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Five years ago, after a year-long process of evaluating Disabled Sports USA’s strategic direction, we launched Adapt2Achieve (A2A), a chapter development program that provides training to our 100+ chapters so they can offer more effective adaptive sports programming in their local communities. A2A not only includes sport-specific training, but also essential training in operational areas such as fundraising, chapter administration, personnel management, risk management and instructor training.

Our chapters have recently requested more A2A training to improve services and increase capacity to serve people with disabilities. So, in response, Disabled Sports USA is significantly increasing our commitment to the A2A program, and this commitment takes many forms including clinics, trainings, conferences and webinars.

In September, an A2A program in Utah will focus on all aspects of cycling (equipment, fitting, risk management, rec-to-racing, off-road, etc.) plus additional sessions on fundraising, adaptive challenge courses, and adaptive equestrian.

We will follow this up with an A2A program in October in Madison, Wis., where USA Hockey officials will provide a disabled hockey workshop (special, deaf, amputee and sled).

In December, an A2A clinic will be conducted during The Hartford Ski Spectacular, and at least two A2A regional training conferences will be conducted in 2014. In addition, several webinar-based training sessions will be developed and offered in 2014. These webinars will be developed in many areas, so that chapter representatives that cannot travel will benefit from the knowledge shared in the physical A2A sessions.

To ensure we are providing the most helpful training possible, before each A2A program the local participating chapters are polled to identify the training they want most, plus, we include other topics, such as risk management, that Disabled Sports USA recognizes are critical to safe and effective sports programming.

This Adapt2Achieve expansion is one of many initiatives that DSUSA is introducing over the next three years, all designed to increase the effectiveness of chapter programming at the local level. Stay tuned for more announcements!

Kirk Bauer, JD
Executive Director, Disabled Sports USA, Inc.

I hope you will remember Disabled Sports USA in your 2013 giving plans. You can donate online at www.disabledsportsusa.org. For federal workers, Combined Federal Campaign #10151.
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Welcome New Chapters

DSUSA offers a warm welcome to the following new chapters.

**Sportable Richmond Adaptive Sports and Recreation, Inc.:** Located in Richmond, Va., Sportable offers air rifle, archery, basketball, cycling, fencing, kayaking, lacrosse and more. The reason why Sportable exists is to transform the lives of people with physical and visual disabilities through sport. For more information and to see a full program listing, visit: www.sportable.org

**Florida Disabled Outdoors Association, Inc.:** Located in Tallahassee, Florida Disabled Outdoors Association (FDOA) offers programs for individuals with both physical and intellectual disabilities to enrich their lives through accessible inclusive recreation for all. Several times a year FDOA brings together adaptive sports program providers from around the state of Florida for their popular Sportsability events. For more information, visit www.fdoa.org.

**Aspen Camp of the Deaf and Hard of Hearing:** Located in Aspen, Colo., Aspen Camp of the Deaf and Hard of Hearing offers several different types of camp programming in the summer and winter months. Aspen Camp provides safe, high-quality experiences that support educational, emotional, social and recreational growth. For more information, visit www.aspencamp.org.

**Turnstone:** Located in Fort Wayne, Ind., Turnstone offers programs for children and adults with physical disabilities. Their mission is to provide therapeutic, educational, wellness and recreational programs to empower people with disabilities. The primary sports they offer are wheelchair basketball, wheelchair tennis, power soccer, sled hockey and bocce. For more information and a full list of their programs, visit www.turnstone.org.

**Adapt2Achieve Conference, Park City, Utah**

Disabled Sports USA is offering an Adapt2Achieve Conference hosted at the National Ability Center in Park City, Utah, Sept. 5-18. The goal of the Adapt2Achieve Conference is to provide Disabled Sports USA chapters a focused educational environment to learn best practices and new techniques, and faster networking opportunities to strengthen their respective programs and the adaptive sports community as a whole. The upcoming conference will focus on adaptive cycling. Topics include participant assessment and fitting, risk management, best practices for programs success and getting involved with racing. Registration, lodging, and food are complimentary for the first two members of each chapter. Space is limited. For more information, contact Rob Mueller at (240) 268-0237 or rmueller@dsusa.org.
DVD Available! Coaching Fundamentals for Adaptive Skiers

We are extremely happy to report the completion of this amazing project! Members of Professional Ski Instructors of America Adaptive Examining staff are excited to offer it as a training and teaching tool for adaptive programs all over the USA. With thanks to The Gibney Family Foundation and STRIDE Adaptive Sports for grant funding, and four members of the Adaptive Board of PSIA-E, we have developed an outstanding product that will stand the test of time in training new adaptive instructors for years to come.

The benefits to this product will be far reaching into the future of adaptive programs nationally, becoming the cornerstone to volunteer recruitment, indoor training tool and orientations for all adaptive ski programs in the country. Each chapter represents disciplines in disabilities and discusses equipment, state of the art teaching methodology and safety practices. It also lends humor to a somewhat serious topic, by introducing a fictional character, ‘Captain Adaptive’ to address common safety issues.

The DVD is available from the PSIA-E/AASI Bookstore at www.psia-e.org/bookstore. To go directly to the order form: www.psia-e.org/ms/forms/ProShop.pdf.

By Mary Ellen Whitney, CEO, STRIDE Adaptive Sports

More than 400 people attended “Blue Dream,” a gala event celebrating the achievements of DSUSA’s Warfighter Sports rehabilitation program July 20 in Bridgehampton, Long Island. The event was hosted by the Dormition of the Virgin Mary Greek Orthodox Church of the Hamptons. Co-chairs were Olga Karloutsos-Palladino, Angela Giannopoulos and Bruce Mosler. Colonel Jack H. Jacobs, Congressional Medal of Honor recipient, served as Honorary Chairman and later offered words. Testimonials were given by Cpl. Steve Martin, U.S. Army, Retired, and Spc. Shawn Cheshire, U.S. Army, Retired. Laura Evans Manatos, Anchor/Reporter Fox 5 News in Washington, D.C., served as Master of Ceremonies.

“ I have been deployed in Iraq twice. After everything I have been through, the National Ability Center has been one of the more positive points in my healing & recovery process. Keep an open mind, don’t be afraid or ashamed to ask for help, and don’t wait any longer to start the rest of your life.” – Sgt. Hall
**DISTINGUISHED HONOR:** Beth Fox, operations director for the National Sports Center for the Disabled, received the 2013 Cobb Partnership award for her commitment to fostering U.S. relations with Iceland and to the building of bridges between the two countries. Since 2006, Fox has made annual trips to Iceland, working as a ski instructor and visiting the Grensás Rehabilitation Center, as well as giving talks at the University of Akureyri and at various public events. She has given a great deal of support to her Icelandic colleagues for the benefit of the disabled community in Iceland. The award was created by former Ambassador Chuck Cobb, who represented the United States in Iceland between 1989 and 1992.

**THE ROYAL AND THE PRESIDENT:** Bob Meserve, president of DSUSA’s Board of Directors, along with Prince Harry and several other dignitaries, presented awards to military participants after the cycling events at the Warrior Games in Colorado Springs in early May. The Warrior Games are hosted by U.S. Paralympics. Prince Harry, a vet of two tours in Afghanistan, joined the British team in practice sessions and competition in sitting volleyball.

**ADVANCING VISION REHABILITATION CARE:** Mark Lucas, executive director of the United States Association of Blind Athletes (USABA), received the American Optometric Association’s (AOA) Vision Rehabilitation Section Distinguished Service award. The award is presented annually to a non-optometric colleague or organization for major contributions to the advancement of vision rehabilitation care and outstanding service and dedication to the visual welfare of the public and the field of low vision.

Lucas has served at USABA for 20 years and also is on the board for VisionServe Alliance, an organization that works to engage leaders in building a better world through service to people with vision loss.

**SNOWSPORTS BUILDER AWARD:** The Far West Ski Association (FWSA) named Doug Pringle, president of Disabled Sports USA Far West, the recipient of the FWSA Snowsports Builder Award. The award recognizes an individual, teams or an organization that has made a contribution to benefit the sport or has made an indelible impact on the sport. Pringle, a founding member of DSUSA, has worked with the disabled in snow sports for more than 45 years.

The FWSA also recognized DSUSA chapter, The Unrecables, awarding it the Wentworth Outstanding Club Publication award. The Wentworth award is given to the club whose newsletters are judged best based on layout, content, and club size.

**ESPY WINNERS:** Paralympians Jessica Long and Jeremy Campbell received ESPY awards for Female and Male Athlete with a Disability. The 21st annual awards were televised July 17 from Los Angeles’ Nokia Theater.
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Disabled Sailing Championship in Milwaukee

The Milwaukee Community Sailing Center will host the 2013 U.S. Disabled Sailing Championship, Sept. 5-8. It will mark the first time the championship has been held on the Great Lakes.

Boat designs fit into three categories: single-handed 2.4mR, double-handed Ideal-18, and the open, three-person Sonar keelboat.

Betsy Alison of Newport, R.I., a five-time Rolex Yachtswoman of the Year, will lead a racing clinic on Sept. 5, prior to the competition Friday, Saturday, and Sunday. An awards banquet will be held Sunday evening.

Alison has been coaching since 1998; she noted how far equipment has come in the last 15 years. “The advent of technology into the sport has been great to minimize the impact of the disability, allowing the sailors to relax and focus on the task at hand, which is racing the sailboats,” she said.

In addition to the improved equipment, Alison has seen the skill set advance so much that the competition has become extremely tight at the Paralympic and national level. Disabled sailors are studying the sport, focusing and training harder than ever before. Said Alison: “They train at the sport, the practice…if you put the time in, results will follow.”

Sailing can be very empowering for those dealing with a disability. “Typically, when a disabled sailor comes into the sport, they bring at least one or more persons to participate and enjoy the sport with them,” she said. “Sailing … is an activity that is also recreational. It’s a lifetime sport, a family-orientated sport and a social sport.”

Community sailing centers and DSUSA chapters around the country provide educational and recreational sailing programs for those that want to learn. For more information, visit http://adaptive.ussailing.org.

The eighth annual Extremity Games (eX8) were held June 14-15 at the Texas Ski Ranch in New Braunfels, Texas. Competitions and instructional clinics included wakeboarding, rock climbing, mountain biking, and kayaking. Exhibitions included mixed martial arts and powerlifting.
Learn to Race Cycling Camp

In partnership with Disabled Sports USA, U.S. Handcycling Federation (USHF) and U.S. Paralympics, the United States Association of Blind Athletes (USABA), will host a “Learn to Race” Cycling Development Camp for riders with physical disabilities at the Olympic Training Center in Colorado Springs, Colo., Sept. 6-13. Cyclists will learn bike handling skills, safe riding techniques, and road racing strategies. Athletes will ride twice per day, and will average between 150-180 miles for the week. Riders will practice skills, engage in race simulations and have nightly classroom discussions.

Grant funding for this program is awarded by U.S. Paralympics, a division of the U.S. Olympic Committee, through funding provided by Veterans Affairs. The grants are provided to facilitate the growth of Paralympic sport programming for disabled Veterans and disabled members of the Armed Forces.

For more information on the event, contact: Pam Fernandes, Camp Coordinator, Pamala@quikus.com or (781) 449-9563.

For more information about USABA cycling and an event calendar, visit www.usaba.org.
Since 2008, PING Inc. has partnered with Warfighter Sports to donate sets of custom fitted golf clubs (worth over $2,500/set) to more than 280 service members with severe permanent disabilities. Each service member attends eight weeks of golf lessons, free of charge at or near one of the following sites: Walter Reed National Military Medical Center, Brooke Army Medical Center, Fort Belvoir Community Hospital and the Tampa VA Hospital. Those who attend at least six of the sessions qualify to be fitted by PING specialists for a free set of clubs.

Since 2003, over 750 wounded warriors have participated in DSUSA golf programs. Severe wounds who have participated include those with single and multiple amputations, visual impairments, traumatic brain injury and significant nerve or muscle damage.

Golf has proven to be a very beneficial sport in the rehabilitation of the severely injured service member, due to the emphasis on balance, concentration and hand-eye coordination. It can be introduced early in the wounded service member’s rehabilitation process, often before they have completely healed or have their prosthesis. Golf also lends itself to various mobility levels, based on the use of golf carts and other available adaptive equipment. The wounded learn golf skills, the rules of golf and how to use adaptive equipment.

PING’s donation of custom-built golf clubs with specific length, flex and grip characteristics is especially beneficial to wounded warriors, with their unique levels of injury and ability.

“I want to thank you, Disabled Sports USA Warfighter Sports Programs and PING Inc., for this wonderful opportunity to play golf again with a new set of PING golf clubs. I will put these clubs to good use. Thank you again for making me feel normal again, playing a sport that I love to play.” – Army SFC Mark Holbert, bilateral leg amputee.
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STEVE MARTIN SAYS IT PLAINLY AND REPEATEDLY:

I Love to Run.
I Enjoy Running.

BY CYNTHIA MARSH

Running however has been more of a challenge to Martin since he was nearly blown up by an improvised explosive device while working for the state department in Afghanistan.

The road to ambulation was a slow and painful one as doctors tried to save what was left of his shattered ankles and feet. After 14 surgeries with little improvement, Martin opted for an amputation.

Once the decision was made, there was no looking back. Less than two months after his below-knee amputations, Martin was fitted with his first pair of “legs” and determined to get back to an active lifestyle. “I did my first 5K two months after I started walking. I just walked it. Most of my first runs were really just me walking those distances.”

Although Martin had been running before his injury, taking it up again presented challenges. “I was just a few weeks short of 40 when I lost my legs and it would have been over a year and a half since I’d run a step. So during that time, I got out of shape, I put on weight, all those things that happen when you’re confined to a couch and averaging a surgery a month,” he said. “But I enjoy running and it’s something I try to do several times a week. Now I’m not fast, but I always reach the finish line.”

Martin got his first set of running legs, Flex-Runs™, only six months post amputation. He recalled his prosthetist initially told him not to think about running for at least a year until he got used to walking. That didn’t fit into Martin’s goals: “I’m like yeah, well, I want to run. So I was still learning to walk while I was learning to run.”

Then Martin challenged himself to participate in the 2011 Bataan Memorial Death March, the grueling 26-mile journey through desert and rough terrain in New Mexico. It was there he met Kirk Bauer, DSUSA’s executive director.

“Kirk handed me his business card and told me to keep in touch. After I completed my first triathlon later that year, where I was pathetically slow, I contacted him.”

Martin explained that it was Bauer who put him in touch with running coach Bryan Hoddle who coached the 2004 Paralympic Track and Field team. “Kirk told Bryan I needed to learn how to run,” he said. “Bryan flew down to Phoenix and taught me how to use my prosthetics the way they are designed and quit trying to run like I still had my legs. That was huge. The first time I finished a 5K without stopping, I was on top of the world. I finally made it.”

Learning how to use running legs versus walking legs is a challenge in itself. “It’s a totally different way of moving,” Martin said. “With the running legs you can’t stand still. You have to be constantly in motion, like marching in place, or you have to find something to lean on.”

Martin, 43, is a reserve officer for the Arizona Department of Public Safety where he was employed for 14 years before his assignment in Afghanistan. He is only one of four double amputee police officers in the United States.
“My training never ends,” Martin said. “I train to stay strong and to try to get faster. I do cross fit four or five days a week and run three or four days a week on average. My full-time job is staying healthy, not get hurt, or sick, eat well, and doing all those things so my running can improve.”

Earlier this year, he and Hoddle ran a half marathon in Seattle. Martin’s goal was to do it in less than three hours. His time when he finished: 2:59:59. It was a victory.

“[...]It was fortuitous I met Kirk and he called Bryan because I was trying to learn how to run on my own and it wasn’t working. What DSUSA, Kirk, and Kathy Laffey, DSUSA Special Projects Manager, have done for me has been huge. They got me back involved. They taught me to ski; they taught me to run through Bryan. I was on the Hood to Coast Warfighter team last year and have done the Bataan Memorial March the last two years with DSUSA. I was on the team with Kirk when we climbed Denali. In nine out of 10 races, I wear Warfighter Sports gear because I want people to know about this organization. It’s made a positive impact on my life.

“Now I just finished my 12th half marathon on prosthetics. I’ve taken an hour off my first race in just over a year. Now my goal is to take another 10 minutes off my time by the end of the year. I know I can do it,” he said.

“I ran one half marathon before I was wounded but it wasn’t my distance,” he said “Now it’s all I want to do. I want to find all the half marathons and run them. I’m not fast and I’m not going to set any world records. Sometimes I almost get knocked over by people coming over and patting me on the back and telling me at the finish line that they were going to stop until they saw me with my prosthetic legs. They say, ‘It really motivated me that you are out there doing that.’ All the pats on the back, all the high fives, those keep me going. That’s a cool thing for me.

“As long as I keep walking, I’m not quitting. I may be slow, I may just plod along when my back hurts. But as long as I don’t sit down and quit, I win the race.”

**RUNNING TIPS FROM THE COACH**

Steve Martin credits his running technique to coaching from Bryan Hoddle, a teacher and internationally known track and field coach, including Head Coach of the 2004 USA Paralympic Track and Field Team in Athens. Among the notable athletes he coached were Tony Volpentest, the 1992 and 1996 Paralympic 100m and 200m champion, Marlon Shirley, 2000 and 2004 Paralympic 100 meter champion, and high jumper Jeff Skiba. As a board member of Invictus Foundation, Hoddle also works extensively with injured military at Walter Reed National Military Medical Center and Lakeshore Foundation, a DSUSA chapter in Birmingham, Ala.

**RUNNING IN PROPER FORM**

Hoddle stated that the most important thing for a runner to have is good body balance. “If a prosthetic limb is not designed correctly, the person is going to have problems all the way up and down the body. It doesn’t matter what workout I give you as an amputee, if your body is not aligned, then you will be hurting all the time, and running is not going to be a lot of fun.

“The second important thing is joint range of motion (JROM) in the shoulder girdle and the hip girdle. If you are standing and you have your hand on the wall and I have you kick leg forward and bring it back – how much of a JROM do you have in your hip? Then I’ll have the athlete face the wall and do leg swings back and forth. Is the JROM the same on both sides of the body or do you have one side or one hip area that is locking up? That causes a lot of problems and I see this with amputees as well as NFL players. The solution is you have to work on it. In the USA, we are fixated on static stretching; that’s not going to solve the issue. The issue is you have to work on JROM through specific exercises.

“Third is the mental aspect and that is huge whether you are an able-bodied runner or a runner with a disability. Because it is so interconnected with the physical, if you don’t have your mental house in order, it’s hard to be successful,” he said.

Hoddle uses five words for success: vision, focus, persistence, discipline, and commitment. “Any aspect of your life, even in the business world, you can apply those principles. Athletes today may not have the upbringing or the coach that taught those skills, so it’s something that really needs to be addressed and not taken for granted,” he said.

“I’m a firm believer in time management. If you don’t practice it, you won’t survive,” he said. “If you are a Paralympic athlete, are you going to squeeze an hour and a half practice in or are you going to block a time that is set, so that you are totally focused and ready for a quality practice session? If you fail to plan, you’ll plan to fail. Even for a recreational runner, are you going to go out and squeeze in your run or are you going to say, hey this is important for my health and it’s going to be a priority? I am going to set aside FOCUSED time. So set a 24-hour plan in place (86,400 seconds in a day) that will structure your life, like brushing your teeth, showering, eating breakfast, and training. I think that is really important.”

**TRAINING BEYOND THE 5K**

Hoddle had pointers for runners who want to transition from casual to competitive.

- Get a coach who is knowledgeable, who is a tier up in the coaching level.
- Sign up for runs that have more intense competition.
- Invest the time. An elite runner will be running far more than the recreational runner.
- Be active five days a week and add swimming, biking, weight lifting, or an elliptical trainer, to your fitness routine. Seek out a professional who can give you sound advice on what the best activity is for you.
- Don’t overtrain. “Proper sleep, good nutrition, and being relaxed, those things are just as critical as the workout,” he said. “You can do great workouts, but if you are only getting four hours of sleep a night or you are stressed out, then it’s not going to work out for you.”
- As you get closer to race day, don’t start changing your training. Be consistent in your good nutrition, sleep and continue to work on your mental part. For more information on training or coaching, contact Bryan Hoddle at bhoddle@usa.net or www.facebook.com/bryanhoddle.
Keri Serota, executive director of dare2tri, a DSUSA chapter that helps athletes with disabilities train for triathlons, offers some advice for the beginner and for those who want to get to a higher level of competition.

If you’ve never run before, Serota suggests starting out with small, attainable running goals before undertaking a half marathon or full marathon.

“Set a small goal for yourself such as a 5K. Depending on how in- or out-of-shape you are, I would say somebody could train for a 5K in 8 to 12 weeks,” she said.

“If you haven’t done a lot of running, start with a run/walk program. For example, run for two minutes, walk for one minute, run for two, walk for one. You are breaking it down to small achievable goals. That’s important because if you set an unrealistic goal and don’t meet it, you will feel frustrated and then it’s common to give up the program. You want to ensure you have success by setting realistic and small attainable goals, find success with that, and then move on to the next goal,” she said.

A beginner should also go for time instead of distance. Instead of setting your goal on a certain mileage, it’s more effective to increase time. If you’ve worked up to running 15 minutes, set a goal for 30.

Wheelchair users who want to begin a running program may want to explore the availability of a racing chair in their community or contact a DSUSA chapter or another adaptive sports program that has chairs available for individuals to try and practice with.

Serota said a racing chair isn’t required to do a run. “You don’t necessarily need a racing chair just to get involved in the sport and get moving. A wheelchair user can start in an everyday chair or a sports chair like a basketball chair or tennis chair. Athletes have done half marathons in a sports chair,” she said.

For an athlete who is visually-impaired and might need a guide to run with them, Serota recommends reaching out to local running groups. “Stores that sell running shoes and apparel are a good place to start. Approach the group and ask if someone will run with you, say at a 12 minute pace, or whatever your pace is,” she said. “Explain to them what your specific needs are and how you like to be guided. It’s not difficult for a guide to learn and it’s generally a positive experience for both the guide and the runner.”

Training for Distance

If you are training for a particular distance, a runner will want a more structured plan and program to build up endurance and mileage.

A plan that backs up from the day of the race is suggested. Figure out what your current level of fitness is now and how many weeks it would take to get to where you can comfortably and safely run whatever distance the goal is.
“People need to be realistic to how many days they want to commit to running,” she said. “Those who are running four or five days per week will have one type of training program, which will look different than someone who has only two or three days per week to train.

“The standard thought is somebody who can run six miles can follow a marathon training program that is about 16 weeks long for comfortable completion of a marathon.”

Supplementary Workouts
While many runners only want to be able to finish the race – and that is an accomplishment – there are others who always want to better their times. Speed work then is essential.

Serota explained that speed work is running shorter distances, but picking up on speed using a track or a half-mile repeat on a running path.

For someone who prefers to work on their running alone, there are many resources online that can help with training outlines, including the dare2tri site. But others may want a coach who will watch their form and technique.

“The training plan including miles per week, speed, and how many times a week is appropriate for both able-bodied and disabled, but what people need coaching for is the body mechanics,” she said. “Somebody who is doing wheelchair racing for the first time is definitely going to want to work with a coach who will give them stroke mechanics, technique and body position.

To find a coach, work through the DSUSA chapter network. They may have a coach, refer you to a coach, or team you with a mentor athlete. U.S. Paralympics has similar chapter networks.

Another source may be your physical therapist, occupational therapist or your prosthetic practitioner. They have an understanding of your disability and there may be a runner in the office who might be able to help and give pointers.

Strength and core training are needed too. “We work with a lot of above the knee amputees who run on a prosthetic leg without a knee joint. That puts a lot of strain on the hip and low back, so we make sure we do a lot of core work to avoid injury and prepare their bodies,” Serota said.

Preparing for a Marathon
When preparing for a marathon, you will need to taper off the training in the two or three weeks prior. “You are doing less mileage closer to race day because you want your body ready to go and giving a little bit of a break at the end.”

Wheelchair athlete Krige Schabort of Cedartown, Ga., celebrates at the finish line of Grandma’s Marathon in Duluth, Minn.

Photo courtesy of Clint Austin / Duluth News Tribune

Grandma’s Marathon Has Long Association with DSUSA Chapter
DSUSA Chapter Courage Kenny Rehabilitation Institute (formerly Courage Center Duluth) has coordinated the hospitality of the wheelchair division of Grandma’s Marathon since 1996.

“Our partnership with Grandma’s Marathon over the years has contributed to greater awareness as well as providing some funding of the year-round community-based adaptive sports and recreation programs we offer throughout Northeastern Minnesota and Northwestern Wisconsin,” said Eric Larson, Supervisor of Sports and Recreation at the Courage Kenny Rehabilitation Institute.

This year’s Grandma’s Marathon took place on June 22 along the scenic Northshore of Lake Superior. A record number of 40 racers took part in the wheelchair division.

“Grandma’s Marathon, through the Young Athletes Foundation (charitable arm of the marathon), has found a tremendous partnership with Courage Center Duluth by providing grants to help disabled athletes of the Northland,” said Scott Keenan, founder and executive director of Grandma’s Marathon. “We truly admire the mission of the Courage Center and are proud to contribute.”

Top Marathons Have Disability Divisions
More than 500,000 athletes of all ages and abilities participate in nearly 650 marathons every year – in the U.S. alone! For an athlete with a disability it is especially important to participate in a well-organized event that has a friendly atmosphere and a safe course with excellent support.

These events also include one or more of the following divisions: push rim wheelchair and/or hand-cycle, visually impaired and mobility impaired categories. Some of the listed marathons also offer significant prize-money for top finishers.

*Boston Marathon (baa.org/races/boston-marathon.aspx)
Chicago Marathon (chicagomarathon.com)
Detroit Marathon (freepmarathon.com)
Disney Marathon (rundisney.com)
Los Angeles Marathon (lamarathon.com)
Marine Corps Marathon (marinemarathon.com)
Miami Marathon (http://usroadsports.com/Signature/Miami)
Portland Marathon (portlandmarathon.org)
Richmond Marathon (richmondmarathon.com)
San Diego Rock ‘n Roll Marathon
(runrocknroll.competitor.com/san-diego)
Twin Cities Marathon (tcmevents.org)
United States Air Force Marathon (usafmarathon.com)

*The Boston Marathon was the first major marathon to include a wheelchair division competition. Bob Hall was the first wheelchair racer to enter the Boston Marathon in 1975. He finished in 2 hours, 58 minutes.
World Class Wheelchair Racer

Tatyana McFadden is a world-class wheelchair racer. In 2013, she won the women’s wheelchair race at the Boston Marathon in a time of 1 hour, 45 minutes and 25 seconds. Six days later, she set a London Marathon course record in her elite wheelchair division of 1 hour, 46 minutes and .02 seconds.

Other marathon wins included the 2011 Chicago Marathon, the 2010 New York City Marathon, and the 2009 Chicago Marathon.

Also a Paralympian in Track and Field, McFadden completed a clean sweep of six gold medals at the IPC Paralympic World Championships in Lyon, France, in July. Her wins included the 100m, 200m, 400m, 800m, 1,500m, and 5,000m.

to recover and you want it to feel good on race day,” Serota said.

“As you get closer to the marathon, your long runs are 8- or 10-miles instead of the 18 and 20 milers you were doing during the heavy part of your training. Your body is not only recovering, but it is also anticipating a longer run, which will help you in the race,” she said.

“Another important factor I stress is doing a dress rehearsal. Never eat anything new or wear anything new the day of the race. On one of your last runs before the race, wear what you are going to wear for the race, eat what you will eat that morning, take whatever supplements you will be taking on race day. Try it all in a race simulated situation so you know what will work.

Mental preparation also comes into play. “If you follow a training plan you will be physically prepared come race day. You have put in the work and are ready, now it comes down to how mentally tough you are. The mental stuff can make or break your day. Stay positive and enjoy it. Know you have put in the work and are ready to cross that finish line.” Serota said.

Set Realistic Goals

“Be realistic about time,” she said. “If you don’t have the time to do the long runs, then maybe now is not the time to do a marathon. Choose a shorter distance so you can do it, complete it, and feel good about it.

“The most important thing is setting realistic goals and achievable goals. If your goal is too big or unrealistic, you will get discouraged and not want to continue. Set small achievable, realistic goals, meet them, feel successful and move on.”

For more information about dare2tri, visit dare2tri.org.
EVENT DETAILS

Due to the proximity of this year’s event to the Thanksgiving holiday, the dates have been modified.

Event check-in: **Monday, December 2nd**
Programs: **Tuesday, December 3rd - Saturday, December 7th**
Departures: **Sunday, December 8th**

FEATURED PROGRAMS

- Adaptive ski and snowboard lessons
- Sled hockey, Nordic, biathlon and curling clinics
- Professional Ski Instructors of America / American Association of Snowboard Instructors (PSIA-AASI) National Adaptive Academy: Education for new and experienced adaptive instructors
- National Race Festival: High-level coaching for aspiring Paralympians and international classification
- Adaptive equipment demonstrations: Learn about current trends and demo the latest products

For more information, visit www.skispec.org.

REGISTRATION OPENS SEPTEMBER 2013
An Adaptive Summer

One thing that all children have in common is their excitement and anticipation for summer. It does not matter how old you are or where you are from, summer means freedom to spend time doing the activities you love, and for most kids that means summer camp. Higher Ground, Sun Valley gives children of all different abilities the opportunity to participate in an adaptive sports summer camp that encourages campers to try new activities that otherwise may not be available to them. The Higher Ground Recreation Program Summer Camp has been a program that has consistently grown over the past 12 years, beginning in 2001 with only five participants, blossoming into an elite 10-week adaptive sports program for children, teens, and adults with cognitive and physical disabilities.

The Higher Ground summer camp is composed of three camps where campers are separated by age: Pioneer Camp, Boulder Camp, and Sawtooth Camp. This allows campers to interact and feel comfortable with individuals within a similar age range and ability level, encouraging a positive group dynamic. Each camp creates its own schedule and curriculum that encourages their campers to grow and develop life skills through therapeutic activities, projects, and challenges. Each camp also has a set of trained and enthusiastic counselors that work with parents, teachers, and therapists to achieve a common goal for each individual camper.

Due to age and ability differences, each camp includes different activities; however, all of these various activities encourage campers to build social skills and develop their self-confidence at their own pace. The Pioneer Camp works with 4- to 7-year-olds through activities that include dance, gymastics, swimming, nurture class, and weekly community days, which consists of visiting various community organizations such as the fire department, post office, and grocery store. The Boulder Camp works with 8- to 12-year-olds participating in activities such as hiking, rock climbing, soo bahk do, tennis, and weekly Friday field trips to unique places that campers may not typically have the chance to visit, including: Craters of the Moon, Roaring Springs Waterpark, and iJump. This camp also works to incorporate activities with other local day camps in order to develop peer relationships and increase awareness of people with disabilities to the local population. The Sawtooth Camp consists of a wider age range of campers, with the youngest age at 13 and the oldest at 58. These participants are more independent, thus the camp focuses on encouraging campers to be active members in the community, through cooking classes, signing up for a gym membership, and activities that focus on improving social skills.

Every day at camp there are several camper success moments and stories that reflect the progress of these therapeutic programs and their committed counselors. For instance, during community day at the local grocery store, Aaron, a 6-year-old in the Pioneer group who struggles with participating in group activities, interacting with peers, and controlling his anger, was completely engaged. During this trip, the grocery store employees took the campers on a tour through their produce section, the bakery, and loading area. From a typical day at camp, Aaron demonstrated immense attitude changes, being attentive to the tour guide, first in line to watch cupcake art, and asking creative and intelligent questions. He stayed with his fellow campers throughout the whole tour and participated the entire time. This activity encouraged Aaron’s group participation and stimulated his own independent thinking. It is through encouraging activities such as these that children of all abilities have the opportunity to be challenged, grow, and find something they are passionate about.

By Hilary Smith

Higher Ground, Sun Valley Military Program Camps

Higher Ground, Sun Valley is offering various camps for service members with PTSD, TBI, and those affected by military sexual trauma. One hundred percent of the costs are covered.

White-water Rafting: A white-water rafting trip for single male service members will be held Aug. 31-Sept. 6 on the Salmon River. Mackay Wilderness Company will lead a guided tour of the Frank Church-River of No Return Wilderness. Trip includes rafting, camping, fly-fishing, hiking, and a tour of ancient Indian caves.

Fly-Fishing: A fly-fishing trip for six male veterans and their significant others will be held Sept. 15-20 at Coffee Pot Lodge. Located in a remote cabin setting, along Henry's Fork of the Snake River, six couples will enjoy fly-fishing, horseback riding, golfing, and a tour of West Yellowstone.

A local fly-fishing trip will be held Oct. 6-11 in Bellevue for male veterans and their significant others. This trip offers professional instruction from local guide shops and access to privately stocked ponds, including fishing in the famous Silver Creek Preserve.

Women’s Wellness Retreat: A single ladies wellness retreat will be held in November for female service members, which will focus on mind, body, and spirit. Activities include meditation, yoga, aquability, equine therapy, and nutritious cooking classes.

For more information, visit www.highergroundsv.org.
All-Inclusive Summer Camps in Alaska

The Outdoor Recreation and Community Access Program (ORCA) at Southeast Alaska Independent Living (SAIL) in Juneau recently collaborated with local youth organizations to offer three inclusive summer camps for youth with and without disabilities. The week-long day camps in June and July varied in theme and structure but were all rooted in fostering positive peer-to-peer connections through outdoor recreation and education. Campers worked together to create outdoor art projects, solve survival scenarios, and discover new ways to include and adapt to all abilities in the wilderness.

The Camps included: Art & Recreation with The Canvas Community Art Studio; Wilderness Adventures with Discovery Southeast Hands-On Nature Education; and H2Awesome with The Zach Gordon Youth Center. The unique inclusive camp format was well-received by participating youth, families and collaborating organizations, promoting disability awareness, outdoor accessibility, and healthy active lifestyles.

For more information about upcoming youth camps and courses in Southeast Alaska, visit www.sailinc.org.

Ski Lessons in the Blue Ridge Mountains

Wintergreen Adaptive Sports (WAS), headquartered at Wintergreen Resort, in the Blue Ridge Mountains in Nelson County, Va., opens its 2013-14 season in December. Adaptive snow sports lessons are available to individuals of any age regardless of disability. All lessons are private and often have one or two assistants in addition to the lead instructor. WAS has a building on the side of the slope for easy and private access to learning terrain and to the rest of the mountain.

Last season, WAS provided more than 500 lessons. Conditions at Wintergreen Resort have improved dramatically since they introduced Snowpower, a new snowmaking system that doubled the resort’s snowmaking capacity. Volunteer opportunities also are available for those interested in becoming an adaptive snow sports instructor. Training begins Oct. 26.

For more information about the adaptive ski season at WAS, visit www.wintergreenadaptivesports.org or call (434) 325-2007. Information on Wintergreen Resort is available at www.wintergreenresort.com.

SportsAbility for All Abilities in Florida

An opportunity to improve overall health and wellness is the focus of the 5th annual Ocala SportsAbility event hosted by the Florida Disabled Outdoors Association (FDOA) Oct. 4-5 from 10 a.m.-3 p.m. each day. The free event provides people of all ages and abilities, their family, and friends a hands-on approach to learn and enjoy recreation and leisure opportunities.

Friday, Oct. 4, features the Disability Resource Expo, therapeutic horseback rides, scuba, bocce, golf, fishing simulator, basketball, arts and crafts, outdoor lawn games, and other activities at the Ed Croskey Center, Ocala.

Saturday, Oct. 5, offers water activities including sit-skiiing, kayaking, swimming, and pontoon boat rides. A nature trail ride, bocce, archery, and much more will be available at Carney Island Recreation & Conservation Area. A free shuttle is offered from the Ed Croskey Center to Carney Island.

To become a sponsor, or for more information, go to www.fdoa.org or contact the Florida Disabled Outdoors Association at info@fdoa.org or (850) 201-2944.

By Lesa Evans
Outdoor Adventures in Logan, Utah

Common Ground Outdoor Adventures in Northern Utah offers destination trips to the Grand Teton and Yellowstone National Park. Equipment, meals, and transportation are included in the cost, which averages to $50 per day. Scholarships are available to persons of low income.

All trips are adapted to meet the needs of all abilities.

**MS Grand Teton & Yellowstone, Sept. 20-22:** This trip is designed for individuals with multiple sclerosis. Lodging will be in cabins at the Teton Science School. Day one activities include touring the Grand Teton mountain range and then boating on Jenny Lake. Day two will be visiting Yellowstone National Park including Old Faithful. Day three is a travel day back to Common Ground.

**Southern Utah Fishing Nov. 13-16:** Quail Lake is a scenic park in Southern Utah's St. George area. This lake is used for boating, camping and fishing. The lake contains a variety of fish including bass, rainbow trout, bullhead catfish, bluegill and crappie. There will be tent camping, as well as enjoying fishing and hiking opportunities.

For more information or to sign up for activities, call (435) 713-0288, email programs@cgadventures.org, or visit www.cgadventures.org.

Saluting Our Heroes

The National Ability Center will host its third annual Saluting Our Heroes luncheon Nov. 13 in Salt Lake City to recognize injured U.S. servicemen and women and generate increased support for the organization’s military programs.

Held at the Grand America Hotel downtown, the event will feature numerous dignitaries, military members and community leaders. Attendance to the luncheon is free; however there is a suggested minimum donation of $150.

Over the past few years, the Park City-based National Ability Center has grown its military programs significantly, serving more than 900 U.S. servicemen and women in 2012-13. Activities include archery, cycling, equestrian programs, sled hockey, skiing, snowboarding, water sports and more. The center also provides wellness programs, which are especially useful for those dealing with post-traumatic stress disorder (PTSD).

For more information on Saluting Our Heroes, visit DiscoverNAC.org.

Since 1923, Knit-Rite has been a leading innovator in the O&P industry through our dedication to product research and development and our commitment to the highest quality products. Our prosthetic textile products provide you with the best in comfort and protection.

Knit-Rite’s prosthetic textile products are available from your prosthetist.
Autumn Activities at the National Ability Center

The National Ability Center’s fall programs begin Sept. 9 and include aquatics, archery, cycling, adaptive horseback riding, equine-facilitated learning, and hippotherapy.

Special family-centered events include:
- **Ropes & Rocks, Sept. 21, 4-7 p.m.** Activities include a challenge course, climbing wall and BBQ. Cost is $35 per person.
- **Splash & Climb, Oct. 18, 4-7 p.m.** Swimming, climbing wall, and pizza party. Cost is $15 per person.
- **Demo Days, Nov. 2, noon-4 p.m.** A free event to try an adaptive recreational activity with training and education on adaptive equipment. Climbing, skiing and snowboarding featured.

For more information, visit DiscoverNAC.org.

View the Rockies While Kayaking and Climbing

The National Sports Center for the Disabled (NSCD) is hosting the following:
- **NSCD Friends and Family Kayak Weekend Sept. 7-8:** Experience the wonders of the Rocky Mountains as you paddle kayaks in Grand County, Colo. This family-friendly adventure includes camping at the river and sleeping under the stars. Participants must be able to provide self-care. Departure from Winter Park Resort. Cost is $195 per person.
- **NSCD Rock Climbing Sept. 7, 14, 21, 28, 9:30 a.m.-noon:** Learn climbing safety and basic techniques while taking in the natural beauty of Eldorado Canyon and Clear Creek Canyon, just west of Denver. Climbing lessons are available for ages 5 and older. Take one lesson, or join for the whole month. Cost is $20 per single lesson or $75 for all four. To register, call (303) 316-1518.

Denver Broncos Event to Benefit NSCD

The Denver Broncos are hosting its annual Back to Football Run, Fans on the Field Stadium Run, and Broncos PLAY 60 Fun Run Sept. 7. A portion of each registration will be donated to the National Sports Center for the Disabled (NSCD). The run is an opportunity to be on the field at Mile High Stadium and rarely seen areas of the stadium. The event is from 7:30 a.m. to noon. Cost is $45 for the 5k; $55 for the 10k; and $30 for the Fans on the Field Stadium Run. For more information, visit http://nflrunseries.com/broncos.

NSCD also is a receiving nonprofit of Colorado Gives Day, an annual celebration to raise awareness and funds for local nonprofits. The online event is Dec. 10, midnight-noon. For more information, visit www.coloradogives.org/cogivesday.

4th Annual MOAB MANIA! Off Road Handcycling Camp

The Telluride Adaptive Sports Program (TASP) will host the fourth annual Moab Mania! Off Road Handcycling Camp from Sept. 26 to Oct. 1 in Moab, Utah.

Participants will experience surreal slickrock trails of the Southwest in a relaxed atmosphere, while receiving instruction and support from top industry pros. In addition to seeing the Moab Brands Trails, Klondike Bluffs North and South, Slickrock Practice Loop, and Gemini Bridges, riders will have an exclusive chance to try the innovative handcycle designs created by ReActive Adaptations.

Moab Mania! includes three days of hand biking and a break day of white-water rafting in the Westwater Canyon with SPLORE. The cost of $675 includes camping, activity transportation, meals, and instruction. The camp will be based out of an ADA accessible campground in town.

“It’s truly an honor to work with these guys and show them some of the classic Moab mountain biking, where both able-bodied and disabled riders can enjoy the same challenging trails. That is the true mission of our program and this specific camp,” said Tim McGough, TASP’s program director.

Both civilians and veterans with disabilities are encouraged to apply for this opportunity. For more information, contact Tim McGough at (970) 728-3865 or email programs@tellurideadaptivesports.org.
Paratriathlon Training in San Diego

The Adaptive Sports and Recreation Association (formerly San Diego Adaptive Sports Foundation) has established the Paratri Club for those interested in paratriathlon training. Paratriathlon is an official event of the 2016 Paralympics in Rio.

Paratri Club, San Diego, is only the third of its kind in the nation and offers participants organized training sessions, coached training sessions, clinics, events, support, resources, and other necessities that are needed to build a strong paratriathlon community.

For more information, contact Executive Director Jon Richards, (619) 336-1806; email jon@adaptivesportsandrec.org; or visit www.adaptivesportsandrec.org.

By Jon Richards, Nichole Kwasny

Sonoma County BORP Revolution Ride

Now in its eleventh year, the BORP Revolution Ride and Festival brings together hundreds of people to raise awareness and funds to support BORP (Bay Area Outreach & Recreation Program), DSUSA's Bay Area chapter. This year, DSUSA's Executive Director, Kirk Bauer, will ride in the event, which takes place Sept. 28 in Geyserville, Calif.

Set against the stunning backdrop of Sonoma County’s Alexander Valley, participants in the ‘Rev’ can ride one of five routes ranging from a grueling 65-mile route with an elevation gain of over 2,000 vertical feet to the leisurely 5k “Roll & Stroll” through Trentadue Winery's scenic vineyard. After the ride, cyclists, volunteers, and guests will enjoy a celebratory festival at the winery featuring gourmet food and beverages, free professional massages from licensed volunteer massage therapists, and great company. A brief awards ceremony closes the festivities.

To ride in the Revolution participants 18 years and older commit to raise $350 in addition to a registration fee of $50. Youth participants commit to raising $125 with a registration fee of $25. All donations are tax deductible and support BORP’s programming, which includes adaptive cycling, youth and adult sports (wheelchair basketball, power soccer, goalball and sled hockey), a fitness center, and an outdoor adventures program. For more information or to register, visit: www.borp.org/revolution.

By Josh Thelin

USARC’s 19th Annual Peak to Peak Pedal Ride

Bicyclists and handcyclists will start the 19th annual Peak to Peak Pedal (P2P19) ride at Bear Mountain Resort Oct. 9 and head north, reaching the peaks of Sierra Nevada at Mammoth Mountain Oct. 13.

In addition to committing to ride 335 miles from Bear Mountain Resort to Mammoth Mountain over five days, each of these athletes will secure sponsorship in the amount of $1,500 or more. The money raised will directly support the unique, challenging and life-changing outdoor recreation opportunities for children (and children at heart) living with disabilities.

While characterized by a diverse cross section of abilities and backgrounds, these cyclists share one common feature, a commitment to support the programming of the U.S. Adaptive Recreation Center (USARC).

Details on the ride are available at http://usarc.org/peak-to-peak-pedal.

Donations are also accepted online at http://www.firstgiving.com/usarc/p2p19.

For further information about the Peak to Peak Pedal, or the programs of the USARC, call (909) 584-0269, or email mail@usarc.org.
Merger Results in New Name for Courage Center

Courage Kenny Rehabilitation Institute, a clinical service line of Allied Health, was created in 2013 by the merger of Courage Center and Sister Kenny Rehabilitation Institute. The merger includes Courage Center Duluth, which is now Courage Kenny Rehabilitation Institute-Northland. The new name better reflects the service area, which encompasses the region in and around Duluth, Minn., and Superior, Wis.

Courage Kenny Rehabilitation Institute provides a continuum of rehabilitation services for people with short- and long-term conditions, injuries and disabilities throughout Minnesota and western Wisconsin. The goal is to improve health outcomes, make it easier for clients and families to get the right services for their needs, and reduce costs by preventing complications.

Courage Center, founded in 1928, and Sister Kenny Rehabilitation Institute, opened in 1942, were both founded to bridge a gap in services for the disabled. Today, the combined organization serves clients of all ages who have a wide range of diagnoses.

11th Annual Great Lakes Mono-Ski and Race Camp

In partnership with Spirit Mountain and Disabled Sports USA, the largest mono-ski camp in the Midwest for youth and adults with disabilities – the Great Lakes Mono-Ski and Race Camp – will be held Feb. 11-14, 2014, at Spirit Mountain, near Duluth, Minn.

Skiers and instructors from all over the Midwest will once again be brought together to advance mono-skier’s skills. The focus of this event is for skiers to gain confidence to become an independent skier.

Helping participants work on development and race techniques are instructors from the U.S. Alpine Development Team, DSUSA chapters Adaptive Adventures, Breckenridge Outdoor Education Center, Crested Butte Adaptive Sports Center, and Courage Center Alpine Skiers.

Skiers will improve their skills through movement analysis and will be filmed by a professional videographer. Skiers will analyze the videos with the instructors and talk through style and performance. For more information, visit www.couragecenter.org/ContentPages/monoskimaddness.

Turnstone Events in Fort Wayne, Indiana

Turnstone’s 1st Annual Adaptive Rowing Regatta, Sept. 14, 9 a.m. – 3 p.m. at Johnny Appleseed Campground/Park, 1500 E. Coliseum Blvd. Call Tina Acosta for registration information and costs, (260) 969-7630.

2nd Annual Sled Hockey Community Challenge/Free Clinic, Sept. 14, 3-7 p.m., at the Lutheran Health Sports Center, 3869 Ice Way. This is a free event.

Turnstone’s 1st Annual Sled Hockey Goalie Camp, Sept. 21-22. Lutheran Health Sports Center. Registration fee is $150 per goalie. For more information, call Kevin Hughes, (260) 969-7654.

The following events take place at the Turnstone facility, 33320 Clinton St., Fort Wayne. For registration information, call Drew Achenbach, (260) 969-7642.

‘Fright in the Fort’ Varsity Wheelchair Basketball Tournament, Nov. 2-3

‘Premier’ Power Soccer Tournament, Nov. 9-10

Varsity Wheelchair Basketball Tournament, Nov. 23-24

‘Prep for the Future’ Wheelchair Basketball Tournament, Dec. 7-8

‘Champions’ Power Soccer Tournament, Dec. 14-15

For more information on Turnstone events, visit www.turnstone.org.
Martha’s Vineyard Cycling Ride


Riders will be given the choice of a 70-mile or 50-mile course, which travels through woods, ocean, and towns on Martha’s Vineyard. The first leg begins Oct. 19 with a ferry ride to the island to begin the ride with a finish at Camp Jabberwocky for dinner and campfire. The next day, cyclists start their ride from the camp and finish at the ferry to head back to Cape Cod.

The $100 cost includes ferry and lodging at Camp Jabberwocky, which has accessible walkways and cabins. To register, call (877) 976-7272.

Scottish Athletic Competition at Loon Mountain


Adaptive athletes from all over the region will be coming together along with elite strongmen from around the world to participate in this one-of-a-kind event based on feats of strength. Athletes with physical disabilities will be competing in the stone throw, throw for weight, and the hammer throw. Primitive competitions were started to test warriors’ strengths and are the foundation for many of our present day athletic field competitions.

New England Disabled Sports will be conducting athlete selection as space is limited. If interested in competing, send a letter of interest and athletic profile to info@nedisabledsports.org. For more information, call (603) 745-9333.

Kilts provided upon request!

For information on other NEDS events and activities, visit www.nedisabledsports.org.

In Memory: Dr. Omar “Chip” Crothers, Founder of Maine Handicapped Skiing

Dr. Omar “Chip” Crothers, founder of Maine Handicapped Skiing (now Maine Adaptive Sports & Recreation), passed away May 17. He was a tireless advocate, ambassador, advisor, financial supporter and friend to what has become one of the country’s largest adaptive recreation programs.

Crothers, a prominent orthopedic surgeon and avid skier, witnessed the great potential of adaptive skiing when he observed one of his patients, a five-year-old girl with cerebral palsy, glide effortlessly down a trail at the Sunday River Ski Resort. He conceived the idea of starting a local adaptive skiing program and proposed it to Sunday River’s owner, Les Otten. In 1982, Otten and Crothers co-founded Maine Handicapped Skiing (MHS) along with friends Charlie Stevens and Charles Roscoe. Hal O’Leary in Winter Park became a key source of early training for the new program.

In 1990, Sunday River donated a slope-side lot to MHS and Crothers led a successful capital campaign to fund the building of an accessible ski lodge and office from which to base the program. He also championed the expansion of MHS to include other alpine resorts, Nordic skiing and summer sports.

“Maine Adaptive plans a full celebration of Crothers’ life and his impact on thousands of people with disabilities,” said Peter Adams, Maine Adaptive’s executive director. “He will be greatly missed and we will find ways to visibly show our love and appreciation throughout the coming year and beyond.”

Details and opportunities for support can be found at www.maineadaptive.org.

Cycling in Southern Vermont

The Bart J Ruggiere Adaptive Sports Center is hosting its 6th annual NO LIMITS Bike Ride Sept. 14. The event offers rides of 100, 60, and 30 miles through scenic Southern Vermont and New York state. There is also a Family Fun ride of nine miles. The start and finish for each of the rides is the Dana L. Thompson Memorial Park in Manchester, Vt. Route maps will be provided and roads are marked/painted. A cookout begins at 1 p.m.

Registration fees vary with the course chosen. For more information, email joe@bartcenter.com or call (802) 384-4032.

In addition to the NO LIMITS ride, the Bart Center offers cycling opportunities throughout the fall season through flat terrain or rolling hills.

Ski lessons also are offered at the Bromley Ski Resort. Training sessions for adaptive instructors begins in December.

Reservations for cycling and skiing are recommended. For more information and registration, call (802) 384-4032 or email bartcenter@comcast.net.
**Revolimb™ Socket Changes When You Do**

Revolimb™ Kits make any socket or brace adjustable. With a simple click of the Boa™ dial you can change the fit and feel of your device for changing activities or comfort. With one hand you can: adjust fit for changing activities; change compression to match volume changes; and release compression when needed.

For a fit that adjusts when you want it, ask your provider about Revolimb™, call (801) 641-3398, or visit www.revolimb.com.

**Motion Control’s ETD**

The Motion Control ETD (Electric Terminal Device) measures up to the most demanding wearers. It’s rugged, functional, and water resistant and has an optional ProPlus microprocessor to interchange with other manufacturers’ systems. Other features include: quick finger release for an emergency; quick operation with fine control; optional titanium fingers; optional flexion or multi-flex wrist; and easily interchanges with other TDs and connects to electric rotators.

For more information: www.UtahArm.com or info@UtahArm.com.

**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.

**Regal Partial Foot from Fillauer LLC**

This realistic, semi-custom, partial foot cover is now available with an optional, energy-returning carbon foot plate. Made from high definition silicone, the foot is durable, stain resistant, and easy to clean. More than 50 customization options available.

**Wave Sport Foot from Fillauer LLC**

From extreme sports to light jogging, the Wave Sport has the performance active amputees desire. Utilizing an innovative wave-shaped spring between the pylon and keel provides shock absorption and stability. The full-length keel allows it to be used in a foot shell and worn with standard athletic shoes.

For more information, call (800) 251-6398 or visit www.fillauer.com.

**College Park Endo Components**

College Park Industries now offers endoskeletal components. These endo components are engineered for structural integrity and noise abatement. Tested to the highest of quality standards, the components compliment the performance and outcomes College Park prosthetic feet are known for. For more information, call (800) 728-7950 or visit www.college-park.com.

**Ottobock’s Harmony E2 Electronic Vacuum Pump System**

Ottobock’s E2 Electronic Vacuum Pump option is for the Harmony Volume Management System. Connected to the prosthesis by a 4-hole adaptor plate, the E2 can be easily removed for charging, weight reduction, or switching between legs while its integrated valve keeps the vacuum in the socket. Features include a peristaltic pump for quiet operation and minimized light signals. It’s also resistant to environmental conditions like sweat, dust, and rain, and is submersible up to 10 ft. Four manual levels to adjust vacuum to personal preferences from comfort to high suspension; a Reverse Mode to flush the pump and to reverse air flow for quick pressure relief; and an Automatic Mode that adjusts elevated vacuum according to activity level so no manual switching is necessary.

For more information, visit www.ottobockus.com.

**ISHI ARCHERY Terminal Device**

TRS introduces the ISHI ARCHERY TD designed to fit modern compound bows, as well as traditional style bows. An “offset” flexible aperture captures the bow’s handle allowing the bow to “nest” or “cradle” comfortably for perfect arrow alignment. A ratchet strap & buckle lightly secure the bow in place. Weighs only 6 ounces. Accommodates bows up to 45 pounds of draw weight. For archers 5 years old to adult. Mounts right- and left-handed and has a standard, threaded mounting prosthetic connector.

For more information, visit www.oandp.com/trs or call (800) 279-1865.
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.