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— 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.

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Partnerships for the Twenty-First Century

In the Summer ’09 edition of Challenge magazine, I wrote of the advantages of forming partnerships to provide more effective adaptive sports services in this time of economic uncertainty and recession. No organization can “go it alone” anymore in meeting the needs of those with disabilities in its community. In fact, this recession means that all of us need to become more efficient and seek partnerships to help expand services and eliminate duplication.

Disabled Sports USA is working diligently to expand its partnership program. This past year, nearly two-thirds of our community chapter network received DSUSA grants to conduct programs in more than a dozen winter and summer sports. We have continued our multi-year partnership with Wounded Warrior Project and over 20 corporate sponsors, to provide expanded services to our Wounded Warriors and disabled veterans. We are working with Challenged Athletes Foundation to establish a Warfighter Sports series to create extreme sports opportunities in cycling, running/wheeling, and other activities for Wounded Warriors. Our work with county parks and recreation agencies in Maryland, our home state, has been ongoing and now provides summer sports programs for disabled youth. A solid partnership has been established with U.S. Paralympics to expand winter sports training and help the USA “go for the gold” in the next winter Paralympics in Sochi, Russia.

To continue this strategic mission, DSUSA is negotiating to partner with the Bureau of Land Management (BLM) to expand opportunities in outdoor recreation for Wounded Warriors and others with disabilities. BLM manages areas larger than the National Park Service and is eager to expand opportunities for Americans with disabilities to experience and enjoy this great resource. It surprised me to find that the BLM manages over 27 million acres of public land including more than 290 rivers, much of which is available for hiking, rock climbing, river rafting, kayaking, canoeing, and more.

This past year, my son, Josh, and I had the opportunity to experience biking and hiking on BLM land near Moab, Utah. The area around Moab was some of the most spectacular scenery I have ever seen. The road along the Colorado River there provides beautiful panoramas of rock and river. The biking and hiking paths around this area are seemingly endless and the scenery is awesome.

The opportunity to work with BLM came about because of leadership and advocacy by DSUSA chapters in Colorado, where much BLM land is located. Colorado Discover Ability has led efforts to expand opportunities, along with other chapters like BOEC and the National Sports Center for the Disabled, Crested Butte, and others.

Colorado Discover Ability brought to the attention of the National Office of DSUSA some problems with permitting on certain popular Colorado rivers that restricted access for disabled users. DSUSA was enlisted to assist these efforts to expand opportunities and find ways to reduce restrictions.

As a result of this, we are now about to sign an MOU (Memorandum of Understanding) with BLM which will provide the basis for experimenting with methods to expand this opportunity, led by our partner chapters in areas under BLM management.

We are determined that this new partnership will lead to more awareness of the possibilities for recreation on BLM land and more participation by DSUSA members and others with disabilities, particularly our Wounded Warriors, in healthy outdoor recreation activities.

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

In this time of holiday and year-end giving, I hope you will remember Disabled Sports USA in your plans. You can donate online at www.dsusa.org. For federal workers, Combined Federal Campaign #1051.
Trijicon Incorporated’s Logo Guidelines

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  - C: 0
  - M: 95
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Train the Trainer – Adaptive Cycling Clinic

In response to the chapter survey and the request for Train the Trainer programs, DSUSA is offering the first Train the Trainer Cycling Clinic in Durham, N.H., April 29-30, 2011. DSUSA has teamed with Northeast Passage to host the clinic at the University of New Hampshire.

Day one will focus on an overview of bikes available, adjustments/modifications to bikes to meet specific disability needs, trial modifications for trainee experience, and opportunity to try all bikes. The second day will provide hands-on trainer implementation of cycling with program participants. This clinic qualifies for ATRA CEUs.

The clinic will be offered free to representatives from chapters in the Northeast and Mid-Atlantic regions. More information will be sent to chapters in the near future.

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**in memoriam | IN BRIEF**

Jim MacLaren, who at one time was the world’s fastest amputee triathlete, passed away Aug. 30.

Theresa Fancher-Newton passed away Sept. 23. She raced with the United States Disabled Ski Team in the 1998 Paralympic Games in Nagano, Japan, and then raced on the team for two years.

**box score | IN BRIEF**

**Courage Center Received CARF Accreditation**

Courage Center has received accreditation from the Commission on the Accreditation of Rehabilitation Facilities (CARF). CARF is a private, nonprofit organization that promotes quality services for persons with disabilities and others in need of rehabilitation services. To be accredited, Courage Center met an extensive list of standards in business and clinical practices, as well as the program areas of Outpatient Medical Rehabilitation Services for children and adults, Employment Services and Supported Living.

CARF found Courage Center to be “exemplary” in the following areas:

- Outstanding volunteer program
- State-of-the-art assistive technology lab
- Community information available in its semiannual Class Catalog

Courage Center first became accredited by CARF in 1983. The accreditation extends through June 2013.

**U.S. Olympians Association Approves Inclusion of Paralympians**

The Board of Directors for the U.S. Olympians Association passed an amendment to include Paralympians as part of its organizational membership. The move not only expands the organization’s membership, but also brings with it a name change: U.S. Olympians and Paralympians Association, effective immediately.

“There are two events, the Olympic and Paralympic Games, but we are all one Team USA,” said Willie Banks, president, U.S. Olympians and Paralympians Association. “We are all athletes and we are proud the organization will include both Olympians and Paralympians.”

The integration will enable U.S. Olympians and U.S. Paralympians to work side-by-side on organizational initiatives that impact the larger movement and educate young athletes. The change also calls for the inclusion of a Paralympic vice president - in addition to the current six vice presidents. Although a date has not yet been set, the new vice president will be selected by a vote of all U.S. Paralympians.

“We talked about the added value of including Paralympians and how much greater the sum would be for all of us to be working together,” said Caryn Davies, vice president, U.S. Olympians and Paralympians Association.

The mission of the U.S. Olympians and Paralympians Association is to create and implement programs that will integrate Olympians and Paralympians into every facet of the Olympic Movement. In support of the goals of the U.S. Olympic Committee (USOC), U.S. Olympians and U.S. Paralympians strive to foster the spirit of Olympism in each community, to motivate and encourage youth and to develop camaraderie among those who have shared the unique experience of representing their nation at the Olympic and Paralympic Games.
Team Semper Fi

More than 800 athletes took part in the 35th Marine Corps Marathon and 10K in Washington, D.C., on Oct. 31. Among the athletes were more than 80 injured military from “Team Semper Fi” (TSF), a rehabilitative sports program of the Semper Fi Fund. Twenty-five TSF team members competed on handcycles; four ran on prosthetic legs; and one competed in a wheelchair.

Extremity Games 6 2011

Extremity Games 2011 dates are set for the two-part event featuring motocross, May 28, in Millington, Mich., and the main event eX6 June 24-25 in San Antonio, Texas.

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 and compete for a cash purse.

Extremity Games Main Event includes competitions and instructional clinics in skateboarding, rock climbing, wakeboarding, sit-boarding, kayaking and mountain biking. Elite competition athletes will compete for cash prizes, while novice competition athletes will compete for prizes. Exhibitions include motocross and mixed martial arts.

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

Adaptive Rock Climbing Clinic

An adaptive rock climbing clinic hosted by Extremity Games is set for April 9, 2011 at Joshua Tree National Park in Joshua Tree, Calif. This full-day clinic will introduce persons with disabilities to outdoor climbing through top-rope climbing style and is focused on athletes with leg or arm amputations. Clinics will consist of instruction for beginner to intermediate climbers.

Two AMGA certified guides, as well as elite rock climbing athlete and above knee amputee Ronnie Dickson, will be on-hand providing instruction. All equipment and gear will be provided.

The registration fee of $20, includes lunch, a full day of climbing with instruction, all equipment and dinner. Spots are filled on a first-come, first-serve basis. For more information, call Ronnie Dickson at 863-651-6844 or visit the Calendar of Events at www.adnpage.org.
“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.

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.
Gumpathon Raises Awareness for Injured Military

Inspired by Forest Gump’s epic run across America, the Gumpathon was run by six men across the U.S. to call attention to those seriously injured in the line of duty. It was the brain-child of Color Sgt. Damian Todd who decided to go ahead with the idea after a close friend was left severely disabled following a tour in Afghanistan.

The Gumpathon team consisted of six men from the U.S. Marines, Royal Marines, and U.S. Army, running from New York City to Los Angeles in relay formation, visiting military bases along the way. The group included British Royal Marine Commando Mark Ormrod who lost both legs above the knees and right arm above the elbow when he stepped on a landmine. Ormrod ran at least the first mile with the team each day as they crossed 16 states, four time zones.

All money raised from the Gumpathon will go towards helping these people through the work of three charities: the U.S. Injured Marine Semper Fi Fund, Help for Heroes (H4H) and the Royal Marines Charitable Trust Fund. All three raise funds to support wounded and ill members of the Armed Forces, and their families, throughout their recovery period.

Clinics, Demonstrations, Exhibits at 2011 NE Disabled Sports Adaptive Sports Expo

Anyone who has been to a sports tradeshow knows the thrill of seeing all the latest and greatest products and equipment in one place. Now there is a tradeshow developed specifically to showcase all the latest research and development associated with adaptive sports and recreation equipment – the New England Disabled Sports Adaptive Sports Expo.

The 2nd annual New England Disabled Sports Adaptive Sports Expo will be Feb. 5-6 at Loon Mountain, Lincoln, N.H. The Expo will bring together adaptive programs, equipment suppliers, coaches and athletes for a weekend of clinics, demonstrations, and speakers.

Saturday’s events include a daylong meeting of representatives from regional adaptive sports and recreation programs. Saturday night will be a public event at Loon Mountain with food, beer tasting, equipment demonstrations and a panel discussion.

Sunday, the Adaptive Sports Expo moves out onto the snow. Under a big tent, equipment suppliers will be offering clinics and demonstrations of the latest adaptive equipment. Geoff Krill, PSIA Adaptive National Team Member, will be offering clinics in the latest adaptive teaching techniques. In addition, New England Disabled Sports will have their Alpine Skiing Equipment Demo Program for use.

“The Adaptive Sports Expo is an excellent opportunity to further one’s education into all the opportunities available in adaptive sports and recreation,” said Rob Mueller, Managing Director with New England Disabled Sports. “We are very excited to bring this event back to Loon Mountain and open it to the New England Adaptive Sports Community.”

To learn more about the Adaptive Sports Expo, view a schedule of events, or to become a vendor, visit www.nedisabledsports.org/ adaptivetsportsexpo.
Mayor’s Cup Wheelchair Basketball Tournament

150 top wheelchair athletes competed in the 10th annual NYC Mayor’s Cup Wheelchair Basketball Tournament Oct. 8-10 in the Bronx. Teams included: the Bulova Nets (Bronx), the New York Nets (N.J., Queens, N.Y.), the New York Rollin’ Knicks (Manhattan, Brooklyn) and the Nassau County Kings (Long Island), the Connecticut Spokebenders, the Bay State Clippers (Mass.), the New England Blazers (Mass.), the NEPVA Celtics (Mass.), the Rochester Wheels (N.Y.) and an elite junior all-star team from Canada.
This winter, Disabled Sports USA is once again proud to partner with Wounded Warrior Project to offer a range of exciting ski, snowboard, Nordic and biathlon opportunities for Wounded Warriors from beginner through elite.

These opportunities are for any warrior with a permanent physical disability who has been injured in combat or training since 2001. Disabilities served include traumatic brain injury, amputations, spinal cord injury, visual impairments and muscle/nerve damage.

No matter where you live across the nation, you will not be far from a Wounded Warrior Disabled Sports Project (WWDSP) program – most of which are conducted together with chapters of Disabled Sports USA. These organizations specialize in working with people of different abilities, and will work with warriors individually to challenge their minds, body and spirit, and offer an exciting chance to learn new skills!

For example, those living in the New York area should watch out for the annual Winter Support Our Troops event, Jan. 6-9, 2011, conducted by the Adaptive Sports Foundation. This program teams up with the Fire Department of New York to offer a fun-packed weekend of skiing and snowboarding.

Warriors also can join their local DSUSA chapter to participate in year-round sports.

For a WWDSP calendar of events, visit www.dsusa.org. If you are a Wounded Warrior and have specific questions or would like to obtain information on the chapter nearest you, contact jensminger@dsusa.org.
WARFIGHTER SPORTS SERIES CHALLENGES THE WOUNDED MILITARY

Photo courtesy of Dan Casara, Outdoors for All, and DSUSA

HOOD TO COAST RELAY

Twelve members of Team Warfighter Sports took to the roads Aug. 27 to undergo the grueling non-stop 197-mile relay race from the top of Mt. Hood to Seaside, Ore. Tackling three segments of the race apiece, participants covered from 14 to 19 miles during what is deemed “The Mother of All Relays.” Team Warfighter Sports, made up entirely of severely injured service members, ran and handcycled alongside more than 12,000 runners to finish in just over 30 hours (30:49:31).

THREE NOTCH CENTURY RIDE

Close to 200 cyclists covered 100 miles of steep hills, narrow passes, and winding trails through New Hampshire’s White Mountains during the Three Notch Century Ride Sept 10-13. As part of Team Warfighter Sports, nine severely injured servicemen attempted the race on a mix of handcycles, uprights, and tandem bikes. Two members of Team Warfighter Sports even attempted to complete the challenging ride in just one day!

DATES FOR THE 2011 WARFIGHTER SPORTS SERIES

- Bataan Memorial Death March
  White Sands Missile Range, New Mexico, March 27
- Ski to Sea Relay
  Mt. Baker/Bellingham Bay, Wash., May 29
- Capital of Texas Triathlon
  Austin, Texas, May 30
- Race Across America
  Oceanside, Calif. – Annapolis, Md., June 18
- 30th Annual Hood to Coast Relay
  Mt. Hood/Seaside, Ore., Aug. 26-27
- Three Notch Century Ride
  North Conway/Lincoln, N.H., Sept.9-11

NAVY 5 MILER

On September 26, ten severely injured service members set out to Arlington, Va., to race in the Navy 5 Miler as part of the Warfighter Sports Series. Enduring a chilly, light rain alongside 2,500 other participants, the entire team (8 runners, one walker, and one handcyclist) finished the race in great time and high spirits. For those from Walter Reed Army Medical Center, the race served as excellent preparation for the Army 10 Miler.

ARMY 10 MILER

A group of severely injured service men and women joined a total of 30,000 participants in the running of the 26th Annual Army 10 Miler Oct. 24. The course winds its way from the Pentagon across the Potomac River, around the National Mall, and back again to finish at the Pentagon. Those running in the Wounded Warrior category included two groups from Brooke Army Medical Center in San Antonio, and Walter Reed Army Medical Center in Washington, D.C., as well as individuals from around the country.
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EmpoweringAmputees.org

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.
THE POPULARITY OF SLED HOCKEY IS ON THE RISE.

Many DSUSA chapters offer sled hockey opportunities, as do other independent clubs across the country. The sport received a huge boost when USA Hockey took over as the national governing body for sled hockey and sled hockey programs. For the past 10 years, USA Hockey-sponsored sled hockey programs have sprung up across the U.S., with the national team selected by the organization. Also fueling interest in the sport is the National Hockey League (NHL), which hosted the first USA Hockey Sled Classic in Littleton, Colo., and Denver this past October. Four teams made up of 46 players, many on current and recent U.S. national team rosters, played under their NHL affiliate’s jersey – Colorado Avalanche, Chicago Blackhawks, Philadelphia Flyers, and Pittsburgh Penguins. Organizers hope to ultimately have all 32 NHL teams represented in future Sled Classics. And let’s not forget the U.S. Sled Hockey team which won gold in the 2010 Paralympic Winter Games in Vancouver. Amputee goalie Steve Cash, who didn’t allow a single goal in five games, won an ESPN ESPY award for Best Male Athlete with a Disability.

WHO CAN PLAY

Sled hockey is played by a wide range of players with a variety of mobility limitations: amputees, spinal cord injuries, spina bifida, along with anyone who has a permanent disability that limits participation in stand up hockey. In addition, with the exception of the highest level of competition, non-disabled players are encouraged to participate.

“To play sled hockey, the only requirement is that you have a
disability that prohibits you from playing stand up. That makes it very broad,” said Tom Carr, CTRS/L, assistant director of outreach and athletics, at Northeast Passage.

Northeast Passage, DSUSA’s Chapter in New Hampshire, has a thriving sled hockey program that attracts as many as 200 participants throughout the winter season. “As a team sport, it’s one of the fastest growing,” Carr said.

Part of its appeal is that there is little difference between sled hockey and stand up hockey in how the game is played. “It’s fast-paced and a full contact sport. The main difference is it’s played on a sled,” he said.

Sled hockey is a great form of exercise and fitness. It increases strength and coordination and also conditions the upper body. The balance used to propel, play the puck, and turn and stop gives arms, back and abdominal muscles a workout. Those who play regularly quickly notice an increase in overall strength and balance both on and off the ice.

NECESSITY IS THE MOTHER OF INVENTION
Sled hockey had its beginning in the early 1960s when some enterprising athletes at a physical rehabilitation center in Sweden wanted to play the game. The men modified a metal frame sled with two regular-sized ice hockey skate blades that allowed the puck to pass underneath. Their hockey sticks were round poles with bike handles.

The growth of the sport was slow to develop but by 1969, Stockholm had a five-team league that included both disabled and able-bodied players. Ice sled hockey was first demonstrated at the Paralympic Winter Games in Sweden in 1976, and then again at the 1988 Innsbruck Paralympics. It became an official event at the 1994 Lillehammer Paralympics.

“There have been such huge advances in player skill and advances in equipment that the game of sled hockey from the 1990s and the game today is totally unrecognizable,” Carr said.
THE GAME AND EQUIPMENT

Unless there is a penalty, there are six players for each team – three forwards, two defensemen, and a goalie. Substitutes may be made when play is stopped, or on the fly. Previously, periods were 15 minutes in length, but this year they have been increased to 20 minutes, the same as stand up hockey. Play is on a regulation sized ice rink with standard size nets and puck. Checking and high-speed slapshots are common features of the sport.

Carr noted that sled hockey players typically own their own sleds for the best customized fit. “Once someone gets into the sport, they want and need their own equipment,” he said. Players can get a basic hockey sled and pair of sticks for (approximately) $1,000.

Sleds are usually made of light-gauge aluminum, consisting of a customized “bucket” to sit in. A backrest can be used depending on the ability of the athlete. A frame supports the bucket, legs and feet, and is mounted on two skate blades attached under the bucket. Athletes with double amputations tend to have an advantage here, since they can use shorter sleds with no leg supports, resulting in a smaller turn radius.

Instead of one hockey stick, players use two for propulsion, passing and shooting. The sticks may be up to 100 cm long but are usually between 75-95 cm and can be wood, aluminum, or composite materials. The sticks have metal picks on one end for players to

Continued on page 23 >>
Disabled Sports USA, in partnership with U.S. Paralympics, is excited to bring a plethora of programs to athletes wishing to participate in snow sports this winter.

Whether you are a weekend warrior or budding Paralympian, there are dozens of opportunities to get involved across the USA. The overarching goal is to feed more athletes into the Paralympic pipeline by providing learning clinics, emerging athlete camps, and coach/instructor education, and opportunities to race. Alpine skiing and racing can be a daunting prospect for many people, and DSUSA plans to dispel myths and fears by offering a new alpine ski “Frequently Asked Questions” feature on the DSUSA website (www.dsusa.org). The FAQ’s have been compiled with input from the U.S. Alpine Competition Committee as well as Paralympic athletes, providing the basic “how-to’s” and answers to many of your questions!

In 2011, there will be no reason for you not to participate and dream big! There will be several new regional emerging and developing athlete camps that will serve to bridge the gap between the recreational and elite athlete, designed to accommodate all skiing ability levels. Run some gates, practice skills, talk to athletes and coaches, and most importantly have fun!

A calendar of camps, clinics and races can be found at www.dsusa.org.

CHANGE IN LICENSING REQUIREMENT FOR NORAM/IPC RACES

Winter athletes and coaches should be aware that all athletes participating in NorAm races in the USA in the 2010/11 ski season will require both a USSA and IPC license in order to be listed on the results list submitted to the IPC. All competing athletes must also be internationally classified. These requirements serve to bring the elite adaptive races more in line with non-adaptive racing.

Application forms and a list of NorAm events are available at http://www.usa.org.

INSTRUCTOR EDUCATION

Instructors should not forget to contact their regional PSIA-AASI division to find out about educational opportunities this season. DSUSA is placing a priority in 2010/11 on assisting ski instructors to “Bridge the Gap” between recreational teaching and race coaching. The first Bridge the Gap seminar takes place in Breckenridge, Colo., Dec. 5, 2010, featuring quick tools that will help any instructor understand and teach basic race training techniques. Check the DSUSA online calendar for similar opportunities (www.dsusa.org) or contact jsinclair@dsusa.org.

ADVANCED SKIING CAMP

If you are already an independent skier, and want to improve your skills, this camp is for you! DSUSA is hosting an Advanced Skiing Camp – 3 days of skiing and two days of fun racing – Clinics led by the top adaptive coaches in the country!

- Focus on all mountain skiing
- Introduction to ski racing
March 14-17 - Stowe Mountain, Vermont
For more information, contact Kathy Lafey, 724-265-2546, klafey@dsusa.org

NORAM RACES

<table>
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<tr>
<th>Date</th>
<th>Race Name</th>
<th>Location</th>
<th>Contact Information</th>
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| Dec. 13-16, 2010 | Disabled Sports USA NorAm | 2 Giant Slalom, 2 Slalom | Copper Mountain, Colo.
Contact: Kathy Lafey, (724) 265-2546 klafey@dsusa.org
Register online at http://www.wax.com/disabledsportsusa/noram---coppermt-2010 |
Contact: Erik Petersen, (970) 726-1540 epetersen@nscdc.org |

Feb. 1-2, 2011
Eastern Regionals (NorAm)
2 Giant Slalom
Waterville Valley, N.H.
Contact: Kathy Chandler, (603) 236-8311 kcability@comcast.net

March 9-11, 2011
Huntsman Cup (NorAm Race)
2 Giant Slalom, 1 Slalom
National Ability Center
Park City, Utah
Contact: Ellen Adams, (435) 649-3994 x622
propel themselves.

“It helps if you have decent upper body strength and hand grip, but even then there are modifications and adaptations that can be made,” Carr said. “Even those with limited grip can have sticks secured to their hands allowing them to participate.”

Players are outfitted with a hockey helmet, gloves, and body protection. Goalies wear basically the same equipment but do make modifications to the glove; metal picks are attached to the backside allowing the goalie to maneuver.

Sled hockey has a relatively small number of equipment suppliers to provide the sleds, sticks and picks that are unique to sled hockey. All other hockey equipment that is necessary such as helmets, gloves, etc. can be bought from any other stand up hockey equipment supplier.

**ATHLETE DEVELOPMENT AT UNH**

Northeast Passage is in partnership with the University of New Hampshire to offer winter sport athletes an opportunity to become student athletes. “UNH recruits, trains and offers scholarship opportunities to disabled student athletes,” Carr said. “These athletes train every day and have access to the same facilities and coaching as their non-disabled NCAA counterparts. This combined with Northeast Passage’s Paralympic Sport Club status allows these same athletes the opportunity to work with and mentor the next generation of sled hockey players.”

In addition to sled hockey, UNH offers opportunities in alpine skiing, Nordic skiing, biathlon, and cycling. Recruits must demonstrate the academic ability to attain admission to the University of New Hampshire and be currently competing at a national or international level OR be at the top tier of regional competition with potential and desire to advance. Competitive scholarships are available.

One of Northeast Passage/UNH’s student athletes is Taylor Chace, from Hampton Falls, N.H., a member of the Vancouver gold medal winning sled hockey team. Chace also was a member of the 2006 Paralympic team that won bronze in Torino and is the current captain of the U.S. National Team.

The Northeast Passage sled hockey team competes in a competitive adult league (the Northeast Sled Hockey League). The league is made up of teams of men and women who participate in league play and travel nationally and internationally for tournaments. Northeast Passage’s team practices are intense, sometimes multiple times weekly. “They also need a commitment to off-ice fitness,” said Carr.

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**LegSim Gives Vet Peace of Mind and Eases Fear of Falling**

I first became aware of the LegSim in 2005, just after my amputation. Of all of the products advertised for leg amputees as a walking device, the LegSim seemed to make the most sense. I watched the videos that were available and it was the only product that allowed so much versatility. I especially liked how it could be used to go up or down stairs (with a little practice). My first thought was that this device would be ideal for use in an emergency situation since donning my prosthesis takes me about 5-10 minutes.

Prior to receiving the LegSim, I experienced two severe falls. With both falls, I was using crutches to go from the bedroom to the bathroom. The first fall occurred about two months after my amputation, and it set my recovery back by about six weeks. The second fall occurred on December 10, 2007. I was a radiography technologist student and it was the day of my final exam. In spite of the pain and needing help from my classmates to get into the class for the test, I still got an A! That fall took 31 days to heal completely.

It was after the second fall that I decided to contact Joe Schnader of Hartford Walking Systems to inquire about insurance coverage for the LegSim. He told me that the VA provided them to Vets. I immediately sought to get one. It took about three months to acquire it, and I can honestly say that it has been a major blessing for me.

I no longer fear falling. I live alone and the “peace of mind” that this product has given me is immeasurable. I don’t fear what I would do if I had to get out in a hurry should a fire break out in my home.

I use my LegSim everyday, sometimes just for a few minutes and sometimes all day. It is incredibly easy for me to use, and I would recommend it to any amputee, or even someone who is recovering from a leg, knee, ankle, or foot injury or surgery. I “show it off” to anyone who might benefit from it from time to time. Most recently, I showed it to an orthopedic PA who has expressed a great deal of interest in recommending it to his patients.

Hopefully my testimony can be used to benefit other amputees, or anyone who could make use of this product.

Sincerely,

Edward B., Maryland

For more information, visit www.legsim.net
The Road to Vancouver…A Q&A with Paralympians Stephani Victor and Alana Nichols

The number two seems to be a common thread between Stephani Victor and Alana Nichols…TWO chance accidents, TWO appearances at TWO Paralympic Games apiece, and TWO amazing stories!

Stephani Victor
“The Inspired One”

Victor, whose first Paralympic Games appearance was at the 2006 Torino, Italy, winter games, lost both of her legs after an out-of-control vehicle struck her in her driveway in 1995. At the Paralympic Games in Vancouver, Canada, the 41-year-old added to her medal collection – Victor won a gold medal at Torino – earning one gold and two silver medals in the super combined, slalom, and giant slalom, respectively.

What sparked your interest in taking your first ski lesson in Park City at the 1999 Sundance Film Festival?

SV: “My brother gave me the seed of inspiration to ski. He said to me, ‘You can ski! You can ski again!’ I was like, ‘What are you talking about man? I don’t have legs.’ I didn’t know what a mono-ski was. But, he saw these amazing guys in mono-skis jumping cliffs and skiing powder, so he was trying to relay this vision of his own experience of ‘wow!’ At that point, a seed was planted.”

What was your first race and what was it like?

SV: “The race wasn’t anything competitive, like what I do these days, but it was daunting for me and I absolutely loved it. The thrill of it, the actual racing was so exciting.”

What did you do to prepare for the games in Vancouver this past winter?

SV: “We were using a program called visual coaching. When we weren’t with the team, we would check in and log our workouts online. The coaches would provide feedback through e-mail. When we would meet quarterly for our Olympic Training Center reviews, you could really see a progression building in terms of the strength and conditioning. It’s critically important to build the foundation of strength and conditioning that’s specific to your sport. On snow, I continued to train individually, and then with the team.”

What advice would you give to a person that may have been unexpectedly disabled; who doesn’t think skiing is possible?

SV: “Anything is possible. Skiing is one of those things where you can love it, or leave it. When you discover you have a love for it, there is nothing else like it; the freedom that skiing can give you. Yes, you have to commit some time and training to learning the basics. But it absolutely is doable for anyone and there are so many great programs out there.”

Alana Nichols
“The Focused One”

Nichols, 27 years old, broke her back in a snowboarding accident in 2000. Being very active before and after the accident, she won a gold medal for wheelchair basketball at the Paralympic Games in Beijing, China. At the games in Vancouver, Nichols won two gold medals in slalom and downhill; one silver medal in super G; and one bronze in super combined.

After your first race, did you imagine competing internationally, let alone getting a gold medal?

AN: “Not after my first race (in 2008 at Copper Mountain in Colorado). I had so much ground to cover before I could even think of skiing internationally. But it wasn’t long after that first race that I saw my first glimpse of potentially skiing with the USAST. It was in that same season, towards the end of the season, when I won my first national title. That was when I first felt like I might be USAST material.”

What did you do to prepare for the Vancouver Paralympic Games?

AN: “I trained really hard going into the games. In January, we were in Europe for the World Cup. I skied on my first world stage at that time. I got to see some of the athletes that I would be competing against, which was important for me. Ski racing is very mental so starting on a World Cup level was a big step in my progression and for my preparation for the games. Whenever I could train for the Paralympics, between races, I was really focused on the mental. I needed to be able to inspect the course really well and read parts of the mountain where I could really accelerate my speed, and other parts where I needed to be smart and safe. My body was in great shape and I was skiing fast. I just needed to get the tactics and mental part down.”

What advice would you give to a young person with Paralympic aspirations?

AN: “Be open to new experiences. Once I saw this was a good opportunity to get back on the mountain, that’s when the doors started opening for me because I was open to those experiences. Be open to the possibilities of what you can do.”

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“Be open to new experiences. Be open to the possibilities of what you can do.”
The Motionfoot™ is a revolutionary new product from Motion Control, Inc. that provides unique new features in a prosthetic foot, to improve the comfort and naturalness of walking and using an artificial foot. These features include:

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- The wearer can adjust the resistance of the ankle. Two independent hydraulic settings allow you to match the ankle to your activities.
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Teton Adaptive Sports Teen Camp

If you’re an aggressive intermediate or above skier/rider age 13 to 18, Teton Adaptive Sports is offering a four-day, All Mountain Camp, Dec. 27-Dec. 30. This camp is intended to promote the desire to take your mountain experience to new levels, seeking out more challenging terrain and conditions. Package includes financial aid from TAS and adaptive discount from resorts.

All TAS sponsored camps have limited spaces available, providing a more intimate, friendly experience and optimal learning opportunity.

For more information, contact Kurt Henry, (307) 699-3554 or tetonadaptive@aol.com.

Adventure Amputee Camp

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

The activities of the Adventure Amputee Camp are to provide children with amputations the opportunity to stretch their reality and imagination of what is possible to achieve. By offering these children physical challenges, and peer and adult support and modeling, the camp frees children from self or societal imposed restraints.

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

Healthy social contact is a crucial component of the Adventure Amputee Camp, and is one of the strengths of the camp. These children are always in the minority; at camp they get to live as part of a majority and are empowered by that experience. By interacting with peers and adult volunteers who have amputations, the campers build a bridge to the possible, rather than the impossible, by seeing subtle and overt examples of persons with fulfilled lives.

In July 2010, we celebrated our 16th year holding camp with 15 of them at the Nantahala Outdoor Center in Bryson City. The camper-to-counselor ratio is 2:1. Invited volunteer counselors include people with amputations who are 18 years old and over. Campers and volunteers have come from over twelve states in the Midwest and Southeast. The camp is full at 34 campers and has had a waiting list since 2002. Each year over 50 percent of the participants return to camp. For many, due to their economic situation, it is the only opportunity they have to experience camp.

For more information visit www.adventureamputee camp.org or follow Adventure Amputee Camp on Facebook.

Maine Handicapped Skiing to Host Second Winter Camp No Limits Program in March

MHS at Sunday River will host the second annual Camp No Limits “Camp Snow” March 4-6, 2011. The program is intended for children with limb loss and their families, and has become a very exciting and mutually-beneficial partnership between the two adaptive recreation organizations. Last year’s “Camp Snow” at Sunday River was Camp No Limit’s first winter program for twelve youth aged 6-plus and their families. All the children had daily opportunities to ski and/or snowboard with MHS equipment and instruction, and many family members participated as well. The group stays together at the Sunday River ski dorm and enjoys meals, games, and various amputee education activities while not on the mountain.

Camp No Limits is a non-profit organization founded in 2004 “to educate and empower young people with limb loss to discover and develop a healthy, happy and independent lifestyle.” They currently host multi-day camp programs all over the country that introduce children and their families to a wide range of adaptive sports and recreation opportunities, in addition to teaching fitness, nutrition and other life skills. Camp No Limits programs typically draw families from throughout the country, as well as from a number of foreign countries.

To learn more about Camp No Limits and its programs for children with limb loss and their families, visit www.nolimitsfoundation.org.
AbilityPLUS Youth Camps

AbilityPLUS at Mount Snow announces its first “Stars of Tomorrow” Race Camp Jan. 21-23. Working in collaboration with Adaptive Adventures, AbilityPLUS will be hosting up to 20 emerging athletes from ages 13 to 40 plus, comprised of youth athletes, mid-level athletes and a number of Wounded Warriors. Camp events include skiing and riding skills and drills, gate training, strength and conditioning drills, healthy diet for race season, and a fun race. For more information and to reserve a place, contact Sue Tatem at (802) 464-1100 x 4699 or e-mail statem@abilityPLUS.org.

Pennsylvania Ski Camp
February 2011

Pennsylvania Center for Adapted Sports will host a week-long learn-to-ski / learn-to-race camp for youth with visual and physical disabilities at Camelback Mountain Resort, Tannersville, Pa., Tuesday, Feb. 1-5, 2011.

Beginners, “never-evers,” and experts alike will benefit from the ski training offered by our experienced staff. However, the biggest benefit will be mixing with other kids with similar disabilities.

Campers ages 7 to 18 stay at a local hotel and enjoy fellowship, skiing and good times. Chaperones are with the campers 24 hours throughout the week. Parents of younger campers are welcome.

On Feb. 5, campers will have the opportunity to race in the Diana Golden Race Series, held at Camelback Mountain Resort.

For more information, contact Ernie Knight, camp director, (215) 794-5958 or e-mail eknight@kei-eng.com.
San Juan Summer Experience with TASP

The San Juan Summer Experience is a camp for youth with cognitive disabilities ages 8-18. Each session includes Monday through Thursday programming with an optional family overnight experience on the Wednesday evening of camp. Daily activities include rock climbing, canoeing, fishing, hiking, camping and more. The staff creates a positive and enjoyable experience for each participant by defining and integrating the goals of the camp with those of the campers and their families.

Two sessions are offered: July 11-14, 2011 and Aug. 1-4, 2011. Cost is $580 per session (limited scholarships are available). For more information, e-mail programs@tellurideadaptivesports.org, or visit www.tellurideadaptivesports.org.

Adaptive Adventures Youth Ski and Ride Camps

Adaptive Adventures continues to raise the bar on our Stars of Tomorrow Youth Ski and Ride camps during the 2010-2011 winter season. The Stars camps are the signature part of the Adaptive Sports for Kids (ASK) program which continues to develop and touch the lives of kids and families across the country. Camps are planned from coast-to-coast including California, Colorado, Pennsylvania, Vermont, and Wisconsin. In keeping with Adaptive Adventures philosophy of collaboration and sharing of resources, all Stars of Tomorrow camps are presented in partnership with other Disabled Sports USA chapters and USA Paralympics Sports Clubs.

“The goal is to run a series of regional camps leading up to a National Stars camp in Steamboat Springs, Colo., at the end of March,” said Mau Thompson, ASK program coordinator for Adaptive Adventures. “The camps offer as much socially off the hill as they do physically and emotionally on the slopes. Après ski activities are full of social interaction with families and friends including meals, videos, sledding, tubing, and visits to the hot springs or other local attractions. Our goal is to create stronger individuals through the Stars of Tomorrow Program.”

Three key values are emphasized for the children and young adults: physical fitness, social skills, and independence. Adaptive Adventures considers the social aspect of the activity to be the most important value they can acquire as they experience the fun of sports and recreation at the Stars of Tomorrow camps. Building social skills and confidence is a big reason why we encourage group lessons. Whereas individual sport skills can often be learned best in a private, one-on-one setting, the ability to interact with others and appreciate your own strengths and abilities is best accomplished in a group setting. All the camps include a wide range of skiers in terms of both ability and experience. Groups are split up by skill level, with the goal of progressing athletes to achieve their personal best. Level 1 races are included in all Stars camps to provide an introduction to racing to new athletes and expand the skills of more experienced skiers.

Another growing part of the ASK program is Team Mau, a development program for young skiers to help them reach their potential and achieve personal goals. Many of the Team Mau skiers aspire to be future Paralympians. In addition to the Stars camps, Team Mau runs a number of single and multi-day training events throughout the winter. For more information, e-mail Mau@AdaptiveAdventures.org.

Adaptive Adventures will provide five Stars of Tomorrow Youth Ski and Ride camps nationwide in the 2010-2011 winter season. Each camp is uniquely designed in order to support the various needs of participants and to help them enjoy the local mountain atmosphere. Our Stars of Tomorrow camps have been blessed by the support of many local programs just as our “shining stars” have touched the lives of their supporters.

Camps will take place in Camelback, Pa., Cascade Mountain, Colo., Eldora, Colo., Keystone, Colo., Mammoth, Calif., Mount Snow, Vt., Park City, Utah, Steamboat Springs, Colo., and Winter Park, Colo.

This year, some of the participants from past Stars of Tomorrow camps have advanced to compete in the disabled alpine ski racing circuit. Their dream is to participate in the 2014 Winter Paralympics, in Sochi, Russia. Adaptive Adventures’ goal is to help them realize their dreams. May their lives inspire yours.

For additional information, camp updates, or to register, visit www.AdaptiveAdventures.org.
Bridge II Sports Youth Camps

Bridge II Sports, a non-profit organization, creates opportunities for children and adults who are physically challenged to play team and individual sports by providing equipment, developing sport teams and coaching, thereby helping them discover tenacity, confidence, self-esteem and the joy of finding the player within. Bridge II Sports was established in 2007 by Ashley Thomas, executive director. She and her team have been working ever since to ensure the community is provided with access to the resources available to them in the field of adapted sports. Coming up in the year 2011 there will be a number of programs available for youth.

Basketball
Our largest current program is basketball. It is a winter sport beginning in August. We are a competitive team comprised equally of girls and boys. Additionally, the disability groups represented within our program include cerebral palsy, amputees, spina bifida, spinal cord injury, and osteogenesis imperfecta. The age range of our group is 5 years old through high school and this is divided into two teams. Within this program we also have an event next summer with Jerry Stackhouse and will be promoting wheelchair games during the 2011 pro/am season.

GiGe
Our next largest group is one we have created called GiGe. It stands for Girls inspired, Girls empowered. It is a yearlong program for girls with disabilities and any other female who is part of their life, featuring events and meetings that help teach, inspire and empower girls who are living with a disability to experience life with an identity other than their disability. We share experiences, host speakers, learn about “What Not to Wear, In a Chair,” makeup, stump care, personal hygiene and other things that are important for girls to know. This coming year we will be hosting a conference featuring Miss Wheelchair North Carolina.

Tennis
Tennis is also one of our larger programs. It is a spring/summer program for the youth in which we will be hosting two tournaments this coming year. Everyone is welcome to come out and give it a try.

Golf
While this program is for everyone, we strongly encourage the youth ages 8 and older to come out and give it a try. We have access to a driving range, adapted clubs to use while sitting, an adapted golf cart and adapted methods of play, but we also can access the course. This is a spring/summer program in which we usually have four events. Our participants are those with spinal cord injury, spina bifida, cerebral palsy, stroke patients, the blind and those with low vision. For now it is just recreational, we are trying to teach people how they can still enjoy this sport even in a chair.

Boccia
Currently the boccia program is just recreational, however we are trying to make the move to competition. It is an all-year monthly program best suited for individuals with cerebral palsy, the blind and quadriplegics, but all are welcome.

Air Rifle
The air rifle program is a fall sport for ages 13-plus in which you will be training with the U.S. trainer for the Paralympic training events.

Common Ground Youth Camp

Common Ground Outdoor Adventures announces its first Adventure Camp for Kids, July 11-16, 2011. Activities for this high-energy week include rock climbing, canoeing, arts and crafts, cycling, team building, waterskiing, scuba experience, horseback riding, camping, and white-water rafting. Common Ground provides all the gear and expertise, plus lunches for the week, meals for the campout, and transportation to and from the activities. Cost for the week is $200; scholarship is $150. Space is limited. Reservations required. For more information, contact David Kriner at (435) 713-0288 or e-mail david@cgadventures.org.

For the 2011 ski season, Common Ground will be back at Beaver Mountain with Common Ground’s Beaver Adaptive Ski Evolution (B.A.S.E.) ski school, plus three destination trips: Powder Mountain, Jan. 31; Big Sky and Bridger Bowl, Feb. 14-15; and Snow Basin, March 3. Activities include alpine skiing, snowshoeing/cross country skiing, dog sledding, ice skating, and more.

B.A.S.E. starts Jan. 19 and runs for six consecutive weeks every Wednesday or Saturday or mix and match between the two days. Cost for the sessions are $150 or scholarship, $130; cost per day, $30.

For more information, contact David Kriner at (435) 713-0288 or e-mail david@cgadventures.org.
Learn to Ski (for free) in Durango

The Adaptive Sports Association (ASA), Durango, Colo., is gearing up for its 27th winter of introducing skiing and snowboarding to those who have not had the experience or since their disability. Scholarships cover airfare, five nights of lodging in a volunteer host home or hotel, ground transportation, four days of ski instruction, equipment (and clothing if needed) as well as most meals.

ASA has established these scholarship programs with the objective of increasing support for out-of-state, first-time skiers and snowboarders. Their knowledgeable staff and volunteer instructors will work with each participant to make their ski experience a safe and fun success.

The scholarship programs are designed to increase confidence through recreation and self-discovery. While engaged in the program, the participant will be able to network and gain resources as well as make life-long friends.

Scholarships are open to anyone with a permanent physical disability, but have a focus on injured veterans and people with multiple sclerosis, spinal cord injuries, amputations, and visual impairments. Applications are due Dec. 1.

ASA's summer programs include multi-day river trips, canoeing flat water, and summer scholarship weeks.

For more information and applications, visit www.asadurango.com and look under scholarships, call (970) 259-0374, or e-mail annmarie@asadurango.com.

Many Winter Activities at Challenge Aspen

Challenge Aspen's winter activities include a number of open enrollment camps, each of which is geared toward different ability levels, as well as individual lessons. All camps and lessons are offered to all ages of people with a permanent cognitive and/or physical disability.

We will be starting off the New Year with our newly renamed Bill Malcomb Mono Ski Camp, Jan. 7-11. Participants will learn how to carve the perfect turns, ski bumps and improve racing skills with expert instruction from a top quality team of PSIA instructors. This camp for intermediate and advanced mono-skiers starts off with a professional seating clinic and is followed by four full days of group lessons and fun activities such as an après ski kickoff event, an on-hill BBQ, a race day on a certified NASTAR course, and a celebration banquet.

Challenge Aspen will be hosting its 1st annual Stand Up Camp, Jan. 14-17, which was created to cover a broader range of disabilities and to ensure everyone with a disability is offered a camp experience. Whether you ski, snowboard, use a slider or are new to the adaptive skiing world, come meet new friends in this exciting mountain experience.

Due to a high demand, we will be hosting two sessions of Learn to Sit Ski again this year. Session 1 will be held Jan. 21-24, and Session 2 will be held Feb. 25-28. Participants will gain skiing skills in this one-on-one lesson setting with expert instruction from PSIA instructors.

The 14th annual Visually Impaired Ski & Snowboard Festival will be held Feb. 7-10. This camp is offered for anyone with a visual impairment who is a beginner and wants to learn how to ski or who is an advanced skier looking to improve skiing skills.

Challenge Aspen also offers daily adaptive ski and snowboard programs, making sports accessible to adults and children with disabilities at all skiing and snowboarding levels. Our PSIA and AASI certified instructors are professionally trained and certified in adaptive teaching, taking great pride in the quality of our programs and providing knowledgeable instruction to people of all ages and disabilities. Through our partnership with Aspen Skiing Company, Challenge Aspen has access to four of the best skiing and snowboarding areas in the country.

For more information or for reservations for adaptive ski lessons, contact the Challenge Aspen office or visit www.challeng Aspen.org.

Challenge Aspen will also be hosting the annual Chris Bove Memorial Uphill Challenge, Sat., March 5, at Buttermilk Mountain. Racers and hikers of all ages on skis, snowshoes, or other up-hilling gear are invited to participate in this family-friendly uphill race and walk-up-a-thon to benefit Challenge Aspen’s local scholarship program and the Children’s Hospital of Denver.
Telluride Adaptive Sports Program

The Telluride Adaptive Sports Program (TASP) will host the 11th annual Expand Your Horizons! Ski Camp, Jan. 31-Feb. 3, 2011. This camp is open for up to 22 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 training sessions from elite level PSIA coaching staff. Participants will have the opportunity to improve their skills on a variety of terrain from bumps to powder to “hike-to” terrain, receiving feedback from coaches and through video/movement analysis. Skiers and riders will also have the chance to train and race on Telluride’s Level 1 NASTAR course. Participants will also have the opportunity to join HeliTrax, Colorado’s only full-time heli-ski operation, for a day of helicopter-assisted backcountry skiing (expert skill level and additional fee required). This is the only adaptive camp in the country offering this level of skiing.

Cost of the camp is $975, which covers lodging, equipment, lift tickets, coaching, video analysis, most meals, and some après events.

To register or for more information, contact Tim McGough at (970) 728-3865, e-mail programs@tellurideadaptivesports.org, or visit www.tellurideadaptivesports.org.

Winter Sports in Wyoming

Teton Adaptive Sports (TAS) will partner with Jackson Hole Mountain Resort, Grand Targhee Resort, and Adaptive Adventures (AA) to host two All Mountain Camps this winter in the Tetons. The 2nd Grand Targhee Adaptive Ski and Ride Camp, Feb. 26-March 11, is offered for intermediate and above skiers/riders with physical disabilities. This camp will capitalize on Grand Targhee’s famous soft snow, laid back atmosphere, and forgiving terrain to offer up a relaxed, enjoyable learning experience.

For a more intense experience, the Jackson Hole Adaptive Steep and Deep Camp, March 2-March 5, is open to aggressive, advanced skiers with physical disabilities looking to push their limits and raise their personal bar through a progression of steep terrain and challenging snow conditions. These camps run back-to-back so the possibility to attend both is an option for skiers of the appropriate level. Both camps will include Wounded Warriors and civilians alike. Package pricing includes financial aid from TAS and AA on top of adaptive discounts from the resorts. Wounded Warriors will receive full sponsorship.

Teton Adaptive Sports supports adaptive winter sports at Grand Targhee and Jackson Hole Resorts. Opportunities are available for all ages and any type of disability from opening day through closing at both resorts.

For more information, contact Kurt Henry (307) 699-3554 or tetonadaptive@aol.com.

Higher Ground’s Snow Sports Season

Sun Valley Adaptive Sports’ Higher Ground program offers weeklong events to the injured military. It is designed to use various sports, family, and coping strategies to heal, inspire, and rehabilitate. The program specializes in serving active duty service members and veterans with traumatic brain injuries, post-traumatic stress disorder, blindness, and visual impairments. The program also serves those who have suffered spinal cord injuries and amputations.

In January through March of 2011, Higher Ground will host four snow sports camps. Activities offered include skiing, snowboarding, Nordic skiing, sled hockey, snowshoeing, and so much more for wounded veterans and their significant others free of charge.

For more information, e-mail kate@svasp.org or call (208) 726-9298.
Special Needs Youth Athletes Mentored by Wounded Warriors at STRIDE-Sponsored Camping Weekend

Permanent injuries and physical disabilities can create barriers. But not for the youth and veteran participants at the 3rd annual Wounded Warrior Fall Family Adirondack Camping Retreat at Moreau State Park, Glens Falls, N.Y., Sept. 24-26. There, eight Wounded Warriors were paired one-on-one with a child with a similar disability. The Warriors, each of whom have sustained a permanent disability as a result of the wars in Iraq and Afghanistan, spent the weekend tent-camping with their families and the youth athletes. This partnership serves as a therapeutic collaboration where children with disabilities learn more about civic duty and current events from our nation’s heroes, and soldiers become rehabilitated by seeing the challenges these young people living with disabilities have learned to face every day.

The weekend was formed as a strategic partnership with three essential goals in mind for the children and Warriors – learn, heal, and have fun with one another. Prior to arriving at the campsite, the pairs are introduced via e-mail and are encouraged to contact one another as pen pals or by phone before the weekend. Once there, they spend their time enjoying white-water rafting, a historic train ride, a falconry bird demonstration, kayaking, hiking, campfire stories and s’mores – and forming bonds. STRIDE has been providing service programs for Wounded Warriors for six years, partnering with many local veterans groups including the Veterans of Lansingburgh, who arrived at the campsite on Saturday night to prepare a steak and chicken dinner for the group of nearly 40 people, and spent time interacting with all the campers. Meals, activities, general camping gear, transportation and gifts were provided for all of the participants.

One Wounded Warrior, retired Sgt. Brian Fontaine, a Massachusetts resident and double amputee, brought MREs (Meals Ready to Eat) for all of the campers so they could experience meals that soldiers eat while in the field. Paired with Luke Wilson, a 16-year-old with cerebral palsy, Fontaine presented Luke with a pair of authentic army fatigues, including a “Wilson” name patch sewn to the front of the uniform. “Luke was the most popular guy in school on Monday,” said his mother, Kim Wilson. “I don’t think he has taken the uniform off from the minute he got it.” Another soldier, Tracy Evans, patiently escorted his STRIDE athlete, Noah Cooperman, anywhere he went, and prepared his special, gluten-free chocolate and peanut butter sandwich. Noah has autism and is mindful of what he can eat. Evans also served as the resident cook for the weekend.

Retired Special Forces Marine, Michael Abbatello, Troy, N.Y., pitched his own tarp-style camouflage tent, slept on the ground in Marine-issue gear donning all the military clothing and even drank from a canteen all weekend, to give all the children a taste of what real military life is like.

“It is truly an amazing experience to actually see the healing and learning take place for the veterans and the children,” said Susan Bernardi, program development director for STRIDE, who had never been on a Wounded Warrior camping trip. “Putting these two demographics together for an event is powerful on many levels. It was life-changing for me, and I’m sure it had a similar impact on the campers.”

Philip Isaacson, 19, who has Down syndrome, was paired with retired Spc. David Pritt, who has a traumatic brain injury after serving three tours in Iraq. Pritt was accompanied by his wife and two daughters, one of whom also has Down syndrome and is eight-years-old. Isaacson, who has been an active camper with STRIDE for many years, demonstrated his skills in kayaking to Victoria, who was learning for the first time. The family was so excited about learning to kayak as a family; they decided to purchase their own once they got back to their hometown in Watertown, N.Y.

This innovative camping experience, pairing military service members with disabilities with youth athletes with similar disabilities, was a groundbreaking program for the STRIDE organization. It caught the attention of Fisher House Foundation and Newman’s Own, when STRIDE was one of eleven organizations nationally to receive a prestigious grant award and honored at the Pentagon Hall of Heroes in 2009. STRIDE has been hosting Wounded Warrior winter events for the past six years, teaching skiing and snowboarding at Jiminy Peak Mountain Resort in Massachusetts, but camping trips are something the organization knows well. For over 20 years, STRIDE has been providing outdoor camping experiences for local youth at various New York State Park and Recreation facilities. STRIDE is also supported by Wounded Warrior Disabled Sports Project from Washington, D.C.
Disabled Sports USA Far West Racing Opportunities

Disabled Sports USA Far West is anticipating another year of growth for its “High Performance Team (HPT),” the competitive arm that is the Paralympic Sport Club Lake Tahoe. Under the direction of Bill Bowness, triple medalist at 1994 Lillehammer Paralympics and PSIA Adaptive Team Coach, and with assistance from Katherine Hayes Rodriguez, former Disabled Sports USA Far West Program Director, the HPT seeks to cultivate a new generation of athletes, especially Wounded Warriors.

The High Performance Team is a re-birth of a similar program that Disabled Sports USA Far West offered more than 15 years ago, which launched Bowness to the Paralympics. The priorities of the team focus on the growth of new athletes in four specific domains: socialization, personal skiing improvements, competition, and race development. The athletes on the team are of all ages, skier levels, backgrounds and disabilities, but all meet Paralympic classifications of mobility or visual impairments. The HPT is for the developing skier seeking a higher level of instruction, competition, or just curious about the racing realm.

The HPT, based at Alpine Meadows Resort in North Lake Tahoe, Calif., will meet weekends throughout February and March. In addition to training amongst accomplished and developing athletes, team members will have the opportunity to compete regionally in a competition coordinated with Disabled Sports Eastern Sierra at Mammoth Mountain and locally at Disabled Sports USA Far West’s fundraiser, the “Phil Bocks Memorial Ability Challenge,” which hosts more than 100 skiers of differing abilities, including first-time racers, current and former Paralympians, and Wounded Warriors. The HPT will continuously keep an eye towards the development of the athletes and the program itself, seeking higher levels of competition throughout the West.

Interested athletes or sponsors may contact Disabled Sports USA Far West for more information regarding the High Performance Team or any of Disabled Sports USA Far West’s programs at (530) 581-4161 or www.disabledsports.net.

Winter Biathlon at Mammoth Lakes

Disabled Sports Eastern Sierra, Paralympic Sport Mammoth Lakes is adding biathlon to its programs. Biathlon training and Nordic skiing lessons will be held throughout the winter season.

The Mammoth Lakes Winter Biathlon will be held March 26-27, 2011. Prior to the event, there will be shooting and skiing clinics. Athletes of all levels, from beginner to elite, are encouraged to participate. The clinics and races are open to both able-bodied and physically-challenged athletes.

To book a lesson or training session, or for more information, e-mail Maggie Palchak, mpalchak@disabledsportseasternsierra.org.

Other 2011 camps include:
• Nordic Camp, Jan. 7-9
• Alpine Race Camp and Level 1 Race, Feb. 11-13
• Junior Development Ski Camp, March 4-6
• Mono Ski Madness with Bill Bowness, March 11-13
All camps are open to athletes of all ages.

Wounded Warriors Return to Mammoth Lakes

Disabled Sports Eastern Sierra, Paralympic Sport Mammoth Lakes will host Wounded Warriors in Operation High Altitude, Jan. 31-Feb.4, 2011. This popular camp welcomes wounded, injured and ill service members from across the country for five days of fun and challenging activities, including alpine skiing, snowboarding, Nordic skiing, biathlon, and more! For more information, e-mail Maggie Palchak, mpalchak@disabledsportseasternsierra.org.

The Unrecables Kick Off the Ski Season Onboard the Queen Mary

The Unrecables kicked off their new ski season at the Snow Gala dinner dance onboard the historic Queen Mary in Long Beach, Calif., Nov. 6. Our first trip for students to Mammoth Mountain is scheduled for December or January. Visit www.unrecables.org for more information.

Monthly social hours are held on the second Tuesday evening at 6:30 p.m. at Mi Ranchito Family Restaurant in Culver City, Calif.

The Unrecables 2010 Man and Woman of the Year, J. Davis and Jennifer Nerad-Sultan, will compete for L.A. Council Man and Woman of the Year at the event.

For more information, e-mail info@unrecables.com or visit www.unrecables.org.
ASF Ski Camp and Level 1 Race

The Adaptive Sports Foundation (ASF) is hosting a ski race camp Feb. 23-25, 2011, at Windham Mountain, N.Y. The camp offers new or experienced racers excellent coaching on technique and tactics. In addition to the ASF coaching staff, there will be a special guest coach to be named. The camp culminates with a Diana Golden Level 1 Race, Sat., Feb. 26. The Golden Cup Series is intended to promote the sport of ski racing to athletes with disabilities on the East Coast. Level I racing is for everyone; anyone with a physical or cognitive disability may participate.

The three-day camp includes coaching on ski technique through fundamental drills, tactics of racing in a course, and video analysis of the training sessions. After each day of training on snow, there are indoor sessions on tactics and line, nutrition, and conditioning. We encourage new and experienced racers to attend the camp. The training takes place mostly on intermediate and easier expert terrain, so participants must feel comfortable on that terrain.

Saturday’s race is on Lower Wheelchair, home of the Windham NASTAR course. To make the race competitive between people with varying disabilities, times are factored or “multiplied” by a number based on participants’ disability classification. Racers with cognitive disabilities are invited to participate in the Mills Cup division of the race. Gold, silver, and bronze medals are awarded in all categories.

The cost of the camp is $175 for all three days; cost of the race is $45; cost of the camp and the race combined is $200. All fees include lift tickets and lunch.

There are many hotels, B&B’s and condos available in the area; contact the Windham Chamber of Commerce at www.windhamchamber.org or 1-877-2WINDHAM. For condos and townhouses, call 1-800-754-9463. Accessible rooms at the Winwood Inn (518) 734-4300, Hotel Vienna (518) 734-5400, and the Thompson House (518) 734-4510.

Ski Lessons for All Abilities at The Bart Center

The Bart J. Ruggiere Adaptive Sports Center offers ski lessons at the Sun Mountain, Bromley Ski Resort. The Bart Center has the latest in adaptive equipment and training. The Bart Center can accommodate groups or individuals that want to learn or just go out and rip it up. We can help the novice skier as well as the advanced. If you have never been on snow before, no problem, we can assist you in that. The Bart Center has opportunities for lessons seven days a week.

Once the snow melts in the spring, kayaking and handcycling in southern Vermont begins. We strongly recommend reservations for all lessons.

The Bart Center will hold its 6th Wounded Warrior Weekend, Jan. 28-30, 2011.

For more information on these adventures, visit www.bartcenter.com, call (802) 824-5522, ext. 430, or e-mail bartcenter@comcast.net.

Get On Board with AAS Snow Sports

Adaptive Action Sports (AAS) brings signature “Action Sports” events, camps and clinics to the adaptive community.

Events slated for 2011 (some dates to be announced) include:
• AAS snowboard/boardercross camps, Sierra at Tahoe Ski Resort in Lake Tahoe, Calif.;
• AAS participation (Co-Sports Organizer) in Winter X Games Adaptive Snowcross at Aspen, Colo.;
• AAS participation (Organizational Partner) in the adaptive races at the United States of America Snowboard Association (USASA) Nationals, April 1-8, 2011. This event is a great opportunity for snowboarders and freestyle skiers of all levels to participate in a no-pressure, friendly competition (halfpipe, slopestyle, boardercross, GS, and slalom). Mono-skiers are welcome to come participate in the freestyle events including boardercross;
• Several AAS-sponsored wounded-veterans programs including a rally car racing camp in early May 2011.

Visit www.adacs.org, for updated and additional information regarding these and other AAS events, camps and clinics.

Upcoming events come on the heels of a host of hugely successful summer programs including the 16th annual ESPN Summer X Games. Through events organized by AAS, the ESPN Summer X Games – for the third consecutive year – included adaptive athletes in its internationally-viewed schedule. As an official ESPN X Games Partner, AAS put together two groundbreaking events for the event; Adaptive Super X Race July 29, which was rebroadcast July 30, and the Adaptive Skate Jam Aug. 1. Both events can be viewed on ESPN 3 at http://espn.go.com/espn3/, search for “Action Sports.”

Photo courtesy Michael Moore/Adaptive Action Sports
Athletes at ESPN Summer X Games. Jason Woods is Number 7.
Vermont Adaptive Ski and Sports

Daily Adaptive Ski and Snowboard Lessons
Vermont Adaptive Ski and Sports offers daily adaptive ski and snowboard lessons at various locations: Pico Mountain, Killington; Sugarbush Resort, Warren; and Bolton Valley, Bolton, Vt.

Morning and afternoon lessons are held on a reservation basis. Two-week advance reservation and registration is required.

Cost for a full-day lesson, lift ticket, and equipment is $100. Half-day lesson, lift ticket, and equipment, $70. Group lessons also are available. Call for pricing on Weekend Warrior seasonal program.

Reservations and registration forms can be accessed at www.vermontadaptive.org, or for more information, call (802) 786-4991.

Winter Group Outings and Adventures at All Locations
Vermont Adaptive can customize and schedule daily, weekend, or weekly outings for groups. Outings can include, but aren’t limited to, adaptive skiing, snowboarding, sit-down skiing, cross country skiing, snowshoeing, ice skating, trips to museums, and much more. For more information, contact Maggie Burke, (802) 583-4283 or e-mail north@vermontadaptive.org.

Annual Ski-A-Thon at Bolton Valley
The annual Ski-A-Thon will be at Bolton Valley Resort, Sat., Jan. 29, 2011 – a fun, spirited challenge for skiers and boarders, both able-bodied and disabled. Participants will be challenged to see how many laps they can complete on a specified trail. Costumes and team themes are encouraged. Prizes and awards in various categories and races. For more information, e-mail Dave D’Angelo, Truenorth@vermontadaptive.org.

Vermont Adaptive Alpine Race Team
Vermont Adaptive hosts and supports its own alpine race team. The emphasis of this training is improvement of personal skiing skills, race training, making new friends, and fun. Contact Vermont Adaptive to be an athlete, a coach, or to be more involved in the alpine race program. Trainings are held Sunday afternoons to prepare for the Diana Golden Races and statewide Special Olympic Games. For more information, call (802) 786-4991.

Snowshoeing, Cross Country Skiing Adventures and Indoor Rock Climbing
Programs are held at various times throughout the season in different locations. Cost is $30/person per outing and includes equipment. For more information, call (802) 786-4991.

2011 USABA Winter Festival and Paralympic Experience
For its fourth year in a row, Vermont Adaptive is teaming up with the United States Association of Blind Athletes, The Gibney Family Foundation, the Paralympics, and DSUSA to host its Winter Festival at Pico Mountain. The date is to be announced but it’s typically a weekend in January. The weekend consists of downhill and cross country skiing plus goal ball and participants choose to either “learn to ski” or “learn to race.” The weekend includes a banquet with keynote speaker, a pizza party, and participants stay in the Killington region. For more information, call (802) 353-7584.

Annual Ski Challenge and Gala 2011
The annual Ski Challenge and Gala will be held at Pico Mountain Resort/Killington Grand Hotel, Sat., March 12, 2011. This is Vermont Adaptive’s largest winter fundraiser and celebrates the spirit of all skiers and snowboarders, both able-bodied and disabled. Race starts at 10 a.m.; gala is family-friendly with great silent auction items. Vermont Adaptive welcomes teams of three, sponsors, and those just interested in attending the gala. For more information, e-mail Mac Janney, Development@vermontadaptive.org.

Camp Courage National Power Soccer Camp
The Courage Center, Maple Lake, Minn., hosted a power soccer camp, Aug. 8-15, 2010, attended by 30 campers, their families, and 40 volunteers.

Campers and coaches were taught many new power soccer drills and game management skills that enhanced each athlete’s ability to play the game with more confidence. Instructors were power chair athletes Jerry Frick and Pika Durand.

The detailed and high-energy instruction left a lasting impression with many of the campers. “I am now confident and understand the game more than ever,” said Greg Adams, Columbia, Mo.

“The lessons learned were invaluable,” agreed Stephanie Odom, Birmingham, Ala.

“I did not want to go home. I made so many new friends and learned so much,” said Star Velez, Ft. Wayne, Ind.

Volunteers included the Maple Grove, Minn., Girl Scout Troop, who offered arts and crafts, and evening campfire activities.

The 2011 Power Soccer Camp will be Aug. 7-13, at Camp Courage, Maple Lake, Minn.
Summer 2010 Adaptive Cycling Outreach Tour Sweeps Maine

As an innovative way to raise awareness about our free programs and recruit additional year-round participants, Maine Handicapped Skiing’s program and outreach staff loaded up seven adaptive cycles in a moving van and brought our program to a number of rehabilitation facilities and service providers. Overall, 62 people with disabilities, most of whom were doing so for the first time, sampled adaptive cycling at seven different sites throughout Maine during two different tour weeks in May and August.

The 2010 cycling outreach tour was the second version of a model that was piloted successfully in 2009. We called on our liaisons at rehabilitation hospitals, residential care facilities, outpatient clinics and the VA hospital to secure space in their parking lots. Patients and many of their staff were oriented to equipment, given quick instruction, and supported as they took laps on the various cycles that suited their interests and/or needs. Instead of completing our full program application for the short sample ride, cycling outreach participants were required only to sign our risk waiver and photo release. The model intentionally prioritizes efficiency and volume in the hopes that people go on to pursue our more traditional program offerings once they get a “taste” of what is possible.

The initiative was funded primarily through a $5,000 grant from DSUSA, which paid for most of the direct costs associated with the two week-long tours. Additional operating costs were covered as part of corporate sponsorship from Unum, the nation’s largest disability insurer. IdealSeas of Maine donated the use of a large cargo truck and Northeast Passage generously provided the necessary equipment for rent at deeply discounted prices to help us serve our mission and reach new participants. MHS is extremely grateful for all of these partnerships.

In addition to registering numerous new year-round MHS participants, we got wonderful exposure and deepened our relationship with several referral/recruiting allies at the various sites and programs. We look forward to doing this more with several other sports, including Nordic skiing and snowshoeing this winter.

New England Disabled Sports: Alpine Ski Equipment Demo Program

New England Disabled Sports (NE Disabled Sports) has grown steadily over the last 24 years with alpine skiing instruction at the forefront of our educational programming. NE Disabled Sports has identified a need for a comprehensive alpine skiing equipment demo program in the Northeast. We have seen how using the proper equipment is paramount to the overall success of a participant’s ski experience. Too often a student has only been exposed to one particular type of adaptive equipment due to lack of available resources. Through a grant from the Olympic Opportunity Fund, NE Disabled Sports has established a program that will allow individuals with disabilities the opportunity to try all types of the latest alpine skiing equipment and give participants a foundation for a successful snow sports career.

The Equipment Demo Program (EDP) will also serve as the premier resource for all veterans with disabilities to try the latest adaptive ski equipment in the Northeast.

Equipment will range from mono-skis, to 3-track and 4-track equipment, and guiding systems for individuals with visual impairments. Participants will be individually fit for the right piece of equipment for their needs and receive specialized instruction on the latest techniques to allow them to ski the entire mountain. The improved access to equipment is necessary to enhance their experience, whether recreational or for the start of a racing career.

This program will be run by Geoff Krill, Sports Director with NE Disabled Sports and PSIA National Team Member, and will be available each day during the winter, and will be free of charge for all disabled veterans and injured active duty military personnel.

In addition to the veterans it will serve, this program has wide implications for all adaptive sports programs in the area. NE Disabled Sports will be taking the EDP on the road this winter and offering these services, free of charge, to all adaptive programs who host veterans-based events. Examples include Learn to Race Camps, Development Camps, Wounded Warrior Disabled Sports Project, and Disabled American Veteran Events. There will be training clinics for program staff as well as opportunities for these programs to increase participation in their events by promoting that the EDP will be present.

Visit www.NEDisabledSports.org to learn more about this program or to have the Equipment Demo Program present at your event this winter.
How can a donation change a person’s life?

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

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

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

It saved my life.”

Navy PO3 Mark Mix
Wounded Warrior

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

Combined Federal Campaign #10151

Please donate today!

DONOR OPTIONS: (includes membership in Disabled Sports USA)

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

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Full Name ___________________________________________ Date of Birth: _______/_____/_______

Address ____________________________________________

City: ___________________________ State: ___________ Zip ______________

E-mail: ___________________________ Phone: ___________________________

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

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

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

Card Number ___________________________ Exp Date ___________________________

Cardholder Name ___________________________ Signature ___________________________

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

Donations to DSUSA are tax deductible to the fullest extent of the law. DSUSA’s tax exempt number is 94-6174016.
The Venture® Foot from College Park
The Venture® Foot combines College Park’s trademark multi-axial design with a higher frequency dynamic response for more active users. The highly functional, custom gait matched design includes College Park’s exclusive Stride Control™ feature providing quick and easy gait adjustment without disassembly. In addition, increasing the toe lever to match the length of the anatomical foot allows for natural energy distribution.

Key features include:
- True multi-axial function with transverse rotation for natural feeling performance
- Extended toe lever facilitates immediate power and increased response with each stride
- Adjustable Stride Control™ helps fine-tune gait
- Scaled design allows for more natural proportions

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

Durability, Comfort in Ohio Willow Wood Alpha Select Liner
The Alpha® Select Liner’s hybrid gel provides a balance between comfort and durability. Infused with mineral oil, the hybrid gel cushions and protects the limb from impact, while resisting excessive elongation. The hybrid gel includes a Kevlar® additive for a firmer durometer and greater durability.

The Alpha Select Liner has a progressive gel style: 9mm gel distally, 6mm of gel over the tibial crest, thinning to 2.5mm behind the knee and proximally. The thin gel behind the knee and a flexible fabric panel on the liner’s front allow for comfort while sitting or bending for extended periods of time. The select panel is a flexible, abrasion-resistant fabric that keeps the liner from pulling on the knee or tightening at the knee.

The liner’s one-way stretch fabric stretches circumferentially for easy donning of the liner and provides tissue compression without uncomfortable pressure on the limb. The one-way stretch fabric limits liner elongation, which controls pistoning without requiring a rigid distal matrix. A unique aspect of the Select Liner is its distal umbrella design. The accordion-style design allows the umbrella to flex and conform to the shape of an amputee’s anatomy.

For information, ask your prosthetist or visit Ohio Willow Wood at www.owwco.com.

Endolite Introduces Javelin
Endolite’s newest prosthetic foot is the Javelin. It’s a dynamic pylon foot designed to provide excellent energy return and ground compliance. The independent heel and toe ensure a smooth and symmetrical rollover. The result is a lightweight foot for new and experienced amputees who desire a responsive foot with a sleek cosmetic profile. For more information, call Endolite at (800) 548-3534.

Motion Control’s New MC Wrist Rotator
- Two new versions – both mount in forearm
- Standard: Use with ProControl2; U3; Utah Hybrid
- ProWrist: Use with microprocessor-controlled TDs
- Two times the speed and torque of previous versions
- New lamination collar – available in three sizes
- In-hand version also available – built into MC Hand or ETD

For more information, call (888) 696-2767; e-mail info@UtahArm.com; or visit www.UtahArm.com.
Össur Launches New RHEO KNEE with Multiple Advantages

The new and improved RHEO KNEE®, the latest addition to Össur’s innovative Bionic line, now offers a higher weight limit (275 pounds), increased torque, faster swing speed, and improved aesthetics. Thanks to its low build height, the RHEO KNEE is compatible with the entire Össur Flex-Foot line. Together they deliver maximum dynamics and a natural gait experience. As always, the RHEO KNEE recognizes and responds immediately to changes in speed, load, and terrain, restoring the user’s ability to walk naturally, comfortably, and confidently at any speed.

For more information, visit www.ossur.com or call (800) 233-6263.

New High-Tech Socket Improves Performance

A technologically-advanced socket – the High-Fidelity Interface from biodesigns inc. – improves comfort and functionality for persons with limb loss. The High-Fidelity Interface for both upper and lower limb applications offers a radical departure from the traditional model in that it imparts a high level of intrinsic bone control as the interface captures and reproduces skeletal motion. Benefits include a more efficient, better performing and more comfortable socket with increased prosthesis stability, more energy efficiency, and tactile feedback. For more information visit www.biodesigns.com.

Otto Bock Liners with SkinGuard®

Skin-Friendly, Anti-Bacterial, Odor-Neutral.

SkinGuard® Technology silicone liners from Otto Bock are made with an innovative anti-bacterial additive that protects against a wide range of micro-organisms. Liners made with SkinGuard provide the strongest protection available while creating a healthier environment for the limb. Increases comfort while improving hygiene and reducing odor. In addition, this high-tech material optimizes liner durability. Plus, the benefits of SkinGuard are now available for shuttle-lock systems. For more information about the benefits of SkinGuard Technology, consult with your prosthetist.

LegSim™ Stops the Hop

Hartford Walking Systems
LegSim™ assistive walking device enables users to maintain an upright and active lifestyle without hopping. The torsion bar ensures lateral stability, and its unique Targeted Flexion Zone™ (TFZ) technology uses carbon fibers to create a sweet spot on the foot that maximizes comfort and minimizes impact on the joints. For more information, contact Hartford Walking Systems at (315) 735-1659 or visit www.legsim.net

TiLite Has Full Range of Titanium and Aluminum Wheelchairs

TiLite evolved from the simple idea of developing a superior class of manual wheelchairs that would combine orthoses-like customization with the most advanced materials. We believed that these attributes would help users remain independent longer, experience reduced body stress, and incur fewer posture-related problems. The flagship model was the TiLite CrossSport. Radically different from other designs, it was an immediate success. Since that first chair was designed more than a decade ago, TiLite has developed a full range of titanium and aluminum wheelchairs that cater to the unique requirements of each user. It is our goal that each new design further advances the performance, function, and style of manual mobility.
Alpha® Select Liner
Controlled pistoning with unlimited flexion

Harry August  dog lover | photographer | fitness enthusiast | cross-country traveler | amputee

Staying fit and active is important to amputees such as Harry who make the most of every day. Whether he’s working out, walking his dog, or driving out west, Harry requires a liner that delivers comfort and flexibility while controlling pistoning.

The Alpha Select Liner features a hybrid gel that delivers enhanced longevity for a variety of limb shapes without sacrificing the comfort to which gel users have become accustomed. Its progressive gel style provides extra thickness and comfort distally, yet is thin both proximally and behind the knee. The flexible panel promotes a broad range of motion by minimizing tension on the knee. The liner’s one-way stretch fabric allows for easy donning yet effectively restricts pistoning without requiring a potentially irritating distal matrix.

REAL SOLUTIONS FOR REAL PEOPLE

FOR MORE INFORMATION CALL 800.848.4930 OR 740.869.3377 OR VISIT OUR WEBSITE WWW.OWWCO.COM