LIFE like FUNCTION

The NEW PROPRIO FOOT with EVO mimics natural ankle flexion. Sensing everything from toe off to slopes and stairs, it automatically adjusts ankle flexion, helping to prevent trips and falls. The result is a more lifelike gait that helps reduce stress on joints, resulting in the ability to walk longer, farther and more comfortably, regardless of the terrain.

like LIFE BETTER

“I LIKE LIFE BETTER WITH MY PROPRIO FOOT WITH EVO. I’M WALKING A LOT AGAIN AND I’VE LOST 120LBS!”

NOW COVERED BY MEDICARE ASSIGNED CODE

L-5973

Peggy Chenoweth, 36
www.amputee-mommy.com

PROPRIO FOOT® with EVO®

VISIT OSSUR.COM/PROPRIOFOOT OR CALL (800) 233-6263 TO LEARN MORE.

©2011 Össur. All rights reserved. Össur and PROPRIO FOOT are registered trademarks of Össur. EVO is a trademark of Össur. Life Without Limitations®
What will our son’s life be like?
Can he overcome this?

“When Connor was born” without his leg, we had so many questions, so many worries about our little boy. But it didn’t take long for us to realize he was literally unstoppable. With the help of people we met at Hanger, our family found hope. They understood what we were facing and had the expertise to give Connor a future as bright as any child’s. Their confident, reassuring approach helped us stop seeing our son’s limitations, and start seeing him for what he was—a normal little boy. Thanks to their caring service and amazing technology, constant worry gave way to lasting joy.”

— Colleen & Michael Karow

Seven-year-old Connor Karow exemplifies the true spirit of independence. Each morning he puts on his own prosthesis and wears it all day. He loves to play with his brother Ryan, and when faced with a new challenge, he finds a way to adapt. His quick smile, curious mind and natural ability to put people at ease are all part of what make Connor special.

Our Patients Never Fail to Inspire Us. With our national network of offices, unsurpassed clinical expertise, advanced technologies and dynamic peer advocacy program, Hanger is the leader in prosthetic and orthotic care. But what satisfies us the most are stories like Connor’s.

Hanger
PROSTHETICS & ORTHOTICS
Moving Lives Forward
877-4HANGER | WWW.HANGER.COM

Discover our inspiration. Visit Hanger.com to read stories of amazing people moving their lives forward every day.
Great Partnerships. Great Stories.
C-Leg®. Nothing else comes close.

Trust. It’s part of the reason why Aaron and his prosthetist work so well together—and why they were able to create such an amazing outcome. It’s also why the C-Leg microprocessor knee has become the standard for prosthetic knee joints worldwide.

Visit us at www.clegstories.com to hear Aaron’s success story—and learn how to take the C-Leg out for a free, no-obligation test drive. You’ll be sure to create your own amazing story.

www.ottobockus.com

Aaron, bilateral C-Leg wearer. Minneapolis, Minnesota
Introducing DSUSA’s New Logo

After 14 years, Disabled Sports USA is changing its logo!

Why change it, you ask?
The new logo is intended to be simple, yet contemporary in design with an icon illustrating movement and action. It underscores our mission of providing opportunities for a healthy lifestyle through participation in sports for people with disabilities. The act of moving forward and overcoming disability by doing some type of physical activity, at whatever level, is success. The old logo could be interpreted as someone celebrating victory, winning a competition. But, we are about much more than that: We are helping people with disabilities achieve an active, healthy lifestyle, which improves other aspects of life. It is, in fact, realizing our motto, “If I can do this, I can do anything!”

I know my own experience mirrors the development of our logo. In the ’70s, when I first benefitted from the programs of Disabled Sports USA, I really got into competition and ski racing. Inspired by tough racers and coaches like double-leg amputee Jack Benedick, nothing but first was good enough. For me at that time, it was all about competition and winning.

Now, MUCH later in life, I realize the greater value of simply being active in sports and realize that success is not measured by wins or losses. By participating in sports and recreation, I feel better, I am healthier, and I’m able to enjoy recreation and life more. In the few times I still compete, such as in the Bataan Memorial Death March, a 26-mile marathon in the desert, it is more about the importance of training for the event and finishing, or at least doing my best, than winning. In fact, I hold the record for being the LAST finisher out of more than 6,000 marchers in four of the past five times I have done Bataan!

We will be rolling out the new DSUSA logo over the next few months, so you will be seeing the change gradually. It begins with this edition of Challenge Magazine.

So here it is folks, our new logo!

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

I hope you will remember Disabled Sports USA in your 2011 giving plans. You can donate online at www.dsusa.org.

For federal workers, Combined Federal Campaign #10151.

DSUSA Logo Through The Years:

- 1988
- 1991
- 1996
- 1997
- 2011
DISABLED SPORTS USA THANKS ITS CORPORATE AND COMMUNITY SPONSORS FOR THEIR SUPPORT!

PLATINUM SPONSORS

USA Paralympics

Ariel

CHARTIS

Challenged Athletes Foundation

Wounded Warrior Project™

DISABLED SPORTS USA IS A PROUD MEMBER OF THE U.S. OLYMPIC COMMITTEE

spring 2011 | CHALLENGE MAGAZINE | 7
Trijicon Incorporated’s Logo Guidelines

Color Usage

Colors indicated on this page should only be used in the Trijicon logo.

- PMS 485
  - C: 0
  - R: 238
  - M: 95
  - G: 50
  - Y: 100
  - B: 36
  - K: 0

- Black
  - C: 0
  - M: 0
  - Y: 0
  - K: 100

Area of Isolation

Below is the area of isolation surrounding the logo that needs to be maintained based on the measurement of “X”.

Use of Tagline

The Trijicon logo must be used with the tagline unless there is a size restriction (see below).

When using the tagline with the logo the minimum size can be 1 ¾” (44.45 mm) in length.

Otherwise use the Trijicon logo without the tagline if it needs to be sized less than 1 ¾” (44.45 mm).

Logo Restrictions on Backgrounds

For extreme cases where the logo needs to be sized less than ½” (12.7 mm) just the word can be used, but will need to be approved by Trijicon marketing.
INTRODUCING THE HIGH-FIDELITY INTERFACE
The Most Biomechanically Advanced Socket on the Planet*

But don’t take our word for it...

“I feel like I could skip with the HiFi! It feels much lighter and more comfortable and I feel like I have more control of my prosthesis. Before I had the HiFi, if I was going to the mall or going to do a lot of walking, I knew I would tire out so fast that I would have to use a cane. With the HiFi, I’m not as tired, I can wear it longer, and more comfortably.”
— Linda Lyons

“Previously all of the soft tissue in the residual limb would move in the socket. In this new technology, there’s no more slushy skin. I have more freedom of movement and more stability and better control of my arm. I want to wear my prosthesis now. It is the greatest invention in prosthetics in the last 100 years!”
— Chuck Hildreth

“I found it difficult to participate in my favorite sport, rowing, because my prosthesis would slip off and I would lose grip on the oar. But after being fit with the HiFi, I was able to rejoin crew. It feels more like a part of my body.”
— Michael Hart

“My ability to move is much better. It doesn’t feel like I’m carrying something. The HiFi is a part of me. It’s solid; it has me. And it’s a wonderful thing!”
— Terrance Wortham

biodesigns is licensing the HiFi Interface to a select group of prosthetic facilities in the U.S. If you are clinical experts in your area and interested in the licensing details and/or hiring us as consultants, please email us at hifi@biodesigns.com

*Based on commercially available prosthetic sockets.
Chartis Ski Challenge: Olympian Phil Mahre Mentors Wounded Warriors and Youth

Stowe Mountain Resort in Vermont was the setting for the Chartis Ski Challenge March 15 to March 18. The charitable event was in support of the Wounded Warrior Disabled Sports Project and involved support from hundreds of racers from over 60 companies in the insurance and investment field. Through the efforts of Chartis, this was one of the most successful fundraisers for Disabled Sports USA ever. A race camp for elite youth with disabilities, wounded warriors and other Paralympic hopefuls was held as a part of the Challenge.

Wounded Warriors participating in the event included: Spc. Joel Hunt, ret.; Sgt. 1st Class Landon Ranker, active; Cpl. Aaron Howell, active; Sgt. Jerry Scott Harbaugh, ret.; 1st Sgt. Sergio Monzon, ret.; Warrant Officer 1 Anthony Radetic, ret.; Master Sgt. Dean Zenoni, active; Cpl. Peter Park, ret.; and Sgt. John Supon, ret. Also participating was a member of DSUSA’s E Team and other Paralympic hopefuls. The DSUSA E Team is a group of promising young skiers with Paralympic ambitions.

The racers were given the opportunity to participate in practice runs on the course with the celebrity host, two-time gold medal Olympian Phil Mahre. One warrior team was entered into the two day race. Joel Hunt won the 20-30 year old male division, without a factor in a field of over 300. Hunt credits his involvement in sports as what helped him successfully overcome being in a wheelchair (for over two years) and reducing his use of medications from 15 to three per day. He aspires to continue his racing career to show all soldiers that if he can do this, anyone can do anything.

The ski races were held on Wednesday and Thursday with a reception on Wednesday night, that included a torchlight parade down the mountain and fireworks. Several of the wounded warriors that participated in the event spoke at this reception.

Thursday evening the Chartis Ski Challenge race awards were presented to the winners at a dinner reception. A special thanks from the staff and board of Disabled Sports USA goes to Chartis and its wonderful employees and brokers.
Adapt2Achieve – West Coast Conference

Disabled Sports USA (DSUSA) is hosting the fourth Adapt2Achieve (A2A) Chapter Development Conference at San Diego State University in San Diego, California, June 9-12. Conference attendees will number close to 50 from DSUSA chapters and other non-profit, government, and community affiliates. Presenters will come from across the country to share their expertise on grant writing, fundraising and marketing tactics, and social media. Paralympic coach Rick Babington will be on hand to share current trends in cycling, adaptive equipment and taking a cycling program beyond the recreational level.

Developed in response to the 2008 Chapter Survey, the goal of the Adapt2Achieve Conference is to allow chapters a chance to learn best practices and new techniques to strengthen their respective programs and the adaptive sports community as a whole. Adapt2Achieve Conferences are held regionally, and DSUSA plans to hold one in every region by 2012. To date, the Adapt2Achieve Conferences have been held in Maryland and Colorado, as well as, the first event held in August 2008 in Wolfeboro, N.H. Conference fees are kept to a minimum and are free to the first two members from every chapter in attendance.

To learn more about A2A West Coast, contact Michelle O’Hara at mohara@dsusa.org.

Meet Bill Snyder, Chief Financial Officer

Bill Snyder joined DSUSA in March 2010 as accountant. In November 2010, he became the Chief Financial Officer, responsible for maintaining and managing all financial aspects of DSUSA. He also oversees human resources and administration for the national headquarters.

A native of Wilkes-Barre, Pa., Snyder studied arts management at Penn State University. He holds a graduate certificate in nonprofit studies from Johns Hopkins University and brings 15 years of experience in nonprofit management to the team.

Bill loves the outdoors, including camping and hiking, and enjoys watching Penn State football. His favorite sport and fitness program, he said, is trying to “keep up with my nine-year-old and six-year-old!”

New Hampshire Honors Our Wounded Warriors presented by Heisman Trophy Trust


The event gave participants the opportunity to network with other physically disabled athletes and receive training in snow sports, including skiing, snowboarding, biathlon, learn-to-race instruction, and Paralympic military alpine skiing equipment demonstrations.

The activities were spread over three days at Mount Washington Resort, Loon Mountain, and Waterville Valley Resort in New Hampshire.

The event was presented by the Heisman Trophy Trust and supported by U.S. Paralympics, as well as Disabled Sports USA.
Honoring America’s Wounded Warriors Aboard the Intrepid

The 5th Annual Honoring America’s Wounded Warriors Dinner, an evening of recognition, was held aboard the Intrepid Sea, Air & Space Museum in New York City, March 31. The dinner was hosted by Chris Brady from The Chart Group and Michael Bayer from Dumbarton Strategies.

Wounded Warriors honored at the event were: active duty personnel Spc. Matthew White; Maj. Daniel Gade; Staff Sgt. Tyler Anderson; Sgt. Carlos Evans; and Staff Sgt. Keaton Nielsen. Wounded Warriors retired from service were: Spc. Dean Schwartz; Sgt. Neil Duncan; Petty Officer 2nd Class Derrick Wallace; 1st Lt. Denis Oliverio; Staff Sgt. Michael Kacer; Master at Arms 2nd Class Nicolette Maroulis; Capt. Jonathan Kuniholm; Staff Sgt. John Jones; Cpl. Peter Park; Maj. Anthony Smith; Lance Cpl. Jeremy Williams; Staff Sgt. Orlando Gill; Spc. Jeff Henson; Staff Sgt. Chris Bain; Staff Sgt. Charles Eggleston; and Capt. Jesse Acosta. Also honored was Harvey Naranjo, occupational therapy assistant at Walter Reed Army Medical Center.

Distinguished speaker at the event was Hon. General James F. Amos, commandant of the Marine Corps.
A Warrior’s Wife Shares Her Story

Kate Oliverio, wife of 1st Lt. Denis Oliverio, speaking at the dinner, Honoring America’s Wounded Warriors, March 31, 2011.

When I was asked to speak at the Honoring America’s Wounded Warriors Dinner, I jumped at the opportunity. The wives and caregivers of wounded warriors have no scars; we receive no medals; but, we have our own war stories to tell. Sharing these stories with folks at work, or a neighbor, they don’t get it. They can’t begin to relate to what we’ve been through and continue to go through. But when Wounded Warrior Project and Disabled Sports USA invite us to attend events with our loved ones, it allows us to talk with those who speak our language, to be able to talk with other wives who get what it’s like to live with the always forgetful and sometimes moody husband. To share my story is my therapy.

My life as a Marine Corps wife began much like I imagine most lives of Marine Corps wives start; a wedding right before deployment. I pictured my life with my new husband being very “An Officer and A Gentleman.” The realities of war came with the thought, ‘it’ll never happen to me.’ I attended all the pre-deployment briefs, filled all the proper notification paperwork, packed my husband’s sea bag, and sent him off to war. On October 14, 2005, the realities of war happened to me.

It was a Saturday and I was working. My job required that I occasionally work out of a secure location. Halfway through my day, a girlfriend of mine who was listed as the one person to always know where I was, called. When she got to my office, she said, “You need to call Aaron Slaughter.” I said, “You must mean Andrea Slaughter, the CO’s wife,” thinking that I am not making cookies for a bake sale. She said, “No…Aaron Slaughter.”

At that moment, I fell to my knees. I can’t explain how I felt; I just collapsed, almost without emotion. Oddly enough, I had enough mental capacity to rationalize that if it was that bad, she wouldn’t be the one telling me. I composed myself, walked back into the office and called Col. Aaron Slaughter. The casualty report said that my husband had been shot in the arm and was stable. Because of Iraqi elections, communication was shut down in and out of the country. This is the only information I would receive until his arrival back to the States four days later.

On October 18, I sat alone with my mother in the lobby of Bethesda Naval Medical Center. I expected almost a carnival like atmosphere; other loved ones gathered in the lobby with banners, balloons, and flowers to welcome their wounded warriors home. But it was just me and my mom. A white school bus drove in front of the hospital, and I watched them wheel a gurney into the lobby. I never imagined that was my husband laying on that gurney; he was a gunshot to the arm, surely he could just walk off the bus. But as the swarm of doctors and nurses all looked my way, I realized that was my husband.

I was debriefed on the extent of his injuries. He had sustained a single round through his left arm. The bullet shattered the humerus bone, severed the brachial artery, and severed the median nerve.

That first night, after I had coordinated with all nine of his brothers and sisters, I sat in a chair next to his hospital bed with a toothbrush and a bowl of soapy water; scrubbing the four-day-old dried blood from under his fingernails. I sat and slept in that chair every day and every night for two straight months. Those two months were by far the most difficult and exhausting time of my entire life. With little or no sleep, I rose early every day to meet with the med student, and an hour later to meet with the intern, and another hour later to meet with the doctor; all of them asking the same exact questions and me telling them the exact same story. The nurses taught me how to do the daily cleanings on his incisions and how to drain his tubes. On top of the daily medical routine, life still had to go on. We had a mortgage, bills to pay, I still had a job. Just coordinating with nine brothers and sisters was a job of its own. The entire world was on my shoulders, or so it seemed.

I remember a day while still in Bethesda, Denis’s brother stood in tears at the foot of the hospital bed. And Denis, being the comedian that he is, felt the need to lighten the mood. “Think of the bright side,” he said to his brother. “At least you’ll get another set of golf clubs. I won’t need them anymore.”

Fast forward six months. Denis is out of the hospital after 14 surgeries. We were living in a hotel, going to grueling physical therapy every day. We went on a trip to Myrtle Beach with my parents and my dad wanted to take Denis golfing. Denis had very little mobility in his arm; he couldn’t straighten or bend it hardly at all, let alone grip the golf club. But I encouraged him to go, telling him it would be good to just get out, even if he just sits in the cart. When he got back from the course, I saw life in his eyes! “I did it,” he said. “I can golf!” That night he had more movement in his arm than I had seen before. Golf, something he never thought he’d do again was healing him, physically and mentally.

Because of organizations like DSUSA, I have watched my husband change from NOT capable to MORE THAN capable.

Kate Oliverio

“BECAUSE OF ORGANIZATIONS LIKE DSUSA, I HAVE WATCHED MY HUSBAND CHANGE FROM NOT CAPABLE TO MORE THAN CAPABLE.”

Kate Oliverio
Dr. Bob Harney Honored by New England Disabled Sports

The New England Disabled Sports Center was dedicated to Dr. Robert Harney at the Kostick Kup, March 12. The facility will be known as the Dr. Bob Harney Adaptive Sports Center. A founder and past president of New England Disabled Sports, Harney is a world-renowned leader in the adaptive sports industry.

Harney, a professional alpine ski instructor at Loon Mountain, is internationally recognized in Paralympic Sports and he was instrumental in developing disability classifications for the Paralympic Games. He was named to the International Olympic/Paralympic medical technical teams in Nagano, Sydney, Salt Lake City, Athens, Torino, Beijing, and Vancouver.

He is the national vice president of Disabled Sports USA, a member of the U.S. Olympic Committee, and a board member of New England Disabled Sports. He also is a medical technical consultant for the Union Cycliste Internationale (UCI), the governing body for pro-cycling, para-cycling, and the Tour de France.

In addition to skiing, Harney’s hobbies include cycling and golf.

Fitness pioneer Jack LaLanne died at age 96, January 24, at his home in Morro Bay San Luis Obispo County.

LaLanne was an American fitness, exercise, and nutritional expert, celebrity, lecturer, and motivational speaker who is widely referred to as “The Godfather of Fitness.” LaLanne gained worldwide recognition for his success as a chiropractor and bodybuilder, and for his incredible and prodigious acts of strength and endurance. He also hosted a long-running television fitness show, “The Jack LaLanne Show.”

Through his career, LaLanne has won numerous awards including the Horatio Alger Award from the Association of Distinguished Americans, and has a star on the Hollywood Walk of Fame and Hall of Fame.

Kirk Bauer, executive director of DSUSA, commented: “As a past member of the President’s Council on Physical Fitness and Sports, I commend Jack for his work with the Council. He was an inspiration to us all.”
Prince Harry Walks with the Wounded

Prince Harry joined Walking with the Wounded, a team of wounded British servicemen, at the start of their expedition to trek unaided to the North Pole. Prince Harry joined the group at their base camp March 24, where he trained with the team. He then trekked with them for five days.

The Walking with the Wounded team includes four wounded British soldiers, who have suffered life-changing injuries during active service, including two amputees. They were accompanied by two expedition leaders and a Norwegian polar guide. The four week expedition covered up to 200 miles of the frozen Arctic Ocean by foot, pulling equipment in sleds weighing in excess of 200 pounds and in temperatures that can drop to minus 60.

Walking with the Wounded hopes to raise $3 million to help wounded ex-servicemen and women adjust to, and find jobs in the civilian world. UK Organizations they support include BLESMA, The Warrior Programme, and Help for Heroes.
Robie Pierce One-Design Disabled Regatta

American Yacht Club, in partnership with Larchmont, N.Y., Yacht Club is hosting the third annual Robie Pierce One-Design Disabled Regatta, May 19-22. The regatta will be on Long Island Sound off Milton Point in Rye, N.Y. Participants will be sailing in ideal 18 boats, lent for use during the regatta. Each boat will be crewed by two sailors with disabilities and one able-bodied sailor, who will assist in an activity that the disabled sailors cannot do.

Activities include seminars on Friday, May 20, on Local Sailing Knowledge, and by UK Halsey Sailmakers and Doyle Sails, followed by clinic/practice race day. Races will be held Saturday and Sunday.

This year is the Robie Pierce Women’s Invitational One-Design Regatta, to be held Thursday, May 19. This is a unique event within the disabled sailing community and one that was requested by women participants in last year’s regatta.

Robie Pierce has been involved with disabled sailing for 20 years. He developed the Shake-A-Leg Sailing program in his homeport of Newport, R.I., into a world-renowned facility with a variety of programs from recreational sailing to co-hosting world championships.

More information can be found at www.robiepierceonedesignregatta.com.

New Paralympic Sport – Para-Canoe!

The International Paralympic Committee (IPC) Governing Board has voted to increase the number of sports at the Rio 2016 Paralympic Games to 22 with the addition of para-canoe and para-triathlon to the existing Sports Programme. The announcement came in December at an IPC meeting in Guangzhou, China.

In 2011, two national paddle sports organizations will offer national sprint race championships for paddlers with physical disabilities:

- United States Canoe Association National Championships will include 500-meter solo sprint races for va’a and kayak paddlers with physical disabilities in the major Paralympic disability groups (amputee, spinal cord injury, cerebral palsy, blind/visually impaired). The Championships will be held in Newago, Mich., Aug. 9, 2011. For updated information about the races and the new USCA Adaptive Paddling Travel Grants Application, visit http://www.uscanoe.com/Adaptive_Paddling_W56.cfm.

Questions may be directed to Jan Whitaker, USCA’s Adaptive Paddling Chairman, at janwhitaker@frontiernet.net.

- USA Canoe/Kayak will include 200-meter USA Canoe/Kayak National Championships for para-canoe events during and after the Masters (age group) events on the morning/early afternoon of Aug. 7. The solo races will be on the 1996 Olympic Rowing and Canoeing venue on Lake Sidney Lanier in Gainesville, Ga., and will be hosted by Lanier Canoe and Kayak Club. Paddlers in all the major Paralympic disability groups, except blind/visually impaired, are eligible. Interested athletes may contact Gerald Babao at Gerald@usack.org, and visit www.usack.org, where information will be posted in the near future.

USA Canoe/Kayak will hold International Canoe Federation World Sprint Para-Canoe Trials, July 4, to select the para-canoe team that will compete in the ICF World Championships in Szeged, Hungary, in August. The trials will be held during the Lake Placid International Race. A limited number of boats will be provided. Interested athletes should e-mail Gerald Babao at Gerald@usack.org.

2011 U.S. Disabled Sailing Championship

The 2011 United States Disabled Sailing Championship for the Goldman, Hinkel and Hovey Trophies will be Sept. 21-25. The race is hosted by Larchmont Yacht Club and American Yacht Club.

For more information, contacts include:
- U.S. Disabled Sailing Championship Event Chair: Edward Padin, ERPadin@aol.com;
- U.S. Disabled Sailing Championship National Committee Chair: Debra Frenkel, dfrenkel@freedomwatersfoundation.org; or Vice Chair: Jeff Reinhold, jeff@msoon.com;
- U.S. Sailing Championship Director: Liz Walker, (401) 683-0800, ext. 651, Lizwalker@ussailing.org; or visit http://championships.ussailing.org/Adult/USDisabledChampionship.htm.
“I WORK(ED) 12 HOUR SHIFTS”

Losing a limb doesn’t mean losing your identity.

Standing, walking, working or playing – the Velocity’s coupled toe springs work together to provide a comfortable and progressively smooth transition. Custom built for each individual’s ideal outcome, you can always trust College Park to create the best foot for your needs.

CPI
individualized solutions.
thousands of possibilities.

800.728.7950 | www.college-park.com
Registration Open for Endeavor Games

The 12th Annual UCO Endeavor Games for athletes with physical disabilities are scheduled for June 9-12, in Edmond, Okla. The four-day event features instructional clinics and competitions for athletes of all ages. Clinics will be held June 9, and include indoor/outdoor archery, cycling, powerlifting, sitting volleyball, shooting, swimming, table tennis, track & field and wheelchair basketball. Competitions take place June 10-12 for archery, ambulatory track, ambulatory field, cycling, powerlifting, rowing, sitting volleyball, shooting, swimming, wheelchair track and wheelchair field. Athletes ages 7-21 are encouraged to use their Endeavor Games results to qualify for the National Junior Disability Championship. For Endeavor Games competition details, registration, locations, accommodations and event schedule, visit www.ucoendeavorgames.com or call (405) 974-3160.
Introducing Plié 2.0, the World's Most Responsive MPC Knee.

The new Plié 2.0 features an advanced hydraulic system with cutting edge microprocessor control of both swing and stance that reacts to ambulatory stimuli in 10 milliseconds. As the most responsive MPC knee, the Plié 2.0 provides amputees with a more natural experience of mobility. Plus, an array of innovative features deliver increased reliability and durability over a broad spectrum of activities.

Advanced Stumble Recovery • Water Resistant Electronics • Interchangeable Batteries

Learn more at www.freedom-innovations.com or call 888.818.6777.
Team River Runner Ready for a Busy Summer

Team River Runner (TRR) is gearing up for a great summer. With nearly 30 chapters or programs available nationally, TRR is aiming for hundreds of wounded warriors and disabled veterans and their families to take part in its Lifestyle of Paddling programs. Adventure paddling sports are taking off in many directions and TRR is setting up these programs wherever it has the opportunity.

TRR has been involved in the development of adaptive gear, boats, and techniques for all of its participants. Any disability or challenge can be adapted to, and the challenged athlete can learn to paddle, have fun in an adventure sport, and even restore their health while playing in water. TRR paddling programs range from pool paddling, flatwater paddling (including sprint racing and playing kayak football) to white-water paddling in a variety of boats, kayaks, and rafts.

This summer, TRR will be partnering with Adaptive Adventures in creating a 200-meter flatwater sprint race series. This race series, called NASKAR (National Adaptive Series of Kayak Racing) will introduce and prepare para-athletes to work towards time trials for the 2016 Paralympic Games in Rio de Janeiro. TRR’s many chapters hope to include the NASKAR racing program in the future.

An important part of the TRR program is veteran leadership. In 2011, it will create a TRR Leadership Certification for wounded warriors and disabled veterans who participate in TRR paddling programs, and want to take on more responsibility. TRR has several week-long clinics to further not only paddling skills, but introduce the concept of Leadership Certification.

TRR now partners with the USO. This partnership allows TRR to work more closely with the wounded warrior regiments or battalions on the many forts and bases on which the USO has operations.

For more event information in specific areas, please visit Team River Runner, a chapter of Disabled Sports USA at www.teamriverrunner.org.

Brits at Belleayre – Race for Veterans

The British Consulate-General co-hosted the second annual “Brits at Belleayre – Race for Veterans” at Belleayre Mountain in upstate New York, Jan. 22, 2011. Fifty skiers and snowboarders of all ages and abilities participated in the race, where proceeds benefitted the Wounded Warrior Disabled Sports Project.

Since 2003, more than 3,700 wounded warriors, families and medical staff have been served. WWDSP has hosted a number of UK veterans groups at its sports camps.

Disabled Sports USA Executive Director, Kirk Bauer, JD said, “The Brits at Belleayre - Race for Veterans is a great example of how the strong relationship between the U.S. and Britain extends to supporting our U.S. and British wounded warriors from the wars in Iraq and Afghanistan.”
EAT MY DIRT
...ROCKS
...SNOW
...MUD

ibex
FOOT SYSTEM™

- Innovative Micro-slice pylon
- For moderate to active K3 and K4 level patients
- Multi-axis heel/toe for terrain conformance
- Energy optimized pylon/heel plate design
- Durable; meets the ISO-22675 test standard
- For patients up to 330 lbs, XD version rated up to 440 lbs
- 3 year warranty/30 day patient trial

Fillauer LLC • Worldwide Distributor • 800.251.6398 • 423.624.0946 • www.fillauer.com

Patent Pending

emotis
A Fillauer Company
The DSUSA Calendar of Chapter Summer Events lists events and programs offered through DSUSA, its chapters and partnering organizations. This summer, there are more than 55 programs in 25 states, conducted by 46 chapters.

It is the only nationwide series of its kind, providing youth, wounded warriors, and adults with disabilities across the country with state-of-the-art instruction, adaptive equipment and opportunities to compete in a variety of athletic events. These regional events provide a broad range of summer sports including kayaking, waterskiing, sailing, canoeing, cycling, golf, equestrian, rock climbing, scuba, fishing and more.

DSUSA provides grants to local DSUSA chapter programs for the purchase of adaptive sports equipment, competitive events, clinics and training to help make programs more accessible to the community on an ongoing basis. The primary goals include the support of events that incorporate wounded warriors and youth. DSUSA also partners with national sports bodies to provide training for recreation instructors that want to provide quality events for people with disabilities.

**ALABAMA**
September 22-25
Operation Rise and Conquer for Disabled Military and Veterans
Cycling, Scuba, Waterskiing, Archery, Kayaking, Canoeing, Tennis, Basketball, Swimming, and more
Lakeshore Foundation
Alexander City
www.lakeshore.org

**ALASKA**
June 25-26
Summer Splash
Waterskiing, Jet Skiing, Tubing, Pontoon Boating, Kayaking, Canoeing
Challenge Alaska
Wasilla
www.challengealaska.org

**ARIZONA**
May 6-8
Desert Challenge Regional Games
Track & Field, Archery, Swimming, Weightlifting
Arizona Disabled Sports
Mesa
www.mesadisabledsports.com

**CALIFORNIA**
May - October
United States Adaptive Recreation Center Summer Programs
Waterskiing, Kayaking, Sailing, Cycling, Fishing, Camping, Boating
United States Adaptive Recreation Center
Big Bear Lake
www.usarc.org

June 6-10
Operation High Altitude for Disabled Military and Veterans
Kayaking, Rock Climbing, Cycling, Horseback Riding, Camping
Disabled Sports Eastern Sierra
Mammoth Lakes
www.disablesportseasternsierra.org

**COLORADO**
May-September
Colorado Kayak Program
Adaptive Adventures
Denver
www.adaptiveadventures.org

June-September
REC Program
Youth Recreational, Educational, Cultural Activities
Challenge Aspen
Snowmass Village
www.challengeaspen.com

Summer-Long
Rafting Program
Colorado Discover Ability
Mesa County
www.coloradodiscoverability.org

June 5-10
2011 Disabled Veterans Summer Adventure Week
Rock Climbing, Mountain Biking, Rafting, Kayaking, Horseback Riding
Telluride Adaptive Sports Program
Telluride
www.tellurideadaptivesports.org

**CONNECTICUT**
June 23-26
Leaps of Faith Disabled Water Ski Club Wounded Warrior Event
Waterskiing, Kayaking, Fishing
Leaps of Faith Disabled Water Ski Club
Lake Lillinonah, Southbury
www.leapsoffaithwaterskiers.com

August 9-12
Sports Association Wounded Warrior Connecticut Adaptive Sports Event
Kayaking, Fishing, Rowing, Boating, Cycling, Challenge Course
Sports Association, Gaylord Hospital
Hartford
www.gaylord.org

**FLORIDA**
June 11-18
Adventure Amputee Camp
Cycling, Waterskiing, Ropes Course, Scuba
Dunedin
www.adventureamputeeCamp.org

**IDaho**
July 24-29, August 7-12, September 1-7
Higher Ground
Fly-Fishing, Water Sports, White-Water Rafting
Sun Valley Adaptive Sports Program
Sun Valley
www.svsp.org

**ILLINOIS**
May-August
GLASA Youth Summer Program
Kayaking, Waterskiing, Handcycling, Track & Field, Tennis, Golfing, Dancing, Scuba, Judo, and more
Great Lakes Adaptive Sports Association
Various Locations
www.glasa.org

June 10-12
2011 Great Lakes Regional Games
Boccia, Swimming, Track & Field, Table Tennis, Handcycling, Weightlifting
Great Lakes Adaptive Sports Association
Lake Zurich
www.glasa.org

July 31
Beyond the Waters Beach Party
Cycling, Kayaking, Volleyball
Adaptive Adventures
Chicago
www.adaptiveadventures.org

August 17-21
Wounded Warrior Adventure Sports Camp
Kayaking, Waterskiing, Wakeboarding, Cycling
Adaptive Adventures
Chicago
www.adaptiveadventures.org
MAINE
May-September
Veterans No Boundaries
Various Sport Programming
Maine Handicapped Skiing
Newry
www.skimhs.org

August 6-7
Northeast Passage Adaptive Water-Ski Weekend
Northeast Passage
Union
www.nepassage.org

MINNESOTA
June 16 – August 18
Autism Kayaking Program
Courage Center-Duluth
Duluth
www.couragecenter.org

MISSOURI
June 19-24
Camp WECANDU
Disabled Athlete Sports Association
St. Louis
www.dasasports.org

MONTANA
Summer-Long
Water Sports Camps and Clinics
DREAM Adaptive Recreation
Flathead Valley
www.dreamadaptive.org

June 30-September 3
EMBLEM for Disabled Military and Veterans
Kayak, Cycling, White-Water Rafting, Zip Line, Ropes Course, Swimming, Rock Climbing
Eagle Mount Bozeman
Bozeman
www.eaglemount.org

NEW HAMPSHIRE
May-October
New England Disabled Sports Fishing Program
New England Disabled Sports
New Hampshire Coast
www.nedisabledsports.org

July 1-September 1
Northeast Adaptive Sports Coalition
Water-Ski Program
New England Disabled Sports
Lincoln
www.nedisabledsports.org

July 25-29
New England Summer Sports Clinic
for Disabled Veterans
Waterskiing, Kayaking, Cycling, Fly-Fishing
New England Handicapped Sports Association
Newbury
www.nehsa.org

October 24-28
Northeast Adaptive Sports Coalition
WWDSF Event
Cycling, Golf, Kayaking, Waterskiing, Surfing
New England Disabled Sports
Various Locations
www.nedisabledsports.org

NEW YORK
Summer-Long
Solo Para Va’s Outrigger Canoe
Cape Ability Outrigger Ohana
Lake Placid
www.adaptivecanoeing.org

June 1-October 15
Adaptive Summer Programs
Waterskiing, Kayaking, Swimming, Sailing
Western New York Adaptive Water Sports
Buffalo
www.wnyadaptivewatersports.org

September 22-25
Wounded Warrior Adirondack
Camping Trip
STRIDE Adaptive Sports
Moreau Lake State Park
www.stride.org

NORTH CAROLINA
May 21-22
Karim Koru Youth Tennis Clinic
Bridge II Sports
Cary
www.bridge2sports.org

June 25
Military/Veteran Track & Field Event
Bridge II Sports
Fayetteville
www.bridge2sports.org

July 7-10
Adrenaline Amputee Camp
Cycling, Waterskiing, Ropes Course, Scuba
Bryson City
www.adventureamputeeccamp.org

OHIO
June 23-26
Water Sports Camp
Kayaking, Waterskiing, Sailing, Handcycling
The Adaptive Adventure Sports Coalition
Powell
www.taasc.org

OKLAHOMA
June 9-12
Endeavor Games
Archery, Track & Field, Cycling, Powerlifting, Basketball, Volleyball, Swimming, Cycling & more
UCO Sports & Recreation
Edmond
www.ucosportsengames.com

OREGON
March-November
Happy Trails Riding Center Programs
Happy Trails Riding Center
West Linn
www.happytrailsridingcenter.org

June 10-25
NSCD Camp Ski and Snowboard Camp
National Sports Center for the Disabled
Mt. Hood
www.nsconsd.org

PENNSYLVANIA
May-October
Two Top Adaptive Summer Program
Kayaking, Fly-Fishing, Cycling, Sailing
Two Top Mountain Adaptive Sports Foundation
Meersburg
www.twotopadaptive.org

TENNESSEE
April-October
Scenic City Adaptive Cycling, Waterskiing, Kayaking, Sports, Arts, and Recreation of Chattanooga
Chattanooga
E-mail: jhightower@cienegr.com

UTAH
May 28-June 2
Green River Girls Leadership Clinic
Kayaking
Team River Runner
Green River
www.teamriverrunner.org

June 13-August 19
Summer Youth Water Sports
National Ability Center
Park City
www.nac1985.org

VIRGINIA
May – September
WAS Summer Boating Program
Wintergreen Adaptive Sports
Lake Monocan
www.skwas.org

WASHINGTON
May 15-September 30
Military Summer Sports Programs
Hiking, Cycling, Camping, Waterskiing, Kayaking, Rock Climbing
Outdoors for All
Various Locations
www.outdoorsforall.org

WYOMING
June 1 – August 20
TAS Adaptive Climbing Program
Teton Adaptive Sports
Yellowstone/Jackson
www.tetonadaptiveports.com

VARIOUS LOCATIONS
Year-Round
Kayaking for Disabled Military and Veterans
Team River Runner
www.teamriverrunner.org

Year-Round
Scuba for Disabled Military and Veterans
Soldiers Undertaking Disabled Scuba (SUDS)
www.sudsliving.org
READY. SET. GO CYCLING!

The reasons given for participating in the sport of cycling can be as numerous as the participants themselves. The invariable among cyclists is their passion for the sport, their determination, and their belief that everyone should participate in the sport they’ve grown to love.

By Karalyn Stott
DSUSA Programs Intern
or those like Sue Murray and Mike Loura who were active cyclists before becoming disabled, returning to the sport was another step towards returning to regular routines. “I didn’t want this injury to overcome me,” said Loura, 41, of Darien, Conn.

For others, like Dexter Durrante, cycling started as an extension of rehabilitation and became an instant passion. Durrante, 41, of Fayetteville, N.C., became visually-impaired during a training accident at the demo range at Ft. Bragg in 2007. “I needed something to keep me active and keep me going,” said Durrante. “When I got out on the road, I could actually get out there and free my mind.”

All three cyclists completed Three Notch Century Ride, a 100-mile scenic ride through the White Mountains of New Hampshire and consider the event one of the more challenging rides they’ve ever been a part of. The event, presented by Northeast Passage, a chapter of Disabled Sports USA, asks cyclists to complete the grueling ride in one, two, or three days. While every participant who completes the ride will remember the hills and breathtaking views, most will return for another reason.

“I love the camaraderie and the people who do it,” said Murray, 46, of Kittery, Maine, who will complete her fifth Three Notch Century Ride this year. Her goal is to complete the event in one day this year, but believes doing so would make the event a completely different experience. “As much as I say I want to complete the event in one day, I love doing the two day, because you spend that night with everybody just hanging out,” she said. “You just form a bond that you would never form in that short of time if it wasn’t a situation like this.”

“It was remarkable to see all the other disabilities and what they were doing,” said Loura who is looking forward to completing the ride again this year and beating his time from last year.

Loura began cycling competitively almost eight years ago as a way to stay in touch with family and friends. But in August 2007, while training for a triathlon, he was struck by an oncoming vehicle leaving him paralyzed from the chest down. It took him almost a year before he could become active again, but once he got his hand cycle fitted he was ready for another challenge.

Last year’s Three Notch ride allowed him to continue the tradition of cycling with friends and family. “We got to have some good times and make some new memories,” he said.

Keeping friends and family involved with cycling is important, because finding the time, energy, and determination to train can be difficult. This is especially true during those long winter months, said Durrante who admits to not training as much as he would have liked during the winter.

Murray lost her left leg 20 years ago while studying abroad in France. Having grown up in a family of cyclists, she was determined to continue with the sport. Unfortunately, she found that her prosthesis was preventing her from truly enjoying the sport.

“After a while my leg would get loose or sweaty and it would start falling off a bit,” said Murray who uses a traditional road bike.

She also found sitting throughout the entire ride problematic. It prevented her from truly gaining any power on the ride. She wasn’t ready to give up on the sport, so she came up with her own unique solution to her problems. After making the decision to use a prosthesis that came apart at the knee socket, she realized that if she could have a small platform on her bike right below the seat, she would be able to use a traditional road bike and get the power she needed by “standing up” on the platform.

A recreational cyclist, Murray’s training regimen is less intensive than that of Loura’s and Durrante’s. Both spend as much time as they can out on the road, cycling anywhere from 20-50 miles on a good day. Swimming and weight training also makes up a large part of their exercise routine. “I have muscles working that I don’t even know what they are when I’m swimming,” said Loura.

Their training will be important this season as both men are attempting a grueling cycling season that will include a number of races and a triathlon. Both are also looking forward to bettering their time from last year’s Three Notch ride.

Three Notch Century Ride will be held September 9-11, 2011. For those not sure whether they are up for the 100-mile ride, but are looking to get involved in cycling this season, U.S. Handcycling, powered by Disabled Sports USA and local DSUSA chapters will provide a number of events for both competitive and recreational riders throughout the season which runs from mid-April through October.

“Give it a try. Stay focused. Get out in the fresh air and meet the people,” said Durrante.

I DIDN’T WANT THIS INJURY TO OVERCOME ME.”

Mike Loura
Cycling is a priority sport for Disabled Sports USA and we are committed to supporting recreational through competitive riders. DSUSA is hosting or sponsoring several coach and instructor training opportunities in 2011. The following is a snapshot of key cycling events, including being the “Powered By Sponsor” of the 2011 U.S. Handcycling Series. Many DSUSA chapters are also offering summer-long adaptive programs.

Events in bold feature instructor training opportunities.

**MAY**

6-7: Disabled Sports USA and Northeast Passage Instructor Training Program
Durham, N.H.
Contact: David Lee
david.lee@unh.edu; (603) 862-6171

14: Tour de Grove
St. Louis, Mo.
Contact: U.S. Handcycling
info@ushandcycling.org; (720) 239-1360

16-18: Pensacola Cycling Classic
Pensacola, Fla.
Contact: U.S. Handcycling
info@ushandcycling.org; (720) 239-1360

25-26: White Mountain Classic
Lincoln, N.H.
Contact: U.S. Handcycling
info@ushandcycling.org; (720) 239-1360

**JUNE**

Date TBD: Learn to Race Cycling Development Camp
USABA, DSUSA, U.S. Handcycling and U.S. Paralympics
Colorado Springs, Colo.
Contact: Pamala Fernandes
pamala@quikus.com; (781) 449-9563

11-12: Adapt2Achieve: West Coast
Disabled Sports USA
San Diego, Calif.
Contact: Michelle O’Hara
mohara@dsusa.org; (240) 268-0237

21-25: Stars of Tomorrow – Camp Trek
Adaptive Adventures
Libertyville, Ill.
Contact: Adaptive Adventures
Joel@adaptiveadventures.org; (847) 251-8445

**JULY**

6: Lowes Motor Speedway Time Trial
Charlotte, N.C.
Contact: U.S. Handcycling
info@ushandcycling.org; (720) 239-1360

8-10: Lodi Cyclefest
Lodi, Calif.
Contact: U.S. Handcycling
info@ushandcycling.org; (720) 239-1360

16-17: Fat Tire Classic
Winter Park, Colo.
Contact: U.S. Handcycling
info@ushandcycling.org; (720) 239-1360

19-21: Fort Collins Cyclefest
Fort Collins, Colo.
Contact: U.S. Handcycling
info@ushandcycling.org; (720) 239-1360

**AUGUST**

12-13: Tour of Utah
Park City, Utah
Contact: U.S. Handcycling
info@ushandcycling.org; (720) 239-1360

19-21: Oak Ridge Omnium
Oak Ridge, Tenn.
Contact: U.S. Handcycling
info@ushandcycling.org; (720) 239-1360

**SEPTEMBER**

3-5: Tour de la France
Anderson, S.C.
Contact: U.S. Handcycling
info@ushandcycling.org; (720) 239-1360

16-18: Folsom Cyclebration
Folsom, Calif.
Contact: U.S. Handcycling
info@ushandcycling.org; (720) 239-1360

**SUMMER-LONG PROGRAMS**

Cycling Program
Adaptive Sports Center, Crested Butte, Colo.
Contact: Adaptive Sports Center, Crested Butte
info@adaptablesports.org; (970) 349-2296

WSI Handcycling Program
Wheelchair Sports Inc.
Wichita, Kan.
Contact: Pam Fernandes
pamala@quikus.com; (781) 449-9563

Summer Cycling Program
National Ability Center
Park City, Utah
Contact: National Ability Center
info@DiscoverNAC.org; (435) 649-3991

Cycling Team/Outdoors for All
Seattle, Wash.
Contact: Outdoors for All
info@outdoorsforall.org; (206) 838-6035
The Motionfoot™ is a revolutionary new product from Motion Control, Inc. that provides unique new features in a prosthetic foot, to improve the comfort and naturalness of walking and using an artificial foot. These features include:

- A hydraulic ankle with up to 50 degrees of motion, allowing natural-like plantar flexion (pointing the toe downward) and dorsi flexion (pointing the toe upward).
- The wearer can adjust the resistance of the ankle. Two independent hydraulic settings allow you to match the ankle to your activities.
- The wearer can also manually lock the ankle at 90 degrees (neutral standing position). This allows you to prevent unwanted plantar flexion for specific activities.
- The carbon fiber Sole Plate can also be adjusted (by your prosthetist) to match your weight and activity level.

Featuring unparalleled ankle range of motion and performance.

Motion Control
KEEPING LIFE IN MOTION

Motion Control, Inc. • 115 N. Wright Brothers Drive • Salt Lake City, UT 84116
(1)888.696.2767 • Fx: 801.978.0848 • info@UtahArm.com • www.UtahArm.com
Certainly a challenge for amputees is navigating airport security. A survey last year conducted by the Amputee Coalition resulted in widespread media coverage of the indignities people wearing prostheses, including breast prostheses, undergo.

According to the survey, Transportation Security Officers (TSOs) often are confused about how to handle security screenings for prosthetic arms and legs. Not only are there different procedures at different airports, but also different procedures at the same airport in some instances, amputees reported.

Some of the behavior reported in the survey included screenings done by TSOs not of the same gender, denying amputees the ability to have their caregivers in the screening rooms, and taking an excessive number of X-ray scans – sometimes more than 15 – during a screening. In addition, a half of survey respondents reported that they were required to raise their clothing during a procedure called “explosive trace sampling” with no explanation given by TSA personnel. Another survey respondent said she was forced to stand on a stack of six unsecured storage bins while being exposed to multiple x-ray scans.

In response to the survey, TSA officials met with the Amputee Coalition in Washington, D.C., in July 2010. The discussion led to an action plan designed to address, correct, and mitigate the TSA agents’ lack of consistency and training. An immediate result was eliminating the practice of using crates when scanning amputees and the development of a card that people with
disabilities can show to TSA agents, that notifies the agent of a disability in a discreet way.

Even with continued discussion between the TSA and the Amputee Coalition and improvements in the system, disabled travelers need to be prepared for procedures that are not always uniform and should familiarize themselves with their rights. More information for disabled travelers can be found on TSA’s website.

**WHEELCHAIR PROTOCOLS**

Wheelchair users also undergo similar challenges. Screeners will examine the chair and swab the cushion and wheels for explosives. Individuals may stay seated if they cannot stand, but they will be scanned with a hand-held device.

Gordon Cardona, of the Southern California-based DSUSA chapter, The Unrecables, has cerebral palsy and uses a power chair and a communications device. He enjoys cruise ship travel, but often has to fly to get to the ship’s port. “Flying is a hassle, but considering the number of cruises taken I haven’t had too many problems, although with a power chair I also have to consider ground transportation.”

**ACCESSIBLE CRUISING**

Cardona finds most everything accessible to a wheelchair user onboard a ship. “For the few inaccessible issues, the crew is always eager to assist in any way possible, including assisting me in my power chair in and out of the tender (the smaller boat which takes passengers to ports of call),” he said. “(But) I have been on older ships where there wasn’t a lift to the tender, so I had to stay onboard.”

Wheelchair-accessible cabins are available on all major lines, but often those cabins are booked by the non-disabled because of their roominess. In 2010, the Department of Transportation implemented a rule outlining booking procedures, medical certification, and access information requirements. Cruise lines are permitted to ask passengers booking an accessible cabin if they will self-certify they are disabled and require the accommodation. However, cruise lines cannot ask for medical certification. The cruise lines also are empowered to investigate potential misuse of accessible cabins and to deny transportation to passengers who misrepresent a disability just to get a larger cabin. If all accessible cabins are booked within a certain class, the cruise line cannot charge disabled passengers more for the next higher class of accessible cabin.

**AMTRAK AND GREYHOUND**

Amtrak offers accommodations for the disabled, but those with special needs (wheelchair, transfer seats, accessible sleepers, oxygen equipment) must either call a reservationist directly or they can make a reservation at an Amtrak ticket counter. Most Amtrak stations are accessible and Amtrak does provide assistance to wheelchair users when help is needed for high platforms, low-level platforms and bi-level trains. Wheelchair users are allowed to remain in their chairs enroute if they prefer. Accessible bedrooms are available, but limited. Amtrak advises disabled passengers to reserve as far in advance as possible. Their policy is to hold accessible rooms until 14 days prior to departure when they become available to all passengers. For disabled people who are traveling with a personal care attendant (PCA), Amtrak offers a discounted companion fee.

Greyhound also asks that travelers with disabilities arrange in advance for any assistance at their Customers with Disabilities Assist Line at least 48 hours before departure. Greyhound has begun to add wheelchair lift-equipped buses, but they are not available on all routes. With 48 hours advance notice, alternative boarding assistance such as the Scalamobil or Aislemaster will be provided. Greyhound offers a 50 percent discounted ticket for a PCA.

**THE GREAT OUTDOORS**

National park units are working to provide accessible trails, campgrounds,

Continued on next page >>
Adventure is one of the best parts of taking a trip. Gordon Cardona has had a few, such as when he was on a port of call in French Indonesia, Bora Bora. His traveling companions opted for a snorkeling excursion while he chose to sightsee in his power chair. He was comfortable doing that because he was familiar with the quiet and smoothly paved roads from a previous visit.

However, when he thought he had reached the halfway point, he wasn’t sure of the distance. “I had no way of knowing for sure, since I had a map with very little detail. I figured I might as well continue along instead of turning around since it would be the same distance either way. The power gauge on my chair was still green, so that was a good sign. I had no idea how far the chair could go on a charge. I would soon find out.”

“Miles later, I was getting a bit concerned and wondered how much farther to my starting point. I asked a couple of people but they couldn’t understand English. At this point, the last red light on the gauge was blinking – not a good sign.”

Finally, Cardona came across an off-duty tour guide he recognized. “I told him I didn’t think I was going to make it back to the harbor since my chair was already going slow. He said he would inform the ship’s crew and would return.”

At this point, a van stopped and two women asked him if he needed a ride to the harbor, but Cardona doubted they would be able to lift the heavy chair into the van. As they discussed the logistics, the tour guide returned with another man and they were able to accomplish the task. “We were on our way to the harbor with the back door open and the passenger holding my chair,” Cardona said.

Once at the harbor, the ship’s crew helped to move Cardona from the van into the tender. “Needless to say I was glad to be back at the harbor even though it didn’t take long for help to come,” Cardona said. “I must have gone a little over 20 miles in my power chair during my four-hour island tour. Overall it was a wonderful and memorable cruise and I highly recommend a cruise vacation for anybody.”

Bob Nadolski of Crown Pointe, Ind., also loves to travel and has crisscrossed the globe many times. He has been an amputee since being injured while serving in Vietnam in 1968. He also has vision loss in one eye and a partial foot on his “good” leg. Recently, he traveled the TransSiberian Railway, the longest railway in the world, on his way to Beijing and Vietnam. It was his fourth time there as a tourist.

“You meet so many people and that’s the real fun of traveling,” Nadolski said. “I met a young guy from Detroit and a young lady from Australia, and the three of us traveled up the Mekong River and into Cambodia together. We were together four or five days and we walked everywhere. I didn’t have any problems just because I am an amputee. My prosthesis is really comfortable; I was able to walk miles in it.”

“About the only thing I did to accommodate my disability was when booking my trip on the TransSiberian, I told my agent I needed a bottom bunk and an end car to be closer to the restrooms because in the middle of the night, I’m not putting my leg on,” he said. “The agent set everything up and it worked out perfectly.”

Continued from previous page >>

museum exhibits, ranger programs, and other opportunities for visitors with disabilities. The National Park Service (NPS) has a dedicated website for accessible features at national park units nationwide. If a specific park is not listed, NPS recommends contacting the park directly as many parks operate their own websites independent of NPS. Links to individual parks are on the NPS website.

HOTEL ACCOMMODATIONS

When making a hotel reservation, simply requesting a handicapped-accessible room is not enough. It’s important to do some research and speak with the hotel reservationist at the exact location you are visiting. Avoid asking yes or no questions; instead, ask the reservationist to tell you about the bathroom facilities. Be sure to ask if they have been inside the room themselves. If they answer no, ask to speak to the general manager or the head of housekeeping. Also inquire where the handicapped entrance is – you might not want to travel down an alley to the delivery door to get to your room. If you are planning to use a hotel shuttle to get to the airport, inquire beforehand whether it is wheelchair or handicapped accessible.

PREP FOR A GOOD TRIP

Here are a few more things to keep in mind when preparing for a trip:

- When flying, if you need assistance in boarding, contact the airline to see if they have a person who helps those with special needs. Be sure to explain fully what you need, such as oxygen or special equipment. Everything you bring aboard needs to be approved.
There are many websites with helpful information for the disabled traveler to consult prior to making a trip. Here are a few.

- Accessible Journeys: Site to book individual or group tours for wheelchair users, www.disabilitytravel.com
- Amputee Coalition: www.amputee-coalition.org/fact_sheets/travel.html
- Access-Able Travel Source: Information and resources for travelers with special needs, www.access-able.com
- Disability.gov: Information on accessible transportation services (air, train, bus, or car) for people with disabilities. Resources also available on paratransit and on-demand services, www.disability.gov/transportation/accessable_transportation
- Disaboom: www.disaboom.com/disability-travel
- DisabledGo: United Kingdom site (England, Wales, Scotland, Ireland) that provides information on accessible restaurants, cinemas, hotels, etc, www.disabledgo.info
- DisabledTravelers: Information on businesses from around the world that specialize in travel for the disabled, www.disabledtravelers.com
- Easy Access Travel: www.easyaccesstravel.com
- Frommer’s: Travel Planning website, www.frommers.com, enter disability in the search box for links to numerous sites and articles.
- Gimp on the Go: Online disability travel publication, www.gimponthego.com
- Hotels Combined: Search accessible hotels online, www.hotelscombined.com
- SATH (Society for Accessible Travel and Hospitality): Educational nonprofit organization whose mission is to raise awareness of the needs of all travelers with disabilities, remove physical and attitudinal barriers to free access and expand travel opportunities in the United States and abroad, www.sath.org
- Scootaround Mobility Solutions: Rent-a-chair service, which offers delivery to your destination hotel, www.scootaround.com
- Transportation Security Administration: www.tsa.gov/travelers/airtravel/specialneeds/index.shtml
- World on Wheelz: Specializing in accessible travel arrangements for wheelchair users, slow walkers, and seniors with special needs, www.worldonwheelz.com
- Amtrak: www.amtrak.com, 1 (800) 872-7245.

Bob Nadalski at the Russia-Mongolia border crossing.
THE HARTFORD SKI SPECTACULAR
AND USSA/FIS RACES AT COPPER MOUNTAIN

Photos courtesy of Reed Hoffman
Exploring Southwest Colorado

The Adaptive Sports Association (ASA), based out of historic Durango, Colo., offers summer-long outdoor recreational and educational programs for individuals with physical and cognitive disabilities and their families.

Daily programming includes an array of activities that can be catered to the individual or the entire family. White-water rafting down the scenic Animas River is a great way to see Durango as the river snakes through the town and takes rafters for a fun ride on mild Class II and III rapids. Canoe and kayaking trips explore the area’s spectacular mountain lakes and reservoirs with opportunities to fish and swim. Canoes and kayaks can be stabilized with specialized equipment and are guided by trained staff and volunteers. Beginning level adaptive cycling with our adult tricycles and tandem bikes helps foster independence and develops new skills. Durango’s river trail and the beautiful campus of Fort Lewis College provide the perfect paved off-road terrain for this activity.

ASA’s overnight and multi-day camping trips take clients and families all around the gorgeous mountains of Southwest Colorado. Our trained staff and volunteers, many of whom are certified in Leave No Trace and Wilderness First Responder help facilitate successful camping experiences including site selections, planned menus, and team building activities.

Week-long scholarship programs include four-to-five day world-class river trips and samplings of outdoor activities that Durango has to offer, including fly-fishing, climbing, waterskiing, rafting and canoeing. The 2011 summer programming schedule includes a wounded warrior four-day river trip scheduled on the beautiful San Juan River in Southern Utah’s canyon. For more information, scholarship applications, student forms and trip schedules, visit www.asadurango.com or call (970) 259-0374.

North Carolina Adventure Amputee Camp

The Adventure Amputee Camp offers a traditional overnight camp experience to youth ages 8 to 17 who have lost arms or legs or were born with limb differences. The 2011 camp will be held July 7-10 at Nantahala Outdoor Center, Bryson City, N.C.

The activities of the camp range from very physically challenging to sedentary and entertaining. River rafting, high ropes and waterskiing are modified as necessary to meet the ability and interest level of each camper. These activities broaden the emotional and mental resources of the camper as she/he strives to meet a personal challenge or goal. Other activities, which can include cycling, tennis, bowling, crafts, games, swimming, and horseback riding, may be less physically stressful, yet provide many campers with experiences that were previously untried, unobtainable, or unimaginable.

In July 2010, Adventure Amputee Camp celebrated 16 years of camp. The camper-to-counselor ratio is 2:1. Invited volunteer counselors include people with amputations who are 18 years old and over. Campers and volunteers have come from over 12 states in the Midwest and Southeast. The camp is full at 34 campers and has had a waiting list since 2002. Each year over 50 percent of the participants return to camp. For many, due to their economic situation, it is the only opportunity they have to experience camp.

For an application to camp and for more information, visit www.adventureamputeecamp.org or follow Adventure Amputee Camp on Facebook.

CORRECTION: In the Fall 2010 issue of Challenge Magazine, the National Ability Center, Park City, Utah, was inadvertently left off the list of chapters with sled hockey programs. NAC is the home of gold medal Paralympian Greg Shaw, and the long-standing Golden Eagles team. For more information, visit www.discovernac.org.
Wheelchair Sports Events in Kansas

Wheelchair Sports Inc. (WSI), Wichita, Kan., is hosting the following events:

- WSI Cyclefest Handcycle Race, June 3-5. Contact James Watson, James_Watson@wcsports.org or (620) 218-3133
- Tennis Camp, June 29-30. Contact Grady Landrum, Grady_Landrum@wcsports.org or (316) 200-7643
- Air Capital Classic Tennis Tournament, July 1-3. Contact Grady Landrum, Grady_Landrum@wcsports.org or (316) 200-7643
- Paralympic Experience, July 30. Contact Wayne Romero, Wayne_Romero@wcsports.org or (931) 703-0993

WSI is a non-profit organization committed to providing a variety of recreational and competitive sporting events for persons with disabilities in the Wichita, Kan., community and surrounding areas. In addition, WSI is a Paralympic Sport Club in the Heartland region. For more information, visit www.wcsports.org.

San Diego Junior Wheelchair Sports Camp

The country’s largest and most recognized sports camp for children with permanent physical disabilities, the San Diego Junior Wheelchair Sports Camp, will take place Aug. 9-13.

The one-week summer camp involves nearly 60 children, ages 4 to 18, with various disabilities including spinal cord injuries, amputation, spina bifida, cerebral palsy and muscular dystrophy. The camp will be held at North Crown Point Shores in the San Diego Mission Bay Area and at Southwestern College in Chula Vista, Calif. Camp sports include sailing, outrigger canoeing, waterskiing, basketball, tennis, archery, rugby, yoga, boccia ball, hip hop dance, soccer, obstacle course, handcycling, and wheelchair maintenance. Since its founding in 1987, more than 500 children from San Diego and adjoining communities have participated.

The camp is organized by the San Diego Adaptive Sports Foundation (SDASF), a private, non-profit corporation established for the express purpose of providing sports and recreational programs to children and adults with disabilities.

“The camp’s mission since its inception in 1987, is to teach young people skills, for both sports and life, while having lots of fun and making friends at the same time,” said Foundation President Dan McCauley. The Junior Wheelchair Sports Camp offers a unique opportunity for children with disabilities to experience a five-day sports camp, just like their able-bodied siblings and friends. This exceptionally positive experience will enable the children to grow physically, emotionally and socially as they learn the fundamentals of a number of adaptive sports.

In addition to this camp, SDASF also runs a wide range of year-round sports programs for youth and adults with disabilities as well as the Injured Service Members Program for men and women using sports to recover from service-connected disabilities.

For more information, contact Program Director Jon Richards, (619) 336-2764, e-mail jon@sdasf.org, or visit www.sdasf.org.
NEHSA Hosts Women Veterans Appreciation Day

The 2nd Annual Women Veterans Appreciation Day was held at Mt. Sunapee, N.H., March 8, honoring 24 women veterans and 72 women volunteers who currently serve or served in the armed forces. It provided a day of sisterhood, and a fun, care-free experience to remember. All participants received a complimentary lift ticket, equipment, lunch, goodie bag, chocolate, and instruction from certified adaptive ski instructors.

A number of the participants were experienced adaptive skiers, but six of the participants had never skied before and by the afternoon they were happily learning how to get on and off the chair lift and ski down a bigger slope. To make the day even more special, we had a family of three generations skiing together.

Comments heard throughout the day included: “You have no idea how therapeutic and wonderful this day has been for us. I can’t thank you enough.”

New England Handicapped Sports is a year-round program, based at Mt. Sunapee, N.H., offering skiing, snowboarding, Nordic skiing, kayaking, rock climbing, and waterskiing, among other sports to people of all disabilities.

For more information, visit www.nehsa.org.

Camping Trips with Common Ground Outdoor Adventures

Common Ground Outdoor Adventures is gearing up for another big summer, with excursions to Yellowstone National Park, Teton National Park, Arches National Park, Green River Lakes, and Redfish Lake.

These trips generally last about four days and costs run from $150-$220 and from $110-$160 with scholarships. This includes food and transportation from our office to the destination and back again. A variety of activities are offered to suit individual preferences, including site-seeing, cycling, and rafting. Overnight lodging will be in tents.

Common Ground also offers day activities, which include cycling, canoeing, rock climbing and many others, with time frames from two hours to all day.

To reserve space for the camping trips or for more information, call (435) 713-0288 or e-mail Bryce at programs@cgadventures.org.
Summer Recreational Programs at Challenge Aspen

Challenge Aspen’s Exceptional Artist Studio, June 20-24
Students will explore the many ways that a variety of media can be manipulated. The emphasis will be on process over product, with each day dedicated to a different medium. The goal for each structured exploration is to give students the opportunity to develop critical thinking skills, take risks and experience successes. Classes will include hand-building with clay, watercolor painting, and tactile collage using mixed media. Each afternoon, participants will have the opportunity to experience the splendor of outdoor activities in the Rocky Mountains, through horseback riding, white-water rafting, swimming and more. Lunch is provided each day. This program will be held at Anderson Ranch, Snowmass Village, in the mornings and various locations for recreational activities in the afternoons. Open to participants ages 6 and up with any disability.

Challenge Aspen’s Outdoor Adventure Camp, July 11-15
The Outdoor Adventure Camp is designed specifically for children ages 8-18 with autism spectrum disorders. Participants will gain a sense of personal growth and self-empowerment by actively participating in fun, supervised and structured activities that focus on group recreation, communication, life skills and safety. Led by a team of professional instructors, each participant will also have an assigned buddy for the week of the camp to assist with activities. The camp convenes at Snowmass Village, with daily travel to various locations in the Roaring Fork Valley for recreational activities.

Challenge Aspen’s Magic of Music & Dance Camp, July 25-29
The Magic of Music & Dance Camp is a week-long day camp that provides children with disabilities, ages 6 and up, the opportunity to release their creative spirits and express themselves through dance, movement, singing and acting. Participants create and rehearse a full stage production with dialogue, songs, costumes and set designs. Afternoon activities include gymnastics, white-water rafting and a family western BBQ. The camp culminates with a magical performance of the stage production for the local community. The camp is held at the Snowmass Chapel, Snowmass Village, with daily travel to various locations in the Roaring Fork Valley for afternoon outdoor activities.

Challenge Aspen’s Just for Teens Camp, Aug. 2-5
The Just for Teens Camp is specifically designed to provide our older participants, ages 15 and up, the opportunity to explore outdoor adventure activities with a focus on life skills and long-term goals. The camp is facilitated by professional instructors, and one-on-one buddies are allocated to each participant to assist with activities. Combining adventures and team-building experiences in the beauty of the Rocky Mountains, the camp also focuses on social skills and both personal and group accomplishments. The camp is at Snowmass Village, with daily travel to various locations in the Roaring Fork Valley for recreational activities.

Fees for these programs are still to be determined. For more information on Challenge Aspen’s summer programs or to register, visit www.challengeaspen.org. or call (970) 923-0578.
**NEHSA BOOK REVIEW**

**Novel Educates Readers About Adaptive Snow Sports Opportunities**

Author Lisa Genova is introducing millions of readers to adaptive snow sports opportunities through her latest New York Times best-selling novel, “Left Neglected.” Its many readers have learned about the therapeutic benefits that many experience as a result of participating in adaptive snow sports programs, including the benefit of increased self-confidence and the confidence to take on and overcome other challenges in their lives.

A key part of the story is set at Mount Cortland, a fictional ski resort in Vermont, and the New England Handicapped Sports Association (NEHSA) lodge, which is located at the base of Mount Cortland. Readers are treated to a compelling story about persistence, dedication, overcoming adversity, and the triumph of the human spirit.

At a recent “Left Neglected” book signing in Concord, N.H., Genova stated, “When I met Tom Kersey (NEHSA Executive Director) and learned what NEHSA could do for someone like Sarah, when I understood that the confidence, freedom, and joy that Sarah could experience on the mountain would follow her home, when I witnessed the positive energy and generosity of spirit in the volunteers, I knew that I wanted to write NEHSA into ‘Left Neglected.’ I wanted to give NEHSA to readers, so everyone could learn about this amazing organization. And for certain readers, I hope NEHSA changes their lives.”

We at NEHSA wish to thank Lisa Genova for writing this wonderful novel, and for introducing millions of readers to the plethora of adaptive sports opportunities available at NEHSA and many other DSUSA adaptive sports chapters across the country.

**Contributed by Tom Kersey, NEHSA Executive Director**

---

**2011 Veterans/No Boundaries Program in Maine**

Over a long Super Bowl weekend, Maine Handicapped Skiing (MHS) hosted the sixth annual winter Veterans/ No Boundaries program at Sunday River, Maine. Twenty-seven military veterans and active-duty personnel, as well as many of their family members and caregivers, enjoyed perfect weather and a weekend packed with alpine skiing and snowboarding, Nordic skiing, snowshoeing and snowmobiling. This year’s program also featured a biathlon demo with two-time Olympic biathlete and U.S. Army veteran Kristina Sebaestanski.

Program participants came from all over the northeast and we were once again honored to host a group of active-duty soldiers from the Warrior Transition Unit at Fort Drum, N.Y. Disabled Sports USA was instrumental in helping promote the program within the local network of wounded warriors and enabled us to serve several new participants who would likely not have heard about the program otherwise. As has been the case for the past several years, the 2011 Veterans/No Boundaries program invited family members and caregivers to participate with the veterans and soldiers. This element, along with programs taking place over long weekends, makes the program attractive to increasing numbers of younger participants.

The program received critical funding from DSUSA and U.S. Paralympics, without which an entirely free program would not have been possible. Countless volunteers and local sponsors also stepped up to provide instruction, meals, lodging and other support.

The 2011 Veterans/No Boundaries summer program is scheduled for Aug. 26-29 at Camp Wavus on Damariscotta Lake. The program is completely free of charge and open to all veterans and active-duty personnel with permanent physical disabilities. Family members and/or caregivers are welcome to participate. Visit www.skimhs.org or call (800) 639-7770 to register or for more information.
Adaptive Sports Fair on Cape Cod

CAPEable Adventures Inc., in conjunction with Spaulding Rehabilitation Hospital Cape Cod (SCC) and other regional organizations, will be holding an adaptive sports fair at SCC in Sandwich, Mass., May 14, from 11 a.m. to 3 p.m. There will be opportunities to try adaptive sports equipment, watch sports demonstrations and gather information about participating and volunteering in adaptive sailing, kayaking, skiing, wheelchair curling, cycling, golf, and more.

CAPEable Adventures and SCC will be offering an extensive schedule of adaptive sports and recreational activities on Cape Cod from May through September 2011. For more information, visit www.capeableadventures.org, or call (508) 566-3298.

Higher Ground Outdoor Sports for Injured Service Members

Higher Ground (HG), a division of Sun Valley Adaptive Sports, offers therapy that combines sports, family and coping strategies to restore and rehabilitate men and women of the armed forces who have been wounded in Iraq and Afghanistan.

Two new programs will be introduced this summer: A fly-fishing camp, July 24-30, for injured females and their supporters and a white-water adventure, Sept. 1-7, for injured males and their supporters. HG also will be hosting its annual water-sports camp, Aug. 7-12, for injured males. Water-sports camp activities include waterskiing, wakeboarding and kayaking. Each HG camp is one-week and hosts groups of six-to-eight veterans and their supporters.

It is Higher Ground’s philosophy that therapy should provide coping skills not only for the wounded service member but also for his or her supporter – who may be a spouse, close friend, or family member impacted by the unforeseen injury.

As one participant described it, “I was reinvigorated by my five days with Higher Ground. With each activity, I proved to myself that I’m able to pursue recreation and sports. I am not impaired by my combat wounds. My self-confidence and self-image have improved to a point I wouldn’t have believed possible.”

Applications for the camps are online at www.hgvets.org. For more information, contact Bert Gillette, (208) 726-9298, ext. 117, or Bert@SVASP.org.

West Chester, Pa., YMCA’s Adapted Sports Initiative

It’s no secret to Challenge magazine readers that adapted sports can be a cornerstone to leading a vibrant, fulfilling life for a person with a disability. That is why the YMCA in West Chester, Pa., is eager to get into the game.

In February 2011, the West Chester Area YMCA hosted an Adapted Sports Expo which showcased 30-40 athletes with various disabilities performing a myriad of sports. Area DSUSA chapter, the Pennsylvania Center for Adapted Sports, provided programming and technical assistance. With at least 135 people in attendance and 500 more Y members strolling through the building, event planners clearly met their goal to raise awareness about adapted sports. Participants and organizers alike were pleased and are looking forward to seeing the initiative move forward. Chris Wiseman, associate executive director of the West Chester Y, called it “an overwhelming success in so many ways. I am excited for the next steps of creating a sustainable adapted sports program at the Y.”

Those next steps involve sport-specific clinics, which will be held on the second Sunday of every month. Any individual with a physical disability is invited to attend Second Sunday clinics at no cost. By partnering with local organizations like the Pennsylvania Center for Adapted Sports and Ability Prosthetics and Orthotics, the West Chester Area YMCA has found one more way to meet their mission of building a healthy spirit, mind, and body for all.

Upcoming Second Sunday clinics include: soccer/April; golf/May; cycling/June; tennis/July; and basketball/August. Visit www.ymcabw.org/adaptedsports.html or contact organizer Loretta Cohen at loretta@verizon.net for more information.
NEHSA/Mt. Sunapee Hosts Final Diana Golden/Mills Cup Race

Racers from around New England, with their coaches and families, converged on Mt. Sunapee, N.H., to compete in the final Diana Golden/Mills Cup Race on March 20, the last day of winter. After races at Loon Mountain, Bretton Woods, Gunstock, and Sunday River, this race would decide the year-end winners in several categories.

Led by forerunner, Jason Lalla, a former U.S. Disabled Ski Team member, 23 racers took two runs each down the course. Adrienne Damicis, of the Maine Handicapped Skiing (MHS) team, took gold in the Diana Golden women’s stand-up division, followed closely by Abigail LaTulippe, also from MHS, and Darby Sherbert from Waterville Valley. In his first race ever, Alban Horcholle of the New England Handicapped Sports Association (NEHSA) team bested Owen Anketell from the New England Disabled Sports team, in the men’s sit-down division.

In the final Diana Golden division, men’s stand-up, Rick Fontaine of Waterville Valley continued his dominance of this group with a one-second win over Andrew Haraghey of Ability Plus. Griffin Lamarre (MHS) rounded out the medal stand with his times in two gritty runs.

On the Mills Cup side, Tyler Lagasse of the Nashoba Shooting Stars led the way in the male division. His teammate, Chris Dunn, took third, and Brian Cahill of NEHSA got the silver to prevent a sweep by the Shooting Stars. The women’s competition was truly that: Only .05 seconds separated Melissa Reilly (NEHSA) from her rival, Hillary Cantwell (MHS). Becky Robinson grabbed third for the Nashoba team’s third medal of the day.

Diane Barras of MHS also calculated the year-end tabulations, and announced that Maine Handicapped Skiing had retained the Diana Golden Cup for amassing the most points in that division for the season. NEHSA collected the most points in the Mills Cup division, and was awarded a plaque. Individual awards were also distributed: Adrienne Damicis won the Diana Golden female award, with Rick Fontaine getting the male recognition. Hillary Cantwell was the female Mills Cup season winner and Christopher Dunn got that award for the males.

Landmark Agreement Between Bureau of Land Management and Disabled Sports USA Increases Access to Public Lands

To enhance the recreational use of public lands for people with disabilities, the Bureau of Land Management (BLM) and Disabled Sports USA (DSUSA) signed a Memorandum of Understanding (MOU) April 8 to promote outdoor recreation participation on public lands and foster health and fitness, independence, and social integration for veterans and other persons with disabilities.

“The long-term relationship the BLM and Disabled Sports USA established today will cultivate dialogue, generate ideas, and enhance access for persons with disabilities to outdoor activities on BLM-managed lands,” said BLM Director Bob Abbey.

“We at Disabled Sports USA welcome the MOU with BLM as a way to promote recreation on our public lands for our nation’s disabled veterans and others with disabilities. Because of innovations in adaptive equipment and an increase in trained instructors, those of us with disabilities are experiencing greater accessibility to public lands,” said Kirk Bauer, Executive Director of DSUSA.

Go Fish with Teton Adaptive Sports

Teton Adaptive Sports, Jackson Hole, Wyo., is recruiting a team of adventurers to successfully accomplish an adaptive kayaking/fishing trip accessing the remote Shoshone Lake in the Yellowstone National Park backcountry. The team will consist of eight participants, a mix of adaptive and able-bodied outdoorsmen/women, including one professional fishing guide and one professional kayak guide. At least two spots will be reserved for disabled veterans. Prerequisites include some paddling, camping, and fishing experience, being comfortable in and around water, and being in good physical condition. Shoshone Lake is the largest lake in the continental United States that is not accessible by any type of motorized craft/vehicle. It is truly an amazing place that is enjoyed by few individuals with disabilities. Boating gear, camping equipment, and kayaking guide will be provided by local kayaking outfitter Rendezvous River Sports. TAS adaptive fishing coordinator will provide expert instruction and strategies for catching native trout. There will be three nights in town and three nights on Shoshone Lake. We expect this trip to be a challenging and rewarding experience. It will take equal commitment and participation from all involved.

Also this summer, TAS will offer “Summer Adventure Days” for locals and visitors to the Greater Teton Area. Opportunities will include rafting, kayaking, cycling, rock climbing, and hiking. Some scheduled activities target specific age groups and abilities, while others are all-inclusive. Customized outings for individuals and families with special needs are possible depending on staff and equipment availability. New this summer is a focus on developing adaptive fishing opportunities. The Teton Area offers world famous trout fishing. For more detailed information, contact Kurt Henry at (307) 699-3554, e-mail tetonadaptive@aol.com, or visit www.tetonadapativesports.com.

2nd Annual Moab Mania Off-Road Arm Bike Camp

Telluride Adaptive Sports Program’s (TASP) 2nd annual off-road arm bike adventure – an epic trip in beautiful red rock country around Moab, Utah – will take place Sept. 24-27.

Participants will bike on world-famous trails, experiencing views of sandstone formations, natural bridges, and canyons. The trip will also feature one day of white-water rafting on the Colorado River with local adaptive guide service, SPLORE. While one-off experience is not necessary, a reasonably high fitness level is required as the activities will be physically demanding.

Moab Mania participants will camp on the Colorado River at the fully accessible Riverside Oasis campground. The site has full bathroom and shower facilities and is located at the North end of Moab. It is positioned at the trailhead of numerous incredible rides and slick rock loops which are sure to satisfy any adrenaline junky.

This trip is designed to give individuals with physical disabilities the opportunity to experience beautiful, remote sandstone country through rigorous one-off rides and a relaxing raft trip. Join TASP in the adventure capital of the world, and explore realms of the desert backcountry that were previously inaccessible.

Participation in the 2nd annual Moab Mania costs $1,000 per person, which covers the cost of all permits, food, ground transportation, activities, and equipment. TASP has scholarships available for interested participants.

To register or for more information, contact Tim McGough at (970) 728-3865, e-mail programs@tellurideadapativesports.org or visit www.tellurideadapativesports.org.
Soldiers Find Healing at National Ability Center

The National Ability Center (NAC), in conjunction with U.S. Paralympics, a division of the U.S. Olympic Committee, hosted a series of musters of the Community-Based Warrior Transition Unit (CBWTU), headquartered at Camp Williams, Utah, this winter.

The CBWTU musters involve military personnel and their families from around the country including Kansas, South Dakota, Nebraska, Arizona, New Mexico, and Utah. To be eligible for CBWTU, warriors must have sustained an injury during an overseas deployment or while mobilized state-side. Warriors are sent to CBWTU to aid their healing at home after an initial evaluation and treatment period at a major military treatment facility. During the five-day musters, soldiers participate in a variety of adaptive recreational activities including Equine-Facilitated Learning and Paralympic sports of alpine skiing and sled hockey. The primary goal of the muster is to bring military servicemen and women together with their families to experience adaptive recreation within a supportive and nurturing environment.

“In the past few years, the Army has transformed the way it provides care, services, and support to all wounded, ill, and injured soldiers,” said First Sergeant Dana Nelson. “In addition to healing their bodies, we work to mend their minds and spirits.”

Current statistics show that soldiers who return to their home communities to heal are more likely to return to duty. While much has been made of the difficulties that face returning soldiers and their families, the Army has been steadily working to improve care through the Warrior Transition system established in 2007. Today, the Army and other branches of the U.S. military have been leading efforts to address both the direct and indirect consequences of deployments, including visible physical injuries, traumatic brain injuries, post traumatic stress, and personal at-risk behaviors while at home. By leveraging the experience and know-how of the National Ability Center, CBWTU improves the care provided to its Soldiers and family members.

“It is an honor and a privilege for the National Ability Center to give back to the servicemen and women who give so much to our country. Each day they are onsite, I am inspired by their individual and collective commitment to challenge themselves and progress,” said Gail Loveland, NAC executive director. “NAC programs are directed at empowering participants. As they leave here, we hope to have provided the tools they need to return to their communities as examples of successful healing and accomplishment.”

National Ability Center program service hours for wounded warriors has increased by more than 400 percent to meet the growing demand of this emerging group. This number is expected to triple in the coming year and will reach all branches of the military community including both veterans and active duty military personnel and their family members who are attempting to heal and transition back into active service or return to civilian life.

“Our warriors have only one mission: to heal. The NAC is a catalyst to making that possible,” said Maj. N. Scott Reading with the CBWTU. “We are excited to have a partnership with the National Ability Center which enables us to meet that goal effectively and efficiently.”

Following a successful winter of CBWTU musters, the National Ability Center will host more than 200 soldiers and their family members this spring.

Maine Handicapped Skiing Partners with Gould Academy to Launch Adaptive Instructor Development Program

In an effort to recruit younger instructors and formalize relationships with local educational institutions, Maine Handicapped Skiing (MHS) worked with Gould Academy, a Bethel, Maine, preparatory school, to create an on-mountain intensive instruction for students over the winter trimester. Five students signed on for three weeks of daily training for all types of adaptive alpine, and the students were assigned to work within instructional teams once the daily lesson program with participants began in January.

“I chose to do MHS so that I could help other people out as well as take something for myself from the experience it provides,” said Gould Academy junior George Merrill. “I wanted to find something to do this winter that was non-competitive and also help other people; MHS fit this criterion perfectly. I hope that I leave knowing that I have made a difference in someone’s life. I also hope to leave MHS with a greater knowledge of ski instruction.”

MHS and Gould have already started planning for next winter and building upon the relationship by integrating other facets of the student experience.
Maine Handicapped Skiing Assumes Support Role in Renowned 10K Road Race

Adaptive Adventures, GLASA Recap First Season of Skiing and Snowboarding

Adaptive Adventures and Great Lakes Adaptive Sports Association (GLASA) completed their first season of adaptive skiing and snowboarding in the Midwest. This past winter Adaptive Adventures and GLASA put more than 80 different individuals with physical or visual disabilities through more than 150 lessons. The program introduced 14 “never-ever” skiers to the sport as well as many others who joined us to challenge themselves, ski different terrain and improve their skills. Youth and adult participants came from Illinois, Wisconsin, and Indiana as well as groups from the Hines and Milwaukee VA hospitals.

The Greater Chicago Adaptive Ski & Ride program partnered with Wilmot Mountain, located on the Illinois/Wisconsin state line, to host our program. Wilmot had little or no experience with Paralympic-eligible athletes, but their generosity and excitement towards the program was a key to our success. We ran programs most Tuesdays and Thursdays in January and February and had both a day and evening session. None of this would have been possible without a dedicated group of 40 volunteers and instructors who donated their time to work with our athletes. The program also trained and utilized several injured veterans and other Paralympic-eligible athletes to be instructors for the program. “It was a challenge to start a program from scratch in a non-ski town environment,” noted Joel Berman, executive director of Adaptive Adventures. “With eight mono-skis, seven bi-skis, lots of other adaptive equipment, a home mountain, and core of volunteer instructors, the prospects for next season are very exciting.”

“The interest in the program and awareness of opportunities for individuals with disabilities grew each and every time we were out on the hill,” said Scott Smith, Blind Rehab Supervisor from the Hines VA hospital. One of the highlights of the program was the first Stars of Tomorrow camp in the Midwest, which included nine girls from GLASA’s GoGirlGo program on an overnight ski trip to Cascade Mountain. The group included three girls who had visual impairments, three who used monoskis and three who were in biskis. Jessica Martin, one of the camp participants said, “I loved feeling free and not disabled while skiing down the mountain. I was proud that I was able to do something I have always wanted to do with a little help from the staff.” Many of the athletes who participated in the program this season have never been out West. Our goal is to teach these athletes the basics of skiing or boarding and get them to where they are fairly independent so that when we take them on a trip out West they are truly able to enjoy it and tear it up. The success of the program could not have been possible without the support and partnerships with USOC Olympic Opportunity Fund, Disabled Sports USA, Wounded Warrior Project, Wilmot Mountain, Cascade Mountain, Scandinavian Ski Shop and RIC Sports. Adaptive Adventures and GLASA truly appreciate the generosity and support these organizations provided us.

Submitted by Adaptive Adventures and GLASA.
Leaps of Faith Brings Waterskiing to New England

Renewing strength and installing confidence is what drives Leaps of Faith Ski Club. Joel Zeisler started this vision in 1991, working closely with the blind and visually-impaired to bring waterskiing to people with disabilities. Today, with a highly-trained volunteer base of more than 150 people and world-class championship skiing instructors, Leaps of Faith is able to bring waterskiing to people with disabilities ranging from spinal cord injuries, amputees, and disabled veterans.

Recently, the vision has expanded to bring snow skiing and kayaking to the adaptive program. Based off Lake Zoar in Connecticut, participants come from New England, the tri-state area and even as far as California. Offsite clinics are held in New York, New Hampshire, and Virginia.

Leaps of Faith is actively involved with the surrounding towns through the Mentor-Intern Program to help and work with teens by getting them involved in the club or conducting a Safe Boating Course with the Coast Guard Auxiliary open to the general public. Leaps of Faith strives to benefit the community as well as the disabled, utilizing the media to educate the public further on adaptive sports.

Summer classes will be held on Saturdays, June 11, July 9, July 23, Aug. 6, Aug. 27, and Sept. 10, from 9 a.m. to 4 p.m. All clinics held in the summer starting late June are free of charge to all participants. The day starts at 9 a.m. to all adaptive skiers and eventually winds down at around 4 p.m. Each person gets three rounds of skiing throughout the day, a complimentary lunch and refreshments. The skiers get to enjoy this fun experience on recently updated, cutting-edge adaptive equipment. The clinics are open to those of all ages and experience levels. For those first-time skiers, a certificate and custom medals are presented to them during the lunch break; acknowledging their achievements. During the clinics, volunteers, instructors and participants become a family unit; creating bonds and friendships that last a lifetime. All ages and all disabilities are welcome. For more information, contact Joel Zeisler, (203) 426-0666, or e-mail jzh20ski@sbcglobal.net.

Another aspect of Leaps of Faith is their involvement with the veterans, starting in 2005. One of the first to start a program of this kind, the annual Wounded Warrior Event held over a few days in the summer, honors and celebrates disabled veterans’ service and dedication. In 2010, more than 30 veterans gathered, some from as far as California, to participate in the waterskiing, kayaking, fishing and banquet.

Submitted by Victoria Hamilton, Leaps of Faith
How can a donation change a person’s life?

“It makes me feel good when people watch me ski and notice I have one leg and they seem so amazed. I like changing the way people think when they see a disabled athlete.”

Alex Tomaszewski, Age 16
DSUSA Mentee and National Racer
Festival Youth Scholarship Athlete

“When I’m out there boarding, it takes the disability away from my mind and gives me more of my freedom. I’m enjoying what I went to protect. I owe a lot to this program.

It saved my life.”

Navy PO3 Mark Mix
Wounded Warrior

“Disabled Sports USA’s mission is to provide national leadership and opportunities for individuals with disabilities to develop independence, confidence, and fitness through participation in community sports, recreation and educational programs.”

Combined Federal Campaign #10151

Please donate today!

DONOR OPTIONS: (includes membership in Disabled Sports USA)

☐ Member - $25  •  One-year Membership and One-year Subscription to CHALLENGE Magazine (three issues)
☐ Challenger - $35  •  DSUSA pin plus DSUSA Member Benefits
☐ Medalist - $100  •  DSUSA Polo Shirt (shirt size _____) plus DSUSA Challenger Benefits
☐ Champion - $250  •  Your name listed in CHALLENGE as a Disabled Sports USA Donor plus DSUSA Medalist Benefits (shirt size _____)
☐ Other amount $__________
☐ Check if you would like to make a donation and waive benefits
☐ Check if you are an athlete. Disability ________________ List Sports _______________________________________

YOUR INFO:

Full Name: __________________________________________________ Date of Birth: ________/______/______
Address: ______________________________________________________
City: _________________________________________________________ State: _________ Zip: _____________
E-mail: _____________________________ Phone: _________________________

PAYMENT INFORMATION (CHECK ONE): To donate online, go to www.dsusa.org and click on Donate Today

☐ Enclosed is my check or money order payable to Disabled Sports USA

☐ Please bill $____________________ to my:  ☐ MC  ☐ Visa  ☐ AmEx

Card Number ___________________________ Exp Date ___________________________
Cardholder Name ______________________ Signature ___________________________

Return to: DSUSA, 451 Hungerford Drive, Suite 100, Rockville, MD 20850 or fax to 301-217-0968. For more information, call 301-217-9841.

Donations to DSUSA are tax deductible to the fullest extent of the law. DSUSA’s tax exempt number is 94-6174016.
College Park Industries Introduces the Velocity™ Foot
The Velocity’s coupled toe springs work together to provide a progressively smooth roll over. It combines high functionality and no maintenance, with easy heel adjustment capabilities for fine-tuning.

Key features include:
• Smooth control from heel strike to toe-off throughout stance phase
• Highly sophisticated dynamic response
• Precision gait matched for out-of-the-box performance
• Weight limit up to 275 lbs.; three-year warranty.

New High-Tech Socket Improves Performance
A technologically-advanced socket – the High-Fidelity Interface from biodesigns inc. – improves the comfort and functionality for persons with limb loss. The High-Fidelity Interface for both upper and lower limb prosthetic wearers offers a radical departure from traditional sockets by providing a high level of intrinsic bone control as the interface captures and reproduces skeletal motion. Benefits include a more efficient, better performing and more comfortable socket with increased prosthesis stability, greater energy efficiency and tactile feedback. For more information visit www.biodesigns.com.

New TRIAD Preamp from Motion Control
• Three mounting options
• Water resistant case
• High interference rejection
• Gain adjustments on preamp
Compatible for use with: Utah Arm 3 & 3+ (kit: p/n 4050214); Utah Hybrid Arm (kit: p/n 4050214); ProControl Systems (kit: p/n 4050216); Otto Bock electrode cables. For more information, call (888) 696-2767, e-mail info@UtahArm.com, or visit www.UtahArm.com

Freedom Innovations Introduces Load-Activated Prosthetic Foot
The new THRIVE™ from Freedom Innovations is the world’s first load-activated prosthetic foot. Ideal for those who work in construction, farming, or any occupation that requires heavy lifting, the dual-keel design manages additional loads (up to 30% of the user’s body weight) by providing incremental support. This ensures consistent performance and ultimately, greater confidence among users. For more information, visit www.freedom-innovations.com or call (888) 818-6777.
Endolite’s Elite Blade Dynamic Shock Shank Foot

The Elite Blade is a lightweight foot that combines great deflection for running response with a free and easy walking action. If you had to choose only one, this would be it!

Features and benefits:
- Independent e-carbon heel and toe springs
- Sliding and rotating male pyramid adapter
- Length guide for ease of setup; Low Profile version is pre-cut to the minimum height
- Dynamic pylon deflects to optimize running and ensure relaxed and comfortable walking
- 365 lbs. weight rating
- Foot shell, glide sock, proximal pyramid and fitting clamp included.

Otto Bock Liners with SkinGuard®

SkinGuard® Technology silicone liners from Otto Bock are made with an innovative anti-bacterial additive that protects against a wide range of micro-organisms. Liners made with SkinGuard give you the strongest protection available while creating a healthier environment for your limb. Increase your comfort while improving hygiene and reducing odor! In addition, this high-tech material optimizes durability of your liner. Best of all, the benefits of SkinGuard are now available for shuttle-lock systems. Ask your prosthiet today about the remarkable benefits of SkinGuard Technology.

Fillauer’s New Wave Sport Foot System, an Emotis Design

From extreme sports to light jogging, the Wave Sport has the performance active amputees are looking for. The Wave foot design uses an innovative wave spring in the heel to provide shock absorption and energy return. The full foot design of the Wave allows it to be used in a foot shell and worn with standard athletic shoes. The Wave accommodates a wide range of activity levels and is rated for patients up to 275 lbs. Available in two pylon heights and sizes 22 to 30 centimeters to fit your shoe and your sport. For more information, visit www.fillauer.com or call (800) 251-6398

Össur’s Proprio Foot® with EVO™: Stable, smooth, and comfortable

The redesigned Proprio Foot® PROPRIO FOOT with EVO™ utilizes intelligent ankle flexion to help users walk confidently and naturally without watching the ground, so they don’t need to think about every step for fear of tripping and falling. The life-like ankle movement enables the Proprio Foot to adjust for normal sitting and standing, and features automatic alignment for adapting to various types of footwear. Proprio Foot recently received the prestigious Red Dot International Design Award with more than 4,000 submissions from 60 nations. For more information, visit Össur at www.ossur.com or call (800) 233-6263.
New integrated hydraulic design utilizing the latest in corrosion resistant materials make the KX06 & Mercury knees tough enough for the harsh environments active amputees encounter while they get busy living.

www.endolite.com 800.548.3534