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Cover Photo of Swimmer Ryanne Carr at the UCO Endeavor Games

Cover Photo by Reed Hoffmann

Credit: Will Ricketson, US Sailing Team
Summer is definitely in full swing. But, I would be remiss if I didn’t take a moment to reflect on the 2018 Winter Paralympic Games that took place in PyeongChang, South Korea, in March. Team USA racked up a total of 36 medals, including 13 gold, 15 silver, and eight bronze.

Of the 74 athletes that represented the United States at the 2018 Winter Paralympic Games, 61 of them have participated in Disabled Sports USA programs or been involved in one of DSUSA’s 125 chapters across the country. That is a whopping 82 percent.

Thirteen of the Team USA athletes have been a part of DSUSA’s Warfighter Sports program, including alpine and Nordic skiers Kevin Burton, Josh Elliott, Andrew Soule, and Bryan Price, as well as snowboarders Jimmy Sides and Michael Spivey. Several players on the U.S. Sled Hockey Team are also former military members and have participated in Warfighter Sports activities, including Rico Roman, Ralph DeQuebec, Jen Lee, Travis Dodson, Luke McDermott, Josh Misiewicz, as well as wheelchair curler Kirk Black.


Also among the Team USA athletes competing in South Korea, ten of them are members of DSUSA’s E-Team, including alpine skiers Andrew Kurka, Tyler Carter, Jamie Stanton, Andrew Haraghey, Connor Hogan, and Allison Kunkel; snowboarders Brenna Huckaby and Noah Elliott; and Nordic athletes Grace Miller and Ruslan Reiter.

A number of DSUSA E-Team members are setting their sights on competing at the next Paralympic Games in the summer of 2020 in Tokyo. One of them happens to be swimmer Julia Gaffney. You can read more about her on page 20.

Now that we are feeling the heat of the summer, we can focus our attention on some warm weather sports. Swimming, whether done indoors or outdoors, is one of the best sports for personal health, and can be done by almost anyone regardless of physical ability. Learn more about the benefits and adaptations of the sport on pages 10-12. For another water sport, you might want to consider giving sailing a try (pages 16-17).

Be sure to check out the array of summer/fall adaptive sports offerings throughout the United States (pages 24-34) that you can participate in. Or, contact the DSUSA chapter nearest you to learn about even more opportunities (pages 22-23).

Find your sport!

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FREEDOM IN THE WATER: The Benefits of Adaptive Swimming

Water is such an equalizer, which is why swimming is a great sport for anyone, regardless of their physical disability.

“It really frees you up,” said U.S. Paralympics swim coach and classifier Glen O’Sullivan. Karen Morrison, the founder and executive director of Aquability, a Disabled Sports USA chapter based in Idaho, agrees. “The buoyancy of the water provides a sense of freedom, something you may not find in other adaptive sports.”

Both O’Sullivan and Morrison also believe that swimming is one of the best sports for getting into shape. Swimming is great for balance, flexibility, increased circulation, pain control, and improving the respiratory system, not to mention the escape it can often provide. “When you are in the water, and particularly under the water, you really can shut out the rest of the world,” Morrison said. Furthermore, swimming is an essential life skill that can ensure one’s own safety while participating in other water sports or activities. For those reasons, swimming can benefit individuals with a wide range of ages and abilities.

Learning to swim is actually a byproduct of Morrison’s therapeutic aquatics program. Promoting healthy lifestyles and positive social interactions are two of the main advantages of the program she founded in 2010.

GETTING STARTED

Very little is required for someone interested in getting into adaptive swimming, just a swimsuit and a towel is all you really need. “Swimming is a very affordable sport, not a lot of equipment is...
required,” O’Sullivan said. “You mainly have to have a desire to get into the water.”

Goggles and a swim cap are optional purchases but everything else you need can typically be found at the pool. “I use things that are already on the pool deck,” said O’Sullivan, a former member of the Marine Corps who started teaching with Great Lakes Adaptive Sports Association (GLASA), a chapter of Disabled Sports USA, in 1997. For example: items like kickboards and noodles help with flotation and balance; dive sticks can help streamline the arms; and buoys can prevent legs from dragging.

Morrison also suggests that snorkels can assist those with mobility issues with breathing and for not turning their head. She is also a big supporter of flotation wraps that can improve body position in the water. For visually impaired swimmers, tennis balls or other items can be used as tappers to help alert the swimmer when he or she is approaching the end of the pool.

One of the first things any new swimmer must do is get comfortable in the water. “You have to figure out how to move your body in the water,” O’Sullivan said. As an instructor, he works on balance and breathing first, followed by strokes (arm and leg techniques).

“Every swimmer is different, so different approaches are needed. Sometimes it requires experimentation to find out what works,” he said.

Modifications to a swim stroke or kick can be made, depending on the athlete’s impairment. For example, athletes with cerebral palsy who may not have the coordination to complete the kick can show the intent to kick or drag their legs.

Other adaptations are permissible as well. Athletes may start from the water, the wall, or the blocks and can be given time to get into the appropriate

Continued on page 12 >>
starting position. In addition, the swimmer may need assistance from someone on the deck as well. For athletes with visual impairments, a personal assistant can serve as a “tapper” and notify the swimmer of a turn or the wall by using a pole with soft-tipped ends to tap the swimmer accordingly. It is also helpful to use rich verbal descriptions when communicating instructions and physically assist a visually-impaired swimmer to achieve correct technique.

ON YOUR MARK

There are a number of programs that offer swimming as a recreational sport only, like Aquability. If you are interested in taking it to the next level, you will need to find a swim coach or instructor. Lindsay Grogan, a member of the U.S. Paralympic Swim Team for the 2016 Rio Games, suggests doing research to learn more about adaptive sports groups and swim clubs in your area.

At the age of 7, Grogan had her left leg from the knee down amputated after years of scleroderma-related contractures. One year later, she had the opportunity to watch the Paralympic Games when they were held in Atlanta. That led her to eventually connect with BlazeSports, a chapter of Disabled Sports USA, and pursue swimming competitively. “It was because of my experience with BlazeSports that I wanted to get involved in an adaptive sports organization,” Grogan said. She now serves as a coach for Kinetic Kids, another Disabled Sports USA chapter in San Antonio, Texas.

To compete at the highest level, Grogan recommends stepping up training. “You definitely have to swim more and practice more,” she said. “But I would do it all over again because of the experiences that I’ve had, the places I’ve gone to, and the people I’ve met.”

Four-time Paralympian Jessica Long, the second most decorated athlete in U.S. Paralympic history, was born with fibular hemimelia. At just 18 months old, her legs were amputated below the knee. She tried a number of sports, but swimming was (and definitely has been) the best sport for her. Growing up, the prosthetics were giving her trouble. “But in swimming, you don’t wear prosthetics,” she said. “I felt free and not any different.”

Swimming also allowed Long to become comfortable with who she was. Challenges still persisted though. She experienced a number of growth moments and calculated having over 20 surgeries. “There were lots of moments I could have given up,” she said.

To other aspiring athletes, Long says go for it. “It is going to change your life.” But a lot of hard work is required. Long, who has won 23 Paralympic medals, puts in about five to seven hours of work every day. “Practice … always,” she recommends to those who want to competitively swim. Her routine on a typical day starts with a morning practice, then breakfast, then stretching or some form of physical training, followed by a nap, lunch, afternoon practice, and wrapping up in the weight room.

She also encourages athletes to have a good attitude. “You have to realize that everyone’s going to have bad days. My parents allowed me to fail (fall down, lose a leg, etc.), which really prepared me in so many ways.”

Swimming will always be part of her life moving forward. “I am always going to swim for exercise. It is one of the best sports for your joints and heart,” she said.

O’Sullivan, who went to the Rio Games in 2016 as a Team USA coach, offers some additional advice for swimmers who are ready to go from recreational swimming to competitive swimming. “To make the jump to elite level, you must live and breathe swimming. The elite athlete has to be in the water every day,” he said.

Besides getting in the water as much as you can, you should start going to regional swim meets as well as some of the adaptive sports regional games that exist (a number of them hosted by DSUSA chapters). You should also go through the classification process to get an idea of who you might be competing against and check your times against the other swimmers.

From a training perspective, competitive swimmers should work on all the strokes and focus on techniques that will help prevent injuries. “A lot of cross training and strength training (weights and calisthenics) will go a long way,” O’Sullivan said.

In the pool, a snorkel can help build stronger lungs or focus where your head should be placed. Paddles can help with strengthening and strapping a parachute around your waist can build resistance.

After having focused on the physical element of sports training, you have to mentally prepare. “A lot of elite athletes will work with sports psychologists,” O’Sullivan said.

FIND A PROGRAM

Regardless of whether you want to swim recreationally or competitively, it is a great sport to consider. As Grogan notes, “Just about everybody can swim.”

Reach out to a local swim club or adaptive sports organization to find the right fit. Most aquatic facilities are accessible. You can find a local swim club near you by visiting www.usaswimming.org/join. Over 30 Disabled Sports USA chapters offer adaptive swimming programs at some level. To check out that listing, visit: https://www.disabledsportsusa.org/location-map/.

Credit: Aquability

Credit: Reed Hoffmann
WARFIGHTER VERONICA KO NOT DEFINED BY HER LIMITATIONS

Retired Army Lieutenant Colonel Veronica Ko’s deployments included Operation JOINT FORGE in Bosnia-Herzegovina, Operation JOINT GUARDIAN in Kosovo, Operation IRAQI FREEDOM, and Operation ENDURING FREEDOM in Afghanistan. So, a motorcycle accident on Aug. 13, 2017, which resulted in an above-knee amputation wasn’t going to stop her. Forty-five days after the amputation, she was handcycling with Disabled Sports USA in the Army 10 Miler. “I hadn’t gotten my socket yet,” she said.

Ko retired from active duty in 2013 after a distinguished military career. “During my nearly 21 years with the U.S. Army, I had three tours in South Korea, two tours in Germany, and several missions in Japan, Mongolia, China, Taiwan, Thailand, and the Philippines,” she said. Her stateside assignments included Fort Leonard Wood, Missouri, Fort Benning, Georgia, Fort Gordon, Georgia, Fort Carson, Colorado, Fort Leavenworth, Kansas, Fort Shafter, Hawaii, and Washington, D.C.

Originally enlisting as a radio operator/maintainer, she was recruited to work with the Criminal Investigation Command shortly after getting to the unit at Fort Carson. She also participated in the Army’s World Class Athlete Program in TaeKwonDo. In 1995, Ko completed Officer Candidate School and served as a Signal Officer for several years before becoming a Northeast Asia Foreign Area Officer. “I particularly enjoyed my time assisting NATO with training Afghan National Police where I oversaw the effort to build and improve 48 different police precincts,” she said.

“I KNOW I CAN GO BACK TO DOING EVERYTHING I USED TO DO AS AN ABLE-BODIED PERSON.”

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.
Prior to her injury, Ko was very active. “I love anything and everything outdoors. Way I see it, everything that gets your blood racing is probably worth doing!” She was an avid climber/backpacker. During the summer of 1990, she hiked the Appalachian Trail from Georgia to Virginia. Her noteworthy climbing achievements include 28 of Colorado’s 53 “fourteener” (14,000+ feet in elevation), Mt. Seorak in Korea, Mt. Fuji in Japan, several peaks in the Dolomites, Switzerland (Kaiseregg, Eiger, and Breithorn), Kilimanjaro, Grand Canyon rim to rim (North to South), as well as reaching base camp at Mount Everest.

She also loves skiing (alpine, backcountry, cross-country), flying, scuba diving (rescue diver), paragliding, stand-up paddleboarding, running, biking (road and mountain), and swimming.

So it is no surprise that with adaptive sports she has quickly picked up where she left off before her accident. Handcycling the Army 10 Miler was like a big reunion for her. “You run into people from the past,” she said. “The experience also allowed me to take the time to enjoy the scenery and be more reflective.”

Four months after the accident and two months after getting a prosthetic leg, she joined Disabled Sports USA at The Hartford Ski Spectacular in Breckenridge, Colorado. “I was like a kid in a candy store,” she said. “I was excited and frustrated with the monoskiing experience. Then I tried Nordic and it allowed me to be more independent and closer to what normal used to be for me.”

Skiing quickly caught on for her. Just a few weeks later, she joined Two Top Mountain Adaptive Sports Foundation, a chapter of Disabled Sports USA, and followed that up by participating in their 100K Challenge in January 2018. She has since joined other DSUSA chapters for skiing events as well.

In March 2018, Ko signed up for the grueling Bataan Memorial Death March, an annual 26.2-mile march through the New Mexico Desert at White Sands Missile Range. She had completed the event in 2002 (before the accident and amputation) “I was part of the first female team to complete the march in under seven hours. So, I had done it before. But this experience was just months after losing my leg and I hadn’t walked more than two miles in my new leg up to that point,” she said.

She had set out to do the honor march (shorter version), but had to make a decision to turn right or left. “The prosthesis gave out on me, but I didn’t want to throw in the towel. I felt fine but the leg became heavy. Going downhill was actually harder. At mile 19, my mind was strong but my body was starting to say no.” She decided to stick with Disabled Sports USA Executive Director Kirk Bauer. “If he was going to do it, I was going to do it.” At mile 22, they did call it quits. “I regret not finishing it, but it gave me a goal. I am coming back next year with a non-microprocessor leg and smoking it.”

“The first time I did Bataan, I didn’t fully appreciate it. I was in the competitive mode. This time, I was able to relate and appreciate what the Bataan survivors, who were there with us, went through. Also, I know I can go back to doing everything I used to do as an able-bodied person.”

Ko recently got her running blade and is getting a water leg too. She plans to do her first triathlon before the end of summer. When it comes to adaptive sports, Ko believes in doing three things: first, set a goal; second, define your norm; and third, take in the shared experience. “Misery loves company and being
around others like you, former military with similar pain, is beneficial,” she said.

In addition to participating in adaptive sports, Ko is currently a co-founder of a cognitive design consulting firm, Linking Human Power, and operates as a flight school/fixed-wing commercial pilot and flight instructor with APS Flight School in Warrenton, Virginia. She has been humbled and personally moved by the support and inspiration of fellow amputees/adaptive athletes as well as the numerous volunteers who dedicate their time to enrich and encourage people with disabilities to achieve anything they set their minds to. “I truly believe that inside of most of us, including me, is the will to survive and succeed in all that we do. I am defined by what I can do rather than my limitations. With a positive mindset, appropriate resources, and the support of my friends and family, I know I can continue to achieve great things in life.”

As a result, she also wants to give back and pay it forward.

The Warfighter Sports program was funded in part by a grant from the United States Department of Veterans Affairs. The opinions, findings and conclusions stated herein are those of the author(s) and do not necessarily reflect those of the United States Department of Veterans Affairs.
Whether it is your first time or your thousandth time, there is just something special about being on the water. Maybe it is the unique perspective it provides us regarding our environment and the world we live. Perhaps it could be the feeling of the wind as it brushes through our hair or the sound of the boat cutting through the chop of the waves. Or maybe it is because of an observation that President John F. Kennedy made when he pointed out the biological fact that “all of us have in our veins the exact same percentage of salt in our blood that exists in the ocean.” Regardless of the reason, sailing is a sport that nearly every individual can experience as long as there are two main ingredients available – a body of water and a boat.

Getting On Board
When sailing with an adaptive sports organization, little is typically required of individual participants when it comes to equipment or supplies. Sarah Winchester, Operations Manager for Chesapeake Region Accessible Boating (CRAB), a Disabled Sports USA chapter based in Annapolis, Maryland, recommends sailors wear sunscreen, a hat, and non-marking shoes. “In some cases, you may need to bring a jacket depending on weather and you may need to bring your own water,” she said. But that is about it. Everything else is typically provided by the organization.

Before one even gets into a boat, a safety briefing occurs. Life jackets are provided and must be worn at all times. As a safety precaution, keep in mind that at no time should you be restrained to the boat (seat belt, etc.) to avoid entrapment issues.

There are three aspects to adaptive sailing, according to Bob Ewing, co-founder and president of Footloose Sailing Association, a Disabled Sports USA chapter in the Seattle area. Each person must figure out which one route interests them or that they are comfortable with. The first option is just going along for a ride, which allows the sailor to enjoy the social and recreational benefits the sport provides. “Going out for a sail allows you to leave your disability on the dock,” he said. “It can provide an escape from everything that you normally deal with.” The second option is to experience it, through a hands-on approach. For example, you can become a crew member and perform some of the tasks required while out on the water. The third aspect is taking it to the next level, when you come to the realization that you want to get your own boat, take long distance excursions, or race in regattas and other events.

A variety of boats are utilized for sailing that will support all ages and athletic abilities. Footloose utilizes boats that can accommodate individual comfort levels. The Access dinghy, for example is a small boat that is simple and easy to sail. It can accommodate two sailors, side by side with two masts and a joystick in the middle. The dinghy was specifically designed to remove some of the barriers to sailing including concerns over complexity and stability. The servo assist option allows the joystick to be controlled by hand, foot, chin or any moving body part and allows those with additional mobility issues or profound disabilities to participate in the sport as well.

For some, the biggest perceived hurdle can be getting in and out of the boat. If you cannot access the boat on your own, there are a number of other ways to do so. “When you go sailing, you leave your wheelchair or your walker on the dock,” Winchester said.

Individuals that need help transferring in or out of the boat
can either get personal assistance, be hoisted by a special lift, or use a transfer box. The transfer box is a metal box that can be positioned like a ramp into the boat with hand guards on the side that allows individuals to gently slide into the boat. Given these capacities, as well as the special seating and rigging that is available for adaptive sailing, almost anyone has the opportunity to set sail, including those with physical and mental disabilities, visual impairments, and spinal cord injuries. This sport also allows individuals who may have a severe disability or are quadriplegic, according to Abbott, president of Sailing 4 All, says they take regular cruises on a weekly basis up the James River. Boating this way provides different benefits than sailing might, including the ability to have use of their arms. In addition, a sip and puff steering system can be used to steer the boat by sending signals through the use of air pressure by “sipping” (inhaling) or “puffing” (exhaling) on a tube or straw.

Ewing points out that there are a lot of tasks to do on a boat besides steering it. Two things must continuously be monitored, including the weather (must be cautious of heavy winds or lightning) and where the wind is coming from (so you can optimize the wind and adjust the sails). In addition, participants can help by pulling sheets, or lines, that will maneuver the boat in the water. In sailing, you will hear words like tiller, jib, foremast, tacking, bowsprit, spinnaker, leeward, or halyard, just to name a few. “Sailing terminology is a foreign language,” Ewing said. “Don’t worry if you are not familiar with them at first and don’t be intimidated.”

**Ready to Race?**

Just like with about any sport, competitive opportunities exist in sailing. If you have fallen in love with being on the water and have the desire to start racing, a number of regattas and races take place across the country and world. Ryan Porteous, a member of Disabled Sports USA’s E-Team, participated in the 2016 Paralympic Games. At just seven years old, the San Diego resident enrolled in his hometown yacht club’s Junior Sailing Program, an eight-week program during the summer.

But in 2011, at the age of 18, he slipped on a dock and broke his neck, causing almost complete paralysis. “I didn’t know if I would ever walk again and I wasn’t sure about the future.” He spent three months in the hospital. While there, he looked into adaptive racing. After recovering, he jumped right back in a boat. A couple of years later, in 2013, he qualified for the U.S. Sailing Team. He would go on to serve as the skipper of a mixed 2-person SKUD 18 team, which placed fifth in Rio.

Porteous likes sailing for three reasons. First, it doesn’t take a lot of adaptive equipment. “You can pretty much sail any boat, as long as you have a seat.” And second, although there are several adaptive regattas that exist, sailing is one sport that allows you to be as competitive with an able-bodied person. “You would never know the difference between the two.” Third, each sailing experience is unique. After all, the sport is governed by mother nature.

**Alternatives to Sailing**

For communities that may not have sailing opportunities, it is important to point out that other boating options are available for those that enjoy being on the water. For example, Sailing 4 All, a Disabled Sports USA chapter located in Richmond, Virginia, offers pontoon boating to individuals with physical disabilities. Ted Abbott, president of Sailing 4 All, says they take regular cruises on a weekly basis up the James River. Boating this way provides different benefits than sailing might, including the ability to accommodate more people as well as power wheelchairs.

**Connect with a Chapter**

Approximately 30 Disabled Sports USA chapters offer some sort of sailing or boating program. To find the one nearest you, visit https://www.disabledsportusa.org/location-map/. If you’re not located near a DSUSA chapter, Porteous recommends you reach out to a local yacht club or sailing center. A number of them offer introductory Learn to Sail programs. “The sailing community is pretty open,” he said.

When you are on the water, remember that you have to deal with whatever is given to you, the wind, the waves, etc. “Which is kind of like life,” Ewing said.

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**All Aboard**

Once on board, another safety briefing typically takes place before you leave the shore to review other important instructions to ensure a safe and pleasant experience on the water. Boats are equipped with all the necessary safety gear, including a radio, first aid kit, life preservers, and more. CRAB provides one skipper and sometimes a crew member for each boat. Skippers must have a good sailing resume, with extensive training and experience. Crew members don’t have to have any experience – only a willingness and ability to assist with some of the sailing functions. This is where all participants can have an interactive and engaging experience as they may be able to help with the lines or even steer the boat.

A number of assistive technologies exist to help individuals who may have a severe disability or are quadriplegic, according to Ewing. For example, a chin stick is available for those who may not have use of their arms. In addition, a sip and puff steering system can be used to steer the boat by sending signals through the use of air pressure by “sipping” (inhaling) or “puffing” (exhaling) on a tube or straw.

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**Photo Credits:**
- Footloose Sailing Association
- Chesapeake Region Accessible Boating (CRAB)
- Chesapeake Region Accessible Boating (CRAB)
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E-TEAM MEMBER JULIA GAFFNEY SETS HER SIGHTS ON 2020

Julia Gaffney wanted to play softball originally but thought that, given her circumstances, it would have been too difficult. She had taken swimming lessons when she was younger and saw that as a possible way to become active in sports. “I always loved the water and was pretty natural at swimming,” she said.

The 18-year-old from Arkansas underwent a double amputation at an early age. Her right leg was amputated above the knee as a result of proximal femoral focal deficiency, a birth defect that affects the hip bone and proximal femur. Her left leg was amputated below the knee as a result of having fibular hemimelia, the congenital absence of the fibula. Over the years, she has undergone a number of surgeries.

“IN THE WATER, I DON’T FEEL MY DISABILITY.”

Swimming has been a great sport for her. “I am able to take my legs off and be free,” Gaffney said. “In the water, I don’t feel my disability.” Her first experience with swimming took place in 2014, when she joined two summer leagues at a local park. A year later, she began competition. Her swim team is comprised of able bodied swimmers and it was her mom that found out about Paralympic swimming. Her first Paralympic trial took place at the Endeavor Games, hosted by the University of Central Oklahoma’s Center of Adaptive Sports, a chapter of Disabled Sports USA. She got classified there and ended up participating in five events.

“It was my first time I was around other people with disabilities and it was really cool to swim against them,” she said.

Gaffney would go on to compete in California, where she met four-time Paralympic swimmer Jessica Long, one of the winningest Paralympians in U.S. history. “She inspires me a lot. It was super cool to stand on the podium with her in Mexico City (at the 2017 World Para Swimming Championships, where Julia also medaled). She has given me various tips to improve my swimming.”

It was also there that long-time Paralympic swim coach Queenie Nichols encouraged Julia to keep swimming.

Gaffney became a member of Disabled Sports USA’s E-Team in 2016, which is designed to support and empower emerging young athletes (ages 13-24) with disabilities who are training competitively in sports that are featured in the Summer and Winter Paralympic Games.

Her best events are the 50m freestyle, 100m freestyle, and 100m breaststroke. “The freestyle stresses me out,” she said.

In a relatively short period of time, Gaffney has medaled at the World Championship level over a half dozen times. She earned a gold medal at the 2017 World Para Swimming World Series. Recently, she also received her national A time (the highest standard) in Cincinnati in the 200 IM (individual medley), which sets her up for Pan-Pacific Para Swimming Championships in Australia, the biggest meet this year.

The high school senior, who is home schooled, may graduate early (in January 2019) and then hopes to head to Colorado Springs for training. Gaffney wants to compete at the 2020 Paralympics in Tokyo. “My goal is to make the team and do the best I can, with a chance to medal,” she said.

Training takes place five days a week, sometimes twice daily. Dryland workouts last about 30 minutes and may feature running, planks, pushups, or abs. In the pool, she will typically swim 6,000 to 9,000 yards on any given day working on different strokes. “Every day is a different,” Gaffney said. “Sometimes we focus on distance and sometimes we work on speed.” Prior to a competition, she focuses on staying calm before the race and getting into her zone.

She recently got reclassified, so her times are different. From a competitive standpoint, she is making the adjustment, but she is up for the competition. “My parents told me that I was super active and very athletic as a child. I would always try to beat my brothers (all four of them),” she said.
JOIN US AT THE 31ST ANNUAL THE HARTFORD SKI SPECTACULAR

SAVE THE DATE

DECEMBER 3-9, 2018

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, Ice Skating, and Wheelchair Curling

REGISTRATION OPENS IN SEPTEMBER

WWW.SKISPEC.ORG
ALABAMA
Lakeshore Foundation
Birmingham, AL 35209
lakeshore.org
205-313-7400

ALASKA
Challenge Alaska
Anchorage, AK 99501
challengealaska.org
907-344-7399

Southeast Alaska
Independent Living
Juneau, AK 99801
salinc.org
907-586-4920

ARIZONA
Arizona Disabled Sports
Mesa, AZ 85210
arizonadasdlsports.com
480-835-6273

Southern Arizona
Adaptive Sports
Tucson, AZ 85733
soazadaptivesports.org
480-835-6273

CALIFORNIA
Achieve Tahoe
Truckee, CA 96162
achievetaque.org
530-581-4161

Adaptive Sports and
Recreation Association
San Diego, CA 92105
adaptivesportsandrec.org
619-336-1806

Amazing Surf Adventures
San Luis Obispo, CA 93406
amazingsurfadventures.org
805-544-7873

Bay Area Outreach and
Recreation Program (BORP)
Berkeley, CA 94703
borp.org
510-849-4663

Central California
Adaptive Sports Center
Shaver Lake, CA 93664
centralcaladapt.org
559-593-2504

Disabled Sports USA
Eastern Sierra
Mammoth Lakes, CA 93546
disabledsports easternsierra.org
760-934-0791

Disabled Sports USA
Los Angeles - The Unrecables
Los Angeles, CA 90024
unrecables.com

Disabled Sports USA
Orange County - The Achievers
Fullerton, CA 92838
theachievers.org
949-480-6989

Discovery Blind Sports
Kirkwood, CA 95646
discoveryblindsports.org
209-258-2233

Shasta Disabled Sports USA
Mount Shasta, CA 96067
shastadasusa.org
530-925-1531

U.S. Adaptive Recreation Center
Big Bear Lake, CA 92315
usarc.org
909-584-0289

United States Driving for the Disabled
Arroyo Grande, CA 93420
usdfl.org

Wheels to Water
Cambria, CA 93428
wheelstowater.com
805-544-3843

COLORADO
Adaptive Action Sports
100016

Adaptive Sports Center
Crested Butte, CO 81224
adasc.org

Adaptive Adventures
Lakewood, CO 80215
adaptiveadventures.org
303-679-2770

Adaptive Sports Association
Durango, CO 81301
asdadurango.com
970-259-0374

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
aspen camp.org
970-351-0513

Breckenridge Outdoor Education Center
Breckenridge, CO 80424
boec.org
970-453-6422

Challenge Aspen
Snowmass Village, CO 81610
challengeaspen.org
970-923-0578

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

Foresight Ski Guides, Inc.
Vail, CO 81657
foresightskiguides.org
303-506-3859

Golf 4 The Disabled
Englewood, CO 80110
golf4thedisabled.org
203-221-1184

Ignite Adaptive Sports
Boulder, CO 80308
igniteadaptablesports.com
303-506-8007

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

Steamboat Adaptive Recreational Sports
Steamboat Springs, CO 80487
steamboatstars.com
970-870-1950

Telluride Adaptive Sports
Telluride, CO 81435
tellurideadaptiveports.org
970-728-5010

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

CONNECTICUT
Chapter 126 Sports & Fitness, an Oak Hill Center
Bristol, CT 06010
chapter126.com
860-769-7047

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

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

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

Georgia
Athens Inclusive Recreation and Sports, Inc. (AIRS)
Athens, GA 30605
airs-ga.org
703-353-7463

BlazeSports America
Norcross, GA 30093
blazesports.org
404-270-2000

IDAHO
Adaptive Wilderness
Sports of McCall
(AWesOMe)
McCall, ID 83638
awesomemcall.org
208-315-4275

AquAbility
Boise, ID 83705
aquability.org
208-336-1876

Higher Ground Sun Valley
Ketchum, ID 83340
highergroundsunvalley.org
208-726-9298

Recreation Unlimited, Inc.
Boise, ID 83701
recreation-unlimited.org
208-391-3594

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

Dare2tri
Chicago, IL 60642
dare2tri.org
312-967-9874

Great Lakes Adaptive Sports Association (GLASA)
Lake Forest, IL 60045
Glasa.org
847-283-0908

Shirley Ryan Ability Lab
Chicago, IL 60611
shirleyryanabilitylab.org
312-238-5001

INDIANA
Special Outdoor Leisure Opportunities
South Bend, IN 46660
skisolomichiana.org
269-244-8916

Turnstone Center for Disabled Children and Adults, Inc.
Fort Wayne, IN 46805
turnstone.org
260-483-2100

IOWA
Adaptive Sports Iowa
Ames, IA 50010
adaptivesportsiowa.org
888-777-8881 x115

KANSAS
Wheels of Sports, Inc.
Wichita, KS 67203
wheelsports.com

MAINE
Central Maine Adaptive Sports
Auburn, ME 04210
cmasports.org
207-784-1561

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

MARYLAND
Baltimore Adapted Recreation and Sports
Parkton, MD 21120
bar3info.org
410-266-5723

Soldiers Undertaking Disabled Scuba (SUDS)
Bethesda, MD 20810
sudsdivers.org
202-341-9750

Team River Runner, Inc.
Rockville, MD 20853
teamriverrunner.org
703-532-6670

MASSACHUSETTS
AccessSports America
Acton, MA 01720
accessportsamerica.org
978-264-0985

MICHIGAN
Cannonsburg Challenged Ski Association
Ada, MI 49301
skicsa.org
616-847-3060

Michigan Adaptive Sports
West Bloomfield, MI 48323
michiganadaptive.org

MINNESOTA
Courage Kenny Sports and Recreation
Minneapolis, MN 55408
allinahealth.org/adaptivesports
612-775-2277

North Star Community Rowing
Minneapolis, MN 55401
northstarcommunityrowing.org
info@northstarcommunityrowing.org

U.S. Electric Wheelchair Hockey Association
Minneapolis, MN 55427
powerhockey.com
612-568-7216
CLIMBING AND PADDLING WITH THE NSCD CLEAR CREEK CANYON AND LAKEWOOD, COLORADO

During the National Sports Center for the Disabled (NSCD) outdoor climbing sessions, you will climb high above the valley floor of Colorado’s iconic Clear Creek Canyon. In this outdoor climbing experience, you will learn the basics of outdoor climbing from tying your own figure-eight follow-through knot, belaying/rappelling, climbing technique, equipment selection/maintenance, and much more. You will receive specialized one-on-one instruction of the highest caliber and explore new and beautiful climbing areas in the Front Range. We hope to see you out there on belay, and we can’t wait to CLIMB ON!

**Dates:** Saturdays, September – October  
**Time:** 9 a.m. – noon  
**Cost:** $25 | 2 Adventure Pass Punches  
**Ages:** 5 and older  
Register at bit.ly/FallClimbing2018 or visit nscd.org/participate for more information.

NSCD Indoor Paddling Club

During the indoor paddling club, you will have the chance to learn and test your paddling skills in a fun and safe environment. Learn the basics or refine advanced paddling skills from certified and experienced instructors. This program is a great fit for both the veteran boater looking to stay sharp in the off-season or a novice wanting to learn the basics so they can hit the river when the season comes. Join the NSCD and Team River Runner at Carmody Recreation Center on Monday nights.

**Dates:** Mondays, Year-Round  
**Location:** Carmody Recreation Center, 2200 S Kipling St., Lakewood, CO 80227  
**Time:** 6:30 p.m. – 8:30 p.m.  
**Price:** $15 | Free for veterans with a disability | 1 Adventure Punch Pass  
**Ages:** 5 and older  
Register at bit.ly/IndoorPaddling or visit nscd.org/participate for more information.

WYDAHO BIKE FESTIVAL WITH TETON ADAPTIVE SPORTS ALTA, WYOMING

Join the largest gathering of off-road handcycling at the WYDAHO Rendezvous Teton Bike Festival, Aug. 31-Sept. 3. Bikers from across the country meet up for this all-inclusive festival. Take part in demos, clinics, and group rides available for all ability levels, organized by Teton Adaptive Sports and WYDAHO. Spend your days meeting other riders on the trails, your evenings listening to music, and your nights camping under the stars, all in the beautiful Teton Valley.

For more information regarding gear, scholarships, and required registration, contact Teton Adaptive Sports cherene@tetonadaptivesports.com or 307-203-2223.
TELLURIDE ADAPTIVE SPORTS PRESENTS MOAB MANIA! 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 for this intermediate to advanced rider camp is facilitated by trained TASP staff who will provide on-trail coaching, spotting, and guidance as well as all meals and vehicle transport to trailheads each day. All Moab Mania! trips are developed with individual riders at the forefront of planning, so every trip is custom-tailored to participants’ riding level and goals.

This year’s Moab Mania takes place Sept. 26 to Oct.1 and costs $700. Contact Tim McGough for further information and to make a reservation: 970-728-3865 or programs@tellurideadaptivesports.org.

CHALLENGE ASPEN CUSTOM ADVENTURES
SNOWMASS VILLAGE, COLORADO

Challenge Aspen is dedicated to impacting lives through year-round adaptive experiences for individuals faced with cognitive and/or physical disabilities. Challenge Aspen creates life-changing opportunities by encouraging participants to redefine their limits, recognize their own abilities, and utilize their newfound courage in everyday life.

Challenge Aspen programs offer individuals and groups with cognitive and/or physical disabilities diverse opportunities to experience all that the Roaring Fork Valley has to offer. These recreational, educational, and cultural activities are designed to boost confidence and self-esteem while broadening horizons for all ages.

Challenge Aspen Custom Adventures, a recent addition to our programming, offers customized vacation packages and daily adventures for any disabled individual or family with an ability-challenged member. The possibilities for adventures are unlimited and provide families an opportunity to learn together and develop stronger bonds in a beautiful outdoor setting. Our professional guides, adaptive-trained interns, and volunteers make each adventure unique and fun.

Experience all the Roaring Fork Valley has to offer and make summer 2018 the best one yet by creating your customized vacation package today!

For more information on programs and to register, email Deb@challengeaspen.org or call 970.923.0578.

HIGHER GROUND THERAPEUTIC RECREATION CAMPS FOR MILITARY MEMBERS
VARIOUS LOCATIONS

The Higher Ground (HG) military program offers week-long therapeutic recreation camps to veterans and active-duty service members to include their spouse, supporter or caregiver. HG is proud to serve our nation’s veterans via unique opportunities this coming fall.

Aug. 19-25 Higher Ground Los Angeles will be hosting the Big Bear Lake Sports program. Primary activities at this hidden retreat in the heart of the San Bernardino Mountains will include kayaking, paddle boarding, fishing, and morning stretch for a comprehensive, therapeutic week. Ideal candidates for this program are veterans from the Western region of the United States who are not in relationships.

From Oct. 21-27, Higher Ground New York will host a Lake Sports program outside Buffalo at the Beaver Hollow Retreat Center. This therapeutic recreation program, with an emphasis on health and wellness, will include kayaking, fishing, nutrition, teambuilding activities, and fitness. Ideal candidates for this program are veterans from the East Coast of the United States who are in significant relationships.

At HG, our intent is to enhance quality of life through inclusive therapeutic recreation and education for people of all abilities.

Additional information and program opportunities, including those in Idaho, California, and New York, can be found at www.HigherGroundUSA.org.
EXPERIENCE NATURE WITH COMMON GROUND OUTDOOR ADVENTURES LOGAN, UTAH

Common Ground Outdoor Adventures provides year-around outdoor recreational opportunities for youth and adults with disabilities. We are excited to announce our upcoming fall trips. All trips are adapted to meet the needs of all abilities and accessible airport shuttles are available from Salt Lake International Airport to Logan. Equipment, meals during trips and transportation from Logan are included in the cost. For more information or to sign up for activities, call us at 435.713.0288 or visit www.cgadventures.org. Fall trips include:

For Everyone:

For Veterans:
Aug. 31-Sept. 3: War Fighter San Juan River Trip. Free trip for post-2001 veterans with physical disabilities. Have fun on the San Juan River and explore southern Utah! Spots are limited, so sign up soon!

For People with MS:
Aug. 14: Boating at Bear Lake. Come with us to feel the wind in your hair and enjoy beautiful Bear Lake in the summer.
Sept. 18-Sept. 21: MS Trip to Yellowstone. Go on an adventure to Yellowstone. This trip is $50 for people with MS, but spots are filling up quickly!

Throughout the summer and fall there will be daily activities, and other destination trips. Please visit www.cgadventures.org, call or stop by our Logan office.

FALL AT THE NATIONAL ABILITY CENTER PARK CITY, UTAH

Autumn is a great time to explore Park City, Utah. From adaptive trail riding on horseback, mountain biking, road cycling and climbing to archery, water sports, paddle boarding and more, there are so many ways to enjoy cooler temperatures and fall foliage with the National Ability Center.

Join our winter or year-round team to deliver adaptive recreation programs. Winter season positions will be posted this fall!

Summer Highlights:

Summit Challenge, Aug. 25
This 100-, 50-, 80-, or 16-mile cycling event follows paved roads around the Park City area. The ride is fully-supported and all riders who have a disability register and ride for free.

Women’s Art, Yoga & Rafting Trip, Sept. 3-6, Moab, Utah
Join a group rafting trip for a unique, adaptive whitewater rafting trip down the Ruby Horsethief & Westwater section of the Colorado River in Moab. Transportation provided to and from Salt Lake City.

Paratriathlon Camps, Aug. 7-12 or Sept. 7-9
Training camp for adaptive athletes with physical disability or visual impairment interested in triathlon. Camp includes coaching, lodging, food, and participation in USAT-sanctioned triathlon.

Moab Mountain Bike Getaway, Oct. 11-14
Join us this fall for a camping and adaptive mountain bike adventure on Moab’s famous trails!

For more information, visit www.discovernac.org.

FALL ONTO THE COLORADO RIVER WITH COLORADO DISCOVER ABILITY

If you haven’t run the rapids on the Colorado River or raced alongside it on a cycle, then consider adding it to your bucket list. Colorado Discover Ability serves the western slope of Colorado in Grand Junction and we take advantage of everything the land has to offer.

We invite you to join us in escaping the late summer heat on a kayak, duckie, stand up paddle board, or a river raft. Through a gracious VA Adaptive Sports Grant, we have several rafting opportunities for veterans this summer at no cost to them. In August there are two 1-day float/camping trips in Moab, UT, for veterans. One of our more adventurous river trips includes a 4 day river trip through the Gates of Lodore on the Green River, through the canyons of Dinosaur National Monument for veterans with a post 9/11 disability. The highlight of September will be an overnight all-women rafting trip through the Ruby Horsethief section of the Colorado River. Women of all ages with a disability are invited. Other one day floats are available by reservation.

For the bike lovers we have a weekly adaptive cycling program for all veterans in collaboration with Project Hero. You leave from our building to bike alongside the Colorado River.

Come and explore the western slope this fall on river or trail, bike, raft or kayak. For more information contact our Program Director, Daniel Brown. 970-778-5766 daniel@cdagj.org or visit www.cdagj.org.
TEAM RIVER RUNNER
GRAND CANYON, ARIZONA

In September 2018 Team River Runner (TRR) will be sending 5 visually impaired veterans and their 15 (veteran and volunteer) safety guides on a historic adaptive kayaking adventure – paddling the Grand Canyon! There are two major goals for this trip. The first goal is personal for each veteran training their heart out for this challenge. They are passionate about taking on the effort needed to succeed. The second goal is to showcase the potential for both blind and other individuals with varying disabilities what they too can achieve. This adventure will show that, if you join a TRR chapter and build your paddling skills, you can achieve things you may have thought were impossible!

TRR is creating “Vision Teams” nationwide to train visually impaired and blind veterans and non-veterans as well.

MAINE ADAPTIVE EXPANDS SUMMER ADVENTURE DAYS NEWRY, MAINE

Maine Adaptive Sports & Recreation is expanding our Summer Adventure Days programming – a great way to get out and try one or more sports in a single outing. Get out on the tennis court in the morning then gear up for climbing in the afternoon. Stay for a day of multi-sport action in Bethel, Maine or join us for an overnight at Eagle Lake in Acadia.

The camaraderie and encouragement from your adaptive peers will have you challenging yourself to new heights while learning a variety of new skills. One attendee of the Summer Adventure Days described her experience as: “I felt so empowered and strong. It re-instilled a sense of pride and confidence in my ability of being active and to continue to challenge myself with new experiences!”

Upcoming Dates:
August 10th: Cycle, Tennis and Climb (Bethel, ME)
September 7th – 9th: Cycle, Climb and Paddle (Acadia, ME)
September 12th -13th: Golf, Climb and Mountain Bike (Bethel, ME)
September 17th: Cycle and Climb (Bethel, ME)
September 28th: Tennis and Climb (Bethel, ME)

For more information about our Summer Adventure Days and daily programming - contact info@maineadaptive.org, visit the website at www.maineadapative.org or call (207) 824-2440.

BIKING AND PADDLING WITH VERMONT ADAPTIVE
STOWE, VERMONT

Join Vermont Adaptive for open enrollment biking on the Stowe Bike Path or some paddling on the peaceful waterways in beautiful Vermont. All abilities and ages are welcome and equipment is available (but limited so please make your reservations in advance). This is a wonderful opportunity to bike or paddle in some of the most beautiful areas of Vermont with family and friends.

Biking is held on Wednesdays in August in Stowe and paddling is Fridays in August at various locations.

Visit www.vermontadaptive.org to make your reservations.

Check out our chapters at www.teamriverrunner.org to get involved!
COMING OUT AND GIVE ADAPTIVE SPORTS A TRY WITH MOVE ALONG
OSWEGO, NEW YORK

Move Along, Inc. supports many adaptive and inclusive activities here in Central New York! We are expanding our program reach down to Binghamton and up to Watertown.

Our CNY Sled Hockey Flyers season will be heating up with many home and away games starting in October. Our summer wheelchair basketball program culminates with our five-team tournament, which will run at the Great New York State Fair on Labor Day. Our indoor program continues at McCChesney Park in Syracuse for adults and at Granby Elementary for youth in Fulton for the school year.

On Oct. 7, Move Along will be part of Orange Ability adaptive sports expo in cooperation with Syracuse University. Come on out to give adaptive sports a try in cycling, wheelchair basketball, tennis, sled hockey and others programs.

Aside from regularly-scheduled programs, Move Along holds many pop-up clinics in tennis and cycling throughout the warmer months in partnership with the parks and recreation department. Our popular cycling program now includes tandem cycling for blind and visually impaired riders of any skill level! We invite the community to volunteer and support programs by showing up and cheering on Team Move Along!

INDOOR AND OUTDOOR RECREATIONAL OPPORTUNITIES WITH NEW ENGLAND DISABLED SPORTS

New England Disabled Sports (NEDS) has several opportunities for you to get out and enjoy the beautiful White Mountains of New Hampshire as we wrap up our summer programming for the year. Our knowledgeable staff and volunteers will provide you with the equipment, training, and support to actively participate in a variety of activities.

Veteran Golf – Aug. 14 & Sept. 7: All veterans invited to play a round at the amazing Mt. Washington Resort. Never a charge for veterans!

Indoor Climbing – Aug. 6 & Sept. 10: Join us at EVO in Concord, New Hampshire, for indoor rock climbing at all ability levels.


Day Camp – Aug. 11: Join in on a variety of summer adventure activities at Loon Mountain.

NEDS Golf Tournament – Sept. 14: Round up a foursome and join us for our annual golf tournament and fundraiser at Owls Nest Resort and Golf Club in Campton, New Hampshire.

Highland Games & Festival – Sept. 21-23: Be a part of our Adapted Heavy Athletics team or just enjoy all the festival has to offer.

Ability Expo Boston – Sept. 21-23: Come see us at the Boston Convention Center and check out all the amazing products and services offered to the disabled community.

To play, volunteer, schedule an event, or learn more, visit www.movealonginc.org or contact Jeff Wright at 315.263.1705.

Check out our website at www.nedisabledsports.org for a full listing of events and regular programming or email info@nedisabledsports.org for additional information. As always, veterans participate in all of our activities at no charge.
CHALLENGE YOURSELF WITH BLAZESPORTS AMERICA’S 2018 FALL PROGRAMS ATLANTA, GEORGIA

Registration for BlazeSports America’s fall programs is open!

Youth: BlazeSports America’s youth programs offer a variety of sport and recreation options for youth to choose from including: BlazeSports Jr. Hawks Wheelchair Basketball – one of the nation’s most successful youth wheelchair basketball programs (ages 7 – high school). Teams practice weekly from August – April and compete in regional tournaments and the National Wheelchair Basketball Association Championships.

BlazeSports Swimming – for swimmers ages 6-22 of every skill level from the beginner to advanced swimmers training to compete. Head Coach Frank Lamback’s 30+ years of adaptive swim coaching includes seven Paralympic swimmers.

BlazeSports Track and Field – for youth athletes 6-22 who are ambulatory or use a wheelchair, the track and field program offers athletes the opportunity to participate in a range of events based on their specific abilities and interests. Athletes of all levels and abilities are welcome.

Veterans: BlazeSports provides a variety of adaptive sport and recreation programs for veterans with physical challenges. We are dedicated to providing veterans with training, support and the opportunity to reintegrate back into the community while improving their health through a variety of adaptive sport and recreation programs, including favorites like: archery, cycling, bowling, six-week golf clinics and track and field. All BlazeSports programs are FREE for veteran participants and new programs are added frequently during the year. Check www.blazesports.org for program updates.

For more information about BlazeSports America’s programs, check our website at www.blazesports.org or email info@blazesports.org.

ADAPTIVE ANGLERS ON THE FLY WITH THERAPEUTIC ADVENTURES MASSANUTTEN, VIRGINIA

Therapeutic Adventures (TA), a chapter of DSUSA and Thomas Jefferson Trout Unlimited (TJTU), continue their partnership to offer the 15th Annual ADAPTIVE ANGLERS ON THE FLY - Fly Fishing Camp for Disabled. This coed, multi-generational camp scheduled for Nov. 16-18, provides adaptive fly-fishing instruction for persons of all ages with physical and developmental disabilities. The Bug Slinger™ Warriors who participate in this camp learn to hone their fly-fishing and fly-tying (aquatic entomology) skills. A favorite of those who attend (youth, adults, veterans, and seniors), the participants stay at the rustic Montfair Resort near Crozet, Virginia, and fish on the special regulations – “Catch & Release” section of the Moormans River Trout Management Area, which is at the base of the Shenandoah National Park.

For more information contact: Mark Andrews at adaptive.guide@gmail.com or visit www.TAonline.org.
BRIDGE II SPORTS GEARS UP FOR FALL BASKETBALL
DURHAM, NORTH CAROLINA

The Triangle Area of North Carolina is the heart and soul of basketball in the U.S. This fall, Bridge II Sports (BIIS) will be continuing wheelchair basketball with our newly named youth team, Bridge II Sports PRIDE. PRIDE is holding one’s self or another in high esteem and like lions, we are establishing our own PRIDE. We are recruiting for both prep and varsity teams. We have renamed our team using PRIDE as an acronym for: Perseverance, Resilience, Integrity, Determination and Empowerment. This was developed by BIIS staff and wheelchair basketball player Akeem Hassell.

During November, we will be hosting, for two days, the Carolina Winter Classic featuring prep and varsity wheelchair basketball teams throughout the Southeast.

Bridge II Sports will be recruiting to start a DIII Team, the Triangle PRIDE. BIIS also offers the following sports on a regular basis: air rifle, archery, boccia, cycling, fishing, goal ball, golf, kayaking, power hockey, and sitting volleyball.

For further information about any of the BIIS programs, contact Wes Hall, wesh@bridge2sports.org.

RECREATION ASSISTIVE TECH AND TOYS Demo
ST. GEORGE ISLAND STATE PARK, FLORIDA

Live a Day; Live YOUR life! That’s the message to take with you to the outdoor wellness event put on by the Florida Alliance for Assistive Services and Technology (FAAST) and Florida Disabled Outdoor Association (FDOA) thanks to the Reeve Foundation. This event will be held at St. George Island State Park in Florida on Sept. 22. From 10 a.m. to 4 p.m., the beach will be full of recreational equipment to make your recreation experience better than you could have thought! There will be health and wellness specialists there to provide a day of adaptive sports with equipment to allow you easier access to the physical activity and the outdoors.

Some of the equipment available will include all-terrain track chairs that allow you to go over the beach sand and other terrain easily, as well as leverage exercise chairs that offer a nice workout while you roll. There will also be adaptive kayaks and paddleboards to allow all of our participants to enjoy each element of the beach! There’s something for everyone to enjoy.

Participation in recreation allows you to lead a more active lifestyle, which improves health and wellness both mentally and physically. Florida Disabled Outdoors Association and FAAST provide inclusive opportunities for people with disabilities and their families to enjoy events together and increase everyone’s well-being and quality of life.

For more information and to register, contact Eric Reed at ereed@faastinc.org or 850.487.3278.
Operation Comfort is a proud chapter of Disabled Sports USA located in San Antonio, Texas. We provide a variety of programs including adapted sports to wounded, ill and injured service members and their families.

One of our programs is adapted cycling and our cycling team name is Team America. We have a fleet of upright bikes, recumbents, handcycles, and tandem bikes that we fit to each participant’s individual needs. We ride on Mondays, Wednesdays and the weekends. Our rides consist of beginner, intermediate and advanced groups to accommodate all skill levels. We had a busy spring/summer season with the LBJ 100, San Antonio Military Adaptive Cycling Camp, Fiesta Wildflower Ride and Battle of Flowers Parade. We are now gearing up for our Outdoor Cycling Retreat and the MS Ride to the River in the fall. If you are interested, contact Jenn at jennifer@operationcomfort.org.

We also have the Rampage Sled Hockey Team that competes in the Midwest Sled Hockey League kicking off the season with our camp on August 14-16 at the Ice and Golf Center at Northwoods, 17530 Henderson Pass, San Antonio, Texas. All equipment is provided. All ages and abilities are welcome. Contact Elizabeth at elizabeth@operationcomfort.org for more information and to register. We are beyond proud of our three athletes, Jen Lee, Luke McDermott, and Rico Roman, for winning gold at the 2018 Winter Paralympics in PyeongChang, South Korea. Our annual Rampage Sled Hockey Tournament will be Nov. 9-11 this year so please come check us out!

For more information on programs at Operation Comfort, visit www.operationcomfort.org.

SIGN UP FOR A NEW QUARTERLY DIGEST FROM THE NATIONAL CENTER ON HEALTH, PHYSICAL ACTIVITY AND DISABILITY

The National Center on Health, Physical Activity and Disability (NCHPAD), housed at Lakeshore Foundation in Birmingham Alabama, has recently begun publishing a quarterly digest around Fitness Recreation and Sport. The digest includes information on current research, health trends, upcoming events, athlete workout routines and much more, including guest posts like our latest one on “How to Host a Wheelchair Rugby Tournament.” The digest is released on a quarterly basis with the next one set to go out in October. The digest would be appropriate for all those who work in the field or for those who participate in adaptive fitness recreation and/or sport.

To sign up for the digest please fill out the survey found at https://www.nchpad.org/1639/6699/Subscribe-to-NCHPAD-s-Quarterly-Digests

We at NCHPAD are always interested in how we can serve you better. If there is a topic you would like to see discussed, email Kellyb@lakeshore.org.
JOIN ACHIEVE TAHOE FOR SUMMER FUN
ALPINE MEADOWS, CALIFORNIA

Achieve Tahoe will continue our summer program offerings through the month of August with a variety of exciting opportunities to wrap up the summer season! Are you interested in getting a taste of the rugged great outdoors? Join us on our Rubicon 4WD trip, where we spend two nights and three days in the Tahoe backcountry on Aug. 10, 11, and 12.

People of all abilities can learn how to water ski with us on a private water ski lake in Sacramento, also on Aug. 10, 11, 12. Join us for one last hoorah at our Sierra Summer Sports program on beautiful Donner Lake, a serene high alpine lake, featuring Standup Paddleboarding, kayaking, tubing, and outrigger canoeing Aug. 17, 18, 19.

Come support us on Saturday, Sept. 1, for the Foam Fest and enjoy live music and craft beer tasting at magnificent Squaw Valley.

Visit us at www.achievetahoe.org, or call us 530.581.4161 for additional information.

FUN FALL EVENTS AT ADAPTIVE SPORTS PROGRAM NEW MEXICO
ALBUQUERQUE, ABIQUIU LAKE, AND LOS ALAMOS, NEW MEXICO

Adaptive Sports Program New Mexico (ASPNM) has a calendar full of fun summer and fall events! One of our most popular and unique events is our Rio Grande kayaking trip during the amazing Albuquerque International Balloon Fiesta. During this event, ASPNM attendees kayak the tranquil waters of the Rio Grande River as hundreds of balloons take to the skies above Albuquerque. Join us for this one-of-a-kind event and see the Balloon Fiesta like never before! Choose from either Saturday, Oct. 6, or Sunday, Oct. 7. Space is limited; be sure to register early!

In September, ASPNM will host the Noel Camborde Memorial Adaptive Water Sports Camp at Abiquiu Lake, New Mexico. Bring your family and enjoy two nights of camping and fun water sports activities including sailing, water skiing, tubing, fishing, kayaking and paddleboarding. Be sure to mark your calendars for Sept. 7-9!

Finally, for the aspiring or experienced rock climbers out there, join ASPNM for a day of climbing at Cattle Call Wall in the scenic Jemez Mountains, near Los Alamos, New Mexico. All levels welcome. Archery and fly-fishing will also be available. One day only – Sept. 22.

Check out the full calendar of ASPNM events at www.AdaptiveSportsProgram.org. Come on out; we would love to see you! For more information please contact Jason Cline – Director of Operations at 505.570.5710 or jcline@adaptivesportsprogram.org.
SUMMER, FALL PROGRAMS ABOUND AT DISABLED SPORTS EASTERN SIERRA MAMMOTH LAKES, CALIFORNIA

Disabled Sports Eastern Sierra (DSES)/Paralympic Sport Mammoth Lakes is gearing up for another incredible summer and fall. We offer daily lessons open to all athletes (any age and any disability) in rock climbing, road cycling, mountain biking, paddling, and more. Reservations are required. Please visit www.disabledsportseasternsierra.org or call 760.934.0791 for more information.

In addition to daily lessons, we host a series of Paralympic Sports Opportunities throughout the season. Our Pedal-Paddle Camp, Aug. 17-19, offers cycling, paddling, camping, fishing, and cooking out in a family-friendly environment.

DSES is also proud to support athletes with disabilities in a couple of incredible community events this fall. Mammoth Gran Fondo, Sept. 8, has been rated by Bicycle Magazine as a “top ten century.” This event draws over a thousand riders and DSES invites athletes with physical and/or visual disabilities to join us in the 42-, 70-, or 102-mile option in this stellar event.

If you can’t stop thinking about skiing, Mammoth Mountain anticipates Nov. 9 for their opening day of the 2018/19 ski season.

Space is limited in camps and events so apply early! For more information or to apply for any of these camps, contact Maggie Palchak, mpalchak@disabledsportseasternsierra.org, or call 760.934.0791.

Our world is evolving, and so is the National Ability Center.

We have the same heart, adaptive programming and inclusion you’ve come to know, but our purpose has grown. Join us this summer as we adventure to unlock potential on the river, over mountains and beyond.

JOIN THE

#AdaptiveNation

Ask about winter and year-round employment including outdoor guide and leadership positions!

(435) 649.3991 | www.discovernac.org
**PEDAL PEAK TO PEAK WITH USARC!** BIG BEAR LAKE, CALIFORNIA

The United States Adaptive Recreation Center (USARC) returns with the 24th iteration of its annual autumn adventure known as the Peak to Peak Pedal. P2P24 is a journey unlike any other, traveling between two mountain ranges, across high deserts and verdant valleys, all in support of USARC’s superlative winter and summer adaptive recreation programs.

And much like those life-changing programs, the Peak to Peak Pedal is both challenging and rewarding, providing riders not just with a profound sense of satisfaction and achievement, but also with new friends and long-lasting memories.

P2P24 remains an epic mix of scenery and support, moving from town to town along rural roads and well maintained highways with wide bike lanes, all with the tremendous devotion of an experienced crew of staff and volunteers ready to assist at any time. Thanks to that crew, the Peak to Peak Pedal is completed every year by countless “everyday riders” using anything from road bikes to tandems to handcycles!

Participation in the Peak to Peak Pedal includes: transport of your camping gear to each town (or arrange your own lodging), three delicious meals each day plus snacks, and basic mechanical support on the road, as well as a custom, event cycling jersey and other goodies.

More information, including links to the registration/fundraising site, past ride videos, and a list of FAQs is available at http://usarc.org/peak-to-peak-pedal or by calling 909-584-0269.

**OUTDOORS FOR ALL OFFERS A NEW DAY CAMP FOR ADULTS WITH DISABILITIES** SEATTLE, WASHINGTON

Seattle-based Outdoors for All Foundation recognizes the need for more activities geared toward adults with disabilities over the age of 18 years. The organization ran a pilot program in 2017 and because of the program’s success, Adult Adventure Days was created and opened for the 2018 summer season.

These new weekly adventure programs for adults 18+ with physical and cognitive disabilities offer flexible registration for program days through September. Flexible registration allows for individuals with busy schedules, work or other commitments to join the program days that work best for them.

Adult Adventure Days are held at Lake Sammamish State Park and Magnuson Park in Seattle. Participants have the opportunity to grow life skills like team building and communication, plus enjoy fun camp activities such as cycling, swimming, rock climbing excursions and more!

For more information about these and other Outdoors for All programs, visit outdoorsforall.org or call 206.838.6030 x200.

**GLASA HOSTS GATEWAY TO GOLD EVENT**

Supported by Disabled Sports USA, the Great Lakes Adaptive Sports Association will be hosting the US Paralympics Gateway to Gold Experience and Gateway to Gold Performance events in track and field on Saturday, September 22 and Sunday, September 23 in the greater Chicagoland area.

Please contact Cindy Housner at 847-283-0908 or chousner@glasa.org for further information.
**ALLPRO IS A DO-IT-ALL 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 NAMED EXCLUSIVE U.S. DISTRIBUTOR OF TASKA® PROSTHETIC HAND**

Taska, the world’s first heavy-duty, water resistant, multi-articulating prosthetic hand is available now from Motion Control, Inc., a leader in myoelectric upper extremity prosthetics. Taska features 23 grip patterns with flexible compliant fingers, breakaway and user resettable knuckles, high speed thumb rotation, grip cycle buttons and an integrated flexion wrist. Motion Control provides sales and service for Taska hands in the U.S. Visit www.UtahArm.com or email motioninfo@fillauer.com.

**NEW, ANTIBACTERIAL AND SCENTED LINERS FROM OTTOBOCK**

Ottobock now offers multiple liners that minimize odor. These new products are designed to make your social interactions more enjoyable and less stressful. Ask your prosthetist about the two New Skinguard™ liners with antibacterial additives that kill bacteria causing odors, and the New Fresh™ liners which masks odors with a pleasant scent. Visit www.ottobockus.com for details.

**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.

**STRIKE FORCE WHEELCHAIR**

Power Soccer Shop is the premier supplier of power soccer equipment including soccer balls, guards, and the Strike Force Wheelchair. Whether you are just starting out or at the expert level, Power Soccer Shop has what you need. Visit www.powersoccershop.com; email customerservice@powersoccershop.com; or call 763-856-2044.

**VITAGLIDE EXERCISE MACHINE**

VitaGlide is the optimal exercise machine to help you build a strong upper body. With a natural, fluid motion and designed to mitigate stress on the shoulders, the VitaGlide is one of the best seated cardio workouts in the market. Two motions, cross-country skiing and rowing, allow you to vary your workout. Create your optimal workout by selecting time or stopwatch, set resistance (0-60#), and track your distance. Our new feature for goal setting, Glide Factor, encourages you to set baseline or stretch goals. Find out more at www.vitaglide.com.
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