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MAGAZINE | FALL 2021



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CONTENTS

- 5** Perspective
- 6** Leaving It All Out on the Field:
Exploring the Field Events in
Track & Field
- 10** Thank you Sponsors
- 12** Marathoner Candice Caesar Also
Excelling in Para Archery
- 16** Para Table Tennis
- 18** Ashley Eisenmenger became a
triathlete after losing a bet
- 20** Join the Movement
- 23** Around the Country
- 32** Subscribe to the Redefining
Disability Podcast
- 33** USA Wheelchair Football League
Expanding to Nine Cities
- 35** Marketplace



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Cover photo of Paralympic Medalist Lex Gillette

Cover photo by Joe Kusumoto



The Tokyo Paralympic Games arrive and we've been waiting a long time for this moment. There will be unparalleled coverage of this year's Paralympics, NBC committed to air a record 1,200 hours of coverage. This includes the first primetime broadcast in history as well as 200 hours on NBC, NBCSN, and Olympic Channel. With more than four billion people across the globe watched the 2016 Summer Paralympic Games in Rio, this is the largest stage to date for the disability community.

The unprecedented programming for a Paralympic Games will help raise awareness, fuel conversation, confront ignorance, and incite action that leads us to a world where everyone's included. It will help all of us that are part of this movement educate our community and the general public at large about the power of sport.

The thirst and appetite for adaptive sports continues to grow. At Move United, we are preparing for 2028 when the Paralympics return to the United States. As we grow our membership network across the country, we match that growth with the resources to support it. The work that we do as a community between now and then, will not only highlight the impact of adaptive sports on and off the field, but will clarify the reality of disability and galvanize people to get involved in this movement.

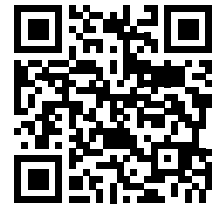
Speaking of the Paralympics, track & field covers a huge footprint at the Summer Paralympic Games. It is the largest sport in terms of events and competitors. Be sure to check out the article on field sports located on page 6. In addition, this issue also features the sport of table tennis, which has been a Paralympic sport since the very first games in 1960. The sport is widely popular at the international level, hopefully you will want to give it a try after reading the article on page 16.

We love to introduce the athletes who you may not be familiar with, sharing their stories. We all have a story to tell. So get to know Candice Caesar, a Warfighters Ambassador who has excelled in both archery and marathon racing. Another racer, triathlon athlete Ashley Eisenmenger, has been a part of Move United's Elite Team. You can find those articles on pages 12 and 18, respectively.

Move United's member network has 200+ community-based organizations across the country. They stand ready to introduce you to a new sport that you haven't tried or connect you with their programs. At the back of the issue, you can find upcoming events or activities that are offered by them all across the country.

Regards,

Glenn Merry, Executive Director
Move United



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LEAVING IT ALL OUT ON THE FIELD:

Exploring the Field Events in Track & Field

Track and Field is the largest Olympic and Paralympic sport in terms of the number of athletes and number of classifications and categories. In addition to the races that take place on the track, there are a number of competitions that take place on the field inside the track. In particular, there are throwing and jumping events. On the field at each of these events, you get a chance to test your own ability.

For starters, there are a number of throwing events in field competition. Erica Wheeler, a 1996 U.S. Olympian in javelin who has been coaching Paralympic athletes in the same event for the past 10 years, suggests that throwing isn't as abstract as we think it is. "Growing up, we all threw rocks, balls, Frisbees, and other items," said Wheeler. So the general concept and throwing motion is relatively the same.

There are three different throwing disciplines in field competition: javelin, shot put, and discus. The goal in each of these events is to throw, hurl or put an object as far as possible. All three sports can be done from an ambulatory or seated position. Let's take a look at each discipline:

ADAPTIVE JAVELIN

A javelin is a long, linear spear-like instrument, six to seven feet in length, that you throw from a designated throwing area. "It is lighter than you think," Wheeler said. "Since it is the lightest, it is the most aerodynamic and typically goes the furthest."

For ambulatory athletes, a runway provides the competitor with a track to run on before launching the javelin as far as you can. Seated athletes throw from a chair in a stationary position. The javelin is held in one hand near its center and must be thrown over the shoulder. The tip of the javelin must be the first to land in order to count (can't land flat or tail first). It must also land within the defined landing sector, which gets wider the further out you get.



Each throw is then measured from the back part of the toe board.

GETTING STARTED

When you are trying out the sport, Wheeler suggests first getting a sense of the throwing motion. "It doesn't have to be technically perfect." When you are getting started, you can use a variety of linear items including a normal stick or broomstick.

For seated athletes, early on you can just use a regular chair or something like a cooler to assist with stability and coordination. "Don't worry about money or equipment." Once you start going to a local training program, you can use general program chairs which are adjustable for various athletes. When you get serious about competing, then you might want to invest in a throwing chair that is specific to you.

Although the arm is the delivery method, the process of throwing involves the rest of the body. "For javelin, it is not so much about strength as it is technique," Wheeler said.

TIME TO COMPETE

At a competition, each athlete gets four minutes to prepare, which includes any warm up throws they may



want to take. For seated athletes, the chair is tied down to ensure safety and provide stability. After it is secured, you are then secured to the chair through various straps to prevent you from lifting your hips. Athletes must be in contact with the chair from the back of knee to butt through the entire duration of the throw. You can also have a strap placed at the front of the knees and may be strapped to the footplate on the chair as well so to avoid any movement from the waist down. Ambulatory athletes that use the runway must avoid stepping on top of the toe board. Athletes get up to six throws with the furthest distance being counted.



ADAPTIVE DISCUS

A discus is a circular object, typically weighing around three pounds, that athletes spin off their fingers. Ambulatory athletes may start out facing away from the throwing field and spin around one and a half times to release the disk in a sidearm fashion. Some standing athletes as well as seated athletes may throw from a



stationary position, using the trunk and upper extremity rotation to generate force.

The ring, or space in which the throw is generated, has a caged enclosure to prevent errant throws from heading toward spectators or other participants. Three-time Paralympic Gold Medalist Jeremy Campbell calls the ring “an 8-foot (in diameter) concrete circle that he spends a lot of time spinning around in.”

Campbell also states that a “legal throw” must land within the designated and marked landing area. “The discus has to land inside the lines,” he said. “And if your body goes outside the circle during the throw it is a foul.” Each athlete gets up to six throws with the best throw counted.

He also suggests that all athletes focus on the fundamentals of the throw. For ambulatory athletes like Campbell, the wind up is important. “Some athletes go fast in the ring. For me, it is not the speed of the body, but the velocity upon release.”

You will almost want to sling the discus. The rotation of the body in the ring helps create separation and facilitates getting the discus away from body. Apart from the fundamentals, posture and position are critical to a successful throw.

Continued on page 8 >>

When you first arrive to a competition, Campbell suggests that athletes get acclimated to the environment. “Each venue feels different. In addition, new rings could be slick.” Weather can also be a factor during competition. “Headwind is fine,” he said. “But tailwind is not good.”

ADAPTIVE SHOT PUT

The purpose of shot put is to throw, or put, a spherical metal shot (hence the name). Of the three throwing instruments, the shot is the heaviest. In many cases, athletes that compete in this category focus on sheer power and explosion. “This sport is more strength based,” Wheeler said. “The others are more rhythmic.”

The athlete starts in a designated circular throwing area called a ring. The shot is held in one hand against the neck and chin area. The put is executed in a pushing fashion, with the point of release being above the level of the shoulder. Athletes don’t want to get the shot too far from the midline as the shot can’t drop below a certain position during the throw.

Similar to discus, standing athletes may begin by facing away from the throwing field and generate force via a “spin” or “glide” technique. The spin is like the rotation in discus, and the glide is a forceful turn from the rear-facing position where the athlete pushes off the dominant leg. Seated athletes put from a stationary throwing frame. And like all throwing events, the put must land in the marked landing area to count.

ADAPTIVE LONG JUMP

In addition to the three throwing competitions, there are also three jumping events. These include the long jump, high jump, and triple jump. We will focus our attention on the long jump.

Jumping events do center around ambulatory athletes, but classifications do exist for visual impairments and other disabilities. World Champion and four-time Silver Medalist Lex Gillette, who is blind, suggests that a lot of jumpers train like sprinters. “The more speed you bring down the runway, the better,” Gillette said. “Your coach may have you enter sprints to help improve your ability.”

For long jumps, each competition area includes a runway and a sandpit. “Runway lengths may vary from venue to venue,” Gillette said. At the end of the runway, jumpers must launch from the takeoff board without stepping over the edge of it (fault line). Otherwise, that jump is considered a foul and doesn’t count. The sandpit is the spot where athletes land after completing their jump.

When it comes to jumping everyone has their own approach, according to Gillette. “There is a standing approach and walk-in approach, which allows you to explode into your run,” he said. “My approach is approximately 16 steps, or 34 ½ meters.”

You also jump off of the opposite leg. Lex is right handed and jumps from his left leg. “When you jump or leap from ground, it is your dominant leg.”



Distance is measured from the board (or toe mark) to the part of the body in the sand that lands closest to the board. During your jump, you want to keep everything forward. “You want to keep your arms up, come forward, and sweep through. The more you control that follow-through, the better.”

For athletes with a visual impairment, two markers are allowed on the track. In addition, you have a coach or guide that can clap or yell to know which direction you’re running or other cues.

In addition to strength training, Gillette does a lot of jump roping. He focuses on strengthening his ankles and toes, box jumps and jump drills, and hitting his runway marks. Stretching, rest, and recovery are also important.

FIND A PROGRAM

Wheeler suggests researching various training programs near you. “Even if one isn’t close to you, reach out to the nearest one because they can still be a resource for you.” Dozens of Move United member organizations offer track and field programs. You can find a list of them at moveunitedsport.org/locations. In addition, Move United offers a series of nearly two dozen sanctioned competitions as well as Move United Junior Nationals as a way for you to compete in these sports. Other great resources for you include aftusa.org and teamusa.org/usparatrackandfield.



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MARATHONER CANDICE CAESAR ALSO EXCELLING IN PARA ARCHERY

Candice Caesar's grandfather was a WWII veteran. Her father was a Vietnam veteran. So there was a family tradition of military service. "My father did not have a son, so I was not allowed to join the military. He told me, 'You are the only child, you don't need to go,'" Caesar said.

So she moved on from the idea and went on with her life. But she's always been a giver and wanted to serve people in general. "But I asked myself what the best capacity for me was to serve, and it was in the military."

While in college, Caesar thought she would do better if she could serve her country. She dropped out and enlisted in the U.S. Army, serving as a Personnel Administrative Specialist. "The best support the rest," she said.

Her duty stations included Korea, then Germany, and Fort Hood. She would serve seven and a half years before being medically retired. "My goal was to be a lifer."

But that all changed while on duty in Germany on December 5, 1999. A vehicle she was riding in going from one post to another slid on black ice. An axle broke and the vehicle flipped over five or six times. "The person behind me was not wearing a seat belt and hit me in the neck." As a result of the accident, Caesar fractured and broke vertebrae (C5-C8) and punctured a lung from a broken rib. "I was unconscious and they thought the vehicle was going to blow up, so they dragged me through the windshield which resulted in a spinal cord injury." She has weakness on her right side and no sensory on her left.

She was in a wheelchair for a short while, but walked with



a crutch and a cane. This was the early 2000s. "At the time, I did not realize I was a Paralyzed Veteran. In my mind, I was not an adaptive athlete."

"There are physical challenges that each of us have that make it difficult. That doesn't mean we can't."

Fast forward to 2014. Caesar was looking at her bucket list. "When my doctor told me I would never walk again, I told him I would walk a marathon." So she started training for her first marathon. "I ran it February 2, 2015. The very next weekend I ran a half marathon. And then I kept doing them."

After a handful of them, Caesar set a goal of running a half marathon (or marathon) in all 50 states. To date, she has run 24 marathons, 86 half marathons, and completed 14 triathlons and two duathlons.

"My injury started catching up to me around 2018, so I

began handcycling marathons.” She ended up handcycling the New York City Marathon in 2019 and was supposed to handcycle Boston in 2020, but had to do it virtually due to the coronavirus pandemic.

“While I was training for that, I met a lot of adaptive athletes. I was introduced to groups for people with disabilities and for veterans. I kind of missed all that just doing my own thing.”

In November 2019, Caesar would be introduced to archery at a PVA workshop. “I never really thought about archery as an adaptive sport. I thought that was pretty cool and went out and bought a bow.”

Because she was running marathons almost every weekend, she didn’t have time to pick up a bow and practice. The pandemic changed that as well in 2020. “I was like what do I do now.” She decided to participate virtually in her first Endeavor Games and Angel City Games. “They have archery, let me dust off this bow, sit in my back yard, and shoot my target. That’s what I did and I loved it.”

While seeking advice on how to improve her archery abilities, Caesar was connected with Paralympian Lia Coryell. “She invited me to participate in para archery and I thought that was the most amazing thing I could ever do. And now that is all I do. I eat, sleep, and shoot archery.”

It didn’t start out with Caesar wanting to compete at the elite level. “I just wanted to compete with other athletes and, in order to do so, I had to go to a national tournament.”

“I have never really been a competitor. I’ve always wanted to complete, not to compete. Now I want to compete.”

After meeting the team, Caesar wanted to join the team. “The archery community is magnificent.” She wanted to learn what she needed to do, and was told she needed to get classified. She was invited to participate with the team in Monterey, Mexico, at the Pan American Championships. It was also an opportunity to get classified. Four months later, she shot her recurve bow and scored sixth place. “I was so excited because I was not last.”

Caesar now has her sight set on the 2024 Paralympic Games. “Who doesn’t want to go to Paris? I’ve been to Paris, but I want to go as a Paralympian.” Right now, she’s tied for second place. The top three make the para world championship archery team, which will allow her to compete in February in Dubai. “That is my goal right now.”

As someone with a disability, just to travel is a hardship for Caesar. “I don’t have a caretaker. I have to carry all that equipment with me. And I have to go by myself. There isn’t always help. That alone is disheartening. Who wants to do that? Knowing that is what you are up against, a lot of people would be like I can’t do it because I have no help.”

The battle isn’t over.

AIG is proud to partner with Move United to raise awareness and funds for wounded veterans in their Move United Warfighters program.



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“There are always barriers, either intrinsic barriers or exterior barriers. There’s barriers in the system,” Caesar said. “There are physical challenges that each of us have that make it difficult. That doesn’t mean we can’t. We just have to realize that there is no box to think outside of, we just mainly need to think.”

She enjoys sharing her testimony with other people. “Basically, I want people to get up and move. Things have happened to me and I can keep moving. And if I can keep moving, then so can you. There is something you can still do, even if you are in a chair.”

Caesar also posts on social media when she has good days and bad days. “I like to let people know that. Every day is not a good day for an adaptive athlete. Every day is not a good day for everybody. Even in the bad days, you still have to push. In showing that I can do it, I’m turning disabilities into capabilities.”

In addition to her athletic pursuits, Caesar is a speech language pathologist. She is also the primary caretaker for her mother and her mom’s younger sister.

If you are wondering where things stand with her goal of completing at least a half marathon in every state, Caesar only has four states left, including New Hampshire, Maine,



Nebraska, and South Dakota. She plans to finish them this year. “This summer, I have two half marathons scheduled in New Hampshire and Maine. In August, I have the Nebraska State Fair and the finale will be the Mount Rushmore Half.

Her advice: “The only limit is you. Whatever it is you want to do, you can do. You just have to believe that you can do it.”

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PARA TABLE TENNIS: FROM THE REC ROOM TO THE PARALYMPICS

Table tennis is one of the most popular sports in the world with 16 million players in the U.S. alone. You can find table tennis in the basements and rec rooms of individual homes and apartments across the country. You can also play the game at sport and recreation facilities, university centers, and various other locations. So it is a relatively accessible game. It is also pretty fun. For some adaptive athletes, para table tennis can also be a pretty competitive sport. In fact, table tennis has been a Paralympic sport since the first games in 1960.

WHY TABLE TENNIS?

Besides it being an opportunity to get some good exercise and to stay healthy, Paralympic Gold Medalist Tahl Leibovitz, who will be playing in his sixth Paralympic Games in Tokyo, got into the sport as a youth at the South Queens Boys and Girls Club in order to make his reflexes faster. “As the ball comes towards you, you have to make a choice on what to do as soon as possible,” he said.

But Leibovitz, who equates the game of para table tennis as “running, playing chess, and boxing at the same time” also says there are other reasons to play. “The sport is almost psychotherapy. Also, it is great to see the different backgrounds coming together to play. And the sport is for all ages, as we have players in their 60s.”

For Team USA athlete Ian Seidenfeld, who is making his Paralympic debut in Tokyo and following in the footsteps of his father Mitchell (a Paralympic medalist and table tennis world champion), it is about the relationships that he has developed through the sport. “Friendships keep me coming out to play.” It is also different from a lot of other sports. “It is not as physical, as it is more of a technical and mental sport. It is all in the hands, particularly the wrists and fingers.”

REQUIRED EQUIPMENT

Table tennis is played in more than 50 countries and one of the most popular Paralympic sports internationally. For the most part, there are only three pieces of equipment that you need and all three can be commonly found at sporting goods stores and some department stores in your area.



The first, of course, is the table itself. The dimensions of an approved table tennis table are 9 feet long by 5 feet wide, and about 2 ½ feet high. The table includes a net that goes across the width in the middle of the table, dividing the table into two playing areas. The net sits 6 inches high.

A table tennis racket is also required, with one side being black and the other side being red or another approved color. The racket, or paddle, has a wood blade with rubber affixed on each side.

The only other item you need in order to play the game is an officially approved ball, which is plastic and about 40 millimeters in diameter.

In terms of equipment, the table is typically the most expensive purchase if you wanted to have your own for practice. If you want to just give the sport a try, most facilities and locations will have program equipment you can use. Beginner rackets are inexpensive. If you decide to get serious and start competing, then you might consider purchasing better equipment at that time. “Rackets can cost up to \$250, but it could take years before you need to make that investment,” Seidenfeld said.

ADAPTATIONS

Table tennis can be played by individuals with various disabilities. At the Paralympic level, there are 11 different classifications currently, including wheelchair (classes



1-5), ambulatory/standing (classes 6-10), and intellectual impairment (class 11). The lower the number within the wheelchair and standing categories, the more potential the impairment may impact the athlete's ability to compete.

PLAYING THE GAME

Games, or matches, are typically played as the best of five sets. Each set goes to 11 points and the winner must win by 2 points.

Each player serves twice and then the serve rotates to the opponent. Points can be awarded by either player during the serve (versus only points being awarded off their own serve).

In para table tennis, basic rules regarding equipment, process, and scoring are the same as the able-bodied version of the sport. However, there may be some exceptions regarding the serve in some classifications.

There are different ways to score points, including when the ball goes off the table or when it hits the net but doesn't go over to the other side. Each player tries to find the weakness of their opponent.

During the serve, if the ball hits the net it is a redo. For a legal serve, you must throw the ball straight up at least six inches high and from a flat palm. The toss and contact must take place from behind the table and the ball must be hit while in the air (certain classifications do have exceptions to this rule). "When you're serving, you have the advantage because you have control," Seidenfeld said. "That is really the only time you do." So accuracy and spin come into play here.

In competition, you can play singles (one opponent against another) or doubles (two players opposing two others). In singles, the whole table is open. In doubles, the ball has to crossover the court (diagonally) and each player must alternate the hit.

"In singles, you focus on your opponent," Leibovitz said. "In doubles, you focus on your team."

TAKING IT TO THE NEXT LEVEL

If you want to play more than recreationally, the first thing you will want to do is get classified. When training for the sport, Leibovitz recommends that you focus on all five components of the game: footwork: physical, tactics, execution, and mental. "It is 90% mental. It is often a sport of deception."

He'll typically practice 3-5 hours a week, including spending some time specifically working on his serve. But he really suggests that you have to get in the matches.

Seidenfeld trains three days a week on the table, bikes to help with cardio, and focuses on footwork drills. Icing, stretching, massages, and video review are also critical parts a typical training regime.

FIND A LOCAL PROGRAM

There are over 150 table tennis clubs in the United States, many of them with para table tennis programs. To find a location near you, visit teamusa.org/usa-table-tennis/clubs. "It is a very fun sport," Seidenfeld said. "Give it a try to see if you'd like it."





Photos courtesy of Dare2Tri

ASHLEY EISENMENGER BECAME A TRIATHLETE AFTER LOSING A BET

Ashley Eisenmenger raced casually before college and saw some success doing so. As a result, the coach at North Central College, Jenny Garrison, reached out to her to see if she wanted to come on board and continue her development as an athlete.

She raced varsity women's triathlon her junior and senior year. Partly because NCAA triathlon is so new and because the nature of adapting triathlon for athletes with disabilities, Eisenmenger is considered the first NCAA triathlete with a disability that required some sport specific adaptation.

Eisenmenger is a blind triathlete, so she races alongside a sighted guide, swims tethered, and rides a tandem bike. "Guides are essentially responsible for everything they would normally be doing in a race on top of seeing for me, because I am unable to do that," she said.

How she first got into triathlons is an interesting story. "I

was an endurance runner prior to getting into triathlons. I actually lost a bet with a friend and as a result I had to race a triathlon with her as my guide. At the time it was very daunting and something I didn't think I would enjoy at all but halfway through the bike segment I yell at her that we have to keep doing this, it is so fun."

"I like to view my disability as a celebrated part of me. It is crucial to making me me."

Now it is all she does. "I did that one race and I was like I want more, I need more, I love triathlon." She reached out to a random stranger on the internet as she searched tandem bikes to learn more. "I messaged Carolyn Gainer, who introduced me to this whole world. She connected me with the para-tri community."

Riding a tandem bike wasn't new to her however. Eisenmenger rode a tandem bike once at a youth summer camp in Michigan, which was the highlight of her week at the camp. Prior to that, she hadn't ridden a bike since she was about 10 years old, when she stopped riding a single upright bike because her vision had deteriorated to a point where it wasn't safe. So it had been six years since she had been cycling.

"When I learned that tandems were a thing and that I could

ride one again, I immediately knew that at some point in my life I wanted that to be a regular thing. At 16, I didn't think it would be through triathlon though. But here we are."

Swimming is a different story. "I never took up swimming competitively. I learned to swim basically so I wouldn't drown. Swimming is just the part of the race that I have to get through. I'm glad it is first. I can check it off the list and move on."

So it would be a toss-up between running and cycling as her favorite component of a triathlon. "Running will always have a special place in my heart. It got me through a lot as a teen and I love it. I love the people I get to run with and that I've met."

But running hasn't been safe for her during the pandemic. "Cycling has been there for me during this difficult time."

In 2015, Eisenmenger connected with Dare2Tri, a Move United member organization based in Chicago, and registered for one of their camps. "I consider most of them family and good friends."

All three components of the triathlon have to be done with the same guide and if it is competitively, the guide has to be female. "I race with a few women, but I'm fortunate to train with a good mix of people, including Dan with Dare2Tri. I can't run outside without a guide. I can't swim without a guide. I can ride a tandem bike without a guide. Any time I want to train outside, I have to train with someone else."

In terms of triathlons, the Chicago Tri, which is local for her, will always be a fan favorite for Eisenmenger. "Nothing beats hauling down Lake Shore Drive without any traffic. It is so fun. Another favorite course is in Sarasota, Florida, where the International Triathlon Union (ITU) holds the Continental Championships. "I've raced with Team USA there and that course really plays to my strengths as an athlete."

When it comes to training for triathlons, Eisenmenger likes to equally distribute the four sports (swim, bike, run, and also strength training) throughout the week, meaning she tries to work on each two to three times during the week. "I like to stay busy and triathlon helps me do that."

Eisenmenger is one in a set of triplets that were born premature, about 13 ½ weeks early. As such, they developed an eye condition called Retinopathy of Prematurity (ROP). "That means the structures in our eyes didn't have time to develop because we were born so early."

She likes to say that vision loss occurs on a spectrum. "We are a perfect example of that. One sister is able to drive a car and has almost perfect vision with correction. The other is in the middle because she isn't a braille reader or guide dog user, but does benefit from larger text and some additional assistance. I fall in the more severely side of things. I have no vision in my right eye and can see light and



occasional large objects in my left eye. I'm a cane user."

Growing up, she could read large fonts but had a drastic drop when she was in the 8th grade. There has been some fluctuation since. "I'm not 100% sure what the outlook is. I take everything day by day. I'm super grateful for the limited vision I do have, but I'm also accustomed to functioning without it."

Although she has some vision, she identifies as a blind woman. "My vision isn't functional enough to assist me in seeing in ways that the sighted person next to me would consider helpful," she said. "It is easier for me to tell people that I'm blind, because I would rather them assume that I could see nothing than assume that I could see some things. It tends to lend itself to an easier flow of interaction."

In addition to running triathlons, Eisenmenger also coaches other athletes. Not long ago, she was able to get certified as a USAT coach. "I was able to further my education, thanks to Move United, and get certified in coaching paratriathlon. I now get to take my lived experience as an athlete with a disability and my professional experience as someone who races fairly well and work with athletes that come to different tri camps."

"I like to view my disability as a celebrated part of me. It is crucial to making me me," she said. "I've said for a long time now that I've done more with no vision than would I have done with it. I take a lot of pride in that aspect of my identity and don't have an issue leading with it."

Outside of sports, Eisenmenger works for a nonprofit in Chicago called Access Living where she does diversity, equality, and inclusion consulting and training.

Check out a Move United member organization near you.

ALABAMA

Lakeshore Foundation
Birmingham, AL
lakeshore.org

ALASKA

Challenge Alaska
Anchorage, AK
challengeak.org

ORCA Program – Southeast Alaska Independent Living Inc.
Juneau, AK
sailinc.org/orcarecreation-services

ARIZONA

Ability360 Sports & Fitness Center
Phoenix, AZ
ability360sports.org

Arizona Adaptive Watersports
Dewey, AZ
azadaptivewatersports.org

Arizona Disabled Sports
Mesa, AZ
arizonadisabledsports.com

Northern Arizona Adaptive Sports Association
Flagstaff, AZ
NAZadaptivesports.com

Southern Arizona Adaptive Sports
Tucson, AZ
soazadaptivesports.org

CALIFORNIA

Ability First Sports
Chico, CA
abilityfirstsports.org

Achieve Tahoe
Alpine Meadows, CA
achievetahoe.org

Adaptive Sports and Recreation Association
San Diego, CA
adaptivesportsandrec.org

AmpSurf
Pismo Beach, CA
ampsurf.org

Angel City Sports
Los Angeles, CA
angelcitysports.org

Bay Area Association of Disabled Sailors
San Francisco, CA
baads.org

Bay Area Outreach and Recreation Program
Berkeley, CA
borp.org

Central California Adaptive Sports Center
Shaver Lake, CA
centralcaladaptive.org

Disabled Sports Eastern Sierra
Mammoth Lakes, CA
disabledsportseasternsierra.org

DSUSA Los Angeles – The Unrecables
Los Angeles, CA
unrecables.com

DSUSA Orange County – The Achievers
Irvine, CA
theachievers.org

Far West Wheelchair Athletic Association
San Jose, CA
fwwaa.org

Operation Surf
San Luis Obispo, CA
operationsurf.org

Palms to Pines Paraspports
Palm Springs, CA
palmstopinesparaspports.org

Triumph Foundation
Valencia, CA
triumph-foundation.org

U.S. Driving for the Disabled
Arroyo Grande, CA
usdfd.org

U.S. Adaptive Recreation Center
Big Bear Lake, CA
usarc.org

COLORADO

5280 Challenge
Aurora, CO
5280challenge.org

Adaptive Action Sports
Copper Mountain, CO
adacs.org

Adaptive Adventures
Westminster, CO
adaptiveadventures.org

Adaptive Sports Association
Durango, CO
asadurango.org

Adaptive Sports Center of Crested Butte
Crested Butte, CO
adaptivesports.org

Breckenridge Outdoor Education Center (BOEC)
Breckenridge, CO
boec.org

Challenge Aspen
Snow Mass Village, CO
challengeaspen.org

Colorado Discover Ability
Grand Junction, CO
cdagj.org

DuMyon Martial Arts
Colorado Springs, CO
dumyonmartialarts.org

Foresight Ski Guides Inc.
Vail, CO
foresightskiguides.org

Golf 4 the Disabled
Greenwood Village, CO
golf4thedisabled.org

Ignite Adaptive Sports
Boulder, CO
igniteadaptivesports.org

National Sports Center for the Disabled
Denver, CO
nscd.org

Paradox Sports
Eldorado Springs, CO
Paradoxsports.org

Steamboat Adaptive Recreational Sports (STARS)
Steamboat Springs, CO
steamboatstars.com

Telluride Adaptive Sports Program
Telluride, CO
tellurideadaptivesports.org

Visually Impaired & Blind Skiers
Colorado Springs, CO
coloradovibes.org

CONNECTICUT

Gaylord Sports Association
Wallingford, CT
gaylord.org/sports

Leaps of Faith Adaptive Skiers
Newtown, CT
lofadaptiveskiers.org

Oak Hill Adaptive Sports and Fitness
Hartford, CT
sportsandfitness.oakhillct.org

FLORIDA

Central Florida Chapter of Paralyzed Veterans of America
Sanford, FL
pvacf.org

Central Florida Dreamplex
Clermont, FL
cfdreamplex.com

Dixie Wheelchair Athletic Association
Hudson, FL
dixiegames.com

Endless Possibilities
Lakewood, FL
Endlesspossibilitiespbs.org

Hillsborough County Adaptive Sports
Tampa, FL
Hillsboroughcounty.org/en/residents/recreation-and-culture/sports-and-athletics/hc-adaptive-sports

Shifting Gears United
Tequesta, FL
shiftinggearsunited.org

SportsAbility Alliance
Tallahassee, FL
sportsability.org

Wounded Warriors Abilities Ranch
Pinellas Park, FL
woundedwarriorsabilitiesranch.org

Warrior Sailing
Treasure Island, FL
warriorsailing.org

GEORGIA

Catalyst Sports
Atlanta, GA
catalystsports.org

BlazeSports America
Norcross, GA
blazesports.org

HAWAII

AccesSurf Hawaii
Honolulu, HI
accessurf.org

IDAHO

Adaptive Wilderness Sports of McCall (AWeSOME!)
McCall, ID
awesomemccall.org

Boise Adaptive Snowsport Education (BASE)
Boise, ID
baseidaho.org

Higher Ground Sun Valley
Ketchum, ID
highergroundusa.org

ILLINOIS

Chicago Park District-Special Recreation Department
Chicago, IL
chicagoparkdistrict.com/special-recreation-programs

Dare2Tri Paratriathlon Club
Chicago, IL
dare2tri.org

Great Lakes Adaptive Sports Association (GLASA)
Lake Forest, IL
glasa.org

North Side Archery Club
Chicago, IL
northsidearcheryclub.org

Shirley Ryan Ability Lab
Chicago, IL
sralab.org

INDIANA

Rehabilitation Hospital of Indiana Sports Program
Indianapolis, IN
rhirehab.com/our-programs/community-reintegration/adaptive-sports-program/clinics

Special Outdoor Leisure Opportunities (SOLO)
South Bend, IN
skisolomichiana.org

Turnstone Center
Fort Wayne, IN
turnstone.org

IOWA

Adaptive Sports IOWA
Ames, IO
adaptivesportsiowa.org

SportAbility of Iowa
Waterloo, IA
sportabilityofiowa.org

KANSAS

Challenge Foundation
Derby, KS
Challengegames.org

Wichita Adaptive Sports
Wichita, KS
wichitaadaptivesports.org

LOUISIANA

Louisiana GUMBO
Pineville, LA
sites.google.com/site/louisianagumboinc

S.M.C.L. Foundation & Associates Inc. Adaptive & Disability Sports Organization
New Orleans, LA
samaritanactsneworleans.org

MAINE

Adaptive Outdoor Education Center
Carrabassett Valley, ME
adaptiveoutdooreducationcenter.org

Central Maine Adaptive Sports
Auburn, ME
centralmaineadaptivesports.org

Maine Adaptive Sports & Recreation
Newry, ME
maineadaptive.org

MARYLAND

Baltimore Adaptive Recreation and Sports
Parkton, MD
barsinfo.org

Bay Area Volleyball Academy – BAVA Beach ParaVolleyball
Millersville, MD
bayvolleyball.com/beachparavolley

Bennett Institute Physically Challenged Sports of Kennedy Krieger
Baltimore, MD
kennedykrieger.org

Chesapeake Region Accessible Boating (CRAB)
Annapolis, MD
crabsailing.org

Live Water Foundation
Annapolis, MD
livewater.org

Maryland Therapeutic Riding
Crownsville, MD
HorsesThatHeal.org

Team River Runner
Rockville, MD
teamriverrunner.org

MASSACHUSETTS

AccesSportAmerica
Acton, MA
accessportamerica.org

Adaptive Sports New England
Austin, MA
adaptivesportsne.org

Community Rowing
Brighton, MA
Communityrowing.org

Spaulding Adaptive Sports Centers (Spaulding Rehabilitation Network)
East Sandwich, MA
sasc.spauldingrehab.org

MICHIGAN

Cannonsburg Challenged Ski Association
Ada, MI
skiccsa.org

Mary Free Bed Wheelchair and Adaptive Sports
Grand Rapids, MI
maryfreebed.com/rehabilitation/sports-rehabilitation/wheelchair-adaptive-sports/

Michigan Adaptive Sports
Detroit, MI
michiganadaptivesports.com

Michigan Sports Unlimited
Essexville, MI
misprtsunlimited.com/
misprtsunlimited.com

Rehabilitation Institute of Michigan Foundation
Detroit, MI
Rimfoundation.org

University of Michigan Adaptive & Inclusive Sports Experience (UMAISE)
Ann Arbor, MI
medicine.umich.edu/dept/pmr/patient-care/therapeutic-other-services/university-michigan-adaptive-inclusive-sports-experience-umaise

MINNESOTA

Courage Kenny Rehabilitation Institute
Golden Valley, MN
allinahealth.org/adaptivesports

U.S. Electric Wheelchair Hockey Association
New Hope, MN
powerhockey.com

Wayzata Community Sailing Center
Wayzata, MN
wayzatasailing.org/programs/outreach-adaptive/

MISSOURI

Disabled Athlete Sports Association (DASA)
St. Peters, MO
dasasports.org

Midwest Adaptive Sports
Dearborn, MO
midwestadaptivesports.org

MONTANA

DREAM Adaptive Recreation
Whitefish, MT
dreamadaptive.org

Eagle Mount Billings
Billings, MT
eaglemount.us

Eagle Mount Bozeman
Bozeman, MT
eaglemount.org

Eagle Mount Great Falls
Great Falls, MT
eaglemount.net

NEVADA

City of Reno
Reno, NV
reno.gov/government/departments/parks-recreation-community-services/adaptive-recreation

Nevada Paralyzed Veterans of America
Las Vegas, NV
nevadapva.org

NEW HAMPSHIRE

AbilityPLUS
Glen, NH
abilityplus.org

Adaptive Sports Partners of the North Country
Franconia, NH
adaptivesportspartners.org

Crotched Mountain Accessible Recreation and Sports
Greenfield, NH
cmars.org

Full Circle Farm Therapeutic Horsemanship
Newport, NH
fcftherapeutic.org

Granite State Adaptive
Mirror Lake, NH
gsadaptive.org

Lakes Region Disabled Sports at Gunstock
Gilford, NH
lradaptive.org

New England Disabled Sports
Lincoln, NH
nedisabledpsports.org

New England Healing Sports Association
Newbury, NH
nehsa.org

Northeast Passage
Durham, NH
nepassage.org

Waterville Valley Adaptive Sports
Waterville Valley, NH
watervilleadaptive.com

NEW JERSEY

Children's Lightning Wheels
Mountainside, NJ
childrens-specialized.org/sports-connection

Tri-State Wheelchair Athletic Association
Mountainside, NJ
tswaa.com

NEW MEXICO

Adaptive Sports Program New Mexico
Santa Fe, NM
adaptivesportsprogram.org

Ski Apache Adaptive Sports
Ruidoso, NM
skiapacheadaptivesports.com

NEW YORK

Adaptive Sports Foundation
Windham, NY
adaptivesportsfoundation.org

Adaptive Sports Program – Helen Hayes Hospital
West Haverstraw, NY
helenhayeshospital.org/hospital-services/adapted-sports-recreation

Burke Rehabilitation Hospital Adaptive Sports Program
White Plains, NY
burke.org/community/adaptiveprograms

Capital Region Nordic Alliance
Albany, NY
capitalregionnordicalliance.org

Charles T. Sitrin Health Care Center
New Hartford, NY
sitrin.com/adaptivesports

GallopNYC
Forest Hills, NY
gallopnyc.org

Greater Buffalo Adaptive Sports
Hamburg, NY
sledhockeyfoundation.org

Greek Peak Adaptive Snowsports
Endwell, NY
gpadaptive.org

Lounsbury Adaptive Ski Program
Ellicottville, NY
lounsburyadaptive.org

Move Along Inc.
Oswego, NY
movealonginc.org

Rochester Accessible Adventures
Rochester, NY
rochesteraccessibleadventures.org

Rochester Community Inclusive Rowing
Rochester, NY
rochestercommunityinclusiverowing.org

STRIDE
Wes Sand Lake, NY
stride.org

NORTH CAROLINA

ACCESS of Wilmington
Wilmington, NC
accessilm.org

Bridge II Sports
Durham, NC
bridge2sports.org

ComMotion- Community In Motion
Raleigh, NC
Commoutionnc.org

NORTH DAKOTA

Prairie Grit Adaptive Sports
Minot, ND
prairiegritsports.com

OHIO

Adaptive Sports Connection
Powell, OH
adaptivesportsconnection.org

Adaptive Sports Program of Ohio
Wooster, OH
adaptivesportsohio.org

Three Trackers of Ohio
Middleburg Heights, OH
3trackers.org

Youth Challenge
Westlake, OH
youthchallengesports.com

OKLAHOMA

Oklahoma Adaptive Sports Association
Oklahoma City, OK
okasa.org

The Center for Individuals with Physical Challenges
Tulsa, OK
tulsacenter.org

University of Central Oklahoma Center of Adaptive Sports
Edmond, OK
uco.edu/wellness/sr/trainingsite/index.asp

OREGON

Adaptive Sports Northwest
Beaverton, OR
adaptivesportsnw.org

Adventures Without Limits
Forest Grove, OR
awlouddoors.org

Oregon Adaptive Sports
Bend, OR
oregonadaptivesports.org

PENNSYLVANIA

Blue Ridge Adaptive Snow Sports (BRASS)
Fairfield, PA
brasski.org

On the Edge Children's Foundation
Gettysburg, PA
ontheedgecf.org

Pennsylvania Center for Adapted Sports
Philadelphia, PA
centeronline.com

Three Rivers Adaptive Sports
Pittsburgh, PA
traspa.org

Two Top Mountain Adaptive Sports Foundation
Mercersburg, PA
twotopadaptive.org

SOUTH CAROLINA

Adaptive Expeditions
Charleston, SC
AdaptiveExpeditions.org

Clemson Adaptive Sports
Clemson, SC
clemson.edu/cbshs/departments/prtm/programs/clemson-adaptive-sport-recreation/index.html

Coastal Adaptive Sports
Myrtle Beach, SC
coastaladaptivesports.org

Roger C. Peace Rehabilitation Hospital
Greenville, SC
facebook.com/events/roger-c-peace-rehab-center-greenville-memorial/roger-c-peace-adaptive-sports/763384843997012

TENNESSEE

Sports, Arts & Recreation of Chattanooga (SPARC)
Chattanooga, TN
sparctn.org

TEXAS

Kinetic Kids
San Antonio, TX
kinetickidstx.org

Lone Star Paralysis Foundation
Austin, TX
lonestarp paralysis.org

Morgan's Wonderland Sports
San Antonio, TX
morganswonderlandsports.com/straps

One Chair at a Time
Amarillo, TX
onechairatathetime.org

Operation Comfort
San Antonio, TX
operationcomfort.org

RISE Adaptive Sports
Irving, TX
riseadaptivesports.org

Service Members Undertaking Disabled Sports (SUDS)
San Antonio, TX
sudsusa.org

Southwest Wheelchair Athletic Association
Fort Worth, TX
Swaasports.org

Turning Point
Terrell, TX
turningPOINTnation.org

UTAH

Common Ground Outdoor Adventures
Logan, UT
cgadventures.org

National Ability Center
Park City, UT
discovernac.org

Ogden Valley Adaptive Sports
Huntsville, UT
ogdenvalleyadaptivesports.org

Salt Lake County
Midvale, UT
slco.org/adaptive

Wasatch Adaptive Sports
Snowbird, UT
wasatchadaptivesports.org

VERMONT

Adaptive Sports at Mount Snow
West Dover, VT
adaptiveatsnow.org

Bart J. Ruggiere Adaptive Sports Center
Manchester Center, VT
bartadaptive.org

Central Vermont Pioneers
Montpelier, VT
centralvermontpioneers.org

EDD Adaptive Sports
Williston, VT
eddfund.org

Green Mountain Adaptive Sports
Hyde Park, VT
greenmtnadaptive.org

Northeast Disabled Athletic Association
Burlington, VT
disabledathletics.org

Vermont Adaptive Ski & Sports Association
Killington, VT
vermontadaptive.org

VIRGINIA

Adventure Amputee Camp
Falls Church, VA
adventureamputeecamp.org

Patriots For Disabled Divers
Occoquan, VA
patriotsfordisabledivers.org

Sportable
Richmond, VA
sportable.org

Therapeutic Adventures
Charlottesville, VA
TAonline.org

Wintergreen Adaptive Sports
Charlottesville, VA
Wintergreenadaptivesports.org

WASHINGTON

Footloose Sailing Association
Mercer Island, WA
footloosedisabledsailing.org

Outdoors for All Foundation
Seattle, WA
outdoorsforall.org

ParaSport Spokane
Spokane, WA
parasportspokane.org

Seattle Adaptive Sports
Seattle, WA
seattleadaptivesports.org

WASHINGTON, D.C.

Medstar NRH Adaptive Sports & Fitness Program
Washington, D.C.
medstannrh.org/sports

WEST VIRGINIA

Challenged Athletes of West Virginia
Snowshoe, WV
cawvsports.org

WISCONSIN

Dairyland Sports
Madison, WI
dairylandsports.org

Southeastern Wisconsin Adaptive Ski Program
Cedarburg, WI
sewasp.org

Sports, Therapeutic and Adaptive Recreation (STAR) Association
La Crosse, WI
couleeregionsledhockey.com

Wisconsin Adaptive Sports Association (WASA)
Brookfield, WI
wasa.org

WYOMING

Teton Adaptive Sports
Teton Village, WY
tetonadaptivesports.com

ADAPTIVE SPORTS OHIO PLANS FALL PROGRAMMING ACROSS THE STATE

WOOSTER, OHIO

Adaptive Sports Ohio will offer a variety of community-based sports programs throughout Ohio during the fall/winter season, providing athletes the opportunity to play recreationally or competitively in power wheelchair soccer, sled hockey, and wheelchair rugby. Weekly wheelchair basketball and strength and conditioning sessions will also be available. Programs vary by location but are available in the Wooster, Cleveland, Youngstown, and Toledo areas.

In addition to community-based sports, inclusion in school athletics is important for students with disabilities, thus Adaptive Sports Ohio has launched school-based

wheelchair basketball programs in school districts across Ohio. These district-wide teams will also begin their seasons during the fall.

To learn more about getting involved, contact Adaptive Sports Ohio at info@AdaptiveSportsOhio.org or call 330-601-1400. Information is also available at AdaptiveSportsOhio.org.



PARA-ARCHERY CHAMPIONSHIP AUGUST 27-29

CHICAGO, ILLINOIS

North Side Archery Club is proud to present the 2021 Chicago Para-Archery Championship Aug. 27-29. We are very happy to be able to offer National Classification at this event! Archery classifier and World Archery International Judge Megan Tierney will be present.

This event is sanctioned as a Star Event by USA Archery/World Archery. Senior and Master classes can shoot for

national and world records! This event is also sanctioned Level 3 by Move United, so junior and younger archers can set national youth records.

Register at northsidearcheryclub.org/2021-para-archery-championship.

For more information, contact Brent Harmon at nsacevents@gmail.com.

TURNSTONE OFFERS NUMEROUS TOURNAMENTS

FORT WAYNE, INDIANA

Turnstone Power Soccer athlete, David, is eager to get back on the court. But, for David, returning to tournaments means more than just competing.

“It means the world to me that I’ll be able to play again after this whole pandemic,” said David. “Not only does it mean I get back to competing, but it means I get to see people I haven’t been able to see for over a year.”

David and other Turnstone athletes are anxious to welcome teams for the upcoming tournament season after an isolated 2020-21 season.

Turnstone offers comprehensive therapy and wellness programs and services for children and adults with disabilities. Among Turnstone’s programs are seven competitive sports teams, including Wheelchair Basketball, Wheelchair Rugby, Sled Hockey, Track & Field, and Power Soccer, and proudly hosts various adaptive sports tournaments throughout the year.



Turnstone invites you and your teams to the following tournaments:

Wheelchair Basketball Prep and Varsity Tournament – Oct. 30 and 31

Turnstone Rugby Invitational – Nov. 13 and 14

Power Soccer Tournament – Dec. 4 and 5

To inquire about registering your team for a 2021-2022 season tournament or joining a Turnstone team, contact Jaime Garzon at jaime@turnstone.org.

PEDALS AND PROSTHETICS EVENT HOSTED BY TELLURIDE ADAPTIVE SPORTS PROGRAM MOAB, UTAH

Join us this fall for a first of its kind partnership and event in a world-class venue for intermediate to advanced mountain bikers living with limb loss/amputation. Spiraling off of signature Pedals and Prosthetics previous events in Estes Park, Colorado, and Rogue River, Oregon, put on by Ampt Biking, Telluride Adaptive Sports Program (TASP) is excited to take this event to the next level for a limited number of passionate riders who are looking to progress their skills and tighten the community amongst amputee riders.

TASP is the only 100% adaptive rider guide service with

unrestricted access to the trails Moab has to offer, doing it for 10 years now. This experience, Sept. 23-26, will be fully guided and catered at a rustic yet amenable group campground in the heart of Moab's world-renowned trail system. All food, shuttles, and guiding will be provided for each rider. Athlete speakers and prosthetics industry representatives will be rounding out this amazing event!

Contact Tim at TASP at 970-728-5010 for more information or visit <https://amptbiking.com/events/moab-event-details>.

CYCLE OR MOUNTAIN BIKE WITH WASATCH ADAPTIVE SPORTS SNOWBIRD, UTAH

Join Wasatch Adaptive Sports this fall from Sept.14–Oct. 30 for cycling programs! Explore on paved trails at adaptive cycling programs offered at various times Tuesdays–Saturdays or go off-road at mountain biking programs at local trail systems along the Wasatch Front on Thursdays. Bikes and private instruction provided for riders from new beginners through advanced cyclists.

Learn more at wasatchadaptivesports.org/program-registration. Sign up by contacting 801-834-0476 or programs@wasatchadaptivesports.org.



MOUNTAIN BIKING ADVENTURE DAYS WITH MAINE ADAPTIVE BETHEL AND CARRABASSETT VALLEY, MAINE

Join Maine Adaptive for four days of action-packed, mudslinging, off-road mountain biking adventures. This event will take place from Sept. 30 to Oct. 3, where the first two days we will be riding in the Bethel region and the latter two days we will be riding in Carrabassett Valley. All locations will have terrain suitable for entry level to advanced riders and will include a mix of downhill and cross-country trails. All ability levels are encouraged to apply. Space will be limited due to our COVID-19 plan at the time and we will be unable to provide refreshments or housing for the duration of these program days. If you'd like assistance identifying housing options, please reach out and we would be happy to help!

For more information on the Mountain Biking Adventure Days and Maine Adaptive Sports & Recreation year-round programming, contact info@maineadaptive.org or visit maineadaptive.org.



PARA & ADAPTIVE ROWING PROGRAMS AT COMMUNITY ROWING BRIGHTON, MASSACHUSETTS

Rowing is a sport that gives — it grants people access to their bodies, unlocks their potential, and pushes them in ways that cause them to grow and develop and thrive. This summer, Community Rowing Inc. launched “Community Building at CRI,” a new volunteer program that grew from the desire of our youth athletes to become more involved in cultivating inclusivity and diversity at our boathouse.

CRI’s innovative Para & Adaptive Rowing Programs rely heavily on volunteers to get our para athletes out on the water, since many cannot use single boats. Now, our competitive youth athletes will pair up with para rowers, volunteering to be part of podded doubles to not only make rowing more accessible during COVID-19, but also to engage directly with our para program and learn from it.

This program has brought many para athletes back on the water for the first time in over a year, due to COVID-19 restrictions.



Photo by Damian Strohmeyer

If you’d like to learn more or get involved in this opportunity, you can contact us online at <https://communityrowing.org/about/volunteer>.

ARE YOU UP FOR THE GOT THE NERVE TRIATHLON? LEWISBERRY, PENNSYLVANIA

IM ABLE Foundation is making up for a lost year and hosting its 17th and 18th Annual Got the Nerve? Triathlon (GTN) on Saturday, Sept. 18 and Sunday, Sept. 19 in Gifford Pinchot State Park, Lewisberry. Through a grant, all adaptive athletes are able to participate for free, individually and as a member of a relay team.

GTN is a two-day USA Triathlon Sanctioned and Paratriathlon friendly event featuring a sprint and Olympic-distance triathlon, duathlon, and aquabike. GTN has inspired thousands of individuals of all abilities to challenge themselves in a motivating and encouraging race environment.

The event supports IM ABLE’s mission to remove obstacles that keep people with challenges on the sidelines, providing them access to programs and equipment tailored to their needs and a community of all abilities to support them.



For more information on the IM ABLE Foundation or GTN, please visit <https://imablefoundation.org>.

18TH ANNUAL SUPER H 5K RUN, WALK AND WHEEL WASHINGTON, D.C.

MedStar National Rehabilitation Hospital empowers individuals in the Washington, D.C., area with physical disabilities to lead active and healthy lifestyles through adaptive sports and fitness. The Super H Run, Walk and Wheel, we provide free adaptive sports programs with expert coaching, specialized equipment, competitions, and travel expenses to tournaments.

The 18th Annual Super H 5K Run, Walk and Wheel will take place in-person and virtual! The in-person race will be held on Sunday, Sept. 19. You can participate virtually anytime and anywhere from Sept. 19 through Sept. 25. Individuals of all abilities are welcome to join in-person or virtually, to run, walk, wheel or cycle! Participants from our Adaptive Cycling program, which runs from April through October, are training to ride in the race.

Our Adaptive Cycling program is welcome to beginner, intermediate and advanced youth, or adult riders. All functional ability levels are welcome. Our trained staff and volunteers work with participants to fit them to a cycle that best meets their needs. Come out and ride with us!

For more information on Super H visit: medstarnrh.org/philanthropy/partner-with-us/events/super-h-5k-run-walk-and-wheel.



For more information on our Adaptive Cycling Program visit: medstarnrh.org/our-services/adaptive-sports-fitness/services/cycling.

NEW HIKING PROGRAM AT NEW ENGLAND HEALING SPORTS ASSOCIATION NEWBURY, NEW HAMPSHIRE

New England Healing Sports Association (NEHSA) will be continuing our new, year-round accessible hiking program through the fall months in and around the beautiful Sunapee Lake Region. Thanks to the generous support of The Hartford through their Ability Equipped Program, NEHSA was able to fully outfit a hiking and snowshoe program. NEHSA has added Black Diamond TrailRiders, hiking poles, snowshoes, crampons and all of the essentials for a safe trip exploring the trails and trees in the area. Reach out if you are in the area to take advantage of the wonderful foliage this area has to offer throughout the fall!

NEHSA is also looking forward to another wonderful winter season at Mount Sunapee Resort. New Member Orientation will take place in November and Volunteer Instructor Training will take place in early December.

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



OUTDOOR SPORTS WITH NEW ENGLAND DISABLED SPORTS VARIOUS LOCATIONS, NEW HAMPSHIRE

New England Disabled Sports (NEDS) invites athletes of all ages and abilities to discover the thrill and adventure of outdoor sports in the beautiful White Mountains of New Hampshire.

Athletes can enjoy a variety of sports including golfing, cycling (mountain and road), kayaking and paddleboarding.

HIT THE BEACH! Join us for the annual Hit the Beach event on Aug. 27 at Hampton Beach. This event is generously hosted by

the American Legion Post 35 and there is no cost to participate. Spend the day at the beach and give surfing a try in a fun and safe environment with trained professionals.

Interested in signing up to participate? Call the NEDS office at 603-745-9333 or visit NEDisabledSports.org to learn more! Advanced reservations are required. To keep updated about what's happening at NEDS, follow us on Facebook and Instagram @ [NEDisabledSports](#).



SPAULDING HOSTS ANNUAL SPORT AND SPIRIT VETERANS' RETREAT CAPE COD, MASSACHUSETTS

Spaulding Adaptive Sport Centers (SASC) is celebrating its 20th anniversary this year. We started with a small golf program on Cape Cod and have grown to offer over 30 activities and provide year-round options in three regions of Eastern Massachusetts. While the pandemic changed many things, it gave us the opportunity to grow a fourth "region" with virtual programs, broadening access, fitness and community for participants.

The pandemic changed our in-person schedules, including postponing SASC's annual Sport and Spirit Veterans' Cape Cod weekend retreat to the weekend of Sept. 10; veterans are invited to join us for a summer camp-like experience with archery, cycling, fishing, mountain biking, golf, yoga and campfires.

Fall is our favorite time of year when summer sports mingle with fall and portend the winter programs ahead! As outdoor activities such as cycling, kayaking, outrigger canoeing and tennis are approaching their zenith, sled hockey starts for our youth Sledgehogs team, adult Shamrocks team, and community players, and

fitness programs for skiers and snowboarders will start! We look forward to seeing returning and new participants, either virtually or in person!

To check out our calendars and register for programs, visit: <https://sasc.spauldingrehab.org>.



ACCESS FITNESS & WELLNESS PROGRAM WILMINGTON, NORTH CAROLINA

Fitness can be fun! ACCESS of Wilmington is thrilled to host ACCESS Fit, an inclusive, seasonal 12-week fitness and wellness program for individuals with and without disabilities. Each one-hour session, 2/week incorporates cardiovascular, strength, balance, and flexibility training as well as recreational games such as floor hockey, basketball,

baseball, volleyball, pickleball, archery, and more. Participants enjoy social interaction and learning new skills, all while working towards greater health and functioning. Leaders utilize visual schedules, handcycles, seated adaptations, and other modifications to ensure success. The fall sessions begin August 2021 and are held in an in-person and virtual format.

For more information, contact info@accessilm.org or visit accessilm.org.



SPORTSABILITY ALLIANCE MIRACLE SPORTS PROGRAM TALLAHASSEE, FLORIDA

In-Person: Participants will play kickball Thursdays from September to just before Thanksgiving. The season is fun for everyone, and the best part is that entire families and groups of friends can play together! Miracle Sports are played at Miracle Field at Messer Park because it has a rubberized surface making it accessible for all. Programs are designed to enable EVERYONE to participate. Adaptive equipment is available if needed. Visit fdoa.org/miracle-sports.

Virtual: Interactive fitness classes are offered for small group workout sessions. We'll work on our strength

and endurance, play some games, and have a lot of fun. All sessions will be adapted so EVERYONE can join in! Classes are limited to no more than 6 to ensure you can work 1:1 with the coach. Visit fdoa.org/bubble.

Facebook Classes: Every week classes are live streamed for you to workout along with three coaches who provide a standard exercise, a seated version and an advanced version to fit everyone. If you can't make it for the live workout, you can do it on your own schedule by watching the video on our Facebook page.

For questions, email us at info@fdoa.org.



SHIFTING GEARS UNITED HOSTS 3RD ANNUAL FREEDOM COAST RIDE WEST PALM BEACH, FLORIDA

Join other enthusiastic disabled and able-bodied cyclists for an unforgettable ride along the scenic coastline of the beautiful Palm Beaches! The ride begins in sunny West Palm Beach continuing to the north end of Jupiter Island, the Jewel of the Treasure Coast, and back to West Palm Beach for entertainment and refreshments! More than 200 riders participated in 2019, and over 150 riders (despite COVID-19) in 2020. This is the largest all-inclusive ride in the Southeast. Do not miss this one-of-a-kind event, scheduled for Dec.4. Choose between Half Metric (31 miles) or Full Metric Century (62 miles) all-inclusive handcycle or bike ride.

For more information, call 732-236-3576 or email jkapinowski@shiftinggearsunited.org. Also check out <https://shiftinggearsunited.org>

CATALYST SPORTS HOSTS ADAPTIVE MOUNTAIN BIKE TOUR CHATTANOOGA, TENNESSEE

In Fall 2021, Catalyst Sports will host the largest Adaptive Mountain Bike Tour in the county. The event will cover nine different cities. At each stop on the tour there will be a full weekend of adaptive mountain biking and participants have the opportunity to challenge themselves on the trails. Catalyst Sports will be travelling with their fleet of adaptive mountain bikes that include handcycles, e-assist bikes and tandems. There are also options for children as young as 10. This opportunity is for anyone who wants to experience the thrill of the outdoors while navigating the bumps, twists and turns of the forest trails. Trained volunteers will be there to guide each biker along the trail. The event kicks off in Chattanooga on Sept. 11 and travels to Birmingham, Alabama, Asheville, North Carolina, Washington, D.C., Nashville, Tennessee, Knoxville



Tennessee, Atlanta, Georgia, Augusta, Georgia before finishing up in Greensboro, North Carolina Nov. 13/14.

For more information and to book a place: catalystsports.org/adaptive-mountain-bike-tour.

STRIDING INTO THE FUTURE EQUINE-ASSISTED LEARNING IN TAHOE TRUCKEE, CALIFORNIA

This fall, Achieve Tahoe is excited to launch our new equestrian program. Located at the Alder Creek Adventure Center in Truckee, California, in partnership with the Tahoe Donner Association, participants will learn horsemanship and/or riding skills, centered around building a trusting relationship with their horse. Our trained horse handlers and side-walkers will use adaptive tack and specialized teaching techniques to create an environment designed to fit our participants' specific needs and learning styles.

We are especially thrilled about our program's therapeutic potential. Participants in adaptive equestrian programs have reported multiple benefits, including improved muscle strength, attention span, and self-esteem. In fact, every aspect of the human-horse interaction from grooming to riding will improve physical, cognitive, emotional, and social well-being for people of all abilities.

Through the unique bond created between each participant



and their horse, our equestrian program will join Achieve Tahoe's existing programs in providing affordable inclusive physical and recreational activities that build health, confidence, and independence.

Go to achievetahoe.org for more information and to sign up.

CYCLE AT THE ANNUAL REVOLUTION EVENT SANTA ROSA, CALIFORNIA

On Saturday Sept. 18, BORP will hold its annual Revolution event. With both live and virtual options this year, anyone can participate. The live event will take place in Santa Rosa where participants can cycle one of four routes (from 10 to 70 miles) through beautiful Sonoma County Wine Country or roll or walk along a scenic creekside trail. Those participating virtually will set their own exercise goal to be completed by Sept. 18.

After the live event, BORP will host a party where participants enjoy free gourmet food, wine and beer, lawn games and other activities.

BORP is thrilled to offer a live event again this year. In 2019, before the pandemic forced a switch to virtual, more than 250 participants with and without disabilities came together for a truly fun and exhilarating day. The Revolution supports

our comprehensive menu of sports, recreation and fitness programs for children, youth and adults with disabilities. Registration is \$50.

To find out more: <https://borp.akaraisin.com/ui/revolution>.



Photo by Scot Goodman

OUTDOORS FOR ALL TO OFFER FREE ADAPTIVE CYCLE RENTALS SEATTLE, WASHINGTON

Outdoors for All continues to partner with the Seattle Department of Transportation (SDOT) to provide free adaptive cycles for children and adults with disabilities. This continuing program activates one of the nation's largest fleet of free adaptive cycles.

Thanks to private donors and funding provided by SDOT's bike share program, drop-in rentals in Magnuson Park are completely free during the spring and summer months with extended hours from 10 a.m.-6 p.m. five days a week through September.

This means people with and without disabilities can drop in and choose a cycle to fit their needs from Outdoors for All's diverse fleet of over 250 adaptive cycles and standard bikes. The variety of cycles includes handcycles, side-by-side tandems, recumbent tricycles and more!

Thanks to the partnership funding, Outdoors for All also provides free adaptive cycle rentals to other area residents through various cycle events held at other locations in and around Seattle.

Enriching the quality of life for children and adults through outdoor recreation is our mission and the Adaptive Cycling Center allows us to serve our participants and provide life-changing activities all summer long. If you are ever in the

Seattle area, feel free to come on down and see what the ACC is all about!

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



CENTRAL CALIFORNIA ADAPTIVE SPORTS CENTER OFFERS MOUNTAIN ADVENTURES SHAVER LAKE, CALIFORNIA

The Central California Adaptive Sports Center (CCASC) invites adaptive athletes of all ages to join us this fall for programs full of mountain adventures in the Central Sierra Nevada. CCASC provides year-round adventure opportunities to adults and children with disabilities. Fall activities include fishing, mountain biking, rock climbing and hiking.

All our activities are designed with adaptations for varying

disabilities and we encourage family participation at all of our programs. Our goal is to provide a safe, fun learning experience for all who participate. Detailed agendas, program fees, and additional information including scholarship and/or financial aid opportunities will be provided upon inquiry.

To learn more about our programs, visit centralcaladaptive.org.

TRIUMPH FOUNDATION'S ADAPTIVE RECREATION PROGRAMS ARE BACK IN ACTION VALENCIA CALIFORNIA

Triumph is in comeback mode ...

As we all know, lives have been on hold and many people with disabilities have been left isolated and without the crucial social interaction and support of the community that normally would have taken place over the past year.

As everything opens back up, it is more important than ever for us to come together and celebrate each other. Triumph Foundation is focused on creating an inclusive community that treats everyone like family rather than clients — and we have missed everyone dearly.

Triumph is so excited to relaunch our live adaptive sports events, including monthly handcycling clinics, quad rugby practices, and many other exciting wheelchair action sports.

Highlights include our annual Superheroes Triumph! 5K this September, Over-the-Line Wheelchair Baseball Tournament in October, and Adaptive Sports Festival featuring more than a dozen adaptive sports and activities at the Rose Bowl Nov. 20.

To join the fun, visit our events page at triumph-foundation.org.



SUBSCRIBE TO THE REDEFINING DISABILITY PODCAST

Weekly Episodes Are an Extension of Move United Magazine

Let's be real — people are unfamiliar with people with disabilities. At Move United, we believe sports have the power to change the world, pushing people further and bringing people closer. Through adaptive sports, we show what people with disabilities are capable of. We fuel candid conversations and incite the action it takes to build a world where everyone's included.

As a result, Move United launched "Redefining Disability," a new weekly podcast that focuses on the power of sport. Redefining Disability is a great resource for listeners interested and involved in the adaptive sports field. Move United is looking forward to sharing how sports have made it possible for our nation's top adaptive athletes, training tips from the best coaches and program leaders, and news on the latest technology, equipment, and trends in the industry through this platform.

The podcast is an extension of Move United magazine, the nation's leading adaptive sports publication. So if there is a particular article you liked or an athlete you'd like to hear more from that is featured in the magazine, be sure to check out the podcast as many of the full interviews are released.

In episodes of Redefining Disability, you will delve into the lives of athletes with physical disabilities to hear how they have been able to adapt and achieve, get the 411 on how to begin in or excel at a particular adaptive sport, learn the best techniques in training from coaches and program experts, find out what's on the cutting edge in terms of technology, equipment, or trends, or catch up on upcoming adaptive sports events and programs.

Sports make us more. They make us victorious and



vulnerable and better than we were yesterday. And they turn strangers into teammates, putting us all on a level playing field.

Redefining Disability debuted in February 2021 and brings you interviews with Army Veteran Tony Drees, Team USA Para Fencers Byron Branch and Ellen Geddes, Nordic Skier Lera Doderlein, Paralympic Medalist and Swimmer Sophia Herzog, Wheelchair Rugby Players Chuck Melton and Joe Delagrave, Powerlifter Kelli Ann Stallkamp, Navy Veteran and Para Climber Jared Lenahan and so much more.

The podcast is available on Spotify or wherever you get your podcasts — just search for Redefining Disability. Be sure to subscribe so you can catch every episode! Or check out one of the links below:

APPLE PODCASTS: <https://podcasts.apple.com/us/podcast/redefining-disability/id1553309892>

TUNEIN: <http://tun.in/pkdpn>

SPOTIFY: <https://open.spotify.com/show/2fbVqI5cYZpqXEP4BZsVpv?si=fASCm-FuTYizEmLg-ox9g>

AMAZON: https://www.amazon.com/dp/B08JTT15ZR/ref=cm_sw_em_r_mt_dp_AEEBYR67FWS7Y6YVW53T

STITCHER: <https://www.stitcher.com/show/redefining-disability>

USA WHEELCHAIR FOOTBALL LEAGUE EXPANDING TO NINE CITIES

The USA Wheelchair Football League (USAWFL), a program of Move United, is more than doubling its reach for the 2021 season, expanding from four to nine cities. The expansion highlights Move United's commitment to provide athletes with disabilities opportunities to push beyond what's possible and compete at the highest level of sport.

Founded with four teams in Chicago, Los Angeles, Kansas City, and Phoenix, in 2019, the USAWFL's growth expands programming to teams in these cities: Birmingham, Alabama; Buffalo, New York; Cleveland, Ohio; Tampa, Florida; and New Orleans, Louisiana. This opportunity will allow more than 100 veterans and adults with disabilities the opportunity to participate in America's favorite sport, proving that football really is for all.

"Hillsborough County Adaptive Sports is excited to join the USA Wheelchair Football League for the 2021 season. This program provides our veterans and athletes with disabilities the opportunity to compete against the best adaptive football players in the country as well as develop the teamwork, dedication and resilience that football teaches," said Mary Cales with Hillsborough County Adaptive Sports.

The expansion is made possible thanks to generous support from the NFL-Bob Woodruff Foundation Salute to Service partnership "Healthy Lifestyles and Creating Community" grant. In addition to supporting the USAWFL's competitive teams, the grant provides opportunities for grassroots growth of the sport through coaching education and learn-to-play clinics.

"Together, we're creating opportunities for veterans to redefine what's possible."

Continued on page 34 >>





touchdown, or win the game, or be out on the field. Bringing sport back into a veteran's life is the power that the Bob Woodruff Foundation and the NFL are doing through their increased support this year," said Move United Executive Director Glenn Merry.

"We're grateful to have partners like the NFL and Move United who understand that when veterans return from their military service, they don't return to agencies or organizations — they come home to American communities. Veterans are our friends, neighbors, and colleagues; when they thrive, our communities thrive," said Anne Marie Dougherty, Chief Executive Officer of the Bob Woodruff Foundation. "This expansion of the USAWFL represents our continued investment in veterans and the communities they call home. Together, we're creating opportunities for veterans to redefine what's possible."

"This expansion brings the American game we love to more communities and more participants. It allows more athletes to be able to speak about their football experience in terms of today. They don't have to reference an activity they used to do. Rather, they can sit with their friends after a game and talk about how awesome it was to score the

All nine teams will compete this fall in the inaugural USAWL season with two tournaments scheduled September 10-12 in Phoenix and October 30-31 in Chicago. More information about the league can be found at usawfl.org.

A CHANGE FOR THE BETTER

The Ferrier Coupler allows you to change your prosthesis quickly and easily. Simply remove one pin, and your prosthesis is disconnected. EASY, QUICK and CONVENIENT!

- The Coupler allows for a complete disconnect immediately below the socket in seconds without the removal of clothes.
- The Coupler can be used where only the upper (above the Coupler) or lower (below the Coupler) portion of the limb needs to be changed.
- The Coupler provides ease in exchanging various limbs/specialty feet.
- The Coupler allows for a temporary replacement limb.
- Disconnect limb for comfort

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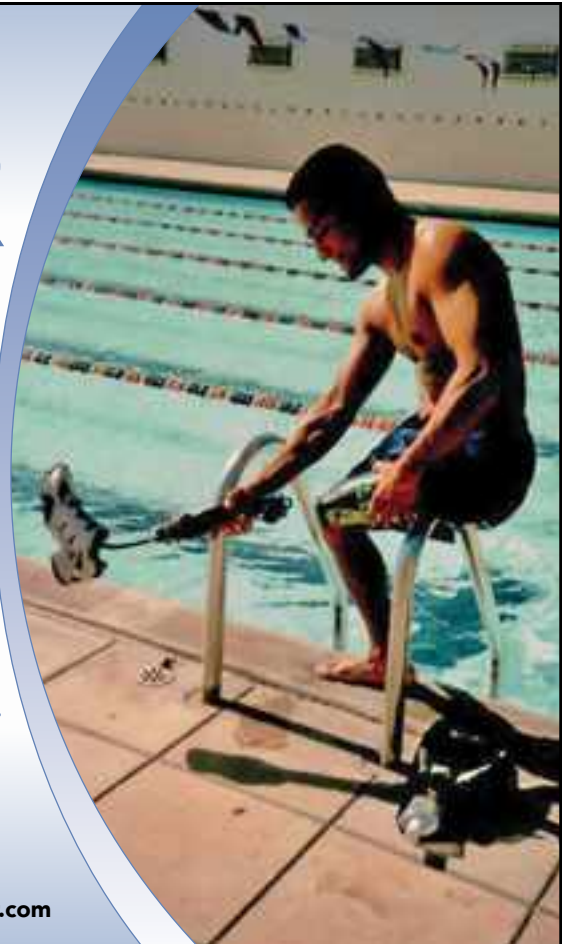
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OTTOBOCK SERVICE CENTER TO ASSIST ALL ATHLETES IN TOKYO

Since 1988, Ottobock has attended the Paralympic Games with an on-site, international team of technicians.



We're thrilled to again host Technical Repair Service Centers close to the Athletes' Village as well as in selected training and competition venues in Tokyo. The best part? We're there to support all athletes and their needs — not just Ottobock users.

Experienced O&P professionals, wheelchair specialists and welders ensure that equipment is professionally repaired and maintained — regardless of nationalities or the brands of their prostheses, orthoses, and wheelchairs. We're there to help — even if athletes just need support with their everyday devices.

Learn more at: ottobock.com/en/engagement/paralympics/.

QLK-150 PERSONAL WHEELCHAIR DOCKING SYSTEM

The next step in independent wheelchair securement, Q'STRAIT'S QLK-150 offers more features and options you won't find in any other system: more ground clearance, a seamless dash control, an advanced stabilizer, and more. QLK-150 is the perfect solution for mobility users who drive their own vehicle or want to quickly secure their wheelchair. 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: qstraint.com/qlk-150.



TEAM USA ATHLETES CHOOSE PER4MAX WHEELCHAIRS FOR TOKYO PARALYMPICS

Team USA Paralympian's are unique in that they are free to choose their equipment for the games. PER4MAX Wheelchairs is excited to announce they once again, have been chosen to represent the top athletes in the sport.



"We are humbled every 4 years when the top athletes in the sport come back to us, ready to collaborate on their next gold-medal winning equipment," said CFO, Chris Kommer. "We proudly support these athletes as they defend their titles and inspire future champions."

Want the same chair setup as your favorite Team USA athlete? Email sales@per4max.com to get started.

RUSH ROGUE 2 IS SLIMMER, LIGHTER, PDAC VERIFIED

The newly redesigned, PDAC verified RUSH ROGUE® 2 provides the most realistic and dynamic foot and ankle motion available. The Vertical Shock & Rotation (VSR) vertical shock relief up to 4.24mm while offering +/-15° torsion, allowing the user to push the foot and themselves to the limits. The RUSH ROGUE® 2 is made of our advanced fiberglass composite, which is 3X more flexible than conventional prosthetic feet. The roll through characteristics of the foot provides exceptional energy return with no "dead spot." The RUSH ROGUE® 2 is also available in the PDAC verified EVAQ8 elevated vacuum and H2O models.



Learn more at: shop.proteorusa.com.

**Smaller.
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Redesigned Vertical Shock Rotator is 32% smaller in volume resulting in a 10.5% reduction in overall product weight & a slimmer profile reducing fatigue during activities.

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Heel Shock Bumper provides >90% energy return.

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