1E95 Challenger Foot
Accept the challenge

Experience power and form with the high energy return and shock absorption.

Fits different shoes to take you from the court to the field or the gym.

From everyday activities to high activity sports.

Quality for life

professionals.ottobockus.com
Surfing, skateboarding, hanging with friends. Cameron Clapp epitomized “California teen” until one night when, in an instant, his life changed. At 15, Cameron was struck by a train. He lost both legs and his right arm.

Encouraged and cared for by staff at various Hanger Clinic locations nationwide, Cameron not only learned to walk again, he now surfs, runs competitively, swims and inspires others through peer-to-peer mentoring and motivational public speaking.

With more than 700 clinics throughout the U.S., Hanger Clinic delivers orthotic and prosthetic solutions to help over 1,000,000 patients annually, like Cameron, turn their hopes and dreams into reality, break down barriers and move their lives forward.

Open your world of possibilities. Come see us! Call 1-877-4HANGER or visit HangerClinic.com to find a Hanger Clinic location near you.
The first to incorporate Integrated Spring Technology (iST®), the Soleus provides natural movement with a 3-staged response and superior range of motion plus 10 mm of vertical compliance for unbeatable comfort.

VISIT COLLEGE PARK’S YOUTUBE PAGE TO SEE JEN’S INSPIRATIONAL AMPUTATION JOURNEY.

I AM JEN
## Contents

<table>
<thead>
<tr>
<th>Page</th>
<th>Section</th>
</tr>
</thead>
</table>
| 6    | PERSPECTIVE  
Kirk Bauer, JD, Executive Director |
| 10   | A MINI-GUIDE FOR HITTING THE BULL’S EYE |
| 12   | WARFIGHTER LOOKS TOWARDS 2018 PARALYMPIC GAMES AFTER SUCCESS IN RIO |
| 13   | WARFIGHTER SPORTS 2016/2017 WINTER CALENDAR |
| 16   | SKIP THE LIFT - TRY NORDIC SKIING |
| 19   | EARN A SCHOLARSHIP TO THE 2017 NASTAR CHAMPIONSHIPS! |
| 20   | CHAPTER LISTING  
Find Your Local Chapter |
| 22   | CHAPTER EVENTS  
Upcoming Adaptive Sports Opportunities |
| 31   | MARKETPLACE  
Product Showcase |

Cover Photo: Reed Hoffmann Photography

© 2016 by Disabled Sports USA, Inc. All rights reserved. Articles may not be reprinted in part or in whole without written permission from DSUSA.
THE DRIVE TO SUCCEED

As humans we’re compelled to succeed, to better ourselves, to test the limits of what we can do. For athletes, this may be even more true. Whenever I take on a challenge, like my most recent Three Notch Century Ride, I am always striving to improve or push myself a little further than I have before.

While often surrounded by teammates, coaches and supportive family and friends, the athletes are responsible for getting to the gym on time for practice. They are responsible for their effort level, energy and dedication to their craft. Once that starting gun goes off or opening whistle blows, athletes are solely responsible for their success or failure. No amount of preparation or coaching can guarantee success without the individual athlete’s internal drive.

In few sports is individual drive more important than the two we’ve featured in this edition of Challenge. Competitive Nordic skiers, page 16, work their bodies to the brink of exhaustion in a solitary effort to ski a course faster than the other skiers on the course. Archers, page 10, train for years to ensure their arrows land just a millimeter closer to the center than their competitors.

This summer we watched the largest group of Paralympians, including Warfighter Sports ambassador, Shawn Cheshire, page 12, show us what years of hard work and dedication can achieve.

Do you have the drive to be a ski or snowboard racer? Flip to page 19 and learn how you can get started with NASTAR, the largest grassroots racing organization in the U.S. You might even be able to earn one of the scholarships Disabled Sports USA is providing to attend this year’s NASTAR Nationals in Steamboat Springs, Colorado. Severely injured service members and veterans can look to find inspiration at one of our Warfighter Sports winter events listed on page 13.

Not sure what sport sparks your internal drive? Flip to page 20 to find the contact information for your local Disabled Sports USA chapter and start participating in all of their offerings until you find it. You’ll find some of the programs they’re hosting highlighted in our chapter events section on page 22.

Whether you’re driven to start participating regularly with your local chapter or to enter your first competition, you’ll soon reap the benefits of adaptive sport and realize that even bigger successes are in store.

Kirk Bauer, JD
Executive Director, Disabled Sports USA
U.S. Army (Retired)
kbauer@dsusa.org
Be an AllPro AllStar.

Join the team on Instagram at @fillauerallproallstars
Disabled Sports USA Thanks its Corporate and Community Sponsors for Their Support!

Diamond

Platinum

[Logos of sponsors]
Gold

AECOM
AES Global Insurance
Alston & Bird LLP
Anthem Life
Aon Risk Solutions
Avaya
Beaver Run Resort & Conference Center
Breckenridge Ski and Sports
CACI
Capital Bank
Carlton Fields PC
Cooley LLP
D’Amato & Lynch, LLP
DAV Charitable Service Trust
EY
Franklin Templeton Investments
Fujitsu America
Greenberg Traurig
Helios
Holland Knight LLP
J.F. Lehman & Company, Inc.

Silver

JLT Re (North America) Inc.
Katten Muchin Roseman LLP
Lewis Brisbois, Bisgaard & Smith, LLP
Marsh & McLennan Companies
Michael & Jane Joukowsky Fund
Million Dollar Round Table
Munich Re
Northrop Grumman
O’Melveny & Meyers LLP
Orrick, Herrington & Sutcliffe LLP
Partner Re
PARTNERS+simons
Peabody & Arnold LLP
Pegasystems
Robert Trent Jones Golf Club Foundation
Salesforce.com
Skadden, Arps, Slate, Meagher & Flom
Swiss Re America Holding Corporation
Trijicon
U.S. Association of Former Members of Congress
Willis

SPONSORS
Looking to **challenge yourself** with a sport that doesn’t require a large amount of cardio effort that you can participate in year-round? **Consider ARCHERY.**

“Archery is a sport that almost anyone can compete in. It can be done just for fun, for hunting, or for competition. It can be done if a person is young or old. It’s usually fairly easy to adapt – and the thrill of hitting the bull’s-eye is unforgettable,” said Randi Smith, U.S. Paralympic Archery Team Head Coach.

Many indoor archery ranges exist to keep the sport going during colder winter months, so don’t wait for spring to get started on this year-round sport.

**GETTING READY**

Don’t think you have to purchase all of the equipment you need before you hit the range for the first time. Instead call your local archery range. Many will allow you to rent equipment so that you can try out a variety of pieces prior to purchasing your own. Any Disabled Sports USA chapter that provides lessons will also include all of the equipment required in the lesson fee.

Bows come in two types: compound bows and recurve bows. USA Archery recommends using a recurve bow for your first time out as it has a fixed weight draw (effort required to pull back the bow string) whereas compound bows require the archer to find their maximum draw weight, relative to the length of the bow, which can take time to discover for each individual archer.

**TAKING AIM**

When you head to your first lesson, take the time to talk with your instructor. To complete an archery motion, you will want to be able to nock the arrow (place the arrow onto the bow string), lift the bow to shoulder level, draw back the bowstring to your chin and release the arrow towards the target. Once all the arrows have been shot, the archer is expected to retrieve their own arrows. If you have concerns about any of these motions, mention them to your instructor who can help you come up with adaptations to help your arrows reach the target.

The first thing you’ll want to decide is which position you’ll take your shot from.

**Standing:** Archers with upper-limb amputations, single leg amputation or those without balance issues will participate in the sport while standing.

**Bracing:** For those archers that may need just a small amount of assistance holding their position, but are interested in standing, consider a braced position. A simple wedge under the heel may be all that’s required to help maintain balance. Other archers may request the use of a post or brace to lean against to help steady themselves throughout the shot process.

**Sitting:** If standing isn’t an option, archers can participate while sitting in their everyday wheelchair or on a stool. Archers should take care to make sure the chosen seat doesn’t impede the shot motion.

Once you’ve selected your bow and your position, you’ll want to speak with your instructor about any range of motion concerns you have. Common adaptations for each step are listed below.

**Nocking the arrow:** Archers with limited hand movement can request assistance with placing the arrow onto the bowstring.

**Drawing and releasing the bowstring:** Drawing the bow requires arm strength and grip. If you are unable to draw back the bowstring without assistance, you can request help from a coach or volunteer or use one of the common draw and release adaptations below.
**Finger Tabs**: For archers with limited grip, finger tabs and gloves can help. Finger tabs are a flat leather device that fits between the finger and bowstring.

**Bow Stands**: Another adaptation is a bow stand which helps hold the bow so the archer can focus on just pulling back the string.

**Mouth Tabs**: For archers who have lost the use of an arm, a mouth tab can be used to draw back the string. The tab attaches permanently to the bowstring and is held between the archer’s teeth while drawing, holding, and releasing.

**Mechanical Releases**: For archers who use a compound bow, a mechanical release aid using a trigger mechanism can assist with the release of the bowstring.

**Arrow Retrieval**: For archers that have difficulties walking, a volunteer can be assigned to assist with arrow retrieval at the end of each round.

**Firing**

Now that you’ve taken your first shot, you might wonder, how do I count up my score? Scoring in target archery competitions is fairly simple. Each target features 10 scoring rings divided among five colors, and the closer to the center of the target the higher the score. Working from outside in, the two outer-most white rings are worth 1 and 2 points, the next two black rings are worth 3 and 4 points, next up are two blue rings worth 5 and 6 points, then comes two red rings worth 7 and 8 points and finally the two gold center rings are worth 9 and 10 points. If you hit the line between two circles, you use the points associated with the circle closer to the center.

Exact competition rules vary. Some competitions have every archer participate in the first round and move the top scorers on to the next round, continuing this until there is a winner. Others have two archers compete against one another in a best of three rounds scenario with the winner advancing. No matter the exact rules, the archer with the highest score wins.

**Drawing Down**

While aiming your arrow and hitting the target is important, it is equally important that archers can safely draw down in case of an emergency on the range. Each range has a set of whistle calls that let archers know when they should approach the shooting line, when it is safe to shoot at the target and in the case of an emergency, when they should release their arrows and back away from the shooting area. Archers should practice this motion so that they can be ready to safely draw down without sending their arrow into the field.

**Finding a Range**

Ready to take your shot? Visit disabledsportsusa.org/location-map to find a local chapter that provides archery instruction.

Don’t have a chapter near you? Visit teamusa.org/usa-archery/clubs/find-a-club to find a range near you. If they don’t have an adaptive program, speak to an instructor about integrating you into their program. The Adaptive Archery Instructor Manual at disabledsportsusa.org/training-manuals can help provide them with information about coaching an adaptive archer.

---

**Teaching Adaptive Archery**

In partnership with USA Archery and the Department of Veterans Affairs, Disabled Sports has produced an Adaptive Archery Instructor Manual. Designed as a complement to the USA Archery coach’s certification, this manual will explain the various teaching techniques and adaptations required to help integrate an athlete with a disability into a new or existing archery program.

To view a pdf version of the manual or to request your copy, visit disabledsportsusa.org/training-manuals.
Shawn Cheshire, served in the Army for eight years as a helicopter armament systems mechanic. In 2009, following her service, she began losing her vision as a result of a head trauma suffered while working as an EMT in upstate New York. As her vision deteriorated she was introduced to adaptive sports by her VA therapist. This summer, after years of hard work, she competed as part of Team USA as a cyclist in Rio in both the time trials and road races. Shawn uses Nordic skiing as a cross-training for her cycling and is gearing up to potentially become a two-sport Paralympian as she looks towards South Korea in 2018.

ON HER FIRST ADAPTIVE SPORTS EXPERIENCE
After I lost my job because of my vision loss, I pretty much hid in my house for six months. My VA representative dragged me to a running group pretty much against my will. I ran my first tethered 10-mile run in May of 2012 on a very hilly course. It was totally exhilarating.

ON TRAINING
This is my job. I train six days a week. Three days one on one with my trainer for muscle and strength training. It is a challenge. Losing your vision is such a drastic life change. Cycling gives me a focus to get out of bed every day. It gives me a focus and a motivation.

ON STAYING MOTIVATED IN THE OFF-SEASON
During the long winters in upstate New York it is easy to get unmotivated. There are only so many days you can ride your trainer bike. That’s why I took up Nordic skiing. It allowed me to get out and compete and use so many of the same muscles I use in cycling. It’s such a thrill to try out a new sport and have even more success and expand my horizons even further.

ON FINDING THE PERFECT STOKER
It revolves around trust and teamwork. I’m the little engine on the back and I have to trust my pilot. The ultimate goal is to really work as one even though we’re two people. You really want to work as a team. It’s either going to make or break your relationship. I really like MacKenzie both on and off the bike which is pretty important. It’s been an incredible match.

ON ACCOMPLISHMENTS
I made the U.S. Team in less than four months and made it to Rio and those are great, but for me it’s about making the decision every day to do this. About getting out of bed and not quitting. Giving it 110% even when I have my hard days and things are tough. Losing your vision is not the easiest thing in the world to adjust to. I don’t let it stop me in any way. In some ways, I live more now than I did when I had sight.

ON WHY SHE COMPETES
My ultimate goal was always to make the Rio team and race. Not just to race, but to compete against the best in the world. If I’m going to do this, I’m going to do it all the way.

ON REPRESENTING THE USA AGAIN
As a military athlete, I think being a part of Team USA is maybe more memorable. We all come at this having wanted to serve our country and having lost the ability to do so, which is why this experience is so valuable. It was so exciting to wear the team colors and have so many people cheering for us, both during the events and at the Opening and Closing Ceremonies. There’s nothing like it.

ON FOLLOWING YOUR PASSIONS
You’ve got to love what you do, otherwise you’re going to quit when it gets hard. When I have my hard days and things are tough, it helps to remember that this is what I love.
As a part of Disabled Sports USA’s ongoing commitment to providing free adaptive sports programming to severely injured veterans and members of the armed forces, we offer the following programs free of charge through our 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 20 to find your nearest chapter and see what programs are available in your area.

ARIZONA
October-November
Veteran Fall Programs
Arizona Disabled Sports – Mesa
Handcycling, Kayaking
arizonadisabledsports.com

CALIFORNIA
Ongoing
Winter Military Programming
Achieve Tahoe – Squaw Valley
Alpine Skiing, Snowboarding, Snowshoeing
achieveathlete.org

COLORADO
Ongoing
Winter Military Programming
Ignite Adaptive Sports – Eldora Mountain
Alpine Skiing, Nordic Skiing, Snowboarding, Snowshoeing
igniteadaptivesports.org

IDAHO
Ongoing (Thursdays)
Swim Program
Aquability – Boise
Swimming, Aquatics
aquability.org

MAINE
January 27-30
Veterans No Boundaries
Maine Adaptive Sports and Recreation – Newry
Alpine Skiing, Nordic Skiing, Snowshoeing, Snowboarding, Maineadaptive.org

MARYLAND
Ongoing
Walter Reed Swimming Program
Disabled Sports USA – Rockville Swimming
warfightersports.org

MINNESOTA
January 24-29
Military Winter Sports Camp
Baltimore Adaptive Recreation and Sports – Baltimore
Alpine Skiing, Snowboarding
barsinfo.org

NEW HAMPSHIRE
January 20-23
STARS and Stripes Heroes Camp I
Steamboat STARS – Steamboat
Steamboat, Alpine Skiing, Snowboarding, Yoga
steamboasta.com

NEW YORK
January 9-13
New England Winter Sports Clinic
New England Healing Sports Association – Sunapee
Air Rifle, Alpine Skiing, Kayaking, Sled Hockey, Snowboarding, Wheelchair Basketball, Yoga
nehsa.org

OREGON
January 20-22
Heroes in Sisters
Oregon Adaptive Sports – Bend
Alpine Skiing, Nordic Skiing, Snowboarding
oregonadaptivesports.org

TEXAS
Ongoing
BAMC Wheelchair Basketball Team
Disabled Sports USA – San Antonio
Wheelchair Basketball
warfightersports.org

UTAH
February 2-12
Warfighter Sports Winter Sports Camp
Common Ground – Logan
Alpine Skiing, Snowboarding, Sled hockey
cgadventures.org

WEST VIRGINIA
March 2-5
Warfighter Sports Family Ski Weekend
Challenge Athletes of West Virginia – Snowshoe
Alpine Skiing, Snowboarding, cawsports.org

NATIONALWIDE
Ongoing
Paddling Sessions
Team River Runner – Nationwide Locations
Paddling, Stand-Up Paddleboarding
teambirr.com

NATIONWIDE
Disabled Sports USA – San Antonio
Scuba
warfightersports.org

Please visit our website or contact your nearest chapter for more information on these programs and others available in your area.
WARFIGHTER SPORTS EVENTS

DAILY LESSONS AVAILABLE AT TWO TOP ADAPTIVE SPORTS FOUNDATION – MERCERSBURG, PENNSYLVANIA

This year marks Two Top Mountain Adaptive Sports Foundation’s ninth year teaching skiing and snowboarding at Whitetail Resort in Mercersburg. After a short 60-day season last year, we are all hoping for a late November opening and a mid-April closing.

We are an easy day trip from Baltimore and Washington, D.C. Our daily Warfighter Sports Program allows our athletes and their family members to come back as often as possible. All lessons and lodging are free for Warfighters and their families.

On Feb. 1-5, we will host our fifth annual Adaptive Adventures week. In addition to volunteer training, we are planning lessons and clinics for our Warfighters every day that week. Any disabled veteran or active-duty wounded are welcome to attend our Ski Camp.

Lessons are available daily by reservation only. For more information and to make a reservation, contact Bill at 717-507-7668 or bill@twotopadaptive.org.

WINTER PADDLING WITH TEAM RIVER RUNNER – VARIOUS LOCATIONS, NATIONWIDE

Winter is a time for indoor and snowsport activities, and most Team River Runner (TRR) chapters in colder areas of the nation continue paddling indoors as well. Paddling in pools is a great way to improve skills, stay in paddling shape, and keep connections with paddling comrades from the warmer months.

Most TRR Chapters also play kayak football in their pool programs, a sport that is growing in popularity nationwide. TRR hosts two pool-based kayak football tournaments, one at Walter Reed National Military Medical Center in March and another at the University of Maryland TRR Chapter.

Disabled veterans can find one of our 55 chapters in their community and contact them to get involved with paddling activities. We encourage nonveterans with disabilities to look up their local chapter as well because chapters with the appropriate resources are able to accommodate these individuals, often with veterans as their instructors.

Look up your closest chapter at www.TeamRiverRunner.org.

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.

© 2015 American International Group, Inc.
Works well with others

We believe amputees should not be limited by compatibility. That’s why we engineer our Motion Control Utah & Hybrid Arms to easily integrate with i-limb and bebionic hands and COAPT Complete Control.
Nordic skiing, unlike its downhill equivalent, is accessible to far more athletes and areas of the country as it doesn’t require as much snow, winter or mountains. All you need are Nordic skis and a trail map.

“Whether you are interested in a fun family activity, a sport you can enjoy for a lifetime, or the intense physical challenge that can come with competition, Nordic skiing is a great fit,” says Eileen Carey, U.S. Paralympics Nordic Skiing Head Coach. “Many of our athletes also love the fact that it is one of the only things they can do to get out in the woods independently and fully self-powered.”

**TYPES OF NORDIC SKIING**

For many athletes, Nordic skiing is a recreational sport that involves a more leisurely pace allowing the skier to enjoy the outdoors and chat with friends along the trail. For more competitive athletes, races are an all-body cardio workout and extremely challenging activity. Nordic skiing can also be used as a great cross-training activity for summer sports like running or cycling. No matter why you’re out on the trail, Nordic skiing takes on three main forms.

**Classic Skiing:** Classic skiing involves kicking and gliding in a forward-leaning motion. Classic Nordic ski tracks are deeply groomed, thinner tracks that run parallel to each other.

**Skate Skiing:** Skate skiing tracks are more widely groomed than classic tracks. The skate skiing motion moves the skis forward in a V pattern, similar to rollerblading or ice-skating.

**Backcountry Skiing:** For athletes with a bit more experience, backcountry skiing is typically done in more remote locations like a state or national park instead of at a Nordic center. This type of Nordic skiing is done off of groomed trails and the individual skier, or the leader of the group, is actually breaking the trail instead of sticking to pre-cut trails as in classic and skate skiing.

Just because winter is here doesn’t mean you can’t enjoy the outdoors. With cooler temperatures and snow across the country, now’s the perfect time to try Nordic skiing.
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.
GETTING PREPARED
Before you head out, call your local Nordic center. Most will be able to provide rentals and beginner lessons for stand-up skiers. If you need sit-ski equipment, Carey recommends reaching out to see if a local Disabled Sports USA chapter or Paralympic Sports Club offers Nordic skiing or can provide rental equipment for the day.

Not sure what to wear? “Dress for being very active,” says Carey. “The biggest mistake first-timers make is wearing the same clothing they might wear to downhill ski.”

She recommends dressing like you would to go out for a run in the cold weather. Dress in several non-cotton layers that you can remove as you warm up. Without the assistance of a ski lift or gravity in Nordic skiing, you will warm up quickly as your entire body is working to propel you through the snow.

READY TO HIT THE TRAIL?
When you get to the Nordic center, the first thing you should expect is to meet your instructor and get your skis. Discuss with them your mobility level and any balance issues you might have as this will determine which ski type you use. At your first lesson, you can expect to learn some basic techniques including how to glide on the snow. The more you participate, the more naturally this “free speed” will come to you.

Stand-Up Skiers: Stand-up Nordic skiing independently requires the ability to walk and balance on one foot for a short period of time in order to glide through tracks. Athletes with arm amputations ski standing up without any prosthetic devices. They learn how to adjust their forward motion using only one (or no) pole to propel them forward. Athletes with single leg amputations can ski standing up wearing their prosthetic leg.

Visually-Impaired Skiers: Visually-impaired skiers will use stand-up skis, poles, and a guide. Guides often ski with a mic and speaker to give the athlete verbal commands. Guiding requires a large amount of trust between the guide and athlete to ensure they stay on course and at the proper speed throughout both the uphill and downhill sections of the course.

Sit Skiers: Athletes with spinal cord injuries, double leg amputations and some single leg amputees will use a sit ski, a piece of equipment with a seat mounted on top of two fixed skis. Sit skiing requires a lot of upper body strength and Carey recommends that beginners get assistance pushing, especially on uphills. “It is a unique motion,” says Carey. “Sit skiers who like a challenge will be better off exploring more terrain and getting a little help when they need it, rather than staying in a small flat area.” The sit ski should fit snugly to the skier, and the design of the ski will vary depending on the level of injury. It is best to contact your local adaptive sports organization to find out what ski might best fit your body before heading out on your first lesson.

STAYING SAFE ON THE TRAIL
Remember that Nordic skiing involves the elements and that weather conditions can change quickly. Always pack enough warm clothing, even if you have to remove a couple of layers after you get going. Nordic skiers should always have at least one other person with them when starting out. If you’re planning on going out for a longer trek, make sure you take a trail map, water, and a snack. Pack like you’re going out for a long hike.

Carey emphasizes focusing on your hydration, especially because cooler temperatures may not make it top of mind. “Remember that you may not be thirsty, but you still need to hydrate. This is especially important at altitude,” she cautions.

RACING
Not satisfied with casually trekking through trails, enjoying the serenity of nature? Consider racing. At the Paralympic level, Nordic ski races vary in distance from one kilometer sprints to the longer 20 kilometer endurance event for stand-up skiers and one kilometer sprints and 15 kilometer endurance distances for sit skiers.

At the Paralympic level, races are split into Standing, Sitting and Visually-Impaired classes with skiers racing against others with similar ability levels. Standing skiers have the option of skiing classic style or skate style, whereas sit skis are designed to fit into the deeper classic style tracks.

If you’re interested in racing, U.S. Paralympics has a list of events that they update regularly throughout the winter at teamusa.org/us-paralympics/sports/Nordic-skiing/events.

AN ADDED CHALLENGE
If you want to add another challenge to your race, consider adding the element of rifle shooting and you’re now participating in the sport of biathlon. Governed by the same National Governing Body as Nordic skiing, biathletes carry a rifle on their backs as they ski the course. Racers must stop at designated spots along the course, calm their heart rate enough to aim true and shoot at targets with a rifle.

Sprint biathlon races have athletes ski three 2.5 kilometer loops. In between loops, athletes shoot at five targets. Missed targets result in athletes having to ski an extra length of course prior to their next loop. Distance competitors ski the same loop five times, stopping between each loop to shoot at the target. Missed shots in distance races result in a one-minute penalty being added to the racer’s finish time.

Standing and sit-ski racers use an air rifle with pellets while visually-impaired athletes shoot an electronic rifle that allows them to aim by listening to a set of tones. The closer the rifle is to the center, the higher the tone.

FINDING YOUR TRAIL
If you’re ready to explore the outdoors on skis, consider reaching out to your local Disabled Sports USA chapter to see if they offer Nordic ski lessons. More than 20 chapters across the country provide lessons throughout the winter. To find the one closest to you, visit disabledsportsusa.org/location-map and type ‘Nordic’ into the search bar.

Your hometown Nordic center or Paralympic Sport Club is also a great resource. To find a club in your hometown visit teamusa.org/us-paralympics/sports/Nordic-skiing/find-a-club.

Have questions about how to get involved in Nordic skiing or competition? Email Carey and her team at uspnordic@gmail.com.

Thank you to U.S. Paralympics for providing content and photos for this article.
Are you a youth (13-24) interested in Paralympic competition? Disabled Sports USA and NASTAR are excited to once again partner to offer expanded race opportunities for athletes across the country. NASTAR is the largest public grassroots ski racing organization in the United States, allowing ski and snowboard racers the unique opportunity to participate in a race at any mountain with a NASTAR course and compare their times to athletes nationwide. Racers participate within their age, gender and disability groups in order to earn points and win medals. Disability groups include stand-up, sit-down, visually impaired and intellectual disability.

Disabled Sports USA is offering a scholarship to qualified athletes to assist with participation in the 2017 NASTAR Championships, March 23-26 in Steamboat, Colorado.

Scholarship winners will receive an award of up to $500 for travel expenses, registration fees, etc. to attend the NASTAR Championships. They will also earn admission to the two-day adaptive race camp in Steamboat, Colorado, leading up to the National Championships.

To qualify for the scholarship, athletes must:
• Qualify for NASTAR Nationals (qualification deadline is Presidents Day, Feb. 20, 2017)
• Complete full registration through NASTAR.com
• Have a disability and ski or ride independently
• Not be a current member of the U.S. National Adaptive Ski Teams
• Be a U.S. National, age 13-24

Scholarship applications will be available via disabledsportsusa.org in January 2017. For more information please contact, Kyleen Davis, kdavis@dsusa.org or 240-268-0237.
ALABAMA
Lakehouse Foundation
Birmingham, AL 35209
lakehouse.org
205-313-7400

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

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

Southeast Alaska Independent Living
Juneau, AK 99801
salilc.org
907-586-4920

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

CALIFORNIA
Achieve Tahoe
Truckee, CA 96182
achievetahoe.org
530-581-4161

Adaptive Sports and Recreation Association
San Diego, CA 92195
adaptiveportsandrec.org
619-336-1806

Amazing Surf Adventures
San Luis Obispo, CA 93406
amazingsurfadventures.org
805-544-7873

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

Central California Adaptive Sports Center
Shaver Lake, CA 93664
centralcaladaptive.org
559-593-2504

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
949-460-6969

Discovery Blind Sports
Kirkwood, CA 95646
discoveryblindsports.org
209-258-2233

Shasta Disabled Sports USA
Mount Shasta, CA 96067
shastadaus.org
530-925-1531

U.S. Adaptive Recreation Center
Big Bear Lake, CA 92315
usarc.org
909-584-0289

Wheels to Water
Los Angeles, CA 90039
wheelstower.com
608-514-3843

COLORADO
Adaptive Action Sports
Copper Mountain, CO 80443
adas.org

Adaptive Adventures
Lakewood, CO 80215
adaptiveadventures.org
303-679-2770

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

Adaptive Sports Center of Crested Butte
Crested Butte, CO 81224
adaptepsports.org
970-349-2296

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

Breckenridge Outdoor Education Center
Breckenridge, CO 80424
boec.org
970-453-6422

Challenge Aspen
Snowmass Village, CO 81616
challengeaspen.org
970-925-0578

Colorado Discover Ability
Grand Junction, CO 81502
colorodiscoveability.org
970-257-1222

Foresight Ski Guides, Inc.
Vail, CO 80828
foresightskiguide.org

Golf 4 The Disabled
Englewood, CO 80110
golf4thesabled.org
303-221-1184

Ignite Adaptive Sports
Boulder, CO 80308
igniteadaptesports.org
303-506-6738

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

Steamboat Adaptive Recreational Sports
Steamboat Springs, CO 80477
steamboastars.com
970-870-1950

Telluride Adaptive Sports
Telluride, CO 81435
tellurideadaptesports.org
970-728-5010

Visually Impaired and Blind Skiers
Colorado Springs, CO 80923
coloradoribes.org
719-337-0161

CONNECTICUT
Chapter 126 Sports & Fitness, an Oak Hill Center
Bristol, CT 06010
chapter126.com
860-769-7047

Leaps of Faith Adaptive Skiers
Sandy Hook, CT 06482
leapsoffaithadapteskiers.com
203-426-0666

Sports Association of Gaylord Hospital
Wallingford, CT 06492
gaylord.org/Home/WhyGaylord/SportsAssociation.aspx
866-429-5673

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

GEORGIA
Athens Inclusive Recreation and Sports, Inc. (AIRS)
Athens, GA 30605
airs-ga.org
703-353-7483

BlazeSports America
Norcross, GA 30093
blazesports.org
404-270-2000

IDAHO
Adaptive Wilderness Sports of McCall
(AWsOME!) McCall, ID 83638
awesomeidaho.org
208-315-4725

AquAbility
Boise, ID 83705
aquability.org
208-336-1876

Higher Ground Sun Valley
Ketchum, ID 83340
highergrounndsv.org
208-726-9298

Recreation Unlimited, Inc.
Boise, ID 83706
recreation-unlimited.org
208-345-6262

ILLINOIS
Adaptive Adventures
Elk Grove Village, IL 60007
adaptiveadventures.org
847-679-2770

Dare2tri
Chicago, IL 60611
dare2tri.org
312-857-5000

Great Lakes Adaptive Sports Association (GLASA)
Lake Forest, IL 60045
glasa.org
847-282-5908

Rehabilitation Institute of Chicago
Chicago, IL 60611
ric.org
312-238-5001

INDIANA
Special Outdoor Leisure Opportunities
South Bend, IN 46610
kislochimichiana.org
269-244-8016

Turnstone Center for Disabled Children and Adults, Inc.
Fort Wayne, IN 46805
turnstone.org
260-483-2100

IOWA
Adaptive Sports Iowa
Ames, IA 50010
adaptepsportsiowa.org
888-777-8881 x115

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

KENTUCKY
United States Driving for the Disabled, Inc.
Georgetown, KY 40324
usddf.org
810-516-6560

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

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

MARYLAND
Baltimore Adapted Recreation and Sports
Sparks, MD 21152
barsinfo.org
410-227-7386

Bennett Institute
Physically Challenged Sports Program of Kennedy Krieger
Baltimore, MD 21211
kennedykrieger.org
443-923-7844

Chesapeake Region
Accessible Boating
Annapolis, MD 21409
crabailing.org
410-266-3722

Soldiers Undertaking Disabled Scuba (SUDS)
Bethesda, MD 20810
sudsdiving.org
202-341-9750

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

MASSACHUSETTS
AccesSport America
Acton, MA 01720
accessportsamerica.org
978-264-0985

MICHIGAN
Cannonsburg Challenged Ski Association
Ada, MI 49301
skicsa.org
616-847-3060

Michigan Adaptive Sports
West Bloomfield, MI 48323
michiganadaptesports.com

MINNESOTA
Courage Kenny Sports and Recreation
Minneapolis, MN 55408
couragecenter.org
612-775-2277

U.S. Electric Wheelchair Hockey Association
Minneapolis, MN 55427
powerhockey.com
763-535-4736
LEARN TO SKI FOR FREE WITH THE ADAPTIVE SPORTS ASSOCIATION
– DURANGO, COLORADO

For the past 33 years, Adaptive Sports Association (ASA) has been providing life-changing experiences for people with disabilities. During the winter months, we run a ski and snowboard school based at Purgatory Resort in Durango. At the heart of our winter programs are learn-to-ski scholarships.

Learn-to-ski scholarships include transportation to, from, and around Durango, lodging, most meals, lift tickets, private lessons, and equipment rentals. The typical scholarship recipient stays for five days, with four days of one-on-one snowsport instruction. ASA offers instruction in traditional 2-track skiing, 3- and 4-track skiing, snowboarding, mono-skiing, bi-skiing, ski-biking, and more.

Ideal candidates are people with a physical disability and/or progressive disease who are new to adaptive skiing, are able to travel to Durango, and will help spread the word about ASA’s program within their communities. We also have programs designed specifically for injured service members.

For more information about specific programs, visit www.asadurango.com. Contact Ann Marie Meighan at 970-259-0374 or Annmarie@asadurango.com for information about learn-to-ski scholarships, individual or group lessons.

EAGLE MOUNT BOZEMAN TO HOST MONO SKI CAMP
– BIG SKY, MONTANA

Eagle Mount Bozeman will be hosting its inaugural all-abilities Mono Ski Camp March 20-23 at Big Sky Resort. Whether you’re a beginner mono-skier or an expert, we have the instructors and terrain to challenge and guide you. Take your skiing to the next level while experiencing the Biggest Skiing in America® on your own terms. Instructors are Eagle Mount expert mono-skiers and stand-up instructors, experienced in helping mono-skiers move through everything from the basic beginner progression to tackling the powder and steeps off the tram. Come experience spring skiing in Big Sky Country.

For more information on fees, what’s included, and to sign up for the camp, contact Chad Biggerstaff at cbiggerstaff@eaglemount.org, 406-539-0725 or visit www.eaglemount.org/monoski.
TRY NEW ACTIVITIES THIS WINTER WITH CHALLENGE ASPEN – ASPEN, COLORADO

In the same way we individualize experiences for each person, Challenge Aspen can create an itinerary of indoor and outdoor activities that are sure to engage everyone in your group. At Challenge Aspen, we welcome everyone to participate regardless of their ability or skill level. We encourage groups and individuals to get on the slopes and then socialize with others in a variety of après-ski activities. Challenge Aspen will provide the support needed for everyone to enjoy a winter adventure.

Camps include skiing or snowboarding lessons for all participants. Challenge Aspen’s lessons are taught by Aspen Skiing Company instructors who are certified in Professional Ski Instructors of America adaptive disciplines. Lessons are also assisted by Challenge Aspen adaptive apprentice pro’s, buddies, and volunteers. In addition, Challenge Aspen will coordinate lodging, meals and après-ski activities customized specifically for your group. Additional activities can include: snowmobile tours and snowshoe tours, snow tubing, a trip to Glenwood Hot Springs or Aspen Art Museum, sleigh rides, ice skating, bowling, dog sledding, and music therapy.

For more information, visit www.challengeaspen.org or contact Deborah Gravelle at 970-923-0578 or deb@challengeaspen.org.

COMMON GROUND OUTDOOR ADVENTURES WINTER PROGRAMS – LOGAN, UTAH

Common Ground Outdoor Adventures in Northern Utah provides year-round outdoor recreational opportunities for youth and adults with disabilities. Starting in December, ongoing winter activities will include indoor rock climbing, snowshoeing, Nordic skiing and ice fishing. January through March our adaptive ski program will head to Beaver Mountain Ski Resort in Logan twice a week. Our wide range of adaptive equipment and great staff will ensure that everyone can get out on the mountain. We’re even building a new lodge to help grow our program. All activities will start as soon as weather permits.

In February, we’ll take 20 people to Jackson Hole, Wyoming, for a dog sledding trip. Participants will stay at Teton Science School in Teton National Park for snowshoeing and Nordic skiing. The trip finishes with a dog sledding race: The Jackson Hole Iditarod.

Other winter trips include climbing, adaptive skiing, and camping trips to National Parks in the West and our special trip for veterans with disabilities. All trips are adapted to meet the needs of all abilities, and accessible airport shuttles are available from Salt Lake City to Logan. Equipment, meals (during trips), and transportation from Logan are included in the cost. Scholarships are available to persons who are low income.

For more information or to find out about future programs, visit www.cgadventures.org or contact us at 435-713-0288 or programs@cgadventures.org.

BACKCOUNTRY POWDER CAMP WITH DREAM ADAPTIVE RECREATION – WHITEFISH, MONTANA

Dream Adaptive Recreation and Great Northern Powder Guides are proud to present a unique adaptive backcountry experience Feb. 11-17. Every day on the Cat you will get 12,000 vertical feet/day and 10 runs/day. It is you, your buddies, and an awesome snow machine doing hot laps of our finest snow. Miles deep into the Montana wilderness, this is a true backcountry experience.

In this week of Cat-Skiing/Snowboarding Camp, you will receive professionally guided backcountry skiing/ snowboarding service, an avalanche safety training session, along with all the amenities and hosting that cater to powder enthusiasts with disabilities. On every run, we also offer a low skier/ rider-to-powder host ratio to assist you in the deep stuff as needed. It was 18 inches deep last year!

This camp is for independent intermediate to advanced skiers and riders. Powder and advanced terrain experience is required, but no backcountry experience necessary. Limited spaces are available and the $800 program fee includes seven nights lodging, most meals and local ground transportation.

For more information, contact Cheri DuBeau Carlson at 406-862-1817 or ccarlson@dreamadaptive.org.
EAGLE MOUNT BILLINGS WINTER PROGRAMS – BILLINGS, MONTANA

For more than 25 years, Eagle Mount Billings has been providing empowering recreation opportunities for kids and adults with disabilities. Our winter programs consist of adaptive alpine skiing, snowboarding, Nordic skiing, and an aquatics program. We provide alpine skiing and snowboarding in two separate four-week sessions at Red Lodge Mountain Ski Resort taught in a safe and supportive environment with our trained staff and volunteers. Our Nordic ski program consists of one session at the Red Lodge Nordic Center. Watch our calendar for announcements on clinics and other events.

New this winter is our aquatics program. We will be providing multiple swim sessions, which provide a fun opportunity to get in the water and get moving. Whether you are a seasoned swimmer or just starting to get your toes wet, we understand your needs and will work with you at your skill level.

For more information, contact Eagle Mount Billings at 406-969-2949 or visit www.eaglemount.us.

HIGHER GROUND SUN VALLEY READY FOR BUSY WINTER SEASON – SUN VALLEY, IDAHO

At Higher Ground Sun Valley (HG), there is an excited buzz among our staff as we prepare for HG adaptive snowsports programs for the 2016/17 season.

At HG, we enhance quality of life through inclusive therapeutic recreation and education for people of all abilities. HG winter programming primarily consists of, but is not limited to, alpine skiing, snowboarding, sled hockey, and Nordic skiing. Designed and executed by our staff of certified recreational therapists and snowsports instructors, each program helps our participants build physical and social skills they can use in every aspect of their life. We offer structured adaptive snowsports activities to local children and out-of-town guests, including retired and active-duty service members, children, and adults. HG programs give individuals with physical and cognitive disabilities the opportunity to experience recreation and the outdoors without limitations.

This year HG is offering the 3rd Annual Paralympic Youth Ski Camp, Jan. 5-8, with Paralympic medalist and coach, Lacey Heward. This camp is for youth who have an interest in pursuing Paralympic competitions in the future. HG will continue our snowsports programming for the Idaho School for the Deaf and Blind (ISDB), and also four individual week-long Military Snowsports camps.

Additionally, HG snowsports instructors and volunteers will be able to pursue Adaptive Alpine Ski Instructor certifications through Professional Ski Instructors of America - Northern Intermountain division (PSIA-NI); clinics and exams will be offered at Sun Valley resort and Bogus Basin resort in Boise.

For additional program dates and descriptions, visit www.highergroundsv.org or contact Adaptive Snowsports Manager Lilly Davies at lilly@highergroundsv.org or 208-726-9298.

STARS SKI AND RACE CAMPS – STEAMBOAT SPRINGS, COLORADO

STARS (Steamboat Adaptive Recreational Sports) offers alpine and Nordic skiing, snowboarding, ski-biking, and snowshoeing in beautiful Steamboat Springs. Come out and experience all Steamboat has to offer while enjoying one of our specialty camps. STARS is ready to challenge your skiing abilities in two camps for youth.

In addition to daily programs, STARS will host several camps for specialized populations. Our NASTAR camp, March 21-22, for adaptive skiers ages 13-24 will focus on race techniques, in-depth movement analysis, and proper waxing and equipment to prepare for the NASTAR Nationals race. The STARS of Tomorrow Kids Camp is a three-day multi-sport camp offering participants the opportunity to try sled hockey, Nordic skiing, wheelchair basketball, and alpine racing while being taught by skilled instructors. Additional winter highlights include the All Mountain Camp for adults with physical disabilities, two STARS & Stripes Heroes Camps, and the STARS Mountain Challenge.

For more information, visit www.steamboatstars.com/programs.
WELLS FARGO SKI CUP WILL BE FEBRUARY 24-26 – WINTER PARK, COLORADO

The National Sports Center for the Disabled (NSCD) will celebrate its 42nd Annual Wells Fargo Ski Cup Feb. 24-26 in Winter Park. The Wells Fargo Ski Cup is the longest running professional ski race in the United States and serves as a signature fundraiser for the NSCD.

The weekend event will be filled with three main races. The Corporate Challenge will kick off the weekend with skiers and snowboarders from 33 corporate teams racing against each other for bragging rights and various prizes. A NSCD competition center athlete will race on each team to help raise funds for training costs for the 2018 Paralympics. The Kids Snowplow Sprint will follow where kids ages 5-12 will race the same course as the professionals and will be joined by various sports team mascots. The weekend will conclude with the World Disabled Invitational where professional athletes from around the world will compete for various prizes in a race unlike any other. The weekend will also be filled with a silent auction, tubing event and a ski pledge drive, all benefitting the NSCD.

For more information, pricing and registration questions, visit www.tellurideadaptivesports.org or contact Tim McGough at 970-728-3865 or programs@tellurideadaptivesports.org.

EXPAND YOUR HORIZONS WITH TELLURIDE ADAPTIVE SPORTS SKI CAMP – TELLURIDE, COLORADO

Join the Telluride Adaptive Sports Program (TASP) among the legendary slopes of the Telluride Ski Resort. With everything from winding cruisers with breathtaking views to extreme chutes and steeps, the Expand Your Horizons! Ski Camp caters to all desires and styles. This year’s camp will take place Feb. 26-March 3 and is designed for intermediate to advanced level skiers with disabilities offering opportunities to expand your skill base, comfort level, and exposure to unique terrain and training.

Participation in Expand Your Horizons! includes four days of skiing with TASP’s instructional staff and five nights of lodging.

For more information on these or other winter programs, visit www.discovernac.org.
JOIN THE BART ADAPTIVE SPORTS CENTER FOR WINTER AND SPRING PROGRAMS – PERU, VERMONT

Fourteen years ago, the Bart J Ruggiere Adaptive Sports Center began offering ski and snowboard lessons at Bromley Ski Resort in Peru. Whether you are looking to learn or enhance your skiing or riding abilities, the Bart Adaptive Sports Center has the latest in adaptive equipment. Reservations are required. Lessons are conducted by volunteers who are trained by a PSIA Education staff trainer, and we are always looking for new volunteers to join our team.

This season we are adding race training Tuesday through Friday, working on skills, tactics, and gate training geared toward intermediate and advanced skiers to enhance their racing skills.

Our annual Wounded Military Heroes Weekend to honor military men and women will be Jan. 27-29. This exciting event includes lodging, two full days on snow, and a wonderful dinner and gala in the evening. For more information on participation, tickets or sponsorship, contact Nancy Hurley at hurley1128@comcast.net.

For more information, go to www.bartadaptive.org or contact us at 802-824-6849 or programs@bartadaptive.org.

WATERVILLE VALLEY ADAPTIVE SPORTS PREPARES FOR EXCITING WINTER SEASON – WATERVILLE VALLEY, NEW HAMPSHIRE

Waterville Valley Adaptive Sports is revving up for a wonderful ski season as the winter after an El Nino generally makes for more snow. Waterville Valley offers new trails to explore as Phase 1 of the Green Peak expansion is under way. We have recently purchased some new sits skis and are excited to get those out on the hill.

We look forward to hosting clients from Spaulding Rehab for a day on the slopes in both February and March. In collaboration with Loon and Bretton Woods, the Warfighters Sports weekend in March is always a spectacular weekend for both the Warfighters and instructors. The Waterville Valley community also warmly welcomes the Warfighters along with their families and friends. Let’s get skiing!

For more information or to register for programming, visit www.watervilleadaptive.com.

SPORTSABILITY TALLAHASSEE TO BE HELD APRIL 6-8 – TALLAHASSEE, FLORIDA

Enjoy everything from rock climbing to sit water-skiing, kayaking, tennis, scuba, and much more at the 27th Annual SportsAbility Tallahassee hosted by Florida Disabled Outdoors Association. The program will be held April 6-8 from 10 a.m. - 3 p.m. SportsAbility provides people of all ages and abilities, their family/friends, hands-on recreational activities to improve overall wellness at no cost thanks to community support and sponsors. Special recognition will be given to participating veterans for their service.

Participation in recreation leads to a more active lifestyle, thus improving health and wellness. According to program participant and veteran, David Lowe, “Over the past 15 years, SportsAbility has given me many opportunities. After I had my accidents, participation in Florida Disabled Outdoors Association programs helped rebuild my strength and my personality.”

To register, become a sponsor, or for more information go to www.fdoa.org or contact the Florida Disabled Outdoors Association (FDOA) at info@fdoa.org or 850-201-2944.
NEW SCHOLARSHIP OPPORTUNITIES AT NEW ENGLAND DISABLED SPORTS – LOON MOUNTAIN, NEW HAMPSHIRE

After a summer of growth and success, including our new rock climbing and archery programs, New England Disabled Sports (NEDS) is looking forward to a stellar winter with two new scholarship opportunities. Scholarships include lodging, some meals, private instruction, lift tickets, and equipment rentals for two days.

First, we are excited to introduce adaptive snowsports to individuals who have never participated in our program thanks to a generous donation from the Brait Builders Corporation’s Golf Tournament. Ideal candidates are people living with Autism Spectrum Disorder who are new to NEDS and will help spread the word about our program within their community.

Secondly, NEDS will host a Sports for Life event March 3-5 thanks to a donation in memory of Herb Katz by the Katz Family and Fenandina and Friends Group. Sports for Life aims to immerse new

winter participants in a three-day adaptive sporting experience, through active engagement, educational instruction, and resource sharing. Ideal candidates are people of any age living with a physical or developmental disability.

For more information or to apply for scholarship, contact us at 603-745-9333. Space is limited.

MAINE ADAPTIVE TO HOST 6TH ANNUAL NEVI-FEST AT SUGARLOAF MOUNTAIN RESORT – CARRABASSETT VALLEY, MAINE

Are you an athlete with blindness or a visual impairment? Maine Adaptive Sports & Recreation invites you to our 6th Annual New England Blind and Visually-Impaired Ski Festival, known as NEVI-Fest. Thanks to the generous support of Sugarloaf Mountain Resort, children and adults can learn to ski and ride or perfect their skills during three days of lessons. This year’s NEVI-Fest will be Feb. 13-15, allowing for three days of skiing at a time when the snow in Western Maine is at its peak.

Lessons, equipment, lift tickets, an opening pizza party, and a closing banquet are provided free of charge. Athletes attending are also able to try Nordic skiing at the Sugarloaf Outdoor Center. Evening events allow for ample time to socialize and experience the fun of après-ski activities. Attendees are responsible for their lodging, food, and transportation costs.

Maine Adaptive also invites volunteers with experience as blind guides and instructors to join us for NEVI-Fest. Volunteers receive housing and meal assistance. On Feb. 12, Maine Adaptive will offer a full day of training with an experienced PSIA-E/AASI examiner to familiarize you with the mountain and sharpen your own skills.

For more information about participating or volunteering, contact Maine Adaptive at info@maineadaptive.org or 800-639-7770.

Disabled Archery and Rifle Hunts Available!

• Deer Archery Hunts.
• Elk and Deer Rifle Hunts.
• All hunting expenses are paid (food, lodging, game processing).
• Additional financial assistance available.

Wyoming Disabled Hunters – Call: 307-899-0790
www.wyomingdisabledhunters.org
**CHAPTER EVENTS EAST**

**BE A PART OF THE 10TH ANNUAL USABA WINTER FESTIVAL WITH VERMONT ADAPTIVE SKI AND SPORTS – KILLINGTON, VERMONT**

Vermont Adaptive Ski and Sports will host upwards of 30 athletes from across the country who are blind or visually impaired at Pico Mountain Resort, Feb. 10-13. Athletes will learn to ski and race at the 10th Annual United States Association of Blind Athletes (USABA) Winter Ski Festival, hosted by Vermont Adaptive.

For a decade, USABA and Vermont Adaptive have worked together to coordinate an event where participants who are blind and visually impaired can participate in alpine skiing, snowboarding and Nordic skiing. The event continues to be the largest annual gathering of skiers in the U.S. who are blind and visually impaired. In some cases, this will be a participant’s first time skiing without sight.

Saturday and Sunday will be filled with alpine skiing at Pico Mountain Resort with the option to participate in Nordic skiing at Mountain Meadows Cross Country Ski Area. Saturday will also see participants given the opportunity to try air rifle with an auditory rifle system, the same system used for Paralympic biathlon competitions. No matter the lesson, Vermont Adaptive’s team of highly-trained instructors will work with attendees to improve their skills.

For more information or to register, visit www.usaba.org.

**CHAPTER EVENTS CENTRAL**

**START 2017 OFF RIGHT BY JOINING A SPORTABLE PROGRAM – RICHMOND, VIRGINIA**

Sportable will host its annual Registration Expo Jan. 14. Come out to our office at 1365 Overbrook Road in Richmond to meet our coaches, fill out yearly paperwork and discover all of the sports that Sportable has to offer! We guarantee that you’ll walk away inspired to complete your new year’s health resolution.

Sports you can sign up for include: basketball, swimming, rowing, rock climbing and 10K training. Our youth and adult basketball programs run Thursday evenings starting Jan. 12 through April 6. Swimming practices occur every Wednesday evening from Feb. 8 through April 6. Get yourself ready for a spring race with our 10K training starting Feb. 4 and running through April 1. Get out and rock climb twice a month in February and March and once the weather gets a little warmer consider rowing with us on Mondays from March 20 through June 12.

For more information, contact info@sportable.org.

**WINTER ACTIVITIES ABOUND WITH GREAT LAKES ADAPTIVE SPORTS ASSOCIATION – LAKE FOREST, ILLINOIS**

The Great Lakes Adaptive Sports Association (GLASA) offers the following special events and programs for the upcoming season: adaptive CrossFit, powerlifting, goalball, and sled hockey. GLASA also partners with local colleges to offer goalball and sled hockey. The goalball program is with the Northern Illinois University goalball players to collaborate on training and recruitment of additional players for tournament play. Lake Forest College is looking forward to hosting the annual sled hockey game between GLASA’s teams against Lake Forest College’s men’s and women’s hockey teams on Jan. 29. The GLASA Falcons sled hockey team welcomes new players throughout the season.

GLASA provides a continuum of Paralympic and adaptive sports year-round serving the greater Midwest and beyond. Visit www.glasa.org or contact Cindy Housner, chousner@glasa.org.
JOIN DISABLED SPORTS EASTERN SIERRA THIS WINTER – MAMMOTH LAKES, CALIFORNIA

Disabled Sports Eastern Sierra/Paralympic Sport
Mammoth Lakes is looking forward to a fabulous winter season. With indications of an early winter and a calendar full of Paralympic outreach camps we are excited about programming to military and civilian athletes of all ages including alpine skiing, Nordic skiing, biathlon training, snowboarding, and more. Mammoth Mountain Ski Area opening day is Thursday, Nov. 10. We will be offering winter lessons daily as appropriate terrain is available.

Our Nordic offerings include two Paralympic outreach camps. Each camp is open to military and civilian athletes of any age, with the second camp aimed at higher level athletes to help build upon skills learned throughout the winter.

Alpine ski offerings also include two Paralympic outreach camps, one open to all athletes with a fun race to wrap up the event and another open to mono-skiers at all levels. This is a great opportunity to work with other mono-skiers and to learn from some of the best!

January 23-27 – Wounded Warriors Operation Mountain Freedom Camp
February 8-12 – Alpine Ski & Race Camp
February 12-14 – Nordic Paralympic Camp (all skill levels encouraged)
March 3-5 – Monoski Madness Camp
March 15-19 – Biathlon Camp (intermediate Nordic skiing skills required)

Space is limited so apply early. To apply for any of these camps or for more information about our daily programming, contact Maggie Palchak, 760-934-0791.

ACHIEVE TAHOE CELEBRATES 50 YEARS WITH EXCITING WINTER PROGRAMS – TAHOE, CALIFORNIA

Achieve Tahoe is entering its 50th year of providing outdoor recreational opportunities for individuals of all ages and abilities. Last year brought record-breaking numbers through our snowsports program, and we are looking forward to another epic season. We will be offering lessons every day this winter beginning Friday, Dec. 16. Achieve Tahoe can accommodate lessons of all disciplines at Alpine Meadows, Squaw Valley, and Northstar resorts, some of the top ski resorts in the nation.

Our annual Military Sports Camp will be Jan. 24-28. Approximately 40 wounded veterans and their guests will become fully immersed in the Tahoe experience while skiing and participating in a variety of activities. At the end of the week, our guests will participate in the exciting Ability Bash.

Consider joining us in our season-long fundraising effort in the Ability Challenge! It is a fun, easy way to get involved that concludes with an inclusive interactive day on the slopes Saturday, April 1.

For general questions or to book a lesson reservation, contact Marina Gardiner, Guest Services Coordinator, at 530-581-4161 x 206.
USARC READY FOR POWDER POWER! – BIG BEAR LAKE, CALIFORNIA

The United States Adaptive Recreation Center (USARC) is readying for a snowy winter of providing adaptive winter sports lessons on the slopes of resorts in Big Bear Lake. Ski and snowboard lessons are offered seven days a week from early December through March, with minor exceptions. For ambulatory participants, snowshoeing is available when conditions permit.

With many staff and volunteers possessing PSIA certification and as a member school of the Professional Ski Instructors of America (PSIA), the USARC utilizes standardized adaptive teaching techniques and a wide array of adaptive equipment from many contemporary and classic manufacturers.

With the large population base surrounding the USARC and the high demand for its services, it is recommended that interested participants contact the USARC well before winter begins. Lessons are available on a reservation basis only for either a full-day or half-day. In addition to private instruction, equipment, and lift ticket, every lesson includes a partial scholarship in its low cost. Groups of 10 or more from facilities/organizations serving people with disabilities may qualify for lower rates.

For information, please contact the USARC at 909-584-0269 or mail@usarc.org, or check out the website at www.usarc.org.

WINTER PROGRAMMING WITH CENTRAL CALIFORNIA ADAPTIVE SPORTS CENTER AT CHINA PEAK MOUNTAIN RESORT – FRESNO COUNTY, CALIFORNIA

Come enjoy winter adventures with the Central California Adaptive Sports Center (CCASC) at China Peak Mountain Resort. CCASC is open Thursday through Sunday, 9-5, during the ski season (usually late November through April). Reservations are recommended but not required. CCASC has activities for all ability levels and interests, including stand-up skiing, sit-skiing, cross-country skiing, snow-biking, snowshoeing, and mountaineering. Veterans ski free. Half and full day snowsports lessons are available.

For more information, visit www.centralcaladaptive.org or contact Randy Coffman at randy@centralcaladaptive.org or 559-583-2504.
**FILLAUER’S ABSOLUTE PRE-FLEXED SUSPENSION SLEEVE**

The Absolute Pre-flexed Suspension Sleeve from Fillauer optimizes comfort, durability, and range of motion. The sleeve is made of thermoplastic elastomer and alleviates posterior bunching when the knee is flexed. Available in multiple sizes and your choice of beige or black, contact your prosthetist today to see if the Absolute Pre-flexed Suspension Sleeve is the right choice for you! Visit www.fillauer.com.

**MOTION CONTROL’S NEXT GENERATION ETD2**

A U.S. Department of Defense grant, awarded to Motion Control of Salt Lake City, Utah, funded development of a new Electric Terminal Device and wrist system.

For many in U.S. 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 ETD is in field trials, and should be available for pre-order in late 2016.

For more information contact Motion Control, a division of Fillauer, at 888-696-2767 or info@UtahArm.com.

**OTTObOCK’S HARMONY P3 PUMP VACUUM**

The P3 Pump is for active people with lower limb amputations who want a precise socket fit for confident movement all day long. Working with other Ottobock feet it creates an optimal limb environment while offering shock absorption and can accommodate people up to 275 lbs.

To learn more about Ottobock’s Harmony P3 Pump Vacuum and other products, visit www.ottobockus.com or speak to your prosthetist today.

**PRO-FLEX® IS MORE THAN A FOOT - IT’S A FAMILY**

All Pro-Flex® feet from Össur feature a unique 3-blade design with a footblade that incorporates a full effective toe lever and a more anatomical split toe. This innovative design helps generate exceptional toe-off energy and a fluid, natural progression from heel strike to toe-off. Learn more about the Pro-Flex family at www.ossur.com/proflex.

**SIDEKICKS™, THE NEW MULTI-AXIAL STUBBIE FEET**

College Park’s Sidekicks are the first adjustable stubbie feet for bilateral, above-knee amputees. With natural anatomical ankle motion, Sidekicks flex and plant in real-world environments for the ultimate balance and stability. The feet encourage muscle activity to assist in the rehabilitation process, which can be especially helpful when the goal is a transition to microprocessor knees. Also sold as a single unit and certified safe for water use, Sidekicks can be used by unilateral amputees for adaptive sports, like surfing or rock climbing. The robust multi-axial ankle and small, treaded platform provide unlimited possibilities. Learn more at college-park.com.

**TRS GRIP 5 PREHENSOR COMBINES HIGH FUNCTION, EFFICIENCY**

The GRIP 5 is TRS’ newest prehensor developed over five years of design and testing. The Grip 5 is the future of body power technology combining high function and efficiency.

Bob Radocy, competing for the Delft Institute for Prosthetics & Orthotics (DIPO) Team, won the CYBATHLON Bionic Arm Competition. Wearing an arm prosthesis equipped with a voluntary closing TRS GRIP 5 Prehensor, Radocy swept the competition, winning the gold medal in both the semi-finals and finals with perfect scores. www.trsprosthetics.com
Össur congratulates all Team Össur athletes and Össur Ambassadors on their inspiring performance at the Paralympic Games in Rio.