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Paralympics: A Venue for Disabled Athletes to Shine to the World

With the excitement about the Olympic and Paralympic Games reaching a fever pitch, it is easy to forget how far, in a relatively brief period of time, the Paralympics have come in terms of worldwide recognition, state-of-the-art venues, and elite athletic performances that now rival Olympic levels. During my tenure at Disabled Sports USA, that has not always been the case. In years past, the International Games (not even called Paralympics) were hosted in separate countries, in high school or college facilities, with sometimes spotty performances, and with little fanfare or media attention.

Due to advances under former International Olympic Committee Chairman Juan Samaranch in the 1980s and 1990s, the Paralympics are recognized as an equal event with the Olympics. Today, the Paralympics are always hosted in the same country as the Olympics and use the same advanced facilities. As evidenced by South African, double-leg amputee Oscar Pistorius’ qualification to compete in the Olympics, athletic performances are beginning to meet Olympic standards.

Media attention, particularly international media attention, is stronger than ever. London is advertising that this year’s Paralympics will be the most watched Paralympics ever. In fact, over 500 hours of live coverage of the Paralympics will be provided via the Internet by the International Paralympic Committee: http://www.paralympic.org.

These advances are not just benefiting Paralympic athletes; they are benefiting people with disabilities throughout the world. This is evidenced in new and greater respect for their abilities on and off the field of play. The positive image of abilities creates a more favorable environment for integration into society, employment, and access to all of life’s activities.

New prosthetics and other adaptive equipment have opened up numerous sports to participation by those with disabilities and enabled performances not thought possible a few years ago. The lightweight but strong and responsive adaptive equipment and prostheses make it easier for people with disabilities to be more mobile with less energy expenditure, which leads to more activity and a higher quality of life.

I had the honor of attending the Paralympics as a delegate for President Bush on the USA delegation at the 2006 Winter Paralympics (Torino, Italy) and the 2008 Summer Paralympics (Beijing, China); as well as a DSUSA representative in Salt Lake City (2002) and Atlanta (1996). During these years, I witnessed the “Golden Years” of Paralympic Development that showcased remarkable athletes’ performances in state-of-the-art facilities prepared with Olympic AND Paralympic athletes in mind. Recognition and inclusion of ALL athletes has since become the theme carried throughout all the games.

So “Let the Games Begin!” and be sure to tune in to cheer on Team USA!

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

I hope you will remember Disabled Sports USA in your 2012 giving plans. You can donate online at www.dsusa.org.

For federal workers, Combined Federal Campaign #10151.
DISABLED SPORTS USA THANKS ITS CORPORATE AND COMMUNITY SPONSORS FOR THEIR SUPPORT!

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Y: 100 B: 36
K: 0

Black
C: 0
M: 0
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DSUSA Names Dylan Kiyomura Program Services Assistant

Disabled Sports USA named Dylan Kiyomura Program Services Assistant. Kiyomura will be responsible for supporting the implementation of DSUSA’s winter and summer grant programs, as well as providing support to the Special Projects Manager, particularly in relation to event planning and management.

Prior to joining DSUSA, Kiyomura worked as a physical therapy assistant for two years after graduating from California State University East Bay with a degree in kinesiology. He was introduced to adaptive sports by his mother who is a dedicated volunteer for DSUSA chapter, Disabled Sports USA Far West.

Kiyomura enjoys climbing, playing soccer, skiing, snowboarding, and backpacking with his dog, Tolby. You can find him this coming winter volunteering as an adaptive ski and snowboard instructor with DSUSA chapter, Two Top Mountain Adaptive Sports Foundation.

He can be reached at dkiyomura@dsusa.org or (240) 268-5371.

Adapt2Achieve: Northeast, June 2012

Disabled Sports USA (DSUSA) hosted the 6th regional Adapt2Achieve Chapter Development Conference Northeast at the Olympic Training Center in Lake Placid, N.Y.

Adapt2Achieve in review:
- 19 DSUSA Chapters, 3 Veterans Affairs locations, 3 community programs
- 8 nonprofit administrative topics covered: Presentations on donor solicitation, board development, grant writing, corporate partnership; panels discussions on veteran and military recruitment, sports conditioning, DSUSA insurance programs and volunteer management
- 3 sport trainings offered in archery, golf, and yoga
- Numerous networking opportunities
- CEUs offered by CTRS

The next A2A is Aug. 19-21 in Seattle, WA. Contact Rob Mueller at (240) 268-0237, RMueller@dsusa.org.

Heisman Trophy Trust Sponsors White Mountain Cycling Classic

A fun time was had by over 100 cyclists with and without disabilities June 23-24 at the 3rd annual White Mountain Cycling Classic in Lincoln, N.H.

Cyclists, including handcyclists and tandem cyclists, raced in the 4.3-mile circuit race or the 10.2-mile time trial. Athletes of all ages participated, including a youth under 12 years old.

The event was hosted by New England Disabled Sports and sponsored by The Heisman Trophy Trust. “The Heisman Trophy serves as a symbol of excellence for one’s achievement. We are very proud of the cyclists as they strive for excellence,” said Rob Whalen, executive director of The Heisman Memorial Trophy Trust.

DSUSA Wounded Warriors Guests of YPO at Golf Outing

The Washington DC/Baltimore chapter of the Young Presidents Organization (YPO) hosted wounded warriors at a golf outing at the prestigious Caves Valley Golf Course in Owings Mills, Md.

The event, held June 4, allowed wounded warriors and supporters to compete first on the driving range and putting green, then in a scramble format golf tournament. YPO’s generous donation not only supported the golf tournament, but is supporting other events within the Warfighter Sports program.
DSUSA Welcomes New Chapters

Disabled Sports USA is pleased to welcome the following organizations as the latest additions to the DSUSA chapter network. We now have 103 chapters in 37 states and we are always looking to expand the network whenever possible. If you know of an organization that would benefit from becoming a DSUSA chapter, contact Rob Mueller at RMueller@dsusa.org.

LAKES REGION DISABLED SPORTS AT GUNSTOCK, INC., NEW HAMPSHIRE

Lakes Region Disabled Sports at Gunstock, Inc. offers winter sports and recreational opportunities for individuals with disabilities. Prior to going through a rebranding process, this organization was operating under the name Gunstock Adaptive Sports.

• The mission of Lakes Region Disabled Sports is to offer sports and recreation within a safe, supportive, fun, boundary-free environment for individuals with disabilities who require adaptive instruction.

For more information visit: http://www.gunstockadaptive.org/home.

LOTHLORIEN THERAPEUTIC RIDING CENTER, INC., NEW YORK

Lothlorien Therapeutic Riding Center, Inc. provides horsemanship and horseback riding opportunities for individuals of all ages with cognitive, physical, emotional, and learning disabilities. Lothlorien Therapeutic Riding Center is a premier accredited center of the Professional Association of Therapeutic Horsemanship International (PATH Intl.).

• The mission of Lothlorien Therapeutic Riding Center is assisting individuals to develop their highest potential through therapeutically-based equine activities.

For more information visit: http://www.lothlorientr.org.

SKI APACHE DISABLED SKIERS PROGRAM, NEW MEXICO

Ski Apache Disabled Skiers Program provides ski and snowboard lessons to individuals with disabilities. The goals of Ski Apache Disabled Skiers Program are based around safety first, then fun, and then skills. Scholarships are available.

• The mission of Ski Apache Disabled Skiers Program is to provide snow sports instruction for any person with a permanent disability, regardless of severity, impairment or financial limitations.

For more information visit: http://www.skiapachedisabledskiersprogram.com.

The Annual Congressional Charity Golf Classic sponsored by United States Former Members of Congress took place Monday, July 23rd, at the Army Navy Club in Arlington, Va. The annual event, now in its fifth year, pairs current and former members of Congress with wounded warriors and benefits DSUSA’s Warfighter Sports and the PGA Foundation.
Dr. Robert Harney, Advocate for the Disabled: Dr. Robert Harney passed away June 12. “Dr. Bob,” as he was affectionately known, was an adaptive sports pioneer and tireless leader in Paralympic sports at the local, national and international levels. He served on various boards of directors, including Disabled Sports USA’s as vice president and past president of New England Disabled Sports.

He was an innovator in the national and international medical classification of athletes with disabilities, a Professional Ski Instructors of America Level II Alpine and Level III Adaptive Ski Instructor and a full-time, practicing orthopedic surgeon at North Suburban Orthopedic Associates, Inc., Boston. He was also a dedicated team physician at Winthrop and Melrose High School in his hometown of Winthrop, Mass., for more than 20 years.

“Dr. Bob gave his heart and soul to the disabled sports movement and the organizations he was involved in. Not only did he play a vital role in guiding the success of Disabled Sports USA and New England Disabled Sports, but he also had a profound impact in the medical classification of athletes with disabilities. He will be remembered as a selfless and encouraging family man and sports volunteer,” said Kirk Bauer, JD, executive director of Disabled Sports USA.

As a volunteer, Harney was on the International Paralympic Medical Classification team in the sports of alpine skiing and cycling and attended every winter and summer Paralympic Games since 1998. In recognition of his outstanding volunteer service and contributions to the development of adaptive sports, particularly in skiing, he was an inductee into the National Disabled Ski Hall of Fame and a recipient of the Jim Winthers Memorial Award.

More than these accomplishments, Harney was a gracious, generous man who saw the greatness in people of all
abilities and encouraged everyone he met.

**Accolades for “Dr. Bob”:** “My heart is full to the brim with sorrow with the news of Dr. Bob’s passing. He has been a tremendous friend, mentor, leader, and partner. His passion, love for people and contributions to the disabled sports community worldwide are unmatched. He will live in my heart and mind as a true inspiration forever and will be dearly missed,” said Bob Meserve, president of Disabled Sports USA.

“Dr. Bob has left this world a much better place. If you were lucky enough to have had him as a part of your life, you are richer for it. I know that I am. Soar like an eagle my special friend. We will carry on your legacy,” said Steve Goodwin, vice president of Disabled Sports USA.

“Dr. Bob and his family have been longtime contributors to the Paralympic movement both in the United States and around the world. His leadership and passion for making a difference has touched the lives of thousands of persons with physical disabilities that dream of competing at the Paralympic Games. He will be greatly missed by his friends and colleagues at the U.S. Olympic Committee and in the Paralympic movement,” stated Charlie Huebner, chief of U.S. Paralympics.

“Doc was the person athletes could turn to for absolutely anything. He brought the best out in every one of us and was patient enough to help put together the broken pieces when needed, with an added punch line for the soul,” said Anjali Forber-Pratt, an athlete on the U.S. Paralympic Track & Field Team. “He was always there as an advocate for disabled sports and keenly aware of the needs of the athletes. His presence at a sporting event or on our team staff was comforting. Many athletes worldwide will sorely miss him.”

“You can take a look at the amazing accomplishments of Dr. Bob by hanging them on a wall to collect dust for eternity, but the true legacy of this man will always be seen in the smile of every disabled person who learns to turn a ski or ride a bike,” said Geoff Krill, Sports Director of New England Disabled Sports and PSIA/AASI National Team Member.

A visionary, true mentor, and dear friend, Dr. Robert Harney will be forever missed by everyone in the adaptive sports community.
More than 500 competitors from 36 states, including Puerto Rico, Canada and the United Kingdom, participated in the 2012 University of Oklahoma (UCO) Endeavor Games, June 7-10. The Endeavor Games are the nation’s largest multisport competition for athletes with physical disabilities of all ages.

U.S. Paralympics-sponsored clinics were in archery, ambulatory track and field, cycling, powerlifting, sitting volleyball, shooting, swimming, table tennis, wheelchair track and field, and wheelchair basketball. New this year was a sled hockey clinic hosted by members of the U.S. National Sled Hockey Team.

The competitions included archery, cycling, powerlifting, sitting volleyball, shooting, swimming, table tennis, track and field, and wheelchair basketball. Two elite athletes headed for the Paralympic Games in London set new records.

• Jeremy Campbell, a below-knee amputee, UCO resident athlete from Perryton, Texas, broke the world record for discus (F44) with a throw of 63.46 meters.
• Six-time U.S. National Team member Angela Madsen of Long Beach, Calif., competed in the women’s sitting shot put, breaking the world record with a throw of 9.5 meters.

At the awards ceremony, Wyatt Struxness and Shad Isaac were honored as the 2012 Integris Health Edmond Jim Thorpe Rehabilitation Junior and Senior Athletes of the Year. Rocky Chen was selected as the 2012 Volunteer of the Year.

Robbie and Adrienne Robertson were honored as the first inductees into the Endeavor Games Hall of Fame Program. The Robertsons founded the non-profit, The Sports Group, Inc., which was the original company that started the first Endeavor Games in 2000.

Next year’s Endeavor Games will be held June 6-9, 2013. For more information, visit www.ucoendeavorgames.com or contact Leigha Pemberton at (405) 974-3160 or lpemberton@uco.edu.
Athletes from across the country gathered for a day-long adaptive extreme sport competition at Extremity Games® 7 (eX7), June 23 in New Braunfels, Texas. First place winners were:

- Mountain biking: Andy May, BK and Stephen Buchler, AK
- Skateboarding: Greg Shaw, bilateral
- Powerlifting: Kedgerick Smith, paraplegic, bench pressed 350 pounds
- Kayaking-Elite, Men: Jeff Waldmuller
- Kayaking-Elite, Women: Kelly Allen
- Rock Climbing: Pete O’Brien, unilateral
- Wakeboarding: Sean Reyngoudt, transtibial
- Motocross (held in Michigan May 26) stand-up: Mike Schultz
- Motocross sit-down: Darius Glover

The day before the competition, clinics and exhibitions were held in skateboarding, wakeboarding and sitboarding, rock climbing, kayaking, cycling, powerlifting, and mixed martial arts.

For more information on Extremity Games or Athletes with Disabilities Network, visit www.extremitygames.com or call (248) 829-8353.
Oscar ‘The Blade Runner’ Pistorius, 25, will become the first athlete with an orthopedic disability to compete in the track and field competition at the Olympic Games.

Born without the fibula bones in both his legs, the South African became a bilateral below-knee amputee at 11 months, and spent most of his life participating in sports with able-bodied athletes. In 2004, he entered his first 100m race. Later that year, he won a gold medal in the 200m race at the Paralympics in Athens, shattering the world record with a time of 21.97 seconds.

Between the Athens and Beijing Games he began competing in able-bodied races, looking for higher-quality competition. It was then that a debate began to rage about the possible

BEGINNING AUGUST 3, ALL EYES WILL TURN TO LONDON’S OLYMPIC STADIUM TO SEE THE FASTEST SPRINTERS IN THE WORLD COMPETE FOR GOLD. WHILE MANY WILL WAIT WITH BAITED BREATH TO SEE IF USAIN BOLT, DUBBED THE FASTEST MAN ALIVE, WILL BREAK ANOTHER WORLD RECORD, ANOTHER MORE CONTROVERSIAL ATHLETE WILL FACE JUST AS MUCH PRESSURE TO SUCCEED AT THIS SUMMER’S GAMES.

By Karalyn Stott
benefits his prosthetics gave him over his competitors. In March 2007, the International Association of Athletics Federation (IAAF) banned the use of “any technical device that incorporates springs, wheels or any other element that provides a user with an advantage over another athlete not using such a device” in IAAF sanctioned competitions, including the Olympic Games, thus banning Pistorius from competing in the Olympics.

While he may be the most recognized, Pistorius is not the first disabled athlete to compete in the Olympics. Neroli Fairhall was the first disabled competitor in the Olympic Games, competing for New Zealand in archery in the 1984 Los Angeles Games. Most recently, Natalie du Toit, an amputee swimmer also from South Africa, and Natalia Partyka, an amputee table tennis player from Poland competed in the 2008 Beijing Olympic Games.

What makes his participation so controversial may be his realistic medal chances. Critics believe his carbon fiber Össur Flex-Foot Cheetah® feet give him an unfair advantage over his able-bodied competitors claiming that at high speeds his prosthetics become more efficient than muscle and bone, allowing him to fatigue less quickly. They also claim that because his prosthetics are lighter, he can lift them more quickly and easily. On the other side of the argument is the claim that Pistorius is at a disadvantage, particularly at the beginning of races because his prosthetics alter his running stride, not allowing the same straight lines most runners strive for throughout the entire race.

Following an appeal led by Pistorius, in 2008, the Court of Arbitration for Sport (CAS), finding no significant benefit in using the prosthetics, lifted the ban on his participation in IAAF competitions, allowing him to try out for the Beijing Olympics. Although his times fell short of qualifying for his national team in 2008, on July 4, 2012, he was named to the South African Olympic Team to compete in the men’s 400m and 1600m relay.

For Pistorius, the debate has become tiring. “I’ve tried to educate people about the tests, and there are some people who don’t want to accept anything you say. I don’t really think it’s my job to do that. The scientists have done that already. I’m putting my focus on the running,” he said during an interview with Outside Magazine last August.

And run he will. His first heat will take place August 4. At that point, the debate about prosthetics and physics will become moot points, and all that will matter is who crosses the finish line first.

After the Olympic Games, Pistorius will stay in London and compete in the Paralympics to defend his 100m, 200m, and 400m titles. There, many of his competitors will sport the same high-tech feet and run at speeds that might qualify them for their own national Olympic teams in years to come, possibly forever redefining the term Olympian.

Karalyn Stott is the Program Services Assistant for Disabled Sports USA.
ALICIA DANA  
Cycling, 43  
Paraplegic

Dana made the team after competing at the USA Cycling National Championship in Augusta, Ga., where she completed the qualifying event, a 19.5 km time trial in 37 minutes and 20 seconds. She was brought up in a family of bicycle enthusiasts, and regularly competed in many local and national races and on her high school’s bike team. All that changed for Dana in 1986, when she was involved in an accident that paralyzed her from the waist down. A native of Vermont, she moved to Miami for a year where she began wheelchair racing and did some marathons. In 2000, she handcycled across the country (Washington state to Vermont) to raise money and awareness for disability-related causes. She competed in her first paracycling world championship in 2001. Her first season, she beat the reigning female champion in the sport, and made her way onto the U.S. Team, competing in Germany in the World Championships in 2001. She also became national criterion champion in 2001, and won the “Challenge Alaska,” a 6-day stage race from Fairbanks to Anchorage.

CHUCK AOKI  
Wheelchair Rugby, 19  
Hereditary sensory autonomic neuropathy type II.

Aoki was born with an extremely rare genetic disorder. The effects are complicated, but most significant for Aoki is a complete lack of sensation in his hands and lower legs. Bones and joints in those parts of his body have been damaged over time. He began playing basketball with DSUSA Chapter the Courage Center in Minnesota. As a senior, he was a co-captain for Courage Center’s national champion Jr. Rolling Timberwolves basketball team. He began playing rugby after seeing the movie Murderball. In 2009, he was the youngest player to earn a spot on the 2009 USA Wheelchair Rugby National Team. That year, he also signed with the University of Arizona to play wheelchair rugby after being offered multiple academic and athletic scholarships from colleges across the nation. In 2011, Aoki was named the U.S. Quad Rugby Association’s (USQRA) Athlete of the Year.

DARTANYON CROCKETT  
Judo, 21  
Congenital Leber Optic Atrophy

Dartanyon has congenital leber optic atrophy, a degenerative condition that has taken away much of his vision. At the age of 8, his mother passed away. His father battled substance addiction, which left Crockett and his siblings to fend for themselves, emotionally and physically. Crockett credits an ESPN feature, “Carry On,” as the vehicle that ultimately led him to judo. Today, Crockett fights in the 90 kg division and holds 1st place national titles in both 81kg and 90 kg for the visually impaired. Crockett, who is currently a freshman at Pikes Peak (Colorado) Community College, is majoring in social work. Given the struggles he has lived through – abject poverty, death of a parent, and substance abuse by a loved one – Crockett’s desire to give back to his community is a priority in his post-judo life.

VICTORIA ARLEN  
Swimming, 17  
Paralysis

Victoria was paralyzed by transverse myelitis in 2006. Before her disability she was a competitive swimmer and dancer. A resident of Exeter, N. H., she was playing sled hockey with DSUSA Chapter Northeast Passage when her coach, Tom Carr, suggested she get back into swimming. This year she set an IPC World Record in women’s 400 meter, 200 meter, and 100 meter freestyle events. She also holds five Pan American Records, five American records, and is a 2011 Sled Hockey National Team Member. Victoria will be a high school senior and likes hanging out with friends, attending class, playing other sports such as sled hockey, tennis, and mountain boarding.
Many are elite veterans of their sport, hoping to add to their collection of medals and personal bests. There are also those who have been honing their skills on the track, in the water, at the gym, and in many preliminary competitions, preparing for their chance on the podium. While we wish we could profile all the first-time contenders, we have chosen a few that are among the many giving their all to the sport.

There will be well over 200 PARALYMPIC ATHLETES representing the USA at the LONDON GAMES.

EVAN AUSTIN
Swimming, 19
Familial spastic paraparesis
Austin’s disability affects the muscle development and motor function in his lower extremities. Austin is ranked seventh in the world and first among Americans in the men’s 100-meter breaststroke in his classification. At the U.S. Paralympics Swimming Trials, Austin broke the American record in the men’s SM8 200 IM. In the 100 freestyle, he set another American record with 1:04.95. Austin is a native of Terre Haute, Ind., and is a member of the Terre Haute Torpedoes Swim Club. He also is a volunteer assistant coach for Terre Haute South High School boys and girls teams. He recently completed his freshman year at Indiana State University.

JOE BERENYI
Cycling, 43
Right Arm Amputee
Berényi became a right arm amputee after a construction accident 18 years ago. About a year prior to his accident, when he was 25, he began racing competitively. But following his surgery, he went several years without any sports in his life. A former college baseball player, he missed competition and decided to begin cycling again. It was a long, painful journey, but his determination persisted and he won several gold medals in national competitions. Eventually he was invited to participate in a 10-day training program at the Paralympic Training Center in Chula Vista, Calif. He rides using only his right hand on the handlebars. Berényi took a third place finish at the U.S. Paralympics Road Cycling National Championships, netting him a spot in the Paralympics with a time of 26:51.406 in the 19.6k. From Oswego, Ill., he is married and the father of three daughters, ages 7, 8, and 9.

CATHHERINE
“CAT” BOUWKAMP
Fencing, 16
Club foot and fibular hemimelia
She is the top-ranked female wheelchair fencer in the United States in all three blades of fencing: foil, epee, and sabre. Cat began competing internationally in wheelchair fencing at age 13 and won her first international medal in Warsaw, just seven months after she started Paralympic fencing training. She is a three-time World Cup Medalist. She also won gold in sabre and medaled in foil and epee at the North American Cup in Pittsburgh in 2009. In 2012, she won three medals at the North American Cup in Dallas, including gold in sabre and foil. She won gold in foil at the 2011 Pan American Wheelchair Championship in Sao Paolo. Her goal is to be the first wheelchair fencing gold medalist for the United States. She is a high school sophomore in Fishers, Ind.

BRICKELLE BRO
Swimming, 15
Congenital Double Leg Limb Loss
Brickelle is the youngest member of the U.S. Paralympics Swimming Team. She was born with legs that end just below her knee joints and she began using prosthetics before her first birthday. Brickelle has been competitively swimming for four years and is a high school sophomore in Castle Rock, Colo. Like other teens, she “likes to ride and hang out.” In 2011, she received the John Lynch Foundation Exceptional Star of the Year Award and also was named Colorado Disability Swimmer of the Year. Brickelle has established a foundation, “My Feet Don’t Stink,” to encourage other girls with disabilities to go for their dreams.

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**MEGAN FISHER**  
**Cycling, 29**  
**Amputee**

Fisher became an amputee after a horrific automobile crash in 2002. She is a six-time World Champion Paratriathlete and cyclist including the off-road Xterra triathlon series in 2008 and 2009, the International Triathlon Union in 2009 in Australia, and 2010 in Budapest. In 2012, her first place finishes include the USA Cycling Junior U23 Elite Road Nationals, both Criterion and Time Trial, and the Skagit Valley Time Trial. She qualified for the Paralympics at the USA Cycling Championships in June. A native of Chicago, Fisher is a graduate of the University of Montana with a degree in athletic training, which is now her occupation. She also is an adjunct professor and teaches swimming, tennis, mountain biking, and weight training.

**LEE FORD-FAHERTY**  
**Archer, 41**  
**Left Leg Paralysis**

Ford-Faherty began to shoot competitively in 2008 with a friend. One of the club officers loaned her his beginner bow so that she could practice when there wasn’t class. She began serious and intense training in 2009 and made the U.S. team that same year. In November 2011, she won the gold medal at Parapan American Games in Guadalajara, Mexico. Ford-Faherty became disabled in 2005 when a herniation on a disk between L5 and S1 ruptured, leaving her left leg paralyzed. On December 14, 2011, she had her spine fused due to another herniation and scar tissue around the nerve root as it exited the spinal cord. Five months after that operation, Ford-Faherty won her spot on the Paralympic team. She uses a wheelchair for any long distances or when she just can’t be on her feet for an extended period of time. At age five, she watched the 1976 Olympics and vividly remembers a desire to be like the athletes she saw onscreen. Archery gave her a way to pursue that dream. She hopes to make the Olympic archery team in 2016.

**MATT STUTZMAN**  
**Archer, 29**  
**Congenital Double Arm Limb Loss**

From Fairfield, Iowa, Stutzman got into archery when he received his first bow at 16 years old. He holds the world record (including nondisabled athletes) for the longest shot (230 yards). Archery is his full time job as he earns a living through sponsorships and competitions. Stutzman’s goal is to be the best archer in the world and inspire others by showing people that nothing is impossible. In 2012, he would like to break his own world record by hitting targets at 260 and 300 yards. Stutzman also likes to hunt, fish, camp, boat and is teaching his sons how to shoot a bow. He and his wife, Amber have three sons, ages 1, 5, and 6.

**IAN SILVERMAN**  
**Swimming, 16**  
**Bilateral spasticity**

Ian, from Baltimore, has bilateral spasticity, a condition usually associated with cerebral palsy. As a 7-year-old, Ian had to be lowered into the pool from a walker just so he could use a kick board. Later at the Towson YMCA, Ian started to compete seriously. He is a member of the McDonogh Swim Team and swims about 65,000 yards weekly at the North Baltimore Aquatic Club. At the U.S. Paralympics Swimming Trials, he set the American record in the men’s S10 1500 freestyle with 16:56.83.

**ANTHONY PEDEFERRI**  
**Cycling, 41**  
**Quadriplegic**

While on duty with the California Highway Patrol, Pedeferrri, became a C7/C8 quadriplegic after getting hit by a truck during a traffic stop. Before his injury, he participated in triathlons and competed in 10 Ironman’s including three trips to the World Championships in Hawaii. Pedeferrri qualified as a member of the U.S. Cycling Team during the Paralympic Road Cycling National Championships in June where he received the best overall score. He first tried to use a hand-powered cycle while recuperating from the 2007 crash, but didn’t seriously begin to bike until two years later. In preparing for London, he works out 13 to 15 times a week, lifting weights, biking and swimming. Pedeferrri, 41, is a graduate of the University of Washington and resides in Camarillo, Calif.
OKSANA MASTERS
Rowing, 23
Double Leg Amputee
Adopted from an orphanage in the Ukraine, Masters had both of her legs amputated above the knee as a result of radiation poisoning inutero. At the age of 13, she was introduced to the sport of rowing and immediately excelled. Masters has earned numerous first place medals in both adaptive and open category rowing races. She was the first adaptive rower to enter the Indiana Head of the Eagle, where she competed in the open women single race. In 2009, Masters set a world record at the Crash B Springs World Indoor Rowing Championship with a time of 4:27.

MARK LEBLANC
Sailing, 27
Congenital Single Arm Limb Loss
LeBlanc’s interest in sailing started as a child, as his family was seriously involved in competitive sailing. Born without a left forearm, he began sailing at nine years old, and was racing by the time he was 11. While in high school in New Orleans, he trained at the Southern Yacht Club while competing nationally. As a student at Louisiana State University, he helped to organize the LSU sailing club and field teams at regional competitions.

He was elected club president two years in a row. In 2006, he competed in the 2.4mR class in St. Petersburg, Fla., and placed 8th out of 15 boats in his first event and was then asked to practice with the U.S. Disabled Sailing Team. Shortly after, he purchased a new 2.4mR and began a campaign towards the 2008 Paralympic Games. He just missed qualifying and he set his sights on London. In January at the International Association for Disabled Sailing’s Worlds and U.S. Sailing’s 2012 Rolex Miami OCR, LeBlanc earned a spot on the U.S. squad that will compete at the 2012 Paralympics. A graduate of LSU, LeBlanc is a civil engineer and engaged to be married.

Photo courtesy of US Sailing Team

ROB JONES
Rowing, 26
Double Leg Amputee
Jones is a U.S. Marine who was honorably serving our country in Afghanistan when an improvised explosive device (IED) resulted in amputation of both legs. He is not only an adaptive rower but has also competed in the Marine Corps 10k and the Nation’s Olympic Distance Triathlon.

In his short adaptive rowing career, he has already placed in several competitions. Jones is a native of Columbia, Md.
U.S. PARALYMPIC SWimmers SHATTER RECORDS AT TEAM TRIALS

Paralympic hopefuls were truly swimming with gold on their mind as record after record was broken at the U.S. Paralympic Swimming Trials held in Bismarck, N.D., June 15-17.

**DAY 1**
- Kelley Becherer set a new world record in the women’s 400m freestyle (S13) with a 200m split time of 2:11.42.
- Jessica Long broke her own world mark in the women’s 400m freestyle with a time of 4:44.17.
- Long bested her own world record mark in the 100m women’s breaststroke (S8) with a time of 1:28.53. Her 50m split in that race also set a new world record time of 42.07.
- Lt. Brad Snyder, U.S. Navy, who was blinded by an IED blast in Afghanistan, raced in the 400m prelims (S11) in 4:39.52, a time which ranked him number one in the world in that event. In the finals, he bested that time finishing in 4:35.62.

**DAY 2**
- Long set a world mark in the 100m butterfly (S9) in 1:07.77.
- Justine Zook had a world record in the men’s 100m backstroke (S9) in 1:01.75.
- Kayla Wheeler set a world record in the women’s 50m butterfly (S1) in 1:38.49.
- Rudy Garcia-Tolson, who holds the world record in the 200m IM (S17), finished in 2:36.4, just off his world mark of 2:35.92.

**DAY 3**
- Long set her fifth world record in the women’s 200m IM (S8) in 2:37.71 in the morning prelims. During evening finals competition she finished 2:36.00 with her sixth world record of the meet.
- Mallory Weggeamann set a world record in the women’s 50m butterfly with a time of 33.81.
- Arlen racked up a second new record in the final women’s 100m freestyle (S6) with 1:14.74.
- Ian Silverman clocked a 16:56.83 in the men’s S10 1500 freestyle beating the previous American record of 17:07.06 set in 2009.
- Snyder finished 2:32.31 in the men’s 200m IM and is now ranked No. 6 in the world in the event. He also earned a No. 1 ranking in the world in the men’s 100m free (S11) with a time of 57.75.

**RECORDS BROKEN AT U.S. PARALYMPICS TRACK AND FIELD TRIALS**

An astounding four World’s Records and 18 America’s Records were set by U.S. athletes at the Paralympic Track and Field Trials held in Indianapolis June 29-July 1.

**MEN’S WORLD’S RECORDS**
- Josh Kennison, T43, Men’s Long Jump, 5.29m
- Raymond Martin, T52, Men’s 200 Meter, 30.18

**WOMEN’S WORLD’S RECORDS**
- Jessica Galli, T53, Women’s 200 Meter, 28.93
- Angela Madsen, F56, Women’s Shot Put, 9.30m

**MEN’S AMERICA’S RECORDS**
- Jordan Bird, Josh George, Brian Siemann and Ryan Chalmers, T53/42, Men’s 4x400 Meter Relay, 3:18.18
- Christopher Clemens, T36, Men’s 100 Meter, 12.34
- Christopher Clemens, F36, Men’s Long Jump, 5.12m
- Claudia Fawehinmi, F46, Men’s Triple Jump 15.27m
- Steven Ferreira, F32, Men’s Club Throw, 20.45m
- Josh George, T53, Men’s 400 Meter, 48.60
- Timothy Kujawa, F46, Men’s Shot Put, 11.91m
- Blake Leeper, T43, Men’s 200 Meter, 21.70
- Blake Leeper, T43, Men’s 100 Meter, 10.95
- Blake Leeper, T43, Men’s 400 Meter, 50.68
- Raymond Martin, T52, Men’s 400 Meter 57.80
- Michael Murray, T20, Men’s 1500 Meter, 4:12.94
- Kevin Stokes, F51, Men’s Club Throw, 23.22m

**WOMEN’S AMERICA’S RECORDS**
- Zena Cole, Women’s Club Throw, F51, 12.52m
- Rachel Kroener, F34, Women’s Javelin, 11.23m
- Angela Madsen, F56, Women’s Javelin, 17.72m
- CeCe Mazzyck, F57, Women’s Javelin, 20.64m
- Shirley Reilly, T53, Women’s 1500 Meter, 3:22.37

*Jeremy Campbell, T44, just missed the world record at the Paralympic Trials, but he did set a world record at the Endeavor Games held prior to the trials in Men’s Discus Throw, 63.45 meters.
For someone who is a current World Champion, finishing first at the Paralympic Road Race Trials in the T2 division in Augusta, Ga., beating his personal best time by five minutes and the second place finisher by three minutes, Peace is surprisingly modest about his chances in August.

“I just want to do better than I’ve ever done before,” he said. “Whether that means getting a gold medal or simply finishing, I’m not sure.”

Given the challenges Peace overcame to get to this moment, it’s understandable he just wants to take in the entire experience. His road to get to the games, like many others on his team, wasn’t easy.

Steven Peace joined the military after high school because he felt a need to give back, and he spent 14 years enjoying the Navy life. He loved the long hours, the work, the travel, and assumed the military would be his sole career, but in October 2007 Peace suffered a stroke due to intracranial hemorrhaging. He was left paralyzed on the right side of his body and doctors were unsure whether he would ever walk or talk again. He was unable to return to active duty and medically retired from the Navy in 2008.

Six months into rehabilitation, he was introduced to his first recumbent bicycle. “I wanted to do some activity,” said Peace, whose rehabilitation wasn’t moving fast enough for his liking. The first bike he rode was a basic recumbent bike, which his skill level quickly outgrew. After going through this process several times with more advanced recumbent bikes, Peace felt he still wasn’t being challenged enough. Then, approximately three years ago, he discovered the upright trike, a modified upright racing bike that has two tires in the back connected by a cross bar to assist riders who cannot ride a traditional upright due to balance issues.

It wasn’t exactly love at first ride. “The first time I rode it, I was like, ‘Oh my god, I’m going to die,’" he said. The bike was wobbly and many small adjustments had to be made to make it work with Peace instead of against him, but his fear of falling quickly receded and was replaced with his greatest passion. Soon he would become a regular on the cycling scene, participating in events throughout the year including the U.S. Handcycling Series, an event on Disabled Sports USA’s Warfighter Sports calendar.

Peace is just one of many Warfighter Sports and civilian athletes who will be competing as part of Team USA this summer. “We have one of the best teams out there; instantaneously we’re friends. Those people are there for you, and you’re there for them,” he said.

The team departs for London on August 27, allowing time before the official competition begins to scout their respective venues and practice where they will be competing. The road races will take place from Sept. 5-8 and consist of 32 medal events.

Besides stiff competition from several delegations, Peace is most nervous about seeing Brands Hatch, the eight kilometer circuit road race course, for the first time. “Until I get on the ground and experience it, it’s a little unnerving,” he said.

No matter his final medal count at the end of the games, Peace plans to continue with the sport long after the London games are over. “I get to be a part of something special, and I’m going to keep doing this as long as my body will let me.”

Thats the response first-time Paralympian Steven Peace will give if asked what he’s most excited about experiencing in London this summer.

Warfighter Pursues Paralympic Dreams in London

By Karalyn Stott

“EVERYTHING!”

Karalyn Stott is the Program Services Assistant for Disabled Sports USA.
Since the first Paralympic Games in Rome in 1960, swimming has been one of its main sports. This year in London, swimming is the second biggest sport in terms of participants. There will be 148 medal events and 600 athletes, made up of 340 men and 260 women.

The thrill of competition aside, swimming offers many benefits including strengthening the cardiovascular systems and the major muscle groups of both the upper and lower body. It also develops flexibility in the muscles and joints as the swimmer performs a wide range of motion against the water’s resistance. An additional benefit to the amputee is that swimming is not traumatic to the residual limb. The water’s buoyancy evenly distributes and supports the weight of the body; there is no danger of falling, and there are no impact forces on the residual limb.

“Water is one of the big equalizers,” said Queenie Nichols, long-time Paralympic swim coach. “One of the phrases I heard since I got involved in this is that we are all equal in the water and that is really true. Athletes with disabilities, from below-knee amputations to severe quads, can compete and compete successfully.”

While it is not essential to begin swimming at an early age to become an elite athlete, Nichols believes that the sooner an individual becomes comfortable in the water, the better. “I think starting at about 5 years old is a good age to get children involved, in the pool at least once a week. Keep it fun for them until they show an interest in growing with a club,” she said.

“Most clubs that belong to USA Swimming or YMCAs offer coaching and training at the appropriate level for age and experience,” Nichols said. “We suggest aspiring athletes participate with an able-bodied club at first because of the greater number of individuals they will compete with.” Typically swimmers in this introductory/foundation phase, usually aged 5 to 8 or 9, remain there for about 5 years before transitioning to the next level, which includes more advanced drills and stroke efficiency.

More skilled swimmers will compete at LSC (Local Swimming Committee) meets and Zone Championships. LSC meets keep swimmers in their own age group, but they are among the best in the state. In the Zone Championships (Eastern, Western, Central and Southern), swimmers are the best from several states. A swimmer must meet a certain time in an event before being allowed to compete in the Zone Championships.

Once swimmers get to the level to complete 15-meter swims, Nichols suggests attending U.S. Paralympic Emerging Meets, where a swimmer can get classified. An events page
on the U.S. Paralympic site posts upcoming meets. “Swimmers will see where the domestic meets are and who should be swimming at these events,” she said.

[Note: Classification is only necessary for Paralympic meets. Swimmers do not need official classification to begin competing in local swim meets.]

**Practice, Practice, Practice**

“To exceed at the sport, an emerging swimmer needs to love what they are doing,” Nichols said. “They have to be willing to practice on a regular basis. That means at least four times a week, if not five. On a national team, you are practicing at least six times a week, and as a Paralympic athlete, you would do everything as an Olympic athlete would do,” she said. That includes proper nutrition, adequate sleep, dry land training, and time-management of extra-curricular activities. Another aspect is setting goals, such as getting time improvements in tenths and hundredths, rather than seconds.

**Emerging Athletes**

“We are always looking for swimmers with potential,” Nichols said. “We are always reaching out and we are developing more and more ways to do that. That is one of our plans in the next quad to reach out and find athletes.”

According to U.S. Paralympics, a key component to the success of the emerging tier of the sport performance pipeline is collaboration between community and military programs, partner organizations, military and veteran facilities and National Governing Bodies.

Athlete recruitment and identification begins at the local level through military and veteran sport camps, site coordinators, community programs, coaches, technical officials, and current athletes. Once a new Paralympic-eligible athlete is identified as having high performance potential, the Emerging Sports Manager will facilitate appropriate communication between athlete(s) and local program(s) as well as with the appropriate Paralympic sport coaches and high performance directors. This will include connections to local training resources and participation in select emerging and/or national U.S. Paralympics Team camps and competitions as well as information regarding able-bodied competitions, events and other general sport program opportunities for developing and emerging athletes.

**Resources**

Swimmers interested in competition can find much information at the U.S. Paralympics website (USParalympics.org), including classification, events, a chart showing the progression of a swimmer, and contact information for emerging athletes, developmental athletes, and national team.

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**Swimming Competition Fast Facts**

- The 2012 Paralympics Swimming competition will be held at the Aquatic Centre, Olympic Park.
- Competition Dates: Aug. 30 - Sept. 8
- At the 2008 Beijing Paralympics the USA took home 17 gold medals, 14 silver medals and 13 bronze.
- USA Swimming Clubs each have a Local Swimming Committee (LSC) with a Disability Swimming chair who can be called on to provide information.
- Paralympic disabled swimmers fall into six categories: Amputee, cerebral palsy, visual impairment, spinal cord injuries, intellectual impairment, and Les Autres.
- Swimmers at the Paralympic Games are classified into 14 different classes. (New for London 2012 is the S14 class for athletes with a learning disability.)
- Swimmers with physical impairments are classified from S1 to S10. These are known as functional classifications because classification is based on how an athlete moves in the water.
- An athlete’s classification may change for different swimming strokes because the nature of their impairment may affect their ability to perform a particular stroke.
- Swimming is governed by the IPC and coordinated by the IPC Swimming Technical Committee, which incorporates the rules of the International Swimming Federation (FINA). The FINA rules are followed with a few modifications, such as optional platform or in-water starts for some races and the use of signals or ‘tappers’ for swimmers with blindness/visual impairment; however, no prostheses or assistive devices are permitted.
- A FINA standard eight-lane 50mm pool is required for competition at the Paralympic Games. Events are conducted as heats for eight competitors per class and with the fastest eight swimmers per class competing in the finals.
- There are various forms for swimmers to start their race: in the water, a dive start sitting on the starting platform or the typical standing start.

**Sources:**

International Paralympic Committee (IPC) (Paralympics.org)
U.S. Paralympics (usaparalympics.org)
USA Swimming (usaswimming.org)
Team USA (www.teamusa.org)
YMCA (www.ymca.net)
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The Team:

- **Retired Army Sgt. Neil Duncan**, 29, a double-leg amputee injured in Afghanistan
- **Marine Capt. David Borden**, 31, who, after losing his leg above the knee to a suicide bomb in Iraq in 2008, returned to combat in Afghanistan in 2011
- **Retired Army Cpl. Steve Martin**, 42, a double-leg amputee injured in Afghanistan
- **Retired Army Capt. Jesse Acosta**, 34, who suffered permanent damage to hip, leg and back in Iraq

The Goal:

**Summit Denali (Mt. McKinley)** in Alaska, the highest mountain in North America.

The Weather:

After experiencing the blistering sun, 70 mph wind gusts, temperatures below zero, severe snowstorms, ice, deep crevasses and even multiple avalanches, the team ascended to 14,200 feet and camped there for nine days while waiting for the severe weather conditions to improve.

The Finish:

**Eighteen days into the climb**, on June 28, one final attempt was made to continue their ascent, but at 15,500 feet, a severe snowstorm and avalanche in the higher elevations forced the team to end their efforts. Team Warfighter Sports concluded their climb 4,820 feet short of reaching their ultimate goal, the summit.

Wounded Warriors.

Good Legs.

Wars.

Generations.

Mountain.

Team Warfighter Sports Denali Challenge
The Accomplishments:

The team’s disappointment was quickly eclipsed by what they did accomplish. Not only was it the experience of a lifetime, it challenged their mental and physical challenge, and tested their prosthetic knees, and foot and ankle units like never before. Not reaching the summit reminded the group of why they were climbing – to inspire others with disabilities about what is possible and, as was the case in not reaching the summit, coping and rebounding from setbacks.

Team Warfighter Sports’ efforts highlight that sometimes forces outside of one’s control slow recovery from disability, but one must recognize that success in rehabilitation comes from the resolve to fight on, like climbing a mountain, literally, one step at a time. The team, like their wounded brothers and sisters recovering from life-changing injuries, had to face their setback of not reaching the summit, but gaining from the process the strength to tackle and overcome future challenges.

The Mountain Experts Said:

“This season has proven to be very challenging for the Denali expedition teams. We have seen expedition teams turn around at Camp 1, 2, and 3, but the fact that Team Warfighter Sports made it to Camp 4 at 11,200 feet speaks to their resilience and fortitude; they were a model expedition team. Having this group of wounded warriors on the mountain was truly inspirational to the rangers and the other expedition teams.” – Dave Weber, Denali Mountaineer Ranger

“The team gave it a strong effort, working hard for weeks as they made their way up the slopes of Denali, but ultimately, weather conditions just didn’t cooperate. The loose snow made footing especially difficult and increased the risk of avalanches. With more time and better weather, I am confident Team Warfighter Sports would have reached the summit.” – Drew Ludwig, the expedition’s lead guide from Mountain Trip

Thank You Sponsors:

Warfighter Sports Denali Challenge was grateful for the tremendous guides from Mountain Trip and the support they received from their family and friends, general public, and the climb’s sponsors, including Chartis, Tee it up for the Troops, Team Semper Fi, American Airlines, Empire BlueCross BlueShield, and Leonidas International, a foundation started by climber Acosta. The team provided updates to their supporters through a satellite phone supplied by Iridium.
The Warfighters Said:

“I am very proud of what Team Warfighter Sports’ accomplished. Every wounded warrior and person with disability faces setbacks, often out of their control, and each one must make a choice to either let setbacks defeat them or drive them forward. This experience will drive us forward and we hope our decision to climb will inspire other wounded and disabled to do so as well. This is the most incredible experience I have had. We could not have done it without the outstanding guides from Mountain Trip, sponsors, and supporters nationwide who believe in our capabilities.” – Kirk Bauer

“It was the experience of a lifetime and I plan to return to conquer that mountain.” – Steve Martin.

“The guide team was fantastic and a critical element to this climb. We were prepared, had the right equipment, trained hard, planned well and were steam-rolled by something uncontrollable and unpredictable - the weather.” – Neil Duncan

“The entire climb challenged us physically, mentally, and spiritually. Each of us gave the mountain all we had. We are disappointed we did not reach the summit due to severe weather, but very proud of our accomplishment nonetheless. It was an adventure of a lifetime. I am looking forward to going back and reaching the summit. Personally, I would like to thank Warfighter Sports and Team Semper Fi for making this experience possible.” – David Borden

“When I reflect on our Warfighter Sports Denali Challenge, I truly believe that those emotionally or physically wounded veterans who witnessed our efforts on the mountain would likely be that much more compelled to attempt an activity they might otherwise have thought impossible. So, regardless of how high we ultimately climbed, we would have achieved our objective in reaching out to and influencing this population. Ironically, I would be remiss not to say there’s a growing desire to return to the mountain and finish what we started.” – Jesse Acosta
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EVERY MOUNTAIN

Challenge Magazine asked experienced climber Tim McGough to answer some questions about how to begin the journey to the top of the mountain. As program director at Telluride Adaptive Sports, McGough has created adaptive mountaineering courses in Alaska.

We don’t recommend folks change their workout/activity routines that much from normal, we simply suggest they do it for longer periods of time than normal, especially in the coming weeks of an expedition. Similar to race training, pick an activity, stick with it, eat and hydrate well, and do it for longer amounts of time as it gets closer to the event. Physical and mental endurance is the key. Cross training always helps for full-body strengthening.

What types of strength/physical capabilities are needed?
Being in peak physical condition is imperative for any expedition to the mountains. Though this is extremely relative and very individualized, climbers should have the physical strength for a full day of high output activity and still be able to care for themselves in camp. Being able to ride a bike, climb a wall, or run a trail for hours on end and still being able to get home, cook a meal, wash up, get to bed, and do it all over again the next day is a great example of a starting point to be ready for the physical exertion of an extended mountain expedition. On the flip side, one can never prepare enough for what the mountains have in store; one gets tougher by just being out there!

What type of training is necessary prior to a climb and how many weeks/months prior to a climb should training begin?
Similar if not same to the above. If folks are already active in their daily lives, which they generally are if they are at all remotely interested in a mountain expedition, then they should stay active for as long as they can prior to an expedition.

How should a climber adjust their nutrition before and during a climb?
Once in the mountains’ elements, expect food cravings to be very different than at home and also the diet to be completely different. Some say they eat better on a glacier than they do at home. Because your body is working so hard at the task at hand along with trying to stay warm in a cold environment, eating is of utmost importance. High-carb, high-protein, and healthy doses of healthy fats seem to do the trick.

Is mental preparation an important part of this as well?
I would place mental preparation equal to if not just a little more important than physical preparation for a mountain climbing expedition. Your brain will get you through many situations never thought possible. Long weather days sitting in the tent doing almost nothing, hiking through knee deep snow, ascending a rope for eight-hours, these are all things both the body and mind must prepare for. Controlled “suffering” through mental preparedness is a common theme that comes up. Your team in the same situation often is a great buffer and mental stepping stone to get through very tough situations. Teamwork is key! Pick your climbing partners well!

We’ve all heard the stories of arctic explorers surviving on sticks of butter for days on end; there is some truth to that though we generally eat a lot better than that on expeditions. Food, water, and shelter are the three points of survival by day. Once you accomplish those, then you can get on with mountaineering. Staying hydrated is as essential as staying fueled by food. It is just the same as comparing mental and physical preparedness, taking in fluids at high elevations in dry atmosphere is essential. Soups, water, and electrolytes are imperative.

Gear: What is needed; can it be rented?
A ton of gear is needed for an adaptive climb of any nature to accommodate each climber’s ‘system.’ Climbing gear is similar if not the same for adaptive climbers as able-bodied climbers, although means of locomotion on a glacier can be varied. Know your system! Modified sit skis can take time to build or have fabricated. Prosthetic legs can take time to dial in with crampons, snow shoes or touring skis. Quality clothing is essential. Skimping on warm clothing and gear that will protect from the elements is the worst choice a climber can make. When it comes down to it, again, food, water, and shelter are the hierarchy and your clothing should be considered shelter from the
elements. Layering is key, just like for downhill skiing, with wicking layers, waterproof breathable layers, and big and puffy insulating layers. Having extra insulation for stumps and if you have trouble regulating heat, for example, are all things to plan for. Know before you go on how cold you get and how quickly. You must also know how to best warm up from those situations. Most gear can generally be rented if not provided by your guide company. All gear considered “group” common gear like tents, stoves, ropes, and the like should be included in the cost of a trip. Personal technical climbing gear can usually be rented from a company. Outlets such as REI sometimes rent climbing gear. Borrowing gear from friends is a great way to make an expedition much more affordable.

What are some of the costs involved in a climbing expedition?
Extended climbing expeditions can be an expensive endeavor, especially when one is talking about leaving their home for a remote destination. The logistics to just get on the glacier are enough to figure in without the costs of a guide service, gear, time, and other preparations. Often times bush flights or long van rides to less accessible locations are very expensive, but necessary. A climbing guide service is not cheap either with paying qualified guides, paying for permits and insurance, buying trustworthy gear; it all costs money and is very specialized in nature. For a custom climbing trip of up to 10 days, a climber can expect to pay anywhere from $3,000-$6,000, excluding domestic airfare if needed. The price should not turn you off from pursuing your dream. Grant money and fundraisers can be had to support this cost. Also, companies are generally very approachable in helping out with adventures of this nature.

What should one look for in a guide?
Documented experience! Like apples, there are a lot of guides/guide companies out there and you really should enjoy the best you can find. A well-rounded individual or company is key. Technical knowledge of climbing systems, soft skills knowledge of working with people, and passion for what someone does are all key. A climbing guide or company does not necessarily need any ‘adaptive’ climbing experience behind them though of course that helps a ton. Any proven qualified guide/company, with a safe track record, an open heart, and willingness to not only guide but listen, are all great attributes. Pre-trip planning and communication should spell out a number of the above mentioned. Follow your gut. If it does not feel right with an individual or group ahead of time, find another party to join.

What would be a good “beginner” mountain?
This all completely depends on the individual/group, their abilities, how much time they have which also reflects how much money they can spend (budget), what areas guide services are permitted on, what sort of weather environments they want to be subjected to, elevations to travel to, and other variables. I suggest taking an introductory to glacial mountaineering course/experience first before tackling a true climb of any mountain. This can be done in the dead of winter in any ski town; it does not necessarily have to be up on some big mountain while learning travel techniques on rope, self-arresting a fall, building a comfortable camp in the snow, cooking in cold, to name a few things. Having as much prior knowledge as possible before a trip directly related to past experiences sets one up for greater success. Again, know your system before you try something big and objective oriented. Any mountain can be a great beginner mountain with the right preparation.

What are some resources for a beginner to access to learn more about climbing?
Freedom of the Hills is a go-to resource for climbers and mountain guides on general but all-inclusive topics for mountain travel. Glacier Mountaineering: An Illustrated Guide to Glacier Travel and Crevasse Rescue is a great and funny intro to the seriousness of mountain climbing. I do not know of many organizations pursuing adaptive mountaineering – one big reason TASP is so proud of what we have offered. Soldiers to the Summit is also a great resource as well for veterans. I honestly do not know of any other commercial entity offering this type of experience for disabled athletes on a larger scale. Mountain Trip is our partner guide company for all bigger mountain explorations.

ABOUT TELLURIDE ADAPTIVE SPORTS
Telluride Adaptive Sports has been involved in expeditions in the Alaska Range for the past four years with partner guide service Mountain Trip. TASP has organized training trips for individuals with traumatic brain injuries, spinal cord injuries, visual impairments, and a variety of neurological disabilities into Alaska to teach the basics of glacial mountaineering including efficient touring strategies, traveling as a rope team in crevassed terrain, simulated crevasse rescue, rapelling, rope ascension, and personal care in the high mountain environment. Below is a link to a short adventure film that was shot on TASP’s expedition in 2011 as the first-ever mixed ability team to climb an unnamed peak, now unofficially named Mt. Turtleneck in the Alaska Range. The film gives a good perspective of the mental, physical, planning, gear, weather, and support needed in such an endeavor. To view the film, visit www.loadbearingfilm.com.
ADAPTIVE LESSONS AND CLINICS
Participants receive lessons from top adaptive instructors in five winter Paralympic sports: Alpine skiing, snowboarding, Nordic, biathlon, sled hockey and curling.

NATIONAL ADAPTIVE ACADEMY
This academy is accredited by Professional Ski Instructors of America / American Association of Snowboard Instructors (PSIA-AASI) and provides education for new and experienced adaptive instructors. Instructors and coaches can update their PSIA-AASI continuing education credits, choosing from more than 250 hours of accredited education available. Attendees can also participate in free “Apres ski” mini clinics.

NATIONAL RACE FESTIVAL
Disabled Sports USA offers race festival scholarships to youth and wounded warriors wishing to pursue a Paralympic career. The National Race Festival is a week-long high performance instructional program led by some of the nation’s best coaches. Participants, together with their coaches, learn techniques that they can apply to their training all season long.

TRAINING FOR PROGRAM ADMINISTRATORS, VOLUNTEERS AND COACHES
Free seminars, clinics and social events are available throughout the week to support the winter programs of Disabled Sports USA chapters and other organizations.

BRIDGING THE GAP- “FROM RECREATION TO COMPETITION”
This is instructor training to “Bridge the Gap” between recreational snowboarding and competition. Instructors can learn how to identify and nurture up-and-coming talent for Sochi and improve their adaptive instruction techniques to help students.

ADAPTIVE EQUIPMENT DEMONSTRATIONS
Try out the latest products and learn about current trends. Stay ahead of the curve by speaking with adaptive equipment suppliers.

FREE SOCIAL AND NETWORKING EVENTS
Registration opens Fall 2012. Visit www.dsusa.org
Unrecables Prepare for Ski Season

The Unrecables, Los Angeles, will kick off the ski season at the Snow Gala hosted by the L.A. Council, Oct. 27, at the Odyssey Restaurant in Granada Hills. The club's Man and Woman of the Year will be honored at this event.

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

Unrecables monthly social hours are held on the second Tuesdays of the month at Mi Ranchito Family Restaurant, Culver City, 6:30 p.m.
Free Adaptive Ski Trips to San Juan Mountain Range

The Adaptive Sports Association (ASA), Durango, Colo., is offering all-expenses paid scholarships for individuals with physical disabilities to participate in snow sports in the San Juan Mountain Range. Includes airfare, five nights lodging, four days on the slopes with private ski, snowbike, or snowboard instruction, lift tickets, equipment, meals and ground transportation.

Each week, from mid-January through mid-March, four to six scholarship recipients will come to historic Durango. Skiing will take place at ASA’s facility located at Durango Mountain Resort (Purgatory).

Scholarships are open to anyone with a physical disability, but have a focus on injured military/vets, individuals with MS, spinal cord injuries, amputations, and visual impairments. The application deadline is Dec. 15, 2012.

ASA has offered these very successful scholarship programs for almost 30 years with the goal of increasing independence and self-confidence through recreation and self-discovery. ASA offers a similar program during the warm weather months with scholarships for multiday river trips through the dramatic canyon country of southeastern Utah.

To take advantage of this opportunity, visit www.asadurango.org and click on “scholarships,” contact ASA at (970) 259-0374, or send an email to: annmarie@asadurango.com.

NSCD Offers Rock Climbing, Soccer, Lacrosse

National Sports Center for the Disabled (NSCD) in Denver and Winter Park, Colo., has slated the following activities.

Rock Climbing: Experience the thrill of climbing in Eldorado Canyon and Clear Creek Canyon, west of Denver. Discover climbing safety and basic techniques while learning more about yourself and your abilities. Organization, processing, and problem-solving skills are encouraged. Climbing lessons for anyone ages 5 and up and any ability.

Session One. Eldorado Canyon: Sept. 1 and Sept. 15; Clear Creek Canyon: Sept. 8 and Sept. 22.


Sessions are from 1:30 to 3:30 p.m. The cost is $80 for four days in one session, or $20 per single day.

Soccer Ability League: The NSCD Soccer Ability League is for ambulatory individuals, ages 6-21 with physical disabilities that meet Paralympic classification criteria, including diagnoses such as cerebral palsy, brain injury, stroke, spina bifida, amputation, muscular disorders, and more. This program serves developing athletes in the sport of soccer and participants will receive top-level coaching and team play. Players must be able to walk/run without use of assistive devices. The league will play on Wednesdays, 5:30–6:30 p.m., from Aug. 29-Oct. 3. Location to be announced. Cost is $85.

Lacrosse Ability League: Designed for individuals of any disability, ages 6-21. Practices will be indoors and completely accessible. This program is open to ambulatory participants and wheelchair users. Coaches will provide skill development drills and activities along with scrimmage play. The league will play on Thursdays, 5:30-6:30 p.m., from Aug. 30-Oct. 5. Locations to be announced. Cost is $50.

To register for programs or for more information, call (303) 316-1518 or email AMercier@nscd.org.
Continued Growth at Maine Adaptive Sports & Recreation

Maine Adaptive Sports & Recreation, formerly known as Maine Handicapped Skiing, has enjoyed a truly historic 2012 summer program season. The 30-year-old organization enjoyed beautiful weather and additional support of sponsors and volunteers to attract unprecedented numbers of people with disabilities to its general lesson and specialty programs in adaptive cycling, paddling, golf, fishing and hiking. Summer lesson programs will extend through October and all programming is free of charge.

The eighth annual Veterans No Boundaries summer program at Camp Wavus will be held Aug. 24-27. Paddling, fishing, cycling, and other activities will be offered to 25 disabled veterans and active-duty personnel, as well as many family members and caregivers. For the past year, Veterans No Boundaries has benefitted from the Olympic Opportunity Fund in enhancing recruitment and partnership efforts throughout Maine.

The eighth annual Veterans No Boundaries winter program takes place at Sunday River Feb. 1-4, and the second New England Blind & Visually Impaired Ski Festival takes place at Sugarloaf Feb. 10-14. Applications are available now and confirmations will take place beginning in October.

Scheduling is underway for winter 2013 lesson offerings and race training. The trainers for our adaptive skiing programs have been revamping our internal training and skills certification programs. We look forward to beginning to implement these improvements with our nearly 400 winter program volunteers in October and November.

For more information on programs and registration, visit www.maineadaptive.org.

Leaps of Faith Celebrates 20 Years; Adds Adaptive Snow Skiing

Celebrating its 20th anniversary, Leaps of Faith Disabled Skiers concluded the summer season with 22 clinics, five of which were offsite three-day extended clinics. It also hosted multiple clinics for various groups including participants from Oak Hill Group Home Services for Adults with Disabilities, State of Connecticut Services for the Blind, and Mt. Sinai Hospital in New York.

Since its founding in 1992, Leaps of Faith has accommodated skiers with all types of impairments and disabilities, both mental and physical. It also supports American servicemen and women by participating in five veteran’s events, two of which were hosted and run entirely by Leaps of Faith Disabled Skiers.

This winter, Leaps of Faith will double the number of clinics for its newly-added adaptive snow skiing program. Dates after Jan. 1, 2013, are dependent on the availability of the slopes. Once finalized, dates will be posted on the Leaps of Faith website, www.leapsoffaithwaterskiers.com.

Since 2009, Leaps of Faith’s all-volunteer base has tripled to 200 volunteers, and is always seeking more individuals to share in the joy of helping the disabled children, adults, and veterans.

Higher Ground Outdoor Sports for Injured Service Members

Higher Ground (HG), a division of Sun Valley Adaptive Sports, is hosting four winter sports camps in the Sun Valley, Idaho, area. Each HG camp is one week long and hosts small groups of six to eight veterans and their supporters. Skiing, snowboarding, sledge hockey, and sleigh rides are only a few of the adventures planned for this season. Dates for the camps are still being finalized. All Higher Ground programs are cost-free to qualified participants. Applications are available online, www.hgvets.org.

HG is a nationally recognized veteran rehabilitation program that combines sports, family, and coping therapies to restore and rehabilitate men and women of the armed forces who have been severely wounded. It is Higher Ground’s philosophy that therapy should provide coping skills not only for the injured service member but also for his or her supporter, who may be a spouse, close friend, or family member also impacted by the unforeseen injury.

For questions regarding HG’s programs, contact Bert Gillette, (208) 726-9298 ext. 117 or Bert@SVASP.org.
MARKETPLACE

**New Waterproof Prostheses from Ottobock**
Ready for shower, beach or pool, Ottobock now offers a line of waterproof components. Designed specifically for use in the water, the Aqualine® waterproof prostheses provide protection for either below-knee or above-knee users. The Aqualine components are perfect for use as a shower leg or for other water activities, accommodating weights up to 330 lbs. The system includes specially modified adapters, pylons, and a tube clamp along with the waterproof knee and foot. Visit www.ottobockus.com for more information.

**College Park’s Soleus® - True Energy in Motion**
The Soleus® offers a dynamic heel that allows for smooth, seamless transition between heel strike and toe-off. Involving the entire foot in absorbing and returning energy, the Soleus’ four-spring system accommodates a moderate to the most active lifestyle. The multi-composite design and wide platform heel affords stability, durability, and comfort on various terrain.

Key features include:
- Synchronized control throughout the stance phase
- Superior terrain compliance
- Precision gait matched for out-of-the-box performance
- Available in gold or silver
- Weight limit up to 275 pounds (125 kg), 3-year warranty
- Same-day, custom-built to order

For more information, visit www.college-park.com/soleus.

**Detours No Longer Necessary**
Össur Americas Symbionic Leg is the first commercially available, complete bionic leg that combines a microprocessor knee and a powered, microprocessor ankle. It provides unmatched toe clearance for enhanced safety and enables transfemoral amputees to stably and confidently traverse terrain they might otherwise avoid, without the gait deviations commonly seen in MPK users. Symbionic Leg is insurance billable using existing, approved L-Codes and, when used with Rheologic Workbench software, offers the ability to document actual user cadence variation to reduce insurance reimbursement risk. Symbionic Leg is the newest addition to the industry-leading Bionic Technology by Össur platform. For more information, visit www.ossur.com or call (800) 233-6263.

**Endolite EchelonVT Foot**
The echelonVT foot features hydraulic ankle control with a precision engineered titanium spring for superior shock absorption and energy return. The echelonVT provides level three users with increased stability, comfort and confidence on unlevel surfaces.

**Catch the Wave Sport Foot from Fillauer**
From extreme sports to light jogging, the Wave Sport Foot from Fillauer has performance active amputees desire. The design uses an innovative spring between the pylon and heel plate to provide shock absorption and stability. The full heel plate allows for use in a foot shell and wear in athletic shoes. Such features make the Wave Sport a versatile alternative to other performance feet. Visit http://fillauer.com/Lower-Extremity-Prosthetics/Wave-Sport-Foot-System.html.
“Every opportunity that I have to push myself and challenge myself I take as an awesome opportunity to prove to others that my disabilities have not stopped me but pushed me further than what I was able to do before.”
- Scotty Smith, Retired U.S. Army Captain
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