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Retired U.S. Air Force Technical Sergeant and Ultramarathon Runner Adam Popp

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A common thing I see over and over again in the adaptive sports community is the desire people have to pay it forward. We all realize that we are not alone and that many others have helped us get to where we are today. As a result, we find ourselves wanting to offer a hand up to someone else. The individuals featured in this issue of Challenge magazine are no different.

This couldn’t be truer for Steve Woolfenden, Roseann Sdoia, and Marc Fucarile, three individuals that experienced limb loss at the 2013 Boston Marathon bombing. Each have experienced adaptive sports in different ways but because of the support provided to them, they are paying it forward. You can read more about them on page 18.

Another terrific example of someone who continues to give back is retired Army officer Melissa Stockwell, the first female soldier to lose a limb in the Iraq War and a two-time Paralympian. She not only co-founded Dare2tri, a Disabled Sports USA chapter, but continues to coach athletes who want to pursue triathlons at the highest level. She is featured in the story about adaptive running on pages 10-11.

Warfighter Sports participant Matthew White, an Army Specialist who suffered a below-the-knee amputation as a result of an IED explosion in Afghanistan, also gives back to the community, particularly helping veterans and training service animals. His story can be found on pages 13-14.

Disabled Sports USA only exists because of the selfless acts found throughout the chapter network, whether it is from staff, volunteers, coaches, or other individuals involved in the adaptive sports movement. Take Tony Jackson, for example, who coaches and coordinates the power soccer program at Northeast Passage. He, along with Jonathan Newman, the Adult Sports Coordinator at Bay Area Outreach and Recreation Program (BORP) and Sarah Schwegel, a player on the DASA Rush team, have all had leadership roles with the United States Power Soccer Association and helped to elevate the sport of power soccer. You can read about the sport on Page 16-17.

Then there is 15-year-old Erica Silvey, a member of Disabled Sports USA E-Team, who mentors at a youth summer camp and at local track meets. Her story is on page 19.

These individuals, as well as the over 20,000 volunteers that contribute to the success of the over 120 chapters of Disabled Sports USA are a big reason why the adaptive sports movement thrives like never before.

There are plenty of ways for you to get involved, either as a volunteer, athlete, spectator, or supporter. Contact the DSUSA chapter nearest you, pages 20-21, or get started at one of the spring or summer activities they offer, pages 23-34.

Kirk Bauer, JD
Executive Director, Disabled Sports USA
U.S. Army (Retired)
kbauer@dsusa.org
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The First Steps To
ADAPTIVE
RUNNING

Most individuals would probably consider running to be an individual sport, but there is quite a social element to the activity, according to Keri Serota, co-founder and executive director of Dare2tri, a chapter of Disabled Sports USA. “I see more people running together.” For individuals with physical disabilities, she particularly recommends running with others in order to benefit from the knowledge and experience of those around you. “People don’t know what they don’t know,” she said. “I encourage those new to the sport to just ask. Often you will find that runners are willing to share information.”
GETTING STARTED

There are a number of reasons why folks choose to run. For some, it is a way to lose weight or improve their cardiovascular health. Others see the sport as an opportunity to provide a mental break while some runners simply enjoy being outside. Serota suggests each person has to determine what their motivation is.

If you have ambulatory challenges, running is going to feel awkward at first, according to Melissa Stockwell, a former Army officer and two-time Paralympian who co-founded Dare2tri with Serota. “It takes time to get used to it.”

Stockwell was the first female soldier to lose a limb in the Iraq War. She was medically retired from the military in 2005 and ran the New York City Marathon that same year. The Bronze Star and Purple Heart recipient is also a prosthetist and a USAT Triathlon coach who helps with ambulatory run clinics and camps. Her advice to new runners—start from the beginning. “You have to step out of your comfort zone.”

For individuals with a lower limb loss, the first thing you must do is determine if your current prosthesis is adequate or explore the possibility of running blades with your prosthetist. Stockwell suggests getting a “running-specific leg.” Prostheses can be custom-fit for different running styles and preferences, including sprint, endurance, terrain, etc. “My running leg is just a part of my world,” she said. “I love the sound of my foot hitting the pavement.”

"MY RUNNING LEG IS JUST A PART OF MY WORLD."

Visually impaired (VI) athletes should have a guide when they run, according to Don Balcom, a former naval officer and a member of the Southern Maryland Paralympic Sport Club. While in the Navy, Balcom was diagnosed with retinitis pigmentosa, a degenerative eye disease which has progressively deteriorated his vision. Balcom says some organizations provide guides, but typically the onus is on the individual athlete to find one. He resorts to using social media, contacting running clubs, and other avenues to locate individuals who can serve as a guide. “I typically have a new guide each time and I rarely meet the guide before I start a race.”

Both runners, the visually impaired athlete and the guide, must discuss the ways they are going to interact, including how to communicate, whether to run tethered or not, and other important topics. “I go through the plan ahead of time with my guide,” Balcom said. “But sometimes it isn’t until we are both at the starting line.”

WHAT IS NEEDED?

Anyone interested in pursuing running should seek out guidance and expertise. Several DSUSA chapters, like Dare2tri, offer coached workouts or monthly clinics. They can also provide access to equipment, guides for visually impaired runners, and resources needed to take up the sport.

“We try to eliminate any barriers you may have,” Serota said. “If you have no equipment, we can loan you equipment. If you have no transportation, we can get you there. If you have no training, we have coaches. If you have no money, we have scholarships.”

If there isn’t a DSUSA chapter in your area, Stockwell suggests reaching out to a running club and inquire whether they have an adaptive component. She also echoed the importance of having a community to support your efforts.

“Meeting someone that might have a similar disability, watching what they do, and getting a feel for the sport goes a long way.”

For individuals who use crutches to participate in sports ("crutching"), a sturdy crutch with special grips as well as specially-padded gloves are necessary. Crutches with cork or soft rubber handles that prevent hands from slipping and powerlifting gloves are great options.

And finally, if you are thinking about getting serious about running, Balcom suggests getting the right running gear (clothing and shoes). “It makes life much easier and well worth the investment,” he said.

TAKING IT TO THE NEXT LEVEL

The progression from running recreationally to competitively happens naturally for most, according to Serota. “You don’t go from the couch to the Boston Marathon,” she said. “It becomes addictive and then there is the realization that you are good at it.” Knowing your skill level and taking small steps to get you where you want to go will lay the groundwork for success. You can find a coach or participate in a program that offers year-round practices that provides testing and feedback.

Stockwell, who won a bronze medal at the inaugural Paratriathlon event at the 2016 Paralympic Games and has her sight set on 2020, suggests being patient. “It doesn’t happen overnight.”

Balcom, who started running to lose weight and get into better shape, has developed into one of the top marathon runners in the country in the VI category. At first, he didn’t have any coaching when he started out (he does now). He is typically ranked first or second in the country in the T12 Paralympic category in marathons and anywhere between 9th and 13th in the world. He won a gold medal at the 2013 National Championship and won the 2015 Boston Marathon in his category. The following year he went to London for Team USA and finished 10th. “When I started, I didn’t know anything … I didn’t know even about the Paralympics,” he said. “I am still learning stuff.”

WHERE DO I BEGIN?

Whether you just want to stay healthy or be athletic, running is a sport that can be adapted for various disabilities. Locate a DSUSA chapter, running group, Paralympic Sport Club, or rehab hospital nearby to get started. For a list of DSUSA chapters, visit www.disabledsportsusa.org/location-map.
PHYSICAL AND MENTAL CHALLENGE OF RUNNING APPEALS TO THIS WARFIGHTER

On May 8, 2010, Army Specialist Matthew White was on a dismounted patrol of a village in Afghanistan when an IED went off, severely damaging his right leg. For several months afterwards, White was focused on limb salvage, trying to save the leg even though doctors recommended otherwise. “Ultimately, I had to make the decision to amputate it and wish I would have done so at the beginning,” he said.

Six months after his below-knee amputation, White joined Disabled Sports USA and other Warfighter Sports participants at the 2011 Bataan Memorial Death March, an annual 26.2-mile march through the New Mexico Desert at White Sands Missile Range. Although he didn’t “run” it, he considers it his first marathon. “It gave me confidence to do more,” he said. “I also liked the idea of hiking and carrying a pack, just like my military days.”

White feels he has always been a decent runner, but didn’t think he could go that far of a distance. “Then I realized that I enjoy running; it made me feel normal.” Starting out though, he realized he needed to get his endurance up. “I couldn’t even do a quarter of a mile,” he said.

Within the first six months of recovery, White received a running blade. He had to wait for the bone density to come back and get used to the leg, particularly the variation in height. “I had to learn how to run again,” he said. “I had to condition my residual leg and also lift weights to build up strength. Improving my diet also helped me with longer distances.”

“I REALIZED THAT I ENJOY RUNNING; IT MADE ME FEEL NORMAL.”

Continued on page 14 >>
Because running enhances the risk of skin breakdown is one reason why White has preferred to alternate running with other less impactful activities, such as biking. He also has participated in golf clinics offered by Disabled Sports USA, gone scuba diving with SUDS, a chapter of Disabled Sports USA, and participated at Ski Spectacular. “I like to snowboard, but I am not necessarily great at it,” he said.

But the physical and mental challenge of running is what appeals to White. His first long-distance event was the running segment of a triathlon relay in New Orleans. Approximately a year after his amputation, he ran his first marathon in Chicago. “I realized after my first marathon that I needed to do more training,” White said.

The Chicago Marathon, which he has now done twice, is his favorite. “It was my first one and was quite a personal accomplishment for me,” he said. Since that first one, he has run the New York Marathon and the Boston Marathon. This October, it is no surprise that he plans to return to Chicago and run that course again, which will be his seventh marathon overall.

Besides running, White has a passion for animals as well as helping other veterans. The Dumfries, Virginia, resident is currently a program administrator for the National Association of Veteran-Serving Organizations (NAVSO) and its Operation Service Dog Access. He has helped with rescue animals in the past, including his own. “Even if you don’t need a service dog, I recommend getting one as a companion,” he said.

The battle isn’t over.

AIG is proud to partner with Disabled Sports USA to raise awareness and funds for wounded veterans in their Warfighter Sports Program.

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The programs listed here are provided free of charge for veterans and active duty service members with a permanent physical disability as a part of Disabled Sports USA’s Warfighter Sports program.

Didn’t see a program near you on the Warfighter Sports calendar? Disabled Sports USA’s chapter network has many other program opportunities free of charge for military this summer. Flip to page 20 to find your nearest chapter and see what programs are available in your area.
There is a rapidly growing adaptive sport that is changing the way people think of those using a power chair. That sport is power soccer. “It is not only changing the perception others have, but also how participants think of themselves,” said Jonathan Newman, the Adult Sports Coordinator at Bay Area Outreach and Recreation Program (BORP) in Berkeley, California, a chapter of Disabled Sports USA. “They are athletes.”

Tony Jackson has used a power chair all his life. “I thought I would be a scorekeeper or a referee, but never an athlete,” he said. But in 2009, he found a power soccer team in Arizona and he has been playing the sport ever since. Now, he plays for the NEP Wildcats, a national competitive team based at Northeast Passage, a Disabled Sports USA chapter in New Hampshire. Jackson also serves as the Power Soccer Coordinator at the organization and finds time to coach as well as serve as a play-by-play commentator. “When I had my first experience with contact, it made me feel like an athlete for the first time,” Jackson said. “I grew up watching my brother play team sports, so being part of a team was huge for me.”

The sport has also benefitted Jackson in other ways. “I have been able to travel the country and the world as a result of power soccer,” he said. In addition, like any sport, it provides a physical element too. Once the adrenaline gets going, the heart rate goes up and some cardio kicks in. “There is a level of exertion,” Jackson said. “After a game, my mind is tired and my body is sore.”

Gabe Trujillo describes power soccer as a mash up of traditional soccer and demolition derby. He was an avid sports fan as a kid but, at the age of 14, he found himself in the intensive care unit at the hospital after developing a cold and pneumonia. He would end up spending eight months in the hospital with paralysis. Two years later, he was diagnosed with Hopkins Syndrome, a rare neurological disorder. Trujillo, now 24 and paralyzed from the neck down, didn’t think he would be an athlete again. “Since I was in a wheelchair, I thought I was done with sports.”

Power soccer allows him to tap into his competitive spirit. He plays for the Phoenix Heat, hosted by Arizona Disabled Sports, a chapter of Disabled Sports USA. His team is one of approximately 60 teams organized through the United States Power Soccer Association (USPSA). Through this affiliation, he enjoys being a part of a unique community and the camaraderie that comes with it. “Getting to know other people like you and meeting other people with disabilities on and off the court is a nice benefit,” he said.
"I LOVE HAVING THAT FEELING OF BEING ABLE TO PLAY A COMPETITIVE SPORT."

"Playing the sport also went a long way in allowing me to develop my ability and confidence.”

Sarah Schwegel, a graduate student at St. Louis University, has been playing power soccer for about ten years. Diagnosed with spinal muscular atrophy as an infant, she has been using an electric wheelchair since the age of two. “I love having that feeling of being able to play a competitive sport,” she said. She plays for the DASA Rush, a competitive team through Disabled Athlete Sports Association (DASA), a chapter of Disabled Sports USA located in Missouri.

PLAYING THE GAME

The game is typically played on a standard basketball court with two 20-minute periods. There are eight players on the court at a time, four on each team. A team consists of a goalie, a center, a strongside wing, and a weakside wing. The center controls the flow of the game, both offensively and defensively, as well as handles the ball distribution. The strongside wing works in tandem with the center to move the ball up the court while the weakside wing occupies the lane where the other two players are not located to ensure coverage. In most cases, players specialize in one of the positions.

HAVING THE RIGHT STUFF

Since anyone that uses an electric chair can play power soccer, Trujillo suggests that you don’t need much when you first jump into the sport. “Most teams (or DSUSA chapters) have access to loaner equipment,” he said.

Although you can use your own wheelchair, it is not recommended if that is your only means of mobility so most players acquire a secondary chair to play. The primary requirement is there must be a foot guard for the chair.

The level of play has improved with the advent of a specialized chair, the Strike Force Power Wheelchair, which is faster and more dynamic. “It has leveled the playing field in the game in terms of equipment. The focus is now on the athlete,” Jackson said. The chair also provides a faster pace for the athlete as well as the spectator. “It is more fan friendly and it allows us to pass the ball more effectively,” Trujillo said. In the past, there have been safety concerns such as chairs flipping over, but the new chair has safeguards in place to prevent that. Trujillo also suggests helmets, rollbars, or other safety equipment is available to those who want it.

Although the power chair is an expensive purchase, some athletes have set up crowdsourcing pages to help fundraise.

PLAYING FOR FUN OR FOR COMPETITION

At some point, each player must make a decision whether to play recreationally or competitively. At BORP, DASA, NEP, and locations across the country, there are recreational teams and competitive teams to choose from, depending on an individual’s preference, ability level, and commitment. At USPSA and at local venues, it is important to gather individuals at similar skill levels to have an equal chance to compete.

Trujillo suggests if you are new to the sport you should start off with a recreational team. Then, if you desire, you can take it to the next level.

Power soccer is currently not recognized as a Paralympic sport, but BORP’s Newman points out that the USPSA is hoping it can be recognized in time for the 2024 games. “There have been three World Cups in the sport’s history, in 2007, 2011, and 2017. The U.S. won the first two and France won the last one,” he said.

FIND A PROGRAM

Nearly 20 DSUSA chapters offer power soccer programs. To find a program near you, visit http://www.disabledsportsusa.org/location-map/. You can also check out USPSA’s website for a full list of recreational and competitive teams (http://www.powersoccerusa.org) and contact the team coach in your area. If there is not one in your community, consider starting one. USPSA can come in and help with introductory clinics and provide other resources. Either way, Trujillo recommends you “give it a try!”

“Playing the sport also went a long way in allowing me to develop my ability and confidence.”

Sarah Schwegel, a graduate student at St. Louis University, has been playing power soccer for about ten years. Diagnosed with spinal muscular atrophy as an infant, she has been using an electric wheelchair since the age of two. “I love having that feeling of being able to play a competitive sport,” she said. She plays for the DASA Rush, a competitive team through Disabled Athlete Sports Association (DASA), a chapter of Disabled Sports USA located in Missouri.
On April 15, 2013, two bombs detonated near the finish line of the annual Boston Marathon killing three individuals and wounding several hundred others, including 16 who lost limbs. Disabled Sports USA (DSUSA) created the Boston Strong Adaptive Sports initiative to offer grants and access to events for marathon survivors with permanent physical disabilities.

Five years later, the Boston Strong Adaptive Sports Initiative, which has supported a dozen individuals, is still supporting survivors. Steve Woolfenden, Roseann Sdoia, and Marc Fucarile lost limbs as a result of the tragic event that took place that day. But that hasn’t stopped any of them.

Steve Woolfenden was invited to the 2013 Ski Spectacular organized by Disabled Sports USA, a little over six months after the below-the-knee amputation of his left leg. Although he had skied before the bombing, the Breckenridge, Colorado, event inspired him to get back on the snow. “To me, it wasn’t whether I could do it, but if I would like the way I would have to do it versus before—or whether I would have the passion for it, and I do, even more so,” Woolfenden said.

That passion has led him to volunteer with Spaulding Adaptive Sports program and coach lessons at Waterville Valley and other locations. His goal is to become a PSIA-certified Level I instructor. In addition to snow sports, he is passionate about road cycling, mountain biking, and swimming. DSUSA helped purchase a prosthesis for use in the water. “This really allowed me to accomplish one of my goals of participating in a triathlon,” he said. In addition, it allowed him to swim with his family, including his son, Leo.

Roseann Sdoia also went to Ski Spec in 2013, which she describes as an amazing experience. “It was early on in my recovery, so it was an emotional experience for me in so many ways,” she said. “If I was going to try something, this is the best place to do it, given all the support and equipment that is provided.”

She has tried a number of adaptive sports over the years. “Trying to find the right niche for me the past five years has been challenging,” she said. She is taking a yoga class, which she finds rejuvenating and is currently doing water aerobics. “You don’t have to wear a prosthesis in the pool, so it gives me some freedom,” she said.

Although Sdoia received a running prosthesis within a few months of bombing, she is just now getting into that activity. “I was not ready for it, mentally and physically,” she said. Early on, her residual limb had some fluctuation, including shrinkage and other challenges but now it has stabilized. She also had to spend time getting her muscles conditioned. “You really do need to learn how to walk before you can run,” she said.

One of Sdoia’s accomplishments was completing the Empire State Building Run-Up in 2017, the annual event that has participants racing up the 86 flights of stairs (1,576 stairs in all). She completed it with her husband, Mike, who happened to be one of the first responders to her the day of the bombing.

Marc Fucarile was the last Boston Marathon victim to be released from the hospital a little over three months after the event. The second bomb was beside him and took his right leg immediately, significantly damaged his left leg (which has been salvaged with the assistance of multiple surgeries), and resulted in other injuries.

Like the other two, Fucarile joined DSUSA at Ski Spec. “I wasn’t even in a leg yet so I learned to ski, and participated in sled hockey, before I learned to walk,” he said. He continues to monoski, which allows his son to join him on the slopes.

Handcycling is another adaptive sport that Fucarile enjoys. He regularly participates in long-distance events, including half marathons and marathons. He typically enters about four marathons a year and has done the Disney Half, the Boston Marathon, the Marine Corps Marathon, and other marathons in New York, Los Angeles, and Detroit. He has done the Boston event in 2016, 2017, and will again in 2018. It is his favorite event, and not only because it takes place in his hometown. “It is because of so many factors, including the crowd, the time of day, and the route,” he said. “Over the full distance, there are more fans here than anywhere else. The route allows for people to observe and support the runners.”

He does smaller races, like the 5K and 10K variety to lead up and prep him for the marathons. “I really don’t train,” he said. “I know physically what condition I am in.”

The common thread between Woolfenden, Sdoia, and Fucarile is the fact that all three are appreciative of the support they have received through DSUSA’s Boston Strong Adaptive Sports Program. All three want to pay it forward. Woolfenden continues to coach and teach skiing at his local adaptive sports program. Sdoia has written a book, “Perfect Strangers,” to help share her story with the hope of also being able to help others. She also wants to become a peer mentor. Fucarile not only does motivational speaking, but helps volunteers at Granite State Adaptive Sports, a chapter of Disabled Sports USA in New Hampshire.

DSUSA is expanding the fund to provide sport assistance for survivors of other tragic events that have caused a permanent disability. For more information, visit disabledsportsusa.org.
E-TEAM RUNNER AIMS FOR ELITE STATUS

Fifteen-year-old Erica Silvey has had a prosthetic leg for as long as she can remember. “It hasn’t been a problem at all,” she said. Born with fibular hemimelia, the congenital absence of the fibula, required her to get surgery at just ten months old. Since then, she has been a below-the-knee amputee and that is really all she has ever known.

Sports are also something very familiar to Silvey, who has participated in soccer for years. The Tallahassee, Florida, resident has participated in a number of able-bodied sporting activities, including being a member of an elite travel team in soccer. This year, she also joined her high school’s track team. What is new to her are adaptive sports. “Until recently, I had never played adaptive sports,” she said.

Although Silvey likes soccer and track equally, she became a member of Disabled Sports USA’s E-Team in track and field. The E-Team is designed to support and empower emerging youth athletes ages 13-24 with disabilities who are training competitively in sports that are featured in the Summer and Winter Paralympic Games.

In January 2016, Silvey received a running blade thanks to the support of a local foundation. Silvey’s first race was in June of that year at the Endeavor Games, hosted by the University of Central Oklahoma’s Center of Adaptive Sports, a chapter of Disabled Sports USA. It was there that she set the U16 National Record in her classification and qualified to participate in the Junior Nationals. In only her second track and field event, she was able to improve her times in the 100m and 200m, and her distance in the long jump.

In 2017, Silvey competed in the Desert Challenge Games hosted by Arizona Disabled Sports, another chapter of Disabled Sports USA, finishing in the top five in all three events. She qualified for the Nationals (adult) held in Los Angeles a month later and was the youngest in her T44 class. Last August, she traveled to Switzerland for the World Para Athletics Junior Championships to represent Team USA. Prior to joining her high school track team, she had only participated in five competitions, quickly building up her rankings to 13th in the world and 11th in the world in the 200m.

At first, Silvey trained on her own with no coaching. The scholarship provided by DSUSA to E-Team members allowed her a personal trainer. In addition, Silvey has been able to benefit from visits to the Chula Vista Elite Athlete Training Center, a U.S. Olympic and Paralympic training facility. “I work out five days a week, constantly go on long runs, and focus on improving my footwork and movement,” she said.

There is no doubt she has set some high goals. “I want to go to Worlds and the ParaPanAm Games in 2019 and the Paralympics in 2020, where I would like to medal,” Silvey said.

Besides soccer and track, she enjoys hanging out with her friends. In fact, one of her biggest competitors happens to be one of her closest friends. “On the track, we are ‘enemies’, she jokingly stated. “We push each other to be our best.”

The 4.0 high school student appreciates being on the E-Team, as it has provided her with an opportunity to be recognized as an emerging athlete.

“UNTIL RECENTLY, I HAD NEVER PLAYED ADAPTIVE SPORTS.”
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530-925-1531

U.S. Adaptive Recreation Center
Big Bear Lake, CA 92315
usarc.org
909-584-0269

United States Driving for the Disabled
Arroyo Grande, CA 93420
usdfd.org
505-370-0588

Wheels to Water
Cambia, CA 93428
wheels2water.com
608-514-3843

COLORADO
Adaptive Action Sports
Denver, CO 80215
adaptivemadventure.org
303-679-2770

Adaptive Sports Association
Durango, CO 81301
asadurango.org
970-259-0354

Adaptive Sports Center of Crested Butte
Crested Butte, CO 81224
adaptsports.org
970-349-2296

Aspen Camp of the Deaf & Hard of Hearing
Aspen, CO 81611
aspenhda.org
970-315-0513

Breakenridge Outdoor Education Center
Breakenridge, CO 80424
boec.org
970-965-4242

Challenge Aspen
Snowmass Village, CO 81651
challengeaspen.org
970-923-0578

Colorado Discover Ability
Grand Junction, CO 81501
cdag.org
970-257-1222

Foresight Ski Guides, Inc.
Vail, CO 81657
foresightskiguide.org
303-606-3859

Golf 4 The Disabled
Englewood, CO 80110
golf4thedisabled.org
303-221-1184

Ignite Adaptive Sports
Boulder, CO 80305
igniteadaptivesports.org
303-506-8007

National Sports Center for the Disabled
Denver, CO 80204
nsd.org
970-726-1518

Steamboat Adaptive Recreational Sports
Steamboat Springs, CO 80477
steamboattastics.com
970-870-1950

Telluride Adaptive Sports
Telluride, CO 81435
tellurideadaptivesports.org
970-728-5100

Visually Impaired and Blind Skiers
Colorado Springs, CO 80923
coloradovolbies.org
719-337-0161

CONNECTICUT
Chapter 126 Sports & Fitness
Anchorage, AK 99501
chater126.com
860-769-7047

Gaylord Hospital Sports Association
Wallingford, CT 06492
gaylordct.org
203-284-2772

Leaps of Faith Adaptive Skiers
Sandy Hook, CT 06482
leapsoffatheticskiers.com
203-426-0666

FLORIDA
Florida Disabled Outdoors Association
Tallahassee, FL 32301
fdoa.org
850-201-2944

GEORGIA
Athensinclusive Recreation and Sports, Inc. (AIRS)
Atlanta, GA 30305
airs-ge.org
703-353-7463

BlazeSports America
Norcross, GA 30093
blazesports.org
404-370-2000

IDAHO
Adaptive Wilderness Sports of McCall
(AWesOME!) McCall, ID 83638
awesomemcall.org
208-352-4725

North Idaho Adaptive Sports
McCall, ID 83638
niadaptivesports.org
208-391-3590

Missouri
Special Outdoor Recreation and Sports of McCall
Fort Wayne, IN 46804
micomcall.org
208-315-4275

Recreation Unlimited, Inc.
Boise, ID 83705
recreation-unlimited.org
208-391-3590

ILLINOIS
Adaptive Adventures
Elk Grove Village, IL 60007
adaptiveadventures.org
866-679-2770

Dare2Tri
Chicago, IL 60611
dare2tri.org
312-987-9874

Great Lakes Adaptive Sports Association (GLASA)
Lake Forest, IL 60045
glasa.org
847-282-9508

INDIANA
Special Outdoor Leisure Opportunities
South Bend, IN 46610
soralab.org
312-238-5001

MICHIGAN
Cannonball Challenge Ski Association
Ada, MI 49301
skicasa.org
616-847-3060

Michigan Adaptive Sports
West Bloomfield, MI 48323
michiganadaptsports.com

MINNESOTA
North Star Community Rowing
Minneapolis, MN 55401
northstarcommunityrowing.org
866-679-2770

Adaptive Adventures
Chicago, IL 60611
adaptautistic.org
847-283-0908

Soldiers Undertaking Disabled Scuba (SUDS)
Baltimore, MD 21211
sudscuba.org
703-532-6070

Soldiers Undertaking Disabled Scuba (SUDS)
Rockville, MD 20853
teamrivelrunner.org
703-532-6070

Maine Adaptive Sports & Recreation
Newry, ME 04261
maineadaptivesports.org
207-824-2440

MARYLAND
Baltimore Adapted Recreation and Sports
Parkton, MD 21120
barn.org
410-266-5722

Bennett Institute
Physically Challenged Sports Program of Kennedy Krieger
Baltimore, MD 21211
kennedykrieger.org
443-923-7944

Chesapeake Region
Accessible Boating
Annapolis, MD 21409
cbard.org
410-266-5722

COURAGE KENNY SPORTS & RECREATION
Minnesota, MN 55408
www.alainaehealth.org/adaptesports
612-775-2277

North Star Community Rowing
Minneapolis, MN 55401
northstarcommunityrowing.org
info@northstarcommunityrowing.org
612-775-2277

U.S. Electric Wheelchair Hockey Association
Minneapolis, MN 55427
powerhockey.com
612-736-7216
MISSOURI
Disabled Athlete Sports Association
St. Peters, MO 63376
dassports.org
636-477-0716

Midwest Adaptive Sports
Dearborn, MI 48128
midwestadapitivesports.org
816-287-2111

MONTANA
DREAM Adaptive Recreation, Inc.
Whitefish, MT 59937
dreamadaptive.com
406-862-0070

NEBRASKA
Adaptive Sports Nebraska
Lincoln, NE 68506
402-477-0080

NEW HAMPSHIRE
AbilityPLUS, Inc.
Glen, NH 03833
abilityplus.org
603-374-2688

NEW MEXICO
Adaptive Sports Program
Santa Fe, NM 87502
adaptesy.com
505-570-5700

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

NC/SC
Adaptive Sports Program
Blowing Rock, NC 28605
adaptsportsncsc.org
828-264-3500

NEW ENGLAND
Adaptive Sports Program
Manchester, NH 03103
781-791-3180

RHODE ISLAND
Access2Adventures
Tiverton, RI 02878
access2adventures.org

ROCKY MOUNTAIN
Teton Adaptive Sports, Inc.
Jackson, WY 83001
tetonadaptivesports.com
307-699-3554

SOUTHERN UTAH
Bridge II Sports
St. George, UT 84770
bridge2sports.com
435-649-3991

SOUTH CAROLINA
Adaptive Sports Connection
Columbia, SC 29012
404-278-6799

TENNESSEE
Sports, Arts & Recreation of Chattanooga (SPARC)
Chattanooga, TN 37404
sparcn.org
423-596-5268

TEXAS
Adaptive Sports of West Texas
Midland, TX 79706
432-686-1850

UTAH
Common Ground Outdoor Adventures
Logan, UT 84321
commongroundoutdoors.org
435-733-0288

WASHINGTON
Adaptive Sports
Seattle, WA 98115
adaptivesportsplan.org
206-838-6030

WASHINGTON, D.C.
DC Fire Fighters Burn Foundation
Washington, DC 20001
dcffburnfoundation.org
202-538-2989

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

WISCONSIN
Adaptive Sports
Eau Claire, WI 54701
adaptivesports.org
715-831-9130

WYOMING
Teton Adaptive Sports, Inc.
Jackson, WY 83001
tetonadaptivesports.com
307-899-3554
MICROPROCESSOR FEET OFFER EXCEPTIONAL ADVANTAGES

MORE POWER, MORE MOTION, MORE FLEXIBILITY!

Do you want a more natural gait, greater flexibility on various types of terrain, and a relaxed posture while standing or sitting? With Ottobock’s advanced microprocessor controlled foot technology, you can experience life with fewer restrictions, and access a wide range of functionalities.

Ottobock Microprocessor Feet gives you access to a unique Relief™ function that enables full-surface contact with the floor, and a more natural foot appearance when seated, standing on ramps, or leaning against a wall. Because sitting with a prosthetic foot can sometimes place pressure on your residual limb and cause discomfort, this function makes it possible for the foot to lower itself to the floor when while you are seated, which makes your posture in this position more relaxed and natural.

MORE RANGE OF MOTION TO EXPLORE MORE PLACES WITH TRITON®

The Triton smart ankle actively responds to changes in terrain and speed to make walking easier. This carbon fiber foot provides dynamic movement and energy return, and its adaptability helps you maneuver along ramps and slopes. Featuring a hydraulic ankle joint, the Triton also gives you the versatility to adjust your heel height and switch between different shoes more easily and conveniently, while freeing you from daily recharging with its 96-hour battery life.

MORE FLEXIBILITY TO MOVE MORE NATURALLY WITH MERIDIUM®

The Meridium prosthetic foot offers you a high level of security along with increased adaptability and a wide range of motion that provides more stability on uneven terrain. With the development of the individualized Meridium prosthetic foot, Ottobock incorporated the latest technology to achieve a close approximation to the anatomy of the human foot. The Meridium enables movement in the ankle, mid-foot, and forefoot, due to its additional axis. This offers greater flexibility and enhanced stability during your everyday activities. You can also enjoy real-time adaptation to slopes and varying terrain. You also gain greater freedom in your choice of shoes. You can go from barefoot to 2-inch heels or business footwear to hiking boots at the touch of a button.

MORE POWER TO GO FARTHER WITH EMPOWER®

Empower is the only prosthetic foot with powered propulsion which emulates the function of lost muscles and tendons. With each step, the prosthesis delivers energy rather than consuming it. Empower also reduces stress on joints and offers you the combination of power, control, and stability.

Visit ottobockus.com to learn more
Ottobock is the distributor of Empower.
SUMMER AT THE NATIONAL ABILITY CENTER
PARK CITY, SALT LAKE CITY AND MOAB, UTAH

Make summer 2018 one for the books with the National Ability Center (NAC). From adaptive rafting, trail riding, mountain biking, road cycling and climbing to archery, water sports, paddleboarding and more, the possibilities are endless.

Rafting (dates vary): Ready for adventure? Choose a day or overnight rafting trip on the Colorado or Green River! Meet us in Moab for whitewater, wildlife, ancient geology and Native American art. All trips are adaptive and inclusive, so bring your friends and family.

Adaptive Outdoor Recreation Summit April 30–May 2: The NAC invites you to this Adaptive Outdoor Recreation Summit in partnership with Oregon Adaptive Sports and Steamboat Adaptive Recreational Sports. Join adaptive outdoor adventure professionals in Park City to discuss best practices, certifications, risk management, trends and challenges. Help build a culture of collaboration while setting the tone for the future of the adaptive outdoor movement. Email stever@discovernac.org to join.

Action Camp June 14–18: Paralympic sport focused camp for youth athletes, ages 12–17 with physical disabilities or visual impairments. Campers learn what it takes to become a Paralympian with sessions on sports training, nutrition and more.

Summit Challenge Aug. 25: This 100-, 80-, 50-, or 16-mile road cycling event explores Northern Utah and is fully supported. Cyclists with a disability ride for free. For more info., visit summitchallenge100.org.

For more information, visit www.summithallenge100.org.

ADAPTIVE SPORTS ASSOCIATION DURANGO, COLORADO

Located in the heart of the Four Corners, Adaptive Sports Association (ASA) fulfills its mission of providing outdoor, sport, and recreational experiences for people with disabilities through exciting year-round programming. ASA serves those locally and nationwide, including individuals, families, and military veterans.

In the summer, day programs include canoeing, kayaking and paddleboarding on surrounding mountain lakes, cycling around Durango, and rafting down Animas River. Overnight camping trips are offered in Moab and Telluride for rafting and rock climbing. Programming is individualized and customized to meet the needs and goals of individuals, groups and families.

At ASA, there are smiles, costumes, laughter, many personal accomplishments, and, most importantly, it feels like family. Come join our family this summer and explore possibilities!

For more information, visit www.asadurango.com.
PADDLE, ESCAPE, AND EXPLORE WITH BOEC
BRECKENRIDGE, COLORADO

Over the last 41 years, the Breckenridge Outdoor Education Center (BOEC) has been changing lives by empowering people through adaptive sports. As a national leader in outdoor adventure, our trips provide an opportunity to explore the amazing sights of the western United States. Our nonprofit strives to serve all people of all abilities who want to enjoy the experience of rafting, rock climbing, hiking, canoeing, a ropes course, and more.

This summer, we will offer a series of outdoor retreats for wounded military individuals, family members, and a women’s retreat. Programs range from overnight river trips to outdoor activities based out of our accessible mountain lodge. We serve individuals ages 8 and up, families, and groups. Events include:

- Heroic Family 4-day Retreat in Breckenridge (TBD)
- Ruby Horse Thief/Westwater Heroic River Trip July 29–Aug. 3
- Gates of Lodore Heroic Family Retreat Aug. 2–7
- Ruby Horse Thief/Westwater Heroic Women’s Retreat Aug. 19–24

For a full listing of our events, visit www.boec.org or contact Claire DiCola, Claire@boec.org, 970-453-6422.

CHALLENGE ASPEN MILITARY OPPORTUNITIES
SNOWMASS, COLORADO

One can only imagine how difficult it can be for a young military couple to meet, fall in love, exchange vows, only then to have one or both partner(s) return from a deployment with a life-altering physical and/or cognitive disability. Most marriages are left shattered, even destroyed.

Challenge Aspen Military Opportunities (CAMO) strongly believes that successful recovery requires the spouse’s active participation as well as the veteran’s. During our Couple’s Retreats, the spouse and veteran engage together for effective physical and mental rehabilitation. CAMO has found there is a far better chance the impact will be greater if the spouse has the chance to share the life-affirming and healing experience.

Veterans with disabilities and their spouses are invited to Snowmass for five-day retreats to participate in outdoor activities in the stunning beauty of the Rocky Mountains.

Adaptive instruction is provided for a variety of activities such as skiing, ski biking, snowboarding, fly-fishing, climbing, hiking, mountain biking, camping, and archery. Mental wellness sessions are included in conjunction with our physical activities because exercising the mind and body together greatly enhances the rehabilitation process. The couple then returns home with new techniques and renewed outlooks to aid them as they navigate the difficult road of disability together. The first Couples Retreat starts on June 20th.

For the full schedule or more information, visit www.challengeaspen.org/military.

SPECIALTY AND CUSTOM CAMPS WITH STARS
STEAMBOAT SPRINGS, COLORADO

Throughout the warm weather months, Steamboat Adaptive Recreational Sports (STARS) offers a variety of camp opportunities for people of all abilities. The Steamboat area is nationally recognized as a go-to summer destination based on its beauty, community, amazing geography, and wide array of activities. STARS takes advantage of our location, combined with leading-edge adaptive equipment and trained staff and volunteers to provide unique and memorable recreational opportunities from May through October.

2018 Summer Specialty camps include three Stars and Stripes Veterans camps, a Western Adventure Camp for cognitive disabilities, and our signature Behind the Boat Waterski Camp. In addition, STARS can customize camps to meet the needs of any group. All groups that come to Steamboat can choose from a menu of activities offered by STARS experienced, trained staff. STARS has the capacity and ingenuity to customize a camp experience for groups of different sizes and abilities throughout the warm weather months. Among the activity choices offered are cycling, climbing, fishing, hiking, horseback riding, kayaking, paddleboarding, sailing, water skiing, and other great activities in the Steamboat area.

For more information on one of our existing camps or how to build a camp for your group, check out our website: SteamboatStars.com or contact program director Brett Maul, brettm@steamboatstars.com, 970-870-1950 x115.
**COMMON GROUND OUTDOOR ADVENTURES** LOGAN, UTAH

Common Ground Outdoor Adventures provides year-round recreation in Northern Utah for individuals with disabilities. With adaptive equipment and knowledgeable staff, our participants are able to go on adventures like hiking, whitewater rafting, canoeing, camping, and more! Equipment, meals and transportation for each adventure is included in the cost of each activity. Summer trips include:

- **Moab Red Rocks** April 10-13: Explore Red Rocks on our fun trip to Moab.
- **Intro to Overnight Trips** May 31-June 1: One night campout in Logan Canyon.
- **Palisades Canoe Trip** June 13-16: Have fun on the water with a 4-day canoe campout and explore the surrounding area at Palisades Reservoir.
- **Oneida Overnight Trip** June 28-29: Come float the river at Oneida Narrows Reservoir.
- **Warfighter Fly-Fishing Adventure** July 9-13: Exciting trip for veterans with physical disabilities to get out and go fly-fishing.
- **Glacier National Park** July 28-Aug. 1: 5-day adventure in Northern Montana at Glacier National Park.

And keep your eyes open for special trips for adults with MS!

**SKI IN CHILE WITH TELLURIDE ADAPTIVE SPORTS**

**TELLURIDE, COLORADO**

Telluride Adaptive Sports Program (TASP) is offering its 4th year of Chilean skiing and riding this summer, Aug. 1-10. Join us for an international adaptive ski trip like no other. Swing your monoski out of a snowcat to access untracked South American powder in the backcountry. Lean your outriggers against the wall of a natural hot springs as you soak in the perfectly warmed waters. Explore one of Chile’s highest ski resorts, Nevados De Chillan, with fellow adaptive skiers while the low tree line affords unmatchable panoramas.

Guided and fully facilitated by TASP staff, previous adventurers have claimed that the program boasts a “fantastic cross section of adaptive athletes.” The camaraderie of adaptive peers keeps the trip welcoming while allowing athletes to challenge themselves to continual new heights.

Cost ($1,800) includes five days of skiing, professional coaching from TASP guides, fully accessible lodging, lift tickets, ground transport, and most meals. This price does not include airfare and some additional activities (i.e., guided tours) may require additional fees. Discounted companion spots available.

If interested, please contact Tim McGough at programs@tellurideadaptivesports.org or 970-728-3865.
ADAPTIVE SPORTS DISCOVERY EXPO MINNEAPOLIS, MINNESOTA

Courage Kenny Rehabilitation Institute is excited to host the Adaptive Sports Discovery Expo May 19 from 10 a.m.–3 p.m. at the University of Minnesota Recreation and Wellness Center, located in Minneapolis.

Individuals with disabilities, their families and friends, health care professionals, students, and the general public are welcome to come and explore all Minnesota has to offer in the world of adaptive sports and recreational activities. Vendors from across the state will educate, expose, link, and promote adaptive sports and recreation to our community. Attendees will be able to observe demonstrations, try out equipment, and network with athletes, local organizations, and healthcare professionals.

For more information on Courage Kenny programs, visit allinahealth.org/adaptivesports.

DARE2TRI CHICAGO, ILLINOIS

Since 2011, Dare2tri Paratriathlon Team has helped hundreds of athletes cross the finish line and helped them realize that the finish line is really just the beginning. Dare2tri has been able to assist athletes of all abilities and ages, some of whom went on to represent the USA in Rio 2016. Throughout the year, Dare2tri runs weekly practices in the Chicagoland area as well as hosts multiple camps. We hope you can join us and be part of a community that inspires many.

2018 camps include:
- June 1-3: Injured Military Camp - Hammond, Indiana
- June 8-10: Paratriathlon Training Camp - Pleasant Prairie, Wisconsin
- July 17-18: Kids Paratriathlon Camp - Chicago, Illinois

For more information, visit www.dare2tri.org.

GLASA IS HOSTING NATIONAL OPEN & GREAT LAKES REGIONAL GAMES LAKE FOREST & SKOKIE, ILLINOIS

The Great Lakes Adaptive Sports Association (GLASA) is hosting the Adult National Open & Great Lakes Regional Games from May 18–20 in Lake Forest and Skokie. These games will provide three days of competition, educational clinics, national classification panels in track, field, and swimming for athletes with a primary physical or visual disability. The adult games will run in conjunction to the regional games and will include many of our injured military. The Adult National Open and Great Lakes Regional Games (ANO & GLRG) is a qualifier for the Adaptive Sports USA Junior Nationals and the United States Paralympic Track and Field National Championship. The ANO & GLRG are unique in that they serve the first-time sport enthusiast to the Paralympic-hopeful athlete. This event is one of the largest competitions in the country for athletes who have a physical or visual impairment. The games applied for World Para Athletics approval and the May 20 track meet is part of the 2018 Para Athletic Weekend, where the University of Illinois will host a coaching seminar on Thursday, May 17, with the Fast Cow Competition later in the week.

The Adult National Open and Great Lakes Regional Games include swimming, track, field, boccia, archery, powerlifting, and air rifles (please check website for exact date of competition).

For further information on both the games, please contact Cindy Housner, Executive Director and Founder, at 847-283-0908 chousner@glasa.org.
JOIN TURNSTONE FOR THE 35TH ANNUAL ADAPTIVE SPORTS USA 2018 JUNIOR NATIONALS FORT WAYNE, INDIANA

Adaptive Sports USA Junior Nationals is the largest longstanding annual multisport event for youth with a physical disability and/or visual impairment in the United States. The weeklong national sport championship scheduled for July 21-28 is open to young competitive athletes ages 7-22 and includes educational clinics, socials, and competition in archery, powerlifting, swimming, track and field, and more.

Junior Nationals has traveled to a different host city annually since its inception in 1984 and will partner with Turnstone Center in Fort Wayne for this year’s event. Turnstone has been serving children and adults with disabilities for 75 years with one of the most comprehensive selection of programs and services under one roof in the country. From rehab to wellness to elite adaptive sport training, anyone can create their own possibilities at Turnstone.

Turnstone’s home of Fort Wayne is Indiana’s second-largest city and is home to amazing family vacation attractions, including the Fort Wayne Children’s Zoo (ranked in the top 10 in the U.S.), TinCaps baseball (voted the #1 minor league experience), world-class festivals, amazing eats, and more! Athletes and families are sure to have a memorable experience.

Register to volunteer or participate in Junior Nationals at Adaptivesportsusa.org/junior-nationals. Turn your trip to Fort Wayne into a family vacation with custom itineraries designed just for Junior Nationals athletes at VisitFortWayne.com/JrNationals.

ADVENTURE OUTSIDE YOUR BACK DOOR BIG BEAR LAKE, CALIFORNIA

Wounded warriors, veterans and others with physical disabilities have, for decades, enjoyed the programs of the United States Adaptive Recreation Center (USARC), Southern California’s original adaptive program.

After three decades of programming success, the USARC continues its legacy of facilitating access to, and proficiency in, summer recreation in the nearby San Bernardino Mountains, all at the lowest cost of any comparable program in the West, with every lesson including a full or partial scholarship!

USARC offers water-skiing, wakeboarding, kayaking, stand-up paddleboarding, sailing, fishing and Jet-Skiing, and in so doing can address virtually anyone’s excitement level. Add a couple nights spent camping by a glowing campfire under clear, starry skies and it’s the icing on the cake of your water sports fun.

Off-road downhill wheelchairs provide a thrilling descent down dirt trails or fire roads, while a new 4WD jeep program is undergoing development to enable participants to explore the backcountry like never before. If your tastes include water with higher salinity, the USARC again partners with Casa Colina Rehabilitation for three days, Aug. 13–16, in Long Beach.

The annual Peak to Peak Pedal, October 10-14, from Big Bear to Mammoth is a life-changing 5-day cycling adventure. You can access Peak to Peak Pedal ride information at http://usarc.org/peak-to-peak-pedal.

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

THE UNRECABLES SPRING SKIING AT MAMMOTH MAMMOTH MOUNTAIN, CALIFORNIA

The Unrecables, a Los Angeles Chapter of DSUSA, will go to Mammoth Mountain for spring skiing March 16-18, April 20-22, and May 18-20.

Our monthly socials are held on the second Tuesday evening at 6:30 p.m. at IHOP Restaurant in Marina Del Rey, followed by our board of directors meeting at 7 p.m.

For more information, email info@unrecables.com, or visit www.unrecables.org.
CHAPTER EVENTS WEST

JOIN DISABLED SPORTS EASTERN SIERRA THIS SPRING AND SUMMER MAMMOTH LAKES, CALIFORNIA

Disabled Sports Eastern Sierra/Paralympic Sport Mammoth Lakes is looking forward to a fabulous spring season. With warm temperatures and a possible early spring, we are still enjoying great skiing while looking forward to our summer cycling season. We will be bringing our sport programming to military and civilian athletes of all ages as seasons transition through spring and summer. Come join us for daily lessons in alpine skiing, Nordic skiing, snowshoeing, biathlon training, snowboarding, and more this spring. Beginning in June (possibly earlier) we will also offer daily lessons in cycling, rock climbing, paddling sports, and more.

Athletes with intellectual disabilities are invited to join us for our annual Springtacular Event April 24–27; four days of skiing or snowboarding in a great social environment makes this one of our most fun camps of the year! Summer lessons will officially kick off in early June, and our first camp of the summer will be our Operation High Altitude for Wounded Warriors June 11–15. Camping, cycling, rock climbing, paddling, fishing and more in the beautiful Eastern Sierra are offered. Next up is the June Lake Triathlon, known as “the toughest race in the most beautiful place!” Sprint, Olympic and Half Iron Man courses are available. DSES offers training and assistance to athletes with disabilities who are interested in joining this incredible community event. July brings our Sierra Cycle Challenge fundraiser ride. Qualified riders who meet our fundraising minimum can join us on a fully supported three-day ride which covers 160 miles and over 10,000 feet of climbing. Space is limited in all of our camps and events so please reach out to us early. Daily summer lessons and camps continue through October, weather permitting.

For more information about our camps or daily programming, contact us at 760-934-0791.

ACHIEVE TAHOE NORTH LAKE TAHOE, CALIFORNIA

Achieve Tahoe is gearing up for the warm summer months with many opportunities. Are you wanting to make some turns behind the boat? Join us for water-skiing in beautiful north Sacramento June 22, 23, 24, or July 13, 14, or 15.

If you’re on active duty or a veteran, apply now to participate in our water-ski camp May 30, 31, and June 1.

If wheelin’ in the backcountry is more of your style, join us for our annual Rubicon 4WD trip Aug. 10–12 (dates tentative).

If you are wanting to kayak, tube, sail, and relax on the beautiful shores of Donner Lake, join us for an inclusive day of Sierra Summer Sports July 27, 28, 29, or Aug. 17, 18, or 19.

Join us for our Foam Fest fundraising event Sept. 1 for a craft brewery tasting with live music! Come and breathe in all that the greater North Lake Tahoe area has to offer with us in the summer of 2018!

To make a reservation for any of the above listed events, please contact our Guest Services Team at 530-581-4161 x 6.
OUTDOORS FOR ALL OFFERS NEW AND EXPANDED ADAPTIVE RECREATION PROGRAMS SEATTLE, WASHINGTON

In 2018, Outdoors for All Foundation celebrates 39 years of enriching the quality of life of children and adults with disabilities through adaptive and therapeutic recreation.

Outdoors for All is expanding year-round opportunities for veterans with disabilities and injured active duty military, to include a mountain biking program. Introductory, beginner and advanced classes will be offered throughout spring and summer. Rock climbing, hiking, kayaking, road cycling and camping will be free of cost to veterans with disabilities and injured active duty military in 2018. Volunteer and participant registration opens March 1.

Outdoors for All is launching a weekly adult program—Adult Adventure Days for ages 18+ to accommodate more participants across the age spectrum. Day camps for ages 5–18 run from mid-June to late-August and Adult Adventure Days for ages 18+ run mid-April to late-September.

The Learn to Ride a Bike program is also expanding this year to offer weekend Learn to Ride classes and weeklong Learn to Ride Camps. During this program, staff and trained volunteers help participants 5–18 years old with intellectual disabilities develop independence on a two-wheeled bike. Learn to Ride series are offered in the spring and fall while Learn to Ride Day Camps will be offered each month June through September.

For more information about these and other Outdoors for All programs, visit outdoorsforall.org or call 206-838-6030 x200.

GO SAILING WITH CRAB ANNAPOLIS, MARYLAND

Chesapeake Region Accessible Boating (CRAB) has been providing the thrill and freedom of sailing to persons with disabilities, recovering warriors and children from at-risk neighborhoods for over 26 years. Located in the beautiful city of Annapolis, CRAB sails on the largest estuary in the U.S., the Chesapeake Bay. Our fleet consists of six new Beneteau First 22A Sailboats modified for adaptive sailing and complete with secure seating. We hope to share the recreational and therapeutic benefits of sailing with you during the 2018 season.

For recovering warriors, a two-day sailing clinic will be held May 16-17. The basics of sailing, navigation and racing will be taught to participants culminating in a regatta on the second day. Any veteran with a disability may participate in this sailing clinic.

CRAB’s monthly SailFree Sundays are a great opportunity to spend time with friends and family on the water. This wildly popular sail event, which kicks off April 22, is available on a first-come, first-serve basis.

If you’re looking for some competition, CRAB offers four regattas throughout the season: two for recovering warriors (one on April 28 & one in Sept.), the Don Backe Memorial CRAB Cup on June 9; and the biggest regatta and party of the year, the Boatyard Bar and Grill Regatta in August. All events are free of charge for our guests. See you on the water!

For more information, please visit www.crabsailing.org or call 410-266-5722.

TWO TOP MOUNTAIN ADAPTIVE SPORTS FOUNDATION 2ND ANNUAL SUMMER CAMP WILLIAMSPORT, MARYLAND

Two Top Mountain Adaptive Sports Foundation will have its 2nd Annual Summer Camp July 11-14 in Williamsport, Maryland. The camp will involve two days of water-skiing and two days of cycling. Registration for the military-only camp is required. Additional water-ski and cycling dates are still being scheduled.

To register for the summer camp, go to: www.twotopadaptive.org/events2. For future events and information, visit: twotopadaptive.org or call 717-507-7688.
PARTAKE IN THERAPEUTIC HORSEMANSHIP WITH GALLOPNYC
NEW YORK CITY, NEW YORK

GalloPNYC, New York City’s leading therapeutic horsemanship program, launches its spring and summer programs.

GalloPNYC was founded in 2005 by a group of equine enthusiasts who were concerned about the lack of accessible services for children with disabilities and recognized that this population benefits profoundly from therapeutic horsemanship. Every day, we achieve our mission to use therapeutic horsemanship “to help riders walk, talk, and learn, inspiring each one to live life as fully, productively, and independently as possible.”

GalloPNYC serves 500 riders each week – children, adults, and veterans with disabilities – in four locations. Demand for our services is high – we have more than 600 people on our waiting list. We serve youth with a wide range of disabilities including autism spectrum disorder, cerebral palsy and MS.

The vast majority of the children we serve are from low-income families. Families of children with disabilities face reduced earnings, barriers to education, significant additional expenses, and other challenges that can lead to economic hardship. In addition, caring for children with disabilities requires a great amount of time and can impact a parent’s freedom to work.

We are especially proud of the new GalloPNYC Equestrian Team for riders ranging in age from six to 25, who compete in the Long Island Horse Show Series for Riders with Disabilities. Last year GalloPNYC riders won the Reserve Champion and Grand Champion prizes in this competition. Team members learn important skills such as teamwork, sportsmanship, and how to present their best selves.

Check out more information at www.gallopnyc.org.

GAYLORD SPORTS ASSOCIATION’S ADAPTIVE SPORTS FEST & SUMMER PROGRAMS WALLINGFORD, CONNECTICUT

The Sports Association of Gaylord Hospital will host its third annual Adaptive Sports Fest on Saturday, April 7, in collaboration with the Institute of Adaptive Sports and Inclusive Recreation at Southern Connecticut State University. This multi-sport event features over 20 exhibitors as well as adaptive sports clinics in wheelchair rugby, wheelchair basketball, sled hockey, boccia and more! You can also learn about dozens of other sports available from local providers, including kayaking, water-skiing, archery, golf, running, cycling, yoga, skiing, sailing and horseback riding.

This is just the kickoff event for the summer. On Tuesday, May 8, we will host one of two Veterans Fishing Tournaments. On May 19, join us to try cycling during our annual Adaptive Cycle Clinic. Monday, June 11, the Ken Murphy Memorial Open Golf Tournament welcomes all golfers with disabilities. Saturday, June 23, marks the return of the Gaylord Gauntlet, a 5K obstacle trail run. In addition to these special events, we have adaptive cycling, kayaking, golf, water-skiing, archery, boccia, paratriathlon, and tennis regularly scheduled throughout the summer.

For more information, visit www.gaylord.org/sports. To register, contact us directly at 203-284-2772 or sports@gaylord.org.

CHECK OUT ADAPTIVE SPORTS AT MOUNT SNOW
WEST DOVER, VERMONT

Adaptive Sports at Mount Snow (ASMS) wrapped up its inaugural winter season with high success in the winter sports programs! Now ASMS is excited to announce its first-ever summer programs. Located in beautiful Southern Vermont with headquarters at Mount Snow Resort, summer offerings are designed to showcase the natural beauty and activities found in the region. Offerings include family “glamping” camping trip, Veterans 4th of July backpacking trip, fishing, mountain bike festival, and a sleep-away adventure weekend for teens.

Adaptive Sports at Mount Snow is a volunteer-driven nonprofit that provides adaptive sports, recreational opportunities and educational experiences to the Mount Snow community and its visitors throughout the year. We help individuals with disabilities to develop skills and instill pride and confidence that enables them to demonstrate their strengths and capabilities.

To learn more about adaptive sports at Mount Snow, visit www.msadaptive.org.
The Pennsylvania Center for Adapted Sports (PCAS) 2018 Youth Track and Field program runs from March to July. The program, open to children and youth, provides opportunities to compete in local, regional, and national adaptive sports events. Those events include foot races from 60 to 1,500 meters, long jump, shot-put, discus, javelin, swimming and table tennis. This year’s program is expanding to include youth triathlon. Our 2018 season will culminate with the Junior National event in July.

Last year, the PCAS team prevailed in the 39th Masonic Junior Regional Wheelchair Meet in North Brunswick, New Jersey. Our PCAS team competed in 80 different events, bringing home 49 gold, 22 silver and 4 bronze medals. Their success continued at Adaptive Sports USA’s Junior Nationals, where Team PCAS won a national division title.

PCAS invites interested athletes to our Youth Track and Field program, held Mondays from 6:30 p.m. to 7:45 p.m. at Henderson High School in West Chester, Pennsylvania.

For more information, contact Darla Clayton at dr.darla@live.com.

VERMONT ADAPTIVE 8TH ANNUAL CENTURY RIDE
KILLINGTON, VERMONT

Come pedal and party for a cause in the 8th Annual Long Trail Century Ride. On Saturday, June 23, Vermont Adaptive Ski and Sports will host its largest fundraiser of the year at the Long Trail Brewery and in the Killington region. Multiple courses include a century, 60-, 40- and 20-mile, plus a 5K ride great for families and new adaptive athletes, and a mountain bike ride at Killington Resort (limited adaptive mountain bikes available). All adaptive athletes ride for free and all proceeds from the ride benefit Vermont Adaptive. An après-ride party will be held at the brewery with live music, full spread of food, vendor village, kids’ games and activities, silent auction, and more.

Also in June is the C.O.R.E. Connections Wellness Camp, June 25-29 at Pico Mountain, Killington. Join us for an adventure-filled week of camp that emphasizes whole body health and is open to all ages and abilities. The camp includes an initial individualized lifestyle analysis and moves on to personalized goal setting, nutrition, fitness and mindfulness. Activities include farm-to-table field trips, cooking, fitness modalities, creative arts and music, and season-related adventures including paddling, cycling, hiking, indoor rock climbing, yoga and more.


TEAM RIVER RUNNER PROGRAMS FOR THE VISUALLY IMPAIRED
VARIOUS LOCATIONS NATIONWIDE

For more than eight years, Team River Runner (TRR) has developed a series of paddling programs for veterans and non-veterans who are blind or visually impaired. We have developed technology, training, and programs that are competitive, adventurous, and empowering. These include:

- **Vision Team Training:** Starting 3/29: short intensive flat or white-water paddling skills programs; six paddling session in three days.

- **Outtasight Slalom:** 6/8: New this year, TRR with support of students of Cal Poly Tech and Colorado School of Mines (arranged by QL Plus) is developing a kayak slalom competition we intend to use nationally in the future.

- **Outtasight Leadership Clinics:** 7/27-29: flat and white-water programs where Outtasight participants paddle individually, building paddling skills and leadership/instruction skills for their home chapters.

  - **Outtasight Kayak Football Teams:** 8/5: Yes... guided by a sighted veteran or volunteer, blind kayakers play football and routinely throw touchdown passes!

  - **Kids Are Outtasight (KAOS):** 8/24-26: TRR volunteers and veterans teaching introductory kayaking to Outtasight children.

For information on these events, visit www.teamriverrunner.org.
VETERANS SUMMER SPORTS CAMP OF MAINE ADAPTIVE
JEFFERSON, MAINE

Maine Adaptive Sports & Recreation will return to Camp Wavus / Kieve in Jefferson, Maine, for the 8th consecutive year from Aug.17–21. A four day program for veterans and their family members and caregivers, Veterans No Boundaries provides the opportunity to enjoy sports and recreational activities in a classic Maine setting with fields, a waterfront, paths and trails, and ranges for a long weekend filled with sports, camaraderie, friendly competition, and family activity.

One attendee reacted to his experience at the program: “I never got to be a kid. Then I went to war and whatever kid I could have been was lost as well. But, thanks to Veterans No Boundaries, I got to go to camp – where I caught myself feeling at ease and like a kid quite a few times.”

Attendees are responsible for their own transportation costs to Maine (limited scholarships are available to assist in defraying transportation costs). All meals, accommodations, adaptive equipment, and instruction are provided free of charge courtesy of our volunteers and funding from individual, nonprofit, and corporate sponsors. The schedule allows for ample time to socialize and enjoy plentiful summer outdoor activities and experiences such as paddling, wheelchair tennis, ropes course activities, and a turn on the outdoor climbing wall.

Maine Adaptive invites military veterans and active duty personnel with disabilities to consider this family-friendly program.

For more information about participating or volunteering, contact Maine Adaptive: info@maineadaptive.org or 800-639-7770.

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JOIN ROCHESTER ACCESSIBLE ADVENTURES FOR SPRING AND SUMMER ACTIVITIES ROCHESTER, NEW YORK

Rochester Accessible Adventures (RAA) is expanding options for adaptive/ inclusive sports and recreation opportunities in our region! We are training recreation businesses on how they can commit to inclusive operations whenever their doors are open.

This summer you and your family/friends can enjoy daily rentals of both standard and adaptive kayaking and cycling equipment at the Erie Canal Boat Company (ECBC), located in Fairport, New York.

Check out hours of operation, the APACC Extravaganza weekend, and equipment (including a hoyer lift) available at www.erieboatcompany.com.

Erie Canal Boat & Bike will open a new rental location this summer at the Wide Waters Marina in Lockport, New York. Rent adaptive and standard cycling/kayaking equipment during operating hours.

Watch out for more details on the grand opening of this new site at www.rochesteraccessibleadventures.org.

Pickled Power will offer workshops and instructional classes throughout the summer at various Rochester area locations. Trained by RAA, Bob Stokes provides a fun, engaging approach to the game of pickleball, which is highly adaptable for a large variety of people. Bob works with families and friends, from beginners to experts, and offers private and community-based instruction for people with SCI, Parkinson’s Disease, MS, I/DD, TBI/Stroke, and more!

RAA is working with local and regional community recreation centers to train them in inclusion!

Watch our website at www.rochesteraccessibleadventures.org and keep up-to-date on our Facebook page to see what else is coming in 2018!

Take the Challenge.

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CHAPTER EVENTS SOUTH

CHALLENGE YOURSELF WITH BLAZESPORTS AMERICA’S SPRING/SUMMER PROGRAMS ATLANTA, GEORGIA

BlazeSports announces its 2018 Spring/Summer Programs for Veterans and Youth with disabilities: Here are a few highlights:

Youth: BlazeSports Olympic All-Star Camp – June 10-15. This overnight summer camp gives kids ages 7-17 with a physical disability a chance to make friends while learning new sports.

BlazeSports Track & Field Meet – June 23. This Adaptive Sports USA sanctioned event is an open meet for track and field athletes with physical disabilities, both ambulatory and wheelchair.

Veterans: BlazeSports offers many new, free programs for veterans this spring, including rock climbing, rowing, cycling and CrossFit.

Training & Education for Adaptive Sport Professionals: BlazeSports has updated its training and education curriculum as well as its Certified Adaptive Recreation and Sports Specialist (CARSS) certification (formerly CDSS). Developed with the input of a variety of professionals in the field, CARSS addresses the needs of youth, adults and veterans with various physical disabilities. CARSS is offered online with two certification levels. Through completion of our CARSS program, volunteers, coaches and other professionals can demonstrate to employers and organizations that they are leaders in adaptive sports and recreation program development. Learn more about our training and education opportunities at blazesports.org/CARSS. Register for CARSS Level I and II training at blazesportsinstitute.org.

For more information about BlazeSports America’s programs, visit blazesports.org or email info@blazesports.org.

FUN ABOUNDS AT LAKESHORE’S INCLUSION CAMP
BIRMINGHAM, ALABAMA

Summer is just around the corner and Lakeshore Foundation in Birmingham is gearing up for one of our favorite youth camps of the year, Inclusion Camp, June 26-29.

This is a recreational-based camp that includes various games, activities and field trips within a really cool theme. We emphasize the word “inclusion” by allowing each child with a physical disability to bring a sibling or friend to camp with them, as well as playing games and activities that are inclusive for all participants.

You never know what kind of fun activities our staff will dream up for this event. Over the years we’ve held team scavenger hunts, a finger rocket battle, a soccer game with a 5-foot soccer ball, slime games, field trips and even a color run! All of these great activities take place over just a few days. Save the dates and start planning now to attend our camp at Lakeshore Foundation.

If you would like more information or have questions about Lakeshore’s Inclusion Camp, contact Lori Watkins at 205-313-7429 or loriw@lakeshore.org.
COBRA BASEBALL AND SOFTBALL ACCESSORIES

The COBRA was developed by Bob Radocy using the unique energy capture and release elements of polyurethane elastomers. The COBRA has enabled Bob, a “southpaw,” to again throw left-handed, achieving speeds in excess of 50 mph and being able to throw accurately to distances exceeding 30 meters. Three models are available for baseball and softball. The COBRA fits either hand and is easily “tuned” to individual throwing styles. Visit trsprosthetics.com or call 800-279-1865.

FILLAUER’S ALLPRO FOOT

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 CONTROL’S NEXT GENERATION ETD2

A U.S. Department of Defense grant, awarded to Motion Control of Salt Lake City, funded development of a new Electric Terminal Device and wrist system. For many in U.S. military hospitals, the ETD is the first choice hand replacement for function and versatility. The ETD is the only device that achieves true resistance against water, dirt, dust, and grease. The next generation ETD2 is available now. Visit www.UtahArm.com.

OTTOBOCK’S FOOT TECHNOLOGY

Ready to experience life with fewer restrictions? Then check out Ottobock’s advanced microprocessor controlled foot technology. The Empower® delivers powered propulsion that emulates lost muscle function for more mobility; the Triton® smart ankle actively responds to changes in terrain and speed to make walking easier, and the Meridium® offers a wide range of motion and provides more stability on uneven terrain. Visit ottobockus.com to learn more.

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