PAUL HAS THE WILL.
OSSUR HAS THE WAY.

It just so happens that the same exceptional quality and performance that Oscar Pistorius and other elite athletes rely on, is standard in every Flex-Foot® product.

Life is full of things to accomplish, might as well be prepared to achieve them all.

Paul Winchell
A former professional boxer, Paul spends his retirement helping his son run a farm in rural Kansas.

OSSUR
Life Without Limitations

VISIT OSSUR.COM TO LEARN MORE.
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.

Moving Lives Forward
877-4HANGER | WWW.HANGER.COM

> Discover our inspiration.
Visit Hanger.com to read stories of amazing people moving their lives forward every day.
i am Motus

i am strong, but travel light.
i channel my energy into fast, efficient movement.
i move in the direction of the future.

Visit www.ottobockus.com for more details
Getting Ready for Vancouver 2010

ARTICLES & COLUMNS
6  PERSPECTIVE
Kirk Bauer, JD, Executive Director

9  DS/USA NEWS

10  NAMES IN THE NEWS
Chris Waddell, Sarah Reinertsen, Rudy Garcia-Tolson, Kevin Bramble

12  SPORTS & RECREATION
USABA Winter Ski Festival, UCO Endeavor Games, Three Notch Century Ride, "Making Team USA"

29  CHAPTER NEWS
Happenings from across the country

36  CHAPTER TO CHAPTER

38  MARKETPLACE

FEATURES
14  IT'S ALL DOWNHILL

18  2009-10 SKITOUR CALENDAR

25  WOUNDED WARRIOR DISABLED SPORTS PROJECT

COVER PHOTO: DOWNHILL SKIING
E.J. Poploski Jr. races down Copper Mountain. An amputee since 2006 as a result of a crash during the U.S. Telemark Extreme Freeskiing Championships.

Photo courtesy of Randy Richardson and Hanger Prosthetics & Orthotics
U.S. Paralympics Supports Disabled Sports USA Partnership to Expand Winter Sports Nationwide

In my last Perspective for Challenge Magazine, I discussed the need to form strategic partnerships with like-minded nonprofits in order to provide more effective programs in adaptive sports. This is good strategic planning not only in these lean economic times, but also as a model to pursue in the future, no matter the economic climate. With this in mind, I am pleased to announce that Disabled Sports USA has entered into just such a partnership with U.S. Paralympics to expand adaptive winter sports for youth and our Wounded Warriors nationwide.

With U.S. Paralympics’ elite training programs and access to Olympic training sites and DS/USA’s community-based sports rehabilitation programs, this new partnership will benefit all disabled persons nationwide with expanded winter sports and recreation opportunities.

For years there has been a disconnect between those who engage in adaptive sports for rehabilitation or for pure, healthy lifestyles and those who want to hone their skills to be the best and qualify for the Winter Paralympic Games. Now with this new alliance and increased support from U.S. Paralympics, DS/USA will be able to bridge the gap between these two groups. More recreationalists and “weekend warriors” will have the opportunity to cross over into elite ski racing through a series of regional race training camps, Level I beginner races, and Level II elite NorAm races. The (Diana) Golden Cup Race Series, held for promising youth ski racers in the Northeast, will be expanded to the Rocky Mountain and then Far West Regions. Winners of these series will receive training scholarships to train with the best coaches and members of the U.S. Adaptive Ski Team.

However, this partnership is about more than just expanded opportunities. It is also about creating positive role models and positive hope for the future for our youth, our Wounded Warriors, and others with disabilities. Until now, it has been hard for a child growing up with a disability, or someone who has just faced the challenge of a disability, to identify role models who exemplify the active, fulfilling life that is still out there for them. Now a whole generation of elite Paralympic athletes, who put in truly phenomenal performances, can be those role models and become an inspiration to others who are struggling with their disabilities. They can provide hope and show a bright future that is so important to achieving successful rehabilitation.

Because of a marketing initiative that U.S. Paralympics will develop and Disabled Sports USA will help implement this winter, more youth in schools in major metropolitan areas of Seattle, San Francisco, Denver, Salt Lake City, and Boston will hear about the Winter Paralympic Games in Vancouver and know what they are. More importantly, because of new information materials provided by U.S. Paralympics, a beginner adaptive skier anywhere in USA Ski Country will know from his or her first lesson about the Winter Paralympics and how he or she can “get there,” provided the drive and determination are there to commit to training.

We hope that these expanding opportunities will result in increased grass-roots, community-sports programming, mid-level racing programs, and Paralympic-sport opportunities nationwide. Then, with increased participation and greater publicity and exposure, our dream is to have U.S. Paralympic athletes become positive role models to provide hope and confidence for future generations of young people with disabilities. The results will start to bear fruit in the 2014 Winter Paralympic Games in Sochi, Russia, and will show itself in a healthier, more active disabled population throughout the USA.

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

The 2010 Winter Paralympics, officially known as the X Paralympic Winter Games, will be celebrated in Vancouver and Whistler, British Columbia, March 12-21, 2010. During those games, approximately 600 athletes will compete in five sports and 64 separate medal events. The five sports are: alpine skiing, biathlon, Nordic skiing, ice sledge hockey, and wheelchair curling. Athletes from more than 20 countries are expected to participate.

U.S. Paralympics, a division of the U.S. Olympic Committee, is dedicated to becoming the world leader in the Paralympic sports movement and promoting excellence in the lives of people with physical disabilities. Since its formation in 2001, U.S. Paralympics has been inspiring Americans to achieve their dreams. Through education, sports programs, and partnerships with community organizations, medical facilities, and government agencies, U.S. Paralympics is making a difference in the lives of thousands of physically disabled people every day.
Trijicon Incorporated's Logo Guidelines

Color Usage

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

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

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

Area of Isolation

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

Use of Tagline

The Trijicon logo must be used with the tagline unless there is a size restriction (see below). When using the tagline with the logo the minimum size can be 1 ¾” (44.45 mm) in length. Otherwise use the Trijicon logo without the tagline if it needs to be sized less than 1 ¾” (44.45 mm).

Logo Restrictions on Backgrounds

For extreme cases where the logo needs to be sized less than ½” (12.7 mm) just the word can be used, but will need to be approved by Trijicon marketing.
Battelle Science & Technology International
CVS Caremark Charitable Trust
Fournier Family Foundation
Franklin Templeton Investments
The Hartford Foundation
Heisman Trophy Trust
HUB Financial Charities
Miami International Holdings, Inc./ITX Technologies, LLC
Moore Capital Management, LLC
Phoenix Beehive Lobo Distributing
Craig Stadler

Advance Realty Group
American Council for Excellence and Opportunity
BIC Sport
BMW of Fairfax
Clear Brook Advisors, Inc.
The Do Good Foundation
FDNY Family Transport Foundation
Fire Department of New York
Flancer’s Café
Franklin Templeton Investments
Genatt Associates, Inc./Peter Genatt
Genesis Today, Inc.
Diana Golden Opportunities Fund
Graybeards, Ltd.
Raymond James Financials, Inc.
Kellogg, Brown & Root, Inc.
Kent Island Yacht Club
Luck Family Foundation
Averell Mortimer
National Beer Wholesalers Association
National Rural Electric Cooperative Association
New York City Police Department
Pentagon Ski Club
PGA of America
PhRMA
R & B Sports, LLC
Snow Phipps Group, LLC
Thunderbirds Charities
Congressman Zack Wamp Campaign
Walker Family Starts Scholarship Fund for Disabled Student Athletes

Carol and James Walker, and their son Tyler, of Franconia, N.H., have created the Northeast Passage Athletic Excellence Scholarship Fund at the University of New Hampshire to provide permanent financial assistance to future student-athletes with disabilities.

The Northeast Passage Athletic Excellence Scholarship Fund will promote an integrated culture of equality, where high level athletes with disabilities train and study alongside NCAA athletes. The fund will enable aspiring athletes to attend UNH and support undergraduate educational costs for students competing on athletic teams sponsored by Northeast Passage. Eligible students must be involved in one of the following: alpine or Nordic skiing, sled hockey, quad rugby, or training in the Paralympic Sport Club, and must demonstrate financial need.

“Student athletes, who happen to have a disability, should have the right to pursue their educational and athletic goals without having to sacrifice one for the other,” said Tom Carr, Northeast Passage’s director of athletics. “The Walker’s gift makes it possible for us to recruit and retain student-athletes who are looking to train and compete at a high level in their chosen sport.”

Tyler Walker has been a member of the U.S. Adaptive Ski Team since 2003, competing for Team USA in the 2006 Paralympics in Torino, Italy. In 2007, he won the gold medal in the first-ever Monoskier X competition at the Winter X Games and he was the World Cup Giant Slalom Champion. Tyler trained and studied at UNH, graduating in 2008 with a degree in geography. He will, once again, compete for Team USA in Vancouver in 2010.

“Our family is committed to advancing the dreams of other student-athletes by supporting competitive opportunities for those with physical disabilities,” James Walker said. “Tyler has been involved with Northeast Passage for 16 years and his involvement, along with his experiences at UNH, has influenced his growth and success as an individual. We want to ensure those experiences are available to all students.”

Editor’s Note:

We regret that the following people were omitted from the photo caption on page 13 of CHALLENGE Summer ‘09, “Sarubbi Rings Opening Bell at NYSE,” Harvey Silverman, Adaptive Sports Foundation Board Member and retired Senior Managing Director of Spears, Leeds & Kellogg; and Robert O’Hara, Adaptive Sports Foundation Board Member and retired Senior Partner of Goldman Sachs and Jefferies Capital Partners.


**Names in the News**

---

**Chris Waddell Summits Kilimanjaro**

Paralympic champion and U.S. Adaptive Ski Team alum Chris Waddell (Park City, Utah) became the first paraplegic to reach the 19,340-foot summit of Mount Kilimanjaro on Sept. 30. The One-Revolution team and Waddell began their journey of climbing the largest freestanding mountain in the world a week earlier.

Waddell spent much of the past few years planning and engineering a unique four-wheel cycling device to allow him to climb the highest mountain in Africa.

He trained hours and hours on end near his home in Park City, Utah, and took the four-wheeler on training rides including Moab, Utah’s famous White Rim Trail.

Waddell was on the U.S. Adaptive Ski Team for 11 years, competing in four Paralympic Winter Games and winning 12 medals, becoming the most decorated male skier in Paralympic history. In 1994, he swept all four gold in Lillehammer, Norway.

“He has done something that very few people in this world have done,” said U.S. Ski and Snowboard Association (USSA) Adaptive Program Director Sandy Metzger. “He’ll do a lot to show what disabled people can do.”

For more information about Chris Waddell’s Mount Kilimanjaro climb, go to www.one-revolution.com. The website provides information about Waddell and a link to his blog about the climb.

---

**Garcia-Tolson Came Very Close to Finishing Ironman World Championship**

Rudy Garcia-Tolson came very close to becoming the first double above-knee amputee to finish the Ford Ironman World Championships held Oct. 10 in Kona, Hawaii.

Garcia-Tolson completed the 2.4-mile swim in 1:05 and then tackled the 112-mile biking portion of the event. After more than nine and a half hours on the bike, Garcia-Tolson missed the bike cut off by eight minutes, nearly the time it took for him to get clipped into his pedals in the first transition from the swim to the bike.

“Sometimes things don’t go the way you want them to,” said Garcia-Tolson when he spoke about what he learned from the experience. “You can give up or you can fight back and continue to go after your goal. I’m fired up! And after spending a couple hours at the finish line cheering the final competitors in, and feeling the energy from the crowd, the spark grew even stronger.”

“After a heroic effort, Rudy just missed his goal of becoming an Ironman,” said Virginia Tinley, executive director of The Challenged Athletes Foundation. “The fact that this two-time Paralympic swimming gold medalist was out there pedaling up the challenging hills of Kona in blistering conditions using only his glutes, showing others that anything is possible—proves he’s capable. It just wasn’t his day.”

---

**Reinertsen Lands on Cover of ‘ESPN The Magazine’s’ Body Issue’**

Tri-athlete Sarah Reinertsen was one of six athletes chosen to be on the cover of “ESPN The Magazine’s” inaugural “Body Issue.” The multiple covers mean every sixth cover in the stores featured Reinertsen. All copies of the issue have her inside shot.

The magazine, which hit newsstands in early October, features 80 athletes from a variety of sports in a celebration and exploration of the athletic form.

Reinertsen also is busy on a book tour, promoting her recent release, “In a Single Bound,” an autobiography in which she talks about “losing my leg, finding myself, and training for life.”

“It feels like the next step forward for me,” she said of the magazine photo shoot. “After emotionally exposing myself in my book, now I can let the world see my body as well. I’ve struggled with body image issues my entire life. Now, to be included in the ranks of great athletes like Serena Williams, Dwight Howard, and Adrian Peterson … I’m thrilled.”

---

**Adaptive Ski Athletes Appear in Latest Warren Miller Film**

Noteworthy alpine ski athletes were recently featured in “Dynasty,” the latest sports film released by Warren Miller, one of the most recognized names in the ski industry. A celebration of 60 years of filmmaking and narrated by Jonny Moseley, the movie highlights the Monoskier X event of the Winter X Games, an extreme form of adaptive skiing that has competitors strapped into molded bucket seats perfectly balanced on single skis. Participants in the film included: Tyler Walker, a current member of the United States Adaptive Ski Team, 2006 Paralympian, and X Games gold medalist; Kevin Bramble, a two-time Paralympic downhill gold medalist; and Heath Calhoun, a retired U.S. Army Staff Sergeant and a 2010 Paralympic hopeful.

“Dynasty” is currently touring the country in limited release through December. For more information or to locate a screening near you, visit www.skinet.com/warrenmiller.
get busy living
U.S. Association of Blind Athletes
Annual Ski Fest at Pico Mountain

The United States Association of Blind Athletes (USABA) in conjunction with Vermont Adaptive Ski & Sports, the Gibney Family Foundation and U.S. Paralympics, will hold its third annual Winter Ski Festival at Pico Mountain in Killington, Vt., Friday, Jan. 15, through Monday, Jan. 18. The event also receives funding from WWDSP. Athletes with visual impairment will be given the opportunity to learn to ski or learn to race in alpine and Nordic skiing. Guides and instructors are provided by Vermont Adaptive Ski & Sports, a chapter of DS/USA. All skill levels are welcome from beginner to advanced.

Participants will stay at a local hotel and will have transportation provided to them for the daily events. Alpine skiing will be hosted at Pico Ski Resort in Killington, while Nordic will be at Mountain Top Inn in Chittenden, Vt. The weekend will conclude with a banquet dinner held at the Killington Grand Hotel. For information, visit www.usaba.org, or contact Mark Lucas, USABA, (719) 630-0422 or Donna Stanley, Vermont Adaptive, (802) 353-7584.

11th Annual UCO Endeavor Games

The University of Central Oklahoma (UCO), a chapter of DS/USA, Endeavor Games for Athletes with Physical Disabilities will be held June 10-13, 2010 at UCO, Edmond North High School, and Cheyenne Middle School, Edmond, Okla.

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.

2009 was a record breaking year with more than 400 participants in 11 sports competitions including track and field, basketball, cycling, indoor archery, outdoor archery, sitting volleyball, shooting, swimming, table tennis and powerlifting.

UCO became an official U.S. Olympic and Paralympic training site in July 2009.

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

Three Notch Century Ride

Northeast Passage, a chapter of DS/USA, hosted the “Three Notch Century,” a 100-mile bicycle ride over three tough mountain passes in the White Mountains of Northern New Hampshire. From September 11-13, more than 125 cyclists participated in this event, raising in excess of $60,000 for the organization.

The course climbed three major passes in the White Mountains, traversing the Kancamagus Highway, Franconia Notch, and Crawford Notch. The challenging course covered 42 miles of climbing, with incline grades of six percent and greater, in the first 64 miles of the event. Cyclists could opt to complete the course in one, two or three days.

Joining the field of cyclists in tackling this difficult course was Kirk Bauer, executive director of DS/USA, who participated to raise funds for the Diana Golden Opportunities Fund and to support the DS/USA local chapter, Northeast Passage. Bauer, who lost his leg from a hand grenade while serving in the Vietnam War, was one of 60 riders that attempted to complete the course in one day, and the only amputee to do so.

Northeast Passage delivers disability-related health promotion and adapted sports programs throughout New England. Northeast Passage is a program of the University of New Hampshire’s College of Health and Human Services. More information on the Three Notch Century event can be found at www.threenotchcentury.org.

USOC Marks Athletes’ Journeys to Vancouver with ‘Making Team USA’

The U.S. Olympic Committee (USOC) is commemorating the journey of America’s top Olympic and Paralympic hopefuls as they make their way to Vancouver via a program, “Making Team USA.”

“Making Team USA” provides an inside look at what it takes to become a member of America’s team. The program showcases various elements of the journeys taken by Olympic and Paralympic hopefuls in their quest to don the red, white, and blue at the 2010 Games.

Anyone interested in following the “Making Team USA” can register to receive updates at www.TeamUSA.org.
Winning Innovations

Above-the-knee amputee, Matt Perkins, crosses the finish line in Hamburg, Germany for his second of four straight ITU Triathlon World Championship victories.

Perkins wears the LowPro Summit™ Lock, the donning and doffing of which allow for fast and easy transitions from his cycling prosthetic to his running prosthetic during races. The suspension and convenience of the lock also allow for comfortable participation in a variety of daily activities.
Are you ready for the rush of hurtling downhill at 60 miles per hour or more? Do you have the desire to excel at your sport? Do you want to have fun while challenging yourself to higher and higher levels?

Then alpine racing may be just right for you.

The growth of adaptive skiing has soared since its beginnings post World War II, thanks largely to the variety of adaptive equipment and ski schools nationwide. Although recreational skiing has many benefits including freedom, independence, and socialization, alpine ski racing takes it to another level.

While even beginners can try their hand at racing, a solid grasp of the fundamentals and basic skiing skills are necessary to start. “You should be an independent skier, get on a lift independently, and get yourself up if you fall,” said Diane Barras, program coordinator and head race coach at Maine Handicapped Skiing (MHS), Newry, Maine, a chapter of DS/USA.
“On our team we ask for commitment. To be a competitive racer you need drive, want to always be improving your skill, and have a willingness to want to get better.”

At MHS the race team is about 20 skiiers strong, training weekly. The focus is on improving technical and tactical skills both in and out of a race course.

Barras advises, “For someone who wants to start, find a race program near you and do a trial to see if it is something you might want to pursue.”

Racing for Many Abilities

While some might shy away from ski racing as a sport for elite, full-time athletes, almost anyone can belong to a racing team and accumulate points and standings in events locally and nationwide.

“There’s a big misconception that you have to train full-time,” said Kevin Jardine, competition director and coach at Challenge Aspen and former head coach of the U.S. Paralympic Alpine Ski Team. “We can customize programs even for those who can only come out once a week or once a month.”

“The biggest thing is making the decision to go further,” he said. “A lot of people with disabilities don’t know what their potential is. It’s a fun sport to be involved in.”

Challenge Aspen’s program is one of the top disabled alpine competition programs available. During year-round training programs, athletes compete and medal in national and international competitions including the Paralympics and the world championships.

Challenge Aspen, a chapter of DS/USA, has many programs designed for Wounded Warriors. “We want to encourage newly-injured veterans to become engaged in sports,” Jardine said. “We have many advocates for the disabled and encouraged participation in sports. The Diana Golden Series is the entry level of ski racing. Level I racers do not need to have any prior racing experience. The atmosphere is relaxed and racers are encouraged to do their best, but most importantly to have fun. Typical races consist of 15 to 20 gates designed as an open giant slalom. The fastest combined factored time of two runs through the same course wins. These introductory races are the first step toward making the Paralympics.

TYLER WALKER  World Champion Downhill Racer

“I don’t have my legs, but when I strap on a monoski, it’s like strapping on a pair of legs.”

Sponsors and scholarships available to them. Challenge Aspen’s goal with ski camps is to introduce disabled ski racing to a new community of people and encourage increased involvement in the sport. “Everyone has the potential to be the best,” he said.

Level I Racing Is for Everyone

Many DS/USA chapter adaptive skiing programs host Diana Golden Series Level I races, named after the seven-time world champion in downhill. Golden was an

Skiers interested in how they stand against the competition can compare times with Nastar (National Standard Race), available at almost every major ski area. Through computer tracking, Nastar allows ski or snowboard racers of all ages and abilities to compare themselves with one another and with national champions. The courses are simple, open-gated giant slalom on mostly intermediate terrain, allowing skiers of all abilities and ages to experience racing.

Continued on next page
Moving Up the Ladder

Ski racers who become proficient and want to further challenge themselves and improve their skills can move on to Level II races (called NorAms in North America), which are sanctioned by the United States Ski and Snowboard Association (USSA). In Level II, skiers are competing against their peers and a point system, which starts at 990 points. Points carry over from one season to the next. As a racer’s skill level increases, that racer’s points will decrease. Lower points reflect better race results. Skiers must also have a competitor’s license from the USSA and have a disability classification.

The U.S. team is selected every spring based on points from Level II races and Nationals. If a racer is selected to be on the team, then international competition begins with the ultimate goal to be in the Paralympics.

While you can be a pretty good racer with hitting the slopes once a week during the season, elite competitions, such as the Paralympics does require more than casual commitment.

“To be an elite skier you need to dedicate all of your time, even though there are elite skiers who work or are in school. The key is time management,” said Erik Petersen, director and head coach at the National Sports Center for the Disabled (NSCD) in Winter Park, Colo., a chapter of DS/USA. Petersen also is the International Paralympic Committee (IPC) head of competition for North America.

“A competitive skier will ski 60 to 80 days in the winter and in the off seasons. In the U.S., that means traveling to Oregon’s Mt. Hood, or to Chile or New Zealand.”

The NSCD alpine staff trains competitors in camps at Winter Park and in races and training sessions across the country. “My full roster is about 50, from one day skiers to full time,” Petersen said.

The program is based on the same teaching principals used for any standard competitive ski racing organization. It involves on-snow training, gate training, and dryland cross training that includes biking, aerobics and weight lifting. “You need to have good conditioning so muscles stay strong and flexible so as not to become injured,” Petersen said.

Ski equipment also differ at the higher levels of racing. At the entry level, skis are the same as in recreational skiing. But as skiers advance, upgrades to racing skis which have certain dimensions, are essential.


**SPORTS EQUIPMENT**

**Ski Types:**
- **Skiis:** The skis used in Alpine Skiing events are long and narrow (minimum of 60mm). Men’s skis are a minimum of 165cm and women’s skis are a minimum of 155cm. The maximum height of the binding plate is 55mm in all events.
- **Goggles:** Goggles are used to protect the eyes and to maximize visibility.
- **Sit-skis:** Some athletes with a physical disability compete from a sitting position using a sit-ski, also called a monoski. As the name suggests, monoskis have a specially fitted chair over a single ski. The chair includes seat belts and other strapping, as well as a suspension device to minimize wear and tear on the skier’s body.
- **Poles or outriggers:** Skiers in Alpine Skiing events use poles for propulsion and balance. The poles for Downhill and SuperG events are curved to fit around the body. Slalom poles are straight and usually have plastic guards to protect the hands from injury. Athletes in certain Paralympic classifications (e.g. single leg amputees who ski without a prosthesis, sitski users) use special poles called outriggers. Outriggers have short ski blades on the end and help the skier with balance.
- **Boots and bindings:** Boots for Alpine Skiing events have a hard plastic exterior with extensive foot and ankle support. Alpine skiers use bindings that attach at both the heel and toe.
- **Helmets:** Hard-shell helmets are required in Alpine Skiing events.
- **Clothing:** Alpine skiers wear lightweight, form-fitting clothing (all in one suit) to minimize air resistance. Slalom skiers frequently wear pads to protect from injury.

Source: International Paralympic Committee
However, Petersen emphasizes that the first step for any skier is to find a reputable program. “You want to train with a qualified ski coach that has the education and training for ski racing,” he said.

“The single largest thing I want to give to my students is not a medal but their independence and normalcy; that they are perceived as an athlete, not a disabled person. I want to hear that 10 years down the road, they can come back to me and say, ‘Your program has made me a better person.’”

The Hartford Ski Spectacular

Among the largest and most well-known learn-to-ski and race events is The Hartford Ski Spectacular, held every December in Breckenridge, Colo. Now in its 22nd year, it is a popular venue for beginners and experienced skiers. At the 2008 event, more than 700 skiers, instructors, and volunteers attended.

One of the week’s highlights is the National Race Festival – a three-tiered program featuring Mid-Level development for youth and adults interested in beginning to race, for athletes in pursuit of Paralympic competition. The camp includes training camps, Level I races and the Corporate Challenge Race, which features disabled and able-bodied skiers teaming up for a thrilling downhill race.

Attendees are also mentored by members of the U.S. Adaptive Ski Team. “They can really relate to the beginner and tell them how they managed to do it,” said Petersen. “The Hartford Ski Spec is a good way for skiers to get immersed in the program.”

Elite USSA Level II races in slalom and giant slalom, sponsored by U.S. Paralympics and DS/USA, are held at Copper Mountain following The Hartford Ski Spectacular, Dec. 14-15.

Paralympian Launched at The Hartford

One elite skier who got her start at The Hartford Ski Spec is Caitlin Sarubbi of Brooklyn, N.Y.

A visually-impaired skier, Sarubbi, now 19, attended her first Ski Spec in 2001, as a guest with her father, a New York City firefighter.

“The atmosphere at Ski Spec is unbelievable,” she said. “I skied once or twice before, but the Ski Spec was a great experience. It was awesome and the volunteers were so helpful. When I went downhill, I felt like I had no limits or disability.”

From that first experience, Sarubbi explained that she wanted to pursue skiing further, and her family looked at opportunities at the Adaptive Sports Foundation (ASF) ski program at Windham Mountain, N.Y. Through camps and training from ASF, Sarubbi soon became involved with the race team. In 2008, she was named to the U.S. Paralympics Alpine Skiing National Team.

Of the feeling when zooming downhill, she said, “It’s great, there’s nothing like it. It’s a lot of hard work and dedication (to get to the elite level), but the feeling when you cross the finish line is incredible. When you want to go for it, there is nothing that can stop you.”

Sarubbi will be at this year’s event mentoring and as a volunteer with The Hartford.

Racing with the DS/USA Ski Tour

From January through April 2010 the DS/USA Ski Tour will include more than 60 events hosted by 32 DS/USA chapters and affiliates in 16 states. Events include beginner and elite ski races, race training, learn to ski and instructor training.

The Ski Tour program is the only one of its kind that ensures opportunities for youth and adults with disabilities to receive state-of-the-art instruction and adaptive equipment throughout the nation’s leading regional ski destinations - California, Colorado, Idaho, Maine, Massachusetts, Nevada, New Hampshire, New York, Utah, and Vermont. The Ski Tour includes internationally-rated elite NorAm ski races that qualify USA and foreign ski racers for the International Paralympic Games’ events, like the Winter Paralympics. It is the only national qualifying race series for ski racers attempting to qualify for the U.S. Disabled Alpine Championships.

CAITLIN SARUBBI Visually-Impaired Skier

“When I went downhill, I felt like I had no limits or disability.”
## 2009-10 SkiTour Calendar

For a listing of PSIA-AASI Continuing Education Opportunities and a complete listing of winter sports events conducted by DS/USA Chapters, please visit our online calendar at [www.dsusa.org/calendars-main.html](http://www.dsusa.org/calendars-main.html).

### DECEMBER

6 - 13  
**The Hartford Ski Spectacular**  
Learn to Ski, Snowboard, Nordic  
Emerging Athlete National Race Camp  
Disabled Sports USA  
Breckenridge Ski Resort; Breckenridge, Colo.  
Contact: Katie Barto  
(240) 268-1250  
info@dsusa.org

14 - 15  
**Copper Mountain Nor/Am**  
Level II Nor/Am Race  
Disabled Sports USA  
Copper Mountain Ski Resort; Copper Mountain, Colo.  
Contact: Pat Addabbo  
(240) 268-0237  
paddabbo@dsusa.org

17 - 18  
**Winter Park Open**  
Level II Nor/Am Race  
National Sports Center for the Disabled  
Winter Park Resort; Winter Park, Colo.  
Contact: Erik Petersen  
(970) 726-1540  
epetersen@nscd.org

27 - 30  
**Holiday Camp & Level I Race**  
Learn to Race, Level I Race  
National Sports Center for the Disabled  
Winter Park Resort; Winter Park, Colo.  
Contact: Erik Petersen  
(970) 726-1540  
epetersen@nscd.org

### JANUARY

8 - 10  
**Paralympic Experience - Nordic Ski/Race Camp with Marc Mastro**  
Nordic Skiing – All ability levels  
Disabled Sports Eastern Sierra  
Mammoth Mountain, Calif.  
Contact: Maggie Pulchak  
(760) 934-0791  
mpulchak@disablesportseasternsierra.org

8 - 12  
14th Annual Monoski Camp  
Mid-Level & Advanced Race Camp  
Challenge Aspen  
Snowmass Ski Area; Snowmass Village, Colo.  
Contact: Nikki Malcolm  
(970) 923-0578 x213  
nikki@challengeaspen.com

9  
**Diana Golden Eastern Series Race**  
Level I Race  
New England Disabled Sports  
Loon Mountain Resort; Lincoln, N.H.  
Contact: Chris Dufresne  
(603) 745-6281  
crudfresne@mtn.com

10 - 15  
All Mountain Ski and Ride Camp w/ Powdercat Trip  
Mid-Level & All Mountain Camp  
Adaptive Adventures  
Steamboat Springs; Steamboat Springs, Colo.  
Contact: Joel Berman  
(866) 679-2770  
joel@adaptiveadventures.org

11 - 15  
**New England Disabled Winter Sports Clinic**  
For Disabled Veterans (Military/Veterans Only)  
Learn to Ski and Snowboard  
Sunaapee, N.H.  
Contact: Ralph Marche  
(857) 364-5069  
ralph.marche@med.va.gov

15 - 18  
**Emerging Athlete Regional Race Camp**  
Mid-Level & Advanced Race Camp  
Disabled Sports USA  
Lake Placid Olympic Training Center; Lake Placid, N.Y.  
Contact: Pat Addabbo  
(240) 268-0237  
paddabbo@dsusa.org

17  
**Diana Golden Eastern Series Race**  
Level I Race  
AbilityPLUS at Gunstock  
Gunstock Mountain; Gilford, N.H.  
Contact: Nancy Ripley  
nancyripley@hotmail.com

19 - 22  
**Ski Beech Learn to Ski**  
Learn to Ski  
SPARC (DSUSA Chattanooga)  
Ski Beech Mtns. Resort; Beech Mountain, N.C.  
Contact: Al Kaye  
(665) 341-1353  
akaye@corwilth.com

21 - 24  
**Wounded Warrior Learn to Ski**  
(Military/Veterans Only)  
Adaptive Sports Foundation  
Windham Mtns. Ski Area; Windham, N.Y.  
Contact: Cherise Young  
(518) 734-5070  
chyoung@micable.com

21 - 24  
**Nordic Camp and Race**  
Nordic Learn to Race Camp  
Northeast Passage  
Jackson Ski Touring Center; Jackson, N.H.  
Contact: Cathy Thompson  
(603) 862-0070  
cathy.thompson@sunbu.edu

21 - 26  
**Emerging Athlete Regional Race Camp**  
Mid-Level & Advanced Race Camp  
National Sports Center for the Disabled  
Winter Park Resort; Winter Park, Colo.  
Contact: Erik Petersen  
(970) 726-1540  
epetersen@nscd.org

22 - 26  
6th Annual Wounded Warrior Snow Sports Weekend  
(Military/Veterans Only)  
Learn to Ski Event  
Wintergreen Adaptive Sports  
Wintergreen Resort; Wintergreen, Va.  
Contact: Sam Shaver  
(434) 325-2007  
info@skiwas.org

22 - 25  
Learn to Ski-Ski Session 1  
Learn to Ski-Ski Camp  
Challenge Aspen  
Snowmass Ski Area; Snowmass Village, Colo.  
Contact: Nikki Malcolm  
(970) 923-0578 x213  
nikki@challengeaspen.com

23  
**Diana Golden Eastern Series Race**  
Level I Race  
Bretton Woods Adaptive Inc.  
Mount Washington Resort; Bretton Woods, N.H.  
Contact: Janice Lamm  
(603) 278-3388  
info@brettonwoodsadaptive.org

29 - 31  
**Wounded Warrior Weekend**  
(Military/Veterans Only)  
Learn to Ski and Snowboard  
Bart J. Ruggieri Adaptive Sports Center  
Bromley Mountain; Peru, Vt.  
Contact: Joe Hurley  
(802) 824-5522 x430  
bartcenter@comcast.net

30 - 31  
**Diana Golden Series Race and Race Clinic**  
Learn to Race Clinic; Level I Race  
Adaptive Sports Foundation  
Windham Mountain Ski Area; Windham, N.Y.  
Contact: Pam Greene  
(518) 734-5070 x4  
pamgreene@micable.com

### FEBRUARY

1 - 4  
10th Annual Expand Your Horizons! Ski Camp  
Mid-Level All Mountain Camp  
Telluride Adaptive Sports Program  
Telluride Ski Resort; Telluride, Colo.  
Contact: Courtney Stuecheli  
(970) 728-3524  
tasp@tellurideadaptiveports.org

1 - 5  
**Operation Mountain Freedom**  
Wounded Soldier Learn to Ski Event  
(Military/Veterans Only)  
Disabled Sports Eastern Sierra  
Mammoth Mountain; Mammoth Lakes, Calif.  
Contact: Kathy Copeland  
(760) 934-0791  
info@disablesportseasternsierra.org

2 - 6  
**Stars of Tomorrow Junior Ski Race Camp & Diana Golden Eastern Series Race**  
Mid-Level Race Camp & Level I Race  
PA Center for Adapted Sports & Adaptive Adventures  
Comeback; Tannersville, Pa.  
Contact: Isabel Behn  
(215) 765-5118  
pacenter@aoi.com
4 - 8 Veterans/No Boundaries
(Military/Veterans Only)
Learn to Ski and Snowboard
Maine Handicapped Skiing
Sunday River Ski Resort; Newry, Maine
Contact: Diane Barra
(207) 824-2440
dbarra@skimhi.org

6 - 7 U.S. Paralympics WinterFest
Learn to Ski/Snowboard; Learn to Race
Two Top Mountain's Adaptive Sports
WhiteTail Resort; Mercersburg, Pa.
Contact: Bill Dietrich
(717) 507-7668
bill@twotopadaptivesports.com

Feb 6 - 7, 10 - 21 & March 6 - 7
Learn to Race Weekends
Mid-Level Race Camp
DSUSA Far West
Alpine Meadows Resort; Alpine Meadows, Calif.
Contact: Bill Bowness
(530) 581-4161
billsbowns@hotmail.com

9 - 10 14th Annual WI Ski and Snowboard Festival
Learn to Ski/Snowboard; Skill Development Challenge Aspen
Snowmass Ski Area; Snowmass Village, Colo.
Contact: Nikki Malcolm
(970) 923-0579 x213
nikki@challengeaspen.com

11 - 12 Monoki Camp
Mid-Level All Mountain Camp
Breckenridge Outdoor Education Center
Breckenridge Ski Resort; Breckenridge, Colo.
Contact: Jeff Iouyou
(970) 453-5633
jef@boec.org

13 Wounded Warrior Adventure 2010 (Military/Veterans Only)
Learn to Ski and Snowboard, Ice Climbing
Adaptive Sports Center of Crested Butte
Crested Butte, Colo.
Contact: Chris Read
(303) 349-5075
tread@adaptablesports.org

15 - 18 Adaptive Teen Extreme
Mid-Level All Mountain Camp
Teton Adaptive Sports
Jackson Hole Mtn. Resort; Jackson Hole, Wyo.
Contact: Kurt Henry
(307) 699-3554	
tetonadaptive@aol.com

17 - 19 Ski Bash 2010
Learn to Ski/Snowboard
Baltimore Adapted Recreation and Sports
Wisp Ski Resort; McHenry, Md.
Contact: Pamela Lenhart
(410) 491-3227
pam@bars@aol.com

17 - 21 Emerging Athlete Regional Race Camp
Mid-Level/Advanced Race Camp & Level I Race
National Ability Center
Park City Mountain Resort; Park City, Utah
Contact: Ellen Adams
(435) 649-3991 x622
ellen@discoveryracing.org

19 - 21 Learn to Race Camp
Learn to Race Camp; Level I Race
United States Adaptive Recreation Center (USARC)
Bear Mountain Resort; Big Bear Lake, Calif.
Contact: Tom Perine
(909) 534-0269
tom@usarc.org

20 - 21 Ski/Snowboard Development Camp
All-Level All Mountain Camp
New England Disabled Sports
Contact: Rob Mueller
(603) 445-6281 x5663
robm@newenablesports.org

20 - 21 STAR Youth Ski and Ride Camp
Learn to Ski/Snowboard; Level I Race
Adaptive Adventures
Alpine Valley; Troy, Wisc.
Contact: Joel Berman
(847) 251-8445
joel@adaptiveadventures.org

20 - 21 U.S. Paralympic Academy
All Mountain Ski, Snowboard, and Nordic Camp
Challenger Alaska
Chugach State Park; Anchorage, Alaska
Contact: Jeff Dick & Jeremy Anderson
(907) 783-2925
challenge.sk@alaska.net

24 - 26 7th Annual Great Lake Monoki Madness
Mid-Level All Mountain Camp
Coeur d'Alene Resort
Spokane, Wash.
Contact: Chad Kriner
(503) 957-9026
david@cdgadventures.org

26 - 28 Paralympic Academy/Adaptive Race Camp
Mid-Level Race Camp & Level I Race
Disabled Sports Eastern Sierra
Mammoth Mountain; Mammoth Lakes, Calif.
Contact: Maggie Palchak
(760) 934-0791
info@disablesportseasternsierra.org

26 - March 1
Learn to Ski/Snowboard Session 2
Learn to Ski/Snowboard Challenge Aspen
Snowmass Ski Area; Snowmass Village, Colo.
Contact: Nikki Malcolm
(970) 923-0579 x213
nikki@challengeaspen.com

27 - Diana Golden Eastern Series Race
Level I Race
Ability PLUS at Waterville Valley
Contact: Kathy Chandler
kchandler@abilityplus.org

28 - March 5
2010 IPC World Cup Finals
Challenge Aspen
Buttermilk Mountain Ski Area; Aspen, Colo.
Contact: Kevin Jardine
(970) 923-2678 x207
kevin@challengeaspen.com

MARCH

3 - 6 2nd Annual Adaptive Steep and Deep Camp
Advanced All Mountain Camp
Teton Adaptive Sports
Jackson Hole Mtn. Resort; Jackson Hole, Wyo.
Contact: Kurt Henry
(307) 699-3554	
tetonadaptive@aol.com

6 - 7 Wounded Warrior Snow Sports Event
(Military/Veterans Only)
Learn to Ski/Snowboard
STRIDE Adaptive Sports
George Washington, VA
Contact: Kate (Mosher) Suhri
(518) 598-1276
kmosher@striderg.org

6 Diana Golden Eastern Series Race
Level I Race
Bart J. Ruggiero Adaptive Sports Center
Bromley Mountain; Peru, VT.
Contact: Joel Berman
(802) 424-5522 x607
bartcenter@comcast.net

7 - 10 All Mountain Ski and Ride Camp
Mid-Level All Mountain Camp
Teton Adaptive Sports & Adaptive Adventures
Grand Targhee Resort; Alta, Wyo.
Contact: Joel Berman
(866) 679-2770
joe@adaptiveadventures.org

8 - 13 Learn to Ski Camp
Learn to Ski and Snowboard
Adaptive Sports Association
Durango, Colo.
Contact: Tim Koes
(970) 259-0374
tim@asadurango.com

12 - 14 Monoki Madness
Learn to Ski
Disabled Sports Eastern Sierra
Mammoth Mountain; Mammoth Lakes, Calif.
Contact: Maggie Palchak
(760) 934-0791
info@disablesportseasternsierra.org

13 Diana Golden Eastern Series Race
Level I Race
STRIDE Adaptive Sports
Jenkinson Mountain Resort; Hancock, Mass.
Contact: Mary Ellen Whitney
(518) 598-1279
mwhitney@striderg.org

15 - 20 Ability Celebration
(Military/Veterans Only)
Learn to Ski and Snowboard, Sledge Hockey, Snowmobiling and Ski Racing
Disabled Sports USA Far West
Alpine Meadows Resort; North Lake Tahoe, Calif.
Contact: Haakon Lang Rei
(530) 581-4161
haakon@disabledsports.net

20 - 22 STAR Youth Ski and Ride Camp
Learn to Ski/Snowboard; Level I Race
Adaptive Adventures
Steamboat Springs; Steamboat Springs, Colo.
Contact: Mau Thompson
(866) 679-2770
maut@adaptableadventures.org

21 Diana Golden Eastern Series Race
Level I Race
New England Handicapped Sports Association
Mount Sunapee Resorts; Newbury, N.H.
Contact: Tom Kersey
(603) 862-0070		
tom.kersey@nhsa.org

27 - 28 STAR Youth Ski and Ride Camp
Learn to Ski/Snowboard; Level I Race
Adaptive Adventures
Eldora Ski Area; Nederland, Colo.
Contact: Mau Thompson
(866) 679-2770
maut@adaptableadventures.org

28 - April 1 STAR Youth Race Camp
Mid-Level Camp; Level I Race
Adaptive Adventures
Steamboat Springs; Steamboat Springs, Colo.
Contact: Mau Thompson
(866) 679-2770
maut@adaptableadventures.org
Getting Ready for
VANCOU
By Melissa Lewis

The 2010 Paralympic Winter Games will feature five sports with 64 medal events including: alpine skiing, biathlon, cross country skiing, sled hockey, and wheelchair curling. An estimated 600 Paralympic athletes and officials are expected to take part in the Vancouver Games, March 12-21, 2010.

Alpine Skiing

The U.S. Adaptive Ski Team is loaded with talent on both the men’s and women’s side and these athletes hope to utilize their sneak peak of the course to their advantage after competing at the Whistler venue for the World Cup Finals. The full skiing roster will be nominated in late February based on the International Paralympic Committee (IPC) point system.

Stephani Victor (Park City, Utah) is expected to lead the way for the women after collecting three gold medals and one silver medal at the IPC Alpine Skiing World Championships in Kangwonland, Korea. She will be a major contender in the sitting slalom, giant slalom, and Super-G.

Victor earned a spot on her first U.S. Paralympic Team in 2002, just three years after her first adaptive skiing lesson. Now a U.S. team veteran, she plans to use her knowledge about the Whistler ski course to her benefit heading into the 2009-10 season.

“Having the opportunity to look at the race course in Whistler was really valuable, not only do I have my own mental picture, I’ve got it on video and I will be focusing on that mentally and physically what I need to develop so that I’m prepared to take that particular race course on and win,” said Victor.

In the women’s standing division, Allison Jones (Colorado Springs, Colo.) recently won silver in the slalom at the IPC Alpine Skiing World Championships. She is the looking to defend her gold medal in the slalom from the 2006 Paralympic Winter Games.

The men’s side is equally strong with Chris DeVin-Young (Campton, N.H.) looking to compete in his fourth Paralympic
Winter Games. “CDY,” as his teammates call him, is owner of four Paralympic medals and was recently inducted into the California Sports Hall of Fame alongside professional athletes Troy Glaus and LaDainian Tomlinson.

Retired Staff Sergeant Heath Calhoun (Bristol, Tenn.) is an up-and-coming ski racer hoping to make a splash on the mountain in Whistler. Calhoun is an Iraq war veteran now training for the privilege of representing the United States outside of military duty.

“I think it would be huge to make it to the Paralympics and represent the United States again, I did it in the military and would enjoy the opportunity to represent the United States again,” said Calhoun.

Sled Hockey

The U.S. National Sled Hockey Team will secure its roster December 4 in Rochester, N.Y. Team USA is coming off its first-ever world championships gold medal. Goalie Steve Cash (Overland, Mo.) and team captain Andy Yohe (Bettendorf, Iowa) are two veterans that will put the U.S. in position to be medal contenders in Vancouver.

Yohe made the decision to move across the country with his wife, Kathleen, in support of his key role to Team USA. The move from the Midwest to Rochester, N.Y. (official training site for sled hockey) will enable Yohe to dedicate more time to train on the ice.

“Obviously, I’ve dedicated myself by moving to Rochester so I can be on the ice as much as possible and now it’s just putting in that time on the ice every chance I get and skating as hard as I can every time I get the opportunity,” Yohe said.

Wheelchair Curling

Staying on the ice, USA Curling has nominated Augusto Perez (East Syracuse, N.Y.), James Pierce (North Syracuse, N.Y.), James Joseph (New Hartford, N.Y.), Jacquelyn Kapinoski (Point Pleasant, N.J.), and Pat McDonald (Orangevale, Calif.) to the 2010 U.S. Paralympic Wheelchair Curling Team. These are the first five athletes nominated to compete in Vancouver.

The squad is comprised of the same athletes who won the first medal for the U.S. in wheelchair curling, a bronze, at the world championships in 2008. The team will be led by head coach Steve Brown.

Coming off a fourth place finish at worlds in 2009, the team is looking to make its first trip to the Paralympic podium in March. This past February, Vancouver hosted the World Curling Championships at the Paralympic venue, an added benefit for the Americans.

According to USA Curling Chief Operating Officer Rick Patke, “It will give them some familiarity with the course, and they did use the same rocks that will be used in March.”

Danelle and Rob Umstead, Alpine Skiing

This husband and wife duo are aiming to hit the slopes come March with one major goal, to bring home gold for the United States. They founded TeamVision4Gold that started with Danelle’s dream, “Vision is to have sight, an idea, or a dream. It began with my vision for gold at the Paralympic Winter Games, and the desire to win four gold medals in Vancouver.” Rob, a University of Massachusetts graduate was a member of the university’s ski team and is Danelle’s full-time guide. Check out her blog at http://www.usparalympics.org/blogs.

Augusto Perez, Curling

Augusto “Goose” Perez is leading the wheelchair curling team for a chance to win a first-ever Paralympic medal for the U.S. The Madrid native and father of twins led the team to the bronze medal at the World Wheelchair Curling Championships in 2008.
Nordic Skiing

Although the team won’t be nominated until February 2010, some familiar faces will be around biathlon and cross country skiing. Head coach Greg Rawlings (Steamboat Springs, Colo.) replaced Jon Kreamelmeyer, who left to become development coordinator, has aspirations to raise the medal count come March.

Despite taking the position late in the season, Rawlings is looking forward to working with the staff and team.

“I am excited to have the chance to work with such a great support staff, coming in at this late date has been educational and allows me the chance to push us in a positive direction leading up to the Games. My plan is to have a solid showing in 2010 and that means medals as well as athletes consistently placing in the top-ten.”

Rawlings will look to Chris Klebl (Heber City, Utah), Andy Soule (Pearland, Texas) and Kelly Underkofler (St. Paul, Minn.) to lead the U.S. to medals. Klebl finished 11th in Torino and posted sixth place at the IPC Cross Country World Championships in Vuokatti, Finland, this past season.

Soule, a veteran of the Afghanistan war, is training to make his debut in both Nordic events, biathlon and cross country. In 2008 he and the team finished in 12th place in World Cup standings.

As the sole female on the team, Kelly Underkofler returns in both the biathlon and cross country events. She competed in both the 2002 and the 2006 Paralympic Winter Games. Underkofler finished fourth in the long distance biathlon and had five other top-10 finishes in Torino.

Location

The 2010 Paralympic Winter Games will take place in two separate cities. Alpine skiers will vie for the gold at Whistler Creekside, while Whistler Paralympic Park will host biathlon and cross country skiers. These athletes will reside in the Paralympic Athlete Village - Whistler.

Sled hockey and wheelchair curling athletes will be housed at the Paralympic Athlete Village - Vancouver and compete at the UBC Thunderbird Arena and the Vancouver Paralympic Center, respectively.

Follow Team USA

USParalympics.org is your home for all the latest news, photos, videos and inside access to Team USA athletes as they prepare to compete at the 2010 Paralympic Winter Games in Vancouver.

Stay up-to-date with all things Team USA by becoming a fan of U.S. Paralympics on Facebook at www.facebook.com/usparalympics or following us on Twitter at www.twitter.com/usparalympics.

Melissa Lewis is a media/public relations intern at the U.S. Olympic Committee, Paralympic Division, Colorado Springs, Colo.

Tyler Walker
Alpine Skiing

Walker has been a member of the U.S. Adaptive Ski Team since 2003. He made his Paralympic Winter Games debut in Torino in 2006. In 2007, he won gold at the first-ever Monoski X competition at the Winter X Games and won the World Cup Giant Slalom championship. Walker also won the men’s sitting downhill at the World Cup earlier this year.

Monte Meier
Alpine Skiing

After contemplating retirement at the conclusion of the 2002 Paralympic Winter Games, Meier chose to continue skiing. He made podium finishes in three of four events at the 2008 National Championships. (Super-G, giant slalom, and slalom) He has also been consistently ranked in the top-15 through the 2007-2008 season.

Sean Halsted
Nordic Skiing

After a breakout year in 2007, Halsted began competing regularly on the World Cup circuit. By 2008, he was ranked 16th after only his third year with the team.
Feel the Seamless, Smooth Transition & Appreciate the Quality Range of Motion

The Soleus offers a dynamic heel that allows for a seamless, smooth transition between heel strike and toe-off. Involving the entire foot in absorbing and return 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 whether you are walking down the side walk to hiking to the highest peaks.

Ask your Prosthetist about the new Soleus Foot from College Park. You'll be glad you did.

CPI

17505 Heiro Drive • Fraser, MI 48026
800.728.7950 | FAX: 800.294.0067
586.394.1950 | FAX: 586.294.0067

www.college-park.com
Challenge Aspen C.A.M.O.: Healing and Helping Wounded Warriors

Challenge Aspen is no secret in the world of non-profit groups, and since 2005, when CEO Houston Cowan and Program Director Sarah Williams Volf formally created Challenge Aspen Military Opportunities (C.A.M.O.), a division designed to cater to the unique needs of newly injured veterans, there has been plenty to talk about. Word has spread, growing C.A.M.O. programs from only two programs offered in 2005 to more than 18 weeklong programs completed in 2009.

The exciting new programs added to the 2009 calendar include the launch of the first-ever C.A.M.O. Women’s Retreat, designed with healing intended for injured women returning from Iraq and Afghanistan. “There has been such an increase to the frequency and intensity of injuries, over all, and that number includes women in active duty,” Volf explains. “There are more than 400,000 women in active duty, and more than 100,000 are in Iraq and Afghanistan. We listen very carefully to what the soldiers have to say about what will help them most. And, through all of our camps, including these special women-focused camps, we want to assess their growing needs, from education, to employment and policy concerns, and use this information to affect positive change.”

A participant of the Women’s Retreat explains, “It was helpful to know that there were other women like myself still adjusting to ‘civilian’ life with new physical or psychological complexities. The retreat provided a way for me to ‘talk it out’ and ‘work it out.’ I was able to relax in an atmosphere that encouraged me to confront my fears and learn new life strategies in spite of my disabilities.”

Listening to the soldiers provides the C.A.M.O. staff valuable information that helps them develop new ways to approach rehabilitation creatively. And C.A.M.O. program offerings have expanded to include specialized Traumatic Brain Injury programs, equine therapy and fly-fishing, which were all extremely well received this summer. Those offerings will be continued in 2010.

Because C.A.M.O. programs welcome families, Alan “Doc” Babins and his father enjoyed their experience as a family. “I love the freedom of racing down the mountainside and feel normal again when I am out of my wheelchair and being active,” Alan said. His father adds, “One-on-one instruction is especially valuable for someone like Alan, who’s faced with a traumatic brain injury, dexterity challenges and delayed motor skills. For me, the opportunity to ski with Alan, daily, will never be forgotten ... nor will the smile I saw every day while he was on the slopes. The rehabilitation to Alan’s body, and spirit, that your clinic provides is invaluable. I will remain forever grateful for the opportunity to share the experience with him.”

Another first includes the warm welcome to servicemen from the United Kingdom, participating in the first-ever C.A.M.O. exchange program. “I was injured in 2004 in Baghdad following a suicide bomb attack, which led to a traumatic amputation of both legs above the knee,” said 28-year-old Neil Heritage from Great Britain. “As many of the individuals on the trip were at different stages of rehabilitation, I personally felt that one of the positive aspects to the event was the opportunity for other people to see varying stages of recovery and rehab, as well as having the chance to talk to the people affected.”

“The whole program has been beautifully engineered by Sarah to maximize the achievement factor for all who take part,” said Charley Streather, a Welfare Officer for the British Limbless Ex-Service Men’s Association. Streather was a guest, leading a team of six amputees, all wounded British soldiers, to the Challenge Aspen C.A.M.O. Aspen Wilderness Program this August. Streather is also an amputee.

“I don’t know whether the success of this program can be attributed to any one factor. It could be the utter dedication and selflessness of the organizers and helpers ... it could be the majestic beauty of the surroundings ... it could be the thrilling aspect of the program itself, I just don’t know,” Streather said. “One thing I know is that Challenge Aspen epitomizes the pinnacle of what can be achieved in rehabilitative care, it is the real deal, the complete package, and a testament to all concerned in their quest to help rebuild fractured lives.”

Helping to rebuild fractured lives is what Challenge Aspen Military Opportunities is all about. C.A.M.O. is a large part of helping to create a new normal life for returning injured veterans and their families. Streather adds, “The program has a particular kind of magic that weaves itself around every participant in such a way that the impossible suddenly seems achievable.”

The remarkable achievement, with the help of Challenge Aspen and the talented staff, leaves the participants and their families something truly amazing to talk about.

Written by Melissa Campbell for Challenge Aspen Military Opportunities (C.A.M.O.)
The past 12 months have proven to once again be another landmark year for the Wounded Warrior Disabled Sports Project. We fielded our first “missing parts in action” teams at the Capitol of Texas Triathlon and the Ski to Sea, sponsored more than 100 year-round “learn-to” clinics, competitions, and camps as well as supported individual warriors in their personal goals from Paralympic cycling development camps to sailing around the Fastnet rock in England. The breadth of activities offered was once again expanded to include more than 30 different sports, including traditional offerings such as skiing, water ski and cycling to newer, innovative sports such as paddle boarding, surfing, and biathlon.

More than 900 warriors, family, and military staff benefited from these programs, in partnership with 38 Disabled Sports USA chapters.

Upcoming changes

A number of changes to the Wounded Warrior Disabled Sports Project will occur in 2010. It has long been the goal to integrate warriors into their home communities by encouraging independent participation in chapter activities. Focus in the year ahead will be placed on events that allow warriors to experience diverse facets of adaptive sports, such as racing, education and mentoring – alongside other chapter members. In other words, more warriors will participate in existing chapter events than in exclusive warrior events. Increased efforts will also be made to support individual warriors’ goals, particularly close to home.

For more information about this year and next, visit www.dsusa.org, or contact jray@dsusa.org.
No Bats Baseball Club Events Raise Funds for Wounded Warrior Disabled Sports Project

No Bats Baseball Club (NBBC), a non-profit organization dedicated to promoting charity and goodwill through baseball, chose to support the Wounded Warrior Disabled Sports Project (WWDSP) as its annual beneficiary. Fundraiser baseball games were held Oct. 2-3 at Nelson Wolff Stadium, home of Texas League Double A team, the San Antonio Missions. In the organization’s 18-year history, this event marks the first occasion that No Bats has designated a non-baseball-related charity to receive proceeds, as well as raising an all-time fundraising total of more than $100,000. One hundred percent of the funds benefit the sports rehabilitation programs for Wounded Warriors undergoing rehabilitation at major military hospitals, including Brooke Army Medical Center, Walter Reed Army Medical Center, Bethesda Naval Medical Center, and Balboa Medical Center.

Wounded Warriors from Brooke Army Medical Center were invited to participate in the four baseball games on Friday and three games on Saturday. Kirk Bauer, executive director of DS/USA, Orlando Gill, retired U.S. Army Staff Sgt. and field representative for DS/USA, and Dan Acosta with the WWDSP also played, along with members of the No Bats Baseball Club.

The events kicked off on Oct. 1 with an extensive tour of the Center for the Intrepid (CFI) at San Antonio Military Medical Center, a state-of-the-art physical rehabilitation center, and a golf demonstration showcasing the latest in adaptive golf equipment.

“We are absolutely amazed by the generosity and dedication of No Bats, as well as the San Antonio Missions,” said Bauer. “A wonderful group of people came together that weekend, from near and far, to extend a hand and support our Wounded Warriors. Because of this partnership and its national scope, Wounded Warriors across the country will be able to benefit from what we have accomplished here in Texas.”

“The events with No Bats have definitely been one of my most memorable experiences since I became involved in the WWDSP,” noted Gill. “The guys are very passionate and heartfelt about the work that they do to raise funds, but they also know how to have a great time and live life to the fullest.”
Wounded Warriors Rebuild Historic Corral in Yellowstone

It was five days of hard physical labor in the northeast section of Yellowstone National Park for five Wounded Warriors this summer who volunteered their time to tear out and replace fencing at the Park’s historic Buffalo Ranch Corral.


AYV are ARCH Venture Partners’ employees, associates, and executives from ARCH Venture portfolio companies.

ARCH Venture approached the Wounded Warrior Disabled Sports Project earlier this year to see if there was interest in assisting in the Yellowstone corral renovation. The answer was an affirmative since the Wounded Warriors not only are anxious to return to an active lifestyle, but also want to give back to the community and send a positive message to other wounded service personnel.

“It was a great experience and I’d love to do it again,” said Gill, who also is a field representative for DS/USA. “It was very rewarding because we all could see what we had done.” He added, “The ARCH people were great to work with.”

To kick-off the work, AYV participants contributed more than $13,000 to the Yellowstone Park Foundation to purchase rails, posts and other supplies necessary for the rebuilding project.

The backbreaking work of taking down the old fence, hauling it to a burn site, and rebuilding sections of the current corral was a labor embraced by the Warriors as they worked side-by-side with the AYV group.

“We were tearing down the old corral and dragging the posts and rails to the burn pile. The terrain was unforgiving – uneven, very brushy, and littered with horse piles,” said Gill.

Each section of fencing consisted of nine rails, each 17 feet long, and weighing 40 to 50 pounds. New post holes had to be dug and 30 new posts were installed.

Once the old corral was taken out, new lumber was brought in from about 300 meters out, where it was stockpiled. The crew then rebuilt the corral to replicate the old one.

At the end of the work week, the crew had demolished 112 sections of the old corral and hauled to the burn pile more than 14,000 linear feet of rails. They rebuilt 130 sections of corral fence, which included 1,150 new rails totaling more than 18,000 linear feet.

“It was team work but we were all doing the same thing using good old fashioned back power,” Gill said.

The work project was not without its highlights including seeing many buffalo and bison on their trips in and out of the park and a sighting of a boat ride in the lush Lamar Valley section of the park.

The AYV works on a variety of maintenance projects from year-to-year such as clearing natural debris and fallen timber from trails, cleaning campsites, installing latrines, building hitching posts, rerouting drainages and verifying the safety of trails and river crossings.

The Buffalo Ranch was established in 1907 in the Lamar Valley to grow the bison herd which had diminished to an estimated 30 wild bison in Yellowstone. The Army (and later the Park Service) ran the Buffalo Ranch like a cattle ranch. In the mid-1950s, the bison were set free to roam the park.

Beginning in the late 1970s, renovations began to some of the ranch buildings, which are now used for educational programs.

Buffalo Bills/Buffalo Bills Alumni Help Wounded Warriors Score Big Weekend

From touchdown at the Greater Rochester International Airport on Friday, Sept. 18, 2009 to touchdowns at the Ralph Wilson Stadium on Sunday, Sept. 20, Wounded Warriors and their guests, who participated in the 13th Annual Rochester River Challenge Outrigger Canoe Sprint Races, enjoyed an action-packed weekend of sports activities. Cape Ability Outrigger Ohana (CAOO) and the Buffalo Bills/Buffalo Bills Alumni teamed up to provide a sports extravaganza in Rochester and Buffalo, N.Y. on this 50th anniversary year of Buffalo Bills football.

The Wounded Warriors were greeted at the airport by 40 Patriot Guard and American Legion Riders and 20 greeters from the Veterans Outreach Center. A motorcade led by the Monroe County Sheriff’s Department escorted the group to the Genesee Waterways Center for lunch and outrigger canoe practice.

After competing in the Rochester River Challenge Outrigger Canoe Sprint Races on Saturday, they were honored at a special mid-day ceremony by Congressmen Eric Massa (D-N.Y.) and N.Y. State Sen. James Alesi (R-C-I-Perinton).

Dinner was at the Top of the Falls Restaurant with Buffalo Bills Alumnus Ed Rukkowski, who presented Buffalo Bills caps and tickets to the Bills home opener. After dinner, Rukkowski escorted the group to the Buffalo Bills Alumni 50th Season Golden Gala, where the Warriors were introduced as special guests and received a standing ovation.

Sunday’s events included a ride on the Maid of the Mist in Niagara Falls State Park and the Buffalo Bills Alumni VIP Tailgate Party. Then, the group was allowed onto the sidelines as the Bills were warming up.

Minutes before the end of the game, a videotaped segment of the Wounded Warriors and their guests appeared on the Jumbotron, followed by cheers from a crowd of 70,318 patrons.
Learn to Ski (for free) in Beautiful Durango

The Adaptive Sports Association (ASA) located in Durango, Colo., is gearing up for another winter full of opportunities to get people out to enjoy the thrill of skiing or snowboarding down the mountain. Programs are in place to provide learn-to-ski weeks throughout the winter. Scholarships cover airfare, lodging in a volunteer host home, four days of ski instruction, equipment (and clothing if needed) and most meals.

These programs are open to anyone with a permanent physical disability but have a focus on people with multiple sclerosis, spinal cord injuries, amputations, visual impairments and injured veterans.

Limited space available. Please apply as soon as possible.

For more information, visit our Web site at asadurango.com and look under scholarships, or call us at (970) 259-0374.

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 winter and spring trips include climbing, whitewater rafting, adaptive skiing, canoeing, and camping trips to National Parks in the West. 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. Equipment, meals (during trips), and transportation from Logan are included in the cost. Scholarships are available to persons who are low income.

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 the upcoming events; contact Common Ground for exact dates and costs.

Adaptive Alpine Ski Program, January-March 2010: Common Ground has a wide range of adaptive ski equipment, enabling people of all abilities to ski with us at Beaver Mountain, Snowbasin, and Powder Mountain.

Destination Trip to Arches National Park, April 2010: Arches National Park has some of the most famous rock formations in the world. The stone arches, which formed over the course of millions of years, seem to defy gravity and fascinate visitors with their radiant colors.

Destination Trip to Zion and Bryce Canyon National Parks, May 2010: These parks feature breathtaking canyons and ample wildlife. Visitors will witness erosion at its finest.

Rafting the Green River, June 2010: We will be floating down the Utah section of the Green River, just south of Flaming Gorge. Enjoy whitewater rapids in some sections and fantastic scenery in others.

Whitewater Rafting with Wounded Warriors in Utah

This summer, with funds partially provided by Disabled Sports USA, Colorado Discover Ability, Challenge Aspen, and Durango Adaptive Sports Association, Colorado Discover Ability conducted several whitewater rafting trips with disabled soldiers on the Colorado River through Westwater Canyon and the Green River through Dinosaur National Monument. These were full participation trips: everyone paddled a raft or inflatable kayak. They were once-in-a-lifetime trips for all of us, able or disabled.

Colorado Discover Ability and Team River Runner (www.coloradodiscoverability.org and www.teamriverrunner.org, both DS/USA chapters) have recently obtained a permit from Grand Canyon National Park to bring 10 disabled soldiers who have learned to kayak on a 15-day river trip down the Colorado River through the Grand Canyon. This permit is possible due to a Memorandum of Understanding (MOU) between the National Park Service and the Wounded Warrior Project.

Allocations for special populations such as disabled soldiers already exist for river trips on the Green and Yampa Rivers in Dinosaur National Monument and the Green and Colorado Rivers in Canyonlands National Park. A special administrative permit can be obtained for river trips through the Grand Canyon for qualified groups based on the MOU. However, all of these trips require specialized rafting equipment and highly trained river guides.

Colorado Discover Ability, which owns specialized rafting equipment and has highly trained river guides, is currently working with DS/USA and Congressional representatives to create an MOU with the U.S. Bureau of Land Management (BLM) that will allow any DS/USA chapter to conduct river trips on rivers managed by the BLM, such as the Gunnison Gorge in western Colorado, Westwater Canyon of the Colorado in eastern Utah, the San Juan River in southeastern Utah, and the Green River in east central Utah.

If your organization is interested in running a full participation river expedition in this spectacular part of the country, contact DS/USA or Colorado Discover Ability.
Maine Handicapped Skiing Benefits from Prestigious Road Race

Maine Handicapped Skiing (MHS) is honored to have been the charitable beneficiary of the 2009 TD Banknorth Beach to Beacon 10K Road Race. Held each August in Cape Elizabeth, Maine, the race draws an international field to run from Crescent Beach State Park to Portland Head Light at Fort Williams.

The race was founded by Joan Benoit Samuelson, Olympic gold medalist in the first women’s marathon at the ’84 Games in Los Angeles. Joan grew up in Cape Elizabeth and her father has been a ski volunteer at MHS for over 20 years.

As the beneficiary, MHS received a check for $30,000 from TD Banknorth and brought in an additional $25,000 plus through other fundraising efforts associated with the race. This world class event also offered MHS a host of opportunities to raise awareness about our programs and engage the entire Team MHS community in participating in the event.

The following MHS racers won their divisions: Jeremy Baker, men’s handicap; Melissa Mulvey, women’s handicap; and Katie McMaham, girl’s 15 and under.

Disabled Sports Eastern Sierra Welcomes Wounded Warriors

Disabled Sports Eastern Sierra is hosting its fourth annual Operation High Altitude, Feb. 1-5, 2010. This event for Wounded Warriors offers instruction for all levels of alpine skiers, Nordic skiers and snowboarders as well as opportunities to snowshoe and snowmobile.

Participation in our winter Wounded Warrior events grants veterans lifetime free skiing at Mammoth Mountain Ski Area as well as continuous free instruction with Disabled Sports Eastern Sierra.

Operation Mountain Freedom, Disabled Sports Eastern Sierra’s first Paralympic Experience/summer Wounded Warriors event, will be June 7-11. This event includes camping, cycling, rock climbing, kayaking, fishing and much more.


For more information about Paralympic Sports at Mammoth Lakes, contact Maggie Palchak at (760) 934-0791 or e-mail mpalchak@disablesportses.com.

NSCD Learn To Race

The National Sports Center for the Disabled, Winter Park, Colo., is presenting a Learn to Race Development program for skiers with physical disabilities who have skied before and would like to experience the competitive side of adaptive skiing. The program is open to anyone who has qualified physical disabilities, age 12 and over. The program will be held Jan 21-25, 2010, at the Winter Park Ski Resort. The $150 cost includes lodging and two meals per day. Contact Scott Olson at (970)726-1547. The NSCD Competition program also can be followed on Facebook.

Eldora Special Recreation Program

The Eldora Special Recreation Program in Boulder, Colo., offers ongoing activities throughout the winter season, December-March 2010. Activities include alpine skiing, snowboarding, Nordic skiing, and snowshoe adventures. Also ongoing is the Paralympic Military Program.

For more information on programs and events, contact David Schadle, (303) 588-2862, e-mail veteransprogram@esrp.com, or visit www.esrp.com.

TASP Ski Camp and Adventure Programs

The Telluride Adaptive Sports Program (TASP) will host its 10th Annual Expand Your Horizons! Ski Camp, Feb. 14, 2010. This camp is open to 20 intermediate-to-advanced skiers or riders with physical disabilities who are comfortable on at least a blue-level intermediate run. Features of this year’s Mid-Level Development Camp and Race will include appearances from elite level PSIA trained coaches and Adaptive Adventures coaching staff.

Participants will have the opportunity to improve their skills on a variety of terrain from humps to powder to “hike-to” terrain, receiving feedback from coaches and through video/movement analysis. Skiers and riders also will have the chance to train and race on Telluride’s Level 1 Nastar course.

New this year is the opportunity to join HeliTrax, Colorado’s only full-time heli-ski operation, for a day of helicopter-assisted backcountry skiing (skill level and additional fee pending). This is the only adaptive camp in the country offering this level of skiing.

Cost of the camp is $800, which covers lodging, equipment, lift tickets, coaching, video analysis, most meals, and some evening or après events. Participants will be staying at a variety of local hotels and enjoying their meals together throughout the Telluride and Mountain Village communities.

A preview of the event is posted on YouTube. Key in, “2010 Expand Your Horizons! Preview Video.”

TASP will host the second Alaska Adventure week in June/July 2010 (final date to be determined). TASP and Mountain Trip guide service will take participants to a glacier in Denali National Park for several nights. Activities include ski tours, rock climbing, ice climbing, crevasse exploration, and general life on the glacier. Wheelchair users are welcome. Last year’s trip is on YouTube; key in “2009 Alaska Adventure.”

For more information on any programs, contact Tim McGough at (970) 728-3865, e-mail programs@tellurideadaptivesports.org, or visit www.tellurideadaptivesports.org.
Shock absorption and axial rotation increase the patient’s ability to engage in an active lifestyle. 4 different stiffness options allow you to select the DuraShock that provides the individual comfort and range of motion they need. Its unique function and maintenance-free design allows an amputee the freedom to live their life in action. For more information contact your local prosthetist or visit us at www.fillauer.com
own inner vitality and belief that I could still experience what I thought was untouchable from a wheelchair. Another component of my gratitude was the fact that when I was injured in the car accident in 2007, I was told that I had a less than 10 percent chance of ever walking again. Less than two years later, I found myself not only walking, but snowshoeing on a pristine glacier in the middle of Alaska. My experience in Alaska has been a gateway to infinite possibilities. I am humbled by life’s ability to keep offering surprises. Other participants on the trip who were not as outdoor oriented as I was still had a great time and were astoundingly successful while on the glacier!

Over the course of three nights and four days on the Coffee Glacier, we toured the nooks and crannies of our surroundings in Nordic ski gear testing the terrain and strength of ourselves and guide staff. We engineered new systems for sit-down Nordic ski to be towed by able-bodied skiers and snowshoers. We designed a camp set up with Mountain Trip’s guidance that would be accessible for all participants. We explored potentials for ice climbing and rock climbing routes in the area for future trips. Under unforgiving rain and snow, we proved the durability of the human spirit in both able-bodied and disabled people.

We left the glacier on July 23rd, strengthened by the experience and enthusiastic to return with future expeditions. We spent the night in Talkeetna, then woke early in the morning to salmon fish with Mahay’s River Boat Service. Our fishing guides eagerly offered help getting us on and off the boat with piggy back rides and helping hands through the jungle gym of docks and fishing gear. After a 10-mile jet boat commute up the Talkeetna River our guides unloaded our chairs on the river bank, and we stopped to fish from the bank in waters packed with giant sockeye salmon. The fish seemed eager to bite the various lures we used, and after a few hours nearly all of us had caught our limit of three salmon each. We loaded the boats with our coolers full of fresh fish and returned downstream to clean our catch and prepare them for shipment home.

The next two days were spent catching our breath in Talkeetna, enjoying the town, and packing up our belongings for the return to Anchorage. We left Alaska spellbound I think from some incredible experiences. TASP and Mountain Trip collaborated to offer an unprecedented, seemingly impossible trip for physically disabled participants. Together they have pioneered a new movement in adaptive recreation, opening a whole new level of the backcountry to disabled individuals like myself. I am honored to have been a part of this enormously successful adventure as a participant, outdoor enthusiast, TASP staff member, and firm believer/supporter of adaptive sports. Thank you to those whose open-mindedness and passion for the outdoors facilitated the creation of such an inspiring trip.

(Visit YouTube for “2009 Alaska Adventure” to see a picture presentation of the Alaska trip. Another video, “I Did … and I Am” features one of the other physically disabled participants on the Alaska trip and everything he has overcome. Both videos are posted by TASP1000.)

Submitted by Sylvie Faghrone
Helix3D Hip Joint: The Shape of Things to Come

The Helix3D Hip Joint takes advantage of a groundbreaking design to create a more natural, three-dimensional hip movement. Its revolutionary design helps minimize awkward walking patterns and improves toe clearance for more secure steps. The results are dramatic. The Helix3D can help reduce energy expenditure required for walking and, in conjunction with the C-Leg® microprocessor knee, help improve confidence and stability.

Endolite Epirus Multi-Axial Foot for K3 Amputees

The Epirus foot from Endolite is a lightweight, low-profile, energy-storing foot with multi-axial rotation designed for low-to-high impact K3 amputees who may enjoy occasional recreational sports.

Features and benefits:
- Multi-axial rotation with tripod stability system
- Low-profile, energy-storing and return design
- Biomimetically-engineered to provide more natural ankle motion
- Truly independent heel and toe

For more information, visit www.endolite.com

College Park Introduces the Soleus™

The Soleus™ foot from College Park offers a dynamic heel that allows for a seamless, smooth transition between heel strike and toe-off. Involving the entire foot in absorbing and returning energy, the Soleus fourspring 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 and silver

The New Vari-Flex® with EVO™ Technology by Ossur

The FlexFoot® Vari-Flex now features EVO™ (Energy Vector Optimization) technology for improved dynamic response, better comfort, and excellent stability throughout the gait cycle. The new product offers patients a smoother rollover and more energetic toe-off allowing for a smooth transition even in hard-soled shoes. Wearers report that Vari-Flex with EVO provides greater stability and reduces fatigue even after increasing their overall activity level. For more information visit our Web site at www.ossur.com or call (800) 233-6263.

Waterproof Vacuum Suspension with LimbLogic™ VS

Recent improvements to the sealing system in LimbLogic™ VS make the vacuum suspension system exceed electronic industry standards for water submersion. Even when LimbLogic VS is completely immersed in fresh water it will continue to provide reliable vacuum suspension. Although the LimbLogic VS components installed in the prosthesis are waterproof, the system’s hand-held remote-control unit is not waterproof and should never be exposed to water. For information, contact your prosthetist or Ohio Willow Wood at (800) 848-4930 or www.owwco.com.
DISABLED SPORTS USA
AT A GLANCE . . .

Disabled Sports USA, Inc., founded in 1967 by disabled Vietnam Veterans, is a national non-profit, tax-exempt organization providing year-round sports and recreation services to children and adults with disabilities.

MISSION
The mission of Disabled Sports USA 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.

AFFILIATIONS/PARTNERSHIPS
• Member of U.S. Olympic Committee/U.S. Paralympics
• Participating member of the Combined Federal Campaign (#10151)
• Works with President's Council on Physical Fitness and Sports, Professional Ski Instructors of America/American Association of Snowboard Instructors, U.S. Ski and Snowboard Association, Professional Golfers' Association (PGA), Dive Equipment and Marketing Association (DEMA), American Canoe Association, American Council on Exercise, American Therapeutic Recreation Association, National Recreation and Parks Association, USA Water Ski, Leave No Trace, Outward Bound, America Supports You, National Center on Physical Activity and Disability (NCPAD), United States Association of Blind Athletes, Wounded Warrior Project and others to implement programs and provide adaptive training to participants and volunteers.

JOIN DS/USA TODAY — GET “CHALLENGE”

☐ Member - $25  • One-year Membership Card  • One year subscription to CHALLENGE Magazine (three issues)

☐ Challenger - $35  • DS/USA pin  • DS/USA Member Benefits

☐ Medalist - $100  • DS/USA Polo Shirt  • DS/USA Challenger Benefits

☐ Champion - $250  • Name listed in CHALLENGE as a Disabled Sports USA Donor  • DS/USA Medalist Benefits

☐ Other amount  $________

☐ Check if you would like to make a donation and waive benefits

Full Name: ___________________________ Date of Birth: ___________________________

Address: ___________________________

City: __________________ State: ______ Zip: ______

E-mail: ___________________________ Phone: ___________________________

PLEASE SELECT CATEGORY:

☐ Donor  ☐ Participant

List sport(s) ________________ Disability ________________

Please indicate shirt size (Champion, Medalist): [ ] sm [ ] med [ ] lg [ ] xl [ ] xxl

PAYMENT INFORMATION (check one):

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

☐ Please bill $____________ to my: [ ] MC [ ] Visa [ ] AmEx

Card Number: ___________________________ Exp. Date: ___________________________

Cardholder Name: ___________________________ Signature: ___________________________

Return to: DS/USA, 451 Hungerford Drive, Suite 100, Rockville, MD 20850 or fax to 301-217-0968

Donations to DS/USA are tax deductible to the fullest extent of the law. DS/USA's tax exempt number is 94-6174016. For more information, call 301-217-9841.
LimbLogic™ VS

Waterproof vacuum suspension

Filip Carroll  adoring father | lifeguard instructor | medical professional | retired military | amputee

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.