What will our son’s life be like? Can he overcome this?

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

— Colleen & Michael Karow

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

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

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A simply elegant solution

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Coming Home

Recently I had the opportunity to visit my hometown of Oakland, Calif., while on a business trip. Now that I’m living on the East Coast, that is more of a rarity for me these days. As I always do, I made it a priority to visit my Aunt Elizabeth (Ebe to some of us), the only surviving sibling in my mom’s family, who will be celebrating her 104th birthday this year! She is still “sharp as a tack” as my Dad used to say, and when she heard that I was visiting, sent back a message that she would invite a “few” relatives over during our visit.

What happened was a feast that could have served an army and a bunch of very dear relatives who made me feel like I was “coming home.” There was much interest in what each was doing with their lives. We celebrated our achievements and commiserated over our challenges and defeats in the game of life.

It was a boost to me because they were so supportive and positive about my work with Disabled Sports USA. They made me feel special and significant. They were very interested in our program for Wounded Warriors since many of my older cousins had seen my own struggles 40 years ago after my injury in Vietnam (although some, including my niece, were not even born then).

The whole affair really “charged my batteries” for the challenging task of managing a nonprofit in these times. My sweetheart, Reggie, commented that family like this is so important because it is they, more than anybody else, who serve to “bear witness” to our lives and give us confidence, strength and encouragement to keep going.

I was thinking about this afterwards and it struck me as so much akin to what Disabled Sports USA, its Chapters, Paralympic Sport Clubs, and the army of volunteers do for the folks we serve. As I have heard so many times, they are “family” to the many participants who have been taught and served by the volunteers. As one who volunteered for 12 years before I became executive director, I know how much time and effort this entails; and also that you do begin to feel like the group is an extension of your family.

It is the young kid who can’t find fulfillment in his or her local school or recreation program but wants to get involved in sports, maybe dreams to compete and become a Paralympian … or the adult who got hit by a car … or the Wounded Warrior whose life and dreams have been shattered by a massive explosion. When they come to us, they often do so because they have no other place to go, no other place that offers a quality program with assured success, to attempt to rebuild their lives and live their dreams through sports and competition.

And what do these volunteers do when they help a participant? They “bear witness to the lives of those we serve.” The volunteers encourage and challenge and celebrate their students’ achievements … learning to make a turn on a ski, riding a bike for the first time without falling, finishing that first race without “blowing out” of the course. They also celebrate some other rather unusual aspects of “success,” like drinking beer out of your artificial leg socket for the first time … (okay, guilty)!

I see the volunteer instructors time and again thank the Wounded Warriors for their service and telling the warrior/student how honored they are to be able to serve them as an instructor. This again is “bearing witness” to their sacrifice and commitment and letting the Wounded Warrior know he or she is appreciated by so many.

These volunteers also commiserate in the defeats, often tragic ones that these participants have endured. Many of the volunteers, who have been with us for years, truly understand these tragedies; but they know and understand that despite this, life goes on and, more importantly, that their student’s life WILL go on. And because of this, they know that sports will help make that life richer, more positive and more fulfilling.

The volunteers do this because they care and are dedicated to the programs. But there is also a very good reason for this, which relates directly to rehabilitation. It is these small confidence builders — the act of doing, succeeding in the doing, and being recognized and encouraged in the accomplishment — that helps to rebuild lives through sports for our participants. From these small steps, participants gradually build a foundation of confidence to take ever bolder steps until they “…can do anything!” as our motto says. And you know what? It works!

So thanks to all the volunteers from the many organizations who work to rebuild the lives of the disabled. Your efforts do pay off day after day in lives renewed. And thank you for once again reminding me why I have been involved with Disabled Sports USA for more than 40 years. I still am amazed at your collective accomplishments. Thank you for welcoming us all home.

Kirk Bauer, JD
Executive Director, Disabled Sports USA, Inc.
Trijicon Incorporated’s Logo Guidelines

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

<table>
<thead>
<tr>
<th>RGB Color Values</th>
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C: 0
M: 0
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Area of Isolation
Below is the area of isolation surrounding the logo that needs to be maintained based on the measurement of “X.”

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- Alex Tomaszewski, Age 16
  DS/USA Mentee and National Racer Festival Youth Scholarship Athlete

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

- Navy PO3 Mark Mix
  Wounded Warrior

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

Combined Federal Campaign #10151

Please donate today!

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- Member - $25  One-year Membership and One-year subscription to CHALLENGE Magazine (three issues)
- Challenger - $35  DS/USA pin plus DS/USA Member Benefits
- Medalist - $100  DS/USA Polo Shirt (shirt size _________) plus DS/USA Challenger Benefits
- Champion - $250  Your name listed in CHALLENGE as a Disabled Sports USA Donor plus DS/USA Medalist Benefits (shirt size _________)
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To donate online, go to www.dsusa.org and click on Donate Today
U.S. Ski and Snowboard Hall of Fame Induction Ceremony

Three adaptive skiers were inducted into the U.S. Ski and Snowboard Hall of Fame. Paralympians Chris Waddell and Sarah Will shared honors with adaptive skiing pioneer Jack Benedick. The ceremony and dinner was held April 9 at the Gerald R. Ford Hall, Beaver Creek, Colo.

CHRIS WADDELL
Waddell, who was recently honored with induction in the Visa Paralympic Hall of Fame, holds 12 Paralympic medals; 11 in skiing and one in wheelchair racing.

Waddell was an athlete at Middlebury College when a skiing accident left him paralyzed from the waist down in 1988. Determined to ski again, he learned how to use a monoski just a year later and was soon named to the U.S. Adaptive Ski Team. His first wins came in the 1992 Games where he won two silver. In 1994, he swept the events with four gold medals at Lillehammer and then won three more at the 2002 Salt Lake City Paralympic Games, where he ended his competitive career. He also competed at three Summer Paralympic Games in wheelchair racing, winning silver in Sydney in 2000 in the 200-meter event. In 2008, he was named as one of 11 Paralympic Ambassadors, serving as role models for youths. In addition to his Paralympic successes, Waddell also climbed Mt. Kilimanjaro in 2009, the first paraplegic to do so.

JACK BENEDICK
Benedick, a double amputee from the Vietnam War, was rehabbing at Fitzsimmons Army Medical Center in Denver when he was introduced to skiing. His interest was put on hold for awhile as he returned to Vietnam to serve as a major – the only double amputee on active military duty. He resumed skiing after his tour of duty and was named to the U.S. Adaptive Ski Team in 1979. He won a silver medal in combined at the 1984 Paralympics in Innsbruck.

After retiring as an athlete, Benedick wanted to advance the sport for elite athletes to compete at the highest level, similar to the U.S. Ski team. After talks with the U.S. Ski Association, he was put in charge of a program that would become a model for all other Paralympic sports. In the late 1980s, he along with USSA President Howard Peterson, established the modern day U.S. Adaptive Ski Team. Benedick then lobbied the International Ski Federation to accept adaptive skiing. For his contributions, he was awarded the Paralympic Order.

SARAH WILL
Will is the most decorated athlete in U.S. Ski Team history with 13 Paralympic medals; 12 of them gold.

She also became paralyzed in 1988 in a skiing accident. While recovering, she read Hall of Famer Hal O’Leary’s book on adaptive skiing and started to train on a monoski at Winter Park in Colorado. Just three years after her accident, she won gold in downhill and super G at the 1992 Paralympic Winter Games in Albertville, France. She participated in four consecutive Paralympics and retired from competition after sweeping four golds at the 2002 Salt Lake City Paralympic Games. She continues her advocacy and outreach, teaching others through Vail’s adaptive ski program, which she and Waddell founded in the mid ’90s to introduce and motivate other aspiring athletes. Will was inducted into the Colorado Ski and Snowboard Hall of Fame in 2004 and was recognized by the United States Olympic Hall of Fame.

Waddell, Will, and Benedick are the first adaptive skiing champions to be named to the Hall of Fame since the late Diana Golden Brosnihan in 1997.

The Hall of Fame induction ceremony also honored: Legendary big mountain skier, the late Doug Coombs; noted industry writer and instructor, the late Stu Campbell; the “father” of Southern skiing Sepp Kober; U.S. Ski Team press officer and journalist, the late Paul Robbins; and veteran ski jumping champion Ansten Samuelstuen.
Adapt to Achieve

In response to the 2008 Chapter survey, Disabled Sports USA is hosting Adapt to Achieve - Mid-Atlantic, the second in a series of regional chapter development seminars. The Adapt to Achieve events feature sessions on organization administration and instructor training in adaptive sports, designed to help DS/USA chapters to continue to provide and fund quality adaptive sports programs in their local communities.

In August 2009, the first ever Adapt to Achieve was held in the Northeast region with 17 chapters and six affiliates in attendance. The event received outstanding feedback:

— “I am walking away feeling infinitely more confident in my understandings of how to operate in the adaptive sports industry.”

— “Great program! These types of chapter development programs have been greatly needed for a long time and are greatly appreciated.”

— “I am very grateful for this opportunity—brining this wonderful event into our community! Great administrative sports track!”

DS/USA will host Adapt to Achieve - Mid-Atlantic, June 24-27 at St. Mary's College in Maryland. This seminar is open to chapter representatives from each of our Mid-Atlantic states, including Maryland, Virginia, New Jersey, Tennessee, North Carolina, South Carolina, Pennsylvania, and Ohio.

Conference fees are kept to a minimum and offered free to the first two members from every chapter that attends. To view the seminar agenda, both administrative and sports track, visit www.events.SignUp4.com/Adapt2AchieveMA or contact Pat Addabbo at (240) 268-0237, paddabbo@dsusa.org.

Honoring America’s Wounded Warriors

The Intrepid Sea, Air & Space Museum, New York City, was the setting for the fourth annual fundraising dinner for the Wounded Warrior Disabled Sports Project. Attendees included, from left, Chris Brady, chairman of The Chart Group, the host sponsor, guest speaker, the Hon. John McHugh, Secretary of the Army, Wounded Warrior, retired Army 1st Lt. Ryan Kules; and Kirk Bauer, executive director of DS/USA. The event was held March 25.

Photo courtesy of Guy Heart

DS/USA Welcomes Jessie Ensminger

Jessie Ensminger has joined the DS/USA staff as an information assistant. “I love all things related to sports and outdoors. I couldn’t be more excited to be on the DS/USA team,” she said. Ensminger is a graduate of Middle Tennessee State University with a degree in social welfare. She has been on staff since fall 2009.

DS/USA Now Has a Facebook Page!

DS/USA has launched its Facebook Page featuring association events, photographs, videos, news, and more. To view the page, visit www.facebook.com and type in “Disabled Sports USA” in the search feature and click on the association’s page.

Besides reading about DS/USA happenings, you can start a dialogue or post your own comments on our Wall and show your support for DS/USA by joining our Cause. Become a fan of ours by hitting the Like button. We’d love to have you join our online community!
Nominated for the Laureus World Sportsperson of the Year with a Disability: April Holmes.

Good as Gold: Tyler Walker won two gold medals in the monoski cross (monoskier-X) at the 2010 Winter X Games; Jim Wazny won silver.

Adaptive Alpine Championship First Place Finishers: Women’s Slalom and Giant Slalom – Standing, Allison Jones; Slalom – Sitting, Laurie Stephens; Visually Impaired, Caitlin Sarubbi; Giant Slalom – Sitting, Stephani Victor; Visually Impaired, Lindsay Ball. Men’s Slalom – Standing, Ralph Green; Sitting, Gerald Hayden; Giant Slalom – Standing, Ted Broderick; Sitting, Chris Devlin-Young.

A Smashing Success: Brad Parks, the pioneering founder of wheelchair tennis was inducted into the International Tennis Hall of Fame.

Overcoming Obstacles: Triathlete and bilateral arm amputee Hector Picard finished first in his class at the Nautica South Beach Triathlon. Picard will participate in 18 triathlons/sprints/Ironmen in 2010. Quadriplegic Erik Williams hand pedaled his bike from Los Angeles to San Diego, March 22-25, to say thanks to our U.S. Military and to benefit a scholarship program for children whose parents were either killed, or critically injured in the Iraq and Afghanistan wars.

NASCAR Honor: Heath Calhoun has a NASCAR race named after him. The Heath Calhoun 400 Sprint Cup Series race will be May 1 at Richmond International Raceway.

Accenture Paratriathletes of the Year: Sarah Reinertsen took top honors in the Women’s Field and J.P. Theberge in the Men’s Division. Runners up included Paul Martin and Matt Perkins.

Mentors Honored: Disabled athletes presented the O.C. Tanner Inspiration Award, a 14k gold commemorative ring, to honor the people who inspired them to succeed. Tributes were posted on www.facebook.com/octanner.appreciation. Athletes and their mentors are: Skiers Stephani Victor and husband Marcel, Alana Nichols and grandmother Joan Vilven, Joe Tompkins and mother Betty, Hannah Pennington and friend Katja, Danelle Umstead and husband Rob; wheelchair curlers James Joseph and friend Marc DePerno, Augusto Perez and wife Brenda, Jaqui Kapinsowski and mentor Marc DePerno; sled hockey player Greg Shaw and father.

Ironman at Last: Rudy Garcia-Tolson (pictured) became the first double above-knee amputee to finish an Ironman Triathlon at the Ford Ironman Arizona, November 2009.

In Memorium: Tennis great Randy Snow, a pioneer in wheelchair tennis, passed away in November 2009.

And the Award Goes To: Stephani Victor, named Paralympic SportsWoman of the Year from the U.S. Olympic Committee.
Our most dynamic foot yet, the Elite Blade combines great deflection for running with a free and easy walking action. Low profile version also available.

“The thing about being active is that I don’t want to have to change feet to do all of these different activities. The Blade is very lightweight and comfortable for walking, plus it responds really well to the high energy demands of running.”

- Lee B.
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 2010. Nominations are being accepted now until May 31, 2010. The 12th Annual Athletes with Disabilities Hall of Fame Induction Ceremony & Awards Dinner will be held Oct. 28, 2010 at the Troy Marriott Hotel in Troy, Mich.

ADN is pleased to announce that the Hall of Fame will honor its founder Tony Filippis, Sr. by introducing the new Tony Filippis, Sr. Corporate Leadership Award. This award will recognize an outstanding leader in business that has made significant contributions to their community by demonstrating leadership and commitment to the advancement of persons with disabilities.

In addition, ADN will pay tribute to founding members Roger McCarville and Pat McDonald by renaming Male/Female Athlete of the Year, in their honor, respectively.

Nominations are available online now for submission. Deadline for submission is May 31, 2010. Awards include the following: National Hall of Fame; Michigan Hall of Fame; Tony Filippis, Sr. Corporate Leadership Award; Rick Knaus Lifetime Achievement Award; Roger McCarville Male Athlete of the Year Award; Pat McDonald Female Athlete of the Year Award; and Mark “Doc” Andrews Rising Star Award.

Athletes with Disabilities Hall of Fame represents a unique opportunity for athletes with disabilities to be enshrined for their athletic accomplishments. Honorees are not only a “Who’s Who” in their sports but also meet strict criteria for integrity and contributions to society. The induction ceremony celebrates the strength of the human spirit and the value of never giving up on a dream.

For more information on the Athletes with Disabilities Network or the Athletes with Disabilities Hall of Fame, call (248) 475-6423 or visit www.athleteswithdisabilities.org.

New England Disabled Sports Is the New Home of the National Disabled Ski Hall of Fame

In November 2009, in recognition of being a leader in the field of adaptive sports and the great history of skiing in the Northeast, New England Disabled Sports earned the honor of becoming the new and permanent home of the National Disabled Ski Hall of Fame. The hall previously resided at the Colorado Ski Museum in Vail. The hall, created by Disabled Sports USA and the National Sports Center for the Disabled in Winter Park in 1995, honors individuals who have had an influential role in disabled sports as well as athletes who have excelled in disabled sports. One athlete and one influential individual in the world of disabled skiing are inducted annually. The museum includes photographs with biographies of past inductees spanning 40 years as well as original adaptive skiing equipment. New England Disabled Sports is also creating an online version of the hall so that anyone with Web access can experience the National Disabled Ski Hall of Fame.

“Disabled Sports USA and US Paralympics are proud to have the National Disabled Ski Hall of Fame housed at New England Disabled Sports at Loon Mountain and the Franconia Notch Area,” said Dr. Bob Harney, national vice president of DS/USA. “This is the area where Diana Golden, the first inductee, learned to ski as a child. She went on to become world class and the Diana Golden race series is named in her honor.”

New England Disabled Sports at Loon Mountain offers year-round sports and recreational opportunities in the greater New England area. “We are honored to house the National Disabled Ski Hall of Fame,” said Rob Mueller, managing director of New England Disabled Sports. “We are looking forward to preserving the history of the most influential individuals in disabled skiing.”

The National Disabled Ski Hall of Fame is located at 39 Loon Brook Road, Lincoln, N.H. Viewing hours are from Monday-Friday 8 a.m. to 4 p.m.

Brits at Belleayre Race for Veterans

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Houston VA Develops Guide to Help Amputees Nationwide

The Prosthetics Section at the Michael E. DeBakey VA Medical Center (MEDVAMC) has developed the first amputee guide for nationwide use by the Department of Veterans Affairs. It will be available soon on the VA Web site for use by all clinicians.

Recent combat in Iraq and Afghanistan has demonstrated the nature of modern warfare has changed. There are new causes of injury, improvements in body armor, and surgical stabilization at the front-line of combat. As of January 31, 2010, the Department of Defense reported approximately 960 individuals had suffered major limb amputations while serving in Iraq or Afghanistan.

“Working every day with Veterans anticipating an amputation, new amputees, and family members, we saw a need for a resource and reference manual,” said Mark Benveniste, R.N., B.S., C.P., MEDVAMC certified prosthetist. “We wanted to help them meet the challenges ahead, let them know what to expect, and how to find the support they will need.”

In addition to recently returned combat veterans, there are approximately 45,000 veterans with amputations caused by medical conditions such as peripheral arterial disease, diabetic neuropathy, cancer, or infection.

The book covers a wide range of issues related to amputation surgery; managing pain; instructions for taking care of the residual limb; living with an amputation, with and without an artificial limb; getting a prosthesis (artificial limb); and sports and recreation resources. The information could be useful to all amputees; however, this version was written specifically for Veterans receiving care through the VA health care system. Health care professionals working with amputees may also gain additional understanding from this guide.

“I went through self-pity, anger, and bitterness. I thought my whole world had come to an end, but I learned you can do everything you did before if you put your mind to it,” said Vietnam Veteran Leonard Scott, wounded in combat on July 10, 1968, with his right leg amputated above the knee. “I believe this guide will be helpful for new amputees to learn to never say ‘I can’t.’”

Editor’s Note: At press time, the VA Web site where the handbook can be accessed is being redesigned and therefore not yet available to the public.
USABA Launches Program to Help Blind and VI Vets

The U.S. Association of Blind Athletes (USABA) working in conjunction with the USOC Paralympic Military Division has launched an initiative to help blind and visually impaired veterans through sports and recreation. Retired Army Colonel Richard G. Cardillo was named the program’s coordinator. He began working for the USABA in January 2009 after having served more than 30 years as an officer in the Field Artillery.

“Our sights are set on working with VA Blind Rehabilitation Center staff and local community-based organizations to enhance and, in some cases, develop and implement recreation and sports program opportunities for Veterans and members of the Armed Forces who are blind and visually impaired in an effort to improve their overall rehabilitation programs,” Cardillo said.

One such program, Mission Vision, fully funds veterans and their coaches to participate in competitions such as State Games of the West, State Games of America, and the upcoming Rocky Mountain State Games, July 27- Aug. 2, in Colorado Springs. “When a veteran or service member leaves a Blind Rehabilitation Center, we want to ensure that he or she is armed with enough information to take these learned skills and successfully integrate into their hometowns in order to continue to lead more healthy lifestyles.” Cardillo said.

For more information, visit www.usaba.org or contact Rich Cardillo at military@usaba.org.

One-Revolution on Tour

Paralympian Chris Waddell’s One-Revolution Foundation is taking its educational program, “Nametags,” on the road with a 10-month, 30-city tour.

This student outreach sparks a discussion about labels individuals put on themselves and each other. Without focusing specifically on physical disabilities, the conversation attempts to shift perspectives so that individuals choose to see differences not as a reason to be separate, but as indications of potential genius and a reason to come together.

For more information, e-mail Stephanie Schacht at stephanieschacht@gmail.com.

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Matt McCluskey
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Learn To Race Disabled Cycling Camp

In conjunction with the U.S. Olympic Committee Paralympic Division, the United States Association of Blind Athletes (USABA) is hosting a Developmental Cycling Camp for Riders with Disabilities at the U.S. Olympic Training Center in Colorado Springs, Colo., May 17-23. Partnering with USABA are U.S. Handcycling, Disabled Sports USA, and U.S. Paralympics.

Cyclists with physical disabilities ages 16 and up are eligible to participate. Athletes will learn bike handling skills, safe riding techniques and road racing strategies. Instruction in track riding will also be provided. Athletes eligible for participation include: blind and visually impaired cyclists and their sighted pilots, who ride tandem bikes; cyclists with lower mobility impairments, who use hand cycles; cyclists with cerebral palsy or head injury who use both standard bikes and tricycles; and amputee cyclists who ride either single bikes or hand cycles. A special invitation is being extended to Veterans and active duty Service members who sustained physical or visual disabilities as a result of service in Operation Iraqi Freedom or Operation Enduring Freedom.

“This is an outstanding opportunity for all cyclists who want to increase their riding knowledge and experience. Throughout the week we will also identify athletes who may go on and compete for the United States in future regional and national events, and for some, the Paralympic Games,” said Mark Lucas, Executive Director of the U.S. Association of Blind Athletes.

Camp staff will include certified cycling coaches, mechanics and guest speakers from a variety of sports-related fields. Several current Paralympic cyclists may join a ride or speak with attendees to share their experience.

“We will help network interested riders into their local riding and racing communities as much as possible and provide a schedule of future race opportunities,” said Pam Fernandes, camp coordinator and former Paralympic cyclist.

Robie Pierce One-Design Regatta

The second annual Robie Pierce One-Design Regatta will be held at the Larchmont Yacht Club, Larchmont, N.Y., June 3-6. Last year’s inaugural event attracted 22 teams racing in specially adapted Ideal 18s on Long Island Sound, making it the area’s largest One-Design Regatta for sailors with disabilities. Competing with the physically disabled last year were two blind crews and one skippered by a stroke survivor. This year, the Regatta committee will provide as many as 35 Ideal 18s adapted to meet the specific needs of each disabled sailing team to allow for competitive fleet racing. For more information, contact Buttons Padin (914) 834-8286 or e-mail erpadin@aol.com; Joanne Clark (203) 637-4010 or e-mail joanncclark1@gmail.com; or Siobhan Reilly (914) 329-2761 or e-mail sreilly@daticon-eed.com.
June 2010 Extremity Games In Texas

Extremity Games Main Event (eX5), scheduled for June 18-19 at Texas Ski Ranch in New Braunfels, Texas, is an extreme sports event including competitions, instructional clinics and exhibitions for people living with limb loss and limb difference. eX5 includes novice competitions and instructional clinics in skateboarding, rock climbing, wakeboarding, sitboading, kayaking and mountain biking. Exhibitions include motocross and mixed martial arts.

Athlete sign-in and opening ceremony takes place Friday, June 18, from 6-9 p.m. at the Marriott Courtyard River Village in New Braunfels. Competitions begin Saturday, June 19, at 9 a.m. at Texas Ski Ranch. Each competition will be followed by an instructional clinic for that sport. Extremity Games concludes Saturday evening with an award ceremony and BBQ at Texas Ski Ranch. All are welcome to join the BBQ awards celebration. Tickets are available online or at the door.

In addition to novice competitions, Athletes with Disabilities Network, organizers of Extremity Games, is forming partnerships with USA Climbing, USA Wakeboading and USA Cycling to host elite competitions that take place at each association’s national championship. At the elite level of competition, athletes compete for cash and other prizes.

Extremity Games is especially proud to welcome members of the Wounded Warrior Disabled Sports Project, where recovering soldiers can not only compete in extreme sports, but can also educate themselves on sports that they have never before tried. Extremity Games is an opportunity for our recovering wounded service members to regain activity through sports.

Motocross Competition Pre-Qualifier to the ESPN Summer X Games

Extremity Games Motocross (eX5), scheduled for May 29, 2010 at Baja Acres in Millington, Mich. It is the pre-qualifier to the ESPN® Summer X Games Super X Adaptive Finals motocross competition. Riders compete at Extremity Games for an invitation to Summer X Games 16. The Super X Adaptive Finals will be televised live on ESPN in late July/early August.

This year, Extremity Games Motocross will be broken out into two divisions: Limb Loss (i.e. amputee, etc.) and Limb Difference (paraplegic, quadriplegic, etc.). Riders will race a Two-Moto format during Baja Acres’ Memorial Day race weekend.

For Extremity Games competition details, locations, accommodations and event schedule, visit www.extremitygames.com or call (248) 475-3623.
Choosing a Prosthetist

I was faced with choosing my first prosthetic practitioner in 1978 when I was a freshman in college. My life and health had just been chaotically upended by bacterial meningitis. With the help of a great team of doctors and strong antibiotics, I survived the illness, but my legs did not. A few months later, my parents and I were interviewing prosthetists to prepare for the day when I’d be ready to be casted for my first pair of legs. My vascular surgeon introduced us to Jim McFarlen, CP, a Dallas prosthetist who had lost his own leg in France during WWII and whose facility was one of the earliest to be certified by the American Board for Certification in Prosthetics and Orthotics (ABC), which is still the premier certification available today. He really took time to listen to me, my family, and the physicians and physical therapists who cared for me. He patiently answered our questions, and was always supportive yet honest and straightforward. He explained my options and the current technology – it’s changed a lot for the better since then. He also put me in touch with some other amputees. (Back then there was no organized local group like the Amputee Coalition of America, and few if any sports opportunities or outreach to new amputees.)

The relationship that developed between Jim and my family was the beginning of a lifetime process: a practitioner-patient relationship, a business agreement, a support system, and a friendship. Ideally, it should still be that way for any amputee today. After all, an amputation or limb deficiency is there for life. Like life, prosthetics is always changing. As my activities, my residual limbs or my vocation changed, my prosthetist made adjustments and repairs, helped me and my referring physician make informed decisions about what my insurance would cover, the latest techniques, socket designs, components, and cosmetic options that would match my needs. It was always a team effort, a blend of art and science and an incredible learning process.

In many ways, I think the process was much easier then. Today there are more prosthetists in the profession and the educational requirements are becoming increasingly more stringent. Technology is also changing at a tremendous rate, as are costs and reimbursement options. Additionally, Medicare and healthcare in general are perhaps on the brink of a major overhaul. But some basic principles in choosing a prosthetist still apply.

If I had to do it all again in today’s medical climate, I would still ask a trusted physician whom they’d recommend. I would utilize the Internet to extensively research the profession including what schools offer the best programs and what certifications and licenses should be acquired. Given insurance or health coverage limits, I would recommend making a short list of the local ABC Certified Prosthetists who would accept my insurance at a cost I could afford. Prior to selecting a prosthetist, I would advise asking for a free evaluation, cost-estimates and a list of references. Once you have all of the necessary information, I would visit the office and continue to ask questions and get a feel for their experience and patient interaction.

It’s an important decision, choosing your prosthetist, one that will most likely last your whole life. Make the most informed and educated decision that you can. You want the best educated, best trained, most rigorously tested and monitored certified prosthetist working as part of your team – demand the best of yourself and your care team.

Donald R. Cummings, CP, LP, is a practicing prosthetist with the Texas Scottish Rite Hospital in Dallas.
Introducing an online community for people affected by amputation and limb deficiency. Password-protected and monitored for your safety. If you’ve been there, you should be here.
From Paralympic Prep to First-Timer Fun: The Hartford Ski Spectacular
By Chris Stamm

From December 6–13 nearly 700 participants traveled from all corners of the United States to the Beaver Run Resort on the slopes of the Breckenridge Ski Resort in Breckenridge, Colo., for the 22nd The Hartford Ski Spectacular.

Sponsored by The Hartford Financial Services Group, the event continues its legacy as the nation’s largest adaptive skiing festival, presenting a range of activities for skiers and snowboarders of all levels from learn-to-ski and learn-to-race programs to instructor training and NorAm level racing.

“For the 16th consecutive year, The Hartford is proud to sponsor this important program that helps people with disabilities learn new skills and build their confidence – whether they are Wounded Warriors learning to ski, youth improving their racing skills or elite athletes,” said Ron Gendreau, executive vice president of The Hartford’s Group Benefits Division, the leading U.S. seller of group disability insurance. “This inspiring event is a perfect demonstration of The Hartford’s Ability Philosophy in action.”

Learning to ski and snowboard for the first time were 60 participants under the tutelage of 70 volunteer instructors representing the nation’s premier adaptive ski programs. First-time skiers and boarders were not the only ones learning something new as the week presented opportunities for 120 instructors to hone their skills in PSIA/AASI continuing education programs.

Next Stop Vancouver

Taking place just weeks before the 2010 Winter Paralympic Games in Vancouver, The Hartford Ski Spectacular’s National Race Festival was an important milestone for many athletes as they made their journey to Vancouver. This year 30 athletes participated in a race camp targeted toward NorAm and Level I racers where they advanced their skills alongside the best disabled racers and coaches in the country, including the U.S. Adaptive Ski Team. Twenty athletes participated in the clinic on DS/USA Youth Sport Mentoring Scholarships.

“The Hartford Ski Spectacular’s racing camp provides instruction from the nation’s best coaches and support from current members of the U.S. Adaptive Ski Team,” said Charlie Huebner, Chief of Paralympics, U.S. Olympic Committee.

Following The Hartford Ski Spectacular’s National Race Festival, DS/USA hosted NorAm slalom and giant slalom competitions at Copper Mountain in Copper, Colo., to prepare the U.S. Adaptive Ski Team for the 2010 Paralympic Winter Games in Vancouver. With points to qualify for the 2010 Paralympic Winter Games on the line, more than 90 racers competed in this race.

Gold medalists were:
Slalom: Women VI, Jessica Gallagher; Men VI, Mark Bathum; Women Standing, Ailison Jones; Men Standing, Adam Hall; Women Sitting, Luba Lowery; Men Sitting, Josh Dueck.
Giant Slalom: Women VI, Danielle Umstead; Men VI, Mark Bathum; Women Sitting, Laurie Stephens; Men Sitting, Tyler Walker; Women Standing, Allison Jones; Men Standing, Mitchell Gourley.

“The Hartford Ski Spectacular has a long-standing tradition of introducing disabled athletes to skiing – from those taking to the slopes for the first time to those vying for a chance to represent the country at the 2010

The Hartford Ski Spectacular

by the numbers

700 participants
60 first-time skiers & snowboarders
100+ volunteers
Paralympic Winter Games,” said DS/USA Executive Director Kirk Bauer, who lost a leg from a hand grenade in Vietnam. “In this Paralympic year, we are particularly proud to have hosted a major Paralympic qualifying event. It is incredibly motivating for our younger racers and learn-to-ski participants to watch athletes who learned to ski at The Hartford Ski Spectacular advance to compete at the elite levels of the sport, including the Paralympics.”

Service men and women also served as mentors to the 69 Wounded Warriors and their families who participated in the in the learn-to-ski and learn-to-race, and mentor programs.

For five years, the Wounded Warrior Disabled Sports Project, a partnership between Disabled Sports USA and Wounded Warrior Project (WWP), has coordinated adaptive sporting events for Wounded Warriors across the country. Service men and women, their families and friends from Walter Reed Army Medical Center, Brooke Army Medical Center, The Naval Medical Center San Diego and Palo Alto, Calif., VA Hospital made the trip to Breckenridge for a week on the slopes.

“Disabled Sports USA is proud to work closely with U.S. Paralympics to provide programs for Wounded Warriors, youth and other racers who seek to compete at the elite international level, but these programs help inspire athletes of all levels,” Bauer said. “When first-time participants hear the inspirational stories of athletes like Heath Calhoun, Caitie Sarubbi and others, it reinforces that lessons learned on the slopes can have a positive impact in everyday life. This year’s The Hartford Ski Spectacular was a tremendous success in large part to the tireless efforts of more than 100 volunteers who support our staff.”

Chris Stamm is a public relations executive at Schwartz Communications Inc., an agency for technology and healthcare.
The 2010 U.S. Paralympic Team was comprised of 50 athletes and three guides from 20 states.

Alpine skier Heath Calhoun (Bristol, Tenn.), a veteran of the Iraq war, was selected as flag bearer for the U.S. Paralympic Team at Opening Ceremonies of the 2010 Paralympic Winter Games on March 12.

“I am incredibly honored that my team even nominated me for this,” Calhoun said. “Just being part of Team USA is a huge honor so being selected from this talented group of athletes is something that I’m proud of. It’s surprising but I’m very grateful.”

ALPINE SKIING

The 2010 U.S. Paralympic Alpine Skiing Team had a successful showing in Whistler Creekside, winning a total of 11 medals, including three golds, five silvers, and three bronze medals. That medal haul bettered the USA’s output of eight medals won in 2006 when the various classes were combined for the first time, creating just one race in each discipline for the three athletic divisions. Additionally, the U.S. athletes, who thrive on the speed events and claim to be not as strong in the tech races, captured no less than one medal in each of the five disciplines: slalom, giant slalom, super-G, downhill and the super combined, which was held for the first time in Paralympic competition.

“Definitely the women sitting just did an extraordinary job,” said U.S. Adaptive Alpine Ski Team head coach Ray Watkins (Mt. Shasta, Calif.) upon the conclusion of the alpine races. “The Umsteads (Danelle and Rob/Taos, N.M.) did an incredible job. For Mark Bathum (Seattle, Wash.) to pop in there, that was just great. There were some really strong efforts by everybody. That’s what our Paralympic team is about. Everyday we’re working hard, fighting and representing our country the best we can.”

The five-event competition, in which sitting skiers, standing skiers and visually impaired skiers make up the three classes of athletes, was originally slated to be spread out over nine days. However, the schedule was condensed into seven days due to fog and snow on the first day of racing, and a fast-moving storm front set to hit on the final day of competition.

Continued on next page >>
Continued from previous page

Still, the U.S. team battled through rain, snow and fog over the first half of the competition, but managed to stay positive and on the winning track. The women’s sitting skiers led the U.S. with a combined eight medals, while visually impaired men and women took in the remaining three. Additionally, the United States finished just one spot off the podium five times, three of which were within less than a half second away from a medal. The closest was four-time Paralympian Chris Devlin-Young (Campton, N.H.), who was a heartbreaking sliver of a second (0.02) away from bronze in the super-G, while also in the super-G the 2009 U.S. Paralympic SportsWoman of the Year Stephani Victor (Park City, Utah) was 0.13 off the sit-ski podium and Mark Bathum (Seattle, Wash.) and his teammate and guide Slater Storey (Sun Valley, Idaho) finished 0.30 behind the bronze medalist. Further, and without including the 11 medal finishes, the U.S. team placed among the top 10 competitors a total of 29 times.

The week also featured retiring athletes and emerging stars. Included among the retirees was five-time Paralympian and standing skier Monte Meier (Park City, Utah). The four-time Paralympic medalist bid adieu to his 19 year career on the national team in style by carrying the U.S. flag into Closing Ceremonies. Women’s sitting skier Alana Nichols (Farmington, N.M.), who only began skiing two years ago, had a huge coming out party with a full set of medals, plus an extra gold; while the visually impaired team of Danelle Umstead (Taos, N.M.) and her guide and husband, Rob Umstead, picked up a pair of bronze medals in their first Paralympics.

Despite the loss of Meier and several of his longtime teammates, with athletes like Nichols and the Umsteads picking up the torch, the future certainly seems bright for the U.S. Adaptive Alpine Ski Team.

“It is a huge honor being elected flag bearer for closing,” said Meier. “I haven’t had the honor, this being my fifth (Paralympics), I’ve never carried the flag. It’s such a huge honor. Not only representing the whole U.S. Paralympic Team, all the sports, but also my country. I couldn’t think of a better way to go out, carrying the flag at the closing.”

Sitting Division

The U.S. women dominated the slopes of Whistler Creekside, winning a total of eight medals. Newcomer to the team, Nichols, won her first gold (in giant slalom) early in the week, making her the first female U.S. Paralympian to win gold in both the summer and winter Games. She previously won gold with the wheelchair basketball team in Beijing. She proved unstoppable on the hill, winning gold in the downhill, silver in the super-G and bronze in the giant slalom.

Asked about the best part of the Paralympics, Nichols responded, “Winning that first gold medal was the most amazing moment of my life. It was the moment. It was so meaningful to do that in the rain and for my brother. I still think about that one. Winning the downhill was awesome too, because that’s my favorite event. But definitely winning that first gold medal was the most memorable.”
To add to the count, seasoned veteran Victor, skiing in her third Paralympics, claimed two silver medals in both the slalom and giant slalom events. She saved her best performance for last, winning gold in the super combined during the final day of competition. Laurie Stephens (Wenham, Mass.), another team veteran, won silver in the downhill, despite not feeling well.

The women’s team won medals in all five events of the week and shared the podium four times.

Ricci Kilgore (Reno, Nev.) and Luba Lowery (Cumberland Foreside, Maine/Denver, Colo.), both first-time Paralympians, put in a strong showing throughout the week and both are looking forward to 2014.

With experience on their side, the men were heavily favored to do well in these Games, but it wasn’t their time to shine. Plagued by poor visibility, equipment malfunctions, variable course conditions and several crashes, the men had a disappointing, and often frustrating, week.

Devlin-Young had the most successful week for the men. While not winning a medal, he had several opportunities to make the podium, including narrowly missing in the super-G and crashing at the finish in the downhill after posting split times that led all skiers.

“It’s a pretty low experience for me, because I have very high expectations,” said Devlin-Young following his final race of the week. “I’m happy to be here, I’m happy to be representing my country, I’m happy to be getting the best finishes among my teammates (on the men’s side). I’m super unhappy with the hair breath of the distance between the podium and where I’m sitting.”

Throughout the week’s events, the other experienced members of the team, Joe Tompkins (Juneau, Alaska), Tyler Walker (Franconia, N.H.), Carl Burnett (Cape Elizabeth, Maine/Bend, Ore.) Nick Catanzarite (Winter Park, Colo.) and Gerald Hayden (Winter Park, Colo.), were victims of crashes that caused them to not finish or hurt their time and chances at a medal.

The only first-time Paralympian on the men’s side, Heath Calhoun (Grundy, Va.) was disqualified in the slalom but he finished ninth in the super-G, his best event. On the final day of competition (super combined), he executed a stellar super-G run to put himself in fourth and about three seconds from the lead, but after his second run (slalom), he finished the day in tenth place.

While the men are leaving Whistler unsatisfied with their performance, they have learned from their mistakes and are determined to move forward and improve for 2014.

Standing Division

While the USA standing men and women didn’t make an appearance on the podium, there were some memorable runs. Three-time Paralympic Winter Games participant Allison Jones (Colorado Springs, Colo.), who has also competed at a pair of Summer Games, finished among the top 10 in all five of her races, including a pair of fifth place finishes in the slalom and super combined. She closed out the Games by posting the second fastest time in the slalom run of the super combined, which moved her from eighth up to fifth at the end of the day.

Meier and Brad Washburn (Winter Park, Colo.) finished eighth and ninth, respectively, in the slalom for the men’s standing skiers’ best finishes of the week. Meier, who closed his career with a 14th place finish in the super combined, was 16th after the super-G run, but threw down the seventh-best slalom run among standing men and moved up two spots at the end of the day.

In addition to Meier and Washburn, who in his second Paralympics in 2010 was the top U.S. finisher among standing men in three of his four events, the standing men were represented by four-time Paralympian George Sansone (Fraser, Colo.), two-time Paralympian Ralph Green (Brooklyn, N.Y.), and

“IT’S SUCH A HUGE HONOR. NOT ONLY REPRESENTING THE WHOLE U.S. PARALYMPIC TEAM, ALL THE SPORTS, BUT ALSO MY COUNTRY.”

Monte Meier, on being selected as flag bearer for the closing ceremonies.
first-timers Ian Jansing (St. Louis, Mo.) and John Whitney (Towson, Md.).

“Thirteen years on the U.S. team and four Games,” said Sansoneti, who retires with a pair of Paralympic medals in his trophy case. “Some people can’t even say they have one. It’s been good.”

Jones led the USA women’s standing field, which included three-time Paralympian Hannah Pennington (Winter Park, Colo.), who finished 15th and 16th in the giant slalom and slalom, respectively. Elissa Storey (Sun Valley, Idaho), who had three top-10 finishes in Torino four years ago, had a disappointing time in Whistler. She was unable to start her second slalom run, then hurt her knee in the giant slalom and was out for the remainder of the week.

**Visually Impaired Division**

The USA’s smallest group of skiers, all of whom were competing in their first Paralympic Winter Games, left Whistler with three medals in visually impaired races.

All three teams had difficulty in their first two races, with varying fog plaguing their already-diminished vision in the March 14 slalom, and heavy rain and light fog in the giant slalom.

However, the weather broke and produced a bright, sunny day for the downhill. In return, two U.S. teams produced medal-winning runs. The 51-year-old first-time Paralympian Bathum and his guide Slater Storey claimed the silver medal, finishing just 0.40 of a second behind the winning duo. The Umsteads, known collectively as Team Vision4Gold, also excelled in the downhill to earn the women’s bronze.

In the super-G the Umsteads, and Bathum and Storey just missed another podium finish as they were

Caitlin Sarabbi (Brooklyn, N.Y.) and her guide Gwynn Watkins (Mt. Shasta, Calif.), produced top 10 finishes in the slalom, super-G and super combined.

**BIATHLON**

Skiing in both biathlon and cross-country events, Andrew Soule (Pearland, Texas) made

Then in the men’s sitting 12.5 km event, Soule missed winning his second biathlon medal by just over a minute. Despite shooting four perfect rounds of five shots each, the U.S. athlete could not catch the competition in the final lap and finished 1 minute, 15 seconds outside of third place. Russia dominated the field of 21 competitors, taking the top three podium spots.

On the women’s side, Kelly Underkofler (St. Paul, Minn.), also represented Team USA in both biathlon and cross-country events. A seasoned athlete, Underkofler competed in the 2002 and 2006 Paralympic Winter Games. In Torino, she placed fourth in the long-distance biathlon and posted five other top-10 finishes.

Battling an injured leg muscle at the 2010 Paralympic Winter Games, Underkofler finished ninth overall in the women’s standing 3 km biathlon pursuit with a time of 11 minutes, 38 seconds. In the women’s standing 12.5 km biathlon event, she posted another ninth-place finish with a time of 51 minutes, 44 seconds.

**CROSS-COUNTRY SKIING**

The U.S. posted several top 10 finishes over the five days of cross-country competition, but fell short of reaching the podium at the 2010 Paralympic Winter Games.

Two-time cross-country Paralympian Chris Klebl (Heber City, Utah) led the U.S. in the long-distance events at Whistler Paralympic Park. Klebl, who posted an 11th-
place finish in Torino, was inside the top 10 on several occasions during the World Cup circuit leading up to the Winter Games. He was the top U.S. finisher in the men’s sitting 15 km with a time of 43 minutes, 13.7 seconds for eighth place.

Klebl also led the U.S. with the fastest time in the men’s 1 km sprint, crossing the finish line just 0.42 seconds outside the qualifying spot in ninth place with a time of 2 minutes, 18.39 seconds. In the men’s sitting 10 km, Klebl finished with a time of 29 minutes, 39.7 seconds for 16th place overall.

U.S. Air Force veteran Sean Halsted (Ephrata, Wash.) led the U.S. in the men’s sitting 10 km. In what was one of the most exciting cross-country races of the Games, Halsted was in medal contention throughout much of the course. In the final laps, the top 10 skiers were all within about nine seconds of each other in the extremely competitive field of 34 athletes. With Norway’s Trygve Toskedal breathing down his neck, Halsted held his ground and charged the line, but fell short of a podium finish, clocking 28 minutes, 35.8 seconds for seventh place overall.

Halsted also finished ninth in the men’s sitting 15 km with a time of 43 minutes, 25.6 seconds and tenth in the men’s sitting 1 km sprint, with 2 minutes, 18.72 seconds.

Biathlon bronze in tow, Andy Soule continued his quest for medals in cross-country competition. He finished just inside the top 10 in the men’s sitting 15 km with a time of 43 minutes, 32.8 seconds. Then in the men’s sitting 10 km, Soule battled Russia powerhouse Irek Zaripov for position on the course. A tumble on the downhill portion of the first lap cost Soule several precious seconds. He crossed the finish line in 29 minutes, 18.7 seconds for 12th place overall. Soule capped off his 2010 Paralympic Games with an 11th place finish in the men’s sitting 1 km sprint event.

Competing in his second Paralympic Winter Games, Greg Mallory (Portland, Ore.) had his best finish on the final day of the Games, placing 18th in the men’s sitting 1 km sprint with a time of 2 minutes, 21.89 seconds. Mallory also finished 24th overall in the men’s sitting 10 km with a time of 30 minutes, 35.3 seconds and 26th overall in the men’s sitting 15 km event.

On the women’s side, Kelly Underkofler showed her strength in the long-distance events, posting a time of 58 minutes, 19.6 seconds in the women’s standing 15 km free event for an eighth-place finish overall. In a field of 16 competitors, Ukraine’s Oleksandra Kononova and Lulii Batenkova took the gold and silver medal spots on the podium. Underkofler went on to finish tenth in the women’s standing 5 km classic event with a final time of 18 minutes, 37.2 seconds. Then in the women’s standing 1 km sprint, Underkofler fell outside of qualifying position, finishing in 13th-place overall with a time of 4 minutes, 51.17 seconds.

After finishing just out of medal contention in Torino, Monica Bascio (Evergreen, Colo.) returned to the world’s stage this year with her newborn son, Henry, watching from the stands. In her first of three events, Bascio posted a ninth-place finish in the women’s sitting 10 km at Whistler Paralympic Park. After a near collision in the first lap of the race when Korea’s Vo-Ra-Mi Seo crossed into her tracks, Bascio was Continued on next page >>

PARALYMPIANS NICHOLS, CASH, SOULE, AND SLED HOCKEY TEAM HONORED BY U.S. OLYMPIC COMMITTEE

The U.S. Olympic Committee (USOC) announced Paralympic alpine skier Alana Nichols and sled hockey player Steve Cash as its March Athletes of the Month, while the Paralympic Sled Hockey Team was awarded Team of the Month honors.

Nichols enjoyed a successful March throughout the 2010 Paralympic Winter Games in Vancouver, winning four medals, 2 gold, a silver and a bronze. Cash recorded four straight shutouts and 33 saves at the 2010 Paralympic Winter Games in Team USA’s quest for their second gold medal, including making five saves and stopping a penalty shot in USA’s 2-0 gold medal win over Japan on March 20.

The U.S. Paralympic Sled Hockey Team posted a 5-0 overall record, and did not allow a single goal, winning the gold medal. This makes Team USA the first-ever team to claim a second Paralympic Winter Games sled hockey gold medal, winning their first at the 2002 Games in Salt Lake City, Utah. This win also marked the fourth straight International Paralympic Committee-sanctioned title for Team USA.

Paralympic biathlete Andy Soule took third place in Male Athlete of the Month. On the opening day of the Winter Games, Soule came back from fifth place to win a bronze medal in the 2.4 km biathlon pursuit. This was not only the first U.S. medal of the Games, but also the first-ever medal for the U.S. Paralympic biathlon team. In the 12.5 km biathlon event later in the Games, Andy shot perfectly hitting all 20 of his targets and finishing fourth.
able to quickly regain composure and cross the finish line with a time of 34 minutes, 33.9 seconds.

In the women’s sitting 5 km event, Bascio posted a tenth-place finish with a time of 16 minutes, 32.4 seconds. Liudmila Vauchok of Belarus dominated the field for the gold medal. Bascio’s best performance came in the women’s sitting 1 km sprint event. With eight competitors to advance from the qualification round, Bascio clocked a time of 2 minutes, 43.7 seconds to secure the last spot in the semifinals. She went on to finish fourth in the first of two semifinals, falling outside the cut-off with a time of 2 minutes, 56.9 seconds.

**SLEDGE HOCKEY**

The U.S. Paralympic Sledge Hockey Team became the first-ever sledge hockey team to win its second Paralympic gold medal, winning all five of its games without surrendering a single goal. Entering the tournament as the top seed, Team USA swept through its preliminary-round opponents South Korea, the Czech Republic, and Japan, by a combined score of 14-0. By earning Group A’s No. 1 slot, Team USA set up a semifinal match-up with Norway.

The U.S. and Norway had previously met in the semifinals of the 2006 Paralympic Winter Games in Torino, Italy, with Norway topping Team USA, 4-2, and forcing the Americans to settle for bronze. Team USA avenged its loss and blanked Norway, 3-0, to punch its ticket to the gold-medal game.

The U.S. faced an unlikely foe in its final game, as Japan upset host Canada in its semifinal tilt. Despite falling to Team USA, 6-0, in the preliminary round, Japan proved a tough challenge in the teams’ second encounter. But the U.S. defense and goaltending stood strong, helping the team emerge with a 2-0 win and the tournament’s top prize. Team USA’s Taylor Chace (Hampton Falls, N.H.) was named the tournament’s top defenseman, while Steve Cash (Overland, Mo.) was named the tournament’s top goaltender.

**WHEELCHAIR CURLING**

Augusto Perez and Team USA came into the 2010 Paralympic Winter Games fresh off two seasons of improved play that saw the team earn a bronze in 2008 and finish fourth in 2009 at the World Wheelchair Championship. Perez and teammates Patrick McDonald (Orangevale, Calif.), James Pierce (North Syracuse, N.Y.), Jacqui Kapinoski (Point Pleasant, N.J.) and James Joseph (New Hartford, N.Y.) looked to improve upon the USA’s 2-5 performance four years ago in Torino when wheelchair curling debuted as a medal sport at the Paralympics. Team USA’s members were new to the sport four years ago but vowed to improve their play at the national and international level. The Americans went into the Paralympics ranked third and a sure medal contender. The U.S. would make it through the round robin with just two losses for a 7-2 record and earn the No. 2 playoff seed, marking the first-ever Paralympic semifinal game for the U.S. wheelchair curling program. They lost a tough battle with Korea, 7-5, in the semifinal to drop down to the bronze medal game. After a rough start, the Americans battled back but couldn’t score enough to outlast Sweden, 7-5, to get on the podium. Canada would go on to repeat as Paralympic champion.

As the 2010 Paralympic Games came to a close on March 21, Team USA finished fifth in the medal count taking home 13 medals (4 gold, 5 silver, 4 bronze).
Calling All DS/USA Chapters!
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What are Paralympic Sport Clubs?
Paralympic Sport Clubs are community-based programs developed to involve youth and adults with physical and visual disability in sports and physical activity, regardless of skill level.

Who can join?
As a DS/USA community-based chapter YOU are eligible to be a Paralympic Sport Club. Other nonprofit organizations are also eligible.

What makes the Paralympic Sport Clubs important?
With 21 million physically disabled Americans and thousands of military personnel who’ve sustained serious injuries while on active duty, the clubs serve as:

- A starting point for potential Paralympic athletes
- Provide a grassroots campaign to educate others about the opportunities and benefits of sports and physical activity
- Further opportunities for injured service members to continue sport participation upon their release from Military Treatment Facilities.

What are some of the perks?
- Waive or REFUND of your DS/USA 2010 Chapter dues!!
- Host a Paralympic Experience event
- Scholarships to attend select Paralympic conferences held by the USOC
- Nominate participants for Paralympic military programs
- Eligibility to be selected by the USOC to host USOC Paralympic military programs
- Your chapter link and chapter press releases posted on Paralympic website (following USOC guidelines)
- Multimedia tools, templates, and program information available to you online.

What are my responsibilities?
- Conduct programs in one or more Paralympic sports for a minimum of 40 days per calendar year
- Conduct a minimum of two Paralympic Sports Day clinics per year focused on promoting PSC activities as well as Paralympic sports
- Conduct a minimum of one competition per year open to members of the PSC, members of other PSCs, and other Paralympic Games-eligible athletes
- List all clinics, competitions and other PSC programs open to the public on the Paralympic Activity Network prior to the event(s).

Where do I go for more information?
Visit http://usparalympics.org/sportclubs or e-mail Susan Rossi at susan.rossi@usoc.org

Congratulations to these DS/USA Chapters who are already Paralympic Sport Club members:

- Alabama: Lakeshore Foundation
- Alaska: Challenge Alaska
- Arizona: Arizona Disabled Sports
- Colorado: Adaptive Adventures, Breckenridge Outdoor Education Center, Challenge Aspen, National Sports Center for the Disabled, Telluride Adaptive Sports Program
- Illinois: Adaptive Adventures, Great Lakes Adaptive Sports Association, Rehabilitation Institute of Chicago
- Kansas: Wheelchair Sports Inc.
- Minnesota: Courage Center
- Missouri: National Sports Center for the Disabled
- North Carolina: Bridge II Sports
- Oklahoma: University of Central Oklahoma
- Utah: National Ability Center
- Vermont: AbilityPLUS, Inc., Vermont Adaptive Ski and Sports

Photo courtesy World Sport Chicago

2008 Paralympic gold medalist Aysa Miller teaches goalball at a Paralympic Sport Club clinic in Chicago.
Everyone is concerned with fitness these days. Getting fit and staying fit, or just trying to be fit for the first time ever. Many people are also concerned with watching their personal budget, too. So what activity offers fun and fitness as well as being easy on the wallet?

The answer is hiking, and almost everybody can do it, whether it’s simply utilizing community park trails, meandering foothills, or exploring rugged backcountry, there is a trail or program available for your own unique needs.

“The nice thing about hiking is you can make it as physically demanding as you want and you don’t need a lot of stuff to do it,” said Chris Read, program director for the Adaptive Sports Center, Crested Butte, Colo.

For amputees, it’s also important to check with their prosthetist to make sure their socket is properly fitting. If it’s not comfortable during everyday activities, it won’t be comfortable on a hike and can result in sores or skin breakdown.

Before hiking, begin a consistent fitness routine.

“I recommend starting by walking around your neighborhood, and then increase the distance every time you go out and walk,” said Joe Hurley, director of the Bart J. Ruggiere Adaptive Sports Center, Bromley Mountain, Vt. “This also is a good opportunity to break-in those new boots and start to build your cardiovascular and stamina. Start carrying a small pack (day pack) to help your back and shoulder get used to carrying one. And don’t forget to stay hydrated. Drink plenty of water.”

Read recommends finding a stadium or school football field that has a lot of stairs.

Getting Started

If you have never hiked before, or if you are out of shape, you will want to start out slowly to get your body in condition for your off-road trekking.

As with any new activity, it’s important to check with your physician first and discuss your goals. Ask about medication, and what effect, if any, it will have if you undertake a new activity.
Web Site Lists Best Wheelchair-Accessible Trails

It can be hard to find wheelchair-accessible trails that are long enough to provide a worthwhile, family-friendly excursion. Check out www.greatwheelchairaccessiblehikes.com for some recommendations.

The best trails for wheelchair users include enough distance, a hard surface such as pavement, ample width for a wheelchair or scooter, and gradual elevation changes. Of course, eye-opening scenery is a main attraction, and so is wildlife.

Wheelchair users and able-bodied hikers alike will find helpful information on the rails-to-trails Web site, www.rails2trails.org. This organization has created a nationwide network of trails from former railroad beds and connecting corridors.

Visitors can search for a trail by location, type of activity (wheelchair/walking/biking, etc.) and by surface (asphalt, concrete, grass, gravel, etc.). Many state and National Park Web sites also list the types of trails available and which are handicapped-accessible.

“Walking up stadium steps works a lot of the same muscles as hiking,” he said. “The more fit you are, the more enjoyment you’ll get from your hikes.”

A gym with cardio-based equipment and power lifting in leg muscles will help when walking up and down hills, and incorporating some weight training will help for core strength.

“Continue building muscle in a local fitness center weight room for core body and abdominal strength. Especially when walking or backpacking, you need good core strength,” said Beth Fox, operation manager, National Sports Center for the Disabled, Winter Park, Colo.

How to Dress

While it’s true you don’t need a lot of expensive equipment to begin your hiking adventure, there are a couple of essential purchases you will want to make to ensure your comfort and enjoyment of the hike – shoes and socks.

While your basic walking shoe may work for those neighborhood walks, unpaved trails require a sturdier shoe, with good arch support and a heavy sole, such as the Trail Runners line of footwear. If you have weaker knees or ankles, it’s beneficial to speak with your orthotist, prosthetist, or podiatrist, for advice on the footwear that will work best for you.

“A good pair of hiking boots will help with stability and shock absorption and a boot that has waterproof/breathable Gore-Tex membranes help to keep feet dryer,” said Fox. “Here in the mountains, the day may start out at 75 degrees, and within an hour it can snow. Be prepared for anything.”

The best way to do that is by dressing in lightweight layers. The first layer, next to the skin, should be synthetic to keep moisture from the body. That goes for shirts and pants. The second layer for insulation should

Continued on next page >>
The Essentials

- Brimmed Hat
- Backpack
- Food/Water
- Walking Poles
- Hiking Boots

Continued from previous page

relate to the outdoor temperature. If the weather is very cold, then a heavier fleece
or liner makes sense. The third layer is the weather-resistant shell which acts as a
windbreaker or rain shield.

In addition to sunglasses, hats with brims protect the face from sun and also help
shield the eyes. Sunprecautions.com is a good source for brim hats.

Walking Aid

For longer and steeper walks, hiking poles (either one or two) can be helpful for
balance, visual perception, and can help with push-off issues. They also take the burden
off knees and thighs, helpful to those that have balance or fatigue issues. LEKI USA
(www.leki.com) has a wide selection of walking poles.

“I recommend the kind that you can adjust the height because if you use the poles,
they can help with balance. Think of it like extra legs; instead of two points of contact
to the ground, you have four points of contact,” Hurley said.

A Pack on Your Back

A backpack is essential, even for short hikes. “For a backpack, the simpler the
better,” Read said. “Make sure it has a good shoulder and waist harness. It’s worth it
going to a specialty shop for a good fit.”

A few other things to consider when selecting a backpack:

Styles: External and Internal Frames; Day packs.

Day packs, as their name suggests, are designed to be used on
reasonably short hikes. They are normally anywhere from about ten
to thirty liters in volume and come in various styles. They will all have
shoulder straps and some will have a chest strap and/or a belt strap.

External frames have a high weight-carrying capacity. Because of
the rigid frame, the external frame distributes the weight better than
an internal frame. However, according to the National Center on
Physical Activity and Disability (NCPAD), a person with a disability
should be aware of any contraindications involving additional
weight on the back. An external frame may also be more
difficult for individuals who have balance issues. An external
frame also does not touch the back. If a person with a
disability has a hard time keeping cool, than an external
frame pack is a good choice.

Internal frames have the metal frame integrated into the
pack. Because the pack stays close on your back, the load
moves with you and helps with balance and agility on uneven
terrain. Some drawbacks of internal frame packs are that they
are harder to pack, keep the back warmer in summer hiking,
and do not generally offer the wide range of pocket options.
But they are lightweight, which appeal to the recreational
backpacker.

Load distribution. Choose one that allows you to properly
balance the weight so that most of the weight is supported
by your back. The better your backpack fits you, the
better it will move with you.

Fit. Select one that is compatible to the size of your upper
body. The frame is based on your torso dimensions, not your
height. A reputable outdoor specialty retailer can help you
with this.

Keeping Your Body Fueled

Even hikes of short duration will make you hungry and
thirsty, so when packing food and water, take into account
the humidity, temperature, and distance you will be
traveling.

“You body is working hard when you’re hiking so it’s
important to maintain your calorie intake,” said Fox. “Pack
food that is easy to eat and packs well such as oranges, apples, trail mix, peanut butter and jelly sandwiches, etc. Take one more meal than what you need for extra energy.

“You will also need lots of hydration when hiking,” she said. “Bring more water than you think you will need.”

While you may be tempted to take a drink out of a clear-running stream, you will be exposing yourself to potential problems from animal waste, chemical run-off, or other bacteria, by drinking unfiltered water. Carry a water filter or water purifying tablets instead. Outdoor retailers sell large capacity water packs that can be easily strapped over your shoulder.

It’s also important to remember that some medications cause dehydration. You will want to find out how much water you need to stay hydrated with your medications.

Checking Out the Trails

Now that you are ready to hike, where do you want to go? Check out what resources your library offers, visit sporting goods stores, and check online what hiking trails and nearby attractions and amenities are available.

Look at your route options which will include the terrain; trail conditions; length of the route; attractions and activities; distance from home; location of established camp sites; the weather; and restrictions, rules, and permits needed to hike at that site.

“There are a ton of good maps and guidebooks,” said Read. “Research is fun and it gets you psyched up about where you are going.”

When choosing a hiking trail, take into account your capabilities. Hiking trails have designations of easy, moderate, and difficult. Easy trails are generally short and relatively level. They should be accessible to nearly everyone. Moderate trails require some degree of physical conditioning. You should exercise regularly, and be used to the high altitude of the park before attempting one. Difficult trails are steep and/or long, and require good physical conditioning, and, in higher elevations, acclimation to the high altitude in the park.

“When checking out trails and terrains, look at the surface, the grade and the cross slopes,” Fox advised. “National Parks’ Web site (www.nps.gov) offers trail maps online and you can determine what is most appropriate for you.”

Other things to consider at the time of your hike are weather conditions. Read suggested going to the NOAA Web site (www.NOAA.gov), type in your location, and get a pinpoint forecast.

“The Golden Rule is to always let someone know where you are going and when you expect to return. This holds true even if you have a partner or are on a group hike,” Read said. “Take your cell phone, flashlight, lighter, a lightweight aluminum blanket, and maps. Know what to do if you twist an ankle, get an uncomfortable blister, stung by an insect, or sunburn. Have a wilderness first aid kit and know how to use it. Google Wilderness First Aid and find a resource in your area where you can learn what to do for a sprained ankle, a bleeding wound, or other emergencies that can occur on a hike.

“Preparation is key,” said Read. “Build up your skills and have good outdoor equipment. The better prepared the more fun you will have.”
ACTIVITIES ABOUND THANKS TO DS/USA CHAPTERS

Disabled Sports USA is proud to announce the support of 62 programs conducted by 44 chapters during the summer of 2010. More than $400,000 in chapter grants have been awarded for Summer and Winter programs. This support is made possible through national partnerships with U.S. Paralympics and Wounded Warrior Project, among other sponsors.

The primary goals include the support of events that incorporate Wounded Warriors, Youth, Paralympic, and DS/USA focus sports, as well as support for capital equipment purchases and education.

The following calendar of events includes all programs supported this summer, including a Challenge Event Series being conducted in partnership with Challenged Athletes Foundation. The Challenge Event Series will feature Wounded Warrior participation in the Capital of Texas Triathlon, the Hood To Coast Relay, and an ascent of Mt. Kilimanjaro, among other exciting pursuits.

For a complete listing of summer sports events conducted by DS/USA Chapters, please visit our online calendar: http://www.dsusa.org/calendars-main-WWDS.html

MAY

29-31 3rd Annual Team River Runner Rendezvous
Wounded Warriors Only
Team River Runner
Deep Creek Lake, Md.
Dana Alexander
dana@teamriverrunner.org

28-31 Wichita Handcycle Spring Omnium Wheelchair Sports Inc.
Wichita, Kan.
James Watson - (320) 218-3133
james_watson@wcssports.org

29-31 Ski to Sea
Wounded Warriors Only
Mt. Baker Ski Area
Fairview, Wash.
Julia Ray - (301) 217-9840
events@dsusa.org

29 – June 1
Capital of Texas Triathlon
Wounded Warriors Only
Austin, Texas
Kyleen Davis - (501) 217-9849
kdaavis@dsusa.org

JUNE

29 – June 1
Capital of Texas Triathlon
Wounded Warriors Only
Austin, Texas
Kyleen Davis - (501) 217-9849
kdaavis@dsusa.org

22-26
Stars of Tomorrow - Camp Trek
Adaptive Adventures w/ GLASA
Libertyville, Ill.
Joel Berman - (312) 310-2770
joel@adaptiveadventures.org

27 – July 2
Rocky Mountain Outdoor Adventure
Wounded Warriors Only
Challenge Aspen
Sarah Williams Volf - (970) 309-7254
sarah@challengeaspen.com

JULY

26-30
New England Summer Sports Clinic
Wounded Warriors Only
New England Handicapped Sports Association
Sunapee, N.H.
Tom Kersey - (603) 763-9158
tom.kersey@rehab.org

30-Aug 2
Wounded Warrior Adaptive
Wounded Warriors Only
Adaptive Sports Foundation
Burden Lake, N.Y.
Cherisse Young - (518) 374-5070
chyung@mhcable.com

AUGUST

TBD
Expedition to Mt. Kilimanjaro
Wounded Warriors Only
Tanzania

1-6
Women’s Mountain Retreat
Wounded Warriors Only
Challenge Aspen
Roaring Fork Valley, Colo.
Sarah Williams Volf - (970) 309-7254
sarah@challengeaspen.com

3-4
Water Ski Trip
Common Ground Outdoor Adventures
Paisades Reservoir, Wy.
David Kiner - (435) 713-0288
david@rgadventures.org

5-8
Connecticut WWDSF Event
Wounded Warriors Only
Gayford Hospital
Riverside, Conn.
Todd Munn - (203) 284-2772
tmunn@gayford.org

5-8
Water Sports Weekend
The Adaptive Adventure Sports Coalition
TASSC Adventure Center
Pembroke, Ohio
Steve Ricker - (614) 940-1295
steveicker@wdeopenwest.com

11-15
Wounded Warrior Sports Camp at the Chicago Air Show
Wounded Warriors Only
Adaptive Adventures
Chicago
Joel Berman - (312) 310-2770
joel@adaptiveadventures.org

13-15
Peddle/Paddle: A Cycling Camp
Disability Sports Eastern Sierra
Mammoth Lakes, Calif.
Laurel Martin - (760) 934-0791
imartin@dssportses.com

15-21
Aspen Wilderness Experience
Wounded Warriors Only
Challenge Aspen
Sarah Williams Volf - (970) 309-7254
sarah@challengeaspen.com

19-20
Water Ski Trip
Common Ground Outdoor Adventures
Bear Lake, Utah
David Kiner - (435) 713-0288
david@rgadventures.org

20-24
Salute to Troops - Kayaking
Wounded Warriors Only
National Sports Center for the Disabled
Winter Park, Colo.
Beth Fox - (970) 726-1646
bfox@nsca.org
OCTOBER

24
Army 10 Miler
Wounded Warriors Only
Washington, D.C.,
Kyleen Davis - (301) 217-9839
kdavis@dusa.org

ONGOING

Year-Round
Military Medical Center Kayak Program
Wounded Warriors Only
Team River Runner
Various Locations
Dana Alexander - (301) 801-4628
dana@teamriverrunner.org

Kayaking, Flying Fishing, Golf, and Cycling
Two Top Mountain Adaptive Sports
Whitetail and Surrounding Areas
Mercersburg, Pa.
Bill Dietrich - (717) 507-7668
tawtopadaptive@yahoo.com

Golf/Ability
Helen Hayes Hospital Foundation
Helen Hayes/Rockland Golf Course
West Haverstraw, N.Y.
Grace Camillas - (845) 786-6429
camillas@helenhayeshosp.org

Spring/Summer
Cycling
Baltimore Adapted Recreation and Sports
Sparks, Md.

6 weeks, April 12
Archery
Cure Center Duluth
Chairman’s Archery Center
Duluth, Minn.
Eric Larson - (218) 726-6762
eric.larson@couregecenter.org

April-Octuber
Scenic City Adaptive Cycling SPARC
Adaptive Water skiing
SPARC - DUSA Chattanooga
Chattanooga, Tenn.
Jerry Hightower - (423) 596-5268
jhightower@ctcieng.org

May-August
Para Kayak Intro and Training
Cape Ability Outrigger Ohana
Rochester, N.Y., Kent Island, Md.
Jan Whitaker - (352) 292-6107
janwhitaker@frontier.net

May-September
USARC Water Ski Program
USARC
Big Bear Lake, Lake Arrowhead, Long Beach Marine Stadium, Calif.
Tom Pence - (909) 584-0243
tom@usarc.org

May-September
DREAM Summer Programs
Climbing and Water Sports
DREAM Adaptive
Flathead Valley, Northwest Montana
Bruce Gibson - (406) 471-2884
dreamadaptive@yahoo.com

May-September
WAS Adaptive Water Sports Program
Canoeing and Kayaking
Wintergreen Adaptive Sports
Lake Monocan and Various Rivers
Virginia

Tenn Boulak - (540) 463-7747
Tboulak@yahoo.com

May-September
Cycling, Handcycling, Golf
Maine Handicapped Skiing
Various sites in Maine
Eric Tupper - (207) 415-9108
tupperp@komihi.org

May-October
Adaptive Kayaking Experience
Adaptive Adventures
Denver
Joel Berman - (312) 310-2770
joel@adaptiveadventures.org

May-Nov 6
Waterskiing and Cycling
Disabled Sports USA Far West
Berkeley, Tahoe, Chico, Sacramento, Reno
Haasen Lang-Ree - (530) 581-4161
haasen@disabledsports.org

June 1 – Sept 30
Handcycling Club
Challenge Aspen
Snowmass Village, Colo.
Terry Rigney - (970) 923-0378
terry@challengeaspen.com

June 1 – Oct 15
Kayaking, Outrigger Canoeing
Adaptive Sports Foundation
Various in and around Windham, N.Y.
Pam Greene - (518) 734-5070
pgreene@hmhcable.com

June 12 – Oct 12
Cycling
National Ability Center
Park City, Utah
Ellen Adams - (435) 649-3991
ellen@discoervanoc.org

June 12 – Oct 1
Waterskiing, Wakeboarding, Tubing
National Ability Center
Park City, Utah
Ellen Adams - (435) 649-3991
ellen@discoervanoc.org

June-August
Abilities Unlimited
Bridge II Sports
North Carolina
Ashley Thomas - (866) 880-2742
ashley@bridge2sports.org

June-August
TAS Summer Adventure Days
Rock Climbing
Teton Adaptive Sports
Jackson, Wyo.
Kurt Henry - (307) 699-3554
tetonadaptive@teton.com

June-September
Adaptive Paddling Course
The Adaptive Adventure Sports Coalition
TAASC Adventure Center
Powell, Ohio
Steve Ricker - (614) 940-1295
steveicker@wideopenwest.com

June 12 – Oct 1
Archery
National Ability Center
Park City, Utah
Ellen Adams - (435) 649-3991
ellen@discoervanoc.org
June 24 – 8 Sessions

Sailing
Cougar Center Duluth
Duluth, Minn.
Eric Larson - (218) 726-4762
eric.larson@couregecenter.org

June 24 – Sept. 30
Kayaking Program
Northeast Adaptive Sports Coalition
Little Squam Lake, Holderness, N.H.
Rob Mueller - (603) 745-6281
robm@nedisabledsports.org

June 26, July 10, July 24, August 21
DBVI Summer Outing
Vermont Adaptive Ski and Sports
Around Vermont
Donna Stanley - (802) 353-7584
south@vermontadaptative.org

June 26, July 24, August 14
Green Mountain Splash
Northeast Disabled Athletic Association
Malletts Bay, Colchester, Vt.
Patrick Stendal - (802) 862-6322
patrick.stendal@myfairpoint.net

Wednesday, July 7 - Aug 11
Common Ground Adaptive Water Ski School
Common Ground Outdoors Adventures
Logan, Utah
David Kriner - (435) 713-0288
david@kgadventures.org

July-August
PATH Weekly Recreation Program
Northeast Passage
around Durham, N.H.
Jennifer Frye - (603) 862-0070
jen.frye@unh.edu

July-September
Learn to Sail
STRIDE Adaptive Sports
New Rochelle Marine and SARATOGA Lake Club, N.Y.
Christopher Mazzoni - (518) 598-1279
cmazzoni@strside.org

August-November
Cycling & Kayaking
Arizona Disabled Sports
El Dorado Park, Scottsdale & Tempe
Town Lake
Elena Messenger - (480) 835-4273
elena@mesadisabledsports.com

TBD
TAS Wilderness Paddling/Fishing Camp
Teton Adaptive Sports
Jackson, Wyo.
Kurt Henry - (307) 699-3554
tetonadaptive@teton.com

TBD
Retreat for Burn Victims
Wounded Warriors Only
Challenge Aspen
Roaring Fork Valley, Colo.
Sarah Williams Volf - (970) 309-7254
sarah@challengeaspen.com

TBD
Rafting
Colorado Discover Ability
Colorado, Utah
Martin Wiesiolek - (970) 254-0040
martin@coloradodiscoverability.org
25th Annual Ski-A-Thon raises over $300,000 for Maine Handicapped Skiing

Skiers, fundraisers and corporations from throughout New England gathered at Sunday River on Saturday, March 27, to support Maine Handicapped Skiing (MHS), Maine’s largest adaptive recreation program for children and adults with physical disabilities. Since 1985, the Ski-A-Thon has been the largest source of revenue that supports MHS’s year-round programs, all of which are free for participants.

On the day of the event, 115 teams of five submitted pledges they had raised during the previous weeks and months, and participated in activities and races throughout the alpine resort and the cross-country center at Sunday River. Dozens of businesses also pitched in by sponsoring fundraising teams, donating cash and supplies, and assisting with event operations.

“MHS depends on all of the people who participate in the Ski-A-Thon to raise the funds necessary to run our nationally-renowned year-round programs free of charge. The success of this year’s 25th Annual event is a testament to the power of so many who enthusiastically support what we do. We are deeply grateful to our sponsors, the event volunteers and the 115 Ski-A-Thon teams for their tremendous efforts and generosity,” said Peter Adams, Maine Handicapped Skiing’s executive director.

Approximately 600 people participated in the event this year, more than half of whom are also weekly MHS participants and/or volunteers. Forty skiers and riders with physical disabilities participated in this year’s Ski-A-Thon, and a team consisting mostly of MHS participants finished second in the overall fundraising effort by raising more than $30,000. The Ski-A-Thon also got generous financial and in-kind support from many businesses, including Sunday River, Northern Data Systems, Acadia Benefits and Hamilton Marine, as well as dozens of other businesses and groups.

Saturday’s events included a Fun Race on the slalom race arena, an obstacle course, indoor and children’s activities, raffles, meals and free skiing for all Ski-A-Thon participants. The Ski-A-Thon culminated in a banquet and awards ceremony attended by 400 people. There, MHS officially announced the individual and team fundraising results with a total of over $304,000 tallied for the day. The top individual fundraisers and teams were also recognized. The top two five-person fundraising teams, Otten ‘10 led by Les Otten and Dream Makers led by Tony Lawless, combined to raise over $60,000.

The 25th anniversary event featured several new additions and highlights to commemorate the occasion and enhance the Ski-A-Thon for years to come. MHS instituted several competition “cups,” where teams from various constituencies compete against one another for fundraising prowess. This year’s cups included ones for MHS participants, MHS volunteers, Sunday River condominium associations and several sectors of business. Also new for this year, fundraisers not able to be at Sunday River on the 27th could fundraise as “virtual skiers.” Other highlights included the unveiling of MHS’s new adaptive golf cart and a visit from Cassie the therapeutic donkey.

For more information about MHS, programs and events, visit www.skimhs.org or call (800) 639-7770.

USGA Grant Makes MHS Golf Program More Inclusive

Imagine playing golf from a wheelchair. Thanks to a generous grant from the United States Golf Association, MHS participants no longer have to imagine. The USGA grant has enabled MHS to purchase a Solo Rider adaptive golf cart, enabling participants with spinal cord injury, balance issues from brain injury or multiple sclerosis, or the complications from a stroke to play and enjoy the game again this summer.
TAS Outdoor Adventures

With “Summer Adventure Days” beginning in June, Teton Adaptive Sports (TAS), headquartered in Jackson Hole, Wyo., offers paddling, cycling, climbing, rafting, and camping. For cycling, TAS has a variety of cycles available, including a One-Off mountain bike handcycle and an adult/child tandem trike. Some sessions will target specific age groups and disabilities, while others will encourage participation of all ages and any type of disability. TAS also offers individually-tailored scenic float trips.

In August, TAS will partner with local outfitters Rendezvous River Sports to offer a four-day Wilderness Paddling/Fishing Camp on Yellowstone Lake in Yellowstone National Park.

Activity fees vary, but many are free and are open to visitors and residents of the Greater Teton Area.

For a schedule and more information contact TAS Summer Program Manager Ryan Burke, (307) 690-3554 or e-mail tetonadaptive@aol.com.

TAS recently partnered with Adaptive Adventures, DS/USA, Jackson Hole Mountain Resort, and Grand Targhee Resort to host two all-mountain camps targeting intermediate and advanced adaptive skiers looking to gain new skills and challenge themselves in difficult terrain and conditions. Next season, TAS plans on adding teenage, snowboard, and women’s camps to the adaptive opportunities in the Tetons.

Contact Kurt Henry for more information at (307) 699-3554, or e-mail tetonadaptive@aol.com.

Veterans/No Boundaries Honors Tenth Mountain Division Soldiers Past and Present

On the first evening of the fifth annual Veterans/No Boundaries program at Sunday River Feb. 5-8, the Army’s historical ski-based unit got the spotlight from the resort and other program participants. Five current active duty members of the Tenth Mountain Division, based at Fort Drum, N.Y., as well as two support cadre received a special greeting from one of the unit’s original members. Long-time MHS volunteer Andre Benoit was recruited by the Army for service in the unit at the beginning of World War II, and served in Germany and Italy. After retiring from the Army and a later career, Benoit started volunteering for Maine Handicapped Skiing weekly in the ‘80s and has taught adaptive skiing to hundreds of children and adults since. At the Veterans/No Boundaries dinner in his honor, Benoit talked about the unit’s founding through the Army’s collaboration with the ski industry in order to recruit top skiers for service in the European theater. A documentary film about the Tenth Mountain Division was shown and the current soldiers, all members of the Wounded Warriors Transition Unit at Fort Drum were honored. The Tenth Mountain Division has been one the most often deployed units in military history since its founding.

MHS Sugarloaf Social Fundraiser a Success

The first annual “Sugarloaf Social” to benefit Maine Handicapped Skiing’s 10-year-old weekend alpine program at Sugarloaf was a huge success, raising more than $10,000. The event, held March 6, consisted of culinary samplings prepared by some of the area’s top chefs and paired with wines from Merrim Vineyards of Napa Valley. All of the food, wine and silent auction prizes were donated by area property owners and businesses. The evening’s highlight was a visit from two-time Olympic Snowboard Cross gold medalist Seth Wescott. Wescott is a Sugarloaf native and friend of MHS, and this was his first public appearance since capturing his second Olympic gold medal.
**Sailors with Disabilities Race on Lake Champlain**

The Northeast Disabled Athletic Association (NDAA) is once again teaming up with the Malletts Bay Boat Club (MBBC) to host the 8th annual Lake Champlain Martin 16 Invitational Regatta, July 31 – Aug. 1. The races are run by the MBBC race committee in the inner bay of Malletts Bay off Colchester. Last year’s top honors were taken by Lake George’s Steve Mintz followed by Patrick Standen of Burlington, Vt., and Eric Rose of Manchester, Vt.

As one of the oldest and longest continuing running regattas for sailors with disabilities in New England, the event has grown every year to see some of the best local and regional sailors with disabilities compete for the coveted Berg Cup. An average of 15 sailors compete over two days of racing on the beautiful waters of Lake Champlain.

The regatta uses the one-design Martin 16 sailboat. The Martin 16 is an innovative one-design sloop specially designed to accommodate the needs of sailors with disabilities. Its unique seating – the skipper seats midship facing forward and all the lines run directly into the cockpit – and optional computer-assisted helm and windlass system allows for sailors with high quadriplegia to compete in sailboat racing. More about the boat can be found at www.martin16.com.

Event partners include the Community Sailing Center, Burlington, Vt., the disabled sailing program, YKNOT, which provides seven boats, and MBBC which provides volunteers and nine boats.

Breakfast and bag lunches for both days of competition and Saturday night dinner and silent auction are all included in the registration fee of $40. This is a great opportunity for the beginner sailor as well as the more seasoned veteran. For more information on the program or to register for the race online, visit www.disabledathletics.org. Space is limited.

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**29th Annual Ski Beech Mt. DS/USA-SPARC Learn-to-Ski Event**

Participants from Tennessee, North Carolina, South Carolina, Virginia, Alabama, and Georgia attended the 29th annual Ski Beech Mt. DS/USA-SPARC Learn-to-Ski event, held in January at North Carolina’s Beech Mountain Resort. Prior to the event, 30 volunteers trained in safety and adaptive skiing.

Adaptive lessons available included: 2, 3, and 4 trackers; sliders, mono, dual, and bi-skiers; VI; and snowboarding.

Parent of an adaptive skier, Kristine Haley of Knoxville, Tenn., commented, “It was unimaginable for me as a parent to believe what my son could accomplish in just a few days on the slope. We never thought that he would ski on two skis let alone be able to do three runs today.”

Adaptive Skiing Hall of Fame Instructor member, Bobby Palm, replied, “On behalf of all of the instructors, it is our privilege to work with your son and to make a positive impact on his life. It is why we teach.”

Sponsors of the event included: Ski Beech Mt. Resort; DSUSA-SPARC of Chattanooga; Patricia Neal Rehabilitation Center – IRC Program; ASAP of Carolina Rehabilitation; Wounded Warrior Program; U.S. Paralympics; and Beech Mt. Adaptive Sport Education Center.

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**Historic Cross-Country Sit-Ski Race**

The Northeast Disabled Athletic Association (NDAA) partnered with volunteers from Frost Mountain Ski Club, Northeast Passage’s adaptive Nordic ski program, and the Middlebury College cross-country ski team to hold the first-ever cross-country sit-ski race in Vermont. As part of the Middlebury College Winter Carnival, sit-skiers from New Hampshire, Massachusetts, and Vermont competed in a 2.5 K race at the Rikert Touring Center at the Breadloaf Campus in Ripton Feb. 27. The winner was UNH’s Bryan Genovese, coming in with a time of 14:19 followed by NDAA President and Burlington, Vt., native, Patrick Standen, at 16:41. Alicia Dana, Putney, Vt., finished third at 17:18 and was the top woman skier.

For a list of winter sports opportunities including Nordic sit-skiing, biathlon, and sled hockey, visit www.disabledathletics.org.
11th Annual UCO Endeavor Games for Athletes with Physical Disabilities

The University of Central Oklahoma Endeavor Games for Athletes with Physical Disabilities will be held June 10-13, 2010 at UCO, Edmond North High School, and Cheyenne Middle School. The Games are the nation's largest multi-sport event for athletes with physical disabilities. The competition is structured similarly to the Paralympic Games as athletes may sign up for multiple adaptive sports.

Athletes of all ages and experience levels are welcome to sign up to participate in the Games.

2009 was a record breaking year with more than 400 sport participants in 11 sports competitions. Sports offered at the 2010 Games are track & field, wheelchair basketball, cycling, indoor archery, outdoor archery, sitting volleyball, shooting, swimming, table tennis, and powerlifting.

The 2010 Games also will feature various sports clinics, sponsored by U.S. Paralympics, for new athletes or competitors looking to hone their skills. Clinics will be offered in ambulatory and wheelchair track & field, indoor archery, cycling, rowing, sitting volleyball, shooting, strength and conditioning, and powerlifting.

The first adaptive rock climbing clinic will be held June 11 at the Rocktown Climbing Gym in Oklahoma City.

The opening celebration for the Games will be held at the Oklahoma City Redhawks game, June 11, with all Endeavor Games participants receiving free admission. The Redhawks are the Triple-A baseball affiliate of the Texas Rangers.

Registration for both the sports competitions and clinics is available at www.UCOEndeavorGames.com.

UCO became an official U.S. Olympic and Paralympic training site in July 2009. The university is an Olympic training site in the sports of volleyball and archery and can train any Paralympic sport. The university currently hosts 12 resident Paralympic athletes in the sports of sitting volleyball, archery, and track & field.

For more information about the UCO Endeavor Games, visit www.UCOEndeavorGames.com or contact Leigha Joiner at (405) 974-3160.

UCO to Host 2010 Sitting Volleyball World Championships

The University of Central Oklahoma, an official Olympic and Paralympic training site, will host the World Organization Volleyball Disabled (WOVD) 2010 Sitting Volleyball Worlds July 11-18 in the UCO Hamilton Field House.

The competition is expected to bring approximately 500 athletes and coaches from more than 30 men's and women's national teams from around the world. The competition will serve as a qualifier for the 2012 Paralympic Games in London.

"UCO is excited to host the 2010 Sitting Volleyball Worlds," said Steve Kriedler, UCO executive vice president. "The WOVD Worlds will bring many international teams to the U.S. and we want UCO and the state of Oklahoma to leave a lasting and great impression on all of the teams involved."

Day passes to the competition will be $10 for adults and $5 for children 12 and under. Ticket sale information is available at www.2010Worlds.com. The event is sponsored by the University of Central Oklahoma, U.S. Paralympics, and U.S.A. Volleyball. More information on the competition can be found at www.2010Worlds.com.

For more information on the 2010 Sitting Volleyball Worlds contact Leigha Joiner at (405) 974-3160 or ljoiner1@uco.edu.

UCO is the official training site for the U.S. Women's National Sitting Volleyball team who won silver at the 2008 Paralympic Games in Beijing as well as gold at the 2009 EuroCup in Roermond, Netherlands. The U.S. Men's and Women's teams both played in the finals at the 2010 Parapan American Champions March 6-8, receiving the silver and gold medals respectively.
DS/USA Far West Offers Many Summer Programs

With more than 100 program days, Disabled Sports USA Far West summer programs are suited to novice through expert recreationalists. From May through October, the chapter offers adaptive instruction in water skiing, road and mountain biking, and golf. It also offers adaptive adventures of whitewater rafting, flat-water kayaking, and 4-wheel drive excursions.

Based at Alpine Meadows Resort in beautiful North Lake Tahoe, Calif., DS/USAFW program staff and volunteers take to the road almost every week in the summer to bring adaptive equipment and expertise to locations throughout Northern California and Nevada. It hosts a number of program days in collaboration with other government, educational, and nonprofit agencies to provide life-changing experiences to as many people with disabilities as possible.

In addition to regular summer programming, DS/USAFW will team up with the Disabled Sports Wounded Warrior Project for the fourth year to host 20 Wounded Warriors for a multi-sport camp called Their Spirit Inspires. It will be held June 15-10 in Sacramento and will provide adaptive instruction for Wounded Warriors in water skiing, cycling, whitewater rafting, and golf. To participate as a sponsor, volunteer, or guest, visit www.disabledsports.net.

Wounded Warriors Ski/Snowboard at Alpine Meadows

As part of a week of skiing and celebration, 25 active-duty U.S. soldiers and Marines hit the slopes in mid-March for the Wounded Warrior Ability Camp at Disabled Sports USA Far West, located at Lake Tahoe’s Alpine Meadows Ski Resort.

The Wounded Warrior Ability Ski/Snowboard Camp was established in 2009 through a partnership between the Wounded Warrior Disabled Sports Project and Disabled Sports USA Far West. For a second year, soldiers disabled in Iraq and Afghanistan will visit Disabled Sports USA Far West from the Veterans Affairs Palo Alto Health Care System; the Naval Medical Center, San Diego; and the Naval Health Clinic, Hawaii at Pearl Harbor – three major rehabilitation centers for service members who have been injured or disabled. Ski and snowboard instruction at Disabled Sports USA is part of their rehabilitation program. Sponsors included Wellpoint/Anthem.

“It’s important that we reach recently disabled service members early in the rehabilitation process,” said Haakon Lang-Ree, program director. “It’s important to expose them early to what they can do. Last spring was the inaugural Wounded Warrior Camp at Alpine Meadows and the soldiers and Marines who participated were skiing and snowboarding like pros by the last day. We’re excited to host another camp this March.”

To learn more about Disabled Sports USA Far West at Alpine Meadows Ski Resort, visit www.DisabledSports.net or call (530) 581-4161.
Adaptive Sports Opportunities on Cape Cod

CAPEable Adventures in conjunction with RHCI (Rehabilitation Hospital of the Cape and Islands) and other regional organizations will be holding an adaptive sports fair at RHCI, Sandwich, Mass., May 15, from 11 a.m. to 3 p.m. There will be opportunities to try adaptive sports equipment, watch sports demonstrations and gather information about participating and volunteering in adaptive sailing, kayaking, skiing, wheelchair curling, cycling, golf, and more.

CAPEable Adventures and RHCI will be offering an extensive schedule of adaptive sports and recreational activities on Cape Cod from May through September 2010. For more information, visit www.capeableadventures.org or call (508) 566-3298.

Summer Camps in Steamboat Springs

A variety of summer camps are scheduled by Steamboat Adaptive Recreational Sports (STARS), Steamboat Springs, Colo. They include: Fly Fishing Camp, June 27; Mountain Cycling Camp on One-Offs, July 10-11; and Behind-the-Box Water Ski Camp, July 20-22, in partnership with Adaptive Adventures. Individuals, families, and groups are encouraged to participate in all levels of programs from beginner to advanced. For more information and updates on STARS events and camps, visit www.steamboatstars.com.

New England Disabled Sports in New Hampshire Summer Schedule

New England Disabled Sports offers a wide variety of sports and recreation from May to October including, cycling, waterskiing, kayaking, hiking, camping, biathlon and shooting sports.

New for this summer is the White Mountain Cycling Classic, June 26-27. This U.S. Handcycling-sanctioned event, the only one in the Northeast, will be open to all adaptive cycling racers as well as able-bodied racers. A road race will be held Saturday, June 26, and a criterium on Sunday, June 27. Registration is currently open and available day of the race.

In collaboration with the Pemigewasset Fish and Game Club (www.pemi.org), NEDS will offer trap shooting and target shooting training and summer biathlon series. Competition dates are June 5, July 17, Aug. 28, Sept. 18, and Oct. 3. Open to beginner to elite level athletes, these competitions are a great introduction to the sport of biathlon. Training clinics are offered before the event and all equipment is provided.

Cycling, kayaking and waterskiing will be offered in collaboration with the Northeast Adaptive Sports Coalition. Road cycling will be every Wednesday afternoon, starting June 2, leaving from the New England Disabled Sports Center. Waterskiing and kayaking will be every Thursday afternoon, starting July 1, leaving from the Riveredge Marina in Holderness, N.H.

Weekend-based adventures (hiking, camping, cycling, and more) are offered from May through October.

For information and registration for any of the above events, or to view the full summer schedule, visit www.nedisabledsports.org, or call the New England Disabled Sports Center at (603) 745-9333.

Find DS/USA on Facebook

Check out DS/USA’s new Facebook Page featuring association events, photographs, videos, news, and more. To view the page, visit www.facebook.com and type in “Disabled Sports USA” in the search feature and click on the association’s page.
North Country Access 2010

North Country Access, northern New York’s chapter of DS/USA, will host North Country Access 2010 Friday, July 16, in the 1000 Islands, Clayton, N.Y. The event is co-hosted by the Antique Boat Museum.

Guest speakers are Dr. Jonathan Kuniholm, a biomechanical engineer at Duke University and a veteran of the war in Iraq. Kuniholm was injured by an IED and will share his experience of cutting-edge technology in robotic hands as both an end-user and a research scientist. Chris Waddell, gold medal Paralympic skier, will share his recent adventure of being the first wheelchair athlete to summit Mount Kilimanjaro.

Activities and clinics taking place throughout the day include sailing, kayak paddling, skiff and canoe rowing, rides on the Museum’s antique wooden speedboats, yoga, and zumba. Continental breakfast and lunch will be included.

An optional half-day charter fishing trip is offered at a discounted additional cost on the morning of Saturday, July 17.

For more information, visit www.ncaccess.org or e-mail northcountryaccess2010@gmail.com.

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, adaptive cycling, canoeing, and camping trips to National Parks in the West. Equipment, meals (during trips), and transportation from Logan are included in the cost. Scholarships are available to persons who are low income. All trips are adapted to meet the needs of all abilities and accessible airport shuttles are available from Salt Lake International Airport to Logan, Utah.

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

The following are some of our upcoming events. Contact us for exact dates and costs.

- Glacier National Park, June 10-16: A park as fascinating as this deserves plenty of time to explore, and that’s why Common Ground is going to spend an entire week camping here! Glacier features snow-capped mountain peaks, more than a hundred alpine lakes, diverse plant-life, elk, bighorn sheep, and much more. We’ll be camping in two different sites to ensure that we see as much of the park as possible. $320 or $220 w/scholarship.

- Hagerman Rafting Trip, June 25-26: Join us as we take our first-ever trip to run the Hagerman section of the Snake River. We will be staying at a wonderful camp and playing games in the evening. This section of the river is seven miles with class II and class III rapids. $150 or $100 w/scholarship.

- Jackson, Wyo., Cycling and Rafting Trip, June 30-July 1: Jackson provides a wide variety of outdoor recreation opportunities, including cycling and rafting. We’ll be cycling in Teton National Park the first day and rafting the alpine section of the Snake River on the second day. Come experience the famous Lunch Counter and Big Kahuna rapids. Overnight camping will be in the Kelly Campground, which features great views of the Tetons. $140 or $95 w/scholarship.
SVAS Higher Ground Hosting Year-Round Events

There is a common phrase among Sun Valley locals that people “come for the winters and stay for the summers.” Sun Valley Adaptive Sports (SVAS) embraces this sentiment, and is proud to host veterans programs throughout the summer and fall.

SVAS’s Higher Ground (HG) program is designed to use various types of sports, family, and coping strategies to heal, restore, and rehabilitate men and women of the Armed Forces who have been severely wounded in Iraq, Afghanistan, and the Global War on Terror. The program specializes in serving active-duty service members and veterans with traumatic brain injuries, post-traumatic stress disorder, and blindness. The program also serves those who have suffered spinal cord injuries and amputations.

Higher Ground will be offering an Oceansports Event in La Jolla, Calif., at the La Jolla Beach and Tennis Club June 13-18. Activities offered include surfing, kayaking, snorkeling, sailing, swimming, beach volleyball, paddle board, boogie board, fishing, and more.

August 13-18, 2010, wounded service members are invited to the fourth annual Watersports Camp at Pettit Lake in Idaho. The focus is on individual needs as they relate to adaptive watersports, including sit-skii, stand-up skiing, wakeboarding, kneeboarding, kayaking, canoeing, and tubing.

In both September and October SVAS will host fly fishing events in the heart of Sun Valley. These camps allow the veterans to pursue a life-long sport, and gain the skills and knowledge needed to continue in their home communities. Upon his departure, one service member who felt at first he was “too disabled to fish,” noted that he caught the “biggest fish ... on the Big Wood River in a year! I now feel more ‘able’ than ever!”

All events are five-to-six days and are free to veterans and their caregivers. For more information about Higher Ground and year-round events, visit www.hgvets.org, or call Kate Weihe at (208)776-9298, ext. 151.

Higher Ground Launches First Women’s Wounded Warriors Snowsports Camp

The first all women’s Wounded Veterans Snowsports Camp in the U.S. took place in Sun Valley, Idaho, March 21-26. Higher Ground wounded veterans therapeutic sports camps have been serving wounded veterans since 2004 and will now increase the number of camps dedicated to wounded female veterans who have been severely injured in Iraq and Afghanistan. For the under-served female wounded veterans with TBI and PTSD, this is the first time they have had the opportunity to share experiences and develop coping skills through snowsports recreational activities.

Sun Valley’s legacy as a sports rehabilitation destination for wounded warriors began with wounded veterans returning from World War II when the lodge was commissioned as a convalescent hospital on July 1, 1943.

“Sun Valley was one of the few hospitals to use ‘group therapy’ and was one of the early leaders to treat ‘shell shock’—today known as post-traumatic stress disorder—just like we do,” Iselin said. “Sun Valley Resort provided a historic service for the men and women who honorably served during World War II, and it’s with great pride and honor [that] Higher Ground continues this legacy.”

In collaboration with military medical centers, military agencies and service organizations around the country, Higher Ground is a program designed to use various types of sports, family, and coping therapies to heal, restore, and rehabilitate men and women of the Armed Forces who have been severely wounded in Iraq, Afghanistan and the Global War on Terror.

The goal of the camps is to build physical skills but also to build self-confidence and spousal relationships. The program also provides couples with hope and courage, and a sense of purpose. The camps also provide coping strategies so veterans can learn how to manage their stress, anxiety, anger, depression and isolation. Wounded veterans and spouses can take the skills they learned in Sun Valley back to their hometowns and apply them to work, school, family, health, relationships and involvement in their communities.
### Much To Do in Connecticut This Summer

The Sports Association of Gaylord Hospital, Wallingford, Conn., offers the following events from June-September in the Connecticut communities listed. For more information, contact Todd Munn at (203) 284-2772 or e-mail Tmunn@gaylord.org.

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<tr>
<th>Date</th>
<th>Event Description</th>
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<tr>
<td>June 12</td>
<td>Adaptive Cycling Clinic</td>
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<td>June 12</td>
<td>Adaptive Cycling Club Ride</td>
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<td>June 14</td>
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<td>8 a.m. Shotgun Start</td>
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<td>Farms Country Club, Wallingford</td>
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<td>June 15</td>
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<td>South Lawn - Gaylord Hospital, Wallingford</td>
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<td>June 29</td>
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<td>Flagg Pool - Gaylord Hospital, Wallingford</td>
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<td>July 13</td>
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<td>Aug. 5 - 8</td>
<td>Connecticut Wounded</td>
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<td>Warrior Disabled Sports Project Event</td>
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<td>Sept. 18</td>
<td>Outdoor Kayak Clinic</td>
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<td>South Lawn - Gaylord Hospital, Wallingford</td>
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<td>Oct. 9</td>
<td>Cycle Club Fall Ride</td>
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### The Unrecables to Attend Ski Convention

The Unrecables will be having elections of new officers at its Annual Meeting, June 8. Open positions are President, Vice President, Secretary, Treasurer, and Membership Director.

On June 10-13, The Unrecables will attend the Far West Ski Association’s Annual Convention in Rancho Mirage, Calif. Besides the usual festivities, they will compete in the Wentworth Publication competition and the Web site competition this year. The Unrecables have received numerous First Place awards for its newsletters.

Monthly Social Hours are held on the second Tuesday evening at 6:30 p.m. at Mi Ranchito Family Restaurant in Culver City, Calif. For more information, e-mail info@unrecables.com or visit its Web site, www.unrecables.org.

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### Enterprise Volunteer Appreciation Day at Lounsbury Adaptive Ski Program

Lounsbury Adaptive Ski Program of Western New York teamed up with local Enterprise volunteers to support Wounded Warriors Feb. 17. In addition to its volunteers, Enterprise Holdings Foundation also provided a grant to make the day a memorable one for Wounded Warriors from Cleveland, Buffalo, and Rochester. The event was held at Holiday Valley Ski Resort in Ellicottville, N.Y.
**Fusion™ Foot: Function without Compromise**

Life is filled with compromise. Choosing a prosthetic foot shouldn’t be. The Fusion Foot’s design delivers exceptional functionality without compromise! The Fusion Foot allows the carbon fiber shank, heel and foot plate to work together through each step:

- The Fusion Foot rides atop a pair of snubbers providing smooth heel-to-toe motion with little effort required by the wearer.
- The foot’s vertical compression capabilities come from the gap between the shank, heel and foot plate deflecting at an angular motion relative to the foot plate.
- Adjustable snubbers allow the plates of the foot to flex, bend and touch providing medial/lateral stability on uneven terrain.

The Fusion’s high performance in vertical shock, heel-to-toe transition, and inversion/eversion are due to its integrated, harmonious design. The height of the Fusion Foot may be trimmed by practitioners to meet patients’ needs and the foot comes with a choice of proximal adapters.

The Fusion has a 36-month warranty and comes with a unisex, full-height high-activity foot shell, which has a nine-month warranty.

For information, ask your prosthetist or contact: Ohio Willow Wood at (800) 848-4930 or visit www.owwco.com.

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**Coupler Expands Options**

Today’s amputee can choose among prosthetic legs suitable for swimming, showering, and running as well as specialized foot, ankle, and knee components that help wearers play demanding sports or climb everything from ladders to mountains.

The Ferrier Coupler allows an amputee to use the same prosthetic socket with a variety of special-use lower limb components. Practical and cost-effective, it increases activity options for people of all ages as the wearer substitutes one prosthesis for another in seconds, without removing clothing or the socket. Effortless removal also lets an amputee sit comfortably in cramped quarters or during a long ride, without the bulk of a prosthetic limb. When prosthetic work is needed, the Coupler can connect an old leg or temporary pylon while a new prosthesis is fabricated, or join reusable components to replacement parts.

The Ferrier Coupler features self-alignment for prompt, accurate fit, and it’s also available in pediatric sizes.

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**WalkAide® System Helps Dropfoot Patients Walk More Naturally**

People who have lost the ability to voluntarily lift their foot can attain improved walking mobility and functionality through the WalkAide® System.

WalkAide, developed by Innovative Neurotomics, Inc.*, is designed to assist with the ability to lift the foot, eliminating drag or steppage gait. The system uses functional electrical stimulation (FES) to restore typical nerve-to-muscle signals in the leg and foot, effectively lifting the foot at the appropriate time during the step cycle. The resulting movement is a smoother, more natural and safer stepping motion.

*Innovative Neurotomics, Inc., is a wholly-owned subsidiary of Hanger Orthopedic Group, Inc., Bethesda, Md.

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**Össur Introduces the New Flex-Foot® Balance™**

For the optimum balance of lightweight and stability, choose the new Flex-Foot Balance by Össur. Designed especially for household or low impact users, the Balance is the lightest foot in its class. The Balance features an integrated multi-axial ankle, which flexes side-to-side for extra stability, and also comes with a removable, sandal-toe foot cover. The Flex-Foot Balance is comfortable and smooth for unilateral users, and provides stability and confidence for bilateral users. For more information, visit www.ossur.com or call (800) 233-6263.

*Product shown without its accompanying foot cover.

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

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

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

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

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**Endolite Esprit for Active Walkers**

The Endolite Esprit is a lightweight, low-profile foot for active walkers with varying cadence. Its low-profile design allows clearance for longer residual limbs or additional components.

Features include:
- Provides soft rollover with excellent energy return;
- Provides shock absorption and forward progression;
- Tripod design for superior ground compliance;
- Adapts and conforms to all terrain.

For more information contact Endolite at (800) 548-3534 or customerservice@endolite.com.
Reliable suspension and stability in and out of the water is what Filip needs in order to keep up with his little dynamo. Thanks to LimbLogic VS, families like the Carroll's can have endless pool-time fun and the ability to retrieve pool toys time and again with ease.

An improved sealing system and a thorough testing regimen enable LimbLogic VS to exceed electronic industry standards for water submersion. This allows the 4-Hole Controller to be completely immersed in fresh water and to continue to provide a secure vacuum suspension. This advancement makes LimbLogic VS the only waterproof electronic vacuum suspension available.