Logos of AIG, VA (U.S. Department of Veterans Affairs), ARIEL Corporation, and The Hartford]

Platinum

[Logos of Tee It Up for the Troops]
Gold

- Wash Depot Holdings, Inc.
- CAR WASH
- The Chart Group
- BOB WOODRUFF FOUNDATION
- Lockheed Martin
- May & Stanley Smith Charitable Trust
- Dumbarton Strategies
- FLUOR
- VERITAS CAPITAL
- ESPN

Silver

- AES Global Insurance
- AM General/Mobility Ventures LLC
- Anthem Life
- Aon Benfield
- Beaver Run Resort & Conference Center
- Breckenridge Ski and Sports
- C5
- Cooley LLP
- Crowe Family Foundation
- D’Amato & Lynch, LLP
- DAV Charitable Service Trust
- DLA Piper
- Franklin Templeton Investments
- Fulbright & Jaworski
- Greenberg Traurig
- The Injured Marine Semper Fi Fund
- JLT Re
- Katten Muchin Rosenman LLP
- Lewis Brisbois, Bisgaard & Smith, LLP
- The Moore Charitable Foundation
- Munich Re
- Nelson Levine de Luca & Hamilton, LLC
- O’Melveny & Myers LLP
- Orrick, Herrington & Sutcliffe LLP
- PARTNERS+simons
- Phoenix Beverages
- Pro Athletes Organization
- Robert Trent Jones Golf Club Foundation
- Salesforce.com
- Skadden, Arps, Slate, Meagher & Flom
- Strategic Offsites Group, Inc.
- Swiss Re America Holding Corporation
- Trijicon
- U.S. Association of Former Members of Congress
- Weil, Gotshal & Manges LLP Foundation
- Willbros U.S.A., Inc.
On Jan. 17, 2015, four severely injured veterans set out to summit Mt. Aconcagua in Argentina, the world's highest mountain outside of Asia. The road to base camp of Mt. Aconcagua was a long and arduous one for Team Warfighter Sports.

Among the smallest reason was the team had made the decision to walk to base camp, a two-day hike through rocky terrain, instead of being ferried in by helicopter or mule like many of the mountaineers who attempt the summit.

“That’s Marines for you,” smiled Kirk Bauer, Executive Director of Disabled Sports USA and instigator of the climb.

But the first steps to the summit didn’t begin on that long road to base camp.

For Bauer, 67, a retired U.S. Army Sergeant and the elder statesman of the group, the journey began in 1969 after he lost his left leg above the knee in Vietnam and discovered the power of adaptive sports. This climb would be a continuation of his lifelong mission to lead by example when showing others what was possible.

David Borden, a 33-year-old U.S. Marine Corps Captain, would start his trek a generation later, when he lost his right leg above the knee in Iraq after a suicide bomber detonated an explosive near him. Almost eight years to the date after he lost his leg, having already proved so many people wrong by returning to two more active duty tours in Afghanistan, he would begin this climb to prove he could accomplish yet another seemingly impossible goal.

Chris Buckminster, a 28-year-old U.S. Marine Corps Gunny Sergeant, found himself moving towards the summit after he suffered a traumatic brain injury in 2010 while on tour in Afghanistan. During the long days of rehabilitation, having the climb to train for was a driving force that kept him going.
U.S. Marine Corps Lance Corporal Colton Carlson, the youngest of the group at 24, stepped on an improvised explosive device in May 2012, just three months into a tour in Afghanistan. He woke up missing significant portions of both of his legs, and wondering if he’d ever be able to hike the Colorado mountains he’d grown up enjoying. This climb would prove to himself and others how far he had progressed in the two years since he’d learned to walk again.

In addition to an experienced guide group from Mountain Professionals, Team Warfighter Sports also included Dr. John Podraza and Alexander “Alf” Garner, an experienced climber from expedition sponsor, Willis. The climb was also sponsored by AIG and Team Semper Fi.

All arrived at base camp already having learned that success is about setting clear goals, preparing thoroughly and then taking 1,000 small steps every day. The continuing of those steps leads to success. These nearly 23,000 vertical feet would just be another piece in the long road to recovery.

Base camp of Aconcagua lies at 13,500 feet above sea level. It is a bustling hub of climbers from around the world, rivaled in size only by the base camp on Mt. Everest.

After Team Warfighter Sports’ two-day trek to camp, including a 15-hour climb on day two, their arrival was a joyous one.

“I was never so happy to see a camp in my life,” said Bauer.

Much of mountain climbing involves resting at camps set up at various stages up the mountain and acclimating to the high altitudes. At higher altitudes the body processes oxygen in different ways, which can lead to severe physical issues if the climber tries to summit too quickly. Given the extra exertion put out by the amputees on the team, the guide crew decided to build in extra rest days at each camp to help put the team at a higher chance for a successful summit.

After three days of rest and acclimatization at base camp, the group headed to Camp Canada, 16,108 feet above sea level. The climb took seven hours, although for an amputee putting out almost double the exertion, the day would take a much tougher toll. Even still, the group was in good spirits, and everything was going smoothly.

After resting for two days at Camp Canada, the climbers set off for Camp Nido de Condores at 17,650 feet. After another tough seven hour climb, they all reached camp, but at Nido de Condores, the team suffered their first setback. Buckminster began showing signs of Acute Mountain Sickness (AMS). A condition that affects many climbers and causes severe headaches, nausea and confusion, AMS is caused by the reduced air pressure at high altitude.

After two days of attempting to stabilize his condition, it was determined he would have to return to base camp to get his oxygen levels up.

At the final camp before the summit, Camp Colera at 19,258 feet, the team suffered two more setbacks. First, Bauer was told by the guides that despite their attempt to get him slightly closer to the summit for the final push, he was not moving fast enough to be able to safely summit and get back to camp in one day.

Then the guides let Borden know that they wouldn’t be taking him up to the summit. Throughout the climb he had suffered bouts of panic on particularly steep, precipitous terrain due to a fear of heights. During these times he would freeze up for several minutes. Should this happen on summit day, he might compromise his own safety or the safety of the team. There is no room for mistakes on the summit.

After getting within 2,000 feet, neither Bauer nor Borden would be making a summit attempt. Through all of the setbacks, the spirit of the team never wavered.

“For Bauer, Carlson’s summit was the epitome of rehabilitation. After Carlson’s first steps from therapy to his room at Walter Reed, a less than 150-yard trip, he arrived winded, sore, and bleeding. He wondered if he’d ever be able to walk again. Now here he was, sitting on top of the world.

Both Dr. Podraza and Alf Garner also successfully summited. Garner waited for two hours to be with Carlson when he finally summited.

All in all, it would take Carlson 19 hours to reach the summit and return to high camp at 20,000 feet.

“It was the most superhuman feat I’d ever seen,” Bauer said.

For Bauer, Carlson’s summit was the ultimate in success and what it meant to continue on,” Borden said.

Bauer concluded: “I love to see what for me is kind of a model for life. If you set goals and prepare the best you can, and then are willing to take thousands of small steps to achieve your goals, then I believe most of the time you can achieve those goals.”
WARFIGHTER SPORTS INDIVIDUAL GRANTS ALLOW THOSE WITHOUT ADAPTIVE SPORTS OPPORTUNITIES TO PARTICIPATE

In July 2014, U.S. Navy Veteran James Johnson, a bilateral below knee amputee, wanted to take up tennis. Living in Georgia without an adaptive tennis club near him, his only option was to take lessons at his local tennis club. He had found an instructor willing to adapt the lessons to his ability level, but he needed help with the monthly fee. After receiving a grant through Disabled Sports USA’s Warfighter Sports Individual Grant program, Johnson was able to pay for tennis lessons and is now able to regularly participate with his family, and has even begun entering regional tournaments to hone his skills.

If you are a warrior like Johnson, living in an area where you don’t have access to adaptive sports, but wanting to try a new adaptive sport or receive further training, consider applying for funding through Disabled Sports USA’s Warfighter Sports Individual Grant program. Grants of up to $1,000 are available to cover fees associated with adaptive sports costs for those Warfighters with a permanent physical disability that do not have an adaptive club near them. Grants are available through the end of summer 2015.

Contact Kelly O’Donnell with questions at kodonnell@dsusa.org or 240-268-5371.

To apply for a grant, please visit: disabledsportsusa.org/grants.

This program was funded in part by a grant from the United States Department of Veterans Affairs. The opinions, findings and conclusions stated herein are those of the author(s) and do not necessarily reflect those of the United States Department of Veterans Affairs.

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.
SUMMER PROGRAM HIGHLIGHTS

Disabled Sports USA is excited to sponsor a wide variety of programming this summer. These programs are a small sampling of the opportunities available. To find more programming visit www.disabledsportsusa.org/events or flip to the Chapter Events section on page 24.

ARIZONA
May 15-17
Desert Challenge Games
Phoenix
desertchallengegames.com

CALIFORNIA
Ongoing
Paralympic Sport Training for Athletes with SCI
Mammoth Lake
Sponsored by Craig H. Neilsen Foundation
disabledsportseasternsierra.org

Ongoing
SCI Sports & Recreation
Berkeley
Sponsored by Craig H. Neilsen Foundation
borp.org

Aug. 11-15
Wheelchair Sports Camp
San Diego
Sponsored by Anthem Foundation
usarc.org

COLORADO
Ongoing
Metro Kayak Program
Denver
Sponsored by Anthem Foundation
nscd.org

CONNECTICUT
June-August
The Big Splash: An Adaptive Water Sports for Individuals with SCIs
Sandy Hook
Sponsored by Craig H. Neilsen Foundation
leapsoffaithwaterskiers.com

Ongoing
Sports Association Adaptive Sports Programming
Wallingford
Sponsored by Craig H. Neilsen Foundation
gaylord.org/home/whyygaylord/sportsassociation.aspx

FLORIDA
May 17-21
BAMC Open Water Certification
Panama City
warfightersports.org

Aug. 17-21
BAMC Open Water Certification
Panama City
warfightersports.org

ILLINOIS
June 12-14
Great Lakes Regional Games & Adult National Open
Lake Forest
glasa.org/adultnationalsgreatlakes2015

Ongoing
Healthy and Active: Sports for Individuals with Spinal Cord Injuries
Lake Forest
Sponsored by Craig H. Neilsen Foundation
glasa.org

MARYLAND
April-June
Olney Saturday Warfighter Golf Program
Olney
warfightersports.org

MISSOURI
Ongoing
Power Soccer Program
St. Peters
Sponsored by Craig H. Neilsen Foundation
dasasports.org

NEW JERSEY
July 18-24
National Junior Disability Championships
Union County
njdc2015nj.com

Ongoing
Activities for SCI
Powell
Sponsored by Craig H. Neilsen Foundation
taasc.org

OKLAHOMA
June 11-14
Endeavor Games
Edmond
ucoendeavorgames.com

TEXAS
Ongoing
BAMC Weekly Wheelchair Basketball Practice
San Antonio
warfightersports.org

April 6-23
BAMC Open Water Dive Training
San Antonio
warfightersports.org

July 13-30
BAMC Open Water Dive Training
San Antonio
warfightersports.org

VIRGINIA
April-June
Fort Belvoir Saturday Warfighter Golf Program
Fort Belvoir
warfightersports.org

May 29-31
Wave Warriors Surf Camp
Virginia Beach
warfightersports.org

NATIONWIDE
Ongoing
Advanced Scuba Dive Certification Programs for Warriors
San Antonio, Texas, Bethesda, Md., and Puerto Rico
Sponsored by the United States Department Of Veterans Affairs Adaptive Sports Program
sudsdiving.org

Ongoing
Community Kayaking for Veterans
40 Locations Nationwide
Sponsored by the United States Department Of Veterans Affairs Adaptive Sports Program
teamriverrunner.org
ALABAMA
Lakeshore Foundation
Birmingham, AL 35209
lakeshore.org
info@lakeshore.org
205-313-7400

ALASKA
Alpine Alternatives, Inc.
Anchorage, AK 99507
alpinealternatives.org
alpinealternatives@arctic.net
907-561-6655

Challenge Alaska
Anchorage, AK 99501
challengealaska.org
info@challengealaska.org
907-344-7399

Southeast Alaska
Independent Living
Juneau, AK 99801
sailline.org
907-586-4200

ARIZONA
Arizona Disabled Sports
Mesa, AZ 85210
arizonadisabledsports.com
lakeandmesaaz@gmail.com
480-835-6273

CALIFORNIA
Adaptive Athletics Association
Mountain Center, CA 92561
adaptiveathletics.org
aaa@adaptiveathletics.org
213-925-8638

Adaptive Sports and Recreation Association
San Diego, CA 92105
adaptablesportsandrec.org
info@adaptablesportsandrec.org
619-236-1806

Bay Area Outreach and Recreation Program (BORP)
Berkeley, CA 94703
borp.org
info@borp.org
510-849-4663

Disabled Sports USA
Eastern Sierra
Mammoth Lakes, CA 93546
disabledsportseasternsierra.org
info@disabledsportseasternsierra.org
760-934-0971

Disabled Sports USA Far West
Citrus Heights, CA 95610
disssw.org
disssw@disabledsports.net
530-581-4161

Disabled Sports USA
Los Angeles - The Unreables
Los Angeles, CA 90044
unreables.com
info@unreables.org

Disabled Sports USA
Orange County - The Achievers
Fullerton, CA 92834
theachievers.org
disco.trips@gmail.com
949-461-6969

Discovery Blind Sports
Kirkwood, CA 95646
discoveryblindsports.org
discoveryblindsports@yahoo.com
209-255-2233

Shasta Disabled Sports USA
Mount Shasta, CA 96067
shastadshusa.org
925-95-1331

US Adaptive Recreation Center
Big Bear Lake, CA 92315
usarc.org
mail@usarc.org
909-564-0269

COLORADO
Adaptive Action Sports
Copper, CO
info@adacs.org
Adaptive Adventures
Boulder, CO 80301
adaptiveadventures.org
info@adaptiveadventures.org
720-396-1339

Adaptive Sports Association
Durango, CO 81301
asadurango.org
info@asadurango.com
970-259-0374

Adaptive Sports Center of Crested Butte
Crested Butte, CO 81224
adaptivesports.org
info@adaptivesports.org
970-349-2949

Aspen Camp of the Deaf & Hard of Hearing
Aspen, CO 81611
aspencamp.org
info@aspencamp.org
970-925-2511

Breckenridge Outdoor Education Center
Breckenridge, CO
boe@boe.org
970-453-8422

Challenge Aspen
Snowmass Village, CO 81615
challengeaspen.org
possibilities@challengeaspen.org
970-923-0578

Colorado Discover Ability
Grand Junction, CO 81502
coloradodiscoverability.org
ron@coloradodiscoverability.org
970-267-1222

Foresight Ski Guides, Inc.
Vail, CO 81658
foresightskiguide.org
info@foresightskiguide.org

Golf & The Disabled
Englewood, CO
golfthedisabled.org
frankmartorellaj@gmail.com
303-221-1184

Ignite Adaptive Sports
Boulder, CO 80308
igniteadaptablesports.org
scheduler@igniteadaptablesports.org
303-506-6738

National Sports Center for the Disabled
Denver, CO 80204
nscd.org
info@nscd.org
303-316-1518

Steamboat Adaptive Recreational Sports
Steamboat Springs, CO 80477
steamboattstars.com
info@steamboattstars.com
970-870-5010

Telluride Adaptive Sports
Telluride, CO 81435
tellurideadaptiveports.org
720-739-0161

US Handcycling
Evergreen, CO 80437
uc.h@om.net
970-259-1500

Visually Impaired & Blind Skiers
Colorado Springs, CO 80933
coloradovibes.org
719-237-0161

CONNECTICUT
Leaps of Faith Disabled Waterskiers Club
Sandy Hook, CT 06482
leaposoffaithwaterskiers.com
joel@leaposoffaithwaterskiers.com
203-426-0666

Sports Association of Gaylord Hospital
Wallingford, CT 06492
gaylordhospital.org/whygaylord/sportsassociation.aspx
sports@gaylord.org
860-259-5673

FLORIDA
Florida Disabled Outdoors Association
Tallahassee, FL 32301
fdoa.org
info@fdoa.org
850-201-2944

GEORGIA
Athens Inclusive Recreation and Sports, Inc. (AIRS)
Athens, GA 30605
airs-qa.org
rkgkenevey@gmail.com
703-353-7445

IDAHO
Adaptive Wilderness Sports of McCall (AWaSMc)
McCall, ID 83638
awesomeidaho.org
contact@awesomeidaho.org
208-315-4275

AquAbility
Boise, ID 83702
aquability.org
kmorrison@aquability.org
208-336-1876

Higher Ground Sun Valley
Ketchum, ID 83446
highergroundsunvalley.org
info@highergroundsunvalley.org
208-726-8028

Recruitment Unlimited, Inc.
Boise, ID 83706
recruitment-unlimited.org
contact@recruitment-unlimited.org
208-345-6262

ILLINOIS
Adaptive Adventures
Wilmette, IL 60091
adaptiveadventures.org
847-251-8445

Dare2Tri
Chicago, IL 60622
dare2tri.org
info@dare2tri.org

Great Lakes Adaptive Sports Association (GLASA)
Lake Forest, IL 60045
glasa.org
info@glasa.org
847-238-0908

INDIANA
Special Outdoor Leisure Opportunities
South Bend, IN 46610
skisolomichiana.org
paul.raven@fserv.com
269-244-8016

Turnstone Center for Disabled Children and Adults, Inc.
Fort Wayne, IN 46805
turnstone.org
tina@turnstone.org
260-485-2100

IOWA
Adaptive Sports Iowa
Ames, IA 50010
adaptiveportsiowa.org
mike.boone@adaptiveportsiowa.org
515-293-8881

KANSAS
Wheelchair Sports, Inc.
Wichita, KS 67203
wcsports.org
james_watson@wcsports.org

KENTUCKY
United States Driving for the Disabled, Inc.
Georgetown, KY 40324
usdd@usdd.org
usddf@gmail.com
810-616-6560

MAINE
Central Maine Adaptive Sports
Auburn, ME 04210
cmasports.org
info@lostandvalleyski.com
207-784-1561

Maine Adaptive Sports & Recreation
Newry, ME 04261
maineadaptive.org
info@maineadaptive.org
207-824-2440

MARYLAND
Baltimore Adapted Recreation and Sports
Sparks, MD 21152
barsinfo.org
410-266-5722

Chesapeake Region
Accessible Boating
Annapolis, MD 21409
crabsailing.org
info@crabsailing.org
410-266-5722

Solders Undertaking Disabled Scuba (SUDS)
Bethesda, MD 20811
sudscuba.org
info@sudscuba.org
301-341-9750

Team River Runner, Inc.
Rockville, MD 20853
teamriverrunner.org
joe@teamriverrunner.org
703-532-6070

MASSACHUSETTS
AccessSport America
Acton, MA 01720
accesssportamerica.org
ross@accesssportamerica.org
978-264-0986

CAPAble Adventures, Inc.
Sandwich, MA 02536
capaableadventures.org
info@capableadventures.org
508-566-2385

MICHIGAN
Cannonsburg Challenged Ski Association
Ada, MI 49301
skicccsa.org
info@skicccsa.org
616-847-3060

Michigan Adaptive Sports
West Bloomfield, MI 48323
michiganadaptablesports.org
michiganadaptablesports@gmail.com

MINNESOTA
Counselor Kenny Sports and Recreation
Minneapolis, MN 55408
couragecenter.org
CKRISportrecreation@allina.com
612-775-2277

US Electric Wheelchair Hockey Association
Minneapolis, MN 55427
powerhockey.com
info@powerhockey.com
708-525-4736

Northeast Disabled Athletic Association
Burlington, VT 05408
disabledathletics.org
contact@NDAA.org
disabledathletics.org
802-862-6322

Vermont Adaptive Ski & Sports Association
Killington, VT 05701
vermontadaptive.org
director@vermontadaptive.org
802-786-4991

Virginia Adventure Amputee Camp
Winchester, VA 22602
adventureamputee.org
adventureamputee@gmail.com

Sportable
Richmond, VA 23220
info@sportable.org
804-340-2991

Wintergreen Adaptive Sports
Wintergreen, VA 22958
wintergreenadaptivesports.org
executivedirectorwas@gmail.com
434-325-2007

Washington Fastfooze Sailing Association
Seattle, WA 98112
fastfoozeadaptivesailing.org
fastfoozeadaptivesailing.org/contact-us
206-382-2680

Outdoors for All Foundation
Seattle, WA 98115
outdoorsforall.org
info@outdoorsforall.org
206-838-6030

Washington, D.C.
DC Fire Fighters Burn Foundation
Washington, DC 20017
dcfburnfoundation.org
Jason@dcburnfoundation.org
202-528-3898

West Virginia
Challenged Athletes of West Virginia
Snowshoe, WV 26209
cawvsports.org
dbegg@snowshoemountain.com
304-572-6708

Wisconsin
Southeastern Wisconsin Adaptive Ski Program
Cedarburg, WI 53012
sewasp.org
info@sewasp.org
414-326-8775

Wyoming
Teton Adaptive Sports, Inc.
Jackson, WY 83001
tetonadaptivesports.com
info@tetonadaptivesports.com
307-799-3554

...
Chapter Events

DISABLED SPORTS EASTERN SIERRA SPRING & SUMMER CAMPS
MAMMOTH LAKES, CALIFORNIA

Disabled Sports Eastern Sierra has a full roster of Spring & Summer Sport Camps in addition to our regular daily programming!

First up is Springtacular, a four-day ski and snowboard camp for athletes with cognitive or intellectual disabilities held April 28-May 1.

Our Wounded Warrior-Operation High Altitude Camp June 1-5, features camping, cycling, rock climbing, fishing, paddling and much more.

Sierra Cycle Challenge, July 25-27, is a three-day fundraising bike ride that covers 150 miles of riding with over 8,000 feet of climbing. All riders are required to raise a minimum of $1,200 toward Disabled Sports Eastern Sierra’s scholarship.

Pedal-Paddle, Aug. 7-9, is a three-day, family-friendly weekend, which includes cycling, paddling, camping, fishing and cooking out.

Space is limited so apply early! To apply, or for more information, contact Maggie Palchak 760-934-0791.

Summer program highlights include:
April 28-May 1: Springtacular
June 1-5: Wounded Warrior-Operation High Altitude Camp
July 11: June Lake Triathlon
(Half Ironman, Olympic, Sprint and Kinds Mini Distances)
July 25-27: Sierra Cycle Challenge (150 mile fundraising cycling tour)
Aug. 7-9: Pedal-Paddle (family camping weekend
For more information, contact Maggie Palchak at mpalchak@disabledsportseasternsierra.org.

SUMMER IN THE MOUNTAINS WITH USARC BIG BEAR LAKE, CALIFORNIA

The United States Adaptive Recreation Center (USARC) is ready for yet another summer of wet and wild thrills on the waters of, and the peaks surrounding, Big Bear Lake. Activities include water-skiing, wakeboarding, kayaking, stand-up paddleboarding, sailing, fishing and Jet-Skiing. To complement aquatic experiences, there is a camping option and gravity-powered off-road wheelchair program available.

Summer Highlights:
July-August: Ongoing watersports sessions (reservations required)
August: Camping under the stars
To register, contact USARC at 909-584-0269, mail@usarc.org, or visit usarc.org.

Photo courtesy of Andy Templeton Photography
EXPLORE THE BEAUTY OF LAKE TAHOE WITH DISABLED SPORTS USA FAR WEST LAKE TAHOE, CALIFORNIA

Disabled Sports USA Far West is gearing up to offer over 20 days of adaptive summer sports. Available to all ability levels, programs include family and friends. Prices vary and scholarships are available.

In June we head to the lower elevation of California’s Central Valley for water ski clinics at Wake Island Lake.

In July and August we wade into beautiful Lake Tahoe and Donner Lake for canoeing, kayaking and stand-up paddleboarding. For those who prefer to stay on dry land, we offer one day and overnight 4WD backcountry outings exploring the rugged Sierra wilderness.

Disabled Sports USA Far West also hosts a week-long adaptive summer sports camp for Disabled American Veterans and their spouses in late June. Activities include paddling, hiking, biking, climbing and more.

June: Waterski clinics at Wake Island Lake
June: Week-long camp for military service members and their spouses
July & August: Canoeing, kayaking and stand-up paddleboarding at Lake Tahoe and Donner Lake

For more information, visit dsusafw.org or call 530-581-4161 x206.

SET SAIL WITH FOOTLOOSE SAILING SEATTLE

Footloose Sailing introduces sailing as recreation and sport to athletes of all ages, along with their family, friends and caregivers. We have both big and small sailboats for day sails out of North Leschi Marina on Lake Washington, and host an overnight camping trip at Blake Island.

In addition to participants, Footloose is always looking for volunteers to help with shore-side tasks on the docks and out on the water.

Spring, Summer & Fall: Bi-weekly sailing trips across Lake Washington
To register, visit footloosedisabledsailing.org.

ADAPTIVE CYCLING WITH OUTDOORS FOR ALL IN THE PACIFIC NORTHWEST SEATTLE

Did you know that Outdoors for All has a fleet of over 100 adaptive cycles – including recumbent trikes, side-by-side tandems, standard tandem cycles, handcycles and more – available to rent all summer long? Or perhaps you’d like to have a trailer full of fun come to your community?

Cycle rental rates are affordable and a summer season pass is available for just $109. Individual fittings for those who need or would like additional advice on what type of cycle to rent are available for $60 and include the rental of the adaptive cycle. Outdoors for All staff or volunteers can work with you one-on-one to explore the variety of cycles and find the best match for you. Financial aid is available for all recreation programs.

Outdoors for All also has trailers that can be packed full of adaptive equipment – and then brought to your community.

For more information: 206.838.5030, info@outdoorsforall.org, outdoorsforall.org.
COOL OFF WITH ADAPTIVE SPORTS PROGRAM
NEW MEXICO SANTA FE, NEW MEXICO

Adaptive Sports Program New Mexico has a wide variety of watersports programs available for youth, adults and wounded warriors this summer. From rafting the Rio Grande to kayaking and stand-up paddleboarding in Cochiti Lake, these activities are designed for a wide variety of ability levels and all equipment is provided to ensure you have a great day in the water!

NAC SUMMER CAMP OPPORTUNITIES PARK CITY, UTAH

The National Ability Center offers sports, recreation and educational programs for all ages and abilities. In addition to year-round lessons in a variety of sports, we have summer camp opportunities where participants with disabilities build relationships, improve physical agility and develop recreational skills. Day Camps are available for ages 8 and up, overnight camps for ages 12-30 and custom camp opportunities are available.

Summer camp opportunities include:
June: Camp Xtreme/Camp Vision
June, July & August: Crusaders/Adventurers Camps
June, July & August: Camp Giddy Up
July: Siblings Camp
August: Action Camp
To find more camp opportunities, or to register, visit discovernac.org.

SUMMER ADVENTURE PROGRAMS WITH TELLURIDE ADAPTIVE SPORTS TELLURIDE, COLORADO

Telluride Adaptive Sports Program (TASP) announces two upcoming summer adventures in Colorado and abroad in Chile.

Our Summer Veterans Adventure Week offers a variety of activities, including white-water rafting, kayaking, hiking, fishing, jeeping, ATVing, biking, horseback riding, rock climbing, and more in the beautiful San Juan Mountains of Southwestern Colorado.

TASP will then travel to Chile for the All-mountain Freeride Camp at the Termas De Chillan Resort. This will be our 2nd Annual International Adaptive All-mountain Freeride Camp. This camp is open to all adults who are independent skiers and riders. This trip will be $1,500 excluding airfare and including six days of skiing, lodging, lift tickets and most meals.

June 6-11: Summer Veterans Adventure Week
Aug. 6-15: All-mountain Freeride Camp in Chile
For more information, contact Tim at programs@tellurideadpativesports.org or call 970-728-3865.

COLORADO RIVER TRIPS WITH COLORADO DISCOVER ABILITY GUNNISON, COLORADO

Colorado Discover Ability serves a wide range of participants and agencies throughout the Grand Valley of Western Colorado and Eastern Utah. With the Grand Mesa to the east, Colorado National Monument to the southwest, and the Colorado and Gunnison rivers located in our back yard, Colorado Discover Ability is ideally situated to provide specialty outdoor programs including several awesome spring and summer river trips.

Highlights of the upcoming spring and summer river trips are:
All Summer: Grand Junction Town Floats & Trips from Clifton to Fruita
June: Pumphouse sections of the Colorado River
July: Gates of Lodore Regional Trip with Team River Runner
August: Cataract Canyon with Team River Runner
To register, visit coloradodiscoverability.org.
GOLF 4 THE DISABLED PLAYING PROGRAM  ENGLEWOOD, COLORADO

Golf 4 the Disabled (G4TD) offers classes, student play day, and our adapted golf cart program. G4TD’s main program site is held at the City of Englewood’s Broken Tee GC.

The Student Classes center around two five-week series of classes that are offered from May through August of each year at a cost of $30 per student per session. Each student receives individualized instruction from a PGA instructor. After ten weeks of classes, the highlight of the year is the Student Play Day Tournament for all students.

Finally, G4TD has 19 adapted golf carts at area golf courses in the Denver Metro area, Longmont, Boulder, and Colorado Springs.

May-August: Learn to Golf Student Classes (two five-week sessions)
For more information and to register, visit golf4thedisabled.org.

HEAD TO SUMMER CAMP WITH THE NATIONAL SPORTS CENTER FOR THE DISABLED  WINTER PARK, COLORADO

The National Sports Center for the Disabled (NSCD) offers adapted recreation at its best in the gorgeous Colorado Rocky Mountains. NSCD is uniquely positioned to provide summer camps for participants with disabilities.

NSCD can also create a custom group and family program based around your needs. Contact us today to set up the program just right for your group.

Camp offerings include:
June 5-7: Therapeutic Horse Riding Camp
June 15-18: Summer Woods Adventure Camp for Adults with Intellectual Disabilities
June 25-27: Family Camp
July 20-24: Cowboy Weekend
July 23-26: Women’s Weekend Camp for Adults with Physical Disabilities
Aug. 24-27: Summer Woods Adventure Camp for Adults with Intellectual Disabilities
Camps fill up quickly! To register, or find more information, visit nscd.org.

SUMMER PROGRAMS WITH CHALLENGE ASPEN  ASPEN, COLORADO

Challenge Aspen offers recreational, educational and cultural (REC) programs for children and adults with cognitive and/or physical disabilities. Participants have the chance to create a community, build lasting relationships, create lifelong memories, all while enjoying the sun-filled Colorado beauty.

Challenge Aspen Military Opportunities (CAMO) provides summer programs to any injured military service members. CAMO camps focus on building lasting friendships, lifelong skills and endless memories by participating in activities such as fly-fishing, white-water rafting and equine therapy.

CAMO programs include:
July 1-6: Couples Retreat
July 15-19: Couples Retreat II
Aug. 18-23: Mark Christine Fly-Fishing
Aug. 27-31: Mark Christine Fly-Fishing II
For more information, visit www.challengeaspen.org/military.

Summer highlights include:
June 15-19: Outdoor Adventure Camp
June 22-25: Space and Science Camp
June 28-29: Family Retreat
July 6-10: ChAMP Challenge Autism Camp
Aug. 3-6: Just for Teens
For more information, visit challengeaspen.org/recreation.

THERAPEUTIC RIDING NOW AVAILABLE AT STARS  STEAMBOAT, COLORADO

STARS (Steamboat Adaptive Recreational Sports) has recently taken over an adaptive recreational horseback riding program, formerly known as Humble Ranch.

Starting May 2015, therapeutic riding will be available for private lessons and incorporated into many of our existing camps and programs during summer months.

In addition to therapeutic riding, STARS has added four raft trips for injured veterans this spring. These trips take place on the Colorado River on Cataract Canyon through the Canyonlands National Park. STARS Warriors on Cataract trips bring together veterans and provide camaraderie like no other experience available. As always, STARS takes care of all expenses for veterans attending these trips.

Ongoing: Therapeutic Riding Starting May 2015
Summer Long: Colorado Rafting Trips for Veterans
For more information, visit steamboatstars.com/index.php/summer-camps.
**21ST ADVENTURE AMPUTEE CAMP BRYSON CITY, NORTH CAROLINA**

In July, Adventure Amputee Camp will host its 21st annual summer camp at the Nantahala Outdoor Center (NOC) in Bryson City, N. C. For five days, children with amputations or limb differences, will participate in activities that both challenge and liberate them, while forming lifelong friendships.

Activities include white-water rafting, horseback riding, high-ropes course, bike riding, scuba diving, zip lining, tennis and bowling. Each activity will be modified to meet the specific ability and interest level of each camper.

In addition, camp will provide an opportunity for these children to be in the ‘majority’ and promote an environment that fosters deep friendships.

To register, visit www.adventureamputecamp.org.

---

**TRACK AND FIELD WITH BRIDGE II SPORTS CHAPEL HILL, NORTH CAROLINA**

Bridge II Sports Track and Field program will take place at the University of North Carolina’s Chapel Hill campus every Sunday through July and athletes will be able to try a variety of track and field events.

If you like running, we have 100s, 200s, 400s, and 800s. If you’re not into running, we have shot put, discus and javelin throwing. Whether you’re an aspiring Paralympian or you’re just there for fun, we accept all comers. See you on the track!

April-July: Weekly Track and Field Practice at UNC-Chapel Hill
For more information, visit bridge2sports.org.

---

**LET’S PLAY BALL WITH FLORIDA DISABLED OUTDOORS ASSOCIATION TALLAHASSEE**

Tallahassee’s Miracle Field makes it possible for people of all abilities to enjoy activities like football, baseball, and kickball. You might ask, “What is a Miracle Field and what makes it so special?” It is the technology of the rubberized surface that allows people of all abilities to participate. The barrier of the hard, uneven, slick and sandy ground or bumpy rough grass made participation for people with disabilities extremely difficult and even dangerous. Everyone is invited to join the Miracle Sports team and see for themselves what is possible at 2899 Jackson Bluff Road, Tallahassee.

April: Miracle Sports Flag Football, Thursday nights from 6-8 p.m.
To register, contact Florida Disabled Outdoors Association at 850-201-2944 or fdoa.org.

---

**GET OUT THIS SPRING WITH ATHENS INCLUSIVE RECREATION AND SPORTS ATHENS, GEORGIA**

Athens Inclusive Recreation and Sports (AIRS) is opening an even bigger season than the last for our competitive wheelchair basketball and beep baseball teams.

We have kayaking, fishing and some camping activities along with a monthly blind golf workshop for those more interested in recreation than competitive fun.

Our inclusive attitude means that friends and family who have able bodies are welcome to play.

Ongoing: Wheelchair Basketball practice every Tuesday
Ongoing: Monthly blind golf workshop
Ongoing: Beep Baseball practices as well as regional and national tournaments
April 11: 5K Run, Walk or Roll – Colbert
For a full event and practice schedule, visit airs-ga.org.
**COURAGE KENNY COUNTRY CHAMPIONSHIPS**  
**MINNEAPOLIS**

The **Courage Kenny** Country Championships will celebrate the achievements of athletes with physical disabilities through Paralympic-style competition. Hosted by Courage Kenny Rehabilitation Institute in Minneapolis, part of Allina Health, the event is designed to engage youth and promote the ideals of the Olympic and Paralympic movement.

On Saturday, the swimming competition is at St. Catherine University in St. Paul. Then on Sunday, we head to the suburbs to St. Louis Park High School for track and field events and archery. There also will be the opportunity to try out wheelchair tennis and handcycling.

---

**CHAPTER EVENTS**  
**MIDWEST**

**PICK UP A PADDLE & PARTICIPATE WITH TEAM RIVER RUNNER**  
**NATIONWIDE PROGRAMMING**

**Team River Runner** invites all veterans to benefit from the restorative properties of nature and paddling! Volunteers and donors provide all boats, outfitting, safety gear, instruction, transportation, and food for the participants and their families.

With 45 chapters nationwide and growing, Team River Runner has a chapter near you with the ability to instruct all skill levels. As Veterans become proficient paddlers, they can enjoy opportunities to instruct fellow service and community members.

The road to recovery is the water. Whether at a pool, on flat water, or in white water, we encourage you to join us on our adventures and experience the healing power of paddlesports.

---

**TRY CARRIAGE DRIVING WITH UNITED STATES DRIVING FOR THE DISABLED**

Carriage driving is an equine sport where rather than sitting on a horse you are in a carriage behind. Considered an open sport, many of our athletes compete against able-bodied athletes with just a few adjustments in equipment. A few of the dispensations that facilitate driving are quick release seat belts, hand brakes, and the use of motorized vehicles to walk courses.


Interested in trying out the sport? We will be introducing it to athletes in Lyman, Maine in May and Rancho Murrieta, Calif., and Wisconsin in June.

---

May: Introduction to Carriage Driving, Lyman, Maine  
June: Introduction to Carriage Driving, Rancho Murrieta, Calif.  
June: Introduction to Carriage Driving, Wisconsin

Want to learn more, schedule a clinic, or sign up for one of these existing events? Visit usdfd.org, email Diane at dkastama@verizon.net, or call 805-343-6026.
**Train with Team Maine Adaptive**

**Newry, Maine**

Maine Adaptive Sports is collaborating with other health & wellness initiatives throughout New England to offer members of our community the chance to join in the outdoor fun with our fund-raising team, Team Maine Adaptive. Together, we are spreading awareness about our program while cycling the streets of Freeport, with the Bike Coalition of Maine’s Women’s Ride on June 7, racing through mud obstacles at the Tough Mountain Challenge at Sunday River Mountain on July 25, followed by a run through the historic town of Cape Elizabeth on Aug. 1 for the TD Beach to Beacon 10k road race, wrapping up with a challenging vertical climb up Loon Mountain in October as part of o2x Summit Challenge.

These collaborations offer an opportunity for our volunteers and participants to train together throughout the season during our daily programs and provides a challenge to reach towards.

**WATER SPORTS WITH LOF ADAPTIVE SKIERS**

**Sandy Hook, Connecticut**

Leaps of Faith Adaptive Skiers offers a variety of water sports programs this summer for all ages, disabilities, and ability levels. Sports offered include water-skiing and wakeboarding. From introductory camps tailored to specific ability groups to a tournament of champions, you can cool off this summer while learning a new sport!

**The Sports Association of Gaylord Hospital Spring Programs**

**Wallingford, Connecticut**

The Sports Association of Gaylord Hospital provides over a dozen sports for adults with physical disabilities or visual impairments.

Ongoing programs are available in golf, kayaking, archery, cycling, indoor cycling, paratriathlon, wheelchair tennis, water-skiing, alpine skiing, curling, wheelchair rugby, indoor rock climbing, and sled hockey.

**Water-Ski with Three Rivers Adaptive Sports**

**Conneaut Lake, Pennsylvania**

Three Rivers Adaptive Sports will host a week-long summer sports event at Conneaut Lake. Featuring water-skiing, kayaking, biking, tasty food, pop-up games of softball and kickball, the event is truly a celebration of ability. In addition to daytime sports activities, nightly social events are planned to entertain all participants. All activities are free.
Building upon the success of the original Motionfoot®, the MX’s new features include:

• New heel that significantly reduces heel shock for greater comfort
• Rolling fulcrum at the sole plate increases the dynamic response
• Split toe increases inversion/eversion motion
• Redesigned shaft and side plates for greater strength
• Main spring and sole plate customized for patient weight and activity level
• 50° range-of-motion, equivalent to the human ankle

Suggested L-codes: L5968, L5981, L5990 & L5999
Contact Motion Control at 888-696-2767 or info@UtahArm.com.
A Fillauer company.

FILLAUER’S ABSOLUTE SUSPENSION SLEEVE

The Absolute Suspension Sleeve optimizes comfort, durability, and range of motion. The sleeve is made of thermoplastic elastomer and covered with a reinforced Lycra® type material. The preflexed design allows maximum range of motion and alleviates posterior bunching when the knee is flexed. The Absolute Suspension Sleeve is available in multiple sizes and your choice of beige or black.
800-251-6398 • 423-624-0946 • P.O. Box 5189 • 2710 Amnicola Hwy • Chattanooga, TN 37406

ALPHA SMARTTEMP™ LINER REGULATES HEAT, REDUCES SWEAT

WillowWood’s Alpha SmartTemp™ Liner brings temperature control to prosthetic liners for the first time with Outlast®, the original heat management technology that was developed for NASA. Now amputees have a viable solution for a comfortable prosthetic liner that works to delay the onset of sweat. Alpha SmartTemp Liners featuring Outlast® absorb heat generated by an amputee’s residual limb and reduce sweating and the amount of moisture within a liner.

The liner uses one-way stretch fabric to control pistoning yet allows for easy donning. Alpha SmartTemp Liners are available for transtibial and transfemoral use. Ask your prosthetist for more information or visit willowwoodco.com.

A NEW ELEMENT FROM COLLEGE PARK

The Horizon™ foot brings College Park composite expertise to a carbon fiber foot design. The Horizon is constructed with aircraft-grade titanium components, allowing for additional durability and a high weight limit. Even with an ultra-low profile and ultra-light weight design, the dynamics of the foot provide superior energy return for high-impact K3 users. The rollover Enviroshell™ design, combined with the specially-engineered carbon composites, provide the perfect blend of comfort and ability for all activities.
See the Horizon in action at www.youtube.com/CollegeParkInd.

NEW MOTIONFOOT® MX FROM MOTION CONTROL

Building upon the success of the original Motionfoot®, the MX’s new features include:

• New heel that significantly reduces heel shock for greater comfort
• Rolling fulcrum at the sole plate increases the dynamic response
• Split toe increases inversion/eversion motion
• Redesigned shaft and side plates for greater strength
• Main spring and sole plate customized for patient weight and activity level
• 50° range-of-motion, equivalent to the human ankle

Suggested L-codes: L5968, L5981, L5990 & L5999
Contact Motion Control at 888-696-2767 or info@UtahArm.com.
A Fillauer company.
NEW TRANSFEMORAL VACUUM SOLUTION

Experience unparalleled security and comfort with the WillowWood One System.

“I never have to worry about those awkward moments where you’re trying to reach down and adjust your leg. The WillowWood One System is so secure that when you put it on right, it stays right.”

The new WillowWood One System provides transfemoral amputees with advanced socket technology that controls pistoning, reduces sweating, and allows for a broad range of motion while maintaining a secure socket fit. Now you can focus on what’s really important and get back to living.

TO LEARN MORE, ASK YOUR PROSTHETIST OR VISIT WILLOWWOODCO.COM.