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WHERE WILL YOU VENTURE?

All features subject to change.
Since she was a little girl, Carrie Davis knew she was unique. Born without her left arm, she often wondered “Why me?” She longed to be known for her contributions, not what she was missing.

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

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

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On the cover:
The U.S. Women’s National Sitting Volleyball team at the 2014 ParaVolley Sitting Volleyball World Championships in Elblag, Poland. The team took silver, its fourth straight silver in major international competition.

Photo courtesy of USA Volleyball

PERSPECTIVE
Kirk Bauer, JD, Executive Director

STARTING LINEUP
Wheelchair Tennis Tournament Has Record Turnout 2014 ESPY Winners

WARFIGHTER SPORTS
Warfighter Sports Golf Programs Continue Growth Stars & Stripes Veterans Program

Bob Woodruff Foundation and Warfighter Sports Launch Helmets4Heroes

DSUSa Wounded Warrior Camp Hits New Heights

Team River Runner

All-Inclusive Biathlon Ottasight and Paddling On

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What the Mountains Taught Me About Rehabilitation and Goals

Over the past few years I have taken on two of the “Big Mountains” in the world, part of the Seven Summits, which are the largest mountains in each of the seven continents. Disabled Sports USA’s Team Warfighter Sports took on Africa’s Mt. Kilimanjaro (19,340 feet) in 2010. Our team, which included two wounded warriors who are double-leg amputees and me, successfully reached the summit. In 2012, 21 days after attempting to summit the highest mountain in North America, Alaska’s Mt. McKinley (20,000 feet), our team, which included two double-leg amputees, reached 15,500 feet before suspending the climb due to severe weather.

These extreme efforts were an exception to the standard approach Warfighter Sports takes, which is to teach our wounded warriors sports skills that they can enjoy on a recreational level for the rest of their lives. These “life sports” enhance fitness and enjoyment of life.

So you might ask, why do we make an exception and take on “Big Mountain” expeditions, which are expensive and involve only a few participants? The answer lies in the long-term benefits. The lessons learned in attempting these feats are immeasurable and can then be passed on to other people, including those with disabilities.

Let me expand on one benefit of this approach. The steps taken to successfully climb one of these mountains are remarkably similar to those that must be taken in rehabilitation. First is the decision to attempt to climb the mountain, then carefully planning what steps must be taken and what training must be done. The next step is to implement the training, taking small steps to build endurance and skills. Finally, is to actually climb the mountain. Here, again, success is achieved not in giant leaps, but in taking many small steps to get to the top of the mountain. All of these steps are also critical elements in achieving successful rehabilitation after a severe and debilitating injury or disease.

Similarly, in rehabilitation one must decide to take on a challenge and set a goal that may be perceived as nearly impossible. There is self-doubt, insecurity and fear of failure that accompanies this decision. But there is also exhilaration and the feeling of empowerment, simply by making this decision to TRY! For mountain climbers, it is the decision to tackle the mountain; for the recently wounded warrior, it is the decision to get better and become active again in life. The military has a good way of framing it: when a newly wounded arrives, he or she is told, “Your next orders are to get well!”

When you have set goals and you are moving forward, you are focusing on what you CAN do, not what you cannot do. This focus on the positive is so important to eventual success. I call it hope. You will need the assistance of trainers and therapists to inform and help set and achieve training goals. Once goals are set, carefully analyze all of the steps needed to ensure that your efforts will be a success.

Next is implementing the plan. This is the “make or break” step where focus, tenacity, commitment and patience are critical characteristics to success. For the mountain climber, it is to start training to enable him to eventually climb into the atmosphere on steep and challenging slopes, with 45-degree angles, loose, rocky “scree,” deep snow, hurricane-force winds, and enduring 12-18 hours of continual climbing. This involves strengthening the entire body, building endurance, and learning technical skills. In rehabilitation, it is committing to daily workouts in the therapy room, the fitness gym, the pool, track, or bike path. Slowly building strength and endurance and learning sports skills that will lead to a full and active life.

This part is also the stage where failure happens more often than we would like to see. Why? Because sometimes the challenge just seems so overwhelming. When I stood at the base of Mt. Kilimanjaro, the sheer distance and magnitude of the mountain was frightening. It seemed impossible that I/we could get all the way to the top of the highest mountain in Africa in only five or six days. At that moment, I had to decide not to be intimidated and had to take the first step.

Taking that first step is so important because you can then focus on taking the second and the third, realizing that the way to conquer a seemingly impossible challenge is to take it one step at a time. Each time a small goal is achieved, celebrate, rest and reflect on the accomplishment as a way to recharge the spirit and body to continue progressing.

The secret to success here is to be patient, committed and be willing to take small steps on the road to recovery. It is also important to celebrate those little successes to mark the progress made, and not get caught up on the long distance yet to go to accomplish the ultimate goal. By taking thousands of small steps, you will eventually reach the goal of the summit and successful rehabilitation.

So if individuals with disabilities can take the same approach to rehab as we do to mountain climbing, they will reach the top of their mountain and experience the joy and exhilaration of living a life full of activity, fun, and personal fulfillment with family and friends.

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

I hope you will remember Disabled Sports USA in your 2014 giving plans. You can donate online at www.disabledsportsusa.org. For federal workers, Combined Federal Campaign #10151.
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www.college-park.com/velocity
DSUSA Welcomes New Chapters

Disabled Sports USA extends a warm welcome to these new members of our community.

Athens Inclusive Recreation and Sports, Inc. (AIRS), Athens, Ga. airsga.org

AIRS was formed and is led by community volunteers. The organization provides recreation and sports programming to promote greater wellness and quality of life for its participants and their communities. It is inclusive of all individuals and all abilities, regardless of limitations, with the goal of expanding understanding and recognition through adapted activities. Roger Keeney is the AIRS Director.

Adaptive Martial Arts Association, Inc. (AMAA), Pittsford, Vt. adaptivemartialarts.org

Adaptive Martial Arts Association (AMAA) assists and supports Martial Arts Schools to create opportunities for people with disabilities to participate in an activity that will increase their power and strength – both physically and mentally. Kathy Maxey-Scarcello is the AMAA Executive Director.

Task Force Creating Best Practices for Inclusion in Sports

Creating momentum for the inclusion of all in interscholastic high school athletics is kick-started by the Athletics for All Task Force, a group of representatives from 14 key disability sports organizations, including Disabled Sports USA, Wheelchair & Ambulatory Sports USA, United States Association of Blind Athletes, American Association of Adaptive Sports Programs, AASP, Bridge II Sports, state association representatives, and others.

The vision of the task force is that high school students with disabilities will have access to athletic opportunities in an equal manner as students without disabilities and to participate in competitive sports alongside other students.

The Athletics for All Task Force was established in response to the U.S. Department of Education’s Office of Civil Rights’ “Advisory Letter” encouraging the expansion of extracurricular school sports for students with disabilities.

The task force is committed to developing sport-specific training handbooks, posters and videos that address training and equipment modifications, competition and rules modifications, safety, classification, frequently asked questions, and resource guides. The tools will provide easy-to-understand guidance to empower coaches, teachers, parents and others to include high school students with physical disabilities in sports.

The initial high school sports to be included in these documents are track and field, swimming, alpine skiing, tennis, bocce, wheelchair basketball, goal ball, and sitting volleyball. In addition, guidelines are being developed on how local adaptive sport programs and schools can work together to provide extracurricular sport opportunities for student athletes with disabilities.

Correction: In the last issue of Challenge, a photo credit was inadvertently omitted. The image on page 23 of the Paralympians with President Obama should be credited to Mpower Sports.

Carol A. Harnett Named President of Council for Disability Awareness

The Council for Disability Awareness announced it has appointed Carol A. Harnett as president.

Harnett also serves on the Executive Committee and Board of Directors of Disabled Sports USA, and actively participates in DSUSA’s Warfighter Sports program.

She is a widely respected consultant, speaker, writer and trend spotter in the fields of employee benefits, absence and disability management, and health and performance innovation.

Harnett began her career as a clinical physiologist and has first-hand experience in training a range of people from elite athletes to pregnant women to injured workers. She will lead CDA’s dedicated effort to raise consumers’ awareness of the risks and consequences of experiencing an income-interrupting illness or injury.

As CDA’s President, Harnett will continue to expand the organization’s positive impact on employees, human resource professionals, insurance agents, brokers, benefit consultants and financial planners.
Wheelchair Tennis Tournament Has Record Turnout

The Wheelchair Sports Federation and United States Tennis Association hosted the 14th Annual Jana Hunsaker Memorial Wheelchair Tennis Tournament June 5-8 in Queens, N.Y.

Winning their divisions:

- Men’s A Singles, Russell Rodriguez (Nashville, Tenn.)
- Women’s Open Singles, Dana Mathewson (San Diego)
- Men’s B Singles, Victor Vaughn (Nashville, Tenn.)
- Men’s C, D, Open, and Open Singles-second draw – Sunil Patel (Tallahassee, Fla.), Kei Usami (Darien, Conn.), Thomas Vinatier (Nantes, France), and Michael Foulkes (Petaluma, Calif.), respectively
- Quad Open Singles, Bryan Barten (Tucson, Ariz.)
- Men’s A Doubles, Atif Moon (Rancho Palos Verdes)/Russell Rodriguez
- Men’s B, C, and D Doubles – Wayne Bennet (Denver)/Ricardo Corral (East Elmhurst, N.Y.), Nathan Melnyk (Centerport, N.Y.)/Jose Mendez (Brentwood, N.Y.), and Johnny Tejada (Flushing, N.Y.)/Kei Usami
- Men’s Open Doubles, Phillipe Bedard (Quebec City)/Joel Dembe (Toronto)
- Quad Open Doubles, Gary Luker (Ancaster, Ontario)/Robert Shaw (North Bay, Ontario)
- Women’s Open Doubles, Karolina Lingyte (Northport, Ala.)/Dana Mathewson


Farmer, Whitmore Win ESPYS

Sports, teams and athletes were all celebrated at the 2014 ESPY Awards July 16 at the Los Angeles’ Nokia Theatre. Winners in the category of Best Male Athlete with a Disability and Best Female Athlete with a Disability were Declan Farmer, sled hockey, and Jamie Whitmore, paracycling.

Farmer, 16, was a member of the gold medal team at the 2014 Sochi Paralympic Winter Games. He also was voted as the IPC’s Best Male Athlete of the Sochi Paralympic Games.

Whitmore won gold medals in the time trial and pursuit events with world-record times at the 2014 UCI Paracycling Track World Championships. On the road, she took first place in the road race 2014 UCI World Cup in Italy. In 2013, she was undefeated in both the Road World Cup series and the UCI Paracycling Road World Championships.

Other nominees in the Best Male Athlete with a Disability category were Mark Bathum, alpine skiing; Raymond Martin, wheelchair racing; Mike Shea, snowboarding; and Evan Strong, snowboarding.

Whitmore was one of five women in the “Best Female Athlete with a Disability” category, joining Minda Dentler, triathlete; Oksana Masters, Nordic sit-skier; Tatyana McFadden, wheelchair racer; and Laurie Stephens, alpine mono-skier.
LOOKING FOR A SPORT THAT WILL GIVE YOU A CARDIO WORKOUT, CHALLENGE YOUR STRATEGIC THINKING, AND ENABLE YOU TO BE ON A TEAM, ALL WHILE JUST HAVING FUN? THEN SITTING VOLLEYBALL, A DISCIPLINE OF VOLLEYBALL, MAY BE PERFECT FOR YOU.
Like many adaptive sports, sitting volleyball can be played with able-bodied friends and relatives who follow the sitting volleyball rules.

The object of the game is the same as standing volleyball – hit the ball over the net and land it in the opposing team’s half of the court. Teams have up to three contacts with the ball before it must go over the net.

WHERE CAN I PLAY?
Anywhere! All you need is a suitable low net or a rope over two chairs, (don’t worry about it being regulation when you are just learning to play).

You can easily alter the size of the court and number of players on each team at a recreational level to allow as many people to enjoy the game as possible.

WHAT IS DIFFERENT BESIDES SITTING?

Body Position: The position of each player is determined and controlled by the position of their bottoms. This means that the hand(s) and/or leg(s) may cross the service, attack, and center lines, provided they do not interfere with an opposing player.

A player’s ‘bottom’ is defined as the upper part of the body, from the shoulder to one’s buttocks. Players are not allowed to lift his/her bottom from the court when executing any type of attack-hit. Additionally, it is forbidden to stand up, raise the body or take steps to play a ball.

A back-row player may perform any type of attack-hit from any height, if at the time of the hit the bottom does not touch or cross over to the attack line.

The player must have contact with the court with some part of the upper part of the body at all times when playing the ball, except when making a low defensive play. In such defensive play, a brief loss of contact with the court is permitted.

The referee’s official hand signal of ‘lifting from the court’ is raising the upper hand and forearm positioned parallel to the floor and mirror imaging the lower hand and forearm.

Serve: Unlike standing volleyball, it is permitted to block or attack an opponent’s serve.

Net: The net is reduced in size to be 80cm in height. In regulation play for men, the net is raised to 1.15m (approximately 3 ft., 9.28 in.) and for women, 1.05m (approximately 3 ft., 5.34 in.).

Court size: 10 x 6 meters (approximately 32 ft. x 19 ft., 8.22 in.) with a two-meter attack line (approximately 6 ft., 6.73 in.).

To download the current World ParaVolley Sitting Volleyball Rulebook, just visit http://www.volleyslide.net/download/i/mark_dl/u/4011973273/4598298266/Sitting%20Volleyball%20Rules%202013-2016%20-Final.pdf

THE BASICS OF PLAY
As with any sport, practice will help you play the game better.

The ready position: (The flexed, yet comfortable posture a player assumes before moving to contact the ball.) Legs in front, slightly bent. Arms should be down with hands on the floor ready to push in all directions. Be alert and ready to move in any direction due to the quick pace of the game.

Serving: (Putting the ball into play.) When serving, pull back the hitting arm. In the non-serving hand, raise the ball to shoulder height with the arm in front of the body and toss the ball gently, one to two feet above the head. Swing through the ball to the intended target.

Spiking/attacking: (Smashing the ball into the opponents’ court using an overhead motion.) When spiking or attacking the ball, start with your body four to five feet away from the net. Move toward the ball by using arms and pushing or pulling with the lower body. Pull back the hitting arm, swing forward quickly, and reach as high as you can, rotating your shoulders.

Overhead passing/setting: (Directing the ball to a point where a player can spike it into the opponents’ court.) Open your hands and spread fingers into a ball-shaped cup above the forehead, allow the wrists and hands to be loose, make a triangle with the thumbs and pointer fingers, flick the wrists, and extend the arms to push the ball to the target.

Forearm passing/digging: (A defensive shot passing an attacked ball close to the floor.) Place your thumbs together and even in height. Point thumbs downwards and keep elbows locked out to create a platform with your forearms.
Position the platform to create an angle that allows the ball to rebound toward the target.

Blocking: (Defensive play by one or more players to deflect a spiked ball back to the hitter’s court.) Start with hands down, ready to move side-to-side as quickly as possible. Once into position, raise your arms with hands open wide and fingers spread apart to cover the most surface area. Extend your arms across the net without touching it and flick your wrists toward the middle of the court.

HOW IS SCORING DONE?

Matches are played over a best of five sets format with each set won by the first team to reach 25 points with a two-point lead in the first four sets, and by the first team to reach 15 points with a two-point lead in a decisive fifth set. A match is won by the team that wins three sets.

Each team is allowed up to three hits to return the ball. A team scores a point by successfully grounding the ball on the opponents’ playing court; when the opponent team commits a fault; or when the opponent team receives a penalty. (A team commits a fault by making a play contrary to the rules.)

At the moment of contacting the ball, a player’s bottom must be in contact with the floor. If not in contact when the ball is touched (except on a low-defensive play), the team will lose the rally.

BEGINNINGS

Sitting volleyball first began in the Netherlands in the 1950s as a combination of volleyball and a German game called sitzbal, which was played without nets. It significantly increased in popularity during the 1960s and today is played in more than 50 countries.

Sitting volleyball made its debut as a Paralympic sport at the Arnhem, Netherlands, 1980 Games. The Athens Games in 2004 introduced the first Paralympic competition for women’s sitting volleyball; the U.S. came away with the bronze medal.

At the London 2012 Paralympic Games, there were 198 athletes competing in the sport. The U.S. Women’s Team repeated in capturing the silver medal just as they had done at the Beijing 2008 Paralympic Games.

GOVERNING BODY

Sitting volleyball is governed by World ParaVolley, which produces all of the rules and regulations for the sport.

WHO QUALIFIES FOR PARALYMPIC VOLLEYBALL?

Paralympic sitting volleyball can be played by amputees and people with other types of locomotor disabilities with permanent injuries to the knees, hips, ankles, elbows, wrists and les autres (cerebral palsy, spinal cord injury and polio or any major muscle loss that prevents the player from playing stand-up volleyball).

Two players on each team may have a minimal impairment, which means their impairment may appear minimal but it prevents them from competing in the nondisabled version of the sport. These injuries include anterior cruciate ligament damage and missing fingers.

PROSTHETICS/ADAPTIVE EQUIPMENT

- It is not recommended you wear your prosthetic leg when playing sitting volleyball as it could limit one’s speed and movement abilities during play. Additionally, if an athlete or teammate falls on it, it could cause injury to them or damage the prosthesis.
- Users of a prosthetic arm can use it to pass, serve, and block.

- The Striker is a chair to provide support to those with spinal cord injuries. Triangle Volleyball Club, along with DSUSA Chapter Bridge II Sports, submitted a project proposal to Duke University’s Department of Biomedical Engineering to design, produce, and put into service a chair to assist with support and movement on the floor for those with spinal cord injury. The Striker was unveiled in December 2012; a patent application and mass production work are currently underway.

WHERE CAN I FIND MORE INFORMATION?

- Bridge II Sports: North Carolina, bridge2sports.org
- International Paralympics Committee: paralympic.org/sitting-volleyball
- NCHPAD (National Center on Health, Physical Activity and Disability): nchpad.org/1073/5477/Sitting-Volleyball-A-Skill-Enhancing-and-Physically-Demanding-Activity
- Sitting Volleyball in the United States: sittingvolleyball.org
- UCO – University of Central Oklahoma: uco.edu/wellness/sr/trainingsite/ts%20sitvolleyball.asp
- USA Volleyball – Team USA: teamusa.org/US-Paralympics/Sports/Sitting-Volleyball
- World Organization of Volleyball for the Disabled: wovd.info
- American Volleyball Coaches Association: avca.org

All of the above were used as resources for this article.
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Meet the new AllPro: the most naturally active, flexible, energy-returning foot from Fillauer.

www.fillauer.com
The annual University of Central Oklahoma (UCO) Endeavor Games, the largest multi-sport, multi-disability sporting event in the United States, celebrated its 15th year June 5-8 in Edmond, Okla.

Competitions included archery (indoor/outdoor), cycling, powerlifting, wheelchair basketball 3-on-3 (adult/junior), sitting volleyball, shooting, table tennis, track and field, swimming, paracanoe and paratriathlon.

This year, the UCO Endeavor Games offered indoor archery and track and field clinics to athletes ages 12 and under and a paratriathlon transitions clinic for all ages. U.S. Paralympics featured its “Gateway to Gold Talent ID,” which offers cycling, powerlifting, sitting volleyball and track and field to athletes ages 13 and up.

The UCO Endeavor Games has grown since its inaugural year in 2000 and has become a nationally and internationally recognized event with athletes from outside of the United States making the trek to compete. Athletes have been represented from over 40 different states and the countries of Brazil, Canada, Puerto Rico, Turkey and the United Kingdom.

UCO is an official U.S. Olympic and Paralympic Training Site and is the host training site for Men’s and Women’s Sitting Volleyball. Athletes can train for Olympic volleyball and any Paralympic sport at the university. Currently, Central hosts resident athletes in the Paralympic sports of sitting volleyball, archery, track and field, powerlifting and the Olympic sport of taekwondo.

The UCO Endeavor Games is endorsed and sanctioned by U.S. Paralympics, Disabled Sports USA and Wheelchair Sports USA.
Save the Date for the Nation’s Premier Adaptive Winter Sports Event

Experience all five Paralympic Winter Sports: Skiing, Snowboarding, Sled Hockey, Nordic/Biathlon and Wheelchair Curling

Event Details:
Check-In: Monday, December 1
Programs: Tuesday-Saturday, December 2-6
Departures: Sunday, December 7

Programs Include:
- Ski and Snowboard Lessons: $35/half day lesson
- Professional Ski Instructors of America / American Association of Snowboard Instructors National Adaptive Academy: Continuing Education Clinics: $35/half day clinic
- Ski and Snowboard National Race Festival: $300 for full week ($550 with lift ticket)
- Sled Hockey, Nordic, Biathlon and Wheelchair Curling Lessons: Free
- Adaptive Equipment Demonstrations

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907-346-7399

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Bay Area Outreach and Recreation Program (BORP)
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Adaptive Adventures
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Adaptive Sports Association
Durango, CO 81301
adaptsports.org
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Aspen Camp of the Deaf & Hard of Hearing
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Adaptive Sports Center of Crested Butte
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Challenge Alpine
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Colorado Discover Ability
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Ignite Adaptive Sports
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Steamboat Adaptive Recreational Sports
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US Handcycling
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Visually Impaired & Blind Skiers
Colorado Springs, CO 80923
coloradoovibes.org
719-337-0161

Connecticut
Leaps of Faith Disabled Waterskiers Club
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Sports Association of Gaylord Hospital
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gaylord.org/home/whygaylord/sportassociation.aspx
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Great Lakes Adaptive Sports Association (GLASA)
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Indiana
Special Outdoor Leisure Opportunities
South Bend, IN 46660
skisolomichiana.org
paul.raven@iserv.com
269-244-8016

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

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

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

Maine Adaptive Sports & Recreation
Newry, ME 04261
maineadaptiveports.org
info@maineadaptiveports.org
207-533-7463

Maryland
Baltimore Adaptive Recreation and Sports
Sparks, MD 21152
barish.org
parm@barish.org
410-227-7786

Cheapeake Region
Accessible Boating
Annapolis, MD 21409
crabsailing.org
seue@crabsailing.org
410-626-0273

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

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

Massachusetts
AccessSport America
Acton, MA 01720
accesssportamerica.org
978-264-0985

CAPEable Adventures, Inc.
Sandwich, MA 02563
capeableadventures.org
508-566-3298

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

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

Minnesota
Courage Kenny Sports and Recreation
Minneapolis, MN 55408
couragecenter.org
sportsrec.couragecenter.org
763-588-0811

US Electric Wheelchair Hockey Association
Minneapolis, MN 55427
powerhockey.com
croagm@powerhockey.com
763-535-4736

Missouri
Disabled Athlete Sports Association
St. Peters, MO 63376
dassports.org
kellyb@dassports.org
636-477-0716

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Montana
DREAM Adaptive Recreation, Inc.
Whitefish, MT 59937
dreamadapative.org
dreamadapteve@yahoo.com
406-862-1817

Eagle Mount Billings
Billings, MT 59101
eaglemount.us
info@eaglemount.us
406-969-2949

Eagle Mount Bozeman
Bozeman, MT 59715
eaglemount.org
eaglemount@eaglemount.org
406-566-1781

Eagle Mount Great Falls
Great Falls, MT 59403
eaglemount.net
eagle_mount@eaglemount.net
406-454-1780

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AbilityPLUS, Inc.
Jackson, NH 03846
abilityplus.org
202-817-1710 x104

Granite State Adaptive
Mirror Lake, NH 03853
gsadaptivesports.org
grantedstateadaptive@gmail.com
603-387-1167

Lakes Region Disabled
Sports at Gunstock
Gilford, NH 03249
gunstockadaptive.org
ask@lrdobaticsports.org
603-737-4365

New England
Disabled Sports
Lincoln, MA 02351
nedsadaptablesports.org
info@nedsadaptablesports.org
603-745-9333

New England Handicapped
Sports Association
Mount Sunapee Resort, NH 03750
neh.org
info@neh.org
603-763-9158

Northeast Passage
Durham, NH 03824
nepassage.org
northeast.passage@unh.edu
603-862-0070

Waterville Valley
Adaptive Sports
Waterville Valley, NH 03215
watervilleadaptive.com
info@watervilleadaptive.com
603-236-6311

New Jersey
US Adaptive Sailing
Brick, NJ 08724

Ohio
Adaptive Ski Program
Santa Fe, NM 87501
adaptski@gmail.com
505-995-9858

Challenge New Mexico
Santa Fe, NM 87507
challengenewmexico.com
nnm.ccsesw@excite.com
505-988-7621

Ski Apache Adaptive Sports
Ruidoso, NM 88355
skiaphapeski@skiapsheski.com
505-646-3193

New York
Adaptive Sports Foundation
Windham, NY 12496
adaptablesportsfoundation.org
info@adaptablesportsfoundation.org
518-734-5020

Adaptive Sports Program –
Helen Hayes Hospital
West Haverstraw, NY 10993
helenhayeshospital.org/tag/adapted-sports-and-recreation
castelluccio@helenhayeshospital.org
845-947-3187

ASPIRE
Saratoga Springs, NY 12866

cape Ability Outrigger
Ohio, Inc.
West Henrietta, NY 14486
adaptivecoaching.org

Greek Peak Adaptive
Snowsports
Vestal, NY 13850
gpadaptative.org
jmcappellate@Yahoo.com
607-785-8101

Lounsberry Adaptive
Ski Program
Ellicottville, NY 14731
lounsberryadaptive.org
ski@lounsberryadaptive.org
716-699-3504

STRIDE, Inc.
Rensselaer, NY 12144
stride.org
info@stride.org
518-598-1279

Western New York Adaptive
Water Sports
Grand Island, NY 14072
wnyawaterepositive.com
info@wnyawaterepositive.com
716-553-7670

North Carolina
Bridge II Sports
Durham, NC 27705
bridge2sports.org
Ashley@bridge2sports.org
866-880-2942

Rhode Island
Access2Adventure
Tiverton, RI 02878
info@access2adventure.net

South Dakota
Black Hills Regional Ski for Light, Inc.
Rapid City, SD 57709
bfsfil.org
bfsfilforlight@gmail.com
605-341-3626

Tennessee
Sports, Arts & Recreation of
Chattanooga (SPARC)
Chattanooga, TN 37434

Texas
Operation Comfort
San Antonio, TX 78209
operationcomfort.com
210-826-0500

Utah
Common Ground Outdoor
Adventures
Logan, UT 84321
cgadventures.com
cg@cgadventures.com
435-713-0288

National Ability Center
Park City, UT 84060
discovermac.com
info@discovermac.com
435-649-3991

Vermont
AbilityPLUS, Inc.
Mt Snow, VT 05356
abilityplus.org
info@abilityplus.org
800-287-8415 x103

Adaptive Martial Arts
Association, Inc. (AMAA)
Pittsford, VT 05753
adaptemaritalarts.org
contact@adaptemaritalarts.org
802-744-8184

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Adaptive Sports
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Challenged Athletes of West Virginia
Snowshoe, WV 26209
cwawsp.org
reiball@snowshoemountain.com
304-572-6708

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Southeastern Adaptive
Sports
Cedar Rapids, IA 52401
sasinc.org

Wisconsin
Outdoors for All Foundation
San Antonio, TX 78209
outdoorsforall.org
info@outdoorsforall.org
206-362-2680

Washington, D.C.
DC Fire Fighters
Burn Foundation
Washington, DC 20017
dcfburnfoundation.org
Jason@dcburnfoundation.org
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Cedar Rapids, IA 52401
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Laramie, WY 82071

Adaptive Sports
Wyoming

206-382-2680
org/contact-us

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Washington State

National Ability Center
Park City, UT 84060
discovermac.com
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Mt Snow, VT 05356
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414-226-8375

Wyoming
Adaptive Sports, Arts & Recreation
of Wyoming
Laramie, WY 82071

Warfighter Sports Golf Programs Continue Growth

The year 2014 continues a trend of upward growth for the Warfighter Sports-supported golf programs hosted at Olney, Md., Fort Sam Houston, Tx., and Fort Belvoir, Va. Since 2003 more than 1,500 wounded warfighters, family and support staff have participated in Disabled Sports USA-sponsored golf programs, with the Fort Belvoir Wounded Warrior Golf Program nearly tripling its participation over the past three years.

The learn-to clinics teach golf skills in a progressive manner, with each clinic in the eight week series focusing on a separate aspect of the game of golf. This model allows golfers to grow their skills week after week with a culmination of on-course play to test out the skills they’ve learned.

“I find the challenge of golf combined with the peace and serenity of the game to be the perfect balance for me and my challenges,” said Destrey Groom, a retired Army Specialist and participant in the Fort Belvoir Wounded Warrior Golf Program.

As with all Warfighter Sports programs, the Saturday golf clinics are provided free of charge to include instruction and equipment. Family members are encouraged to partake in the instruction to help promote participation long after the eight-week sessions conclude.

Bob Woodruff Foundation and Warfighter Sports Launch Helmets4Heroes

Disabled Sports USA and the Bob Woodruff Foundation, an organization founded by traumatic brain injury (TBI) survivor and ABC News correspondent Bob Woodruff, have joined forces this year to ensure wounded warriors interested in participating in sports in their community adaptive sports organizations have access to the safest and highest quality head protection available.

Through the recently established Helmets4Heroes initiative, we are committed to providing hundreds of sports helmets and other types of safety equipment to dozens of Disabled Sports USA chapters and other adaptive sports programs that serve wounded warriors.

According to the Defense and Veterans Brain Injury Center, more than 30,000 service members have sustained a moderate to severe traumatic brain injury since the year 2000, making the latest safety gear of vital importance. When including mild cases of TBI, the number rises to more than 300,000. Helmets4Heroes will help organizations and community-based chapters of Disabled Sports USA that serve veterans in the sports of skiing, snowboarding, ice hockey, kayaking, white-water rafting, cycling, equestrian, rock climbing and water-skiing update and increase their inventories of high-end protection equipment and provide helmets and other equipment.

Last year, through a network of over 100 DSUSA adaptive sports organizations around the country, more than 1,500 of the most severely wounded warriors were provided opportunities to participate in more than 30 different sports through Disabled Sports USA’s Warfighter Sports program. All sports rehabilitation provided through Warfighter Sports is free to wounded warriors and family, including individualized adaptive sports instruction, adaptive sports equipment, travel, lodging, event fees, meals and accessible facilities and transportation.
Disabled Sports Eastern Sierra’s Wounded Warrior Camp Hits New Heights

Disabled Sports Eastern Sierra’s (DSES) Eighth Annual Summer Wounded Warrior Camp, Operation High Altitude, was a great success. In addition to the 27 participants (wounded warriors and their guests), 11 VIPs joined in, including Maj. Gen. Larry Nicholson and special guest Sgt. Maj. “Iron Mike” Mervosh.

Mervosh, 90, retired USMC, is a decorated combat veteran of WWII, Korea and Vietnam. “I wanted to re-enlist for Desert Storm, but they wouldn’t let me,” he quipped.

Participants (including Iron Mike) all camped out under the stars and engaged in sports including cycling, fly-fishing, rock climbing and paddling. Paddlers were able to try out DSES’s new On-It Ability adaptive SUP (Stand-Up Paddleboard).

The event wrapped up with a hootenanny. Music, cowboy poetry and barbeque were featured attractions. Sarah, a wounded warrior, summed up the week: “I paddleboarded, I fished, I rock climbed!” she enthused. “The whole week has been so positive!”

Amy Hatcher, Family Support Coordinator with Wounded Warrior Battalion West, joined in. “It’s a really good opportunity for folks to reconnect with themselves and have a great time with others who understood their issues, but without the pressures of having to talk about those issues,” she noted.

“Everyone accepted each other without questions and had time to be together, but also decompress. Campfire time was spent summing up each day and it was fun; they all became one cohesive group.”

Mervosh, a long-time supporter of wounded warrior events, echoed those thoughts. “I’m pleased to be here with these fine men and women,” he said. “They’ve been through a lot and this kind of program is important for them. The camp is just terrific and they deserve it.”

UPCOMING EVENTS:

Through October: Summer Cycling Series. Wednesday group rides featuring a variety of distances, skills drills and time trial options.

Nov. 6: Mammoth Mountain Ski Area Opening Day.

Nov. 6 through December: Daily alpine ski, snowboard, cross-country ski and biathlon lessons available as terrain permits. Call for reservations.


For more information, contact Maggie Palchak at mpalchak@disabledsportseasternsierra.org.

Team River Runner All-Inclusive Biathlon

Team River Runner (TRR) is hosting its 10th Annual DC Biathlon, Sun., Oct. 5, in Washington, D.C.

The race includes a one-mile kayak or stand-up paddleboard followed by a three-mile run or handcycle on the beautiful Georgetown waterfront. No kayak experience is necessary to participate. This event is designed to be inclusive for all types of abilities. Kayaks, paddles and personal flotation devices will be provided, as well as guides for the blind and support staff to ensure participants have a safe and fun experience.

Questions about adaptive gear or the ability to be able to participate, or anything regarding this event can be directed to Megan Mornini, Megan@TeamRiverRunner.org or (301) 906-1084. For registration, visit TeamRiverRunner.org.

This biathlon supports the TRR programs offering physical, mental and emotional rehabilitation of wounded and disabled veterans as well as active duty service members and their family members through paddlesports.
Team River Runner (TRR) is teaching white-water kayaking skills to blind and visually-disabled veterans at its Outtasight Paddling and Leadership Clinics. These veterans with a visual disability are often guided, in solo kayaks, by sighted wounded and disabled veterans. This weeklong clinic develops paddling skills with the new paddlers, provides leadership opportunities for the guides and boosts confidence for both. Additionally, the clinic provides a venue for camaraderie, support and fellowship. Participants return to their home Chapters with both stronger skills and purpose to help other veterans or non-veterans with disabilities.

The Outtasight Paddling and Leadership Clinic is held annually in the stunningly beautiful Paradise Valley in Montana. Past participants continue to paddle regularly upon returning home as part of a healthy and adventurous lifestyle. Al Avina, Executive Director of the BVA-Blind Veteran Association, frequently paddles on the Potomac River with TRR. Lonnie Bedwell, of Indiana, was the first blind paddler to successfully solo kayak the entire length of the Grand Canyon. He now paddles rivers all over the nation and teaches kayaking at the TRR Chapter he founded at Indiana State University. Many past Outtasight veteran guides and visually-impaired participants serve in leadership positions in their home Chapters. Building a national network of skilled blind paddlers, veteran guides, and guiding skill training has proven to be both effective and safe in many of TRR’s local Chapters.

The Wake Foundation was the 2014 sponsor of the Montana Outtasight Clinic. Also supporting this year’s event with donated dinners and a fundraising event is the Rivers Edge Bar and Grill in Emigrant, Mont. Additionally, National Sports Center for the Disabled (NSCD), a chapter of DSUSA, gave tremendous logistical support for the wounded and disabled veterans participating in this year’s clinic. NSCD hosts our Denver TRR Chapter, an outstanding example of collaboration and sharing of both resources and program design. This year’s Montana Outtasight Clinic has five blind veterans and four war/wounded warrior veteran guides. Within a week, the participants are safely paddling up to Class III white water. The adventure and excitement of this accomplishment is a testament to the DSUSA motto - “If I can do this, I can do anything.”

“Blind guided paddling” on all types of water is growing nationally. Participants often remark how freeing it is to be able to paddle themselves independently and safely. One of this year’s participants, Steve Baskis, remarked: “Paddling white water in my own kayak makes me feel less blind.” TRR is now building an Eastern Outtasight Program in Charlotte, N.C., to begin this fall. This event will be part of a new Chapter of TRR with a new “Blind and Visually-Disabled Paddling Center of Excellence.” Funding support from the Delta Gamma Sorority is kick starting this new Chapter’s programming.

While TRR offers programming for all wounded and disabled veterans, and non-veterans with disabilities (often instructed by the veteran participants), our work with the blind and visually-disabled paddlers is extraordinary. Years of success and the historic accomplishment of Lonnie Bedwell in the Grand Canyon have pushed the boundaries of the possible. We hope the future will bring a growing interest for visually-impaired veterans and non-veterans to seek out our Chapters to come paddle on a pool, lake or the flat-water or white water of a river. It is healing to paddle away from the shoreline and into freedom, adventure and healing. Team River Runner is leading the way on the river to recovery.
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SportsAbility Ocala – Scuba to Martial Arts and More

The 6th annual SportsAbility Ocala (Florida Disabled Outdoors Association) provides people of all ages and abilities, and their family and friends, hands-on activities with many recreation and leisure opportunities to improve overall wellness at no cost thanks to community support and sponsors such as Disabled Sports USA and Mobility Ventures LLC. SportsAbility Ocala, Fla., will be held Oct. 3-4 from 10 a.m. to 3 p.m. each day.

Fri., Oct. 3, features the Disability Resource Expo, horseback rides, scuba, bocce, golf, fishing simulator, basketball, arts and crafts, outdoor lawn games and more at the Ed Croskey Center in Ocala.

Sat., Oct. 4, offers water activities including sit water-skiing, kayaking, and pontoon boat rides. Also, a nature trail ride, bocce, archery, and more will be available at Paynes Prairie (just outside Gainesville).

To participate or become a sponsor, visit fdoa.org; info@fdoa.org; or (850) 201-2944.

Happy Trails Riding Center

Happy Trails Riding Center, West Linn, Ore., offers horse riding lessons, camps and events. All instructors are certified by the Professional Association of Therapeutic Horsemanship. Last year, Happy Trails provided over 300 riding experiences.

Participant Emily wrote: “Being at the barn has changed my life. I have learned so much about horses and how to take care of them. If I couldn’t go to the barn, I don’t know what I would do. … Happy Trails is my safe place, a place I can escape from my life, a place to be me, my oasis.”

Upcoming events at Happy Trails include a Fall Barn Dance with City of West Linn Parks Department Sept. 13; Pumpkin Carving & Riding Camp Oct. 25; and Holiday Party Dec. 6.

Classes and camps’ registrations are available through the City of West Linn Parks Department or scheduled directly with Happy Trails, (503) 351-0134 or happytrailsridingcenter@yahoo.com.

The Unrecables Prepare for Ski Season

The Unrecables kick off the ski season at the Snow Gala, Nov. 1, hosted by the L.A. Council in Woodland Hills, Calif., where the club’s Man and Woman of the Year will be honored.

Ski trip dates to Mammoth will be posted on the club’s website and on Facebook. Those interested in joining should email info@unrecables.com.

Monthly socials are held on the second Tuesday evening at 6:30 p.m. at the IHOP Restaurant in Marina Del Rey, followed by a board of directors meeting.

Congratulations to The Unrecables for their first place awards in both the Wentworth Outstanding Publication competition and the Outstanding Website competition. The awards ceremony was held at the FWSPA Annual Convention in Bend, Ore. The list of award winners is published in the summer newsletter, and available on unrecables.org.

For more information, email info@unrecables.com.

Heli-skiing in Alaska

Brian Shickler, program manager for Disabled Sports USA Far West, and limitless adventurer Tony Schmiesing went heli-skiing in the Chugach Range, Alaska. This was the first time a quadriplegic bi-skier had been heli-skiing anywhere in the world. See more of their adventures at http://vimeo.com/92103318. Photo courtesy of Conor Toumarkine.
Dare2tri Boasts Top-Finishes at ITU World Triathlon Chicago Races

The giant red and black Dare2tri Paratriathlon Club logo and “One Inspires Many” motto was seen and felt all across the 2014 ITU World Triathlon Series course, along Monroe Harbor, Buckingham Fountain, and Columbus Drive in downtown Chicago this past June. Dare2tri was the presenting sponsor of the paratriathlon races and it also boasted a roster of over 20 paratriathletes that competed in the Elite and PC Open races June 27-29.

Among 60 total paratriathletes from 13 countries, in five different paratriathlon divisions, dare2tri welcomed competitors to its backyard where the club had nine total podium finishes.

In the Elite race, PT1s Mary Kate Callahan and Diana Helt finished with a gold and silver respectively. In the PT2 division, Hailey Danisewicz and injured war veteran Melissa Stockwell earned gold and silver respectively. Grace Norman (PT4) finished second taking home silver.

In the PC Open race, McKayla Hanson, Megan O’Neil and Heidi Musser took gold, silver, and bronze respectively for the women. For the male division, Grant Berthiaume finished second.

With paratriathlon making its Paralympic debut in the 2016 Games, the top dare2tri athletes are on the “Road to Rio,” hoping to represent their country as part of Team USA on the most prestigious international stage.

Awesome Idaho

Adaptive Wilderness Sports of McCall (AWeSOMe!) has had a highly successful winter program since 2002, but has not had a summer program since 2010. This year, thanks to a generous grant from Disabled Sports USA, we have been able to expand our programming into the summer. Our summer program features canoe and kayaking lessons for local children with disabilities as well as opportunities for these children to integrate into existing recreational programs in our community.

Not only does the paddling program provide an opportunity for participants to enjoy the beautiful wilderness in McCall, it has also created an opportunity to recruit a new set of volunteers from within our small community of McCall (pop. 2871). We have drawn new summer volunteers from McCall’s large paddling community many of whom hadn’t previously heard of AWeSOMe! nor had they worked with children with disabilities.

McCall has collaborated with several local organizations to integrate our participants into existing programs including the Payette Lake Community Organization, Ponderosa State Park’s Jr Rangers Program, and the McCall Outdoor Science School (MOSS).

AWeSOMe! is happy to be able to offer an adaptive summer program to our athletes, their families and our community. We are proud to continue to fulfill our mission to improve the quality of life for persons with disabilities through sports and recreational activities.
Common Ground Outdoor Adventures

Common Ground Outdoor Adventures in Northern Utah offers destination trips year-round including trips to Park City, Bear Lake, Strawberry Reservoir, and dogsledding in Jackson, Wyo. Equipment, meals and transportation (from Northern Utah) 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 physical and financial needs of all abilities.

A fishing, tent camping and hiking outing is slated for November (date to be determined) at Quail Lake, a scenic park in Southern Utah’s St. George area (near Zion National Park). The lake is home to many fish including bass, rainbow trout, bullhead, catfish, bluegill and crappie.

In addition to destination trips, Common Ground has a growing ski program based at Beaver Mountain Resort in Logan, Utah, as well as cycling, canoeing, Nordic skiing, snowshoeing, rock climbing, sled hockey, and swimming programs.

Common Ground’s winter activity start dates are weather dependent, and Common Ground’s other adventures are year-round.

Call (435) 713-0288 or email programs@cgadventures to register for an adventure or vacation in Utah’s best kept secret, Cache Valley, home of Logan and Logan Canyon.

Activities Abound at NSCD

The National Sports Center for the Disabled (NSCD), Winter Park, Colo., offers the following from Oct.-Dec. and into 2015. Unless otherwise noted, specifics on dates, times, and program description can be found at nscd.org or by calling (970) 726-1540.

- Mountain winter snow sports: Lessons are available Nov. 13-April 26, 2015. Reservations required at (303) 316-1518. Scholarship application can be found at nscd.org/winter programs/NSCD Winter Scholarship Application.
- Daily lessons are available for all adaptive skiing methods, snowboard, ski bike, cross-country skiing and snowshoeing.
- Winter Park Resort Children’s Center classes for ages 5 to 13. Morning or full-day classes Nov. 13-April 26.
- For information on Paralympic Training for athletes wanting to race at the elite level, call the Competition Center at (970) 726-1547 or email Erik Petersen, epetersen@nscd.org or Starlene Kuhns, skuhns@nscd.org.
- Introduction to competitive snowboard cross and alpine, cross-country and biathlon skiing for emerging athletes at Winter Park Resort and Fraser Valley. Cost is $275. Call (970) 726-1547.
- Rock climbing Tuesdays and Thursdays, Nov.-April for all ages and ability levels. Equipment and adaptations provided. $80 for three sessions; $15 for one-time lesson.
- Kayak program for beginning, intermediate or advanced. Equipment and adaptations supplied. Participants just need a swim suit and a desire to learn and have fun. Two-hour lessons at the Carmody Recreation Center, Lakewood, Wednesdays, Nov.-April. $85 for three lessons; $20 for one-time trial.
- Metro Sports Sampler Camp at multiple venues in the Denver Front Range offers adventure and traditional sports that promote balance, concentration, skill, pro-social behavior/teamwork and fun. Camp is three hours per week; $125.
- Custom Groups: NSCD can help you create a customized experience from a variety of activities and camps. A minimum of five participants is required. Amenities available include meals, lodging, awards ceremonies, and evening events.

NAC Announces Upcoming Events

Though the fall is considered to be a ‘shoulder season’ in Park City, Utah, the National Ability Center (NAC) stays busy hosting camps, groups, families and individuals through a variety of sports, recreation and competition programs.

ONGOING FALL PROGRAMS

- Oct. 1-11 Archery
- Oct. 1-11 Cycling
- Oct. 1- Dec. 31 Biathlon
- Oct. 1- Dec. 31 Aquatics
- Oct. 1- Dec. 31 Climbing
- Oct. 1- Dec. 31 Horseback Riding
- Oct. 1- Dec. 31 Hippotherapy
- Oct. 1- Dec. 31 Equine Facilitated Learning
- Oct. 1- Dec. 31 Sled Hockey
- Oct. 1- Dec. 31 Special Olympics Team Practices (Swimming)
- Oct. 1- Dec. 31 Adaptive Equipment Assessments and Rentals
- Dec. 1-21 Ski and Snowboard Program Session I

SPECIAL PROJECTS AND EVENTS

- Oct. 22-30 U.S. Paralympic Nordic Team Training Camp (invitation only)
- Oct. 24 Family fun “Splash and Climb” – swimming, climbing and pizza
- Nov. 17-21 Project Odyssey Retreat (invitation only)
- Dec. 19-22 Winter Family Overnight Camp

For more information, contact Ellen Adams, program director: ellen@DiscoverNAC.org; (435) 649-3991, ext. 622.
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TASP Winter Adventures

This winter, the Telluride Adaptive Sports Program (TASP) will provide many opportunities for outdoor winter adventure for adaptive participants. Offerings include hut trips, Nordic skiing, ice climbing, snowshoeing, skiing, and snowboarding. All adaptive athletes are welcome, regardless of previous experience or ability level.

TASP will be offering skiing and boarding lessons daily from the office in Telluride Mountain Village. Telluride is the perfect mountain for participants of all skill sets, offering various levels of terrain and easy mountain accessibility directly from the TASP office.

From Feb. 1-Feb. 6, TASP offers the Expand Your Horizons Ski Camp for intermediate to advanced skiers with physical disabilities. This camp is open to all participants who feel comfortable skiing blue runs, and allows them to explore diverse terrain, try new techniques and have the Telluride experience.

Other events include Military Adventure Week, disability awareness programs and Special Olympics opportunities. For more information, visit tellurideadaptivesports.org, contact Tim McGough, (970) 728-3865, or email programs@tellurideadaptivesports.org.

Gaylord Hospital Hosts Obstacle Race for Sports Association

Gaylord Hospital, a long-term, acute-care hospital in Wallingford, Conn., held its first obstacle trail race, the Gaylord Gauntlet, June 28. More than 400 people completed this 5K obstacle trail run, which was held entirely on hospital grounds. Among the competitors was Shane Mosko, an adaptive athlete who competed in the race with a team of friends and Sports Association staff. Mosko completed all the obstacles using a Terra Trek wheelchair and a modified sled.

After the race, participants enjoyed live music, food, and micro-brewed beer. All race proceeds benefit the Sports Association, Gaylord Hospital’s adaptive sports program.

The Sports Association invites adaptive teams from other organizations to compete in next year’s Gaylord Gauntlet, June 27, 2015. For more information, contact Katie Joly, Sports Association Program Manager, (203) 284-2772, kjoly@gaylord.org, gaylord.org, or Facebook (Sports Association, Gaylord Hospital).

Helen Hayes Hospital Classic 10K Race

After a 17-year hiatus, the Helen Hayes Hospital Classic 10K Race and Fun Run is set for Sun., Oct. 5.

When it debuted in 1983, the HHH Classic Race was a pioneer in promoting fitness and competition among runners and wheelchair racers. Over 15 years, the event grew into one of the New York metropolitan area’s largest and most anticipated races.

In a nod to its history, the 2014 HHH Classic Race will follow the same challenging course while also incorporating some new aspects, including divisions for handcycles and racing wheelchairs. It is expected they will be joined by participants using exoskeletons – the latest in rehabilitation technology. Also new is a family fun activity zone and live entertainment.

The start and finish line are on the grounds of the hospital, RT 9W, West Haverstraw, N.Y. The 10K route is on the adjoining neighborhood streets. Pre-registration is $20; after Sept. 22, $30; and on race day, $35. Online registration is at http://bit.ly/helenhayes.

This year’s race is being named in honor and memory of the late Niles M. Davies Jr., who was a founding organizer of the first HHH Classic Race and took tremendous pride in being a race sponsor. His unwavering support of Helen Hayes Hospital and the Helen Hayes Hospital Foundation are legacies that are the inspiration to bring back the competition and camaraderie of the classic.

Proceeds from the event will benefit the Helen Hayes Hospital Foundation, which supports an array of rehabilitation programs, services and equipment.


**ADVENTURE AMPUTEE CAMP**

**A Snapshot of Adventure Amputee Camp**

Established in 1995, Adventure Amputee Camp (AAC) is a nonprofit organization that offers a traditional overnight camp experience to amputees ranging from ages 8 to 17. Held annually at the Nantahala Outdoor Center in Bryson City, N.C., the summer camp provides space for young amputees to gain confidence and explore their potential in an environment of encouragement and acceptance.

This year, AAC offered a diverse set of activities that challenges campers individually and collectively. Outdoor activities such as white-water rafting, high ropes, scuba diving, water-skiing, and tubing throw campers outside their comfort zone and allow them to reassess what is possible. These activities bring out the adventurer in every camper as the kids help one another cross a 20-foot ropes course, navigate white water, and balance a sit-ski. Sports such as basketball, swimming, and cycling complement the outdoor experiences by allowing the campers to get to know one another while working as a team. With an encouraging cast of counselors, the help of specialized coaches, and the assistance of the Nantahala Outdoor Center staff, the kids are able to engage in new activities while motivating one another.

Each night, campers swap stories of the day’s adventures and share personal victories around dining tables at a nearby restaurant. Chatter from campers and counselors alike weaves in and out of the dining hall as the group finishes dinner and prepares to head to the cabins. Topics ranging from music to sports to acts for the annual talent show follow the crowd as they trek back to base camp. Throughout the duration of camp, relationships formed through these late night conversations develop into friendships and new conceptions of ‘normal’ are slowly introduced.

By the end of camp, exhaustion takes hold. The thrill of having attempted new activities and meeting new people, however, will last long after the last camper leaves the camp grounds. Friendships will continue to thrive and inspired campers will apply what they learned to their daily life. Perhaps a few will adopt a new sport while others will simply take their newfound confidence and funnel it into school or community involvement. Although camp will have drawn to a close, its impact will resonate in each camper for years to come.

**NATIONAL ABILITY CENTER**

**NAC’s COACH Internship Builds Many Independent Living Skills**

At the National Ability Center (NAC) in Park City, Utah, almost every summer afternoon is bustling with summer camps, lessons, and groups from around the country and the world. Among the kids, veterans, family members, employees, interns and volunteers who fill the ranch, barn and challenge course at the Bronfman Family Ranch and Recreation Center are six COACH interns with a wide range of abilities who are helping make a difference every day.

Standing for Creating Opportunities for ACHievement, the COACH internship is a strength-based program for transitional youth that helps to build and reinforce vocational, social, and independent living skills through community programs and recreational activities. This program is based on the belief that sport and recreation activities are an excellent catalyst for teaching applicable life skills.

The success of the COACH internship program is a result of the communities’ growing need and support for young adults to have opportunities to gain and hone hard and soft job skills, the expertise of adaptive staff and volunteers working with individuals of all abilities, and the proven internship and recreation models that have existed for nearly 30 years at the National Ability Center. At the end of the internship, interns have an understanding and introduction to a professional employment environment, job skills, expanded life skills and experience with a variety of recreation options for a healthy life. In addition, COACH interns leave with lasting friendships, an expanded support network, and with the pride, dignity and sense of purpose found within work. These skills and experiences make for a strong foundation, which COACH interns can rely on as they move to community organizations, businesses and universities to further their careers and education.

Through collaborative partnerships and strategic initiatives, the internship has grown. Beginning with just two interns in 2012, the program has increased by eight in 2014 and plans to meet the same level as our therapeutic recreation (TR) interns (nearly more than 20/year) within our strategic plan. Each intern has the internship tailored to their own abilities and interests. For example, some work on administrative skills such as web design or marketing and advancement, while other interns are more involved with our participants and helping them move toward their therapeutic goals in the many different programs offered. Each week the interns meet with their internship supervisor to go over what they are learning and how they can use it in the future. Austin Fowler, a COACH intern for the summer of 2014, explained how the internship has already affected his life, “…I am legally blind, and always thought that it would be extremely hard, or even impossible, to work with a team. I thought that I would be too much of a handful, or somebody to watch after. Now my perspective has changed. The people that I work with have taught me so much and I am very grateful. I now know that it does not matter if a person has a disability. I cannot wait to put the lessons I have learned into my own life…”

If you would like more information about the COACH internship or would like to become involved with the National Ability Center, visit our website, discovernac.org or email training@discovernac.org. Applications are currently being accepted for fall interns. A stipend is available for all COACH and TR interns.
STRIDE Adaptive Sports hosted its first Camp Vision, a tent-camping program designed for youth ages 13+ with visual impairments. Held at its SCORE (STRIDE Center for Outdoor Recreation & Education) Center, the program offered a week of tent camping and outdoor recreation activities and experiences, with a focus on independent living skills, outdoor education, and survival methods. The program was co-directed by Mary Ellen Whitney, CEO for STRIDE and Lynn Shortis, VI teacher at Pittsfield, Mass., City Schools, and integrated with seven peer mentors.

While STRIDE has provided adaptive camping programs for over 20 years to youth with special needs, Camp Vision is the first such program exclusively designed for a single category of disability – visual impairments. The program builds off a pilot weekend program held last year for 13 visually-impaired youth from around the region. Utilizing adaptive techniques, the program introduced the youth campers to activities such as disc golf using beepers, archery and paintball target shooting, ATV trail riding, and basic first aid. Adaptive techniques for sports such as archery and shooting involve touch, verbal instruction, and hearing assistance through beepers attached to targets.

Camp Vision’s mission is to enable these youth to become more self-sufficient and to maximize their participation in the community, at school, and in life skills. Outdoor recreation experiences can level the playing field and boost self-image for a child facing the daily challenges of visual impairment.

“What makes this program unique,” says Mary Ellen Whitney, STRIDE Adaptive Sports CEO, “is that VI/blind youth don’t often get the chance in a social situation to partake in outdoor recreation and education as a group. Imagine the first thrill of hearing the nocturnal sounds of coyotes and owls that frequent our SCORE camp in the summer! The week was epic and memorable, for not only the students, but for all the counselors and for the community at large.”

Other activities at Camp Vision included karaoke night; folk singers at the campfire; an integrated teen dance with a DJ; and a presentation by Sochi 2014 Paralympic alpine ski race guide, Kim Seevers.

Five children with vision impairments joined the group for a one-night tenting/mentoring experience.

Do You Have Chronic Pain?

The Translational Pain Research Group at the Brigham and Women’s Hospital is seeking individuals with pain as a result of Spinal Cord Injury to participate in a research study.

Volunteers must:
- Be between the ages of 18 and 65;
- Be in good physical health;
- Have had pain for at least 3 months

Volunteers who qualify for the study will be reimbursed for their time. The cost of travel to and from BWH will also be reimbursed.

For more information please call 617-525-7246 (PAIN) or email PainTrials@partners.org.
Endolite Mercury

The Mercury is Endolite’s strongest hydraulic knee making it the ideal choice for active individuals seeking a knee to meet the demands of their lifestyles. The durable urethane kneeler pad, reinforced hydraulic unit and mode switch for cycling makes this knee versatile for all walks of life – from gardening, to maneuvering around the office to bike rides with the kids. The Mercury was made to help you get busy living.

New Raize Remote App

Now available in the App Store and at Google Play for amputees wearing the Raize Foot. The app features resistance adjustments, lock and unlock modes, as well as step counts.

New Genesee Metro Liner from College Park

The new College Park Genesee Metro Liner provides the ideal benefits required of a gel liner in an affordable package. Shaped for fit and flexibility with cushioning comfort and excellent limb conforming properties, this durable liner accommodates a wide range of users. The unique fabric provides a superior fiber to gel bond, reduces pistoning and eases donning. Shear forces are absorbed to prevent skin friction as the mineral oil provides continuous moisture over the entire lifespan of the liner.

- Retrasts with industry standard liners of like thickness & profile
- Longer length for the perfect fit
- Suitable for K1-K3 levels

For more information, call (800) 728-7950 or visit http://www.college-park.com/liners.

Motion Control’s ETD and Hand New Feature

A new feature is now available for Motion Control terminal devices (MC ETD and MC Hand ProPlus versions) – FLAG, which stands for Force Limiting, Auto Grasp.

- Force Limiting stops grasp force at ~2 lbs., allowing the grasping of delicate objects and reducing the fear of injuring someone due to overgripping
- Each “pulse” increases the gripping force by ~2 lbs.
- Auto Grasp detects a socket or electrode “slip,” and automatically increases grip force
- Suggested L-Codes: L6881, L6882, L7009, & L7499

For more information and availability, contact Motion Control at (888) 696-2767 or info@UtahArm.com, a Fillauer Company.

MV-1 LX Wheelchair Accessible Luxury Vehicle

Mobility Ventures launched the MV-1 LX, the first luxury vehicle in the U.S. designed and built exclusively for people with disabilities. Meets or exceeds passenger needs and the guidelines of the Americans with Disabilities Act and provides complete independence and easy and safe accessibility. For more information and to find a dealer, visit www.mv-1.us.

New England Handicapped Sports Association (NEHSA) located at Mount Sunapee Resort in Newbury, N.H., is gearing up for its 42nd year of serving those who want to enjoy active and independent lives through participation in sports and recreation programs. Much of the fall is spent overhauling and getting equipment ready to go as well as creating and planning the more than 30 different instructor training clinics available to its volunteers in December.

It all kicks off with New Member Orientation, Nov. 15, where new members have the opportunity to learn about NEHSA’s programs, equipment, and talk to volunteers.

The first training day is scheduled for Dec. 6 at Mount Sunapee with five different clinics that cover a variety of topics. Clinics are scheduled each Saturday and Sunday throughout December, offer subjects for every level of instructor from brand new to returning, and are open to all NEHSA members. Clinic topics cover a wide range from the beginner instructor to the advanced instructor and focus on the basics of teaching, learning about adaptive equipment, in-depth presentations on some of the more prevalent types of disabilities we work with, tips for a healthy ski season and much more. As soon as we’re able, we’ll take our teaching on the snow, providing hands-on experience.

Some clinic topics include:

For more information on NEHSA’s training schedule and how to become a NEHSA member, visit nehsa.org, call (603) 763-9158 or email info@nehsa.org.
introducing...

From the occasional jogger to the avid marathon runner, the bladeXT assists users in meeting the requirements of their fitness routine. Wearers can quickly transition from cardio to weight training without sacrificing safety, stability or performance.

The bladeXT is a cross trainer style foot designed to provide demanding users the versatility to achieve their fitness goals and get busy living.

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