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GETTING OUT OF YOUR COMFORT ZONE

At age 69, one thing I have learned is that my most memorable accomplishments have come when I pushed the boundaries. From joining the military, to getting a law degree, to leading Disabled Sports USA, each required me to do something challenging I had never tried before. For me, that is true with sports as well. Competing on the U.S. Disabled Ski Team, climbing to the top of Mt. Kilimanjaro, running in the Boston Marathon, finishing the desert Bataan Memorial Death March, and completing one day, 100-mile bike rides would have never happened if I had played it safe and stayed in my comfort zone. Each of these experiences taught me important life lessons, required me to train far outside my level of competence, and increased my confidence for the next goal.

For retired Air Force Staff Sgt. Dan Acosta (page 13-15), pushing boundaries has been a consistent theme in his life, from dismantling bombs in Iraq to learning to snowboard and even golf with one arm!

After successes as a swimmer, Ahalya Lettenberger (page 18) decided to push her boundaries and give triathlon a chance. This year, she competed at the USA Triathlon Paratriathlon National Championships as the youngest athlete at age 16. Her next major goal: Racing at the 2020 Tokyo Paralympics.

Six years ago, Danielle Lancelot Watson (page 20) became paralyzed when her climbing harness failed and she fell nearly 300 feet. It appears to be the highest documented free fall onto a hard surface that anyone has ever survived. Today, she participates in numerous adaptive sports, works as an occupational therapist, and is training to compete in the 2017 New York City Marathon in November.

It is so easy to avoid the stress and anxiety of challenging yourself, by continuing to do what you have always done; but how can you improve, enjoy new experiences or meet new people if you stick to the same old routine?

There are many ways to push your boundaries. If you haven’t tried adaptive sports yet, definitely start there. You will find opportunities to try sports you may believe are not even possible with like-minded, supportive people around you. Find your nearest DSUSA chapters (pages 22-23) and get involved in adaptive sports; we now have more than 120 chapters offering 50 different adaptive sports across the U.S. To peak your interest, a sample of terrific chapter events in a wide variety of sports from across the country are included on pages 24-34.

Even if you already participate in adaptive sports, trying a new sport (there are more than 50 adaptive sports now!) is a great way to keep things fresh and interesting. Have you tried water skiing (pages 10-12) or hiking (pages 16-17)? Trust me, both are a lot of fun!

See you out there!

Kirk Bauer, JD
Executive Director, Disabled Sports USA
U.S. Army (Retired)
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The availability of water skiing to a wide segment of the disabled population is part of its attraction,” said Bill Bowness, Technical Director at Achieve Tahoe, a chapter of Disabled Sports USA. Bowness is also the first adaptive water-skier to be inducted into the USA Water Ski Hall of Fame and the International Waterski and Wakeboard Federation.

While Bowness recommends attending a certified program to first learn to ski, he believes that another appeal of the sport is that it is completely integrated and adaptive athletes can participate along with their family and friends once they’ve learned the appropriate skills from their instructor.

“An athletic paraplegic is going to be completely independent and self-sufficient after two times on the water,” he said. “They would be able to go out, grab a ski and never come back to a program. They would be able to ski with their friends from now on.”

GETTING ON THE WATER

While the high-speed sport might seem intimidating for those who don’t consider themselves athletic, Bowness encourages anyone to try it. At the first lesson, participants should expect to be out in the water within the first ten to fifteen minutes after meeting with their instructor and discussing their previous experience, goals, and any potential concerns.

“Safety is the only restriction,” Bowness said. “The person needs to be able to turn over from face down to face up.”

This means that when wearing a Personal Flotation Device (PFD), also called a life jacket, the skier should be able to independently turn over in the water and keep their head above water. In addition to the PFD, the water-skier should plan to wear the appropriate clothing for their area. Skiers in areas with warmer weather can wear a standard bathing suit or water-appropriate clothing and sunscreen, while those in areas with cooler water may consider a wet suit to help with the cold.

MAKING THE SKI WORK FOR YOU

Water skiing has a variety of adaptive equipment available that allows individuals with physical disabilities to enjoy the sport.

Sit Ski – Sit skis allow those with spinal cord injuries, or those with balance issues that might prevent them from standing up and being pulled behind the boat, to experience the excitement of water skiing. A sit ski is designed to have a seat or cage fastened to the top so that the skier can remain in the seated position. Some sit skis include a starting block, which is a cleat that holds the rope for those with grip issues. Sit skis come in three levels: beginner, intermediate, and advanced. Width is the biggest difference in these designs. Beginner sit skis are as wide as 18 inches to allow easier balance for the skier, whereas a tournament ski is in the 11- or 12-inch range. From there the material, amount of concave, type of edges, and other factors will provide significant performance differences for the skier.

Outriggers – Outriggers are short ski tips attached to the edge of the sit ski. The outriggers function the same as those of an outrigger canoe, providing balance to the ski and making it more stable.

“They almost double the amount of stability,” says Bowness. “With any amount of forward movement the ski
will stay upright so individuals with severe balance or coordination issues are able to get out and enjoy the water-ski experience.”

**Stand-Up Ski** – Individuals who are able to stand while being pulled behind the boat will use a traditional stand-up ski. Those who need a bit more balance assistance might use a jump ski, the ski designed for competitive jumpers because it has a flat bottom and 90-degree edges, which makes it more stable than the common stand-up ski. Another adaptation might be to adjust the binding location; for example, moving the binding for a single leg amputee to the center of the ski to adjust for their weight displacement.

**Boom** – The boom is a long metal arm, approximately 20 feet long, which attaches to the side of the boat and runs perpendicular to the wake. Skiers hold onto the boom instead of being towed behind the boat by a rope. This allows skiers to get a feel for the water while providing balance assistance and keeping them close to the boat for more instruction as needed. The boom is an effective tool that is often used for new skiers (before starting them on a long tow rope), amputees, people with visual impairments, and those with balance issues.

**Triple Bar** – Another option to the boom is the triple bar, which is a modified handle that is six feet long and made of three separate handles attached to three separate tow ropes. This allows an instructor on either side of the student to help physically assist a beginner skier and then separate when the skier becomes confident enough to ski alone.

**Arm Sling** – For those who have trouble gripping the tow rope with one arm, an arm sling offers one solution. The sling is a modified handle that fits into a harness worn much like a PFD around the skier’s shoulders. The sling takes up the forces that the missing or impaired arm would have been taking up otherwise. In the event of a fall, the skier would release the handle with their good arm, automatically unclipping it from the harness, so the athlete doesn’t have to worry about any drag.

**Guide and Whistle** – Individuals with visual impairments can ski without any adaptive equipment, but Bowness recommends that for safety purposes they try the triple bar with an instructor for their first time out to get a feel for the water. Once they feel confident to go it alone, a guide in the boat can provide whistle commands to provide information about turns, speed, and upcoming obstacles.

**MASTERED THE BASICS?**

If you’ve been water skiing for a couple of summers, or just quickly progressed to master status, consider training for a competition and testing your skills against other high-level athletes. USA Water
Ski, the national governing body for water skiing and the American arm of the International Waterski and Wakeboard Federation (IWWF) hosts the U.S. Disabled Nationals and several regional tournaments on both coasts with categories for a number of different disability classifications. The regional tournaments are introductory-level competitions and typically last for two days, with the first day being a clinic that teaches new competitive athletes the basics of competition, and the second day being the actual competition. Don’t have an adaptive tournament near you? All USA Water Ski competitions are integrated, meaning an adaptive athlete can enter any local tournament and compete.

Competition categories include:

**Slalom** – A course that is 800 feet long, in which the skier goes around six offset buoys while being towed by the boat. Each time the skier successfully completes the course, the boat speed is increased by two miles per hour, until the maximum speed is reached, at which point the skier’s rope length is shortened by predetermined increments. Skiers continue until they fall or do not go around a buoy.

**Trick** – The athlete completes two, 20-second passes, in which they attempt to do as many tricks (jumps, grabs and surface tricks) as possible without duplicating a trick. Wakeboards are allowed as trick skies, but in order for the skier to get full credit, the ski cannot be any wider than 30 percent of its length. Each trick has a point designation based on its difficulty level.

**Jump** – The athlete skis over a ramp that is 14 feet wide and 22 feet long. Skiers select the ramp height they want from one meter, 1.25 meters, and 1.5 meters, and try to go the farthest distance possible in the air and ski away.

**Wakeboard** – Similar to trick, the athlete completes two, 20-second passes, but they use a wakeboard and the focus is more on air tricks (jumps and grabs). Points are awarded for difficulty.

**FIND YOUR WAKE**

Find more information by contacting your local Disabled Sports USA Chapter or USA Water Ski location. Visit www.disabledsportsusa.org/location-map and search waterski or www.usawaterski.org and click on the Disabled Skiing link at the top to find the location nearest you to set up your first lesson. The USA Water Ski website also has a list of competition locations and calendars for those ready to take their skills to the next level.
In the military community, ‘alive days’ are important anniversaries, commemorating the day a warfighter is severely wounded in battle. They memorialize a day that went from just another day on the job to the day when a new normal began. Retired Air Force Staff Sgt. Dan Acosta has celebrated 11 alive days since December 2005 when he was injured by a bomb while on patrol, losing his left arm and suffering significant damage to his legs.

Acosta joined the Air Force in 2002 knowing that he wanted to be an Explosive Ordinance Disposal (EOD) Technician. This job is open to all four military branches, and to enlisted members and officers alike, but the training is so difficult that it has an 80 percent failure rate.

Acosta said he was drawn to the challenge of it. “It had the academic challenge, the physical challenge, the mental attitude challenge. It pushes you to the limit where you have to commit. You have to be all in – it’s 100 percent or not at all.”

After successfully completing EOD training, Acosta was sent to Baghdad, Iraq. His life there was similar to the 2010 Academy Award Best Picture winner “The Hurt Locker,” which follows an EOD technician dismantling explosives in Baghdad.

“Every single one of those situations in that movie I’ve seen or been in a lot worse,” Acosta said. “The scene where they’re called to a roadside IED - that was like four or five times a day for me and my team.”

continued on page 14 >>
On Dec. 7, 2005, Acosta was called to a ‘routine roadside bomb.’ While routine and roadside bomb don’t seem to fit into the same sentence, this is regular duty for EOD specialists. That day, Acosta and his team found and successfully disarmed two devices.

“I had a gut feeling that there was a third one there and I wanted to find it and disarm it,” he said. “I started to do a little courtesy sweep where I thought it might be and, sure enough, I found it.”

Acosta stepped on a pressure plate with 30 pounds of explosives attached. In addition to losing his arm, the bomb sent sand and dirt coursing into his skin at high pressure, causing severe damage to his legs.

“A lot of people look at a bomb go off and see the fire, the thermal effect, and consider that as the damaging part of a bomb,” he said. “It’s actually the overpressure that it creates. Just that amount of pressure against my body, the sand and dirt and debris that literally tore the meat off of my legs.”
Surviving his first surgery was another milestone for Acosta, whose survival expectancy rate was determined to be 10 percent according to the doctors who were operating on him. Acosta’s teammate, Staff Sgt. Joe Upton, who saved Acosta’s life providing combat first aid immediately after the explosion, was told that if he survived the first surgery his chances would be 50 percent survival. Acosta passed that milestone too, and six days later arrived at Brooke Army Medical Center (BAMC) in San Antonio, Texas, for more surgeries and to start rehabilitation.

Acosta’s recovery moved at a remarkable speed, which he credits to his positive attitude from the moment he arrived in San Antonio and learned about the extent of his injuries. “If I was in that hospital longer than I should be, that was going to be the thing that would kill me,” he said.

It was at BAMC that he relearned to walk, and shortly thereafter he signed up to snowboard with Disabled Sports USA in Breckenridge, Colorado. “I actually spent my very first alive day in Breckenridge,” said Acosta. “That was the tipping point to want to live happy. From coming to relearn how to walk and spending my first alive day snowboarding was just awesome.”

In addition to snowboarding, Acosta also participated in the Warfighter Sports golf program at BAMC. While it wasn’t a sport he had participated in prior to his injury, Acosta found his swing quickly, and completed the eight-week clinic series with local PGA professionals. For his participation, he received a set of custom-fitted PING clubs.

Acosta used the game as his physical therapy for his legs, walking the course and playing about four times a week close to three years until he left BAMC and San Antonio. He said the game helped with more than just physical rehabilitation. “Golf is one of those games where it’s a game of consistency, a little bit of strategy, and controlling your own anxieties. All of that helped at that time with balancing out my personal life.”

Today, Acosta lives in the Chicago area, where he works for iJet International as an analyst and risk consultant. The full-time job and Chicago weather do not let him get out on the golf course as much as he would like, but he still uses his PING clubs on the links as many times a year as he can.

Acosta remains involved in adaptive sports as an ambassador for Warfighter Sports, as an advisory team member for Tee it Up for the Troops, a Warfighter Sports national partner, and as a board member for Adaptive Adventures, a chapter of Disabled Sports USA. He hopes to get even more involved in adaptive sports in the coming years to help others reach their own milestones. “Adaptive Sports have done so much for me to want to continue life in a very positive way,” he said. “Being the EOD guy, I love helping people and love saving lives. If I can continue that in another way, I want to do so and I think it’s through adaptive sports.”
HIT THE TRAILS FOR FITNESS AND FUN!
Hiking Is For All Abilities

Looking for a way to get out and enjoy nature? Get a friend and take a hike!

No matter whether you live in a city or the mountains, if you’re new to physical activity or a seasoned athlete, if it’s sunny or raining, you can get outside and take a hike with friends and family. Hiking allows you to explore the world around you and keep in shape without having to learn a whole new set of skills. “The beauty of hiking is that it is for all abilities. There isn’t a person with a disability that we couldn’t take out on a hike,” said Lauren Kyllo, CTRS and program manager at Common Ground Outdoor Adventures, a chapter of Disabled Sports USA. “You’re simply going for a walk or roll whether it’s a gravel trail by a river or a backcountry excursion. Anyone who has an interest can get out.”

Hiking’s other advantage is being able to enjoy the activity with family and friends. “Socially, you’re able to talk while hiking, so you’re able to improve friendships and strengthen social skills as well as just being challenged physically,” Kyllo said.

FINDING THE RIGHT TRAILHEAD

If you are new to hiking, the first question you might have is where is the nearest trail? The answer will depend on the hike you’re looking for.

Inexperienced hikers, those looking for something a bit less challenging, or those lucky enough to live in a place that invests in trail infrastructure could find their nearest trail around the corner at the local park. Those looking for a longer hike to challenge their endurance levels might look to a nearby state or national park. A quick Google search will usually bring up a number of hiking trails in your area.

For those who use a wheelchair or other mobility assistance device, a list of accessible trails can be found at traillink.com.

Newer hikers or those with limited stamina should consider a shorter hike that is an easier walk or roll and work up towards longer, more difficult treks.

Wheelchair users can find paved or hard-packed dirt trails and utilize their everyday chair. Another option is an off-roading chair, which has bigger tires with more traction that will help a wheelchair user get across bumpier trails more independently.

For athletes who may be unable to walk or push themselves

“IT’S BEST TO HAVE A PARTNER IF IT’S YOUR FIRST TIME OUT ON A TRAIL”
in a chair along the trail, another option might be a Trailrider. Designed a bit like a rickshaw, the Trailrider has the hiker sit in a seat with two poles extending in front which are used to help pull the athlete on the trail.

For those walking a trail, trekking poles are another essential item to have that provide balance and stability. Hiking poles can be adjustable and also have built-in shock absorption and are helpful for going down hills and other activities. For more adaptive hiking equipment, go to http://www.disabledsportsusa.org/sports/adaptive-equipment.

Whatever trail you choose, know what to expect on the trail, such as the difficulty level, the surface, how well it is marked, and whether there will be water stops.

**HIKING GEAR**

Not sure what gear you need? It doesn’t require much that wouldn’t already be in your closet. “Hiking for some people feels a bit more accessible financially in terms of gear,” Kyllo said.

For neighborhood walks, your basic walking shoe may be all you need. But unpaved trails require a sturdier shoe with good arch support and a heavy sole. Hiking boots give good support to the ankles and have a tread to help with grip. Socks are important to avoid blisters and amputees may want to have an extra pair of prosthetic socks to use as volume changes. Before you start, you may want to discuss your options with your orthotist or prosthetist.

Longer walks or walks where you won’t be able to easily access your vehicle or shelter call for weather-appropriate clothing. Bringing warmer clothing or having extra layers in case you are changing elevations or in case it turns cool is good protocol and having a poncho or other rain gear with you is strongly recommended as well. Even for shorter walks, a backpack is essential to carry the extras. Your backpack should include sunscreen (no matter what the season), enough water to keep you hydrated, and food to maintain your calorie intake. Consider oranges, apples, trail mix, peanut butter and jelly sandwiches, power bars, or other nutritional boosts.

**BE SAFE**

“It’s best to have a partner if it’s your first time out on a trail,” Kyllo said. “As you get more comfortable, you can start challenging yourself to go alone and try harder trails. Take with you a charged cell phone to call someone in case of an emergency and always let someone know where you’re going to go hike and what time you should be done.”

For longer hikes, the National Park Service recommends ten survival essentials, which in addition to the above-mentioned items includes a flashlight, a map, sunglasses, matches, and a whistle.

**READY TO HIT THE TRAIL?**

For adaptive hikers who might want to try hiking with a group or for insights on the local trails or any adaptations, Kyllo recommends getting in contact with your local Disabled Sports USA chapter or adaptive sports club that provides hiking trips. They can provide valuable information on hiking and you can join one of their guided hikes to make your first outing a success!

Visit www.disabledsportsusa.org/location-map and search for hiking to find the location of a chapter with a hiking program near you.
COMPETITION DRIVES THIS DSUSA E-TEAM ATHLETE

Talking with Ahalya Lettenberger, her kindness, warmth and smile are easily felt, and her laughter is contagious. So it’s hard to imagine her on the starting block at a pool, completely focused, waiting for the gun to go off so she can swim to win.

Ahalya is a fierce competitor who, at 16, has already emerged onto the international swimming scene as an up-and-comer after winning gold at the 2015 ParaPanAm Games in Toronto in the 100-meter backstroke. Even more impressive than her young age is that she only began swimming competitively three years prior, and the event was only her second international competition.

“It was the first time I ever medaled,” she said. “My whole family was there, and it was an amazing experience to be on top of the podium and hear the national anthem play.”

Ahalya was born with Arthrogryposis Amyoplasia, a muscular-skeletal disorder that means that she has tissue instead of muscle in her lower limbs, affecting her joints, causing limited movement, muscle weakness, and chronic hip pain.

She enjoys swimming because it makes her feel free. “Swimming is one of the few sports where it is completely pain-free. It really helps me be free of stress and be in my own little world,” she said.

Ahalya competes in the distance, freestyle, backstroke and breaststroke for her local club team and competitively with her high school team against other Chicago-area schools. During the school year, she estimates she swims six days a week for about two hours a day.

She also participates on her high school track team, competing in the 400- and 800-meter distances, which adds another hour and a half of practice four times a week. If that weren’t enough, her competitive drive. A competitive drive that led the 16-year-old to take home the silver medal at the Paratriathlon National Championships held in June this year.

“With swimming and track the races are over in a minute or less,” she said. “But with the triathlon you’re competing for over an hour, so it’s fun to just keep competing.”

In true Ahalya style, she has excelled at the sport of paratriathlon in her short time participating, even winning her first race: the Chicago SuperSprint Triathlon.

“It was rainy that day, so it was all muddy,” she said with her trademark laugh. “But it was really fun.”

Ahalya’s choice of role models reflects her upbeat attitude. “One of my main role models is [Paralympian] Cortney Jordan. She is so positive and encouraging,” said Ahalya. “When I was younger at one of my first swimming meets, she gave me one of her medals. She really inspired me to keep pushing forward and to never give up.”

Ahalya still has that medal and gets to keep in touch with her mentor at several swim meets every year. This summer she qualified for a meet in Berlin where she’ll be able to swim alongside Jordan.

Given Ahalya’s success in such a short time, it’s easy to imagine her being that same type of role model for another up-and-coming swimmer or triathlete in the future.

As she aims for the Tokyo 2020 games in swimming and triathlon, she has already inspired one person to start participating. “My dad is starting to get into triathlon and he’s doing the next one with me.”

As a member of Disabled Sports USA’s E-Team, the U.S. Paralympic Swim Team, and Dare2Tri’s Development Team, she has a platform to show so many others the benefit of sport.

“Sports in general opens up so many opportunities and helps you to embrace who you are,” she said. “I am so excited to show youth and others what you can accomplish with a disability.”

The E-Team supports and empowers Emerging youth athletes (ages 13-24) with disabilities who are training competitively in sports that are featured in the Summer and Winter Paralympic Games. To learn more or apply, please go to http://www.disabledsportsusa.org/e-team.
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“I love dreaming something up, making plans to do it, and then executing it,” said Danielle Lancelot Watson. “I am happiest when I have a project in the pipeline.”

Her current project?
“I got into the New York City Marathon last November and I’m from New York, so it’s going to be super meaningful to me to go back and race that marathon in my handcycle.”

Growing up in upstate New York, Watson was an active snowboarder and endurance cyclist, but rock climbing was her real passion. She felt so called by the sport that after working at the Metropolitan Museum of Art for four years, she packed up her car, hit the road, and headed west to make climbing a full-time job.

On June 4, 2011, when Watson was 28, her active lifestyle took a new shape when her rope slipped through the harness, causing her to fall 280 feet, and leaving her paralyzed at the T6 level. She woke up a week later in the hospital, adjusting to her new reality.

While at the hospital she met and got to know Erica Davis, an adaptive wheelchair athlete who told her she could live life to the fullest in a wheelchair. In 2010, Davis became the first female paraplegic to reach the summit of Mt. Kilimanjaro, one of the “Seven Summits” and the highest mountain in Africa.

“I realized quickly that I could wallow in self-pity or choose to make the best of my situation,” Watson said.

This is where her new life philosophy ‘No Excuses. No Regrets.’ got its start, and where she started thinking of challenges to fit her new normal.

“No excuses’ represents banishing the words ‘I can’t’ from your vocabulary,” she said. “And ‘no regrets’ to me means that if you are happy in the present moment, you must accept everything, good and bad, that brought you to this moment. And if you are not currently happy, then you must make a change in your life.”

So Watson has been living life to the fullest, ensuring she has no regrets. She moved to Bend, Oregon, and found Oregon Adaptive Sports, where she learned to sit ski.

“It is such an awesome feeling to be able to get out of my wheelchair and into a ski that allows me freedom to fly through the outdoors,” Watson said. “The first two seasons on the adaptive ski were very hard, and I took a lot of hard knocks. But it was so great to get out of my wheelchair and into nature.”

She kept developing her skills. In 2014 with the help of Oregon Adaptive Sports, Watson accomplished a mono-ski ascent of Tumalo Mountain, a shield volcano outside of Bend that doesn’t have a ski lift so athletes are required to back-country ski and climb to the top. The next year, she headed to the Chilean Andes with Telluride Adaptive Sports to test her skills in the Southern Hemisphere.

In the summer, Watson challenges herself in her handcycle and off-road handcycle, having completed more than seven half marathons since 2012. In 2015, during a break from school (Watson completed her degree in occupational therapy), she finished a 120-mile trail along the Olympic Peninsula in Washington called the Olympic Discovery Trail, and immediately after graduating she headed back to Utah to participate in Moab Mania! The annual trip is conducted by Telluride Adaptive Sports and takes participants off-road handcycling through the rough terrain of Moab, Utah.

She also skis annually at a camp at the Adaptive Sports Center of Crested Butte where she met Alana Nichols, a Paralympic gold medalist in wheelchair basketball and alpine skiing. “She’s really an advocate and supportive of recently injured people and she has amazing energy. Alana will post on my Facebook page and write ‘way to go!’ Even though she’s a three-time Paralympic gold medalist, she makes time to support other people. She’s amazing.”

Recently, Watson started playing wheelchair basketball with Seattle Adaptive Sports.

In addition to planning all of her adventures, Watson is excited to give back to the adaptive community in her role as an occupational therapist.

“I feel like empathy is now my super power! I am excited to be an occupational therapist because I can see that many clients see me as someone they can trust and someone who relates to them. I tell my clients about adaptive sports all of the time.”

Watson’s advice to readers of Challenge? “Get hooked up with an adaptive sports organization near you. The people I have met through adaptive sports are the most quality people I have ever met and it’s worth it to get involved with adaptive sports and get outside of your comfort zone.”

This article is based primarily on an interview and article by Mary Creighton that is published in the online journal Mythogynist.com.
SAVE THE DATE

DECEMBER 4 – DECEMBER 10 | REGISTRATION OPENS IN SEPTEMBER

JOIN US TO CELEBRATE DISABLED SPORTS USA’S 50TH ANDSKI SPEC’S 30TH ANNIVERSARY!

PROGRAMS INCLUDE:
- Daily Ski & Snowboard Lessons
- Week-long Alpine Ski, Snowboard & Nordic Ski Race Camp
- Daily PSIA/AASI Continuing Education Clinics
- Adaptive Equipment Demonstrations
- Free Sled Hockey, Nordic, Biathlon, Figure Skating, and Wheelchair Curling

WWW.SKISPEC.ORG
Midwest Adaptive Sports
Dearborn, MO 64439
midwestadaptivesports.org
816-287-2011

MONTANA
DREAM Adaptive Recreation, Inc.
Whitefish, MT 59937
dreamadaptive.org
406-862-8187

Eagle Mount Billings
Billings, MT 59101
eaglemount.us
406-969-2949

Eagle Mount Bozeman
Bozeman, MT 59715
eaglemount.org
406-586-1781

Eagle Mount Great Falls
Great Falls, MT 59403
eaglemount.net
406-454-1449

NEW HAMPSHIRE
AbilityPLUS, Inc.
Manchester, NH 03104
abilityplus.org
800-287-8415

Granite State Adaptive
Mirror Lake, NH 03853
gsadaptivesports.org
603-387-1167

Lakes Region Disabled Sports at Gunstock
Gilford, NH 03249
ldsp.org
603-763-9158

New England Disabled Sports
Lincoln, NH 03251
nedisabledsports.org
603-745-9333

New England Healing Sports Association
Mrs. Sunapee Resort, NH 03755
nehsa.org
603-763-9158

Northeast Passage
Durham, NH 03824
nepassage.org
603-862-0070

Water Valley Adaptive Sports
Water Valley, NH 03249
watervalleyadaptive.com
603-226-8311

NEW MEXICO
Adaptive Sports Program
Santa Fe, NM 87502
adaptivesportsprogram.org
505-570-5710

Ski Apache Adaptive Sports
Ruidoso, NM 88355
skiapacheadaptivesports.com
575-464-3193

NEW YORK
Adaptive Sports Foundation
Windham, NY 12496
adaptivesportsfoundation.org
518-734-5070

Adaptive Sports Program – Helen Hayes Hospital
West Haverstraw, NY 10993
helenhayeshospital.org/hospital-services/adaptive-sports-and-recreation
845-947-3187

ASPIRE, Inc.
(Adumpee Program)
Hartsdale, NY 10530
aspirenewyork@gmail.com

Cape Abiliy
Outtrigger Ohana, Inc.
West Henrietta, NY 14586
adaptivecanoeing.org

Gallop NYC
Brooklyn, NY 11215
gallopny.org
646-233-4507

Green Peak
Adaptive Snowsports
Apalachin, NY 13732
gpadaptive.org
607-835-6111

Lounsbury Adaptive Ski Program
Ellicottville, NY 14731
lounsburyadaptive.org
716-699-3504

Move Along, Inc.
Oswego, NY 13126
movealonginc.org
315-289-1705

Rochester Accessible Adventures
Rochester, NY 14623
rochesteraccessibleadventures.org
585-491-6011

STRIDE, Inc.
West Sand Lake, NY 12196
stride.org
518-598-1279

Western New York Adaptive Water Sports
Grand Island, NY 14072
wnyaswimplus.org
716-364-8219

NORTH CAROLINA
Bridge II Sports
Durham, NC 27705
bridge2sports.org
866-880-2742

OHIO
Adaptive Sports Program of Ohio (ASPO)
Dalton, OH 44618
adaptivesportsohio.org
330-925-0685

The Adaptive Adventure Sports Coalition (TAASC)
Powell, OH 43065
taasc.org
614-389-3921

Three Trackers of Ohio
Middleburg Heights, OH 44130
3trackers.org
440-476-9905

OKLAHOMA
UCO Center of Adaptive Sports
Edmond, OK 73034
uco.edu/wellness/rs/training/sites/index.aspx
405-974-3140

OREGON
Adaptive Sports Northwest
Beaverton, OR 97005
adaptivesportsnw.org
503-241-0850

Oregon Adaptive Sports
Bend, OR 97703
oregonadaptsports.org
541-306-4774

PENNSYLVANIA
Blue Ridge Adaptive Snow Sports (BRASS)
Carroll Valley, PA 17320
brasski.org
717-642-8282

HOPE Network
Pittsburgh, PA 15238
hope-network.org
412-826-2703

Pennsylvania Center for Adapted Sports
Philadelphia, PA 19130
centeronline.com
215-765-5118

RHODE ISLAND
Access4Adventure
Tiverton, RI 02878
access4adventure.com

SOUTH CAROLINA
Adaptive Expeditions
Charleston, SC 29422
adaptiveexpeditions.org
843-837-7299

Roger C. Peace Rehabilitation Hospital
Greenville, SC 29605
ghs.org/rcp
864-455-7711

TENNESSEE
Sports, Arts & Recreation of Chattanooga (SPARC)
Chattanooga, TN 37434
sparcn.org
423-596-5268

TEXAS
Kinetic Kids
San Antonio, TX 78269
kinetickids.tx.org
210-748-5880

Operation Comfort
San Antonio, TX 78209
operationcomfort.org
210-826-0500

UTAH
Common Ground Outdoor Adventures
Logan, UT 84321
cgadventures.org
435-713-0288

National Ability Center
Park City, UT 84060
discoverscenic.org
435-649-3991

VERMONT
Bart J. Ruggierie Adaptive Sports Center
Manchester Center, VT 05255
bartadaptive.org
802-824-6849

Friends of Stowe Adaptive Sports
Hyde Park, VT 05655
stoweadaptive.org
802-279-1079

Northeast Disabled Athletic Foundation
Burlington, VT 05408
disabledathletics.org
802-862-6232

VIRGINIA
Adventures Amputee Camp
Winslow, VA 22602
adventuresamputee.org
540-549-7238

Sailing 4 All
Richmond, VA 23225
gosailing4all.org
804-901-4301

Sportable
Richmond, VA 23220
sportable.org
804-340-2991

Wintergreen Adaptive Sports
Roseland, VA 22967
wintergreenadaptsports.org
434-325-2007

WASHINGTON
Footloose Sailing Association
Mercer Island, WA 98040
footloosedisabledsailing.org
206-578-6735

Outdoors for All Foundation
Seattle, WA 98115
Outdoorsforall.org
206-838-6030

WASHINGTON, D.C.
DC Fire Fighters Burn Foundation
Washington, DC 20017
dffburnfoundation.org
202-528-3898

WEST VIRGINIA
Challenged Athletes of West Virginia
Snowshoe, WV 26209
cawvsports.org
304-572-6708

WISCONSIN
Southeastern Wisconsin Adaptive Ski Program
Cedarburg, WI 53012
sewasp.org
414-533-7234

WYOMING
Teton Adaptive Sports, Inc.
Jackson, WY 83001
tetonadaptsports.com
307-699-3554
EXPERIENCE A UNIQUE AND CHALLENGING RIDE
WITH MOAB MANIA! SEPT. 27-OCT. 2 MOAB, UTAH

Welcome to Moab, Utah, a region filled with staggering canyons, ruby red rock, and some of the best mountain biking in the world. Challenge yourself to push your limits amongst the unforgettable scenery by off-road handcycling with fellow adaptive riders.

Telluride Adaptive Sports Program (TASP) has been running off-road handcycling camps out of the area for nearly a decade and provides unparalleled support, meals, and in-depth trail knowledge to optimize your adventures and ensure an unrivaled riding experience. Support is provided by highly trained and experienced TASP staff who will provide on-trail coaching, spotting, and guidance as well as all meals and vehicle transport to trailheads.

All Moab Mania! trips are developed with individual riders at the forefront of planning, so every trip is customized to participants’ riding levels and goals. This year’s Moab Mania takes place Sept. 27 – Oct. 2 and costs $700.

September 27-October 2: Moab Mania!
Contact Tim McGough for further information and to make a reservation: 970-728-3865 or programs@tellurideadaptivesports.org.
In addition to this exciting trip, TASP continues to offer daily programming from biking, to rock climbing, to horseback riding in the beautiful autumn season in Telluride. To learn more about summer and fall adventures, visit www.tellurideadaptivesports.org.

RAFT, CAMP AND BIKE WITH COLORADO DISCOVER ABILITY
GRAND JUNCTION, COLORADO

Colorado Discover Ability (CDA) is located in Grand Junction 28 miles east of the Utah border at the junction of the Colorado and Gunnison Rivers. Grand Junction is an oasis in the desert nestled between towering rock formations and beautiful, lush mountain ranges. CDA has been providing outdoor recreation opportunities to people with disabilities for over 37 years. We offer year-round integrated adventure opportunities to educate people with disabilities, their families and friends about the power of outdoor activities. During the spring, summer and fall, we offer day camps, overnight camps, adaptive cycling, and white-water river rafting programs. During the winter, we conduct the adaptive skiing and snowboarding instructional program at Powderhorn Ski Resort.
Our summer and fall river trips include day floats on the Colorado River along with overnight trips in western Colorado and eastern Utah. We design our trips to provide you with an opportunity to challenge yourself physically and mentally in the stunning surroundings of the high desert of western Colorado and eastern Utah. We have a fleet of adaptive bikes and offer bicycling opportunities for people of all ages along a paved bike trail next to the beautiful Colorado River.

For more information, visit www.coloradodiscoverability.com or contact Julie Mauch at julie@coloradodiscoverability.org.
HEAD OUTDOORS WITH COMMON GROUND OUTDOOR ADVENTURES LOGAN, UTAH

Common Ground Outdoor Adventures (CGOA), located in Northern Utah, provides year-round outdoor recreational opportunities for individuals with disabilities. Each excursion is adapted to meet the needs of all participating abilities. This summer and fall, participants will have the opportunity to hike, white-water raft, canoe, and camp around the West. Equipment, trip meals, and transportation from Logan are included in each excursion cost. Airport shuttles from Salt Lake International Airport to Logan are available for participants located in the Greater Salt Lake Area. Because CGOA wants all individuals with disabilities to have the opportunity to participate, scholarships are available for athletes with low incomes.

Aug. 11-12: Family Campout at Bear Lake, in Garden City, Utah.
Aug. 28-31: Bear Lake Trip for people living with multiple sclerosis
Sept. 5-10: Warfighter San Juan River Trip for veterans with physical disabilities funded by Disabled Sports USA and the U.S. Department of Veterans Affairs.
Late September: Open Bear Lake Camping Trip
Late October: Zion National Park and Bryce Canyon Trip

For more information and to join Common Ground Outdoor Adventures this summer and fall, visit www.cgadventures.org.

CREATE A CUSTOM ADVENTURES WITH CHALLENGE ASPEN ASPEN, COLORADO

Challenge Aspen Custom Adventures offers customized vacation packages and daily adventures for any individual with a disability or family with an ability-challenged member. Challenge us to provide you with the best personal concierge service you can imagine!

Located in beautiful Snowmass Village, Colorado, in the heart of the Rocky Mountains, we offer unlimited outdoor adventures for families to learn together and develop stronger bonds through a variety of unique, custom-designed experiences. Our passionate, experienced, trained guides will facilitate the adventure of your dreams. Choose from a day hike to a mountain lake, an exhilarating river rafting adventure, sail on a pristine high-mountain lake, learn to climb on our high ropes climbing tower, or camp overnight in well-appointed teepees that are situated on our 130-acre wilderness ranch. You may enjoy outdoor concerts, horseback riding, world-class fly-fishing (or pond fishing for the little ones), or a 4-wheel sightseeing tour. You name it; we can make your dream vacation a reality.

Come experience life with us and leave your worries at home! Please be advised that activities are limited during the shoulder season months of October and November.

SEEK ADVENTURE WITH NATIONAL SPORTS CENTER FOR THE DISABLED DENVER AND WINTER PARK, COLORADO

If you are looking for activities that will bring you to the Colorado mountains or the Denver area, the National Sports Center for the Disabled (NSCD) has a variety of adaptive activities running all summer and into the fall. The NSCD offers day programs and overnight camps in Winter Park and Denver that take adventure seekers camping, rock climbing, horseback riding, rafting, kayaking, sailing, and through obstacle courses.

All programs offered by the NSCD are led by qualified and trained staff using cutting-edge adaptive equipment. Friends and families are also able to create their own custom adventures and choose the activities they want to participate in. Programs are designed for individuals, families, and groups and are available year-round for all levels of ability, from beginner to advanced. We are looking forward to another great year and hope that you will join us.

For more information on NSCD’s programs and how you can get involved, visit www.nscd.org.
RIDE THE ROCKIES WITH THE ADAPTIVE SPORTS CENTER
CRESTED BUTTE, COLORADO

The **Adaptive Sports Center**, located at more than 9,000 feet in Crested Butte, provides therapeutic recreational opportunities to people with disabilities from around the world. Participants have the opportunity to ski, snowboard, snowshoe, and ice climb in the winter and mountain bike, road bike, hike, rock climb, canoe, and more in the summer.

This summer, we are holding the Off Road Handcycling World Championships in Crested Butte Aug. 25-28. The event attracts cyclists with disabilities from across the country to compete in three days of events at Crested Butte Mountain Resort. It kicks off with a hill climb, where cyclists will use their hands to cycle up the mountain in a timed race. The next morning, participants will take part in a “Super D” downhill race where a ski lift takes them to the top of the course and they race back down the mountain. The final day, athletes will compete in a cross-country handcycling race along the single-track trails around Crested Butte.

“This is a truly unique event,” said event organizer and Adaptive Sports Center employee Ben Banker. “Everyone is welcome to race, from beginners to experts. It’ll be a blast!”

To learn more, or register for this unique event, visit [www.adaptivesports.org/adventure/offroad](http://www.adaptivesports.org/adventure/offroad).

MILITARY SUMMER CAMP OPPORTUNITIES WITH HIGHER GROUND SUN VALLEY
SUN VALLEY, IDAHO

Higher Ground Sun Valley (HGSV) is proud to serve our nation’s veterans and their spouses, supporters and caregivers via three unique opportunities this summer and fall. Our intent is to enhance quality of life through inclusive therapeutic recreation and education for people of all abilities.

From Aug. 24-30, HGSV is offering a fly-fishing camp for female veterans. Home base will be the Three Rivers Ranch in Eastern Idaho, a fourth generation family-owned fishing lodge. Bonds will be built as we fly-fish and drift down the Henrys Fork of the Snake River or the South Fork of the Snake River trying to match the hatch!

Sept. 2-8, male veterans can experience rafting down the Lower Fork of the Salmon River. LEAP will guide us along the 53-mile stretch of water through the largest wilderness area and the second deepest canyon in the continental states. Paddlers will navigate the various rapids the river has to offer. Nights will be spent on the sandy riverbanks with the stars above.

Finally, from Oct. 2-8, veterans and military service members can experience fly-fishing in the famous fishing waters of Sun Valley. Whether it’s casting flies for brown trout on the Silver Creek or rainbow trout on the Big Wood – anglers often lose themselves in a state of flow.

For more information, visit [www.highergroundsv.org](http://www.highergroundsv.org).

JOIN TETON ADAPTIVE SPORTS AT THE WYDAHO RENDEZVOUS MOUNTAIN BIKE FESTIVAL
ALTA, WYOMING

Teton Adaptive Sports, located in Jackson, Wyoming, will be hosting and participating in Wydaho Rendezvous Teton Mountain Bike Festival at Grand Targhee Resort Labor Day weekend, Sept. 1-4. Also known as Wydaho, this festival celebrates mountain biking, bike trails, community, and fun! In addition to the traditional mountain bike events, Teton Adaptive Sports will be there to offer adaptive-specific bike demos, clinics, and group rides as one aspect of the festival. Camping and music create a dynamic and lively social experience for riders of all abilities. Grand Targhee Resort, just outside of Alta, Wyoming, on the Idaho-Wyoming border, is the perfect place to accommodate riders ranging from beginner to expert. With miles of cross-country trails and lift access downhill trails, there is something for everyone. Registration discounts are available for adaptive athletes.

For adaptive registration information, contact Cherene Vanian at summerprograms@tetonadaptivesports.com.
EXPERIENCE THE JOY OF EQUINE ACTIVITIES
VARIOUS LOCATIONS NATIONWIDE

Come share in a unique sport that allows you to feel the power and beauty of horses while driving them. The United States Driving for the Disabled (USDFD) offers a number of clinics across the country to provide people with disabilities the opportunity to participate in the sport and art of driving horses. Driving comes in many forms including, Pleasure Driving, Distance Driving and Combined Driving (patterned after a three-day event). Sara Schmitt, a dressage trainer and a competitive driver and judge, has agreed to provide Combined Driving clinics for USDFD.

This is a sport where anyone can participate and all able-bodied and disabled drivers compete together, making it very challenging and exciting. The opportunities are endless for competition locally, nationally, and even at the international level!

If you would like to have the opportunity to drive one of these talented equines, contact Diane Kastama, president of USDFD, at dkastama@verizon.net, or visit www.usdfd.org, and www.facebook.com/USDFD.
MAINE ADAPTIVE REACHES FOR NEW HEIGHTS WITH ADAPTIVE CLIMBING PROGRAM
SCARBOROUGH, MAINE

Following the success of its pilot adaptive climbing program, Maine Adaptive Sports & Recreation will further its partnership with Salt Pump Climbing Company located in Scarborough, Maine. Together, with instructors Sean O’Neill and Joan Veilleux, they will offer two six-week sessions of adaptive climbing techniques and skills development for the 2017-18 year.

Each unique session will be designed for a range of adaptive athletes, including beginner, advanced-beginner or intermediate climbers. The primary goal will be to introduce individuals with physical disabilities to climbing in an indoor rock gym, to improve their skills and strength in order to cultivate their passion for the sport, and encourage independent participation in climbing with our partner gym, or on their own, following the completion of the structured session. Individuals will be encouraged to identify a climbing buddy to join them at the gym to assist and support them in their skill development. The first session begins in October and the second session starts in April 2018.

For more information or to learn about other Maine Adaptive offerings, contact Lizz at info@maineadaptive.org, or visit www.maineadaptive.org. Looking for additional information about climbing? Contact Taki at info@saltpumpclimbing.com or visit http://www.saltpumpclimbing.com.

ROCHESTER ACCESSIBLE ADVENTURES CREATES OPPORTUNITIES FOR ALL
ROCHESTER, NEW YORK

Rochester Accessible Adventures (RAA) offers a unique approach to creating inclusive and accessible recreation opportunities for individuals with disabilities and their families by training businesses in our region to operate inclusively whenever their doors are open. This means more opportunities for YOU! Here are just some of the examples available to you this summer and fall.

Kayak and cycle with the Erie Canal Boat Company in Fairport, New York. Standard and adaptive kayaks and cycles will be available for rentals seven days a week in the summer and weekends in the fall with experienced staff trained to provide quality services.

Play pickleball with Pickled Power in Rochester. In partnership with RAA, Pickled Power will offer clinics and instructional inclusive pickleball classes through area community centers and recreation facilities, promoting the nation’s fastest growing sport as the adaptable game that it is. Working with people with a variety of disabilities in an inclusive setting fosters the ability to learn the game and continue playing long after the class ends.

We also support teams, helping Rochester Sled Hockey offer clinics throughout the year, and supporting the Rochester Wheels’ Steve Barbato Memorial Tournament Nov. 4-5, a Northeast Regional wheelchair basketball tournament hosted by Rochester’s Division III wheelchair basketball team.

To find more programming or learn more, visit www.rochesteraccessibleadventures.org/events.

SUMMER PROGRAMS ABOUND WITH NEW ENGLAND DISABLED SPORTS
LINCOLN, NEW HAMPSHIRE

New England Disabled Sports (NEDS) is a nationally recognized program, providing year-round customized, adaptive sports instruction to adults and children living with physical and cognitive disabilities. NEDS is a program that focuses on the student’s ability, not his or her disability.

Summer and fall programs continue weekly through October, including cycling, rock climbing, golfing, paddling, and archery. Programs are open to all athletes ages four and above and any disability. Some sports may have height and weight restrictions. In addition, we can design a custom program for schools or other groups. Call our program coordinator, Tisha, for more information at 603-745-9333.

In September, NEDS will partner with NH Highland Games & Festival for the seventh year with an Adaptive Heavy Athletics Team. For more information or tickets to the event, visit www.NHScot.org.

To schedule your next adventure or for more information about our daily programming, contact us at 603-745-9333 or visit www.NEDisabledSports.org.
COME OUT AND GIVE ADAPTIVE SPORTS A TRY WITH MOVE ALONG, INC.
OSWEGO, NEW YORK

**Move Along, Inc.** supports many adaptive and inclusive activities in Central New York. Our wheelchair basketball program continues for the remainder of the summer and into the fall, offering segments for all ages. Back for the season is our paddling program, which tours the many picturesque lakes of central New York. You can also try out wheelchair tennis, our newest program. Our popular cycling program now includes tandem cycling for blind and visually-impaired riders of any skill level, and the adaptive horsemanship program is always interested in new riders. Aside from regularly scheduled programs, Move Along holds a number of pop-up clinics in tennis and cycling throughout the warmer months in partnership with Parks and Recreation.

For more competitive athletes, check out our annual wheelchair basketball tournament on Labor Day at the Great New York State Fair. In October, the CNY Sled Hockey Flyers will take to the ice for the start of the chilly but energized sled hockey season. We invite the community to volunteer and support programs by showing up and cheering on Team Move Along!

To play, volunteer, schedule an event, or learn more, visit www.movealonginc.org or contact Jeff Wright at 315-263-1705.

HIT THE TRAILS WITH VERMONT ADAPTIVE SKI & SPORTS
KILLINGTON, VERMONT

**Vermont Adaptive** launched its Adaptive Mountain Bike Program this summer, one of the first in New England, and will continue to offer outings and adventures throughout the fall foliage season in Vermont. The program offers limited adaptive mountain bikes plus special dates for outings in various locations. All abilities are welcome and participants may bring their own equipment as well.

Outings and events are planned for all level mountain bikers who have their own equipment. In addition, four adaptive mountain bikes are available for participants on a first-come, reservations-based system. For 2017, the U.S. Department of Veterans Affairs again awarded Vermont Adaptive grant money to help purchase 10 new, two-wheeled mountain bikes and 10 new bicycles for use on the recreation paths. These bikes will be added to the existing fleet, allowing participants who don’t need to use an adaptive bike to get outside, exercise, socialize with other veterans, and to enjoy Vermont alongside their peers with physical disabilities.

Open enrollment is free for participants. A ride in Pine Hill Park in Rutland, Vermont, is slated for Aug. 13. More events will be added for the fall.

For more information, visit www.vermontadaptive.org, or contact Olivia Joseph at north@vermontadaptive.org.
JOIN DISABLED SPORTS EASTERN SIERRA THIS SUMMER & FALL
MAMMOTH LAKES, CALIFORNIA

Disabled Sports Eastern Sierra/Paralympic Sport Mammoth Lakes is looking forward to more fun in the sun this June through November. We have a great line up of camps and special events to keep you busy in the beautiful Eastern Sierra. Special events include the Pedal-Paddle and the Mammoth Gran Fondo. We invite military and civilian athletes of all ages with any disability to join us. We are eager to help you meet your goals whether they include learning a new sport or refining your skills and becoming a competitive athlete!

Pedal-Paddle, Aug. 18-20, is a weekend event that includes cycling, paddling, camping, fishing, and cooking out under the stars. This is a great family-friendly opportunity to spend time exploring the possibilities of an active lifestyle in the healing environment of the Eastern Sierra. This camp is open to athletes of all ages and all disabilities.

Mammoth Gran Fondo, Sept. 9, is an incredible community event rated by Bicycling magazine as a “Top Ten Century.” This event draws more than a thousand riders. DSES welcomes military and civilian athletes with disabilities to join us for the 42-, 70- or 102-mile ride.

Summer Program Highlights Include:
June-October: Summer Cycling Series – Wednesday group rides with a variety of distances, skills drills, and time trial options.
Aug. 18-20: Pedal-Paddle Campout
Sept. 9: Mammoth Gran Fondo – Rated one of the best centuries in the country with 42-, 70- or 102- mile options.
Sept. 14-17: Mammoth Kamikaze Bike Games – Multiple racing options for all level of riders, an expo, and much more!

In addition to special events, we offer daily summer adaptive sport lessons by reservation. Space is limited in all camps and clinics so apply early! For more information, contact Disabled Sports Eastern Sierra at info@disabledsportseasternsierra.org or 760-934-0791.

‘LET’S GO’ CYCLE WITH OUTDOORS FOR ALL SEATTLE, WASHINGTON

In Seattle, Outdoors for All Foundation is proud to partner with Cascade Bicycle Club, Seattle Public Schools, and the Seattle Department of Transportation to lead an effort to teach children with disabilities in grades 3-5 how to practice safe and successful bike commuting to-and-from school.

The “Let’s Go” program is just finishing its pilot year and included more than 20 students from three Seattle elementary schools who required the use of special adaptations or cycles. Some learned to ride a bike for the first time and others improved on cycling skills, including turning, braking, obeying stop signs, and other safe practices they can use throughout their neighborhoods. The classes took place as part of the adaptive physical education curriculum for each school and included students with a range of different disabilities. Specialized coaching was provided on the use of handcycles, tricycles, and balance bikes.

By 2018, Outdoors for All plans to continue this partnership for a fully expanded “Let’s Go” program to take place at 27 elementary schools teaching and promoting safe cycling and commuting practices to 200 elementary students with disabilities in the Seattle area.

To learn more about the program, or how to get involved in cycling and the other sports Outdoors for All offers this summer, visit www.outdoorsforall.org.
TRY OUT WATERSPORTS AT THE NOEL CAMBORDE MEMORIAL
ADAPTIVE WATERSPORTS CAMP
ABQUIU, NEW MEXICO

The Adaptive Sports Program New Mexico (ASPNM) has a calendar full of fun and exciting events for 2017. One of note is the Noel Camborde Memorial Adaptive Watersports Camp, taking place Sept. 8-10 at Abiquiu Lake, located near Abiquiu, New Mexico. This event honors one of ASPNM’s amazing volunteers, Noel Camborde, who was instrumental in developing ASPNM’s summer programs. The Abiquiu Lake event is one of ASPNM’s biggest watersports events of the year, with activities including camping, sailing, kayaking, paddleboarding, water skiing, wakeboarding, windsurfing, and fishing. This program is open to all individuals with disabilities and their family members. Bring your family and enjoy the beautiful late summer weather in picturesque northern New Mexico!

ASPNM will also host the Disabled Veterans’ Watersports Camp at Ute Lake in Logan Aug. 4-6. This event is free to veterans and active duty service members with a disability. All individuals with disabilities, not just veterans, are welcome to attend. The whole family will enjoy the many watersports available at Ute Lake, which is conveniently located near the New Mexico-Texas border.

For more information about Adaptive Sports Program New Mexico events, please visit www.AdaptiveSportsProgram.org or contact Jason Cline at 505-570-5710 or jcline@adaptivesportsprogram.org.

AQUATIC ADVENTURES AWAIT WITH THE UNITED STATES ADAPTIVE RECREATION CENTER
BIG BEAR LAKE, CALIFORNIA

After a quarter century of providing adaptive athletes with expert instruction using state-of-the-art equipment in small class sizes with at least a 1:1 student/instructor ratio, the United States Adaptive Recreation Center (USARC) continues its legacy of facilitating access to, and proficiency in, a variety of summer water sports on the sparkling blue gem known as Big Bear Lake in California’s San Bernardino Mountains.

USARC provides water skiing, wakeboarding, kayaking, stand-up paddleboarding, sailing, fishing and Jet Skiing to address virtually anyone’s excitement level. For those interested in adding in some camping to the mix, USARC offers a pair of two-day, two-night sessions in late July where athletes can relax around a glowing campfire and gaze up at the stars. If your tastes include water with higher salinity, the USARC will again partner with Casa Colina Rehabilitation in Long Beach from Aug. 8-10.

For those looking for something other than water activities, the USARC will renew its Chariot program featuring exciting gravity-powered off-road wheelchairs using compatible biking trails at Snow Summit. Finally, don’t forget to mark your calendar for the 23rd annual Peak to Peak Pedal from Big Bear to Mammoth, an amazing five-day cycling adventure. For details, check out the previous Peak to Peak Pedal ride information at http://usarc.org/peak-to-peak-pedal.

Summer sessions only occur during July and August, so space is limited and reservations are required. For information, please contact USARC at 909-584-0269 or mail@usarc.org, or check out the website at www.usarc.org.

GET INVOLVED WITH ACHIEVE TAHOE THIS SUMMER AND FALL
TAHOE, CALIFORNIA

A record-breaking winter in Lake Tahoe led into a record-breaking summer. Because of our community of donors and volunteers, Achieve Tahoe was able to provide more lessons than ever and help students like Michael participate for the first time.

“I want to send a huge ‘Thank You’ to Achieve Tahoe staff for the amazing experience you helped my son Michael have! He had an absolute blast, and has probably said to me, ‘Hey, Mom! I went skiing!’ about 100 times,” said Michael’s mom.

Our active summer outdoor programming provides participants like Michael one-on-one instruction from experienced instructors and trained volunteers in areas such as water skiing, paddling, and 4WD adventures. In addition to programs, Achieve Tahoe can provide athletes with an accessible vacation rental. With five bedrooms, an elevator, and wheel-in shower, our “Bear Falls House” is fully accessible and sleeps 12 people comfortably making it perfect for a group. Members receive 50 percent off! Reservations are limited. To learn more, visit: http://achievetahoe.org/content/bear-falls-house.

Summer/Fall Program Highlights Include:
Sept. 2: Foam Fest at Squaw Valley
Sept. 30: Deadline for internship applications
Nov. 1: Reservations open for winter programs
To learn more about these events and how you can directly impact the lives of families and individuals with disabilities, visit: http://achievetahoe.org.
TRY A NEW SPORT WITH BLAZESPORTS
AMERICA’S SUMMER AND FALL PROGRAMS –
ATLANTA, GEORGIA

Registration for all BlazeSports fall programs, including youth wheelchair basketball, opens on July 31. Our wheelchair basketball program allows children ages 7-19 with physical disabilities the opportunity to experience the joy of sports and recreation. Spend a fun-filled season as a member of our BlazeSports America Junior Atlanta Hawks wheelchair basketball team and learn the basic skills and rules of wheelchair basketball at a recreational/beginner level or choose to be at a higher, competitive level. All athletes will have an opportunity to borrow a sports chair at the beginning of the season as part of our free equipment loan program. Both our varsity and prep teams experienced successful seasons last year finishing in the Top Ten nationally.

For golfers, we are proud to introduce BlazeSports America’s “PGA HOPE” adaptive golf program, which gives veterans the opportunity to improve golf skills and connect with other veterans. Golf clinics are open to all veterans and active duty service members with physical disabilities at no cost. PGA/LPGA adaptive golf instructors provide all equipment and training. In the fall, BlazeSports will offer two six-week clinic locations in Georgia at the City Club of Marietta in Marietta, and the Stone Mountain Golf Club in Stone Mountain. City Club of Marietta’s clinic will run on Mondays from 2-4 p.m., Aug. 14-Sept. 25 with no programming on Labor Day. Stone Mountain’s clinic will run on Wednesdays from 9:30-11:30 a.m., Oct. 4 - Nov. 5.

For more information on upcoming sport programming for children and veterans, visit our website at www.blazesports.org/what-we-do/.
JOIN TEAM RIVER RUNNER FOR THE 13TH ANNUAL DC BIATHLON
WASHINGTON, D.C.

Team River Runner continues to get veterans on the river to recovery. We hold numerous competitions for wounded and disabled veterans throughout the country. Join us in Washington, D.C., on Sunday, Oct. 1, for our 13th Annual Biathlon, featuring the Jim Byers Outfitters Cup.

Held on the beautiful Georgetown Waterfront at the Washington Canoe Club, the biathlon consists of a one-mile, flat-water kayak or stand-up paddleboard race followed by a three-mile run, walk, or handcycle. You do not need kayak experience to participate.

The DC Biathlon supports Team River Runner’s work with veterans as they reap the mental, physical, and emotional benefits of paddlesports. Last year, we had almost 180 participants, many of whom used adaptive equipment. This year we would love to increase that number and get more adaptive racers involved. All participants will receive a t-shirt, light breakfast, and lunch. All equipment will be provided except for paddleboards.

For more information or to register, contact megan@teamriverrunner.org. To get involved in regular kayaking or find the Team River Runner chapter nearest you, visit www.teamriverrunner.org.

SHOOT SOME HOOPS WITH SPORTABLE – RICHMOND, VIRGINIA

Sportable, in conjunction with the National Wheelchair Basketball Association, Richmond Region Tourism, and CarMax, is hosting a wheelchair basketball tournament Oct. 20-22. This tournament will feature various teams from prep, varsity, and the different adult divisions. It will be held at the prestigious EJ Wade Arena at the VCU Stuart C. Siegel Center, home of the VCU Rams.

For more information visit www.sportable.org or contact Alecia McConnell at 804-340-2991 or alecia@sportable.org.

JOIN MIRACLE SPORTS TEAMS – TALLAHASSEE, FLORIDA

The Florida Disabled Outdoors Association provides team sports including baseball, basketball, and football for people with and without disabilities to play together. No one keeps the official score. The goal is to be active, have fun, and make new friends in a safe, inclusive environment.

Most Miracle Sports are played at Miracle Field at Messer Park because it has a rubberized surface making it accessible. The programs are adapted to enable everyone to participate on their own level. No one is excluded and adaptive equipment is utilized. The games are designed to build confidence and promote physical activity. Each session starts off with a warm up consisting of various stretches. Games are played most Thursday nights during the year.

This fall, participants will play baseball every Thursday night from Sept. 7 to Nov. 16. At the end of the season, Miracle athletes play Florida State University (FSU) athletes. FSU cheerleaders will cheer on the teams and the FSU Seminole Sound plays music. The entire season is fun for everyone and the best part is that entire families and groups of friends can play together.

For more information, visit www.fdoa.org.
COURAGE KENNY CLASSIC WHEELCHAIR BASKETBALL TOURNAMENT - HASTINGS, MINNESOTA

Join Courage Kenny Rehabilitation Institute-Twin Cities on Nov. 4-5 for our annual Courage Kenny Classic Wheelchair Basketball Tournament at Hastings High School. Courage Kenny Rehabilitation Institute has hosted this tournament for more than 35 years with 12-16 Junior Division teams participating from across the nation. This will be a highly charged wheelchair basketball competition as teams compete for an automatic bid to the National Tournament. The Courage Kenny Classic will be composed of 10'A, 10'B, and prep levels of play. Each attending team is guaranteed to play at least four games.

For more information or to register, visit www.allinahealth.org/courage-kenny-rehabilitation-institute or contact Cara Gulbronson at cara.gulbronson@allina.com.

COURAGE KENNY REHABILITATION INSTITUTE-NORTHLAND SEA KAYAKING ADVENTURES ON LAKE SUPERIOR – DULUTH, MINNESOTA

Courage Kenny Rehabilitation Institute – Northland has been removing barriers and providing positive adaptive experiences through recreation since 1979. We are excited to partner with both the College of St. Scholastic’s Outdoor Pursuits program and the University of Minnesota Duluth’s Recreation Sports Outdoor program, along with our many experienced ACA-certified volunteers to share our adaptive knowledge, expertise of the area, and love for the outdoors while exploring the shores of Lake Superior from a sea kayak.

This summer, we will offer trips to two destinations. Two trips will take place at the North Shore Split Rock Lighthouse, the first on Aug. 6, and the second on Aug. 13. These trips will explore the gorgeous shoreline in and around one of Minnesota’s best known landmarks. The second destination will be the South Shore Sea Caves on Aug. 16. This unique tour takes you to the mainland portion of the Apostle Islands National Lakeshore. The Sea Caves are a wonder all their own and best explored from a kayak.

Trips will take a full day, from 7:30 a.m. to 6 p.m., and due to weather conditions the exact destination may change. All trips cost $80 and can only accommodate 12 participants, so make sure to register today.

To register, contact program coordinators Mark Hanna at mark.hanna@allina.com or Tara Gorman at tara.gorman@allina.com.
BOSTON DIGITAL ARM™ FROM COLLEGE PARK INDUSTRIES

The Boston Digital Arm™ combines powerful and practical solutions for above-elbow amputees. The system is simple to program and uncomplicated to use. With significant improvements to the battery capacity and casing durability, plus compatible with the latest industry accessories and parts, the Boston Digital Arm provides the technology and requirements needed for everyday use. Learn more at https://www.college-park.com/boston-digital-arm.

PLAY LIKE A PRO WITH ALLPRO

The AllPro foot from Fillauer crosses all boundaries, combining high flexibility and dynamic performance into a foot that allows the user to work and play like a pro. Whether walking on a flat surface or traversing steep hills, the AllPro performs to meet multiaxial needs. If exercise or sports are on your activity list, this “do-it-all” foot easily transitions from the gym to the tennis and basketball courts, as well as the soccer, football, and lacrosse fields. Play like a pro!

MOTION E2 ELBOW FROM MOTION CONTROL

Motion Control, a Fillauer Company, is now distributing the former Hosmer E2 Electric Elbow. The Motion E2 Elbow is available in four colors and two sizes (large and medium). The E2 is a lightweight, electric elbow that can be used with simple switch control, or proportional myoelectric control. It is small enough to be used by adolescents or smaller adults. Forearms can be prefabricated or custom fabricated from Fillauer Central Fabrication. Contact Motion Control at 801-326-3434 or MotionInfo@fillauer.com.

THE WORLD’S MOST ADVANCED DOCKING SYSTEM

Q’STRAINT’S QLK-150 boasts features and options you won’t find in any other system: more ground clearance, a seamless dash control, an advanced stabilizer, and much more. QLK-150 is the perfect solution for mobility users who drive their own vehicle or want to quickly secure their wheelchair. And, along with a complete lineup of brackets for today’s most popular wheelchairs, QLK-150 is the only docking system with a range of exclusive brackets for chairs that can only be secured with the QLK-150. Learn more: www.qstraint.com/qlk-150.

ACTIVE TRANSHUMERAL HARNESS

The Active TH Harness from Ottobock offers transhumeral amputees a new level of comfort and support. Designed for transhumeral fittings with myoelectric or passive elbows, the support is completely removable and suspends the socket without the need for additional straps. The harness consists of an arm sling and sleeve with a belt guide at the back, which allows for more natural arm swing and physiologic movement. Users will enjoy the enhanced comfort of washable, moisture-wicking material and auxiliary padding that allows for better pressure distribution. For more information, visit http://bit.ly/2veuRxC
Meet the **AllPro**: the most naturally active, flexible, energy-returning foot from Fillauer. Join the team on Instagram at @fillauerallproallstars.

www.fillauer.com