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Students With Disabilities Entitled to Sports Participation

Recently, the U.S. Department of Education (DOE) released an advisory letter providing direction and guidelines to encourage and expand opportunities for primary and secondary students with disabilities to engage in extracurricular sports. The premise for this advisory was based on schools’ responsibilities under Section 504 of the Rehabilitation Act of 1973, which mandates that any entity receiving federal aid must provide reasonable accommodations to individuals with disabilities.

Since every public primary and secondary school receives some type of federal aid, this advisory has far-reaching potential. It could eventually spur action at the local level paving way for the kind of sports opportunities that were made available to females under Title IX.

This advisory primarily addresses club, intramural, or interscholastic sports such as track and field, basketball, baseball, and volleyball, among others. It is not addressing physical education (PE) classes during the regular school curriculum. Again, in theory, students with disabilities should already be provided PE opportunities as part of their Individualized Education Program under the Individuals with Disabilities Education Act (IDEA).

There are limitations to this advisory directive from the DOE. Students with disabilities must not be judged by disability generalizations and stereotypes, and must be given an equal opportunity to try out and qualify for the existing competitive teams in their respective schools. However, no rules have to be changed to accommodate an athlete if changes affect the fundamentals of the program or sport. If there can be no reasonable accommodations, schools may create parallel opportunities for the disabled student, like wheelchair basketball as an alternative sport opportunity. Finally, not all sports must be made accessible. Schools can pick and choose which ones they introduce.

This is what may be possible. But for now, this advisory may be the START to opportunities in sports at the elementary and secondary levels in schools. Currently, at least 12 states, including Maryland, are offering some type of extracurricular sport for students with disabilities. The efforts only apply to a few sports and sometimes the efforts are fragmented and provide minimal real opportunity, but they are a start and can be looked on to model other programs.

For instance, Maryland, as the result of a landmark legal case in which Disabled Sports USA joined as a “friend of the court,” does offer competitive sports opportunities for students with disabilities. Track and field has been basically adopted and adapted in most county programs (Maryland has a strong county vs. city government structure), which results in some meaningful competition. However, beyond that, most Maryland counties can pick and choose what they offer. So one county might have a wheelchair basketball program, one an adaptive soccer program and so on. This makes it difficult to hold statewide competitions with meaningful participation in any one sport.

We hear about resources as an obstacle when these types of initiatives are proposed. Often, local and state governments are challenged with the U.S. Congress sending out “unfunded mandates” that the localities then need to deal with but with no funding from the feds. This is a legitimate concern, particularly with school districts that are experiencing reduced funding.

It is important to understand that there are cost-neutral ways to deal with this challenge while providing children with disabilities opportunities to play sports. For instance, utilizing existing competitions to create an adaptive sports competition by using the same facilities, staff and officials. In track and field, lanes or heats can be added to existing meets to allow athletes with disabilities to compete in a separate timed category. Swimming can and does often follow the same model. Utilizing the two-bounce rule for adaptive tennis also allows for competitive play for those with mobility challenges. Sponsoring a wheelchair basketball team that uses existing courts will help to reduce costs. Slots can be set aside on ski race courses for adaptive skiers utilizing the golden rule of skiing by the U.S. Skiing Association. Wrestling can adapt to allow constant contact between a blind wrestler and his or her opponent as is already done in competitions.

The involvement of community programs such as those conducted by DSUSA chapters and other adaptive sports programs like wheelchair basketball leagues can help to use the existing adaptive sports infrastructures to expand opportunities and keep costs down. Additionally, our adaptive sports community organizations can assist in educating and training coaches and trainers in adaptations and proper approaches to the advisory. After 45 years of providing adaptive sports programming, we know adaptations, we know disabilities, and we know where to go for adaptive equipment and how to adapt rules.

Again, this advisory letter is just the beginning, but it is an important one. All community adaptive sports programs, including DSUSA and its chapter network, now need to get down to the real work of making this dream a reality and help the many thousands of students with disabilities in our over 98,000 elementary and secondary schools throughout the nation discover the power of sports!

Kirk Bauer, JD
Executive Director, Disabled Sports USA, Inc.
Trijicon Incorporated’s Logo Guidelines

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  - R: 238
  - M: 95
  - G: 50
  - Y: 100
  - B: 36
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  - M: 0
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Kirk Bauer Receives Soldiering On Award

Kirk M. Bauer, JD, U.S. Army retired, was honored at the 2013 Soldiering On Through Life Trust Awards ceremony, held in London, England. The awards are a moving evening of heroic stories of members of the military overcoming their adversity and who are still soldiering on. Bauer received the International Award, which honors service outside the United Kingdom. He was nominated for the award by BLESMA (British Limbless Ex Service Men’s Association.) Bauer has a long association with BLESMA and has included BLESMA in DSUSA events, including The Hartford Ski Spectacular, since 2005.

In Memory of our Friend Jack Benedick: Adaptive Skiing Pioneer, Paralympic Champion

Our friend Jack Benedick, a former president of Disabled Sports USA, passed away March 19, 2013. He was truly one of the pioneers of disabled skiing and he played a large part in the development and success of disabled competition.

Jack, often referred to as “Action Jackson,” became an amputee from a landmine explosion during the Vietnam War. During his rehabilitation at Fitzsimmons Army Hospital, he was introduced to adaptive skiing. Still on active duty until his retirement in 1978, he remained dedicated to the cause of adaptive ski racing.

Through his tenure as competition director for the National Handicapped Sports Association (now Disabled Sports USA) he organized and directed the National Disabled Ski Championships and created and administered the national race circuit for disabled alpine racers. Jack himself continued to race, participating in the World Disabled Alpine Championships and the 1980 and 1984 Paralympics, where he won a silver medal. He also won two bronze medals in the 1986 World Championships.

Working closely with the United States Ski Association (USSA), the modern day U.S. Disabled Ski Team (USDST) was created in 1986 under the banner of the U.S. Ski Team. In the 1988 winter Paralympics in Austria, the USDST won four medals in the alpine giant slalom.

But Jack wasn’t satisfied. He persistently lobbied the Federation Internationale de Ski (FIS), the international racing federation for nondisabled ski racers, to recognize ski racing for those with disabilities, and stepped up his role with the International Paralympic Committee.

In 2006, the IPC recognized him with the presentation of the Paralympic Order. Already a member of the Disabled Ski Hall of Fame, he was further recognized with his induction into the National Ski and Snowboard Hall of Fame in 2010 and presented with its highest award, the Ski and Snowboard Hall of Fame Medal of Honor.

Jack was a dear friend to many in adaptive sports and beyond and we will greatly miss him.
CALLING ALL CHAPTERS

For Training and Education

To further our commitment to chapter development, the Adapt2Achieve Regional Educational Conferences provide DSUSA chapters training to help improve the safety and effectiveness of their community programs. The following two events are a continuation of this series. Interested chapter representatives should contact rmueller@dsusa.org.

WHAT: Team River Runner/Adapt2Achieve: Leadership and Paddle Sports Conference
WHEN: June 2-6, 2013
WHERE: Garrett College in Deep Creek, Maryland
WHY: Paddle sports training and certifications and nonprofit administrative seminars and continuing education credits.

WHAT: Adaptive Development Conference in collaboration with the National Ability Center
WHEN: Mid-September
WHERE: Park City, Utah
WHY: Adaptive sports training, nonprofit management best practices, and networking

Chapters also joined together on Lake Zoar, May 17 for USA Water-Ski training, hosted by Leaps of Faith Disabled Water-Skiers and Northeast Passage, sponsored by Adapt2Achieve.

Attendance at the Adapt2Achieve conferences are free for the first two members of each chapter and additional conference fees are held to a minimum. Space is limited so don’t wait to register!

Summerfest Activities For All

Disabled Sports USA and its chapter network are warming up for Summerfest. With over a quarter of a million dollars distributed to chapter events and programs across the nation, DSUSA is extending its reach and impact in hundreds of communities.

This summer, thanks to the support of the WellPoint Foundation and the May & Stanley Smith Foundation, DSUSA is able to serve thousands of youth with disabilities who may not have had the financial means to participate in sports and recreation activities before. DSUSA also will be adding support and emphasis on adaptive instructor training programs. All of this will take place in addition to a full calendar of Warfighter Sports programs and opportunities for veterans and members of the armed forces with disabilities.

For more information and to view a calendar of events visit www.disabledsportsusa.org.
TRAINING AND CERTIFICATIONS FOR ADAPTIVE SPORTS INSTRUCTORS AND COACHES

Fielding a team of trained staff, volunteers, instructors and coaches is key to the success of every adaptive sports program. Northeast Passage at the University of New Hampshire, with support from the Bob Woodruff Foundation and cooperation from Disabled Sports USA and US Paralympics, is examining how the adaptive sports industry prepares staff and volunteers to work with individuals who have disabilities. As a first step, a list of sport specific national organizations has been compiled that offer some form of adaptive instruction or certification for coaches, instructors and/or volunteers. Below is the list of training opportunities currently available.

ADAPTIVE ELEMENTS INTEGRATED INTO STANDARD COACHING WORKSHOP

Archery
Contact: USA Archery
www.teamusa.org/usa-archery/certification

Fencing (Wheelchair)
Contact: United States Fencing Coaches Association
www.usfca.org/Certification/About.aspx

Hockey (Sled)
Contact: USA Hockey
www.usahockey.com/players/sled.aspx

Judo
Contact: USA Judo
www.teamusa.org/USA-Judo/Coaches.aspx

Racquetball (Wheelchair)
Contact: USAR - USA Racquetball
http://usr.org/Programs/InstructorCertification/
AbouttheProgram.aspx

Rowing
Contact: US Rowing
www.usrowing.org/DomesticRowing/Coaches/
CoachingEducation.aspx
(integrated at level III only)

Scuba
Contact: HSA – Handicapped Scuba Association

Shooting
Contact: NRA – Disabled Shooting Services
http://training.nra.org/training/become-an-instructor.aspx
(integrated in general coaching certification level I)

Table Tennis
Contact: USA Table Tennis
www.teamusa.org/USA-Table-Tennis/Coaching/
Coaching-Courses.aspx

Tennis (Wheelchair)
Contact: USPTA – US Professional Tennis Association
MenuGroup/New-USPTA-Education.htm

Volleyball (Sitting)
Contact: USA Volleyball
http://www.teamusa.org/USA-Volleyball.aspx
(integrated at level III)

ADAPTIVE CERTIFICATIONS

Adaptive Aquatics and Adaptive Physical Education
Contact: AAPAR – American Association for Physical Activity and Recreation
www.aahperd.org/aapar/programs/workshops/
Online-Adapted-Aquatics-Instructor.cfm

Equestrian
Contact: PATH International Therapeutic Horsemanship
www.pathintl.org/resources-education/certifications

Golf
Contact: Adaptive Golf Academy
www.adaptivegolfacademy.com/Coach_Training.php

Paddling (Canoe & Kayak)
Contact: ACA – American Canoe Association
www.americancanoe.org/?page=Courses_Adaptive

Quad Rugby
Contact: United States Quad Rugby Association
www.quadrugby.com/referees

Skiing and Snowboarding
Contact: Professional Ski Instructors of America – American Association of Snowboard Instructors
www.thesnowpros.org/BeaSkiorSnowboardInstructor/
PSIAASINationalStandards.aspx

Swimming
Contact: ASCA – American Swim Coach Association
www.swimmingcoach.org/services/certification.htm

Waterskiing
Contact: USA Waterskiing
http://shop.usawaterski.org/collections/
instructional-materials/products/
level-1-adaptive-water-ski-certification-program

Additional research on training adaptive sports providers is being conducted in the coming months. If you have questions or additional information related to trainings please contact Cara.carr@unh.edu.
TRI-ING IT: Nine athletes from DSUSA Chapter Gaylord Hospital’s Sports Association AdaptiAthletes Training Program participated in the Dave Parcells Madison Triathlon. This was the first triathlon event in Connecticut to host a ParaTriathlon Division thanks to the months-long collaboration between the AdaptiAthletes Program Committee of the Sports Association, the Greater Hartford YMCA and the Madison Jaycees. Scott MacDonald, David Alejandro, and Tom Branchaud each completed the entire triathlon. There were also two relay teams: Team 1 was made up of Russ Curtis (swim), Erin Spaulding (bike) and Chris Nunez (racing chair). On Team 2 were Brett Sloan (swim), Tony Allegretti (bike) and John Redfield (run).

The competing athletes, who have disabilities ranging from paraplegia to visual impairment, completed a 16-week training program with support from coaches, guides and volunteers. Informational workshops on strength and conditioning, and sports nutrition were provided, and individual training plans were established.

Prior to the start of the race, the swim leg was cancelled due to the high surf making the event a duathlon (run, bike, run). Russ Curtis and Brett Sloan were not able to swim; however Sloan did one of the run legs of the course. So they would not miss out on the opportunity to compete in the event they trained for, it was set up so that both athletes were able to complete the swim leg in another triathlon in Connecticut the following weekend.

HEARNE LEadersHIP AWARD: Anjali Forber-Pratt received the Paul G. Hearne Leadership Award from the American Association of People with Disabilities (AAPD) at a gala awards ceremony and dinner March 5 at the Ronald Reagan Building and International Trade Center in Washington, D.C.

Forber-Pratt is an athlete representative on DSUSA’s Board of Directors, a Paralympic medalist and coauthor of an educational children’s coloring book about disabled athletes, “Color Learn & Play: All About Sports for Athletes with Physical Disabilities.” Her focus for the next three years will be designing a “two strand” speaker’s series for schools and other organizations that serve underrepresented populations; as well as working with inpatients at rehabilitation hospitals.

IN MEMORY OF DON BACKE: Don Backe, 77, founder of the Chesapeake Region Accessible Boating (CRAB), passed away after a prolonged illness in April. Founded in 1991, CRAB, a chapter of DSUSA, provides opportunities for physically and developmentally challenged individuals, and for people who otherwise couldn’t afford it, to boat on the waters of Chesapeake Bay. Backe himself was physically disabled, a wheelchair user since 1987 as a result of an automobile accident. A passionate sailor before the accident, he was able to return to the sport and made it his mission to inspire others with disabilities to do the same. In January, he was awarded the 2012 Old Pulteney Maritime Heroes Award for his work leading CRAB. The honor was bestowed at US Sailing’s 2013 National Sailing Programs Symposium in Clearwater, Fla.

CHAMPIONS OF CHANGE AWARD: Dawn Halfaker, president of the board of directors of the Wounded Warrior Project, was honored by the White House among 14 other women veterans as Champions of Change. A graduate of the United States Military Academy, Halfaker was seriously injured during a combat patrol near Baghdad. Halfaker participates in WarriorGames programs since her injury. Her company, Halfaker and Associates, operates worldwide providing information technology, operational security, program management and logistics solutions for government organizations on global and national issues.

IPC SCIENTIFIC AWARD: Dr. Rory Cooper has been elected as the recipient of the IPC’s Paralympic Scientific Award and will receive the honor at the VISTA2013 Conference in Bonn, Germany, in May.

The award is given to an academic researcher for his or her contributions to research in the field of sports for persons with a disability.

Cooper is the founding director of the Human Engineering Research Laboratories at the University of Pittsburgh and has contributed to the Paralympic Movement as an athlete, coach, event organizer, and sport scientist.

He has worked to create and evaluate new sports technologies, advancing equipment used in wheelchair racing, handcycling, wheelchair tennis, and seated throwing events.

Cooper, a U.S. Army veteran, was a bronze medalist in the wheelchair racing relay at the Seoul 1988 Paralympic Games and is known for his involvement in the National Veterans Wheelchair Games.
14th Annual Endeavor Games at UCO

The University of Central Oklahoma (UCO) Endeavor Games for athletes of all ages and classifications will be held June 6-9. All activities are held in Edmond, Okla., at UCO, Edmond North High School, or the Lake Arcadia Outdoor Adventure Recreation Center.

Competitions include: archery (indoor/outdoor), cycling, powerlifting, wheelchair basketball 3-on-3 (adult/jr.), sitting volleyball, shooting, table tennis, track and field, and for the first time paratriathlon.

Clinics include: ambulatory/wheelchair track and field, archery (outdoor), cycling, powerlifting, sitting volleyball, shooting, and triathlon transitions.

For more information on disabilities, sanctioning, and classifications of individual sports offered at the Endeavor Games, and to register for competitions and clinics, visit www.UCOEndeavorGames.com or contact Leigha Pemberton at (405) 974-3160.

The Endeavor Games is endorsed or sanctioned by U.S. Paralympics, Disabled Sports USA, and Wheelchair Sports USA.

Wichita’s Wheelchair Sports Announces Events

The Wheelchair Sports Inc. Kansas Adaptive Cycling Omnium is slated for May 31-June 2. It is a Level 3 race in the U.S. Handcycling Series and is sanctioned by USA Cycling.

Entry fee is $30 for each race or $75 for three races. This includes the Saturday evening social and dinner, snacks and drinks at the races, and the awards dinner Sunday.

Register online at www.wcsports.org. Accommodations are at the Fairfield Inn and Suites, 525 S. Main Street, Wichita, located a few minutes bike ride to the Riverfest Crit start line. Racers are instructed to make their hotel reservations with James Watson at james_watson@wcsports.org or (620) 218-3133.

The 2013 Air Capitol Classic Wheelchair Tennis Camp will be June 12-14 with the tennis tournament June 14-16 at the Ralph Wulz Riverside Tennis Center, 551 Nims St., Wichita. Camp plus tournament fee is $125; tournament only entry fee is $50.

Camp registration is June 12 from 5-6 p.m. and tournament registration is June 14 from 11 a.m.-1 p.m.

For more information, e-mail gradylandrum@gmail.com, nickryantaylor@yahoo.com, or visit www.wcsports.org.

USOC and Cycling without Limb-its will be in Wichita to conduct a Paracycling Talent Clinic June 22 from 5-7 p.m. and June 23 from 8 a.m.-4 p.m. USOC Track and Field will be conducting a Talent Clinic on June 22 from 8 a.m.-4 p.m. Details for these scheduled events are still in progress.

eX8 in Texas June 14–15

Extremity Games Motocross will be May 25 at Baja Acres, Millington, Mich. Divisions include AMP and PARA.

Extremity Games 8 (eX8) Main Event, will take place June 14-15 at the Texas Ski Ranch in New Braunfels, Texas. Competitions and instructional clinics featured include skateboarding, rock climbing, mountain biking, wakeboarding, and kayaking. Exhibitions include mixed martial arts and powerlifting.

For Extremity Games competition details, locations, accommodations and event schedule, please visit www.extremitygames.com or call (248) 829-8353.
Dare2tri Paratriathlon Training Camp

Dare2tri Paratriathlon Club will be hosting its 3rd annual Dare2tri Paratri Training Camp in Pleasant Prairie, Wis., June 7-9. The camp is open to all levels of paratriathletes and athlete’s ages 16 and older, including beginners. The camp is a great opportunity for athletes to challenge themselves, learn new skills, meet other athletes with disabilities, set and reach new goals, and have fun. There is a great camaraderie surrounding the camp as all the athletes, regardless of their ability level, are working hard to improve themselves and become stronger, faster, and smarter.

One athlete from last year’s camp recalled, “I knew the weekend was going to have an impact on me, I just did not know how life changing it could be.”

The camp will include clinics in swimming both in the pool and in the open water, cycling, running/pushing, nutrition, transition and functional strength.

All clinics are lead by USAT certified coaches, current and past Paralympians, national team members, and national and international team coaches.

Dare2tri will provide handcycles, racing wheelchairs, tandem bikes and other adaptive equipment for those athletes who don’t have their own.

The camp will conclude with a mini triathlon for a practical and real opportunity to put their new skills into practice in a safe and controlled environment. Many of the camp attendees cross their first ever finish line during this triathlon and are forever changed.

The cost for the camp is $300/athlete. This includes the registration fee, lodging, most meals, access to the adaptive equipment and Sunday’s race. Scholarships are available. The camp will start at 10 a.m. Friday and conclude by 1 p.m. Sunday.

More information is available at www.dare2tri.org or by contacting Keri Schindler at Keri@dare2tri.org.
Warfighter Sports, a program of DSUSA, offers sports rehabilitation for severely wounded warriors in major military hospitals and communities across the U.S. in partnership with DSUSA chapters. Warfighter Sports rebuilds lives through sports by improving self-confidence, promoting independence and uniting families through shared healthy activities.

DSUSA Partners with Bob Woodruff Foundation in Hosting Three Open Days

Disabled Sports USA’s Warfighter Sports program will host three Open Days this spring at sites across the country. Aimed at introducing wounded warriors to adaptive sports organizations in their communities, the Open Days will bring together a number of community partners, wounded warriors and military staff, allowing all stakeholders to gain a better grasp of what activities are happening locally. In addition to the Open Day, adaptive sports trainings have been scheduled for each site to ensure long-term participation in sports and recreation.

More than 50 different community partners have been invited to the three Open Days, held March 8 at Fort Eustis and April 3 at Naval Medical Center San Diego. The next Open Day will be May 17 at the Tampa VA.

The Open Day project is made possible thanks to a grant from the Bob Woodruff Foundation.

River Access Granted to DSUSA Chapters

In 2013, DSUSA chapters will again be enjoying the most sought after stretches of Utah rivers, thanks to a continuation of the memorandum of understanding between the Bureau of Land Management and Disabled Sports USA.

The focus of the memorandum is to provide river access to wounded military and veterans. A total of seven trips will be run on the Colorado River (Westwater Canyon), San Juan and Green (Desolation and Grey section) Rivers, serving as many as 77 service personnel. Participating chapters this year include: Adaptive Sports Association, Adaptive Sports Center of Crested Butte, Breckenridge Outdoor Education Center, Colorado Discover Ability, Common Ground Outdoor Adventures, and Team River Runner.

Hood to Coast Relay

For the fourth consecutive year, DSUSA’s Warfighter Sports team will participate in the Hood to Coast Relay. The overnight race, whose well deserved moniker is the “mother of all relays,” takes place Aug. 23-24 and spans 199-miles between Timberline Lodge, 6,000 feet above sea level on Mt. Hood, and the beach town of Seaside, Ore. Team Warfighter Sports will be one of over 1,000 teams on course and will be made up of severely injured service members and veterans; each member will be running three segments of the total distance.


Bottom: Robert Bayer, Shawn, Michael Bayer and Phyllis Ferguson.
Q&A with Marathoner Don Balcom

Navy veteran Don Balcom is a member of Team Warfighter Sports and participated in the Hood to Coast Relay, San Diego Tennis Camp and the Bataan Memorial Death March. Balcom was born with a degenerative disease affecting his eyes. He is legally blind but his prognosis is total vision loss. He is hooked on running and will be traveling to the 2013 Desert Challenge Games in Arizona to be classified for track and field.

How long have you been doing distance races? What motivated you to get involved in running?
DB: My first running race was the 2012 Hood to Coast Relay. Back in late 2011, I was watching a program about the Ironman Championships in Kona and thought a triathlon would be fun to compete in. I then began running to lose weight, get into better shape, and begin training for a future triathlon. After being invited to Hood to Coast by DSUSA and competing, I was hooked on running and have competed in nine races (one relay, four 5k’s, one 5-miler, one 10k, and two marathons). I competed in my first distance race over seven miles at the Lower Potomac River Marathon in Piney Point Md. at which I qualified for the 2014 Boston Marathon.

How does the Bataan Memorial Death March differ from other running events you’ve competed in?
DB: Bataan was a very unique race. All of my training and races have been on paved roads or on a treadmill at fairly low elevations and relatively flat terrain. The Bataan race over the high hills, desert and sandy trails provided a great and challenging race experience. Also, the reason for the race in honoring and remembering the Bataan survivors added a special environment. Most of my previous races were in small venues with less than 200 participants and very few spectators. It was a real treat to run in a race with 5,000 plus participants and the huge crowd cheering us on.

This was your second marathon in one week. Do you feel that had an impact on Bataan race day?
DB: Competing in two marathons in a week definitely impacted my performance at Bataan. My legs were not completely recovered from the previous week and I could definitely feel it during the race, especially on the ascents. It took about half of the race for the tight parts of my legs to loosen up. By the time they did, other areas were getting tired from compensation.

This was your first time running with Kenny Burd (guide), and Kenny’s first time guiding at all. How did you two work together? What sort of communication did you have prior to and during the race?
DB: Kenny and I worked very well together. Bataan was the first race other than the Hood to Coast where I had a guide. We discussed how he could guide me prior to the race, but since neither of us had much experience with guides, we decided we would wing it and figure it out as we ran. We made a very conscious effort to start out front to make sure I was not in a crowd, which is difficult with my severely limited peripheral vision. At the beginning of the race, we ran side by side. Eventually, we decided that Kenny running in front of me worked out better. He stayed about 10 feet ahead and made sure to verbally point out obstacles such as holes, loose sand, rocks, curbs, and other runners. Having the guide really reduced the stress I normally have during a race in that I didn’t have to worry about missing turns or running into or tripping over items, especially in a trail/off-road race.

Do you think you will do Bataan again? If so, is there any way you will adjust your training (now knowing what to expect)?
DB: I would love to do Bataan again. There are a few ways I will adjust the training and approach. The first is I most likely will not run a marathon the week prior to Bataan. The second is a lot more training in preparation. I only had 10 weeks of marathon training before my first marathon. Most marathon specific training plans are 10-16 weeks minimum. Both of these changes should help me be more competitive and place much higher overall. I am very competitive and my goal is to win the civilian light division.

What was your favorite aspect of the Bataan event?
DB: I found the overall atmosphere to be the best. To run the event with other members of Team Warfighter Sports and military personnel made for a great atmosphere. It was surreal hearing all of the cheers and support as I ran the course. The views were amazing also.

What was your least favorite aspect of the Bataan event?
DB: I wish I could have had more time to explore the area. I had never been to New Mexico before and would have liked more time post race to see the sights.

Any advice for future Bataan runners/marchers?
DB: Train, train, train! This is a very hard event and it requires adequate and appropriate training. Also, make sure you are properly fueled and hydrated before the race and maintained through the race. It is also important to train with the equipment you will be using during the run/march. As with any distance race, nothing new on race day.
AIG Winter Summit

In March, the AIG Winter Summit hosted 13 Warfighter Sports athletes and 5 youth for a 4 day race camp including 2 days of giant slalom racing at Stowe Mountain Resort in Vermont. The AIG Winter Summit has become one of the must-attend National Race Camps for athletes with hopes to represent the United States at the Paralympics in Sochi, Russia in March 2014.

Clockwise From Top Left: Josh Elliott, Lexie Jordan and guide Patrice Grande; Lacey Heward, former Paralympian and event coach; Warriors with their hosts John Doyle and Peter Eastwood; Members of the Marine Corps attending: In back, Greg Bradford, Michael Spivey, Trey Humphrey, Jon Lujan, and Jason Haag. In front, Josh Elliott, Todd Morand, and Axle, Haag’s service dog.
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PARACANOE READIES FOR PARALYMPIC DEBUT

BY CYNTHIA MARSH

GLIDING OVER ROLLING WAVES, CUTTING SILENTLY THROUGH FLAT WATER, OR RACING WITH A TEAM IN A NATIONAL COMPETITION, CANOEING AND KAYAKING HAVE SOMETHING TO OFFER EVERYBODY FROM FIRST TIMER IN A BOAT TO PARALYMPIC ATHLETE.
Often no adaptations are necessary for paddling equipment; however, accommodations can be made to make a participant feel comfortable. With the right supervision, beginners can start paddling almost immediately. Individuals with at least one lower limb can learn how to control a kayak with foot-operated rudder controls; individuals with bilateral lower limb amputation/impairment can learn how to use paddle strokes to control direction of a kayak or va’a.

Outrigger canoeing offers competitive and recreational opportunities. An outrigger canoe is a long, thin canoe that is supported by an outrigger or “ama” that provides stability to the boat. It originated from the Polynesian islands and is commonly paddled in Hawaii and the Pacific islands because it can be paddled through ocean waves. To prevent a capsize (hull), canoes used in adaptive programs are rigged either in a double-hull catamaran configuration or the single hulls are rigged with the addition of a safety “ama” attached to the right side of the canoe. Double hulling is common and is a race category even in international sprint races. Cape Ability Outrigger Ohana, a chapter of DSUSA, started using the concept of the safety ama on its single hull boats in 1997 after seeing that sailing outrigger canoes use a secondary flying ama to prevent the boat from capsizing when turning. This is not commonly used by able-bodied paddlers.

"Outrigger canoeing is safe and fun and the equipment used is adaptable to accommodate people with disabilities from all five major disability groups – amputations, spinal cord injury, cerebral palsy, visual impairment, intellectual disability and ‘les autres (others)," says Jan Whitaker, President of Paralympic Sport Club, Western New York and Cape Ability Outrigger Ohana, Inc. (CAOO), West Henrietta, N.Y.

Whitaker also is a member of USA Canoe/Kayak Paracanoe Committee; chair of the United States Canoe Association Adaptive Paddling Committee; and USA Canoe/Kayak Paracanoe coach.

A NEW PARALYMPIC SPORT

For the first time, the Paralympics will include paracanoeing competition in the 2016 Paralympic Games in Rio de Janeiro. USA Canoe/Kayak is the National Governing Body for paracanoe and the Olympic sports of flatwater sprint and whitewater slalom. USA Canoe/Kayak is also the U.S. Member of the International Canoe Federation and the Pan American Canoe Federation. Bob Lally is the USA Canoe/Kayak Board of Director’s Chair.

“USA Canoe/Kayak is truly excited that paracanoe is now a Paralympic discipline," Lally said. “Our focus and goal over the next four years ramping up for the 2016 Paralympic Games are equal to all our other Paralympic disciplines and that is to compete and win on the world

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BOB BALK NAMED TO USA CANOE/KAYAK BOARD

Six-time Paralympian Bob Balk was named as the Athlete Representative for the Paracanoe discipline.

“We are honored to have Bob join us on our journey,” said Bob Lally, USA Canoe/Kayak Board of Director’s Chair. “His credentials are most impressive and we truly are fortunate to have him on our team and USA Canoe/Kayak has much to gain. Having Bob on our board representing our paracanoe discipline is a first for our enterprise. This is a glass ceiling breaking event and reflects powerfully on who we are as National Governing Body, our inclusiveness and transparency as we move forward and all the athletes we represent.”

CLASSIFICATIONS

Legs, Trunk, Arms (LTA) – Minimum physical disability – loss of three full fingers on one hand; amputation of tarsal/metatarsal of one foot/ loss of strength and range of motion of one limb (10 pts) or two limbs (15 pts); typically amputee, spinal cord injury S1, Cerebral Palsy Class 8.

Trunk and Arms (TA) – Cannot apply continuous and controlled pressure to the footrest due to significant weakness to the lower limbs; bilateral around knee amputations or significantly weakened lower limbs; typically spinal cord injury, Complete L3 or Incomplete L1, Cerebral Palsy Class 5.

Arms (A) – No trunk rotation, arms and shoulders only; Complete lesion T-12; Incomplete lesion T-10; Cerebral Palsy Class 4; Likely to have poor sitting balance – probably needs adaptive seat back with lateral supports with the higher lesions.
stage. Our main challenge is to grow our base and increase competitive participation. The more dedicated, competitive paddlers we have, the more dynamic the sport will become and with that we will start pushing the envelope on what the possibilities (i.e. world class performance) will be for our elite athletes. That being said, paracanoe gives opportunities for paddlers with physical disabilities to participate and compete at all levels (local club, national and international level). It goes without saying that the characteristics and attributes of water in itself are therapeutic. Our vision is to give all our disabled men and women the opportunity to paddle on our nations’ lakes, ponds and/or rivers. We believe once these athletes are on the water and they catch the Paddle Now!* fever, we can then begin to mentor, train, educate and coach like any other world class or college sport those paddlers who have the desire and heart to push their own boundaries.”

“Paddle Now! is the USA Canoe/Kayak’s national campaign to get people on the water with a paddle in their hand. It combines a variety of innovative ideas, programs, and events into a single primary objective for the sport – introduce more people to paddling. For more information visit www.teamusa.org/USA-Canoe-Kayak/PaddleNow.aspx.

**PADDLES AND BOATS**

Paralympic competition at this time consists of single person kayaks (K-1) and single person va’a (V-1) with one male and one female paddler in each of the three classification categories (See Classification Sidebar). Races are 200-meter flat water sprint races in lanes nine meters wide.

The K-1 is modeled on Danish Touring Class Rules and the same length as an International Canoe Federation (ICF) sprint boat; maximum length 520 cm. The K-1 allows steering rudders as well as deckig.

The V-1 consists of a rudderless hull and an ama (outrigger) connected by two ‘iako (spars). Ama can be on either side of the hull if design permits; maximum length 730 cm. Either sit-in or sit-on-top va’a may be used.

Both kayak and va’a racing boats are narrower than recreational boats to gain speed.

“Anybody who has balance issues might find it easier to select the V-1 because they have a stabilizing float on one side,” Whitaker said. “The ama is traditionally rigged on the left, but many of the V-1s are made so the ama can be switched to the right side for a paddler with a unilateral impairment.”

Va’a sprint racers use a bent shaft or angled paddles, which allow the body to be used in a more mechanically efficient manner.

“When paddling a va’a, the paddle is switched from side to side, based on the necessity to control the boat and travel in a straight line. For example, a paddler with quadriplegia or unilateral impairment can elect to stay on one side and use corrective strokes to keep it going straight,” Whitaker said.

Paracanoe kayak paddlers use the same carbon fiber wing paddles as their Olympic counterparts. The scooped and
twisted blade design provides a solid catch and then angles away from the hull throughout the stroke, allowing the paddler to use strong trunk rotation instead of just the arms.

**ADAPTATIONS**

There are many adaptations available to paddlers. “Seating is of prime importance in getting paddlers positioned correctly and safely,” Whitaker said. “Seats are available for V-1 and K-1 that provide support where needed – buttocks, back, pelvis, and torso.”

A resource Whitaker frequently consults is Kevin Carr, owner of Chosen Valley Creating Ability, and designer of adaptive paddling attachments. “In addition to seat adaptations, Kevin designed a socket attachment for paddlers with above-knee amputations,” she said. “For example, one of our paddlers has only four inches of residual limb, so we created a socket that fits over the side of the boat that she can slip into to enhance boat control and maximize performance. That’s important because when paddling, you are not just rotating from the shoulders but through the whole body and hips as well. So when she rotates her hips forward and her limb is in that socket, she can actually get some forward thrust when she strokes on her dominant side.”

“Paddlers with quadriplegia can hold themselves upright in the boat by using a spray skirt, a device that is worn around the waist using a gasket that seals out water. The “skirt” is the portion that goes from the torso to cover the cockpit to keep out water,” she said.

For upper-limb amputations or muscle weakness there are a variety of grip adaptations to keep the hand on the paddle, as well as allowing for a quick release when needed.

Other equipment suppliers of boats, paddles, and adaptations can be found in the Resources Sidebar, “Paracanoe – A New Paralympic Sport,” on the next page.

**TRAINING TO BE A COMPETITIVE PADDLER**

Making the transition from recreational paddling to elite player involves committing to intensive water and dry-land training year-round. In the summer, competitive athletes are concentrating on water time, doing boat handling skills, paddle technique, race tactics, and speed and speed endurance as well as interval training.

During the winter, athletes do weight training to work towards strength and muscular balance. Dry-land training also includes use of a stationary rowing machine, the Concept2 with an adaptor attachment that simulates single-blade paddling. Instead of a seat that moves backward with each pull, as in rowing, a stationary seat located in the back of the machine is used. Paddlers stroke with a regular paddle shaft, the bottom of which is attached to a rope that is fed through four rollers, allowing the connecting chains to go straight in and out of the ergometer. The paddler’s amount of work performed is measured, such as distance and stroke rate.

**READY TO START**

Individuals who would like to try paddling should go to dsusa.org or check with their local DSUSA chapter for paddling programs. Once a paddler wants to advance, they should become involved with flat water sprint clubs or contact USA Canoe/Kayak (paracanoe@usack.org) for help in locating a performance coach.

Whitaker said she is currently recruiting paddlers, even those with no racing experience. “The clock is ticking for us,” she said. “Va’a is still a little known sport unless you are in California, where it is very big. Right now, we don’t have an athlete in every classification category so it is important for us to recruit and get potential competitive paddlers interested.”

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Anja Pierce, silver medal winner in the V1 LTA class in 2012 ICF World Paracanoe Sprint Championships in Poznan, Poland. She is an above-knee amputee.

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MOVING FORWARD

“There are two approaches to talent detection,” said USA Canoe/Kayak’s Lally. “First, we promote grassroots promotion of the sport such as paddling demos where anyone can try the sport (at no cost) and partnerships with other national paddling organizations such as the American Canoe Association and Team River Runner, a DSUSA chapter that offers widespread, easy-access paddling opportunities through our network of clubs and club coaches. Additionally, we are increasingly focused on targeted recruiting where we work with partners to host events that test prospective athletes to see if they meet certain benchmarks that indicate they might have the disposition to compete as an elite paracanoe athlete. An example of this is a pilot program we’re planning with USA Canoe/Kayak sponsor Chesapeake Energy and their Health & Wellness Team. We plan to run a “USA Canoe/Kayak Talent Detection” event at their corporate wellness center at their Oklahoma City headquarters targeting employees who are U.S. military veterans with injuries to see if they display characteristics and competitive values common with top international paddlers. Ultimately, we need to utilize both types of Talent Detection to reach our mission and goals.

“We look forward to watching our brightest athletes as they train and compete in preparations for USA Canoe/Kayak’s Paracanoe 2013 National Championship,” Lally said. This year’s paracanoe events will include Men’s 200-meter K1 LTA, TA, A; Men’s 200-meter V1 LTA, TA, A; Women’s 200-meter K1 LTA, TA, A; and a Women’s 200-meter V1 LTA, TA, A. In addition, USA Canoe/Kayak is looking at including a paracanoe distance race in each classification.

ATHLETES FORGE CLOSE-KNIT COMMUNITY

Like any other sport, the goal of competitive paddling is to win. But Whitaker said off-water, there is much camaraderie.

“I do think there is a strong feeling of camaraderie among the paddlers,” she said. “They are very competitive against each other, but at the end of the day, they are comparing experiences and exchanging information about adaptations.

“There is a lot to the sport – more than numbers on the scoreboard, the human side to this is a very powerful experience and I think all the para-athletes can appreciate that they are working to help each other. It brings countries and people together in a marvelous way. Even as a coach I find at the international level this has been an asset to the growth of paracanoe worldwide.”

RESOURCES

International Canoe Federation
www.canoeicf.com/icf/Aboutoursport/Paracanoe.html
USA Canoe/Kayak
Cape Ability Outrigger Ohana, a chapter of Disabled Sports USA
www.adaptivecanoeing.org

“Paracanoe – A New Paralympic Sport”
(includes many equipment and organization resources)
http://adaptivecanoeing.org/education
United States Canoe Association/Adaptive Paddling
www.usacanoe.com/Adaptive-Paddling_WS6.cfm
Team River Runner
www.teaminvictor.org
Disabled Sports USA
www.disabledsportusa.org

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Step up your game

Meet 2012 London Paralympic Shot Put Gold Medalist, Jackie Christiansen who won wearing his Wave Sport foot from Fillauer. The Wave Sport’s full heel plate design enables patients like Jackie to wear a foot shell with any standard athletic shoe—putting the Wave Sport in a league of its own. To learn more about Jackie and the Wave Sport, visit www.fillauer.com.

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Editor’s note: After attending the 25th annual The Hartford Ski Spectacular, Jan Brady wrote a letter to her friends, chronicling many of the wonders of the event. She has allowed us to share her letter with you.
Dear Friends,

Chris and I have been supporters of Disabled Sports USA for years, so when Kirk Bauer, executive director, invited me to be a guest of DSUSA at the 25th anniversary of their largest ski event of the year, The Hartford Ski Spectacular at Breckenridge, I couldn’t say no. Why? Because Kirk is persuasive. Every week Kirk walks into military hospitals and convinces seriously injured soldiers that they can ski or cycle or do a myriad of other sports. What is Kirk’s secret? Personal experience: he lost a leg in Vietnam, and skiing helped him regain his life. Experience, a world of compassion, a determination to help others, and a smile that never stops.

So I set aside my Christmas preparations and invited my sister Mimi to come with me. Infrequent skiers, we wore the brightest ski wear we could find so snowboarders and fast skiers could steer clear of us on the slopes!

By the time we got outfitted with our rental equipment (for my sister, ski boot buckles are a lot more challenging than flip flops), most of the 150 wounded veterans attending DSUSA’s Warfighter Sports program were already on the slopes. Monoskis and outriggers littered the staging area just outside the 25-foot trailer, which served as warehouse and repair center for adaptive equipment.

We met Nick, a vet from the UK who lost both legs in Afghanistan. Perched atop his monoski, Nick couldn’t stop smiling. After three days of skiing with a male instructor, he had the confidence to switch to the snowboarding program, so he could learn from their hot female instructors.

We were a motley group on the slopes, made up of both expert and neophyte adaptive skiers. Paralympic athletes were training at the same time, and not all were wounded veterans. It was impossible to keep up with 22-year-old Caitlin Sarubbi, a visually-impaired athlete who is taking time off from Harvard to compete for the second time in the Paralympics. Caitlin and her guide Jimmy wore radio headsets, and Jimmy instructed her when to turn as he skied down the mountain ahead of her. Caitlin’s life story is a lesson in determination and hope. If you want to know more about her, here is a link to a November 2012 article in the Harvard Crimson: http://www.thecrimson.com/article/2012/11/28/harvard-caitlin-sarubbi-blind-skier-paralympics.

There were several sports other than alpine skiing at Breckenridge. Curling, sled hockey and Nordic clinics were popular. I first met veteran Justin Widhelm two years ago at a New York DSUSA benefit when he confessed on stage that skiing had saved him from his deep post-injury depression. Now he is training to compete in the biathlon.

It wasn’t all instruction and competition. The ‘80s party gave everyone a chance to cut loose. People lined up to cram into the photo booth for a series of wacky pictures.

Hands down, the best costumes were sported by the 14 members of BLESMA (British Limbless Ex Service Men’s Association) who made a strategic group appearance one hour after the party began. The dancing, a frenzied celebration of movement, continued until midnight. Wheelchairs and prosthetics were used as creative accessories, and every body was able enough.

Late the next morning we had coffee at a table next to a wounded veteran. We overheard him say to his friend, “Last night was the best night of my life.”

800 people attended the closing banquet. We met Ralph Green, winter sports rep for DSUSA, who we’d joked with in passing during the week. (“You make white look good,” he’d observed of our ski pants. Compliment or fashion critique, we wondered?) Ralph lost his leg to a stray bullet in Brooklyn 16 years ago, and opportunities to participate in disabled ski programs enabled him to transcend his disability to become a Paralympic athlete.

Several athletes who’ve excelled in adaptive sports were honored at the banquet. Muffy Davis was an Olympic-bound teenager when her legs were paralyzed in a ski accident. Now age 40, she is a mother and Paralympic athlete who recently added medals in hand cycling and women’s basketball to her many Paralympic ski medals.

The hidden strength of the organization is the army of volunteers who devote their lives to helping the disabled excel in sports. Pioneers of adaptive skiing were recognized at the banquet: therapists, innovators, dreamers, engineers and instructors. People with a mission and a calling to improve the lives of those who appear less able, and reveal to them undreamt of possibilities.

Two British veterans spoke about the significance of BLESMA’s long-standing involvement with DSUSA. The Union Jack stood opposite the American flag on stage. Upholding their reputation for style, the Brits sported matching white shirts with the BLESMA logo.

I sat beside Travis Mills and his wife Kelsey. They met through a mutual friend while he was on duty in Afghanistan. When he was on leave, they dated and married. He returned to Afghanistan, and 6 months after their daughter was born, his arms and legs were torn off by an IED. At the banquet, Travis needed help getting out of his chair, but he walked up the stage ramp to a standing ovation. He said, “Eight months ago when I woke up at Walter Reed with my wife and baby beside me, I never would have dreamed I’d be able to ski.”

Kelsey beamed as she recorded his speech. Back at the table, Travis smiled and confided, “I was a little nervous.”

It’s the season of miracles. Last week I was witness to many. If you are interested in learning more about Disabled Sports USA, go to their website: www.disabledsportusa.org.

Jan Brady
Adaptive Programs that Help Each Other Grow and Succeed: Instructor Exchange between STRIDE Adaptive Sports and Double H Hole in the Woods  By Mary Ellen Whitney

The idea of exchanging instructors between different adaptive programs came about at the PSIA Eastern Adaptive Board of Educators meeting in discussion regarding how do we get our candidates prepared for Level II and Level III adaptive PSIA certification, with a deeper base of professional knowledge, when many never leave their own small programs. For example, a Level II/III candidate must have knowledge of the various manufacturers of mono- and bi-skis available for students. They also need to understand how to fit the newest prosthetics for skiing or riding. If you work in a small program at an Eastern mountain resort, you probably would not be exposed to those types of disabilities or equipment besides reading educational articles. In order to gain a depth of knowledge and a big picture overview of the adaptive world, an instructor must attend large annual events at their own expense, such as Ski Spectacular at Breckenridge, Colo., or the Disabled American Veterans event at Aspen. Unfortunately, to be accepted as a volunteer instructor for those events, a minimum requirement of Level II certification is expected. The only way most instructors ever get that kind of exposure is if they have been teaching for decades and have visited some of these bigger programs. This dismisses the talent of our new exuberant instructors, eager for PSIA certification.

The initial meeting between Double H Hole in the Woods program in Lake Luzerne, N.Y. and STRIDE Adaptive Sports of Rensselaer, N.Y., was set up to explore the concept of initiating an educational instructor exchange for the purpose of learning from one another.

After working out details for insurance, medical requirements, criminal background checks, and administrative detail, a partnership agreement was formed. Frank Martinez, Snowsport Director at Double H Ranch program, and Mary Ellen Whitney, CEO for STRIDE Adaptive at Jiminy Peak, Mass., are offering their instructors another avenue for building depth of experience without exorbitant travel expense and time. The proposed idea was to allow select instructors a chance to spend a day in the life of a neighboring adaptive program. Each visiting instructor, as an assistant to
the lead in a lesson, is exposed to not only different program operational structure, but to differently-abled students; lesson structure; equipment and teaching techniques; and even different teaching styles.

Adaptive snowsports programs throughout the USA are not held to any standardized operational format; therefore each program has its own idiosyncrasies, types of students, variety of adaptive equipment, practices and policies that do not conform to any kind of standard. For example, STRIDE operates three mountain resort adaptive programs in three states within one hour apart from each other. They offer half-day lessons in any type of disability. The adaptive program is a department under the alpine snowsport program at each resort. Instructors, although volunteers, are employees of the mountains and covered under workers compensation. Training protocol requires a minimum of 25 hours in the fall and early winter. The commitment is one full day per week for an 18-week season.

Double H Ranch program offers teaching adaptive lessons for medically fragile and terminally ill youth up through the age of 16. They require a higher level of medical knowledge in their training. The skiing terrain at the ranch is only 97 feet long with two beginner trails, a magic carpet and two-tower chairlift. Skiing levels for students never reach more than Level 3-4.

Instructor exchange between these two programs offers a peek into the ‘big picture’ of the adaptive world. Shared experiences explored different types of special needs, equipment differences and creativity; a deeper medical knowledge; different operational structure; different terrain options for teaching; and different teaching styles, lesson planning, assessments and goal setting. Visiting instructors from Double H to Jiminy Peak experienced working at higher skill development levels because of the terrain differences. Additionally, the program partnership encourages students and families to continue their education from Double H by taking lessons at Jiminy Peak after their six days at Double H. Families can pick-up where they leave off at Double H for continued education and skill development on more terrain possibilities and experiences at a bigger mountain through recommendation from their instructors.

Instructors from both programs chose to take this opportunity, with the format set to be a second instructor on a lesson working with the primary from the home mountain.

After the first weekend exchange, six instructors shared their experiences back home. The three men from Double H who came to Jiminy Peak were all seeking PSIA Level I certification this year. They were paired with lessons that would help them in their quest. One had a full-day opportunity to tether bi-skis on blue and green terrain for the first time. One had a lesson with a Jiminy Peak instructor who is a high level four-track skier. Additionally, some joined the STRIDE PSIA study group on Monday nights, working together to prepare for upcoming exams. Three instructors from Jiminy Peak who visited Double H came back full of creative ideas for improving equipment and beginner lessons.

A rack for small equipment teaching aids display is used on the hill for quick exchange of gear in a lesson. STRIDE is now constructing a similar idea for the top of the learning hill that can be locked and easily opened each weekend. The exchanges will continue throughout the season giving many the opportunity.

The instructor exchange idea has proved its merit already for these two programs. Our intent is to pave the way for other programs to join us, to aid all our big-hearted volunteers to continue their education in ways that need not open their wallet, just their eyes into a bigger world of adaptive snowsports. We hope other programs will try it. Join us! Next step … Clinician exchange!
Common Ground Outdoor Adventures in Northern Utah provides year-round outdoor recreational opportunities for youth and adults with disabilities. Between May and September there will be many destination trips and daily adventures. The average cost for any given trip is $50 per day with equipment, meals, and transportation included in the cost. Scholarships are available to those in need.

Destination trips include the following:
- Wounded Warrior River Trip on the San Juan River, May 16-19. Camping on the San Juan for three days and three nights for any wounded warrior and their family. Call for more information.
- Teton National Park Trip, July 17-20. Viewing of the Teton Range from two perspectives: one while rafting the Snake River at the base of the mountains and the other by cycling through the park on adaptive cycles.

For reservation information including exact dates and costs, call (435) 713-0288, or email programs@cgadventures.org. Information about additional destination trips and activities are on the website, www.cgadventures.org. We are on Facebook at http://on.fb.me/XngVck

ASA Durango Dave Spencer Classic

The Adaptive Sports Association (ASA), Durango, Colo., recently held their 15th annual Dave Spencer Classic fundraising event at Durango Mountain Resort, March 2 and 3.

The first day, 24 teams with five participants each donned zany costumes and skied through a designated “race course.” The following day, 11 teams participated in a Mountain Rally. Following clues to designated spots on the mountain, they engaged in silly activities and were given a card at each location to compile the best poker hand.

Local businesses donated food, beverages and prizes for both events plus an awards party Sunday evening.

Teams solicited donations and sponsorships that raised money for the program and to offer scholarships for summer veteran’s trips.

For more information, or to submit a scholarship application, visit www.asadurango.com.
Something for Everyone at the National Ability Center

National Ability Center’s (NAC) annual cycle ride event, Summit Challenge, is slated for Aug. 24. Riders of all ages and abilities will hit the pavement for a 102-, 52-, or 18-mile road ride around Park City, Utah. The race will start and end at the National Ability Center, 1000 Ability Way, Park City. All three routes follow paved roads in and around the Park City mountainside. Those riders who take on the century route will be rewarded with stunning views of the Jordanelle Reservoir, Deer Valley, and Mt. Timpanogos as well as the backdrop of the Uintah and Wasatch-Cache National Forests. The cost to participate ranges from $15 to $80, depending on age and route. Those with a disability ride for free.

For the event, the NAC’s main parking lot will be turned into a race village, where riders and guests can find a variety of vendor booths and food provided by El Chubasco. For more information visit, www.summitchallenge100.org.

Featured and Family Programs
Blazing Saddles, an evening of a trail ride, cowboy poetry and a campfire, June 14, 6 p.m.-9 p.m.
Cycling Saturday, a day of bike riding on the local Rail Trail followed by a BBQ, July 20, 10 a.m.-2 p.m.
Brave Bows, an evening on the archery range followed by a showing of the movie, “Brave,” Aug. 16, 7 p.m.-9 p.m.
Ropes & Rocks, an event that invites participants to try the challenge course and the rock climbing wall, followed by a BBQ, Sept. 20, 2 p.m.-7 p.m.
Splash & Climb, swimming and rock climbing at Kamas Aquatics, with a pizza dinner, Oct. 18, 4:30 p.m.-7:30 p.m.

Summer Programs
Cycling Mondays, June 10-Aug. 12, 5 p.m.-7 p.m.; Wednesdays, June 12-Aug. 14, 5 p.m.-7 p.m.; and Thursdays (private lessons) June 13-Aug. 15, 9 a.m.-noon.
Paddle sports, Mondays, June 10-Aug. 12, 8 a.m.-noon.
Aquatics, Tuesdays, June 11-Aug. 13, 1:30 p.m.-2:45 p.m. and 6 p.m.-7:15 p.m.; and Thursdays, June 13-Aug. 15, 1:30 p.m.-2:45 p.m.
Waterskiing, Wednesdays, June 12-Aug. 14, 8 a.m.-noon; and Fridays, June 14-Aug. 16, 8 a.m.-noon.
Sledge hockey, Wednesdays, June 12-Aug. 14, 6:45 p.m.-9 p.m.
Archery, Thursdays, June 13-Aug. 15, 3:30 p.m.-5 p.m.
Rock climbing wall, dependent on availability. Call to schedule a lesson or session.
Challenge course. Available by reservation and dependent on availability.
NAC offers private lessons in all of its activities. For details or to schedule a lesson phone (435) 649-3991 or email info@DiscoverNAC.org.

To celebrate the successes of courageous and determined horseback riders and raise money and awareness for its equine programs, the NAC hosts its annual Barn Party June 1 at NAC’s Equestrian Center, 1000 Ability Way. The party is an evening full of fun for the entire family, with dinner, dancing, riding demonstrations, adult beverages, silent auctions, and mechanical bull riding.

Pre-sale tickets through May 30 are $40 for adults; $20 for youth, and free for children under 10.

Demo Days offer an opportunity for individuals with a disability to get a taste of adaptive recreation free of charge. Individuals can talk with staff, view and try adaptive equipment, and check out the facilities. Demo days and activities are:
Archery, cycling, and equestrian, May 25, 9 a.m.-4 p.m.
Water sports, July 1, 9 a.m.-4 p.m., Rock climbing wall and ski & snowboard, Nov. 2, 9 a.m.-4 p.m.
Adaptive Adventures Jam The Damz

Jam the Damz, a community event for cyclists of all abilities, will be held Oct. 5 in Morrison, Colo. The event includes something for everyone, and various distances are offered to suit almost any experience or fitness level. Participants can choose from 10K, 50K, 70K, and 100K routes. Last year, the ride included over 40 handcyclists.

Hosted by Adaptive Adventures in association with Craig Hospital and U.S. Handcycling, the event includes a clinic for children and beginning riders interested in trying out adaptive bikes. The day ends with a family-centered party.

For more information about cycling equipment and cycling training program, contact info@adaptiveadventures.org.

Colorado Discover Ability River Trips, Bike Rides

Colorado Discover Ability (CDA), based in the western Colorado city of Grand Junction, has a full slate of summer programs available for people of all disabilities, highlighted by the arrival of 10 new adaptive bikes and a multi-day raft trip through the storied Gates of Lodore on the Green River in northwestern Colorado.

The bikes, made possible by a grant from U.S. Paralympics in association with the U.S. Veterans Administration, will be used by CDA clients of all abilities through the area’s scenic state parks and more than 30 miles of paved trails along the community’s riverfront system.

The trails, with accessible points along a 30-mile reach of the Colorado River, meander through cottonwood groves, wetlands, and cattail marshes with more than 200 different species of birds, a variety of small animals and deer making their way to the water.

For stronger riders, several of the bikes feature heavy-duty tires to open up the Fruita, Grand Junction area’s world-class mountain biking trails.

CDA’s river program offers a range of trips from half-day floats adjacent to the riverfront trails to multi-day adventures through Ruby, Horsethief, and Westwater canyons west of Grand Junction. The Gates of Lodore trip, Aug. 19-22, runs the Green River as it descends from the Flaming Gorge Reservoir into rugged northwestern Colorado. It offers a classic desert river trip with inspiring geology, beaches, and many challenging Class III and IV rapids. All or part of this operation is conducted on public lands under special permit from the U.S. Bureau of Land Management.

For children, summer programs include river float trips, bike adventures, day camps with hiking, fishing, and climbing, and true camp experiences on the 10,000-foot Grand Mesa scheduled July 24-28 at Camp Freedom.

For more details of these and other outdoor adventures available this summer through Colorado Discover Ability in Grand Junction, visit www.coloradodiscoverability.org.
Challenge Aspen Camp Schedules

Challenge Aspen announces open enrollment camps within the REC and Challenge Autism programs.

REC Camps and dates are:
- Outdoor Adventure Camp, June 17-21
- Magic of Music & Dance Camp, July 22-26
- Just 4 Teens Camp, Aug. 5-8
- High Rocky Adventure: TBD per rafting permit

For reservations, contact Sally Anne, sallyanne@challengeaspen.org or (970) 923-0578.

Challenge Autism ChAMP camps and dates are:
- ChAMP Camp Session 1, June 10-14
- ChAMP Camp Session 2, June 24-28
- ChAMP Camp Session 3, July 8-12
- ChAMP Camp Session 4, Aug. 12-16

For reservations contact Casey, casey@challengeaspen.org or (970) 923-0578.

Challenge Aspen also offers camps for the military, C.A.M.O. (Challenge Aspen Military Opportunities), which are not open enrollment. These camps include:
- Rocky Mountain Adventure, June 23-28
- Horses for Heroes, July 8-12
- Vertical Venture, July 14-18
- Woman’s Mountain Retreat, July 22-26
- Aspen Wilderness Extreme, Aug. 18-24
- Rocky Mountain Expedition, Aug. 26-30
- Fly-Fishing, September 9-13

For information about C.A.M.O. camps, contact Dylan at dylan@challengeaspen.org or (970) 923-0578.

For additional programs and events, visit www.challengeaspen.org.

EMBLEM Summer Camps for Vets

EMBLEM (Eagle Mount Bozeman Lasting Experiences for Military) is offering two summer camps for veterans. The camps are free and are able to accommodate guests with PTSD and any physical disabilities. Both Camps are aimed toward Montana OEF/OIF veterans, but all are considered.

A Women Only Camp will be held Aug. 26-30. Guests will camp out on private land in tents and tepees and enjoy casual, catered meals. Daily adventures will include river rafting on the Gallatin River, a half-day horseback trail ride, an afternoon of rock climbing in beautiful Hylite Canyon, lake kayaking, zip lining and evening hikes.

A second camp, Women in Paradise, is tentatively scheduled for Sept. 23-27. For developing details, visit http://eaglemount.org/programs/summer/emblem-program.

A Co-ed Camp will be held Sept. 9-13 in Paradise Valley's Moonlight Basin. Accommodations will be private cabins in the Basin, about 50 miles south of Bozeman. Daily activities include golfing, fly fishing on the Madison River, horseback riding, and zip lining. A caregiver or significant other is invited to attend.

Spots are limited so apply early at eaglemount.org/EMBLEM with attention to Diana Proemm for the women’s camps or Chad Biggerstaff for the co-ed camps. For more information, visit http://eaglemount.org/programs/summer/emblem-program.
Telluride Adaptive Sports Association

The Telluride Adaptive Sports Program (TASP), Telluride, Colo., will be helping to host the 2013 No Barriers Summit, Aug. 8-11. With an expanded Innovation Village to showcase the newest in adaptive equipment, the 2013 Summit will continue the No Barriers tradition of challenging conceptions of what is possible. Through an expanded set of clinics that include everything from the super-athletic to arts workshops, participants will transcend their own barriers under the instruction of the experts.

TASP will be running many of the recreational activities for the event, as well as working to create new clinics and providing adaptive-trained volunteers. The conference will also include keynote addresses, symposia, and leadership exercises. This event is for people of all ages and abilities, and promises to be four days of discovery, exploration, community, and innovation. For more information, visit nobarriersusa.org/summit.

From June 11-14, TASP invites all recently combat-injured military personnel to join them for Military Summer Adventure Week. This week of activities may include everything from rock climbing, horseback riding, and hiking in the stunning San Juan Mountains of Colorado, to on-water activities such as lake fishing, fly-fishing, or canoeing. This program is all-expenses paid for qualified individuals. Interested participants should visit tellurideadaptiveports.org/programs_summer_adventure_week.html or call (970) 728-3524.

TASP’s summer season offers an assortment of daily outdoor mountain activities, in addition to its specialized camps and programs. Hike and bike the trails that wind through the San Juan Mountains, camp overnight, or climb rock faces high above Telluride. TASP also offers water activities such as kayaking, rafting, and fishing on Trout Lake, all surrounded by majestic peaks. Visit tellurideadaptiveports.org to read about additional activities or call (970) 728-3524.

San Diego’s Jr. Wheelchair Sports Camp

The country’s largest and most recognized sports camp for children with permanent physical disabilities, the San Diego Junior Wheelchair Sports Camp, will take place Aug. 6-10, at North Crown Point Shores in the San Diego Mission Bay area and at Southwestern College in Chula Vista.

Camp adaptive sports include sailing, outrigger canoe, waterskiing, kayaking, beach games, handcycling, basketball, tennis, archery, rugby, soccer, lacrosse, obstacle course, weight training, snorkeling & scuba, and wheelchair maintenance.

The camp involves nearly 65 children, ages 4 to 18, with various disabilities including spinal cord injuries, amputation, spina bifida, cerebral palsy, and muscular dystrophy.

The Junior Wheelchair Sports Camp offers a unique opportunity for children with disabilities to experience a five-day sports camp, just like their able-bodied siblings and friends. This exceptionally positive experience will enable the children to grow physically, emotionally and socially as they learn the fundamentals of a number of adaptive sports.

The camp is organized by the San Diego Adaptive Sports Foundation. SDASF works to coordinate and foster a program of adaptive sports for individuals with a permanent physical disability that prevents them from participating in regular sports and athletics by providing competitive league sports, recreational team sports, instructional camps, sports clinics, and other adaptive sports based on need and interest. SDASF offers year-round adaptive sports programs for youth and adults with physical disabilities as well as an Injured Service Members Program for men and women who are active duty or veterans.

For more information contact, Jon Richards, executive director, (619) 336-1806, email jon@sdasf.org, or visit www.sdasf.org.
Disabled Sports Eastern Sierra (DSES) Paralympic Sports Cross-Training, Camps and Events

From June through October, DSES hosts weekly cycling rides for athletes of all ability levels, designed to promote progressive skill, endurance and strength training that enhance overall health and well-being. Our growing fleet of adaptive cycles allows us to accommodate almost anyone looking to explore the Eastern Sierra by cycle. Participants in this group range in age from 6 to 60 and include athletes with physical, visual, and cognitive disabilities. Weekly rides vary in length and intensity, depending on rider goals, with multiple options available each week. Daily cycling opportunities are available by reservation.

DSES will host its annual summer wounded warrior event: Operation High Altitude, June 3-7. This weeklong camp offers a variety of sports, including biathlon simulation training with head-to-head competitive opportunities, and cycling through the beautiful Sierra Nevada Mountains. Other activities include hiking, fishing, kayaking, and rock climbing.

The Sierra Cycle Challenge will be July 27-29. This annual fundraiser helps support DSES scholarship funds, which exist to lower any economic barriers preventing students from participating in our program. Riders circumnavigate the Glass Mountains covering 150 miles of terrain and over 8,000 feet of climbing on this three-day ride. One complimentary spot is offered to a qualified wounded warrior.

The annual Pedal-Paddle Camp will be Aug. 15-17. Campers enjoy cycling, stand-up paddle boarding, kayaking, fishing, and campfire fun. New this year is side-by-side biathlon competition with our ski-erg trainers and laser rifles. Pedal-Paddle is an integrated event open to civilian and military athletes. Four scholarships are available to wounded warriors.

The High Sierra Fall Century Sept. 7 is the biggest local cycling event of the season. It draws as many as 700 cyclists from around the country. There are 35 mile, 50 mile and 100 mile ride options. DSES will offer three scholarships to wounded warriors to ride in this event, supporting riders with training, a cycling guide throughout the ride, entry fees, travel and accommodations. The cross-training of Nordic events in the winter and the previous cycling events of the summer will prepare participants for this endurance ride.

For more information, contact Laurel Martin, lmartin@disabledsporteasternsierra.org, (760) 934-0791.

Disabled Sports Eastern Sierra (DSES), Paralympic Sport Mammoth Lakes, offers year-round Paralympic Sports Cross-Training to military athletes with disabilities. This year the program emphasizes Nordic skiing including biathlon and cycling.

Daily Nordic ski lessons are available December through April. Winter Paralympic Sport camps offer both on-snow and indoor training, providing the opportunity to compare the skills and strengths used in cycling with those needed for Nordic skiing.

For more information regarding Disabled Sports Eastern Sierra and Paralympic Sport Mammoth Lakes, please contact Maggie Palchak at mpalchak@disabledsporteasternsierra.org.

The Unrecables

The Unrecables will be electing a new board of directors at their annual meeting June 11. This follows their trip to Reno to attend the Far West Ski Association (FWSA) convention, June 6-9.

Continuing events include monthly social hours on second Tuesdays at 6:30 p.m. at Mi Ranchito Family Restaurant, Culver City, Calif.

For more information, email info@unrecables.com, or visit www.unrecables.org and on Facebook at http://on.fb.me/ZwurwX.
Outdoors with TAASC

The Adaptive Adventure Sports Coalition (TAASC) offers a variety of outdoor recreational activities throughout the summer. A water-skiing clinic, kayaking, cycling, fishing, golf outing, and other activities are slated for the Water Sports Camp, July 12-14, in Powell, Ohio. TAASC welcomes active military personnel and veterans and their families as well as other people with disabilities. There will be a track of activities for children to make this a family event. Meals are provided from Friday lunch to Sunday lunch.

Pedal a 7-, 14- or 21-mile route on country roads followed by kayaking to various points collecting a flag from each point at the Pedal, Paddle and Picnic event, Sept. 21-22, from 8:30 a.m.-1:30 p.m. The bike ride is through the country roads of Delaware County and paddling is on the Scioto River and Twin Lakes. Cycling equipment evaluations, training clinic, practice ride, kayaking evaluations, and skills training are offered. This is followed by a cookout picnic lunch and fishing from shore. The road ride and paddle all leave and return at the TAASC Adventure Center. Cost is $35 ($25 if you bring your own kayak).

For more information on TAASC events, visit www.taasc.org or email info@taasc.org.

Adaptive Adventures Challenge Ride

Adaptive Adventures, Chicago, is hosting a community event for cyclists of all abilities, The Challenge Ride, Sept. 22. The event, in association with Northshore Century, Evanston, Ill., includes something for everyone, and various distances are offered to suit almost any experience or fitness level. Participants can choose a 25-mile, 50-mile, or 100-mile ride of scenic biking through Chicago’s Northshore. The ride will include a large group of adaptive riders, including many youth, Paralympians, and wounded warriors. A clinic for children and beginning riders interested in trying out adaptive bikes will be held. The ride is followed by a family-centered party.

For more information about cycling equipment and a cycling training program, contact info@adaptiveadventures.org.
Leaps of Faith Adaptive Water-Ski Clinics and Programs

Level 1 Training Session
In partnership with Northeast Passage and Disabled Sports USA, Leaps of Faith will host its first Level 1 Adaptive Water-Skiing Training Session, May 17. The event is open to DSUSA chapter members who want to teach adaptive water-skiing. The emphasis will be on hands-on training that includes: boat driving, personal water craft use for pick-ups, sit ski use, training side skiers, use of training boom, and general training of visually impaired or blind skiers, skiers with amputations, skiers with spinal cord injuries and a variety of other disabilities.

2013 Water-Ski Calendar
Leaps of Faith Disabled Skiers’ adaptive water-ski clinics are held on Lake Zoar in Sandy Hook, Conn. These free clinics are open to children, adults, and veterans with any and all disabilities. The clinics cover beginner to advanced level instruction. They will be held: June 15, July 13, July 27, Aug. 10, Aug. 24, and Sept. 14.

In addition, several offsite water-ski clinics will be held in Long Island, New York City, Albany, New Hampshire, Virginia, and Philadelphia with partners Burke Rehabilitation Center, Helen Hayes Rehabilitation Hospital, Oak Hill, New York University, Mt. Sinai Rehabilitation Hospital, NYC Parks and Recreation, and tri-state VA Hospitals. Dates to be announced.

New programs for 2013 include: A children’s-only Water-Ski Sports Festival and an Adaptive Water Ski Tournament for individuals with spinal cord injuries. The Adaptive Water-Ski Tournament event will be first competitive grassroots tournament for people with SCIs and other disabilities using sit skis in the Northeast. Dates to be announced.

Leaps of Faith Disabled Skiers operates the largest adaptive water-ski program in the Northeast, always with safety in mind. They have their own full fleet of boats, adaptive water-skiing equipment, and certified instructors and trained volunteers.

Since 1992, Leaps of Faith Disabled Skiers has been a leader in the field of adaptive water-skiing and their programs have expanded to include snow skiing, kayaking, and fishing.

To learn more, register or volunteer, visit their website at http://leapsoffaithwaterskiers.com or contact Joel Ziesler at (203) 426-0666.

Maine Adaptive Sports & Recreation

Disabled veterans and active duty personnel, as well as their families, are invited to enjoy an all-inclusive four-day recreational retreat at a waterfront camp, Veterans No Boundaries Summer Program, Aug. 23-26. Activities include kayaking, fishing, cycling, shooting, and more.

For more information about Maine Adaptive Sports & Recreation or becoming involved as a participant or volunteer, contact Maine Adaptive at (800) 639-7770, email info@maineadaptive.org, or visit www.maineadaptive.org.

Seated athletes of all abilities with the goal of participating in sports and training independently are invited to Wheelchair Sports Camp, Aug. 3-8. The camp offers a variety of outdoor activities while also serving as a training camp for wheelchair racers in the area for TD Beach to Beacon 10k Road Race or the Falmouth Road Race, Aug. 11.

Throughout Maine this summer, Maine Adaptive will host adaptive cycling, paddling, golf, fishing and hiking lessons and programs most days, June through September. All Maine Adaptive lessons and programs are free of charge. Anyone with a permanent disability age 4 and over is eligible.
Wintergreen Adaptive Sports for Wounded Vets

Warriors injured in combat are invited to register for the Wintergreen Adaptive Sports Warrior Boating Weekend, Aug. 3 and 4. Adaptive boating equipment and instruction is provided. Instruction will take place on the lake Saturday followed by a river trip on Sunday. For more information and to register, visit www.skiwas.org or call (434) 325-2007.

Wintergreen Adaptive Sports will host the annual Wounded Veteran Golf Tournament at Kingsmill Resort and Spa Plantation Golf Course in Williamsburg, Va., July 13. The event is focused more on fun and less about competition. The tournament is a captains-choice event and includes a luncheon during which various tournament standouts are recognized. For more information and to register, visit www.skiwas.org or call (757) 358-2672. Sponsorship opportunities also are available.

New Wavy Flags from Freds Legs

Prosthetic Covers Still Only $30.00

Laminating Sleeves Available To Clinics

954-646-1026
www.fredslegs.com
www.sleeveart.com

Family Sailing at Footloose

“Leave your disability at the dock” with the Footloose Sailing Association. Based at Leschi Marina on Lake Washington, Seattle, Footloose holds day sails on an average of every other week throughout spring and summer. There also is an annual sail across Puget Sound for an overnight at Blake Island. Family outings are encouraged. For more information, visit www.footloosedisabledsailing.org.
Motion Control’s New MC Wrist Rotators
Motion Control offers two new versions of its MC Wrist Rotator, the Standard and the ProWrist. Both mount in the forearm and offer two times more speed and torque of previous versions.

The Standard is for use with the ProControl2; U3/U3+; Utah Hybrid. The ProWrist is for use with microprocessor-controlled TDs.

An in-hand version also is available, built into the MC Hand or ETU.

For more information, call 888.696.2767, email info@UtahArm.com, or visit www.UtahArm.com.

Introducing the Soleus Foot, Tactical Edition
College Park redesigned the Soleus foot in a new limited edition, the Tactical Soleus. The Tactical Soleus removes unnecessary weight while retaining superior strength. College Park is donating $200 for every Tactical Soleus sold to Purple Heart Homes, an organization committed to providing housing solutions for disabled veterans. The Tactical Soleus is engineered and manufactured in the U.S.A. and custom built for the heroes among us. Visit www.collegepark.com/tactical.

Raize Ankle/Foot System from Hosmer
The Raize is a unique microprocessor ankle/foot system in a low profile, lightweight design.

Its plantar/dorsi-flexion range reduces damaging forces on the residual limb and greatly enhances stability on slopes and slippery surfaces. By simply pressing a button the wearer can control rollover resistance, lock or unlock the ankle, and adjust the heel height as needed.

Features and benefits of the Raize include:
- Microprocessor-controlled hydraulic ankle composite foot system
- Adjustable heel height
- Adjustable plantar/dorsi-flexion resistance
- Terrain accommodation aids gait on inclines and declines
- Simulates natural ankle movement and reduces shock
- Remote ankle lock for driving and donning shoes and socks
- Intuitive computer interface for initial setup by prosthetist

For more information, visit www.hosmer.com or call (800) 827-0070.

Endolite Élan Hydraulic Ankle
The Élan is a revolutionary biomimetic microprocessor-controlled hydraulic ankle. It is designed to adapt dynamically to provide assistance when walking on a variety of surfaces and changing gait speeds. The Élan offers users patented microprocessor-controlled assist and brake modes for optimized momentum and stability to perform daily routines with less effort, conserving more energy to get busy living.

Detours No Longer Necessary
Ossur Americas Symbionic Leg is the first commercially available, complete bionic leg that combines a microprocessor knee and a powered, microprocessor ankle. It provides unmatched toe clearance for enhanced safety and enables transfemoral amputees to stably and confidently traverse terrain they might otherwise avoid, without the gait deviations commonly seen in MPK users.

Symbionic Leg is insurance billable using existing, approved L-Codes and, when used with Rheologic Workbench software, offers the ability to document actual user cadence variation to reduce insurance reimbursement risk. Symbionic Leg is the newest addition to the industry-leading Bionic Technology by Ossur platform. For more information, visit www.ossur.com or call (800) 233-6263.
Take the pressure out of your game with the echelonVT

Golf is a game that requires confidence, accuracy and focus. The echelonVT provides hydraulic ankle motion proven to reduce pressure and sheer forces at the socket, allowing you to focus on the game. The combination of the hydraulic ankle, e-carbon foot springs and a machined titanium coil spring provides smooth transition from heel to toe on all surfaces, absorbs ground forces and up to 15° of axial rotation.

To learn more, visit endolite.com or contact your local practitioner.