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Cover photo of Elite Team Member Danielle Kanas.

Cover photo by Reed Hoffmann.
Avid readers of Challenge magazine may notice something new at the bottom of this page. That is because Challenge Magazine has been named a 2019 Grand Award Winner in the Magazine, Journals, and Tabloids Category for the APEX Awards (Awards for Publication Excellence). There were over 1200 entries in 12 different categories, 261 entries in that category alone. In its 31st year, the APEX awards are based on excellence in graphic design, editorial content, and the success of the product in achieving overall communications effectiveness and excellence.

We have always taken pride in the content and quality of Challenge magazine, so it is nice to be recognized by an external panel of judges who have significant expertise and experience in the communications and publications industry. Having a national award-winning magazine is not enough for us though. We want to make sure the magazine is meeting your expectations. Therefore, we hope you let us know what you like about the magazine, what you don’t like, and what you would like to see in it. So don’t hesitate to reach out.

Let’s turn our attention to this issue. As you know, the countdown clock to the 2020 Paralympics in Tokyo has begun, as we are less than one year away from the next summer games. This month’s issue of Challenge magazine features two adaptive sports that will be part of that event.

First up is paracanoeing, which focuses on the paddle sports of kayaking and va’a. Paddling is one of the recreational activities most offered by chapters in the DSUSA network. If you have never gone out on the water, it is something you truly must try. You can check out the article on pages 6-8.

Boccia, a sport that is often thought of as a beach activity, is also becoming a popular sport for individuals with various disabilities because it has a wide margin of accessibility and an easy entry point. Check out more information about it on pages 14-15.

As always, we also like to share stories of athletes that are part of our network with the hope that you can connect with them and learn from their experience and participation in sports. For example, there is 14 year old Danielle Kanas, a member of DSUSA’s Elite Team who is aspiring to become a Paralympic athlete. You can see her story on page 16.

In addition, there is the story of Sergeant First Class Brant Ireland (U.S. Army, Retired), who first participated in Warfighter Sports through Operation Comfort, one of DSUSA’s chapters in Texas and is working on starting up a sled hockey team in his home community. Read about his journey on pages 10-11.

And finally, don’t forget to check out the array of adaptive sports offerings available to you from all over the country through our chapter network. Those program listings and events start on page 20.

At DSUSA, we are proud of all the programs, events, and products we offer, which of course includes Challenge magazine.

Regards,

Glenn Merry
Executive Director, Disabled Sports USA
gmerry@dsusa.org
BEING OUT ON THE WATER

REAPING THE REWARDS OF PARACANOEING

WARNING: THE PADDLE SPORTS OF CANOEING AND KAYAKING OFFER A REWARDING EXPERIENCE FOR EVERYONE AND MAY BE ADDICTIVE.

THE TRANQUILITY OF GLIDING OVER THE WATER, LISTENING TO ALL THE SOUNDS AND ENJOYING THE AROMA OF NATURE OFTEN LEADS TO IMPROVED INNER PEACE AND HARMONY. OTHER SIDE EFFECTS MAY INCLUDE AN ADRENALINE RUSH AFTER NAVIGATING THROUGH A SERIES OF WHITWATER RAPIDS.

LIMIT PADDLING ACTIVITIES TO AS OFTEN AS POSSIBLE!
Paracanoeing, at least from a competitive standpoint, includes two disciplines, para kayaking and Para Va’a (pronounced Va-Ah), according to Jan Whitaker, president of Cape Ability Outrigger Ohana, a chapter of Disabled Sports USA based in New York. Whitaker has served as the Adaptive Paddling Chair for the United States Canoe Association (USCA) since 2001.

Kayaks come in various styles and forms, according to Joe Mornini, executive director of Team River Runner, another chapter of Disabled Sports USA with programs across the country. For example, whitewater boats are small, very adaptable, and can be used in a variety of water conditions from pools to serious rapids. Recreational boats are best for the casual kayaker and for easy calm days. They are less reliable in open water or with heavy currents. Sit-on tops are a bit wider and more stable, making them a great choice for beginners. Sea kayaks are designed for open water paddling, sit lower in the water to reduce cross winds and have smaller cockpit openings.

Whereas a paracanoe kayak is a ruddered boat, the outrigger canoes, called Va’as, are rudderless. They also have a second “pontoon” that can be placed on either side called an ama, which acts as a stabilizing float and makes the boat more stable and comfortable. The ama is part of the boat and not considered an adaptation.

BEFORE GETTING INTO THE WATER

Paddling has enormous benefits. Those in flatwater environments can find the activity to be very calming and peaceful, as well as centering and restorative. Adrenaline junkies might enjoy the fast paced and unpredictable nature of whitewater boating. Paddling is also a good form of physical activity or training. It not only provides a great upper body workout, but it also increases cardiovascular endurance. Paddling also tends to be easier on the body, meaning it doesn’t have as much impact that is associated with other endurance sports.

Canoeing and kayaking are both very social activities according to Whitaker. “They are inclusive and very family-oriented.” In addition, both are open to differing backgrounds and abilities.

Before you get into the water, there are some things you should determine beforehand. First, what is your comfort level with the water? This may determine the type of boat you use or the environment that best suits you (more on that later). In addition, Mornini recommends you figure out your goal. “Do you want to just sample paddling, take part in it, or make it part of a lifestyle of recreation and adventure.”

Another important thing that will take place ahead of time is an assessment. In addition to the items above, it will be important to know the particulars of your individual situation in advance, so the program can make sure they have the right equipment and gear or can get it before your experience.
GEARING UP

First things first; you need to wear proper clothing. Chances are, you will get wet at some point, so quick dry clothing is recommended. “Wear synthetic, because cotton kills,” Mornini said. Depending on the season, dress appropriately for the water temperature. Apply sunscreen to any exposed skin and have plenty of hydration. You can purchase an optional “dry bag” to ensure items like your phone and keys stay waterproof while you are in the boat as well.

In addition, a properly fitted lifejacket is a must. “PFDs (Personal Floatation Devices) run the gamut,” Mornini said. There are a variety of sizes and intended uses. The most important thing is the PFD must be snug. “You should be able to pull on the top and it doesn’t come over your head.”

Of course, with any paddling sport you will need a paddle (not to be confused with the sport of rowing, which uses an oar). A kayak is propelled by a double-bladed paddle, while a canoe uses a single blade. Your needs may dictate the type of paddle you use, including its width and height. “A paddle is personal,” Whitaker said. “Once you are serious about this, you can buy your own.”

Helms are required if you plan to be on whitewater, and encouraged other times as well. Other safety equipment, such as a throw rope or a whistle, are also fairly standard equipment to be kept on hand.

GETTING YOUR FEET WET

First-timers should start in flatwater, an easy calm environment with little to no current. “I like to start folks out in a pool,” Mornini said. Eventually you can work your way up to whitewater. Regardless of whether you are in a pool, flatwater or whitewater environment, or beach, know the venue. If you have mobility challenges, make sure there is good entry or access to the water.

You will also want to make sure you are comfortable in the boat. Having a proper fit, particularly with the seat, is important. You should also maintain multiple points of contact with the vessel when possible. You should always be secure enough to maintain control but also be able to exit quickly if necessary. “The boat can’t be tippy,” Mornini said. And finally, your instructor will go over how to hold the paddle, proper stroke methods, and other topics you need to know to have a successful and fun experience.

ADAPTATIONS

A number of adaptations are available to allow individuals with various physical disabilities to enjoy the benefits of being out on the water.

For lower limb amputees, special prosthetic sockets exist to assist you in staying within the boat. For upper limb amputees, a hammerhead device can be used to hold one of the paddles. Individuals with a spinal cord injury or those with balance issues may require a special seat to ensure you remain upright in the boat. Whitaker suggests that various rigging options can also help with buoyancy on the weighted side of the boat.

Individuals who are blind or have low vision can use a guide that can transmit directions, warnings, and other pre-determined information to the paddler. A minimum of one guide for one visually impaired athlete on the water is recommended. For beginners, it helps to have a guide in front, beside, and behind their boat.

Tandem boating can also be an option for athletes with visual impairments or certain other disabilities, still providing an opportunity to experience the benefits of the sport.

Transferring to a boat, for those that need it, is based on the individual and is specific to his or her needs and preferences. Be sure to have that conversation early on to make sure what works best for you.

PARALYMPIC OPPORTUNITIES EXIST

Now that you have conquered the water, the only decision left to make is whether you want to pursue it for recreation, fitness, or competitive sport.

Para kayak was introduced as a new Paralympic sport at the 2016 games in Rio and Para Va’a will make its debut in 2020 in Tokyo. Twenty-four athletes will make up Team USA, six men and six women in each of the two sports. “It is a wonderful time for people to enter the sport,” Whitaker said. “Talent identification is definitely needed.”

The American Canoe Association serves as the National Governing Body for the paddling sports and can provide more information on training, competitions, and other resources for those interested in giving it a try.

FIND AN OPPORTUNITY NEAR YOU

Mornini suggests you find a good organization with the equipment and skills that will get you safely on the water. For example, any TRR site or DSUSA chapter would be a good start. Over 70 Disabled Sports USA chapters over some sort of paddling experience. You can search for the location nearest you at https://www.disabledsportsusa.org/chapters/location-map/. If one is not near you, the ACA has paddling clubs across the country. A listing of those can be found at https://www.americancanoe.org/page/PaddlingClubs. Paddle On!
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In October 2018, Retired Army Sergeant First Class Brant Ireland joined 550 wounded, ill, and injured service men and women from 18 allied nations in Sydney, Australia, for the Invictus Games. It was his second time competing in various sporting activities at this annual event, founded by Prince Harry. He also had the opportunity to represent the United States in 2017 in Toronto. But the journey to that point wasn’t easy.

Growing up, Ireland was a huge sports fanatic. “I played anything and everything. I loved to compete,” he said. “There isn’t much more, except for my family, that is such a big part of my life.” In high school, he played football, baseball, and basketball, serving as captain of both the basketball and baseball teams. Ireland continued his baseball pursuits at the collegiate level, moving around in an effort to chase the dream. “It was an individual pursuit. Sometimes there is a fine line between showcasing your talents and the team effort.” He ended up at NIA powerhouse Indiana Tech, playing the position of centerfield. “I wanted a degree in baseball,” he said (ultimately earning one in business administration instead). “I had to go to class just to stay on the field.”

He was getting looked at for the draft, but a couple things would happen during his college years that would make a significant impact on his career and future decisions. During his senior year, he tore his hamstring. And the year prior (his junior year), September 11th happened. As a result, “Another calling was in the back of my head.” So in July 2003, Ireland enlisted in the U.S. Army and joined as a Special Forces recruit. “A friend of mine and I decided to join up together after graduating.” He would go off to Infantry School, then Jump School (at Fort Benning), then Fort Bragg. In August 2006, he became a part of the 3rd Special Forces Group becoming a Special Forces Medic. In 2010, he would also support Special Forces Intel. Although, “Once a medic, always a medic,” he said.

In total, Ireland would deploy on seven combat tours, all to Afghanistan, which he calls “My home away from home.” On June 19, 2013, Ireland was on a night combat ops mission with Afghan commandos in the mountains of eastern Afghanistan near Jalalabad. Up to that point, he had come away unscathed from other fire fights and been able to avoid IEDs (Improvised Explosive Devices). Shortly after getting off the Chinook helicopter, he fell into a drop off in the terrain, breaking his left leg. “I knew it was pretty bad, even though I was lucky enough to not have a knee injury while playing sports.” His knee dislocated backwards from all the weight he was carrying. The medical team treating the injury couldn’t find a pulse in his foot. He was told he would never be able to run, swim, or bike again. “Everything that I knew and enjoyed was gone.”

Ireland started resisting the medical treatment and advice. “I was not having any of that, as people break their leg all the time,” he said. “I told them to just put it back together.” He would spend the next two years in and out of surgeries. “I saw specialist after specialist trying to rebuild the leg. It was the worst two years of my life, and my family’s life.”

“My immediate goal was to deploy again with my guys.” He would get fitted with an IDEO (Intrepid Dynamic Exoskeletal Orthosis) brace and redeploy with his unit from January 2015 until April 2015 in a support role. But nearly two years from the date of the injury, Ireland decided to go through an elective amputation above the knee, which took place at Brooke Army Medical Center in San Antonio, Texas. He remembers his sentiments from the time clearly. “I thought it is gone and there is no looking back now.”
Through Operation Comfort, a Disabled Sports USA chapter in San Antonio, Ireland was able to participate in adaptive sports. “Luckily I was in an environment where adaptive sports is encouraged and available.” His first experience, one month after the amputation, was with a handcycle. “Handcycling was new to me. But my wife, Tanya, was able to join me and be right next to me,” he said. “So this experience helped us redefine our lives. It also helped that my wife is an expert at tough love.”

“Cycling was great as an activity but wasn’t quenching my competitive drive.” Also during that time, Ireland says that there was some depression, some self-loathing going on. His physical therapist was regularly encouraging him to check out sled hockey, but resisted the idea at first. “I thought it had a stigma, that it was not a real sport. That it was more about moral victories. At the time, that was not what I was needing.”

He eventually would check out sled hockey, and his impression quickly changed. “During my first practice, I got my clock cleaned by Paralympian Rico Roman. In that second, I just felt this fire ignite – it lit this fire of competitiveness. I was basically lying down on the ice with a smile on my face. It was that first little piece of me that I got back.”

After the sled hockey experience, his perspective changed. “This adaptive sports thing is for me. Adaptive athletes are phenomenal athletes.” Now living back in North Carolina, he is working to build a sled hockey team there but also playing with a team out of Nashville, Tennessee. He has also participated in other adaptive sports, including completing the Army 10 Miler and trying out Wheelchair Rugby.

Which brings us back to the recent Invictus Games, where Ireland also served as co-captain of the USA team. He had previously competed in two Warrior Games and therefore competed against some of the same guys that were now part of his team. At the 2018 games, he would win two silver medals, one at the Cycling Time trial. “It was the first medal of the game, which was exciting.” The second medal would come in the Criterium (crit) road race for thirty minutes. He started at the back of the pack. “By the time I got through the field, I felt like I was chasing a ghost (the guy from Great Britain that won gold). He set the pace and led the pack the whole way.”

In reflecting on the two silvers he won at the Invictus Games, Ireland says, “It all started there in San Antonio with Wednesday morning bike rides.”

The battle isn’t over.

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Boccia is often thought of as a sport you play on a beach, but “it is much more than that,” according to Deja Barber, a member of the USA Boccia National Team. “It is a mix of bowling and curling,” she said.

**GETTING INTO THE SPORT**

Barber, 25, lives in Raleigh, North Carolina, and plays locally with BridgeII Sports, a chapter of Disabled Sports USA. “I have cerebral palsy. Physically, it is a sport I can do.” In fact, boccia was originally presented as a Paralympic sport in 1984 for athletes with cerebral palsy (CP) but has become a popular sport for individuals with various disabilities. Wes Hall, Director of Programs at BridgeII Sports and the team’s coach, suggests it is one of the more inclusive sports available. “Boccia has a wide margin of accessibility,” he said.

The sport engages athletes who want to play, compete, and push themselves. At the same time, it has an easy entry point. “The learning curve is not as much,” said Hall. It also provides an opportunity to participate on a team or in a community setting. “It reinforces the group aspect and players really become a community.”

**PLAYING BY THE RULES**

Boccia (pronounced as botch-ya or botch-ee) is a game where six balls are thrown at a target, called a jack (white ball) and dates to when ancient Egyptians played with polished rocks. The closest to the target wins. It is typically played by teams, either recreationally or competitively, but individuals can play the game as well. The number of matches depends on the number of players, but typically six matches are played in one game.

You can play just about anywhere, according to Hall. “Setup is easy. You can create a court in lots of places.” Boccia can be played inside or outside as long as there is a hard, flat surface. A regulation
court is 4 feet wide by 20 feet long and consists of two areas, individual player boxes and the common playing area. The boxes are equal in size and each player must remain within his or her box during play.

A game begins when a player throws, rolls, or propels the jack onto the court. Each team then alternates throwing or bowling their game balls (six for each player each round) as close to the jack as possible. The objective is to score points by getting more of your team’s boccia balls closer to the jack than your opponent. The ball closest to the jack scores one point for that team and additional points are awarded for each ball that is also closer to the target than those of the opposing team. Of course, the team with the most points wins the match.

Teamwork and communication are a crucial part of the game.” I love the camaraderie between players,” Barber said. “It also becomes very competitive.” A lot of problem-solving factors into the mix as well. Teams have to determine and rely on each player’s individual strengths. “I like the strategy that is involved,” she said. Teams have to figure out whether to strike or block and coaches can’t be involved during the match itself so the team has to learn to work together. In addition, there is a six-minute time limit to throw all the balls which can sometimes also be a factor in the match.

“There is more strategy and hard work than you think. You have to always think about the what ifs.”

**EQUIPMENT NEEDED**

One benefit of the sport, according to Hall, is its low entry cost. “If you have access to space and boccia balls, all you have to do is just show up.” Most local programs provide both. If you get more serious about the game, then you can buy your own set of boccia balls if you want more customization or if you want to play at home.”

With assistive devices, boccia can be played by anyone, no matter their ability. “The game objectives are the same, but you can adapt as necessary,” Hall stated. “The ball itself is adaptive.” Boccia balls come in different levels of softness to assist individual’s needs. Most boccia balls are soft enough to grasp, but hard enough to roll well on the court surface.

A number of devices or other tools are available for players to use. Ramps are used to roll the balls into play for players who have mobility limitations. An assistant can place a ball on the ramp and can move the ramp based on instructions given by the player, but an assistant cannot actually play the ball. Head-attached devices also serve in a similar capacity as an assistant.

Playing recreationally also allows for the rules to be modified to fit the needs of individual players and allow for friends and family members of all abilities to play together.

**PARALYMPIC PURSUITS**

For athletes who want to take their game to the next level, there is always the Paralympics. Boccia is one of 22 sports that will be part of the 2020 summer games in Tokyo.

Hall suggests that individual athletes that want to compete at the elite level have
DSUSA E-TEAM MEMBER DANIELLE KANAS IS AIMING FOR PARALYMPICS

Sports have always played a big role in the life of 14-year-old Danielle Kanas. Since the age of eight, she has participated in track and field, and even started playing soccer earlier than that. “Sports have helped me become more confident and it helps me show that I’m just as good as someone with no disabilities,” Kanas said.

Danielle was adopted from China by JoAnne Kanas. As an infant, she acquired an infection that resulted in a traumatic amputation of her left arm, below the elbow. “I don’t think about it,” she said. “I always find a way around.”

Danielle says she is doing well with her spin, when it comes to the discus and shotput. Those two sports, though, pose some challenges. “I don’t have access to a pit, so it is hard to practice,” she said.

With the javelin, she is centering attention around mastering the run. “I want to further develop my power and my stride.” Specifically, her coach has her paying particular attention to the penultimate step, the last step before the spear leaves the hand. In terms of success, she knows immediately after the throw if she performed well. “I can tell by the feeling of it.”

This past summer, Danielle competed in her first Angel City Games, which is organized by a chapter of Disabled Sports USA. She went as part of her Paralympic sport club team and competed in track and field events as well as swimming. Events like this one provide more competition, allowing her to gauge where she stands in the different sports. “It was a good experience to compete against other top athletes, including some Paralympians.” She would place first in throwing in her category and second in running.

Another valuable opportunity at events like the Angel City Games is the chance to work with experts through the clinics that are held onsite. In Los Angeles, Danielle loved it when Paralympian Cody Michael Jones came over and offered tips and suggestions.

Following the Angel City Games, she also competed in her sixth Junior Nationals, which was held in Minnesota this year. She is a member of Disabled Sports USA’s Elite Team, receiving a 2019 Track & Field training grant. Among the many things Danielle wants to accomplish, two of her goals include competing at the Paralympic Games and being a member of her high school track team.

To reach those goals, she obviously trains regularly. She uses a prosthetic arm during workouts to make sure the left arm gets worked out as well. Once a week, Danielle see a performance trainer. In addition, she is beginning to focus on the nutrition science centered around performance. She is a high protein eater. “I am trying out new foods that I know will help me.”

She lives by a quote from professional football player Shaquem Griffin, whom she admires a lot, which is: “Please don’t tell me what I can’t do.”
“PLEASE DON'T TELL ME WHAT I CAN'T DO.”
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| Arizona Adaptive Watersports | Dewey, AZ 86327 | Azadaptivewatersports.org |
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| AquaAbility | Boise, ID 83705 | aquaability.org |
| Higher Ground Sun Valley | Ketchum, ID 83340 | highergroundsv.org |
| Recreation Unlimited, Inc. | Boise, ID 83701 | recreation-unlimited.org |
| ILLINOIS | Adaptive Adventures | Elk Grove Village, IL 60007 | adaptiveadventures.org |
| Great Lakes Adaptive Sports Association (GLASA) | Lake Forest, IL 60045 | glasa.org |
| INDIANA | Special Outdoor Leisure Opportunities | South Bend, IN 46610 | skisolomichiana.org |
| Turnstone Center for Children and Adults with Disabilities | Fort Wayne, IN 46805 | turnstone.org |
| IOWA | Adaptive Sports Iowa | Ames, IA 50010 | adaptivesportsiowa.org |
| KANSAS | Wichita Adaptive Sports | Wichita, KS 67203 | wichitadaptsports.org |
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| MASSACHUSETTS | AccessSports America | Acton, MA 01720 | accesssportsamerica.org |
| Adaptive Sports New England | Boston, MA 02111 | adaptiveportsne.org |
| MICHIGAN | Cannonsburg Challenged Ski Association | Ada, MI 49301 | skiccsa.org |
| Michigan Adaptive Sports | West Bloomfield, MI 48323 | michiganadaptivesports.com |
| North Star Community Rowing | Minneapolis, MN 55410 | northstarcommunityrowing.org |
| Wayszata Community Sailing Center | Wayszata, MN 55391 | wayszatasailing.org |
| MINNESOTA | U.S. Electric Wheelchair Hockey Association | Minneapolis, MN 55427 | powerhockey.com |
| Midwest Adaptive Sports | Dearborn, MI 48439 | midwestadaptivesports.org |
| MONTANA | DREAM Adaptive Recreation, Inc. | Whitefish, MT 59937 | dreamadaptive.org |
| Eagle Mount Billings | Billings, MT 59101 | eaglemount.us |
| Eagle Mount Bozeman | Bozeman, MT 59715 | eaglemount.org |
| Eagle Mount Great Falls | Great Falls, MT 59403 | eaglemount.net |
JOIN US AT THE 32ND ANNUAL SKI SPECTACULAR
PRESENTED BY THE HARTFORD

SAVE THE DATE
DECEMBER 9 - 15, 2019

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
Disabled Sports Eastern Sierra (DSES) is gearing up for another incredible fall in the mountains. With daily lessons in a variety of sports including road and mountain biking, paddling, and rock climbing, adaptive athletes of all ages with any disability can pursue outdoor sports and adventures with DSES. This year, DSES’s BICP trained instructors look forward to helping more athletes discover the freedom and thrill of mountain biking with six new mountain bikes to suit a variety of adaptations.

Reservations are required for daily lessons. Please visit www.disabledsportseasternsierra.org or call 760-934-0791 for more information.

As the Paralympic Sport Club of Mammoth Lakes, DSES offers opportunities for high altitude training and hosts a series of Paralympic sports camps throughout the year. This summer’s Pedal-Paddle, Aug. 23-25, offers a weekend of cycling, paddling, camping, and fishing for families to enjoy the outdoors together. DSES also supports athletes training for and tackling the challenging Mammoth Gran Fondo on Sept. 7. Rated by Bicycle Magazine as a “top ten century”, this event draws more than one thousand riders for an incredible day of riding one of three distance options.

Space is limited! For more information about Pedal-Paddle or Paralympic training opportunities, contact Maggie Palchak, mpalchak@disabledsportseasternsierra.org, or call 760-934-0791.

To learn more, visit OperationSurf.org. Also, check out the documentary RESURFACE on Netflix.

OPERATION SURF AVILA BEACH, CALIFORNIA

Operation Surf, based in Avila Beach is making waves on the Central Coast, September 29-Oct. 5 for an all-inclusive week of healing, adaptive surfing, and community to aid 15 wounded military heroes from all over the nation. Through results-driven, nature-based programs advocating the restorative power of the ocean and surfing as a form of wellness for injured bodies, minds, and souls, Operation Surf aims to inspire wounded veterans and active-duty military to seek wellness in all aspects of their lives and provides them with the necessary resources and tools to continue this mindset indefinitely.

“I was unsure about my capabilities with a broken body and freshly amputated leg. I’d have full-blown anxiety attacks every morning and right before I went to sleep. I suffered from pain, depression, anxiety, survivor’s guilt, night terrors, and a command that had no idea how to deal with severely wounded troops. I truly lived again at Operation Surf, and catching my first wave was life changing. I still struggle sometimes, but not as much. Operation Surf truly is saving and changing lives for the better.” – Operation Surf Alumni Participant
ADAPTIVE SPORTS PROGRAM NEW MEXICO VARIOUS LOCATIONS

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 Oct. 5 or Oct. 6. 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. 6-8.

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. All levels welcome. Archery will also be available for one day only, on Sept. 21.

FOOTLOOSE DISABLED SAILING SEATTLE, WASHINGTON

Footloose Disabled Sailing introduces sailing as recreation and sport to disabled people of all ages. Their family, friends and caregivers are also welcome to participate. We have big and small sailboats available for our day sails out of the north Leschi marina on Lake Washington. Our events are scheduled on the average of twice a month throughout the spring, summer and early fall, and once every summer we sail across Puget Sound for an overnight camping trip at Blake Island.

Check out the full calendar of ASPNM events at www.AdaptiveSportsProgram.org and 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.

ADVENTURE OPPORTUNITIES SHAVER LAKE, CALIFORNIA

The Central California Adaptive Sports Center is offering adaptive summer outdoor adventure opportunities in and around Shaver Lake, California, through September.

Single day and weekend-long camp programs include mountain biking, rock climbing, paddle boarding, kayaking, fly-fishing, hiking, and camping. Grants from the Veterans Administration and DSUSA allow veterans with disabilities and persons with spinal cord injuries to participate free! Scholarships are also available to those with financial need through a grant from the Humanics Program at Fresno State University.

Visit https://www.centralcaladaptive.org/summer for more information or email info@centralcaladaptive.org to sign up!
CHAPTER EVENTS WEST

CYCLE THROUGH SCENIC WINE COUNTRY
SAN FRANCISCO, CALIFORNIA

“On Revolution Day, I feel like I’m a five-year-old kid and it’s Christmas morning,” states Beth Smith, a longtime participant in The Revolution Ride & Festival. Every year, she joins over 200 adaptive and able-bodied cyclists to ride through scenic wine country in Sonoma County, CA. Hosted by Bay Area Outreach & Recreation Program (BORP), the “REV” is in its 17th year.

This year, the routes fit cyclists of all ages, abilities and levels of experience, including a ride of up to 10 miles on a scenic paved bike path along a creek; a relatively flat 30-mile ride past vineyards and quaint towns; a more challenging 45-mile route; and a metric century. Says Rick Smith, BORP’s Executive Director, “The rides go from an easy route suitable for anyone to a spectacular 70-mile route that goes all the way to the ocean.” Cyclists return for an outdoor celebration at the Santa Rosa Hyatt Regency, with music, delicious food, wine and beer, and free massages for riders.

Says Rick, “Riders make an enormous contribution. In return, we offer them an unforgettable day of cycling, celebration and community. It’s inspiring to see cyclists of all abilities come together to support BORP.”

The 2019 event will take place on September 21st.

FREE ADAPTIVE CYCLE RENTALS
SEATTLE, WASHINGTON

This year, Outdoors for All Foundation is partnering with the Seattle Department of Transportation (SDOT) to provide FREE adaptive cycles for children and adults with disabilities. This first-of-its-kind of program will be one of the nation’s largest fleet of free adaptive cycles.

Outdoors for All has opened the doors of its Adaptive Cycling Center in Seattle’s Magnuson Park for the last five summers. Thanks to the funding provided by SDOT’s bike share program, drop-in rentals in Magnuson Park are now completely free all summer, with extended hours from 10am-6pm, seven days a week through September.

This means people of all abilities can drop in and choose a cycle to fit their needs from Outdoors for All’s diverse fleet of over 200 adaptive cycles. The variety of cycles includes hand-cycles, side-by-side tandems, recumbent tricycles and more!

Thanks to the new City funding, Outdoors for All will also be able to expand to provide free adaptive cycle rentals to South Seattle residents through ten cycle events this summer at locations including Seward Park and the White Center Bicycle Playground.

For inquiries, please contact rentals@outdoorsforall.org or call (206) 838-6030 ext. 221.

For more information, contact elaine@borp.org or go to: borp.rallybound.com.
CHAPTER EVENTS WEST

JON THE 25TH PEAK TO PEAK PEDAL EVENT BIG BEAR LAKE, CALIFORNIA

The United States Adaptive Recreation Center (USARC) returns with the 25th anniversary version of its annual autumn adventure known as the Peak to Peak Pedal. P2P25 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. P2P25 is an epic mix of scenery and challenges, 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 hand-cycles.

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. We hope you will join us for this year’s event, scheduled for October 9-13, 2019.

LAKE TAHOE WARFIGHTER ADVENTURE CAMP TRUCKEE, CALIFORNIA

On September 13-15, Achieve Tahoe will host 15 veterans with disabilities for an adaptive adventure camp against the inspiring backdrop of Lake Tahoe. Veterans will enjoy the peace of the mountains and challenge themselves physically and mentally with activities on and around the lake. Come learn new skills in this team-focused adventure camp.

The purpose of this event is to provide a therapeutic recreation experience for servicemen and women who’ve sustained physical injuries such as traumatic brain injury, spinal cord injury, amputation, and vision or hearing loss.

This event is free to military veterans and active duty service members with permanent disabilities from the western United States. California residents will be given priority. Accommodations, meals and all activities are covered for participants.

This program is 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 and do not necessarily reflect those of the United States Department of Veterans Affairs.

To apply, please email Marina Gardiner at marina@achievetahoe.org or visit www.achievetahoe.org.
Get ready for adventure in Northern and Southern Utah with the National Ability Center. From sports training camps and retreats to camping, mountain biking and rafting in some of the west’s most celebrated national parks, we’ve got the adventure for you. Bring your friends and family!


**Paratriathlon Camp, Park City**: Aug. 7-10
City of Rocks Military Climbing Clinic, City of Rocks, Idaho: Aug. 16-18
Utah National Parks & Rafting Trip, Moab: Sept. 16
Big 5 National Parks Adventure: Zion, Bryce, Arches & Canyonlands, Utah, Oct. 1-6
Moab Mountain Bike Getaway: Oct. 17-20

**Winter Programs Announced/Winter Registration Opens**:
- Sept. 1 Fat Bike, Nordic Ski, Yurt Adventures, Ski & Snowboard
- MOFO Adaptive Mountain Biking Camp, Park City: Sept. 8-22

Register at www.discovernac.org or call 435-649-3991.

**EXPERIENCE THE WESTERN U.S. WITH BOEC BRECKENRIDGE, COLORADO**

Over the last 43 years, the Breckenridge Outdoor Education Center, (BOEC) in Breckenridge Colorado, 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, cycling, canoeing, fishing, a ropes course and more.

This late summer/fall season, BOEC is offering a series of outdoor retreats for individuals with brain injuries, a women’s only river trip for wounded military veterans, a mountain retreat for adults living with MS, and a unique outdoor experience for adults living with Parkinson’s Disease to name just a few. Programs range from overnight river trips, to outdoor activities based out of our accessible mountain lodge overlooking historic Breckenridge. Enrollment criteria may vary per retreat. We serve individuals ages 8 and up, families, and groups.

**Upcoming Programs Include**:
- Challenge by Choice Adventure Retreat, run in partnership with the Brain Injury Alliance of Colorado, Aug. 11-16
- Women’s Heroic Military Colorado River Trip, Aug. 17-22
- Adventures Within Summer Mountain Retreat – A program of BOEC, in Collaboration with the Rocky Mountain MS Center, Aug. 20-24
- Brain Injury Alliance Colorado River Trip, Aug. 28-Sept. 1
- Brain Injury Alliance Creative Minds Retreat, Sept. 6-9
- Outdoor Active Retreat – Summer (OAR), Sept. 14-17

For a full listing of our programs please go to our website www.boec.org or contact Claire DiCola, Admissions Director, Claire@boec.org or 970-453-6422.
EXPAND YOUR HORIZONS WITH ADAPTIVE CYCLING
TELLURIDE, COLORADO

Set amongst the most dramatic peaks in Colorado, Telluride has long held notoriety for its legendary terrain, vistas, and locale. Now, with an overhaul of the existing downhill bike park and an addition of many miles of flow trail winding through the world class mountain, the Telluride Adaptive Sports Program (TASP) is pleased to host the first adaptive bike camp to take place in Telluride.

Given TASP’s continual successes in hosting adventure camps both during the winter months among Telluride’s legendary steeps and in the bike season set in Moab’s fabled slickrock trails, we encourage intermediate and advanced adaptive riders to push the boundaries of what’s possible on this brand new terrain. The camp, featuring three days of riding, accommodation, and some meals, will be open to all abilities from upright bikers to handcyclists. TASP guides are excited to expose riders to new skills, terrain that pleases everyone from cross country riders to downhillers and share in the joys of riding as a group of like minded cyclists.

This unique opportunity takes place in late summer (exact dates TBD).

For more information, please contact Tim McGoug, Program Director at 970-728-3865 or programs@tellurideadaptivesports.org.

CHALLENGE ASPEN MILITARY OPPORTUNITIES (CAMO)
ASPEN, COLORADO

Challenge Aspen Military Opportunities (CAMO) has been hosting active-duty and retired veterans with physical and/or cognitive disabilities at our retreats held in Snowmass Village, Colorado, since 2005. CAMO hosts 20 retreats each year, bringing 12 veterans to each retreat. CAMO focuses on the idea that mental and physical activity leads to a healthy, balanced life. Both summer and winter retreats teach veterans with disabilities how to use adaptive equipment to participate in recreational sports, thereby improving physical health and wellness. In addition to sports, each afternoon we incorporate mental wellness activities like breathwork, yoga and sleep therapy.

CAMO will offer three 2019 fall retreats:
- Aug. 14-19 we are hosting an archery retreat and will bring 10 combat injured veterans to Snowmass for 4 days of intensive archery instruction and practice, with a focus on using breathwork as a tool for archery skill development and as a tool for coping with stress.
- Sept. 3-9, CAMO will be hosting a group of amputee veterans from Great Britain, The British Limbless Ex-Servicemen’s Association. This group of amputees will participate in hiking, biking, archery, climbing and rafting activities.
- Sept. 11-16, CAMO will bring 12 veterans to the Roaring Fork Valley for the Mark Christine Memorial Fly Fishing retreat. We will spend 4 days on local waters with fly fishing instructors.

Stay tuned for news about CAMO winter retreats! The 2019/2020 winter programs will focus on couples retreats because we believe a strong home support system helps the veteran, the spouse/partner, the family, and the community.

For more details, please visit the STARS website at www.steamboatstars.com.

If you have any questions regarding participating in a CAMO program, please contact CAMO Director John Klonowski at 970-300-3396 or john@challengeaspen.org.

ADAPTIVE MOUNTAIN BIKING PROGRAMS
STEAMBOAT SPRINGS, COLORADO

Steamboat Adaptive Recreational Sports (STARS) is thrilled to introduce mountain biking as our newest program. Located in the beautiful Yampa River Valley, the Steamboat Springs region offers a plethora of trails and forest that can serve a wide variety of ability levels.

We invite you to join us this summer at adaptive mountain bike camps offered in August and September.

For more information, please visit the STARS website at www.steamboatstars.com.
COMMON GROUND OUTDOOR ADVENTURES
LOGAN, UTAH

Have you seen all that fall has to offer in Utah? Common Ground Outdoor Adventures in Northern Utah provides year-round outdoor recreational opportunities for youth and adults with disabilities. We are excited to announce some of our fall events, which include trips to beautiful places across Utah. All trips are adapted to meet the needs of the individual and equipment, meals, and transportation from Logan, are all included in the cost.

For Individuals with Multiple Sclerosis:
Bear Lake Retreat: Sept. 24-26. Join CGOA for a trip to beautiful Bear Lake. This is a popular Utah destination to get away from it all and have a raspberry shake. This is a three-day trip for people who have MS. Thanks to the grant from the MS Foundation, the only cost for this trip is $50 refundable deposit to hold your spot.

For Everyone:
Going to the Swell: Oct. 15-19. Take a trip down to the San Rafael Swell. The Swell is one of Utah’s hidden treasures that is often overlooked but provides iconic views that rival Bryce and Zion National Park. We will be camping and hiking all over to see what the Swell has to offer. Trip costs: $200. Scholarships are available upon request for persons who are low income.

For more information or to sign up for activities, call 435-713-0288, email alex.cgoa@gmail.com, or visit www.cgadventures.org.

NSCD’S VETERANS CAMP
WINTER PARK, COLORADO

The National Sports Center for the Disabled (NSCD) invites military veterans to join us for four days of adventure camping in Colorado’s beautiful Rocky Mountains! Activities may include whitewater rafting, canoeing, kayaking, hiking, Winter Park resort activities and fishing. Space is limited – register today at http://bit.ly/VeteransCampNSCD! Participants must be independent and manage self-care or bring a care-giver to provide assistance.

Dates: Aug. 30-Sept. 2
Location: Winter Park
Price: Free to military veterans with a disability. $25 deposit is required to reserve your spot and will be refunded at the end of camp.
Ages: 18 & up

For more information, visit igniteadaptivesports.org or email info@igniteadaptivesports.org.

DETERMINED2HEAL ELDORADO, COLORADO

When Ignite Adaptive Sports teamed up with Determined2Heal last January at Eldora, magic happened. “If you live with adventurous wheels, you can do anything,” says Josh Basile, a C4-5 quadriplegic, adaptive athlete and founder of the non-profit Determined2Heal. “At the same time, you change the way the world sees paralysis.”

Determined2Heal mentors people with spinal cord injuries, their families and friends, as well as empowers the community through rehabilitative adventures. Ignite picks it up from there. Ignite’s mission is to ignite personal growth, independence, and confidence in people with disabilities on the Front Range of Colorado, by providing caring, safe, and fun adaptive winter snowsport opportunities.

“We don’t turn anyone away for a disability or ability to pay,” says Ignite Instructor Finn Murphy. Ignite is comprised of over 240 volunteers who are specially trained to provide safe, fun, and educational experiences for persons with disabilities.

Ignite’s season runs January through March, and students range in age from 5 to 90. They believe everyone should enjoy winter sports regardless of ability level or financial circumstances, providing lessons to over 300 students annually. Ignite strives to provide special experiences for all who are willing to try.

If you have any questions, please contact the NSCD at reservations@nscd.org or 970-726-1518.

For more information, visit igniteadaptivesports.org or email info@igniteadaptivesports.org.
MIRACLE SPORTS TALLAHASSEE, FLORIDA

The Florida Disabled Outdoors Association provides baseball for veterans and their families. No one keeps the official score. Everyone has the opportunity to be active, have fun and make new friends in an accessible inclusive environment.

Participants play baseball every Thursday night from Sept. 5-Nov. 14 with the exception of Oct. 31. At the end of the season, Miracle athletes play Florida State University (FSU) athletes. FSU Cheerleaders come out to cheer on the teams and FSU Seminole Sound plays music. The entire season is fun for everyone and the best part is that entire families and groups of friends can play together!

Miracle Baseball is played at Miracle Field at Messer Park because it has a rubberized surface making it accessible for all. Programs are designed to enable EVERYONE. Adaptive equipment is available if needed.

For more information, visit fdoa.org or call (850) 201-2944.

ADAPTIVE ANGLERS ON THE FLY
CHARLOTTESVILLE, VIRGINIA

Therapeutic Adventures (TA) continues their partnership with Thomas Jefferson Trout Unlimited (TJTU) to offer the 16th Annual ADAPTIVE ANGLERS ON THE FLY – Fly-Fishing Camp for Disabled. This coed, multi-generational camp is scheduled for Nov. 22-24 and 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, fly tying and 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 email: adaptive.guide@gmail.com or visit our website, www.TAonline.org.

SPORTABLE PRESENTS FREE YOUTH EXPERIENCE DAYS
CENTRAL VIRGINIA

The below events at Sportable are available to all youth with physical disabilities or visual impairments, including non-Sportable members, ages 3-18. All events are located in central Virginia.

Swimming Outdoor, Aug. 17, YMCA Camp Thunderbird
Swimming Indoor, Sept. 28, Weinstein JCC
Road Racing & Cycling, Oct. 5, Bryan Park
Rock Climbing, Nov. 16, Peak Experiences – RVA

Contact info@sportable.org or 804-340-2991 to sign up!
EAGLE MOUNT CYCLE
BILLINGS, MONTANA

Eagle Mount Billings is a 501 (c)(3) non-profit that provides adaptive, therapeutic recreation to individuals with disabilities in Billings, Montana. We offer seven programs that run throughout the year: swim, cycle, alpine and Nordic ski, Out & About social night, golf, and Summer Day Camps. We are also adding an Equestrian Program this fall.

Our participants love our cycle program! We offer it two times a year; four sessions in the spring, and four sessions in autumn. We also have several cycling opportunities offered in our Summer Day Camps. Numerous types of adaptive bikes are utilized to accommodate the varying ability levels of our participants. Currently, we have a few recumbent bikes, several trikes, and one handcycle that our participants are able to use to cruise. Our cycle fleet is in desperate need of some additions in order to bring more participants in to our cycle program, however; we are in acute need of additional recumbent cycles, striders, and some tandem recumbent cycles as well.

Eagle Mount is currently in the beginning phase of planning a fall bike-a-thon; this should help us raise some much needed revenue in order to purchase some of the cycle fleet that we require. We are also anticipating enthusiastic community involvement with our bike-a-thon, and are outlining a participant piece in order for those that ride to be able to sponsor a participant, and will proudly promote, “I ride for Ben who has cerebral palsy” through t-shirts and social media.

For more information, visit www.eaglemount.us or call 406-969-2949.

COURAGE KENNY CLASSIC WHEELCHAIR
BASKETBALL TOURNAMENT
HASTINGS, MINNESOTA

Join us Nov. 2-3 for our annual Courage Kenny Classic Wheelchair basketball Tournament at Hastings High School in Minnesota.

Courage Kenny Rehabilitation Institute has hosted this tournament for more than 35 years with Junior Division teams participating from across the nation. This will be a highly charged wheelchair basketball competition as teams compete for an automatic bid to the National Tournament. The 2019 Courage Kenny Classic will be composed of Adult Division II, Varsity, and Prep levels of play. Each attending team is guaranteed to play at least four games.

For more information, visit www.allinahealth.org/adoptivesports.

ADAPTED SPORTS COMPETITIONS AT
TURNSTONE CENTER
FORT WAYNE, INDIANA

Turnstone Center for Children and Adults with Disabilities is excited to host competitions for Quad Rugby, Power Soccer, and Wheelchair Basketball in the month of November. Athletes are invited to participate in the following events:

Turnstone Quad Rugby Invitational Nov. 16-17: This tournament has limited availability of 8 participating teams, be sure to register your team now! The tournament is registered with the USQRA, and is open to all divisions. All teams are guaranteed four games.

Power Soccer Summit Classic Nov. 23-24: All divisions are invited to participate in the USPSA registered Power Soccer Summit Classic. Games between divisions may be a possibility depending on how many teams register, but registration is not limited. All teams are guaranteed four games.

Wheelchair Basketball 2019 Fright in the Fort Nov. 30-Dec. 1: Fright in the Fort is open to both Prep and Varsity Wheelchair Basketball divisions. All registered teams are guaranteed three games.

For more information, visit turnstone.org/sports.
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 late 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 McChesney Park in Syracuse for adults and at Granby Elementary for youth in Fulton for the school year.

Come on out to give adaptive sports a try in cycling, wheelchair basketball, tennis, sled hockey and other programs. Aside from regularly scheduled programs, Move Along holds many pop-up clinics in tennis and cycling throughout the warmer months in partnership with Parks and Recreation. 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!

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

Chesapeake Region Accessible Boating (CRAB) is well on track to teach 1,000 guests from more than 21 different organizations how to sail on the Chesapeake Bay. It is an exciting time with nearly 100 volunteer skippers and crew, all with decades of sailing experience, thoroughly embracing the opportunity to enhance the quality of life for CRAB’s guests one sail at a time. CRAB is hosting a number of sailing camps and clinics and anyone with a disability is welcome to sign-up. The major events for the remainder of the year are Aug. 17 featuring The CRAB Cup at the beautiful and scenic Eastport Yacht Club. Close to 100 boats, including six CRAB sailboats, will participate. The pursuit race is followed by a huge band party and lots of great food and refreshments. On Sept. 21 CRAB will host the 15th Recovering Warrior Sailing Regatta and all warriors and their families are invited. Family Sail Sundays are always the third week of the month through October and they offer families a wonderful opportunity to sail together.

To learn more the fabulous time CRAB offers its guests on Chesapeake Bay, please visit: www.crabsailing.org.
New England Healing Sports Association (NEHSA) continues our summer season in and around the Lake Sunapee area with our adaptive kayaking and paddle boarding programs. Lessons continue until mid September so be sure to check out our calendar and join us if you are in the area!

NEHSA is looking forward to another amazing winter season at Mount Sunapee Resort. New Member Orientation will be taking place on November 16th. Come check out all of our adaptive sports disciplines whether you are interested in joining as a student or a volunteer! Get a hands-on feel for our adaptive equipment, meet our knowledgeable instructors, and learn more about bearing witness to the triumph of the human spirit!

NEHSA also provides several weekends of instructor training in various disciplines of adaptive alpine skiing and snowboarding. Stay tuned for announcements regarding training opportunities in early December.

To receive more information about our program, visit us at www.nehsa.org, call 603-763-9158, or email info@nehsa.org.

GAYLORD SPORTS ASSOCIATION – VETERANS FISHING TOURNAMENT & FALL SPORTS! WALLINGFORD, CONNECTICUT

The Gaylord Hospital Sports Association provides over a dozen different sports for individuals age 16 and up with a physical disability or visual impairment, including veterans. One of two Veteran’s Fishing Tournaments will be held Sept. 17 on Candlewood Lake in Danbury. Each veteran participant is paired with an experienced angler who provides the tournament boat, equipment and instruction. The event ends with a weigh-in and awards luncheon. This is just the start of our programs! Ongoing adaptive sports programs are available in golf, kayaking, archery, boccia, cycling, paratriathlon, yoga, wheelchair tennis, water skiing, alpine skiing, wheelchair rugby, and sled hockey.

For more information, visit www.gaylord.org/sports, email sports@gaylord.org or call 203-284-2772.

CYCLING AND WATERSKIING AT TWO TOP MOUNTAIN MERCERSBURG, PENNSYLVANIA

Two Top Mountain Adaptive Sports offers cycling and water skiing into the fall. All lessons are by reservation. We water ski on the Potomac River around Williamsport, Maryland and cycle on the Western Maryland Rail Trails and C & O Canal trails.

Check out our website www.twotopadaptive.org to sign up for cycling. Call us with your questions at 717-507-7688.
WARM WEATHER SPORTS ABOUND  WALTHAM, MASSACHUSETTS

AccesSportAmerica is celebrating their 25th anniversary by expanding their program at a new location. Actually this is the second season at a picturesque site on the Charles River in Waltham. But now all of our sports are offered at this location:

- **Windsurfing**: Seated and standing adaptations with a full range of tandem, catamaran, and single boards
- **Hawaiian Outrigger Canoeing**: Four person canoes with paddle adaptations
- **Stand-up Paddling**: Single, double and eight-person stand-up boards with seats and standers
- **Kayaking**: Single and double kayaks with adaptive paddles
- **Rowing**: Drop-in single rowing setups with room for a trainer
- **Cycling**: Over 20 recumbent, upright, tandem, foot and hand cycles
- **Tennis**: Adaptive standing and wheelchair tennis skills taught on beautiful courts beside the water site.

Each sport is adapted to fit every individual's unique needs, and every athlete will be actively involved in the chosen sport. On site will be five AccesSport certified trainers as well as interns and volunteers.

Athletes can sign up as an individual or programs can send groups. Individual sessions will include four athletes, and groups will be 6-10.

We can help anyone of any ability actively participate and find the compelling athlete inside. AccesSport is a pioneer in adaptive windsurfing and stand up paddling with an expertise and adaptations. We also have the largest fleet of Hawaiian Outrigger Canoes in New England.

To schedule, email Nate@goaccess.org or phone 978-790-2960. For more information, go to www.goaccess.org.

MAINE ADAPTIVE TACKLES NEW TERRAIN WITH LAUNCH OF ADAPTIVE MOUNTAIN BIKING PROGRAM  NEWRY, MAINE

Following the success of its introductory season of adaptive mountain biking, including techniques, tips, terrain, and equipment, Maine Adaptive Sports & Recreation will officially launch its newest sport offering – adaptive mountain biking. Building on the experience of instructors, Brandon Merry and Sheldon Lewis, Maine Adaptive will offer two six-week sessions of adaptive mountain biking techniques and skills development for the 2019-20 year.

Each six-week lesson progression is designed for people with previous cycling experience regardless of how many wheels they prefer; covering basic cycle mechanics, body position, and trail etiquette to riding berms and rollers in the woods. Each lesson will occur at a different location, offering riders the experience of varied types of mountain bike trails throughout western Maine! The focus on independence, inclusion, and continuation of sport involvement is paramount. The first session will be held this fall beginning in September and the second session next spring beginning in April.

For more information about this specialty program or other Maine Adaptive offerings, contact us at info@maineadaptive.org, or visit www.maineadaptive.org.
The Pennsylvania Center for Adapted Sports’ Philadelphia Adaptive Rowing (PAR) is the only place in Philadelphia where people with disabilities have access to the sport of rowing.

PAR welcomes both recreation and competitive athletes. PAR has many competitive rowers who race and embrace the training it takes to become an elite athlete. Athletes learn to row, train, and participate in Philadelphia’s iconic rowing community. Many of the regions rowing regattas are open to athletes with disabilities because of PARs work to integrate events.

PARs youth rowing program is the nation’s only adaptive rowing program focused on building the next generation of para rowers.

PAR Rowers enjoy incredible vistas in one of the country’s centers of rowing, offering the chance to see the city from a different vantage point to people with a variety of disabilities.

PAR hosts the Bayada Regatta, the nation’s only rowing event exclusively for athletes with disabilities. The event serves as proving ground for emerging elite athletes while assuring that rowers with more modest aspirations are able to enjoy the comradery that competition provides.

PARs parent program, PCAS, offers other summer and fall programming that includes sitting volleyball, cycling, climbing, kayaking and yoga.

For more information on PAR, email Judy Morrison at judy.morrison@centeronline.com or visit centeronline.com.
ENJOY THE WHITE MOUNTAINS  
LINCOLN, NEW HAMPSHIRE

New England Disabled Sports (NEDS) has several opportunities for you to 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.

**Day Camp**, Aug. 24: Join in on a variety of summer adventure activities at Loon Mountain.

**Hit the Beach**, Aug. 30: Free surfing event for veterans with a disability. This event put on by American Legion Post 35 in Hampton Beach.

**Veteran Golf**, Sept. 6: All veterans with a disability are invited to play a round at the amazing Omni Mt. Washington Resort.

**NEDS Golf Tournament**, Sept. 9: Round up a foursome and join us for our annual golf tournament and fundraiser at Owls Nest Resort and Golf Club in Campton.

**Ability Expo Boston**, Sept. 13-15: Come see us at the Boston Convention Center and check out all the amazing things available to the disabled community.

**Highland Games & Festival**, Sept. 20-22: Be a part of our Adapted Heavy Athletics team or just enjoy all the festival has to offer. Come get your tartan on!

Visit our website at www.nedisabledsports.org for complete listing of programming or email info@nedisabledsports for additional information. As always, veterans participate in all of our activities at no charge.

CAPITAL REGION NORDIC ALLIANCE  
ALBANY, NEW YORK

Capital Region Nordic Alliance, Inc. (CRNA), a U.S. ParaNordic Club and DSUSA Chapter based in Albany, provides opportunities for those with a variety of disabilities/special needs (veterans, adults, youth) to experience Nordic sports year-round. Though CRNA serves those with special circumstances, its initiatives gladly welcome and incorporate the entire community supporting CRNA’s populations of focus. CRNA’s Paralympic sports are XC Skiing, Biathlon, Trail Orienteering, Bobsled and Skeleton as well as snowshoe/trail running.

CRNA hosts the Orienteering USA Trail Orienteering Paralympic team at the World Championships as well as veteran ParaBobsled/Skeleton camps and events at Lake Placid.

**Upcoming CRNA Paralympic events include:**


Monthly personalized Paranordic clinics in Albany or other local-regional-national sites.

Any questions or inquiries, contact Russ Myer, CRNA Executive Director, at 315-396-9967 or info@capitalregionnordicalliance.org.
Adaptive Sports at Mount Snow is rolling into our second summer season in the Green Mountains of southern Vermont. Though surprisingly close to the major New England cities, the Mount Snow area feels majestically remote. Dover, Vermont, is an undiscovered gem of the summer and fall season and is only 4 hours from New York City, three hours outside of Boston, three hours from Providence, and two hours from Hartford, Connecticut. Based at Mount Snow Resort, we have a full line up of events. Starting this summer is Special Olympics Golf every week through October, and heading to the Special Olympics Vermont State Fall games in early October. Aug. 23-25 is our veterans backpacking trip. Come along as we explore the Green Mountains along Vermont’s famed Long Trail. Fly-fishing is new this year! Taking advantage of the nearby world class waters, ASMS is joining forces with Rifles to Rods and Oleh Catskills Guide Service to facilitate a weekend retreat in mid-October for veterans and active duty men and women.

- **Special Olympics Golf**: midweek to October
- **Veterans Long Trail Backpack**: Aug. 23-25
- **Special Olympics Vermont State Fall Games**: St. Albans, Oct. 4-6
- **Veteran Fly-fishing Retreat**: Oct. 10-12

Check our website www.adaptiveatsnow.org or email info@msadaptive.org for more information.

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**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.

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**MOTION CONTROL’S NEXT GENERATION ETD2 IN WHITE**

For many in U.S. military hospitals, Motion Control’s 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 now available in white in addition to black. A U.S. Department of Defense contract, awarded to Motion Control of Salt Lake City, Utah, partially funded development of the ETD2 and wrist system. For more information, 801-326-3434 or visit fillauer.com/etd2.

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Discover [PROTEOR USA](#). Delivering an extensive, progressive product line that includes everything today’s active amputees need to live the life they love. Offering an innovative portfolio that includes everything from the virtually indestructible RUSH Foot collection to the world’s first microprocessor-controlled hydraulic 4-bar knee with both stance and swing functionality – the ALLUX. The EASY RIDE, multi-use extreme sports knee to the KEASY, renowned prefabricated cones, the K2 GERY foot to the flexible, all-terrain, DynaTrek foot. Discover the exciting PROTEOR USA product line today! #HumanFirst. Visit proterorUSA.com.

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**FILLAUER’S OBSIDIAN BLADE LINE**

Ready. Set. Go! Get ready for race day with the new Obsidian blade line from Fillauer. The Obsidian Running Blades are available in a posterior mount option for kids and adults. The adult direct mount option offers a pyramid slide for a variety of alignment locations and easy adjustments. The new Obsidian Sprint Blade, intended for elite athletes, provides a curve hugging split toe along with a snap at toe-off that will push the elite to a new level. Check out Fillauer.com for more details.
RISE AND RUN.

In the gym, at the park, or on the trail... the EASY RUN blade by Proteor USA is the perfect foot to get you moving. With its all-terrain, all-weather, curved fiberglass blade design, and anti-slip Vibram® Sole... you can take your EASY RUN workout outside with confidence.

AVAILABLE IN 6 VIBRANT DESIGNS.