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Fighting an Obesity Epidemic: Increasing Youth Access to Sports

Lack of physical activity and poor eating habits have led to an epidemic of youth obesity. For those with disabilities, this problem is even more serious. According to the Center for Disease Control’s most recent report on Behavioral Risk Factors, youth with disabilities are twice as likely to be physically inactive, resulting in obesity rates 40 percent higher than for their age-related peers. This creates much higher risks for health problems and even greater challenges for social interaction and acceptance.

While opportunities for the disabled to participate in sports and recreation has expanded greatly over the past 20 years, there are still many communities nationwide that lack accessible facilities, adaptive sports equipment, instructors who are qualified to provide safe and effective training, and availability of accessible transportation. For organizations that do offer adaptive sports programs, parents or caretakers may not be aware of their existence or may not be able to participate due to financial reasons. The poverty rate for youth with disabilities is 29 percent compared to 16 percent for youth without disabilities.

Disabled Sports USA is taking measures to overcome these barriers, especially for the segment that is low income, by initiating a pilot program within DSUSA chapters to promote and increase participation in summer sports, camps, and activities.

A **Youth Access to Sports** fund, established by DSUSA, is providing grants to cover costs for transportation, meals, lodging, adaptive instruction, and equipment for those who are identified within the chapter community as low income and in need of assistance.

DSUSA chapters in North Carolina, Illinois, Missouri, California, Utah, Oklahoma, Oregon, and Virginia have indicated a need in their communities and are interested in participating in this pilot program. Although our initial outreach is to a few hundred new and deserving participants, we hope that this model proves effective so that we can expand programs and outreach.

Reversing this epidemic of disabled youth obesity and unhealthy lifestyles falls to our community at large that have the commitment, compassion and resources to make a difference. We all must do our part! Patterns of behavior that are learned at an early age often carry late into adult life. We should ensure that those patterns involve regular physical activity and healthy eating habits. **Youth Access to Sports** is a beginning.

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

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Honoring America’s Wounded Warfighters Dinner and Cultural Event

More than two dozen wounded members of the military, family members, and guests, were honored in New York City in April. The gala evening aboard the Intrepid Sea, Air & Space Museum featured Gen. Martin E. Dempsey, Chairman, Joint Chiefs of Staff, as the guest speaker. The host sponsors of the 6th Annual Honoring America’s Wounded Warfighters Dinner were Chris Brady, chairman and founder of The Chart Group, and Michael Bayes, president and CEO of Dumbarton Strategies. The trip also included an extended cultural visit to the New York Stock Exchange where traders greeted the warriors with applause and thanks, a visit to the 9/11 Memorial, and a harbor tour aboard the FDNY Fireboat 343, which was named in honor of the firefighters killed in the September 11 terrorist attacks.

I hope you will remember Disabled Sports USA in your 2012 giving plans.
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Kirk Bauer at White House Conference on Conservation

Kirk Bauer participated in the White House Conference on Conservation, “Growing America’s Outdoor Heritage and Economy,” in March. Bauer was on a panel on “Restoring Rivers: Building Resilience for People and Wildlife.” He focused on how DSUSA is expanding opportunities for wounded warriors on the river.

The conference attracted boaters, hunters, anglers, farmers, ranchers, land conservationists, historic preservationists, outdoor recreationists, small business owners, local governments, tribal leaders, and others from all 50 states to discuss ways to spur and support successful conservation projects around the nation.

At the conference, Agriculture Secretary Tom Vilsack announced USDA’s continuing commitment to get youth outdoors and connected to the natural world around them through $1 million in cost-share funding from the U.S. Forest Service to enhance children’s programs in 18 states.

Rob Mueller Joins Disabled Sports USA as Chapter Services Manager

Disabled Sports USA named Rob Mueller as Chapter Services Manager. In this position, Mueller will act as the primary liaison between the chapter network and the national headquarters. He is responsible for fulfilling numerous DSUSA goals, including chapter support, communications, training and education, and cultivation and formation.

Prior to joining DSUSA, Mueller worked and volunteered in the adaptive sports field for 15 years, serving in roles such as instructor, trainer, and program coordinator. He was recently the managing director of New England Disabled Sports. Mueller earned a degree in International Relations from Webster University in Geneva, Switzerland. He also obtained Level 1 adaptive and telemark certifications from the Professional Ski Instructors of America.

Mueller enjoys spending time in the kitchen and skiing in the backcountry and on the water.

He can be reached at rmueller@dsusa.org or (240) 268-0237.

Save the Date! Adapt2Achieve-Northeast Conference

Disabled Sports USA will host its sixth Adapt2Achieve Conference June 10-13 at the Olympic Training Center in Lake Placid, N.Y. The goal of the Adapt2Achieve Conference is to provide DSUSA chapters an opportunity to learn best practices and new techniques as well as experience networking opportunities to strengthen their respective programs and the adaptive sports community as a whole.

Adapt2Achieve-Northeast will address administrative and sports training topics such as board development, fundraising, volunteer management, and more. Adaptive sports training sessions are in golf and archery. Continuing education credits are offered.

Registration is open to all chapters and community partners.

Attendance at the Adapt2Achieve conference is free for the first two members of each chapter and additional conference fees are held to a minimum. Space is limited.

For more information, contact Rob Mueller at (240) 268-0237 or rmueller@dsusa.org.
Hall of Fame: Wheelchair tennis superstar and three-time Paralympic medalist Randy Snow has been elected for induction to the International Tennis Hall of Fame as a member of the Class of 2012. Off the courts, he was an influential leader in the development of Wheelchair Tennis and a tireless advocate for improving the quality of life for people with disabilities. Snow’s Hall of Fame induction will be a posthumous recognition of his achievements and contributions to the sport. He passed away on November 19, 2009, in El Salvador while volunteering at a wheelchair tennis camp.

Politically Active: John Register has been named as one of 35 campaign co-chairs for the Obama Re-election campaign. He joins a group that includes former White House Chief of Staff and Mayor of Chicago Rahm Emanuel, Caroline Kennedy, Human Rights Campaign President Joe Solmonese, former Wisconsin Senator Russ Feingold, and Mayor of Los Angeles Antonio Villaraigosa, among others.

In Memory: Although he will be remembered by many as the inventor of the NordicTrack, Ed Pauls also invented the Flip Ski outrigger for adaptive skiing. The Flip Ski’s tip can be locked in an upright position simply by pulling a lanyard on the outrigger handle. He died Oct. 9, 2011, in Colorado. He was 80.

Top Gun: STRIDE Adaptive Sports athlete Kyle Otto captures the National Adaptive Shooting Championship. Kyle picked up a gold medal in the 10-Meter Precision Air Rifle SH2 Prone competition of the Adaptive Shooting Tournament coordinated by USA Shooting in Fort Benning, Georgia.

Gean Baron Award: Jerry and Debbie Hightower were honored with the Gean Baron Award, a tradition of the DSUSA Learn to Ski Clinic at Beech Mountain, N.C. The award is dedicated to individuals who exemplify the late Gean Baron’s willingness to help individuals with a disability experience the spirit and excitement of snow skiing in the south. The Hightowers have worked for more than 20 years helping the disabled through DSUSA chapter SPARC in the Chattanooga, Tenn., area.

National Disabled Ski Hall of Fame: Dr. Bob Harney, a founder and past president of New England Disabled Sports, was inducted into the National Disabled Ski Hall of Fame in a ceremony March 17.

Harney’s career has been dedicated to the education, health and welfare of able-bodied, physically-challenged, and intellectually-challenged athletes. His medical practice as an orthopedics and sports medicine physician, has encompassed amateur, Olympic, Paralympic, and professional athletes.

“Dr. Bob and I have been friends for many years and he is so deserving of this award,” said Kirk Bauer, JD, executive director of Disabled Sports USA. “His dedication and selflessness in helping others is an inspiration to us all.”

Harney 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.
Sports Hall of Fame Seeks Nominations of Athletes with Disabilities

Athletes with Disabilities Network (ADN) is seeking nominations of accomplished athletes for the Athletes with Disabilities Hall of Fame Class of 2012. Nominations are being accepted until May 31. Forms are available online at www.adhof.org.

The 14th Annual Athletes with Disabilities Hall of Fame Induction Ceremony & Awards Dinner will be held on Oct. 25 at Sound Board, MotorCity Casino, Detroit. To purchase individual tickets, or for more information on sponsorship opportunities, call Beth Taylor at (248) 829-8353 or online at www.adnpage.org/hall_of_fame.html. For more information on the Athletes with Disabilities Hall of Fame, visit www.adnpage.org.

New Device to Shoot Hoops

Bob Radocy, president of prosthetics company TRS, introduced a new product for playing basketball. The HP Hoopster is a slightly flexible polyurethane ring attached to a wrist connector that allows the wearer to dribble, handle, and shoot a basketball. Radocy partnered with athlete and bilateral amputee Hector Picard of Denver to design the product. Students at St. Vrain Valley School District’s Career Development Center, Longmont, Colo., transferred the design into computer programs to create a 3-D model and fabricate a prototype. TRS is now manufacturing the product.

STRIDE Developing Adaptive Shooting Program

Through a collaborative partnership between STRIDE Adaptive Sports and Rensselaer Polytechnic Institute (RPI), STRIDE was selected to receive a $24,000 grant from the U.S. Olympic Committee to develop an adaptive shooting program for two years. The program, led by RPI’s head shooting coach and certified international rifle coach, Chuck Meyer, has been meeting weekly in the Mueller Fitness Building on the RPI campus in Troy, N.Y., and is open to individuals with disabilities including local military veterans. Funding will help support structural modifications such as adaptive tables and chairs and adaptive equipment.
Axis Dance Company
Changing the definition of dance

Dance and disability – these two words do not typically go hand in hand, according to conventional wisdom, but Axis Dance Company, from Oakland, Calif., is challenging that assumption. Established in 1987, Axis strives to expand dance to the disabled community and create collaboration between dancers with and without disabilities. Through education, performances, and dance courses, Axis has achieved high artistic quality and a unique experience for its dancers and audience members.

Since the Company’s first performance in 1988, it has teamed up with world-class choreographers to challenge the notion that its program is ‘just therapy’ and has disputed the traditional definition of ‘dance’ and ‘dancer.’

Axis Dance Company has become widely recognized, which stems from its extensive touring in one to five cities per year. Seven Isadora Duncan Dance Awards, 60 repertory works, two evening-length pieces, and two works for young audiences are a few of the Company’s many accomplishments.

Along with its dancers’ creative abilities, Axis Dance Company seeks to educate people. Dance Access/Kids! is a program for children and teenagers of all abilities. It introduces dance to students through student assemblies, classroom visits, dance classes, teacher trainings, and more.

Education doesn’t stop at adolescence. Axis also has a program called Dance Access for adults. Through master classes and intensives, a studio program, where well-known dance teachers and choreographers lead courses, lecture demonstrations, and performances, dancers and non-dancers learn about physical integration.

For more information on Axis Dance Company, visit its website at www.axisdance.org.

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UCO to Host 13th Annual Endeavor Games

The University of Central Oklahoma (UCO) Endeavor Games for athletes with physical disabilities ages 7-21 will be held June 7-10. All activities are held in Edmond, Okla., at UCO, Edmond North High School, or the Lake Arcadia Outdoor Adventure Recreation Center.

The 2012 UCO Endeavor Games will host 11 sport competitions: indoor and outdoor archery, cycling, powerlifting, sitting volleyball, shooting, swimming, table tennis, track and field, and wheelchair basketball. U.S. Paralympics will offer clinics for athletes, classifiers, and coaches to try a new sport or develop new skills. Included in the clinics for the first time will be sled hockey at the Arctic Edge Ice Arena.

The Endeavor Games is endorsed or sanctioned by U.S. Paralympics, National Disability Sports Alliance, Disabled Sports USA, United States Association of Blind Athletes, USA Track and Field, and Wheelchair Sports USA.

2011 was a record-breaking year for the UCO Endeavor Games with more than 500 sport participants. Brazil, Canada, Turkey and the United Kingdom were all represented by competitors.

For more information or to register for both the sports competitions and clinics, visit www.UCOEndeavorGames.com, or contact Leigha Pemberton at (405) 974-3160.

Adventure Amputee Camp

Adventure Amputee Camp, a chapter of Disabled Sports USA, will hold its 18th consecutive camp for children with limb loss or limb difference July 11-15 at the Nantahala Outdoor Center in Bryson City, N.C.

Ranging from strenuous, physically challenging to sedentary activities, campers (8-17 years old) are constantly challenged to break down barriers of what was previously thought as unattainable. Through a camper to counselor ratio of 2:1, campers participate in river rafting, swimming, a ropes course, bowling, horseback riding, crafts, and games. This year’s camp may also include running and scuba.

Besides providing a camp for physical activity, the AAC also emphasizes the importance of healthy social contact to build confidence and strong lasting relationships.

Last year marked the first Ben Tobias Outstanding AAC Participant Recognition, named for Ben Tobias, a camper who passed away in 2010. The recipients exemplified traits displayed by Ben; a willingness to do anything to help the camp flow, consistent cheerful and friendly attitude, a leader, role model and mentor to others. A first year camper and a wounded warrior volunteer were recipients of this inaugural recognition.

“It is rare to have an organization devoted to the self esteem and encouragement of our children, especially those children with special challenges... Our son summed it up upon our departure, ‘I wish it were next year already,’” wrote a parent of an AAC camper.

For more information and to apply for camp, visit www.adventureamputeecamp.org.
Soldiers to Summits

Soldiers to Summits (S2S) is planning a summit climb of Cotopaxi, a spectacular 19,347-foot mountain in Ecuador in early December 2012. Less than 20 miles south of Quito, Cotopaxi is the second highest peak in the country and forms part of the Pacific Ring of Fire. Before beginning the climb, the team will warm up and acclimate on 15,413-foot Ruca Pichincha. The approach trek will take them through the cloud forest and altiplano of the Sierra toward the final objective, Cotopaxi.

Soldiers to Summits (S2S) helps disabled veterans shatter personal barriers and reclaim lives by using mountaineering as the learning tool for setting ambitious goals, building world-class teams, innovating through obstacles, and stepping up to lead and serve others. For the S2S program, the mountains serve as the metaphor and training ground for helping to restructure how to deal with a certain past and uncertain future, while integrating with the existing rehab process. Any injured service member, from any service branch, active or retired, with any disability is eligible to apply. Climbing experience is not required or expected, but you do need a base level of physical fitness, a willingness to grow and a big heart.

S2S is a program of No Barriers USA. The first S2S expedition took place in 2010 to the summit of Lobuche, a 20,100-foot peak in the Himalayas. Erik Weihenmayer, the only blind person to climb each continent’s highest mountain, and his Everest team led a group of soldiers whose disabilities ranged from amputations and blindness to traumatic brain injuries and post-traumatic stress.

In 2012, soldiers from the S2S Lobuche expedition will return as mentors for a new group of soldiers as part of the S2S Cotopaxi program. Two Colorado training sessions will teach team members the skills necessary for climbing the mountain – and for adopting a “no barriers” mindset that lets them move forward with their lives.

For more information, visit http://soldierstosummits.org.

National Junior Disability Championships

The 2012 National Junior Disability Championships hosted by Arizona Disabled Sports will take place in Mesa, Ariz., Saturday, July 21 - Saturday, July 28. Events include archery, field, pentathlon, powerlifting, swimming, table tennis and track.

All athletes are between the ages of 7 and 22 (with the exception of 23 for powerlifting only), and have met the appropriate Disabled Sports Organization (DSO) qualifying standards at a sanctioned regional qualifying meet or an approved qualifying competition.

The registration fee of $175 per athlete or coach includes: the competition fees, commemorative plaque, adhesive place medals for plaques to the first three finishers, event t-shirts, and social opportunities. Registrations must be received by Friday, June 22. (Late registration is $275 until Friday, July 6.)
Extremity Games 7 (eX7) Main Event, will take place June 22-23 at the Texas Ski Ranch in New Braunfels, Texas. Competitions and instructional clinics featured include skateboarding, speed rock climbing, wakeboarding, sit-boarding, kayaking, and cross-country mountain biking. Exhibitions include motocross and mixed martial arts.

A full-day of instructional clinics and athlete sign-in are set for June 22 from 9 a.m. - 3 p.m., followed by a welcome reception at the host hotel.

Competitions run June 23, from 8 a.m. - 5 p.m. Elite competition athletes will compete for cash prizes, while novice competition athletes will compete for prizes. Cash prizes will be determined by the amount of participants in each competition/division.

The Games conclude with an award ceremony and BBQ. All are welcome to join the BBQ awards celebration. Tickets are available online or at the door.

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

**MOTOCROSS**

eX7 motocross will take place May 26 in Millington, Mich., with two divisions: AMP (amputee) and PARA (paraplegic, quadriplegic). Riders will race a two-moto format during Baja Acres’ Memorial Day race weekend. Athletes will be competing for a cash purse.
Hundreds of ski and snowboard enthusiasts converged at Stowe Mountain Resort March 13-16 for the 24th Chartis Winter Summit where event sponsors and Chartis employees raised a record amount of funds to benefit DSUSA’s Warfighter Sports Program.

Joining in the snow sports were 35 participants and staff including 18 wounded warriors who are members of DSUSA’s Warfighter Sports Program. The warrior teams made a strong showing, winning their share of events in competition against able-bodied teams. In conjunction with this event, an Advanced Race Camp was held for the wounded warriors, members of DSUSA’s Youth E-Team, and select other participants with top coaches from around the country. They included, Barrett Stein, director, U.S. Paralympic Alpine Development Team; Lacey Heward, two-time Paralympian; Jason Moore, competitive skier and college coach; and AK Walker, adaptive head coach at Waterville Valley, N.H. Paralympian Caitlin Sarubbi was another notable participant.

Among the highlights prior to the races were practice runs with celebrity ski host and Olympic gold medalist Tommy Moe. The 328 racers were divided into 119 racing teams, including six DSUSA teams.

Helping to make the race training camp run smoothly were volunteers from Chartis’ Boston office, referred to as The Chartis Six. They helped with all aspects of the event, including logistics, equipment and on-hill assistance at the race camps, managing many details to make sure everyone had an enjoyable experience.

The final night’s dinner and awards reception featured ABC News Correspondent Bob Woodruff as the keynote speaker. Woodruff suffered a traumatic brain injury when reporting from Iraq in 2006. His charitable endeavor, The Bob Woodruff Foundation, is a sponsor of DSUSA.

The Chartis 2012 Winter Summit is in its 24th year, as a business building event attended by a number of participants across the insurance industry. The event combines Chartis-led panel sessions with the ski and snowboarding races.

Photos are courtesy of Ken Watson and Bill Danielewski.
Warfighters Challenge Themselves in Bataan Memorial Death March
The Bob Woodruff Foundation sponsors warrior participation

More than 50 wounded warriors and medical support staff participated in the 23rd annual Bataan Memorial Death March. The team, part of DSUSA’s Warfighter Sports Program, was sponsored by DSUSA in partnership with The Bob Woodruff Foundation. The grueling 26.2-mile march took place March 25 in the high desert of White Sands Missile Range, N.M. This year marks the fifth consecutive year for DSUSA’s participation in the Bataan Memorial Death March to honor this generation’s military heroes.

Disabled Sports USA Partners with dare2tri in Support of Military Paratriathletes

Disabled Sports USA (DSUSA) is partnering with dare2tri to support the participation of severely wounded service members in the USA Paratriathlon National Championships, to be held May 28, as part of the Capital of Texas Triathlon (CapTexTri) in Austin. Warfighter Sports, a program of DSUSA that offers sports rehabilitation for severely wounded warriors in military hospitals and communities across the U.S., will sponsor the participation of military paratriathletes who are currently training with dare2tri for the event.

Dare2tri Paratriathlon Club, launched in January 2011, provides opportunities for athletes with physical disabilities or visual impairments, to develop their skills in the sport of paratriathlon while inspiring the community at large. Paratriathlon has been accepted for inclusion for the IPC’s 2016 Paralympic Games in Rio de Janeiro.

“Dare2tri Paratriathlon Club, a program of Great Lakes Adaptive Sports Association (GLASA) and Chicago Park District, is thrilled to be partnering with DSUSA to field its first elite team at the Paratriathlon National Championships 2012,” said Keri Schindler, dare2tri co-founder and GLASA Program Director. “Our goal is to have between eight and 10 athletes representing dare2tri in Austin on Memorial Day at the CapTexTri.”

Warfighter Sports Events from April through October

Disabled Sports USA (DSUSA) and its chapter network continues its commitment to the nation’s severely injured service members with a busy summer of Warfighter Sports programs. One of the highlights of the summer calendar will happen Memorial Day weekend with Billabong hosting the Wave Warriors Surf Camp in Virginia Beach, Va. Groups from Walter Reed National Military Medical Center, Fort Belvoir, Camp Lejeune, and the Richmond VA are slated to attend. Surf Camp participants will experience a weekend of water sports clinics including surfing, stand-up paddle boarding, and kayaking. The event also includes a concert by Donovan Frankenreiter and access to view a professional surf competition.

Another unique summer experience comes with the renewal of the Memorandum of Understanding between DSUSA and the Bureau of Land Management. Through this agreement, DSUSA chapters will once again be able to provide high quality rafting trips throughout the summer on some of the nation’s most desirable rivers.

The Warfighter Sports summer calendar officially kicks off in April and continues through October with events across the country representing more than 30 sports and 80 events. All Warfighter Sports events are offered free of charge for wounded warriors and a family member. For more information or to view a full calendar of events, visit www.warfightersports.org.
State-of-the-Art Patient Care at New Fort Belvoir Community Hospital

The Department of Defense’s newest hospital, Fort Belvoir Community Hospital, Virginia, offers injured military the most advanced standards of healthcare through its state-of-the-art facility.

Built at a cost of more than $1 billion, Fort Belvoir Community Hospital replaces DeWitt Army Community Hospital and is absorbing about a third of the patients from the former Walter Reed Army Medical Center.

The new hospital, opened in August 2011, is at the forefront of evidence-based design that creates an environment that is therapeutic, supportive of family involvement, and efficient for staff performance. Best practices improve patient outcomes, privacy, comfort, and safety. A key component is incorporating nature to promote healing, such as with the abundant use of windows for natural lighting, bright colors, and a healing garden. Patients will have their own rooms that incorporate individual lighting, thermal controls, and acoustically absorbing materials for optimal comfort. The overall space plan also is designed to keep doctors and nurses in proximity to the patients.

Disabled Sports USA (DSUSA) has stepped up efforts to provide increased rehabilitative sports experiences that support the new medical facilities. This includes a year-round golf program as well as regional and local adaptive clinics and events such as the Billabong Surf Camp (Virginia Beach, Va.), the Run for the Dream Road Race (Williamsburg, Va.) and a variety of local ski programs in partnership with the DSUSA chapter network.

If you are a patient at this facility and would like to get involved, contact kstott@dsusa.org. Chapters who would like to offer services to this location may also contact us.

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2012 Denali Challenge

On June 10, 2012, a team of five wounded warriors will challenge themselves to summit Denali (Mt. McKinley) in Alaska, at 20,320 feet, the highest mountain in North America. Team Warfighter Sports will test their limits, stamina, and endurance while raising awareness of the abilities of our nation’s wounded warriors.

FACTS ABOUT DENALI - THE “GREAT ONE”
• 20,320 feet – highest in North America
• One of the coldest mountains on earth; Temperatures reaching as low as 40°F below zero
• Wind speeds on the upper mountain can reach over 150 mph
• Glaciers, separated by razor edge ridges and massive granite rock

FACTS ABOUT TEAM WARFIGHTER SPORTS
• Seeking to re-ignite their competitive, athletic spirit that military service members possess, and motivate those recently injured as to what is possible
• Includes severely wounded from Iraq, Afghanistan, and Vietnam
• Disabilities sustained in war include single and multiple leg amputations, nerve and bone damage, traumatic brain injury
• Six months of intensive training, including mountains in Colorado (Breckenridge and Telluride) and Bataan Memorial Death March, a 26 mile, one day hike in the desert of southern New Mexico
• Mountain Trip (www.mountaintrip.com), an experienced guide group, will lead the challenge

TEAM WARFIGHTER SPORTS MEMBERS
• Army Capt. Jesse Acosta (Ret.) Severely wounded by an IED in Iraq. Permanent damage to his hip, leg, back and arm. Scaled Mt. Kilimanjaro in 2011 and twice completed a 100-mile bicycle ride and the Capital of Texas Triathlon. Acosta is a West Point graduate currently working on Wall Street.
• Army Sgt. Kirk M. Bauer, JD (Ret.) Disabled Vietnam veteran (left above knee amputee) and the executive director of Disabled Sports USA for the past 28 years, Bauer, 64, still leads an active sports life participating with wounded warriors, youth and others in skiing, biking, hiking, golf and other sports. In 2010, he led a team of all-amputee veterans of the Iraq and Afghanistan wars on a successful summit of Mt. Kilimanjaro.
• Marine Capt. David Borden (Active Duty) After losing his leg above the knee to a suicide bomb in Iraq in 2008, Capt. Borden returned to combat in Afghanistan in 2011. Borden has golfed, skied, and run the Army Ten Miler.
• Army Sgt. Neil Duncan (Ret.) Severely wounded in Afghanistan in 2005 by an improvised explosive device resulting in amputation of both legs. He scaled Mt. Kilimanjaro in 2010 alongside Kirk Bauer and continues to stay active in sports.
• Army Cpl. Steve Martin (Ret.) Served in the Army and Army National Guard for eight years including assignment in Korea. Hit by an IED while on operations as a State Department contractor with Joint U.S. Forces Provincial Mentoring Team in Afghanistan. Martin eventually lost both legs below the knees as a result of his injuries. After his amputations, he completed the Bataan Memorial Death March in 2011. Martin golfs, bikes, swims, and runs and has competed in triathlons.

TENTATIVE ITINERARY - WEST BUTTRESS ROUTE
• Day 1: Meeting Day in Anchorage (Start Date)
• Day 2: Fly to Base Camp in Kahiltna Glacier, 7,200 ft.
• Day 3: Move to 7,800 ft.
• Day 4: Carry to Kahiltna Pass
• Day 5: Move to 11,200 ft.
• Day 6: Back-carry day
• Day 7: Carry to 13,500 ft.
• Day 8: Move to 14,200 ft.
• Day 9: Back-carry day
• Day 10: Carry to 16,400 ft.
• Day 11: Rest/Acclimatization day
• Day 12: Move to 17,200 ft.
• Day 13: Rest day
• Day 14: Summit Day!
• Day 15: First descent day
• Day 16: Descent and fly to Talkeetna
• Day 17-23: Contingency days
• Day 24: Fly home

5 Wounded Warriors.
4 Good Legs.
3 Wars.
2 Generations.
1 Mountain.
Another Successful Run for The Hartford Ski Spectacular

The 24th annual The Hartford Ski Spectacular 2011 was held in beautiful Breckenridge, Colo., welcoming 775 participants from seven countries and 41 states to ski, snowboard, cross-country, play sled hockey and curl. This is the first year that the event has offered clinics or competition in all five of the winter Paralympic sports.

Among the participants were 32 youth and their coaches, attending the National Race Festival on DSUSA scholarships, promoting and fostering the next wave of Paralympic talent. Ski Spectacular also hosted, for the ninth year, 179 recently wounded military and their families. For many, it was their first time on snow since their injuries. For others, it was a stepping stone to exploring alpine ski racing, as they received coaching from former Paralympians and some of the best adaptive ski coaches in the country.

The National Adaptive Continuing Education Academy provided 163 instructors with credits to help them keep up their adaptive certifications through PSIA-AASI. This included Disabled Sports USA hosting 35 instructors in their signature, complimentary “Bridging the Gap” clinics, as well as other free mini-clinics further supporting the education and development of its chapter network.

The Hartford Ski Spectacular was followed by four days of racing at Copper Mountain where 74 athletes from 12 countries participated in slalom and giant slalom races.

Check out Disabled Sports USA’s YouTube channel (DisabledSportsUS) to view participant stories from the event.

Photos courtesy of Ken Watson and Tyler Stableford
“IMPOSSIBLE IS AN OPINION, NOT A FACT.”

Cameron Clapp
Hanger Clinic
Patient since 2001

Carrie Davis
Hanger Clinic
Patient since 2000

Vernita Jefferson
Hanger Clinic
Patient since 2007
I’mPOSSIBLE

We know that “possible” lives inside each of us, waiting to be unleashed. We see the strength in your faces and the fire in your eyes. You can do this and we can help.

We deliver integrated rehabilitative solutions at 700 clinics throughout the United States and each year help more than 1,000,000 people turn their hopes and dreams into realities. Recently, we changed our name from Hanger Prosthetics & Orthotics to Hanger Clinic to reflect that we provide much more than orthotic and prosthetic solutions.

For 150 years, our commitment to clinical excellence has presented itself in every patient, every solution, every story. We are dedicated to breaking down barriers. Moving lives forward. Empowering human potential.

To learn more about Hanger Clinic or find a location near you, call 877-4HANGER or visit www.hanger.com.
### ALABAMA
- **June 16 – June 19**
  - Camp JAWS
  - Swimming, Wheelchair Basketball, Sitting Volleyball, Track/Field, Tennis
  - Lakeshore Foundation
  - Birmingham
  - www.lakeshore.org

- **July 23 – July 26**
  - Summer Inclusion Camp
  - Hiking, Bowling
  - Lakeshore Foundation
  - Birmingham
  - www.lakeshore.org

### ALASKA
- **June 1 – June 31**
  - Paralympic Sport Alaska
  - Paddle Sports
  - Challenge Alaska
  - Anchorage
  - www.challengealaska.org

- **June 1 – Aug. 31**
  - Summer Adventure Club
  - Hiking, Fishing, Kayaking, Biking, Camping
  - Southeast Alaska Independent Living
  - ORCA
  - Juneau
  - www.sailinc.org

### ARIZONA
- **May 14 – May 20**
  - Desert Challenge Games
  - Track/Field, Archery, Powerlifting, Swimming
  - Arizona Disabled Sports
  - Mesa
  - www.arizonadasbombsports.com

### CALIFORNIA
- **April 1 – Oct. 31**
  - NMCSD Progressive Scuba Diving Courses
  - SCUBA Certification Courses
  - San Diego Adaptive Sports
  - Foundation
  - San Diego
  - www.sdsaf.org

- **May 1**
  - Summer Training
  - Adaptive Cycling Staff Training
  - Disabled Sports Eastern Sierra
  - Mammoth Lakes
  - www.disabledsportseasternsierra.org

### COLORADO
- **Ongoing**
  - U.S. Handcycling Series
  - U.S. Handcycling
  - Evergreen
  - www.ushf.org

- **June 1 – July 31**
  - Salute to Troops - Kayak Program
  - National Sports Center for the Disabled
  - Denver
  - www.nscd.org

- **June 4 – June 8**
  - Operation High Altitude
  - Kayaking, Rock Climbing, Cycling
  - Disabled Sports Eastern Sierra
  - Mammoth Lakes
  - www.disabledsportseasternsierra.org

- **June 13 – June 17**
  - Their Spirit Inspires
  - Waterskiing, Whitewater Rafting, Sled Hockey, Paddle Sports, Bowling
  - Disabled Sports USA
  - Far West Sacramento
  - www.dsusafw.org

- **June 23 – Aug. 8**
  - AAA Adaptive Golf and Tennis Program
  - Adaptive Athletics
  - Mountain Foundation
  - www.adaptiveathletics.org

- **Aug. 7 – Aug. 11**
  - Jr. Wheelchair Sports Camp
  - Wheelchair Softball, Basketball, tennis, Rugby, Archery, Racquetball, Outrigger Canoe, Waterskiing, Sailing, Yoga, Handcycling
  - San Diego Adaptive Sports
  - Foundation
  - San Diego
  - www.sdsaf.org

- **Aug. 10 – Aug. 12**
  - Pedal-Paddle Camp
  - Cycling, Watersports
  - Disabled Sports Eastern Sierra
  - Mammoth Lakes
  - www.disabledsportseasternsierra.org

### CONNECTICUT
- **Aug. 7 – Aug. 8**
  - SAVEs - Sports Association Veteran Events
  - Fishing, Kayaking, Challenge Courses
  - Sports Association
  - Wallingford
  - www.gaylord.org/Home/WhyGaylord/SportsAssociation

- **Sept. 21 – Sept. 22**
  - Leaps of Faith Warfighters Waterski Workout
  - Waterskiing, Kayaking, Bass Fishing
  - Leaps of Faith Disabled Skiers (LOF)
  - Sandy Hook
  - www.leasoffaithwaterskiers.com

### IDAHO
- **June 18 – Aug. 17**
  - Peak Adventures for Kids
  - Canoeing, Rock Climbing, Swimming, Golfing, Biking, Kayaking
  - Sun Valley Adaptive Sports
  - Ketchum
  - www.svasp.org

- **June 22 – Sept. 13**
  - Higher Ground
  - Fly Fishing, Watersports, Whitewater Rafting
  - Sun Valley Adaptive Sports
  - Ketchum
  - www.svasp.org

Disabled Sports USA is thrilled to support its chapter network in conducting their summer programs and events. From training to youth camps to military and veteran programs, there is something for everyone to enjoy.

The Disabled Sports USA grant program provides funding to its chapter members that enables those organizations to purchase adaptive equipment, host competitions, and cover training and clinic expenses. A total of 57 chapters and partner organizations received grant awards, conducting 84 programs in more than 30 sports across 30 states. Through these services, the grants will help an estimated 3,400 people with disabilities become more active, and be able to affordably participate in activities in their home region.

Events listed include those under the Warfighter Sports program, which offers sports rehabilitation for severely wounded warriors in communities across the U.S. For more information regarding Warfighter-specific activities, visit www.warfightersports.org.
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LEADING THE WAY TO LONDON
PARALYMPIC PREVIEW
By Erin McHale

IMMEDIATELY FOLLOWING THE OLYMPIC GAMES, AND HELD AT THE SAME VENUES, THE PARALYMPIC GAMES SHOWCASE THE TALENTS AND INSPIRATIONAL STORIES OF THE WORLD’S TOP PHYSICALLY DISABLED ATHLETES. COMPETING ATHLETES INCLUDE THOSE WHO ARE VISUALLY IMPAIRED OR BLIND, HAVE AMPUTATIONS, CEREBRAL PALSY, SPINAL CORD INJURIES, AND TRAUMATIC BRAIN INJURIES OR STROKE. FROM THE OPENING CEREMONY ON AUG. 29, TO THE CLOSING CEREMONY ON SEPT. 9, AN ELITE GROUP OF OVER 4,200 ATHLETES FROM 160 COUNTRIES WILL FACE-OFF IN LONDON, AT THE LARGEST PARALYMPIC GAMES TO DATE. THIS YEAR’S COMPETITION IS SURE TO BE EXTRAORDINARY, AS THE EVENT RETURNS TO ITS BIRTHPLACE IN ENGLAND.
The event roster for the 2012 Paralympic Games consists of 20 sports, including: archery, athletics, boccia, cycling (road and track), equestrian, 5-A-Side football, 7-A-Side football, goalball, judo, powerlifting, rowing, sailing, shooting, swimming, table tennis, sitting volleyball, wheelchair basketball, wheelchair fencing, wheelchair rugby, and wheelchair tennis. Events will be held at Olympic Park venues, as well as venues both across and outside of London.

Although the final roster has yet to be decided, multiple athletes have already secured their spots at the 2012 Games, while other Paralympic hopefuls continue to work diligently towards this accomplishment. The summer 2012 issue of Challenge magazine will have the complete list of U.S. Athletes attending the Paralympic Games. However, a few prominent athletes to watch include:
MONICA BASCIO // CYCLING
After a downhill skiing accident left her paralyzed from the waist down in 1992, Bascio wanted to remain active in sports in order to stay fit and healthy. Also a mother and occupational therapist, she has been successful both professionally and athletically. In 2002, she became the World Handcycling Champion before changing her sport to Nordic skiing. She has won multiple medals throughout the years, including a gold medal at the IPC World Handcycle Championships in 2002, and four top-five finishes at the World Cup Finals in 2004, including a silver medal in the 10k. Bascio placed fifth in the 10k at the 2005 World Championships, and fifth in the 15k at the 2006 Lillehammer World Cup. Her accomplishments at the 2006 Paralympics include fifth place in the 10k, ninth place in the 2.5k, and seventh place in the 5k. At the Vancouver Paralympics in 2010, she placed ninth in the 10k and 10th in the 5k. In 2011, nine years after being crowned the world champion in the sport, she announced that she would be returning to handcycling because of its exciting, competitive element, as well as to have more time to focus on her family. Bascio is said to be one of the top prospects in handcycling.

ALLISON JONES // CYCLING
Jones was born without her amputation stop leg, but has not let a femur in her right back. He got involved with handcycling, and began to compete at the Paralympic level after meeting other Paralympians through local marathons. In 2006, he competed in his first international competition at the IPC Cycling World Championships, and finished seventh in the time trial event. He medaled at the Accenture U.S. Paratriathlon National Championships in 2008, and won a gold medal at the Paralympics in Beijing in the time trial event, as well as a bronze in the road race. In 2010, he won numerous medals at the UCI Para-Cycling Road World Championships, and also was a finisher in the Ironman World Championships. Sanchez won two gold medals at the 2011 UCI Para-Cycling Road World Championships, and a gold medal at the Parapan American Games.

MEN'S WHEELCHAIR BASKETBALL
Eric Barber, Whitewater, Wis.
Joe Chambers, Davis, Calif.
Nate Hinze, Ripon, Wis.
Trevon Jenifer, Huntington, Md.
Jeremy Lade, Janesville, Wis.
Ian Lynch, Brooklyn Park, Minn.
Jason Nelms, Detroit, Mich.
Paul Schulte, Bradenton, Fla.
Matt Scott, Detroit, Mich.
Steve Serio, Long Island, N.Y.
Josh Turek, Omaha, Neb.
Will Waller, Hudson, Ohio

WOMEN'S WHEELCHAIR BASKETBALL
Sarah Binsfeld, Vadnais Heights, Minn.
Sarah Castle, Lee’s Summit, Mo.
Jennifer Chew, Littleton, Colo.
Rose Hollermann, Elysian, Minn.
Darlene Hunter, Arlington, Texas
Mary Allison Milford, Birmingham, Ala.
Desiree Miller, Whitewater, Wis.
Becca Murray, Germantown, Wis.
Alana Nichols, Wheatridge, Colo.
Jennifer Poist, Tucson, Ariz.
Natalie Schneider, Ord, Neb.
Andrea Woodson-Smith, Durham, N.C.

2012 U.S. PARALYMPIC TEAM NOMINATIONS
Athletes who will be participating in the Paralympics
*Denotes Veteran or Active Duty Service Member

FENCING
Cat Bouwkamp, Fishers, Ind.; Category A foil
Ryan Estep, Florence, Miss.; Category B epee
Mario Rodriguez, Ventura, Calif.; Category A foil
Gerard Moreno, Los Angeles, Calif.; Category B foil
Gary Van Der Wege, Kyle, Texas; Category A epee

SAILING
Tom Brown, Castine, Me.
Jen French, St. Petersurg, Fla.
Paul Callahan, Cape Coral, Fla./Newport, R.I.
JP Creignou, St. Petersburg, Fla.
Bradley Johnson, Pompano Beach, Fla.
Mark LeBlanc, New Orleans, La.

SHOOTING
*Eric Hollen, Colorado Springs, Colo.; ret. Army
*Sgt. 1st Class Josh Olson, Spokane, Wash.; U.S. Army

TRACK & FIELD
Tatyana McFadden, Clarksville, Md.; marathon event

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Andrea Woodson-Smith, Durham, N.C.

MYLES PORTER // JUDO
Porter is a legally blind athlete and former football player for the University of Toledo. He wrestled in high school, and was introduced to judo while in college. In 2006, Porter competed in his first IBSA
Judo World Championships, followed by his first international competition. He became the third legally blind judo athlete to receive a national ranking alongside athletes who are not visually impaired. Porter placed fifth in the 2008 Paralympics, and in 2009 he received a gold medal at the Visually Impaired U.S. Open, the IBSA Pan American Games, and the USA Judo Visually Impaired National Championships. He won bronze at the IBSA World Championships in 2010, gold at the German Open, and gold at the Lithia Open. In 2011, Porter won a gold medal at the Parapan American Games. He is currently a full-time athlete, and is living and training at the U.S. Olympic Training Center in Colorado Springs, Colo. He has set a goal for himself to compete not only in the Paralympics, but in the 2012 Olympics as well.

SGT. 1ST CLASS JOSHUA OLSON // SHOOTING
Since losing his right leg to a rocket-propelled grenade in Iraq in 2003, Olson has been an instructor at the Army Marksmanship Unit at Fort Benning, Ga. He was instrumental in helping to create a vacuum socket, called the Olson Design, for those with hip disarticulation, and in 2009, he returned to Iraq as part of the “Operation Proper Exit” Program. Olson is the first disabled athlete to be nominated to the U.S. Army’s World Class Athlete Program.

ANNA JOHANNES // SWIMMING
Born without her left arm below the elbow due to amniotic band syndrome, Johannes started swimming in an able-bodied swim league when she was 8. She is currently a high school senior, and plans to attend college upon graduation. In her swimming career, she has been involved in the Paralympics for six years, and recently won six medals at the Parapan American Games, including five gold and one silver. She currently has her sights set on competing in multiple swimming events. The 2012 U.S. Paralympic Team Trials for Swimming in Bismarck, N.D., will be the first hurdle she must surpass on her way to accomplishing this goal.

JESSICA LONG // SWIMMING
Long is a bi-lateral amputee who was adopted from a Russian orphanage when she was 13 months old. After coming to the United States, she had both of her legs amputated as a result of being born without any fibulas, ankles, or heels. She has been involved in many sports including gymnastics, cheerleading, ice skating, cycling, trampoline, and rock climbing, and was the runner-up in speed climbing at the 2006 Extremity Games. She is most successful in swimming, however, and has had 18 record-breaking performances. When she was 12, Long was the youngest member of the U.S. team at the 2004 Paralympics. She has also been the recipient of numerous awards, including Disabled Swimmer of the Year (2005), and U.S. Olympic Committee Paralympian of the Year (2006). Long also has won a significant number of gold medals at various World Championships and Paralympic Games.

RUDY GARCIA-TOLSON // SWIMMING
Garcia-Tolson was born with pterygium syndrome, which eventually led to the amputation of both of his legs above the knee when he was 5 years old. He has been involved in multiple competitive sports throughout his athletic career, including running, cycling, Ironman races, and swimming. In 1999, when he was 10, he became the youngest to complete a triathlon on his own as a bilateral amputee, while also setting his first national record in swimming in the same year. In 2007, he became the first bilateral above-the-knee amputee to complete a half Ironman race. In swimming, Garcia-Tolson set a world record in the 200-meter individual medley at the U.S. Paralympics Open Swimming Championships in 2007, and then went on to break his own world record in the same event at the 2008 Paralympics in Beijing. He holds three third place and two first place finishes from the World Championships, as well as one bronze and two gold medals from the 2004 and 2008 Paralympics.

LANTZ LAMBACK // SWIMMING
Lamback, who was born with cerebral palsy, began swimming with an able-bodied swim team when he was 9, and started competing with disabled swimmers at 14. He was awarded the Greater Augusta Sports Council Award in 2003, and placed third in both the 50-meter freestyle and 100-meter freestyle events at the 2004 Paralympics. He won four medals at the 2006 IPC World Swimming Championships, and then went on to win an additional four medals at the 2008 Paralympics. Lamback plans to retire from swimming after the 2012 Games in order to complete his degree at Augusta State University.
CHELSEA MCCLAMMER // TRACK & FIELD
When she was 6, McClammer sustained a spinal injury from a car accident. She joined Team St. Luke’s junior disability sports team in 2006, and is an active wheelchair basketball player for St. Luke’s Rehabilitation Institute. She is a competitive wheelchair racer, and took first place in all of her divisions at the 2007 National Junior Disability Championships. At 14, McClammer was the youngest member of the 2008 U.S. Paralympic Team, and finished eighth place in the 800-meter event. She placed third in the 200-meter and fourth in the 100-meter at the U.S. Paralympic Track & Field National Championships in 2010. In 2011, she won six medals at the Parapan American Games, including five gold and one bronze.

TATYANA MCFADDEN // TRACK & FIELD
Born in Russia, McFadden was left abandoned at an orphanage, paralyzed from the waist down. She was adopted and came to the United States at the age of six, where she has been an active wheelchair racer. McFadden spoke before the United States Senate Subcommittee on Adoption, was part of a film for the National Angels in Adoption Awards, and is an Ambassador for the Hilton Family of Hotels. In 2006, after a lawsuit was filed against the board of education for not allowing her to compete at the same time as able-bodied runners, McFadden was cleared to compete in her high school track meets. She holds multiple first, second, and third place finishes from the 2006 and 2011 World Championships. She placed second in the 100-meter, and third in the 200-meter at the 2004 Paralympic Games. She also competed in the 2008 Paralympics, placing second in the 200-meter, 400-meter, and 800-meter, as well as third in the 4x100-meter relay. McFadden will be competing in her first Paralympic marathon, and also has her sights set on competing in sprint events.

KORTNEY CLEMONS // TRACK & FIELD
In 2005, Clemons was five days past his discharge date as an Army combat medic in Iraq when he lost his leg to a bomb while aiding other wounded soldiers in an overturned Humvee. Since this tragedy, Clemons has remained active in sports, and was the first Iraq war veteran to qualify for the U.S. Paralympic Team. Clemons has been successful in both track and field and powerlifting, and placed 13th at the 2006 IPC Powerlifting World Championships. He ranked first in the 100-meter track and field event at the 2006, 2007, and 2008 U.S. Paralympic Track & Field National Championships. Clemons also placed first in the 100-meter and 200-meter events, as well as third in the long jump at the 2010 U.S. Paralympic Track & Field National Championships. He was a member of the 2011 IPC Athletics World Championship Team. Clemons is a top prospect to qualify for the 100-meter, 200-meter and long jump events.

JEROME SINGLETON // TRACK & FIELD
Due to a condition called fibular hemimelia, Singleton was born without a fibula in his right leg, and it was amputated below the knee when he was 18 months old. He has had many academic accomplishments, including an internship at NASA Glenn Research Center, where he was an integral part of a project to be implemented in aiding the Mars Landing. He also assisted with work on a system used in the early detection of cataracts, and in 2007, he spent time in Switzerland carrying out research through Yale University. His career in athletics grew from a need to follow in his older sister’s footsteps as a hurdler. Singleton placed first in the 4x100-meter relay, and second in the 100-meter sprint at the 2008 Paralympics. He recently gained the title “fastest amputee on the planet,” after winning gold in the 100-meter sprint at the 2011 World Championships, beating reigning champion Oscar Pistorius of South Africa. He also placed second in both the 200-meter sprint and the
4x100-meter relay at the 2011 World Championships. His dream is to win a gold medal in one or all of these events.

SCOTT WINKLER // TRACK & FIELD
Paralympian Winkler is an Army veteran who is paralyzed due to an injury sustained in Iraq in 2003. Since his injury, he has become active in sports, as well as becoming co-founder of a non-profit organization called Champions Made From Adversity (CMFA), which provides sports and leisure activities for people with a physical disability, as well as their families. Winkler has been making a name for himself in track and field, competing in the discus and shot put events. In 2007, he won gold and bronze medals in the shot put at the Parapan American Games, and set the world record in the same event at the U.S. Paralympic Track & Field National Championships. In 2008, he placed first with the American record in shot put at the U.S. Paralympic Track & Field Trials, and went on to place fifth in the shot put at the 2008 Paralympics. Winkler won first place in both the discus and shot put F55 at the 2010 National Championships, and in 2011, he was named to the IPC Athletics World Championship team, as well as taking home a gold medal in shot put and a bronze in discus at the Parapan American Games. Winkler is a top contender for the shot put and discus events.

WOMEN’S WHEELCHAIR BASKETBALL TEAM
The U.S. Women’s Wheelchair Basketball National Team has been selected for the 2012 Paralympic Games, and is the defending gold medalist team. The team was selected after a tryout camp at Lakeshore Foundation in Birmingham, Ala. The athletes chosen to represent the United States in Women’s Wheelchair Basketball include: Sarah Binsfeld, Sarah Castle, Jennifer Chew, Rose Hollermann, Darlene Hunter, Mary Allison Milford,_Desiree Miller, Becca Murray, Alana Nichols, Jennifer Poist, Natalie Schneider, and Andrea Woodson-Smith, with Gail Gaeng and Jennifer Ruddell being selected as alternates. The team will be led by David Kiley, head coach, and Matt Buchi and Dan Price, assistant coaches. Jeff Downes is the team leader, and the defensive coordinator is Miles Thompson. Kris Gratias will be the certified athletic trainer for the team.

The Women’s Wheelchair Basketball Team is off to a fantastic start, already blowing away its competition. The team is led by stand-out Alana Nichols, who is not only an exceptional basketball player, but is also a phenomenal skier. Nichols has won numerous medals in prestigious competitions, including the 2010 Paralympics, where she became the first American woman to win gold at both the summer and winter Games. Her winter events include the downhill, super G, super combined, slalom, and giant slalom skiing events. She has won multiple medals with the Women’s Wheelchair Basketball team, including gold at both the 2008 Paralympic Games, and the 2011 Parapan American Games. Nichols is expected to be an integral part in the U.S. Women’s Basketball National Team’s anticipated success in defending its gold medal.

Erin McHale is the Program Services Intern for Disabled Sports USA. She is a student at Georgetown University’s Sports Industry Management master’s degree program.
GOAL BALL: PREMIER TEAM GAME FOR THE VISUALLY IMPAIRED

Information provided by United States Association of Blind Athletes (USABA)

WHAT IS GOALBALL?
Goalball is a Paralympic sport played by athletes who are blind and visually impaired. Developed after WWII as a way to keep blinded veterans physically active, it has become the premiere team game for blind athletes. Played competitively by men and women around the world, it is a very fast paced, physically challenging, strategic and exciting game.

HOW DO YOU PLAY?
In goalball, two teams of three players each face each other across a court that is nine meters (29.5 feet) wide and 18 meters (59.055 feet) long. The object of the game is to roll a basketball-size ball with bells inside over the opponent’s goal line. Your opponents listen for the oncoming ball and attempt to block it with their bodies. Once they are able to stop the ball and take control of it, they become the offensive team. Complete rules are available at http://www.ibsa.es.

THE COURT AND RULES
The player’s zone is marked at either end of the court by taping a heavy string down to the court for the players to feel with their hands or feet. The player’s zone is 3 meters (9.8 feet) deep and extends the width of the court. Each player’s zone has three orientation lines which the players use to line themselves up with and maintain their orientation to the court. Three meters in front of the player’s zone, is the overthrow line. The goalball must touch the floor at least once before crossing this line or a penalty is assessed. Other common penalties are for holding the ball too long, one player throwing too much and touching the eyeshade. When a penalty occurs, the guilty player must defend the entire court by himself. The game consists of two 12-minute halves and takes about an hour to play an entire game.

STRATEGY
The defensive team usually sets up a zone defensive. The player in the middle of the court is called the center. The center is the primary defensive player. He or she plays at the front of the player’s zone and defends a majority of the court. The players to the right and left of the center are called wings. The wings are usually the primary offensive or throwing players. Defensively they play behind and to the left and right of the center defending their respective areas. During the game, the center will usually stop the ball and pass it to a wing. While the wing is throwing the ball, the center will reorient themselves to the center of the court. Knowing that a thrower is slow to return to his defensive position, or that a player might not be in his defensive position, many teams will attempt a “quick throw” hoping to catch their opponent out of position. Curve balls, off speed balls and various other balls are sometimes thrown hoping to confuse the other team. Players may quietly change wing positions with the ball hoping to surprise the defending team by throwing from a different area.
WHAT EQUIPMENT DO I NEED TO PLAY GOALBALL?

GOALBALLS

Goalballs can be ordered through the United States Association of Blind Athletes (USABA) website: www.usaba.org.

EYESHADES

Goggles have to block all light and vision. Commercial goalball goggles are available. However ski goggles are often a lower cost and preferred alternative. It is suggested that you contact your local snow ski clubs or ski facilities and ask them to donate their used or lost and found goggles. Scratched or cracked lens are no problem as you will be taping them anyway. The straps and the foam around the edge must be good. Although any type of tape can be used, you need to ensure no light can be seen through the lens and vent areas when the goggle is placed against the face.

KNEE AND ELBOW PADS

Most any pad will work; however most of the Team USA players prefer to use the Trace brand as they seem to hold up longer. There are two kinds of Trace elbow pads: short ones and the longer variety. Although either type will work, most players prefer the longer pads. For the knee pads, most players prefer the Trace 47000 softball knee pad as it is longer and covers part of the shin. These can be bought at your local sports store.

PANTS

There is no required pant. Most players prefer to use hockey pants while others prefer to use football pants and pads or soccer goalie pads combined with a variety of other pants. The use of all of these is permitted; however all members of the team must have the same color and style. These can be purchased at local sports stores.

JERSEYS

Jerseys may be hockey, football, soccer, or any other jersey so long as they match and have numbers that are a minimum of 20 centimeters (8 inches) high permanently affixed to both front and back. It is helpful to the officials and scorer’s table if the numbers are contrasting colors and easy to read.

SHOES

Any type of lightweight athletic shoe with a non-marking sole will work. Many players use basketball, indoor soccer shoes or wrestling shoes, but the choice is based on personal preference.

EYE PATCHES

Although not required for most play, eye patches are required in all major competitions. At most tournaments in the USA patching is done on the basis of the opposing coach asking for certain players to be patched and then the requesting coach must furnish the patches. Additional information regarding eye patches can be found in the IBSA Goalball Rulebook.

FLOOR TAPE AND STRING

Two-inch wide gym floor tape is the best to use and may be purchased at most local sports stores. String (.003 meters or 0.118 inches in diameter) may be purchased at the local hardware store.

It is suggested that you not use duct tape on the floor as most of the time it will damage the floor; masking tape is also not advised as it tears easily and is hard to remove.

GOALS

Once your team becomes competitive you may wish to secure goals to practice with. Goals can also be purchased from a few commercial sources, but because these goals are specialized for this sport and the demand is small, they can be cost prohibitive. Several teams have produced sturdy, low-cost goals using PVC, a plastic tubing available at most large hardware stores. The dimensions of the goals can be found in the goalball rules at http://www.ibsa.es.

WHERE CAN I FIND COMPLETE RULES AND ADDITIONAL INFORMATION?

RULES

Complete goalball rules can be found at http://www.ibsa.es and click on goalball.

ADDITIONAL INFORMATION

Contact USABA Sports Director John Potts, jpotts@usaba.org

GOALBALL FAST FACTS

- Played competitively in more than 100 countries
- Introduced to the Games as a demonstration event at the Toronto 1976 Games
- Became a full medal sport in Arnhem, 1980
- Women’s tournament first featured at the New York and Stoke Mandeville 1984 Games.
- Goalball reaches speeds of 60 miles per hour

2012 VENUE: Olympic Park - Copper Box
DATES: Thursday, Aug. 30 - Friday, Sept. 7
MEDAL EVENTS: 2
ATHLETES: 132
72 men, 60 women
12 men’s teams, 10 women’s teams
Source: London 2012 - Official site of the London 2012 Olympic and Paralympic Games
As both a successful lawyer and Paralympic athlete, Bradley Johnson has competed at the Paralympics in both sit-volleyball and sailing. He is now gearing up for the London 2012 Games, for his second appearance in the sport of sailing.

You’ve been to the Paralympics twice, (for sitting volleyball in 2000, and for sailing in 2004) and have now been nominated again for sailing in 2012. Why have you chosen team sports as opposed to individual sports such as swimming, weight lifting or track and field?

BJ: The opportunities to compete on different teams were presented to me, and I was interested in playing these sports. I enjoy individual sports, but unlike team sports, they lack the camaraderie and enthusiastic energy exuded by team mates prior to competition, which helps me ‘amp up’ or focus on the game.

Do you have any advice for disabled individuals who want to get involved in sports?

BJ: First, exercise regularly and eat healthy foods that will facilitate your maximum performance. Secondly, peruse the Paralympic sports and DSUSA websites, to check whether your sport of interest is a Paralympic sport. If so, contact the national governing body for that sport, and ask whether there are organizations in your local area that offer your particular sport of interest. If a particular sport is not included in the Paralympics, continue searching online for links that will lead you to that sport.

What motivated you to get involved in sports after your injury?

BJ: I’ve always enjoyed competitive sports prior to my accident. I believe the key motivating factor has been maintaining my good health. At the time of my auto accident I was in great health, which is the primary reason that I’m alive, according to the doctors. This knowledge has fueled my desire to challenge myself physically.

Can you describe what a typical training workout for you is?

BJ: My actual workouts are not typical anymore. I’ve become bored with just lifting weights, which I’ve been doing since I was 16. So, my strength training methods vary, such as use of kettle bells, along with the incorporation of biking, swimming, walking, and yoga. I enjoy different methods of training. The actual on-the-boat training is cognitively intense, sensory driven, and physically demanding.

People who know you find your personality warm, engaging, and sincere. How do you use this to help others with disabilities become engaged in sports and their communities?

BJ: First, thank you for the compliment. I typically connect with everyone I meet on a personal level by sharing my life experiences, whether that’s at a speaking engagement for The Hartford, a casual interaction while walking through an airport, at a restaurant, a park, or competing. I let the amputee see me, and I impress upon them that their ability to lead an active and fulfilling life won’t stop with the loss of their limb. The success of an amputee, or any physically disabled person, depends entirely on that person’s mental attitude. Positivity is key! It’s your attitude or state of mind that limits you, or it reveals your limitless abilities.

Do you have any tips for our readers on how to become motivated and stay motivated?

BJ: First, set personal goals. If there’s something you want to do, DO IT NOW. Don’t let complacency be your cancer. We’re all motivated by different people and things at various times, so a tip to stay motivated: This is most important during the tumultuous moments, simply BREATHE and focus on the necessary actions to achieve your objective. And to state the obvious, know yourself.

Who have been your strongest influences throughout your career?

BJ: My parents, of course; also my friends, and at times, strangers have said words that resonated and influenced me throughout my life. Occasionally, words are said to you that you need to hear, and that you didn’t realize you needed to hear, until the words are said.

What are you doing to change public attitude towards people with disabilities?

BJ: I hope I change public attitudes, and I hope that I help deconstruct misconceptions of individuals with physical impairments. I do this by living an active life, competing at an international level, pursuing my professional objectives, and most importantly, interacting with people on a personal level so that they recognize that my physical impairment isn’t the only attribute of the person with whom they are interacting. Many people procrastinate, but it seems that physically disabled individuals recognize the limited nature of our time. I think disabled people, especially those who have become disabled as a result of a traumatic accident, understand, recognize, and appreciate the value of time more than the average able-bodied person. After my accident, I saw the world and myself with new eyes, and I knew that there was so much I wanted to discover during my second chance at living my best life.

The success of an amputee, or any physically disabled person, depends entirely on that person’s mental attitude.
Anjali Forber-Pratt is currently a graduate student at the University of Illinois. As the world record holder in the 200-meter sprint, Anjali has set the national record in the 2012 Paralympic Games in London, and the 100-meter world record.

You were introduced to disabled sports at the age of 5, and were competing at the national level in track by the age of 9. How do you think getting involved in disabled sports at a young age has affected your athletic career?

Afp: I got involved with disabled sports at about 5 years old. There was a Saturday sports clinic that was my first exposure, with mostly wheelchair racing and downhill skiing. Growing up with a disability and being an athlete gave me the chance to dream and really set goals for myself.

You have experienced some sports-related injuries. What motivated you to continue competing in sports after you recovered from these injuries?

Afp: The good news is I am not on a first name basis with the ER receptionist... anymore! How you pick up the pieces and move on from injuries really comes down to drive. I had to prove to myself that I would not let my injuries de-rail me from my dreams. As an athlete where I’m at now, it was about finding a balance between determination and understanding my injuries. I now know the importance of communicating with the coaches and medical staff, and prioritizing between when it’s more important to plow through the injury, and when to stop and take a break.

What are your goals and aspirations in track and field?

Afp: I am currently a London 2012 hopeful, and I am confident in my abilities. One of my goals is to bring home gold from London. I have my eyes set on the 100-meter world record, and already have the world record for the 200-meter sprint.

What is your favorite track and field event?

Afp: The 200 is my favorite event, hands down. Being a sprinter, the power events and starts are my strong suite, so I love them. The 800 is the most challenging, but I think we all need challenges to really make us better athletes and better people in general.

Is there anyone who has been your role model throughout your career?

Afp: I have two role models that have really inspired me. Jean Driscoll is an eight-time winner of the Boston Marathon, and she also went to college at the University of Illinois. When I was five, my first exposure to sports was growing up watching the Boston Marathon. I saw these wheelchair racers go whizzing by, and Jean was one of them. She was a woman in a wheelchair, doing this really cool sport, and I wanted to be like her – to the point where I dressed up as the winner of the Boston Marathon for Halloween. I also wrote a story about her in third grade called ‘When I Meet Jean Driscoll.’ I was able to follow in her footsteps with my sports abilities, and I actually work right alongside her. Her office is across the hall from mine, and we share the same passion for international sports outreach. I traveled to Ghana with her to pursue our passions, and to be able to do that with your role model is really amazing. Another role model for me is Liz Craveiro, from DSUSA. I had the incredible opportunity of living with Liz, and for me the important part of the relationship that we had was about her not sugar-coating anything. She taught me that there will always be challenging days living with a disability, but beyond that, the sky is the limit. She was the first woman with a disability that I was close to that was married, had a job, and was really dedicated to all of it, and that really stayed with me. One thing she continually teaches me is the importance of picking and choosing your battles. As a woman with a disability, yes there will be challenges, but she really helped me gain that perspective to pick my battles and go after my goals in life.

Your motto is Dream. Drive. Do. How does this motivate you?

Afp: It came about through asking myself, what do I have to offer to the world? I live by these words, and it’s a message that really resonates with a lot of people. We all have the ability to dream, and as a kid I may have had distinct and lofty dreams, but it all starts with a dream. With any dream there will be obstacles. That’s just part of life, and that’s where drive comes from. Obstacles are just opportunities in disguise, and it’s important to drive through and keep your dream in mind to get to the top. Finally, there’s no sense in having dreams if you’re not going to achieve or at least attempt to achieve them. It is my motivation to help others find the opportunities that exist. It’s about finding what you want to do, and going out and doing it. Live your dream, drive through the hard times, and do whatever it is you need to do to sing through those hard times.

Do you have any motivational advice for other young disabled athletes?

Afp: I would say reach out to your local DSUSA chapter. Take the time to try out new things, because you never know what you’re going to love. At the Saturday sports clinic that I first got involved in, I could try everything. There’s probably not a sport that I haven’t tried, and if there is, I would want to try it. At DSUSA chapters, you can explore what you love. As a kid, it gave me that recreational component, and just surrounded me with people who love me for me. I didn’t have to be embarrassed by my disability, and that’s equally important. Not everyone has to have the Paralympics as a dream. It’s whatever you want to do. It’s whatever your dreams are. Just get out there and get involved in your community.

“There’s no sense in having dreams if you’re not going to achieve or at least attempt to achieve them.”
While every component, especially the socket, contribute to the successful wearing of a prosthesis, the choice and fitting of a liner is vital for maintaining comfort, control, and confidence. When I was a competitor in the reality show, “Survivor,” I was extremely confident with my custom silicone liners. They served me well and I felt I was able to stay deep in the game because of them. [Ed. Note: Crittenden remained a player for 27 out of the 39-day challenge.]

After “Survivor,” I went on to compete in a triathlon, won medals in competitive snowboarding, and mountain bike races. The ultimate test was competition in the 2009 NYC Marathon, and with a combination of a well-fitting socket and the custom silicone liner, my residual limb was comfortable throughout.

My prosthetist, Wayne Koniuk, has worked with several competitive athletes and he continues to create these silicone liners to help stay comfortable and controlled while engaged in high-energy activities.

Through his years as a practicing prosthetist, Wayne found that “off the shelf” or “one size fits all” liners were not the answer for everyone. By definition, each individual has very specific needs, so it seemed to him that customization was the only way to truly ensure a perfect fit for each individual.

With the emergence of silicone in the early 1980s, Wayne experimented with hundreds of different mixes and concoctions of this material, finding that different silicone recipes had very specific uses in different areas within prosthetics. Eventually, the use of silicone in the lab led to its applications in prosthetics.

In his shop, Custom Silicone Fabrication of San Francisco, Wayne is not only creating custom silicone liners, but is working with prosthetists to create virtually any customizable silicone prosthetic components needed, including end pads.

Although not as widely-known and distributed as off the shelf liners, the custom silicone liner has proven to be superior to the challenged athlete. Their durability is demanded by competitors who put them through the rigors of high-impact activities such as triathlon, road racing, snowboarding, or mountain trekking. The custom silicone injection process allows the prosthetist to specify the thickness in any area of the liner and even request softer silicone to be placed in specific areas. Adding extra thickness around any bony areas increases overall comfort. The liners end up thicker and softer only in places where needed, providing complete customization.

Silicone is hypo-allergenic and extremely gentle on the skin. Since the contours of the liner are perfectly matched to the user’s residual limb, skin breakdown is virtually non-existent. These benefits are a delight to casual athletes as well as more extreme athletes who log hundreds of miles and dozens of hours training per week and rely on this type of versatility.

From athletes who are competitive roller-bladers, to advanced skiers to athletes who possess a more technical set of skills like those for soccer, the silicone liner has stood the test.

Custom silicone liners and other unique silicone products up to this point seem to have been overlooked because of the perceived high cost and production time. However, both cost and time have been reduced as the liners continue to outperform all others in both comfort and durability. As more challenged athletes strive to go beyond their limits, and as the demands of training increase, we should see a trend toward the use of these unique custom silicone products.

**About Chad Crittenden:** In 2002, after returning to the U.S., after a teaching position in San Salvador, a tumor was found on the bottom of his foot, resulting in amputation. Today, he competes in triathlons on a regular basis, as well as mountain biking, snowboarding and has had a recent return to his true love, soccer. He also is a motivational speaker. He has a professional association with Custom Silicone Fabrication of San Francisco.

**About Wayne Koniuk, CP:** Wayne Koniuk was the owner of San Francisco Prosthetic Services and now co-owner of Custom Silicone Fabrication of San Francisco. He is noted internationally for developments in the use of silicone products for prosthetics as well as for innovative fitting and fabricating techniques. He serves as vice president of the Barr Foundation.
Activities Abound at Sports Association of Gaylord Hospital

The Sports Association of Gaylord Hospital, Wallingford, Conn., has recently been named the Paralympic Sport Club of Southern New England. The Sports Association provides 14 adaptive sports opportunities and more than 100 events to adult athletes with a variety of physical disabilities, TBI, PTSD, and visual impairments. The Sports Association Veteran Events (SAVEs) Summer Series offer disabled military and veterans opportunities to fish, kayak, cycle, and challenge themselves with the camaraderie among other vets. Below is a sampling of spring and summer events with more added all the time. You must call to register at (203) 284-2772.

- Gaylord Hospital Open Golf Tournament, Monday, June 18, 7:30 a.m. - 1:30 p.m., Farms Country Club
- Pool 1 Kayak Clinic, Monday, June 18, 2 p.m. - 4 p.m., Flagg Pool, Gaylord Hospital
- Horseback Riding Clinic, Tuesday, June 19, 2 p.m. - 4 p.m., High Hopes, East Lyme
- Pool 2 Kayak Clinic, Monday, July 9, 2 p.m. - 4 p.m., Flagg Pool, Gaylord Hospital
- Archery Clinic, Thursday, July 12, 2 p.m. - 4 p.m., South Lawn, Gaylord Hospital
- SAVE – Fishing Tournament, Wednesday, July 18, 8 a.m. - 4 p.m., Riverside Park, Hartford
- Water-Ski Clinic, Saturday, July 21, 9 a.m. - 4 p.m., Pachaug Pond, Voluntown
- Golf Clinic, Tuesday, July 24, 2 p.m. - 4 p.m., South Lawn, Gaylord Hospital
- Cycling Club Ride, Tuesday, July 31, 5 p.m. - 7 p.m., New Haven
- SAVE – Kayak Clinic, Tuesday, Aug. 7, 9 a.m. - 4 p.m., Pool in New Haven
- SAVE – Kayak Clinic, Wednesday, Aug. 8, 9 a.m. - 4 p.m., Lighthouse Point, New Haven
- Archery Clinic, Thursday, Aug. 16, 2 p.m. - 4 p.m., South Lawn, Gaylord Hospital
- Cycling Club Ride, Tuesday, Aug. 21, 9 a.m. - 1 p.m., Hamden
- Water-Ski Clinic, Saturday, Aug. 25, 9 a.m. - 4 p.m., Pachaug Pond, Voluntown
- Golf Clinic, Tuesday, Aug. 28, 2 p.m. - 4 p.m., South Lawn, Gaylord Hospital
- Day of Discovery – Fall/Winter, Tuesday, Sept. 4, 6 p.m. - 8 p.m., Roncari Hall, Gaylord Hospital
- Cycling Club Ride, Tuesday, Sept. 18, 5 p.m. - 7 p.m., Hamden
- Golf Clinic, Tuesday, Sept. 25, 2 p.m. - 4 p.m., South Lawn, Gaylord Hospital
- Archery Clinic, Thursday, Sept. 27, 2 p.m. - 4 p.m., South Lawn, Gaylord Hospital

North Country Access Annual Water Sports Event

North Country Access, northern New York, will host its third water sports event, North Country Access 2012. This will take place at the Antique Boat Museum in the 1000 Islands, in Clayton, N.Y., Friday, July 13.

The speaker will be Harry Horgan, the founder and executive director of Shake-a-Leg, Miami. His organization has served thousands of children and adults with disabilities for over 20 years. Shake-a-Leg continues to be a model of inclusion and an inspiration to everyone in the disability community.

Registration and breakfast will be at 8:30 a.m., with the guest speaker at 9:30 a.m. Fishing, skiff rowing, sailing, yoga, and rides on the vintage wooden speedboats from the museum collection follow.

Cost is $15 and includes meals, gift bag, t-shirt, and all Friday venues. Disabled veterans admitted free of charge.

A charter fishing trip is scheduled for Saturday, July 14, at an additional cost. Details will be available on, www.ncaccess.org, or email northcountryaccess@yahoo.com.

White Mountain Cycling Classic

New England Disabled Sports’ White Mountain Cycling Classic will be held June 23 and 24. The first day is a time trial from Loon Mountain up the Kanc to the Pemi Outlook. The second day will be a circuit race at Loon Mountain.

Registration costs are $55 for the time trial and $30 for the circuit race. A $10 discount is offered for those who participate both days. To register, visit www.BikeReg.com or www.WhiteMountainCyclingClassic.com.
MHS Renamed Maine Adaptive Sports & Recreation


Maine Adaptive Sports & Recreation (Maine Adaptive) founded as Maine Handicapped Skiing (MHS) in 1982, began at Sunday River as a winter skiing program, and has since grown to include year-round programs at over 20 different locations statewide. The organization expanded its Nordic programs and the Veterans/No Boundaries program, and also grew beyond long-time hosts Sunday River and Sugarloaf to provide alpine lessons at Saddleback, Black Mountain of Maine, and Camden Snow Bowl. Maine Adaptive sponsored the inaugural New England Blind/VI Ski Festival in February, and worked with numerous schools and groups on outings and service days throughout the season.

Chip Crothers, one of MHS’s founders, stated, “We’ll always have adaptive skiing at the core of our mission. With so many different year-round activities taking place all over the state of Maine, the reference to sports and recreation will help us build on our 30-year commitment to skiing. We are also bringing more people into skiing after starting with other adaptive activities.”

All Maine Adaptive programs will remain free of charge. Maine Adaptive has a new website, www.maineadaptive.org, and new Facebook page, www.facebook.com/maineadaptive. For more information about Maine Adaptive Sports & Recreation, visit the website, email info@maineadaptive.org, or call (207) 824-2440.

Inaugural New England Blind/VI Ski Festival Huge Success

The inaugural New England Blind/VI Ski Festival was deemed a success with more than 70 participants and volunteers from across the country attending. Beginners to advanced skiers ranging in age from 8 to 81 were given lessons, and some family members learned how to be guides during the week-long festival held at Sugarloaf Mountain, Carrabassett Valley, Maine, in February.

The New England Blind/VI Ski Festival is sponsored by Maine Adaptive Sports & Recreation and U.S. Paralympics Sport Club. Next year’s event will be held Feb. 10 – 14 at Sugarloaf Mountain. For more information, visit www.nevifest.org.

CAPEable Adventures Summer Programs

CAPEable Adventures based in Cape Cod, Mass., is gearing up for a great summer of adaptive sports and outdoor recreation. Cape Cod offers many beautiful and scenic areas to enjoy the independent and healing environment that sports and recreation can provide. Programming runs from May through October. CAPEable will be partnering with Spaulding Rehabilitation Hospital and offering kayaking, cycling, fishing, court sports, hiking, and a few collaborative events with other local and regional adaptive programs. Contact Craig for more information (508) 566-3298, or visit www.capeableadventures.org.
STRIDE Opens New Camp Facility in Chatham, N.Y.

STRIDE Adaptive Sports is expanding its outreach to special needs children and wounded warriors with a new facility – the STRIDE Center for Outdoor Recreation and Education (SCORE).

The center is a former Girl Scout camp encompassing 85-acres in Chatham, N.Y. Wounded warrior and U.S. Congressman Chris Gibson led the property owner to STRIDE as the perfect tenant because of the work STRIDE does with local wounded warriors and special needs children. STRIDE signed a long-term lease agreement with the property's owner in September.

Volunteers from STRIDE and the Columbia County community will join forces to open its doors to the public with a grand opening ribbon cutting ceremony Saturday, May 19, at 10 a.m. Helping to prepare for this event are 25 Anthem Life employees, donating their time for this community service project. Anthem Life is a sponsor of DSUSA.

SCORE will be used as a retreat for wounded warriors and their families and to serve as a permanent home for programs, including camping, hiking, archery, kayaking, snowshoeing, and cross-country skiing. The camp's 2,500-square-foot lodge, which is ADA compliant including a shower area, offers a large space for training seminars and retreats. Trails, a pond, and multiple outbuildings are part of the complex.

STRIDE operates seven weekends of tent camping during the summer, and pairs local wounded warriors who have sustained permanent combat injuries resulting from Iraq and Afghanistan conflicts with STRIDE youth athletes who have similar disabilities for a mentoring and rehabilitative camp experience.

Leaps of Faith Disabled Skiers

Leaps of Faith Disabled Skiers announces its summer schedule for water-ski day clinics on Lake Zoar in southwestern Connecticut near Litchfield Hills. The dates are: Saturday, June 2; Saturday, June 16; Thursday, July 19; Saturday, July 28; Thursday, Aug. 9; Saturday, Aug. 11; Saturday, Aug. 25; and Saturday, Sept. 15.

Leaps of Faith also has events for wounded military. They include:
- Wounded Warrior Water Waze, Lake Zoar, June 21, 22, & 23
- Women’s Wounded Warriors Waterpalooza, Lake Zoar, Sept. 7, 8, & 9
- Warfighter’s Water-Ski Workout, Lake Lillinonah (located in Fairfield and Litchfield Counties) Sept. 20, 21, & 22

No experience is necessary to participate in a clinic, but advance registration is required. Email LOFskiers@gmail.com. Leaps of Faith is affiliated with USA Water Ski.

Two Top Mountain Adaptive Sports Foundation

Two Top Mountain Adaptive Sports Foundation, Mercersburg, Pa., through its wounded warrior services, invites wounded vets looking for a weekend away from the hospital to come and enjoy the outdoors at Whitetail. Beginning instruction for anyone who would like to learn how to kayak is offered on the reservoirs at Whitetail and Indian Springs Wildlife Area Lake, just a few miles south of Whitetail on Blairs Valley Road. This area is a Maryland State Park and has excellent handicap accessibility. Two Top also offers fly-fishing, waterskiing, cycling, and golf.

Despite a short ski season, more than 260 adaptive ski lessons were given with over 150 to wounded military and their family members. Many double amputees learned how to mono-ski. One success story is of a Marine who learned to mono-ski, but wanted to return to snowboarding, which he did before his injuries. With the help of Walter Reed National Military Center and his prosthetist, they were able to create a specially-fitted snowboard and his dream came to life this season.
DSUSA \ chapter news - midwest

Water-Ski Camp,
WaterSports Weekend
in Columbus

TAASC, The Adaptive Adventure
Sports Coalition, will host its
15th Annual Water-Ski Camp and
WaterSports Weekend June 22-24, in
Columbus, Ohio. The event includes
water-ski clinics, kayaking clinics,
sailing, fishing, and more. This event
welcomes veterans and active military
personnel with disabilities as well as
others with disabilities. Special activities
are scheduled for children. On-site
rustic camping is available. For more
information contact info@taasc.org.

Great Lakes Regional Games & Adult National Championships

The Great Lakes Adaptive Sports
Association (GLASA) will be again hosting
the Great Lakes Regional Games and
Adult National Championships June
15-18 in Deerfield and Lake Forest, Ill.
Both events are sanctioned by Wheelchair
and Ambulatory Sports, USA (WASUSA)
and Wheelchair Track and Field, USA,
and supported by Disabled Sports USA,
World Sports Chicago, and other corporate
and local sponsors. Grant funding for this
program is awarded by U.S. Paralympics,
a division of the U.S. Olympic Committee,
through the Department of Veterans Affairs.
The event is open to athletes nationwide
and to injured military and veterans. The
games provide an opportunity for the
injured military to compete before the 2012
Valor Games in Chicago, Aug. 13 to Aug. 15.
The Great Lakes Regional Games will also
serve as a qualifier for the National Junior
Disability Championships to be conducted in
Mesa, Ariz., July 22 to July 29.
The Adult National Championships are
looking for new adult competitors as well
as those who are past competitors of the
National Junior Disability Championships.
In addition to track, there is handcycling,
table tennis, archery, field, swimming,
and powerlifting. There are no qualifying
standards to participate in either the
regional games or adult nationals; however,
officiating will be of the highest standards.
The games will include an adult social on
Saturday night.
For additional information on the
games or GLASA, visit www.glasa.org/
greatlakesregionals2012 or phone (847)
283-0908. For additional information on
WASUSA, visit www.wasusa.org.

2nd Annual “The Sleds Are Coming”

More than 400 fans filled the Alumni
Memorial Fieldhouse at Lake Forest College
on Feb. 12 for the second annual “The
Sleds Are Coming” event. This joint venture
between GLASA and the Lake Forest
College Athletic Department brings campus
and community exposure to the GLASA and
showcases its sled hockey program.
“The GLASA players were thrilled to
scrimmage Lake Forest College players in
a packed ice rink,” said GLASA Executive
Director Cindy Housner.
The GLASA sled hockey team, a
collaborative effort with the Chicago-based
Falcon ice hockey team, played games and
scrimmages against various high school and
club hockey ice hockey teams. The GLASA
Falcon sled hockey team has both a youth
developmental and tournament team and
is always looking for more players. For
additional information, visit www.glasa.org
or phone (847) 283-0908.
Minnesota Courage Center’s Spring and Summer Events

Courage Country Championships
Participants “go for the gold” at this regional competition in swimming, archery, and track and field. Competitions are a qualifier for the 2012 National Junior Disability Championships in Mesa, Ariz., in July. Events are:
- Swimming: Sunday, May 20, 9 a.m. – 1 p.m., St. Catherine University, 2004 Randolph Avenue, Saint Paul.
- Archery: Saturday, June 2, Rapid Archery Range, 13315 Hanson Blvd., Andover. Times are: 9:45 a.m., check-in and range rules; 10 a.m., practice rounds; 10:15 a.m., competition.
- Track & Field: Sunday, June 3, 9 a.m. – 1 p.m., St. Louis Park High School, 6425 W. 33rd St., St. Louis Park.

Cost is $30. Contact Jr. Mamea, (763) 520-0558, jr.mamea@CourageCenter.org.

Courage Center Duluth Summer Sports Family Extravaganza
A family event Saturday, June 9, 10 a.m. - 4 p.m. at the lake. Activities include fishing, archery, camping, boat rides, water games, socialization, and more for all abilities. Cost is $30. Preregistration is required. Contact: Mark Hanna, (218) 726-4834, mark.hanna@CourageCenter.org.

Patrice Cooper First Swing Adaptive Golf Clinic
Experience a two-day free golf clinic Saturday, July 15, at the Hazeltine National Golf Course, 1900 Hazeltine Blvd., Chaska, and Sunday, July 16, at the Eagle Lake Golf and Learning Center, 1100 Bass Lake Road, Plymouth. Learn the latest golfing techniques by playing games and trying hands-on drills taught by top disabled teaching professionals. Try out the latest adaptive golf equipment and carts. The Patrice Cooper First Swing Adaptive Golf Clinic seminars also are for recreation, physical and occupational therapists, park and recreation directors, as well as PGA, LPGA, and USGA professionals. All abilities and ages are welcome. Contact Jr. Mamea, (763) 520-0558, jr.mamea@CourageCenter.org, or Mark Josefson, (852) 201-1463, mjosefson1@brimark.com.

South Shore Kayak Adventure
Load up your kayak or use our equipment and join us as we take off on a professionally-guided trip off the South Shore of Lake Superior Wednesday, Aug. 1, or Wednesday, Aug. 15, from 7 a.m. - 5 p.m., at the University of Minnesota Duluth Aquatics Center on Park Point. This day of paddling and exploring is for people of all abilities. Possible destinations include the Sea Caves or Bark Bay, depending on weather conditions. The cost is $80 for each trip. Contact Mark Hanna, (218) 726-4834, mark.hanna@CourageCenter.org. Registration deadline: July 25 and Aug. 8.

Metro Sports Day Camp
This week-long experience for children ages 10-16 will be held Monday, July 16, thru Friday, July 20, from 9 a.m. – 4 p.m., at the Courage Center Golden Valley, 3915 Golden Valley Road and various metro locations. Campers will learn about a variety of adapted and wheelchair sports and recreation activities and gain fundamental skills. Instructors include Paralympic athletes, coaches, outdoor professionals, and other volunteers. Activities include a variety of competitive wheelchair sports and outdoor recreation opportunities. Preregistration required. Cost is $250. Contact Nels Dyste at (763) 520-0480, nels.dyste@CourageCenter.org.

6th Annual International Power Soccer Family Camp
This five-day camp for youth and adults, first-timers and current players, will be Saturday, Aug. 11 – Wednesday, Aug. 15, at Camp Courage in Maple Lake, 50 miles west of Minneapolis. Top power soccer coaches and players from across the United States will teach the latest drills, training methods, and techniques. Families are welcome to participate. Cost is $300 per camper, family member, or caregiver. You must provide your own PCA. Contact: Jr. Mamea at (763) 520-0558, jr.mamea@CourageCenter.org.

Courage Center Camps
New sessions have been scheduled for Camp Courage in Maple Lake. Enjoy networking with other families, sharing stories, and taking advantage of the many fun activities offered by Camp Courage. Courage Center Camps’ team is available to ensure your family’s comfort.

Camps and dates are: Howdy Pardner! Family Camp, June 21-24; Fishing & Fun Family Camp, June 28-July 1; Adventure Family Camp, July 18-21; Courage Alumni Family Camp, July 23-26; Power Soccer Family Camp, Aug. 11-16. For more information and costs, visit www.CourageCenter.org/familycamp.
Adaptive Adventures, located in Boulder, Colo., and Chicago, now offers additional permitted, multi-day whitewater rafting trips through its Military Operations Program (AAMO). The program includes single day and multi-day trip opportunities for youth, adults, and families in addition to wounded warriors. Daily programs will visit rivers across the state of Colorado, with multi-day trips for wounded veterans operating in Utah: Green & Yampa Rivers from June 9-14, Westwater Canyon (TBD), and Desolation Canyon (TBD).

The newly named and staffed AAMO program features more than 40 events and serves more than 250 wounded veterans through a variety of progressive programs. Whitewater rafting opportunities supplement comprehensive instruction in its core summer activities of cycling, kayaking, wakeboarding, and waterskiing. AAMO offers activity instruction tailored to clients’ skill levels.

For more information on Adaptive Adventures’ programs, visit www.adaptiveadventures.org, email info@adaptiveadventures.org, or call (303) 679-2770.

Ski and Wakeboard
Steamboat Springs fifth annual water-ski and wakeboard camp will be July 15-18 at Bald Eagle Lake, Steamboat Springs, Colo. Cost of $150 includes two full days on the lake and a day of rafting/cycling in Routt County, camping facilities, opening dinner and closing banquet, all equipment and instruction. A single-day at the camp is available for $50.

Lake Powell Experience
Groups and individuals can choose one of two week-long adventures on Lake Powell, Bullfrog Marina, Utah. Open to groups and individuals, activities include kayaking, waterskiing, wakeboarding, fishing, hiking, and other fun activities.

Trip includes seven days and nights on a houseboat (MT Pockets) plus a captain for groups up to 12 people. Lake Powell Experience – Week 1: Saturday, Aug. 11 – Saturday, Aug. 18
Week 2: Saturday, Aug. 18 – Saturday, Aug. 25.
Contact Matt@adaptiveadventures.org or Matt at (303) 910-9831 for the Ski and Wakeboard Camp and the Lake Powell Experience.

Summer Ladies Mountain Getaway in Crested Butte

The Adaptive Sports Center in Crested Butte, Colo., is inviting ladies 18 and over, and of all athletic abilities for a three-and-a-half day mountain adventure, Aug. 24-27. The trip is an opportunity for women to take on new challenges, build confidence, and develop new friendships.

The adventure kicks off with canoeing and kayaking at Lake Irwin. The lake sits at an elevation of 10,200 feet and looks up at the Ruby Mountain Range. After a full day of hiking, boating, and a picnic, participants will head to historical downtown Crested Butte for dinner.

Day two is a downhill mountain bike adventure. Participants will have lift-access to the cross-country and downhill trails on Mt. Crested Butte. A little of everything will be thrown your way as you descend down wide single-track and roll through berms and rollers. The Adaptive Sports Center crew will be following riders along, helping to improve your technique, step up your riding skills, and enhance the downhill experience.

On day three, participants will travel to a ranch in the valley for horseback riding, yoga, art, and campout. Relax by the campfire, learn how to cook in Dutch ovens, and spend the night under the stars or in a wheelchair accessible tent. Also enjoy the modern comforts of an accessible bathroom and shower while camping in the mountains.

A backcountry breakfast will be served in the morning at the ranch before the group travels home.

The cost of $550 includes all equipment rentals, three lunches, two dinners (one in town, one campout), one happy hour, and one breakfast at the ranch. Price does not include travel or lodging. The Adaptive Sports Center can assist with finding travel and lodging packages. Individual scholarships are also available. For scholarship information, contact Pat Addabbo, pat@adaptaivesports.org. Applications are available on the ASC website.

To learn more, visit www.adaptaivesports.org or contact Brynn O’Connell at brynn@adaptaivesports.org, or (970) 349-5075.

Correction:
In the last issue of Challenge, Adaptive Adventures was not included as a resource for Nordic skiing. For more information, contact Matt Feeney, (303) 910-9831, or visit www.adaptiveadventures.org.
Summer-Long Activities at Adaptive Sports Association, Durango

The Adaptive Sports Association (ASA), based out of Durango, Colo., will be running programs for people with physical and cognitive disabilities and their families all summer long.

Daily programming includes an array of activities that can be catered to the individual or the whole family. Whitewater rafting down the Animas River is a great way to see Durango as the river snakes through the town and takes you for a fun ride on mild Class II and III Rapids. Canoe and kayaking trips explore the area’s lakes and reservoirs with opportunities to fish and swim. Canoes and kayaks can be stabilized and are guided by trained staff and volunteers. Adaptive cycling with adult tricycles and tandem bikes helps foster independence and new skills. Durango’s river trail and the beautiful campus of Fort Lewis College provides the perfect terrain for this activity.

ASA’s overnight camping trips take clients and families all around southwest Colorado. Staff and volunteers, many of whom are certified in Leave No Trace and Wilderness First Responder, help facilitate successful camping experiences, with site selections, planned menus, and activities.

Week-long scholarships have included four five-day river trips and samplings of activities that Durango has to offer, including fly-fishing, climbing, and daily programming. The 2012 summer programming schedule includes several multi-day trips for veterans on the San Juan River and Colorado River in Utah. Visit www.asadurango.com for more information and trip schedules or call (970) 259-0374.

Dana Bowman Glides into Ski Apache

Dana Bowman, double amputee and member of the U.S. Parachute Team, sky dived into New Mexico’s Ski Apache Ski Area Jan. 28. The event coincided with Ski Apache Disabled Skier Program’s 36th Silent Auction fundraiser. The day also was proclaimed Ski Apache Disabled Skiers Day by the mayor of Ruidoso, N.M.

Beech Mt. Learn to Ski

The 31st Annual DSUSA – SPARC Learn to Ski Event at Beech Mt. Resort was held Jan. 16-20. Ski and snowboard lessons were given to participants ages 5 to 78 from Tennessee, Kentucky, North Carolina, South Carolina, and Georgia. More than 200 attendees included students, instructors, volunteers, and family members.
C.A.M.O. Empowers Female Service Members

Challenge Aspen Military Opportunities (C.A.M.O.) provided its annual winter retreat specifically designed to suit the unique needs of returning injured servicewomen with disabilities that included amputations, nerve damage, traumatic brain injury, paralysis, and post traumatic stress disorder, among other serious injuries.

The Women’s Mountain Retreat specifically focused on winter adaptive recreation and wellness in the Rocky Mountains to encourage trust and relationship building using female peer support and resilience. The program provided an exceptional opportunity for the returning injured veterans to get to know one another in a relaxed and safe environment with comrades who understand the specific challenges injured female veterans face.

Outdoor Adventures in Logan, Utah

Common Ground Outdoor Adventures in Northern Utah provides year-round outdoor recreational opportunities for youth and adults with disabilities. Upcoming spring and summer activities include rock climbing, whitewater rafting, fishing, horseback riding, adaptive cycling, and canoeing. Between May and September, there will be over 14 destination trips (Arches, City of Rocks, Zion’s, Grand Teton, Bear Lake, Rocky Mountain, Bryce Canyon, and many more). Equipment, meals, and transportation from Logan are included in the cost. Scholarships are available to persons of low income. All trips are adapted to meet the needs of all abilities.

The following are some of our upcoming events for the summer of 2012:

City of Rocks, Idaho, June 21-23: The City of Rocks is an extraordinary encirclement of granite rising out of the gently rolling sagebrush country in south-central Idaho. The smooth granite faces offer exceptional rock climbing, with about 700 routes developed to date. One hundred to 300-foot spires provide most of the climbing opportunities. Consider taking bikes for a ride on the Strip Rock Trail. Cost is $235, or $175 with scholarship.

Rocky Mountain National Park, Colorado, July 10-14: This living showcase of the grandeur of the Rocky Mountains provides visitors with opportunities for countless breathtaking experiences and adventures. This will be a particularly good trip for those participants who struggle with getting outdoors due to physical restraints as the trip provides easy access to amazing adventures via curbside views and short hikes. Cost is $345; $260 with scholarship.

For more information or to sign up for activities as a participant or volunteer, call (435) 713-0288, email programs@cgadventures.org, or visit www.cgadventures.org. Contact us for exact dates and costs.
Disabled Sports Eastern Sierra Cycling, Kayaking, and Summer Camps

Disabled Sports Eastern Sierra, Paralympic Sport Mammoth Lakes has expanded its adaptive cycling program. The Bishop Cycling Group was formed in autumn 2010 to answer the need for adaptive cycling opportunities in Bishop, Calif. Now, a growing fleet of adaptive cycles allows DSES to accommodate almost anyone looking to explore the Eastern Sierra by cycle. Participants in this group range in age from 6 to 60, and include athletes with physical, visual, and cognitive disabilities. Weekly rides vary in length and intensity, depending on rider goals, with multiple options available each week. New this year are weekly rides all summer and into the fall as weather permits. Weekly rides will begin in early June in the Mammoth Lakes area and will move down to Bishop in the fall as temperatures cool down.

In addition, DSES offers Pedal Paddle Aug. 10-12. This weekend adventure includes camping, kayaking, cycling, and cookouts in a family-friendly environment.

For more information regarding Paralympic Sport Mammoth Lakes, contact Maggie Palchak at mpalchak@disabledsportseasternsierra.org.

Kayaking Eastern Sierra Lakes

Disabled Sports Eastern Sierra, Paralympic Sport Mammoth Lakes offers flat-water kayaking experiences to athletes of any age with any disability throughout the summer months by reservation. There are two all-day kayaking/beach party events at June Lake in the Eastern Sierra. Athletes paddle, swim, play on the beach, picnic, and may glimpse bald eagles and osprey hunting at this amazing high country lake. This year, engineering students at Cal Poly San Luis Obispo are designing and building an adaptive paddling system to accommodate athletes with upper body disabilities.

For more information regarding our summer programming, contact Laurel Martin at lmartin@disabledsportseasternsierra.org.

Wounded Warriors Summer Camp

Wounded warriors and a guest are invited to Operation High Altitude in the Eastern Sierra June 4-8. Activities include, camping, cycling, rock climbing, kayaking, fishing, and much more. This accessible experience continues to be a favorite event for participants and volunteers alike. Exercise, fresh air, and campfire chats provide opportunities to escape from the daily routine and enjoy the camaraderie of fellow wounded warriors, friends, and family members.

For more information regarding Operation High Altitude, contact Laurel Martin at lmartin@disabledsportseasternsierra.org or (760) 934-0791.

San Diego’s 26th Annual Jr. Wheelchair Sports Camp

The San Diego Junior Wheelchair Sports Camp will take place Aug. 7-11 at North Crown Point Shores in the San Diego Mission Bay area and at Southwestern College in Chula Vista.

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

This exceptionally positive experience will enable the children to grow physically, emotionally, and socially as they learn the fundamentals of a number of adaptive sports.

The camp involves nearly 65 children, ages 4 to 18, with various disabilities including spinal cord injuries, amputation, spina bifida, cerebral palsy, and muscular dystrophy. Since its founding in 1987, over 1,000 children from San Diego and adjoining communities have participated, including many traveling in from other states.

The camp is organized by the San Diego Adaptive Sports Foundation. SDASF offers year-round adaptive sports programs for youth and adults with physical disabilities as well as an Injured Service Members Program for men and women who are active duty or veterans.

For more information contact: Jon Richards, program director, (619) 336-2764; email jon@sdasf.org; or visit www.sdasf.org.

THE UNRECABLES

Our monthly Social Hours are held on the second Tuesday evening at 6:30 p.m. at Mi Ranchito Family Restaurant in Culver City, Calif. A new board of directors will be elected at the June meeting.

For more information, visit www.unrecables.org, or email info@unrecables.com. The Unrecables are also on Facebook.
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Össur Americas Symbionic Leg is the first commercially available, complete bionic leg that combines a microprocessor knee and a powered, microprocessor ankle. It provides unmatched toe clearance for enhanced safety and enables transfemoral amputees to stably and confidently traverse terrain they might otherwise avoid, without the gait deviations commonly seen in MPK users. Symbionic Leg is insurance billable using existing, approved L-Codes and, when used with Rheologic Workbench software, offers the ability to document actual user cadence variation to reduce insurance reimbursement risk. Symbionic Leg is the newest addition to the industry-leading Bionic Technology by Össur platform. For more information, visit www.ossur.com or call (800) 233-6263.

**College Park’s Soleus® - True Energy in Motion**

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

Key features include:
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- Same-day, custom-built to order

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

**New Waterproof Prostheses from Ottobock**

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

**Endolite EchelonVT Foot**

The echelonVT foot features hydraulic ankle control with a precision engineered titanium spring for superior shock absorption and energy return. The echelonVT provides level three users with increased stability, comfort and confidence on unlevel surfaces.
Your donation can change a person’s life!

“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

DONOR OPTIONS:

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

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

☐ Please bill $_________________________ to my: ☐ MC ☐ Visa ☐ AmEx
Card Number __________________________________________________   Exp Date ____________________________________________
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Return to: DSUSA, 451 Hungerford Drive, Suite 100, Rockville, MD 20850. For more information, call 301-217-9841.
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