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MAGAZINE | FALL 2022

GET ADVENTUROUS WITH ADAPTIVE MOUNTAIN BIKING

Page 6

PARALYMPHIAN RICO ROMAN'S SPORTS JOURNEY

Page 12

MASTERING THE GAME OF GOLF

Page 14





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CONTENTS

- 5** Perspective

- 6** Get Outdoors and Adventurous
 with Mountain Biking

- 10** Thank You Sponsors

- 12** Warfighter Rico Roman Takes
 Next Steps in Sports Journey

- 14** Mastering the Game of Golf

- 16** Just a Little Competitive —
 Catarina Guimaraes

- 20** Join the Movement

- 24** Around the Country

- 31** Marketplace



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Cover photo of Courtney Custer, Wasatch Adaptive Sports Instructor

Cover photo by Timothy Brown



Fall is a great time to enjoy the outdoors. It is a nice balance for those that may not particularly enjoy the sun and heat as well as those who aren't fond of the colder temperatures that come with winter.

We want you to be active, either by playing a sport or enjoying a recreational activity. When you can, we also encourage everyone to get outside. There are a number of proven benefits of being out in nature. For starters, it can support our immune system by providing some Vitamin D that comes from the sun. But in general, nature also gives us the opportunity to feel better and happier. Being outdoors provides a calming effect on our mind and body, thereby reducing stress, brain fatigue, and aggression. The outdoors also improves breathing. In fact, trees filter airborne pollutants that can support our respiratory system.

Research has also shown that being in nature improves energy, memory, and attention.

When we are outside, we can "switch off." For example, tree and shrub buffers can reduce 50% of the noise heard by the human ear. So get grounded and go outside.

This particular issue highlights two sports/activities that are great to do during autumn weather, although honestly they are great activities essentially any time of the year. First is the sport of mountain biking. Whether you are interested in the downhill version or the cross-country approach, mountain biking provides a fantastic form of exercise while also taking in some fresh air. You can read about mountain biking starting on page 6.

On page 14, there is a great article on adaptive golf. This story is timely because the USGA (United States Golf Association) hosted the U.S. Adaptive Open at the historic and iconic Pinehurst Golf Resort back in July. Adaptive players from across the country had the opportunity to play the links at the same location that many of the golfing greats have played. They received nearly 300 entries for the 96-player field and competitors came from 29 states and 12 countries. This was a new national championship created by USGA.

Also inside this issue, you will read about two serious athletes and competitors. First, check out the profile of Army Veteran Rico Roman. He recently announced his retirement from the U.S. National Sled Hockey Team, however the three-time gold medalist is not leaving the sport entirely. You can learn more with the story starting on page 12. Catarina Guimaraes or Cat, as she is often called, is another great story beginning on page 16. Cat is an elite athlete in two sports (track & field and CP soccer) and just started her freshman year in college. We expect to hear a lot more about her in the coming years.

Finally, don't forget to check out the array of adaptive sports opportunities available at Move United member organizations across the country, starting on page 24.

Regards,

Glenn Merry, Executive Director

Move United

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GET OUTDOORS AND ADVENTUROUS with Mountain Biking

For anyone who likes to get outdoors and enjoys adventure, mountain biking has a lot to offer. "It allows you to explore environments that everyday chairs might not be able to," said Joe Stone with Teton Adaptive, a Move United member organization in Wyoming.

While out on the trail, people can be individuals. "Everyone has their own style and rides a trail differently," Stone said. "It offers growth as an individual and an opportunity to build your skill. It raises your overall quality of life." But the sport is also as much about community as well. "The mountain biking community is pretty welcoming," he said. For some, the sport provides the ability to enjoy nature. And for others, it is about the intensity and adrenaline.

***"Get away from
the cars, the
pavement, and
get some dirt on
your face ... it is
all about the fun
and smiles."***



Photo by Timothy Brown

Continued on page 8 >>

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to be present in the moment, particularly for technical trails,” Stone said. “You need to be able to tell your friends how to support you (while on a trail) as well.”

HITTING THE TRAILS

Trails have become much more inclusive. “We have come a long way,” Stone said. The National Park Service is working to make trails more inclusive, widening spots and clearing obstacles for folks who have mobility needs. “Universal design is being utilized within the trail system. Everyone is asking how can we build trails that are for everyone.”

Certain areas of the country are doing better than others, according to Stone. Downhill trails at resorts are also becoming popular. “There are a lot of mountain biking opportunities here at Jackson Hole Mountain Resort.” There is better equipment and tools to cut wider trails now available. In addition to increasing the width of the trail to

accommodate adaptive mountain bikes, work is being done to enhance the cross-slope (side to side angle). Riders with more muscle function often provides an opportunity for more cross-slope.

Stone, who sustained a spinal cord injury in 2010 and other injuries doing an extreme sport, suggests that it is tough to rate trails in a unified way because each disability is different. “Each person is different. Each piece of equipment is different. So we are working on just providing the information at the trailhead and determine whether it works or not for them. Sometimes you don’t know until you get out there. You can read a trail, determine your own level of risk management, and your own skillset.”

HAPPY TRAILS TO YOU

So what are you waiting for? Get out and try it. Find an organization that has some equipment and knows the trails pretty well. There are two dozen Move United member organizations that can introduce you to the sport of mountain biking. Visit moveunitedsport.org/locations to find a program near you. They can help you with what equipment to try, how to get set up on that equipment, and what trails will work.

Sometimes it can be frustrating at the beginning, according to Stone. “Give it more than one try, he said.” “This is the best time ever to explore what you can do on a trail, between trails, equipment, and the people and programs out there. Get away from the cars, the pavement, and get some dirt on your face ... it is all about the fun and smiles.”

EQUIPMENT

When it comes to mountain biking, the industry is the epitome of adaptation. Technology has significantly improved over the years and there are a lot more options out there now that provides riders with different disabilities the chance to get on a bike.

The first thing anyone interested in mountain biking should do is connect with a local program or find a mountain biking instructor who can not only give the technical advice required to enjoy the sport safely, but can also assist you with finding the right piece of equipment. “There are bikes with partial suspension and full suspension ... it just depends on the freedom of movement you want within the bike.”

Various manufacturers produce an array of different bikes that offer different adaptations. For example, trikes (three-wheeled bikes) traditionally provide more stability and balance. There are also foot pedal trikes and recumbent bikes that allow the rider to sit upright as well as forward leaning bikes. Some bikes offer quad grips for individuals who have weakened or no hand function so they can shift gears or brake when necessary.

“Lessons are important,” Stone said. “You need to know what you are doing and understand the equipment, and an instructor can assist with all of this. You can also speed up your progression when you have someone who can share their knowledge with you.”

There is great reward in mountain biking, but with any sport or recreational activity there is some risk. So safety is huge and you have to understand the risk management issues surrounding your experience. First and foremost, helmets are a must. Riders can and often wear additional padding as well. It is more than just riding a bike. “You have

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WARFIGHTER RICO ROMAN TAKES NEXT STEP IN SPORTS JOURNEY



Like many military veterans, Rico Roman wanted to join the military because of the influence that some of his family members had on him. “A lot of it had to do with family,” Roman said. “A few of my uncles served in the military. I had an uncle on my mother’s side who was a tanker in the Army during WWII. My father’s brother was in the Navy, another in the Marines. These were great men in my life. I looked up to them and wanted to follow in their footsteps.”

Originally, Roman spoke with the Marines but ended up going into the Army. He wasn’t sure what he wanted to do as a military occupation, so the recruiter asked him if he liked camping, and he replied yes. They then suggested that he would love infantry. “It is like no camping I have ever done,” he said. But he had a positive experience. “I loved my time serving in the military... nothing but fun.”

After completing basic training and advanced individual training at Fort Benning, Georgia, he had hoped to be stationed at Fort Lewis, because it was near Portland, Oregon, where he is from. But instead, Roman was sent to Fort Drum in New York. “As far away from Portland as possible,” he said. He was assigned to the 214 Infantry, 10th Mountain Division and was there for seven years. Roman would do one tour in Kosovo and three tours in Iraq. During that third tour, in February 2007, the Humvee he was riding in would come across an IED (Improvised Explosive Device).

At the time, his unit lived in a fortified house in the rural countryside. After running a vehicle checkpoint, Roman was in the lead vehicle heading back and they didn’t see the bomb that was in the road. Both of his legs were injured and for about a year he would attempt limb salvage. But the leg couldn’t bend and essentially stuck straight out. “I was not myself at all. I was either in pain or taking meds that made me loopy.” He started to see other amputees around and after speaking with them, his family, and the doctor, he chose amputation.

“I was so fortunate. There were no medical complications or infections after the amputation. Before, I had tons.” Roman

would do another year of rehabilitation, learning how to walk and how to stand on a prosthetic leg. “I am so glad that I took that route, because my quality of life is ten times better than beforehand.”



During rehabilitation, Roman was introduced to adaptive sports. But sport was not new to him. Growing up, he played soccer and basketball. He played football and wrestled in high school. “I’ve always been into sports.” Through Operation Comfort, a Move United member organization in San Antonio, Texas, Roman tried handcycling, wheelchair football, wheelchair softball, wheelchair soccer, and all kinds of different sports. “I played wheelchair basketball,” he said. “That was huge, but I was terrible at it.” Shooting the basketball standing up is different than shooting from a chair; a lot more of your core is required.

It was there that he was also introduced to sled hockey. “They asked and I said no a good amount of times. I didn’t really want to try it. I didn’t know the sport and didn’t know the rules.” But what drew him in was the camaraderie. “It was that locker room, the friendships and that bond more than the sport itself. It was also super physical, like football on ice.”

Then Roman found out that sled hockey was a Paralympic sport. “I wanted to play on a Paralympic team and I wanted

be a part of Team USA.” His coach saw some potential and encouraged him to try out for the team for the 2010 Games in Vancouver. “I thought, I am going to make this team, no problem. I am a military guy and I am in good shape. But I went to the tryouts and got a slice of humble pie. They really put a whooping to me on the ice,” Roman said.

“That really lit the fire. It made me take a look at if I wanted it.” Roman knew he would have to put in the work if he was going to make the team. He made it the following year and has since dished out a few slices of humble pie to others.

Roman would go on to represent Team USA at three Paralympic Games, in 2014, 2018, and 2022, winning a gold medal each time. “My favorite was the first one, in Sochi,” he said. “Nothing could prepare me for it and playing in the gold medal match against Russia with the energy of the crowd was great.”

Back in July, it was announced he would retire from the national team. But he isn’t walking away from the ice. He has played for various club team, including the San Antonio Rampage, Colorado Avalanche, and others when they allow him to jump on their team. “I just want to play.” He will likely continue to do so.

This past summer, he also helped USA Hockey with the

development camp before national tryouts as well as assisted with camps in Virginia, Indiana, and Texas. And he is on the board for the 2028 LA Games. “I can’t wait for the summer games. I hope we can make it one of the best and most memorable. People talk about London being where things really kicked off in regard to Paralympic sports. That’s when people took notice.”

“They did an amazing job of promoting them, of broadcasting them, and of showing that sport is sport. It doesn’t matter if it is Paralympics or Olympics, we put in the same amount of work as our counterparts. I hope we can achieve that in 2028 in LA and that LA takes it up a notch.”

His advice to emerging adaptive athletes is to put in that hard work when no one is watching. “Everybody sees that end goal — that big gold medal, the smiles, and team cheering — everybody sees that. But they don’t see you missing out on the birthday parties, family reunions, or enjoying an extra cookie.”

“You need to constantly be improving. You can’t do the same thing and expect to improve. You also have to be comfortable with being uncomfortable. You shouldn’t be comfortable if you want to grow.”



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MASTERING THE GAME OF GOLF



USGA/Jeff Haynes

Golf is a wonderful sport. Just ask Kim Moore, who won the U.S. Adaptive Open at Pinehurst over the summer. “It is a sport that just about anyone can play,” Moore said. “You just adapt to your abilities.” Moore was born without a right foot and a severe club left foot. She was the first amputee to play professional golf and is now a Division 1 golf coach at Western Michigan University.

For Move United Warfighters Ambassador Ty Campbell, golf is a great way to get out and enjoy the sun and be active. Campbell was injured in 2009 while on a training mission with the U.S. Coast Guard. After being medically retired in 2013, he reached a point where he had pretty much given up. “I wasn’t looking for anything anymore. I basically became a connoisseur of daytime tv and Cheetos.” Then he was introduced to golf. He used the sport to get back into shape and to be able to walk again. “I was able to walk 9 holes and able to play pretty decent. Golf was a life changer,” Campbell said. He is now a PGA professional at TPC Harding Park in San Francisco where he instructs others on the game.

Campbell suggests that golf is an individualistic sport. “You are playing yourself and only yourself.” But it can also be a social game too. You can play with just one other person or with 100 other people. “That’s what I love about golf.

TEEING OFF (OR GETTING STARTED)

So, what is the game of golf? “You hit a ball and hit it into a hole and try to do it in the least amount of strokes,” Moore said. “That is the goal. That is golf in a nutshell.”

The primary pieces of equipment used in the sport are a set of clubs and a golf ball. Typically, each player will golf nine or 18 holes. At each hole, golfers tee off with the driver, the longest club in the bag that also hits the farthest. “Hopefully you are in the fairway after that,” Moore said. “Then it is an iron or a wood.” Your goal is to get

it on the green from there. “If you are on the green, you are putting. And if not, you are chipping with a wedge.”

Each golf course is different. They never have the same terrain (grass is different, weather, etc.). “You are learning how to adjust on the fly.” Moore recommends anyone interested in the sport to get some lessons.

A pro can assist you with the right clubs, the necessary modifications, and of course, technique. “Golf is individualistic. There is no cookie cutter approach,” Campbell said. “At the end of the lesson, I want my students to be able to hit the ball up in the air, straight, and understand what is going on and how they did it. You got to find the joy in what you are doing.”

ADAPTATION

Various adaptations are available in the game of golf, depending on the disability. For individuals with an arm amputation, golf clubs can be modified in length and be made longer or shorter to help with the swing. For ambulatory golfers with leg impairments, mobility challenges, or balance issues, there are devices that can help you stand, like an elevated seat.

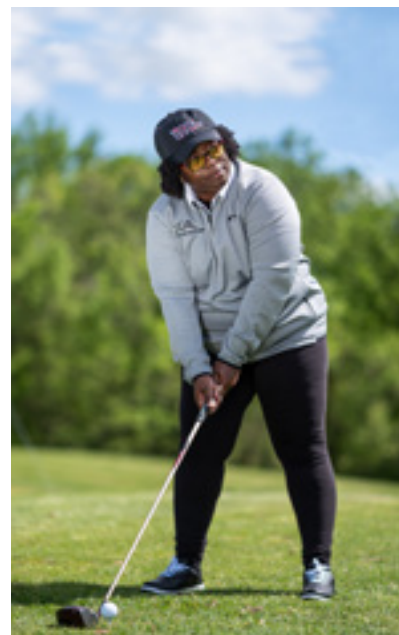


Photo by Timothy Brown



USGA/Jeff Haynes

“It is you and the golf course. The challenge is that,” Moore said. “It is very mental. You have to stay patient. You have to play smart, and you have to play aggressively at times. But you can’t play with fear.”

TPC Harding Park, where Campbell instructs, also has two Paragolfers. These golf carts are for individuals who are paraplegic or aren’t able to do anything from the waist down, according to Campbell. They are fully mobile individual golf carts that stand you up and puts you in a golfing position. “They can go anywhere on the course so you can be able to play.” It is an expensive piece of equipment, but not only allows you to be independent but also provides other safety protections.

“There’s a lot out there. That is where the professional can come into play — to help assist you and make it enjoyable for you to want to come back,” Campbell said.

At the U.S. Open, which was organized by the United States Golf Association (USGA), there were seven different competition categories, including leg amputation, arm amputation, visual impairment, seated, physical (for example, cerebral palsy), short statured, and cognitive.

GOING FORE-WARD

Moore always dreamed of playing a professional sport and she has had the opportunity to do so through golf. “Playing competitively is definitely different than going out on your own,” she said. But before that, she got a scholarship to



play at the University of Indianapolis with a full ride. “There is a lot of great opportunity for athletes to play a college sport and get some of the tuition and other costs covered for your education.”

Like with any sport, playing competitively takes a lot of effort. It takes a lot of practice, productive practice and practicing the right way. “It is you and the golf course. The challenge is that,” Moore said. “It is very mental. You have to stay patient. You have to play smart, and you have to play aggressively at times. But you can’t play with fear.”

“You can really challenge yourself, regardless of what level you are at. You can always work to beat the score. It is the hardest sport I have ever played but also the most rewarding.”

Campbell agrees. “It doesn’t matter if you are bad or great. You will never master the sport, so you are always striving to do a little bit better. It always gives you goals to work towards. If nothing else, you can just take your frustrations out on a golf ball.”

CHARTING YOUR COURSE

A number of Move United member organizations offer golf as a sport. To connect with one near you, visit moveunitesport.org/locations and search “golf.” There are other partner organizations that specifically focus on offering golf as well. Or you can connect with local golf courses near you to inquire into what adaptive golfing opportunities or equipment they may have onsite.

Grab some clubs and get out on a course. “It is a life-long sport that you can play the rest of your life... at any level, at any age, with any disability, Moore said. Adaptive golf continues to grow and Moore sees additional adaptive tournaments across the country and across the world in the future.



JUST A LITTLE COMPETITIVE – CATARINA GUIMARAES

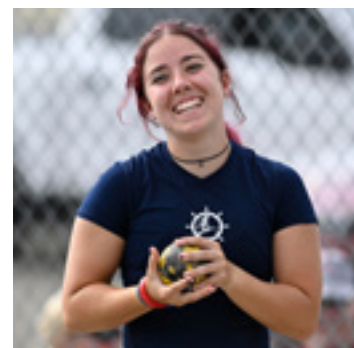
For Catarina Guimaraes, sports have always played an important roll in her life. “When I was diagnosed with cerebral palsy, it was pretty apparent to my parents that I needed to do physical activity,” she said. So when she was just four years old, she started Tae Kwon Do. “I couldn’t dance or do gymnastics and there weren’t a lot of other sports where I lived for kids that age.” So that is when they found a dojo.

She practiced Tae Kwon Do for ten years, earning her black belt at the age of eight and her second-degree black belt when she was 12 years old. “It was my home away from home.” For Guimaraes, the Tae Kwon Do environment was nurturing and friendly. “I don’t know if I would be where I am today without that,” she said.

“The principles were all about being respectful and humble, but also being confident and determined. I loved the energy they had at the dojo. It was a means to express myself through physical exercise but also a means to defend myself.” Tae Kwon Do also allowed her to better understand balance and coordination as well as mentally persevere through posing challenges.

But Guimaraes liked being active and doing other things, so she also started getting into additional activities. When she was five or six, she also started playing soccer as well.

Rock climbing was the first adaptive sport Guimaraes ever did. “It was for therapeutic purposes at first,” she said. “But I’m a little competitive.” At just eight years old, she would go to nationals to compete for the first time. She placed second to last. But that didn’t deter Guimaraes. “I decided I didn’t want to get second to last again and trained really hard.



Continued on page 18 >>

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I was very serious. I was in it to win it.” The next time she improved her performance and finished third. However, her team ended up dissolving so she needed to do something else.

While in the fifth grade, Guimaraes discovered track and field. “I wanted to do the shuttle run and the 40-yard dash.” She ended up dead last. Then she found para track and field when she entered her first local competition with Children’s Specialized Hospital. “I just remember I was so nervous at the starting line and beating all the boys,” Guimaraes said. “There was something about that moment when I crossed the line and smiled at the camera and thought, let’s see where this takes us.”

When Guimaraes was 12, they found the North Jersey Navigators, a Move United member organization based in New Jersey that provides training and competitive athletic opportunities for youth and adults with physical disabilities to promote success, self-worth, and independence. She has been with them ever since. As time progressed, she would put more emphasis on her training and her diet.

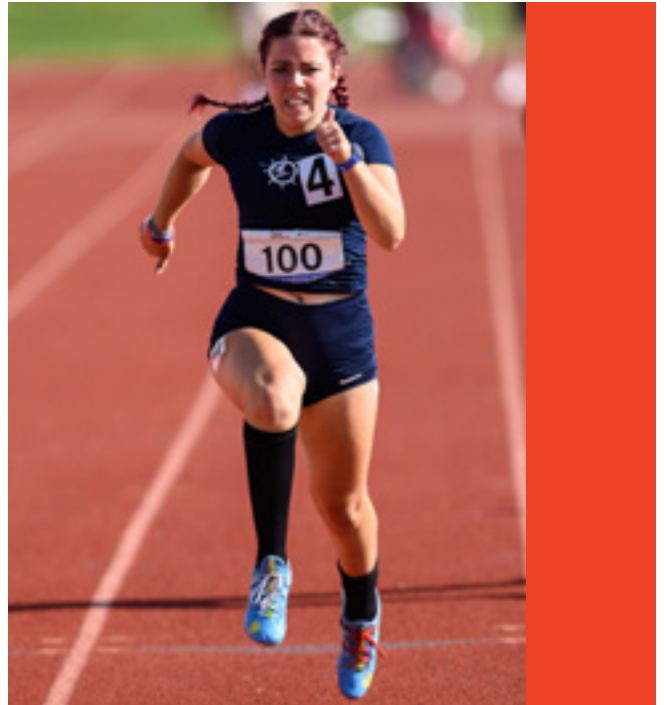
Two years after joining the North Jersey Navigators, she attended the International Wheelchair and Ambulatory Sports (IWAS) in Ireland, her first international competition. At 14 years old, she was training five to six days a week. “It was the first time I trained through the whole summer as opposed to once a week.” Guimaraes would win two silver medals and had personal records in every event. She enjoys seeing the progress that has been made.

“I love the feeling of flying and competing and being on my own, but still surrounded by a team. This is what I want to be doing. I like putting myself out there and seeing all the hard work I had put into it.”

Sometimes the 400 meter is her best event and some years it is her worst, depending on what everybody else is running. “Now it is my long jump.” Guimaraes competes in the 100m, 400m, and long jump (they don’t have the 200 in her classification). She enjoys the speed and explosiveness out of the block. “I would cry if I had to compete in a long-distance event.”

Over the summer, she once again competed at Move United Junior Nationals in Denver. “It’s nice to see the next generation of kids. I love to talk to the parents and officials.” Now, Guimaraes is a freshman at High Point University at North Carolina and has been accepted as a walk-on onto the track team. “This is a Division 1 program and I am very excited to train at that level.”

But Guimaraes has another love in her life. When she was four or five, she started playing peewee soccer. “Soccer has always been a constant in my life.” When she got into recreational soccer, her dad, John, was her coach. “It was awesome for me. I love having my dad as my coach.” In fact, her dad was her soccer coach until she made the national team (he’s also her track coach and comes with her to competitions). “He knows I can take a lot of pushing. He won’t let me slack off.”



Although she didn’t play much in middle school, Guimaraes did join her high school team as a freshman, playing with able-bodied females. “I started the season as a bench warmer and by end of season was a starter.” She would skip her sophomore year to compete in track and field at the Pan American Games and spent most of junior year on the bench.

She joined CP Soccer and became part of first women’s team. “This is the first ever World Cup and I didn’t want to miss the chance to be a part of it.” She is now part of the U.S. women’s team that won the CP Soccer World Cup in Spain.

As an athlete with cerebral palsy, Guimaraes has spastic limbs (in left arm and both legs) and the muscles tighten up. She also has decreased motor control in three limbs. Balance, coordination, and depth perception can also be challenging at times. In addition, she also has some shakes and muscle spasms and can’t always control own body her own temperature. “I have a little bit of everything.”

In terms of her future, Guimaraes really wants to go to Paralympics and to win a medal. “I have very high ambitions for myself and would like to win gold ... by 2028 or 2032.” At the same time, she can’t wait to see where Women’s CP Soccer goes. “There is so much potential to go to the next level. I love both sports equally. Balancing both sports means I have to be in tune with my body.”

She also hopes to graduate from college with as little debt as possible. Right now, she plans to pursue a bachelor’s in exercise science and minor in neuroscience. “I find the brain fascinating, particularly since mine doesn’t work the way it is supposed to. I love the brain.”

Follow her on Instagram: @catguimT38.

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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

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

SoCal Adaptive Sports
Palm Springs, CA
socaladaptivesports.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

Adaptive Action Sports
Copper Mountain, CO
adacs.org

Adaptive Adventures
Westminster, CO
adaptiveadventures.org

Adaptive Recreation Opportunities
Fort Collins, CO
Fcgov.com/aro

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

FLORIDA

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

Central Florida Dreamplex
Clermont, FL
cfdreamplex.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

Warrior Sailing
Treasure Island, FL
warriorsailing.org

Wounded Warriors Abilities Ranch
Pinellas Park, FL
Woundedwarriorsabilitiesranch.org

GEORGIA

Catalyst Sports
Atlanta, GA
catalystsports.org

BlazeSports America
Norcross, GA
blazesports.org

HAWAII

AccessSurf 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

Lincolnway Special Recreation Association
New Lenox, IL
lwsra.org

North Side Archery Club
Chicago, IL
northsidearcheryclub.org

Shirley Ryan Ability Lab
Chicago, IL
sralab.org

Synergy Adaptive Athletics
Carol Stream, IL
synergyaa.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

KANSAS

Challenge Foundation
Derby, KS
Challengegames.org

Wichita Adaptive Sports
Wichita, KS
wichitaadaptivesports.org

KENTUCKY

Adaptive Sport South Central Kentucky
Bowling Green, KY
Bgky.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
samaritanactsnorleans.org

MAINE

Adaptive Outdoor Education Center
Carrabassett Valley, ME
adaptiveoutdoorededucationcenter.org

Central Maine Adaptive Sports
Auburn, ME
centralmaineadaptivesports.org

Maine Adaptive Sports & Recreation
Newry, ME
maineadaptive.org

MARYLAND

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

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

Junior Tennis Champions Center
College, Park, MD
Jtcc.org

Live Water Foundation
Annapolis, MD
Livewater.org

Maryland Therapeutic Riding
Crownsville, MD
HorsesThatHeal.org

Promise Landing Farm
Upper Marlboro, MD
Promiselandingfarm.org

Team River Runner
Rockville, MD
teamriverrunner.org

MASSACHUSETTS

AccessSportAmerica
Acton, MA
accesssportamerica.org

Bionic Project
Cambridge, MA
Bionic5K.com

Boston Athletic Association
Boston, MA
Baa.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

Waypoint Adventure, Inc.
Lexington, MA
waypointadventure.org

MICHIGAN

Adaptive Ski Association-West Michigan
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
mispstsunlimited.com/
mispstsunlimited.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

EA Therapeutic Health
Rochester, MN
exercisabilities.org

PVA Minnesota Chapter
Minneapolis, MN
mnpva.org

Twin Cities Adaptive Cycling
Minneapolis, MN
tcacycling.org

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

MISSOURI

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

Gateway Disabled Ski Program
Eureka, MO
Gdspstl.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

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

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

Granite State Adaptive
Mirror Lake, NH
gsadaptive.org

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

Mount Washington Valley Adaptive Sports
Bartlett, NH
mwvas.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

Navigators Adaptive Sports Club
Bayonne, NJ
navigatorsadaptivesports.com

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

NEW MEXICO

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

Adaptive Sports at Ski Apache
Ruidoso, NM
skiapacheadaptivesports.com

NEW YORK

Adaptive Sports Foundation
Windham, NY
adaptivesportsfoundation.org

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

Capital Region Nordic Alliance
Albany, NY
capitalregionnordicalliance.org

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

Western New York Watersports
Grand Island, NY
wnyadaptivewatersports.org

NORTH CAROLINA

ACCESS of Wilmington
Wilmington, NC
accessilm.org
American Disability Darts Association
Denver, NC
addadarts.org

Bridge II Sports
Durham, NC
bridge2sports.org

ComMotion - Community In Motion
Raleigh, NC
Commoutionnc.org

NORTH DAKOTA

Dreams in Motion
Mandan, ND
facebook.com/dreamsinmotioninc

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
awloutdoors.org

Oregon Adaptive Sports
Bend, OR
oregonadaptivesports.org

PENNSYLVANIA

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

IM ABLE Foundation
Wyomissing, PA
imablefoundation.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

SOUTH DAKOTA

Helping With Horsepower
Mitchell, SD
Helpingwithhorsepower.com

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
lonestarparalysis.org

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

One Chair at a Time
Amarillo, TX
onechairatatime.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

Partners in Adventure
Essex, VT
Partnersinadventure.org

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

VIRGINIA

Adventure Amputee Camp
Falls Church, VA
adventureamputeecamp.org

Lake of the Woods Watersports
Locust Grove, VA
adaptivewatersports.org

Patriots For Disabled Divers
Occoquan, VA
patriotsfordisableddivers.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
footloosedisablesailing.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.
medstarnrh.org/sports

WEST VIRGINIA

Challenged Athletes of West Virginia
Snowshoe, WV
cawvvsports.org

WISCONSIN

Dairyland Sports
Madison, WI
dairylandsports.org

Paralyzed Veterans of America – WI Chapter
Milwaukee, WI
wisconsinpva.org

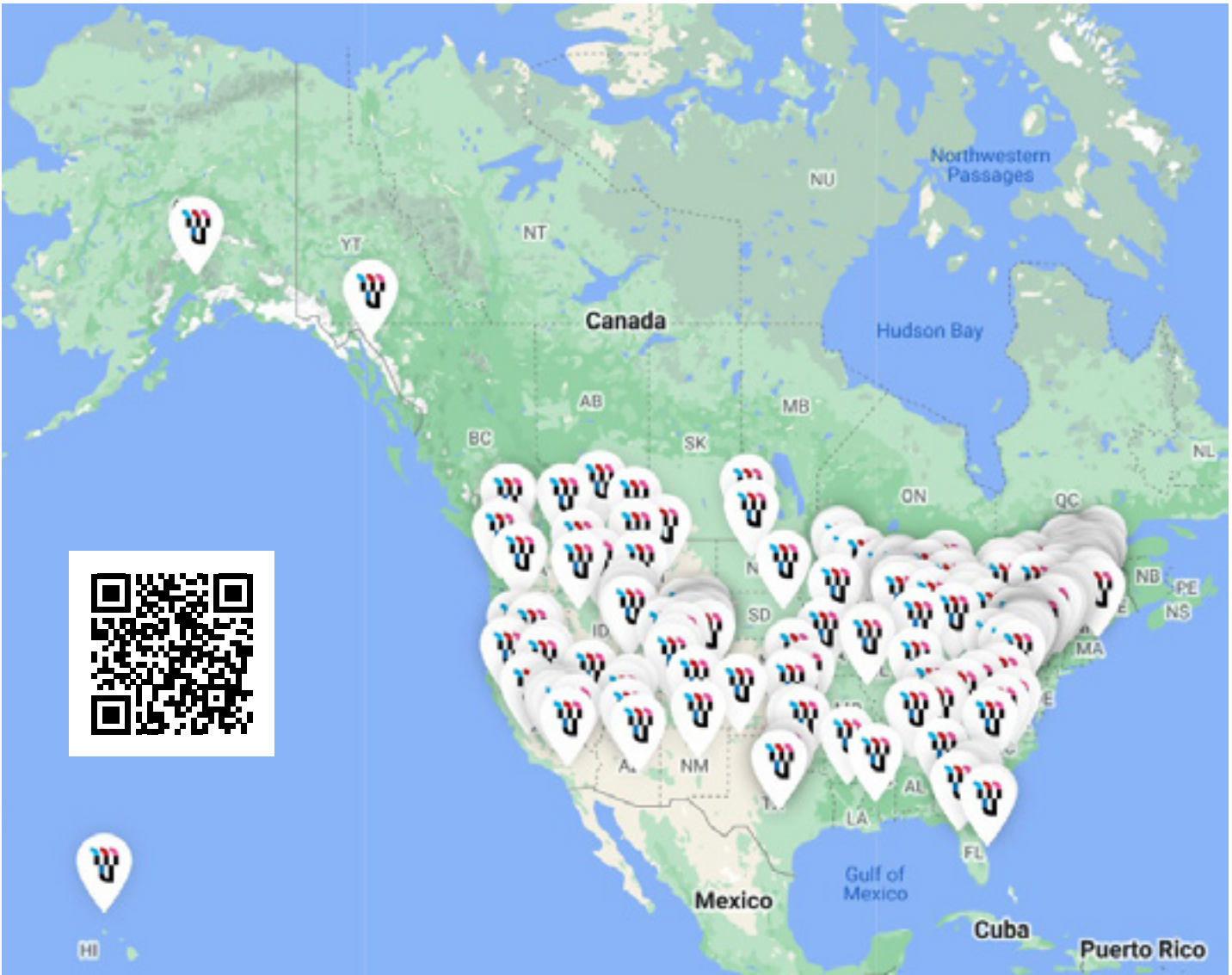
Southeastern Wisconsin Adaptive Ski Program
Cedarburg, WI
sewasp.org

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



**Move United has 207 member organizations
located in 45 states. Reach out and
connect with a local program near you.**

RHI HOSTS ADAPTIVE SPORTS EXPO FISHERS, INDIANA

Join us for our 4th annual RHI Adaptive Sports Expo outdoors at Indy Fuel Tank in Fishers, Indiana. You will experience live adaptive sports demos, education sessions, Paralympic athletes, RHI's teams, and our monthly clinic offerings. Our demos include wheelchair lacrosse, tennis, adaptive yoga, and beep baseball, just to name a few. As well, look for interesting educational sessions discussing travel or mindfulness. Various vendors and community partners serving those living with physical disabilities and their families will be present to provide valuable resources in addition to family-friendly activities. Check out RHI's Adaptive Sports Expo at [RHilexpo.tiny.us/2022](https://rhilexpo.tiny.us/2022).

In collaboration with Indy Steel Sled Hockey, Team USA and Head Coach Hoff, a Sled Hockey Camp will be held inside Indy Fuel Tank during the Expo. This is a wonderful opportunity for players of all levels to improve their skills with coaching from some of the world's best players while an awesome experience for spectators too.

For more information about the RHI Adaptive Sports Program, email rhisports@rhin.com.



STAR CENTER BEGINS PARA BOCCIA PROGRAM LA CROSSE, WISCONSIN

This winter, the STAR Center will begin running an Adaptive and Para Boccia program- inclusive and adaptive bocce ball. Boccia was developed for wheelchair users and is a competitive Paralympic sport. This program is open to participants of all ages and abilities. You do not need to be a community wheelchair user to participate. All equipment will be provided. Boccia will run on Sundays from 2:30-4

pm at Central High School in La Crosse, Wisconsin. This program will begin on Nov. 6 and run through Dec. 18. Registration can be done online or on site. The session will cost \$30. Veterans participate for free, and scholarships are available.

Boccia is a great way to keep busy and keep moving during the Wisconsin winter months. Bring a friend or a family member along at no extra cost.

STAR Programming can be found at starcenterlacrosse.org. For questions, please contact us at info@starcenterlacrosse.org or 608-797-6295. Let's Get Moving Together!

TURNSTONE ANTICIPATES COMPETITIVE SEASON FORT WAYNE, INDIANA

Winter is approaching and Turnstone's competitive athletes are preparing for tournament season. During the upcoming season, Turnstone power soccer, wheelchair basketball, wheelchair rugby and hockey athletes have some big competitions on their calendars. Several home tournaments, which will be hosted in Turnstone's home city, Fort Wayne, Indiana, are on the schedule.

Turnstone events include:

Oct. 20-23 — Blind and Special Hockey will host a regional competition

Oct. 29-30 — Wheelchair Basketball Varsity and Prep competition,

Nov. 12-13 — Wheelchair Rugby is set to host an Invitational

Dec. 4-5 — Power Soccer is hosting an invitational.

Turnstone's teams will also be traveling to other competitions offside during the season.

Be sure to mark your calendars with all of these dates! Interested athletes may join team practices at any time during the season.

For more information about adaptive sports programs, or to get involved, visit <https://turnstone.org/sports>, or call 260-483-2100.



COMMON GROUND OFFERING OUTDOOR RECREATIONAL OPPORTUNITIES LOGAN, UTAH

As we come to the end of another fantastic summer, we can't help but look forward to what we have coming up this fall! Common Ground Outdoor Adventures (CGOA) in Logan provides outdoor recreation opportunities for people of all abilities, some of our favorites being our destination trips. Our fall trip is right around the corner! We will be traveling to St. George from Sept. 26-29 to enjoy some sunny weather and the beautiful red rocks! While camping near Zion National Park participants will hike, stargaze and explore the amazing area. Equipment, meals, and transportation are all included in the cost. As always, we would love to have some new faces on this trip!

On top of our destination trips, CGOA also offers skiing, hiking, whitewater rafting, biking, and much more! Our participants bring so much joy to the amazing atmosphere while engaging in outdoor recreation! CGOA seeks to help individuals of all abilities have the opportunity to fully participate with low fees and scholarship opportunities.



We cannot wait for you to join us this fall! Please contact us to reserve your spot or get more information at 435-713-0288 or info@cgadventures.org

ADAPTIVE CYCLING OPPORTUNITIES WITH WASATCH ADAPTIVE SPORTS SALT LAKE CITY, MURRAY, OR PROVO, UTAH



Join Wasatch Adaptive Sports this fall for adaptive cycling group rides or individual lessons! Sign up for a diagnosis-specific ride on the Jordan River Trail on Wednesdays or go off-road at mountain biking group rides at local trail systems along the Wasatch Front on Thursdays. Want an individualized lesson? Ride with us in Salt Lake City, Murray, or Provo on paved trails. Bikes and private instruction provided for riders from new beginners through advanced cyclists.



Learn more at wasatchadaptivesports.org/participate. Sign up by contacting 801.834.0476 or programs@wasatchadaptivesports.org. Check out our events calendar at wasatchadaptivesports.org/events or our Instagram or Facebook @wasatchadaptivesports to learn more about all our programs and events.

ACCESS OUTDOOR ACTIVITY YEAR ROUND WITH ADAPTIVE SPORTS FOUNDATION WINDHAM, NEW YORK

Located in the Catskill Mountains of New York, the Adaptive Sports Foundation (ASF) has access to year-round beauty and outdoor activity. The ASF has adaptive programs for every season and is looking forward to “Empowering Lives Through Adaptive Sports” this fall and early winter.

The foundation’s Warriors in Motion program also has events in the late summer months, including taking wounded veterans hiking for three days and a three-day golf event in September.

And of course, when the snowflakes start falling, that’s when the ASF really shines. The Adaptive Sports Foundation makes its home in a lodge on Windham Mountain, with easy access to the chairlifts below so it’s easy for skiers and snowboarders of all ages to slide down to the lifts and start their lessons. The winter program is scheduled to start Dec. 10 and will run through the first weekend of March.



For more information about the ASF or to donate, visit adaptivesportsfoundation.org.

CHESAPEAKE REGION ACCESSIBLE BOATING (CRAB) OFFERS SAILING TRIPS ANNAPOLIS, MARYLAND

Chesapeake Region Accessible Boating (CRAB) is developing the country’s first, fully Adaptive Boating Center (ABC) opening in the spring of 2023. The new facility is the cornerstone of CRAB’s strategic plan to increase accessibility to the Chesapeake Bay at no charge for people with disabilities.

The Adaptive Boating Center (ABC) will be an adaptive education environment for sailing instruction and physical therapy activities. The ABC will be open year-round, with a 16-slip floating dock marina, special boarding equipment for our guests (Hoyer lifts and transfer slides), an open-air pavilion, and a 2,600-sq.-ft. learning center, all built to meet or exceed ADA standards. CRAB will be able to expand its boating programs by offering other adaptive and recreational water sports such as canoeing, kayaking, wakeboarding, and radio-controlled sailboat racing. An adapted pontoon boat will be added to CRAB’s fleet to accommodate wheelchair users who don’t want to leave their chairs behind. CRAB’s fleet includes six Beneteau First 22A’s (adaptive) and a



Martin 16’ Sip & Puff sailboat.

The organization is offering its last free family sailing day on Oct. 18.

For more information about the event or the organization’s programs, visit crabsailing.org

GO MOUNTAIN BIKING WITH GREEN MOUNTAIN ADAPTIVE SPORTS STOWE, VERMONT

If you have been thinking about trying, or adding to your skills set on an adaptive mountain bike this summer, then consider coming to Stowe to ride with us on Sept. 24-25.

For the second consecutive year, Green Mountain Adaptive Sports is hosting a most unique event to include group rides on town and private trails, skills courses, demos, camping, and a ton of networking and exploration.

New to the sport? Come and demo some hand cycles from a fleet of adaptive mountain bikes from Bike-On and Spaulding Adaptive Sport Centers, including handcycles, recumbent trikes, e-assist mountain bikes, and a Bowhead.

Cost is \$30 per rider and per companion, and includes a ton

of supported riding, a BBQ, beverages, and two nights of camping.

Visit the event's page for more details, to register, or to contact us with questions. <https://greenmtnadaptive.org/adaptive-mountain-bike-day-stowe>.



ADAPTIVE OUTDOOR EDUCATION CENTER VARIOUS LOCATIONS, MAINE

The Adaptive Outdoor Education Center (AOEC) includes two fully accessible centers in Maine and our year-round 'Horizons' adaptive recreation and education programs for people of all abilities!

AOEC Carrabassett Valley: This is a fully accessible, low-cost overnight facility for people of all abilities! Our beautiful lodge in the Western Mountains of Maine is a great space for camps, retreats, clinics, individuals, and families! Activities in this region include hiking, fishing, Nordic and alpine skiing, snowshoeing, rock climbing, and more!

AOEC Brunswick: Our new day-program campus is located on 15 acres and represents our commitment to the growing need for inclusive active, creative, and engaging recreational outlets for people of all abilities! This includes a robust activity calendar, accessible event and performance space for rent, sensory gardens, and accessible nature paths.

Fall Programming

- Horizons Climbing Trip to Acadia National Park, Sept. 25.-27
- Horizons Music, every Friday at AOEC Brunswick
- Caregiver Retreat at AOEC Carrabassett Valley, Oct. 6-9
- Mascoma Bank Nature Series at AOEC Brunswick

To learn more, visit adaptiveoutdoorededucationcenter.org or contact us at infoAOEC@gmail.com.

ENJOY GREAT FALL FOLIAGE AT BART ADAPTIVE SPORTS CENTER MANCHESTER, VERMONT

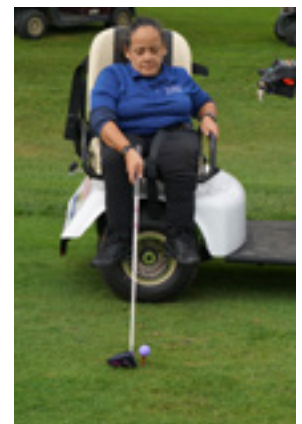
The fall is a great time of year to be in southern Vermont. The Bart Adaptive Sports offers many opportunities to get out and enjoy the cooler temperatures and great fall foliage.

We offer cycling around the Manchester/Dorset area. This area has some beautiful views and great roads to ride on. We can offer some cycling tips and or just a guide through the meadowed valley just north of Dorset. We do have some handcycles, so a reservation will be required.

We also offer golf at the Stratton Golf course. Bart Adaptive sports has an adaptive golf cart for those with a physical disability but still want to get out and play. We offer lessons on how to improve your game or we can arrange a round of golf and have a buddy go along to assist.

All these activities are in preparation for ski season which typically starts the first of December in southern Vermont at Bromley or Stratton Mountains.

For more information on these and other activities go to bartadaptive.org or email at Programs@bartadaptive.org.



AMP! ADAPTIVE MOUNTAIN BIKE PROGRAM AT NEDS WHITE MOUNTAINS, NEW HAMPSHIRE

New England Disabled Sports (NEDS) is able to provide mountain bike lessons this through the fall to individuals with spinal paralysis. Cross country and downhill mountain bike options are available at no charge!

Fall sports are in full swing! Come out and explore the beautiful scenery in the White Mountains. NEDS serves individuals of all ages and a wide variety of abilities offering an array of sports. Through September, student-athletes can join us for sports such as biking, golfing, kayaking, paddleboarding, and mountain biking. NEDS has one of the largest fleets of advanced equipment for all sports activities. Our trained coaches and staff customize each sports session for each individual's skill level and goals. As always, veterans participate in any NEDS sports free of charge and are encouraged to join in our weekly outings.

Winter sports will start in mid-December. Visit our website for the full calendar of events and start dates NEDisabledSports.org. Advanced reservations are required



for all sports, activities, and events.

For more information or to sign up, please contact us at 603-745-9333.

SPORTSABILITY KICKING OFF FALL WITH VARIOUS ACTIVITIES TALLAHASSEE, FLORIDA

SportsAbility Alliance Miracle Sports program provides team sports and virtual workouts for people of all abilities. This year-round recreational sports league allows everyone to play in an inclusive environment.

In-Person: The new season of Thursday night kickball begins on Sept. 8 and goes until Nov. 17. The best part is that entire families and groups of friends can all play together! Miracle Sports are played at Miracle Field at Messer Park, which 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: Come try interactive, small group fitness classes. Class sizes are limited to no more than six to allow everyone to work 1:1 with the coach. We'll focus on strength and endurance, play games, and just have fun. All sessions will be adapted so everyone can join in! Visit fdoa.org/bubble. Every week, classes are live streamed so you can workout with three coaches who provide a standard



exercise, a seated version and an advanced version to fit everyone. If you can't make the live workout, you can do it on your own schedule by watching the video on Facebook. facebook.com/fdoa.org.

For information on all our programs, visit fdoa.org.

KINETIC KIDS OFFERS PARA CHEER PROGRAM SAN ANTONIO, TEXAS

Come JUMP, STUNT and DANCE with our Kinetic Kids Cheer Program. Come be a part of a wonderful community. Our mission is to enrich the lives of children with special needs and their families through sports, fine arts and educational programs to foster the development of courage, confidence, fitness, pride, joy and community.

We offer a variety of sports and recreation for kids with special needs throughout the year. Our Cheer program begins in August and goes through March. Our cheer

athletes learn a choreographed routine in July and perform both locally and at the National Cheer Competition in Dallas. It's amazing to see these athletes overcome adversity and learn and grow throughout the season. It is also amazing to watch fellow typical cheerleaders encouraging and cheering them on at the competitions.

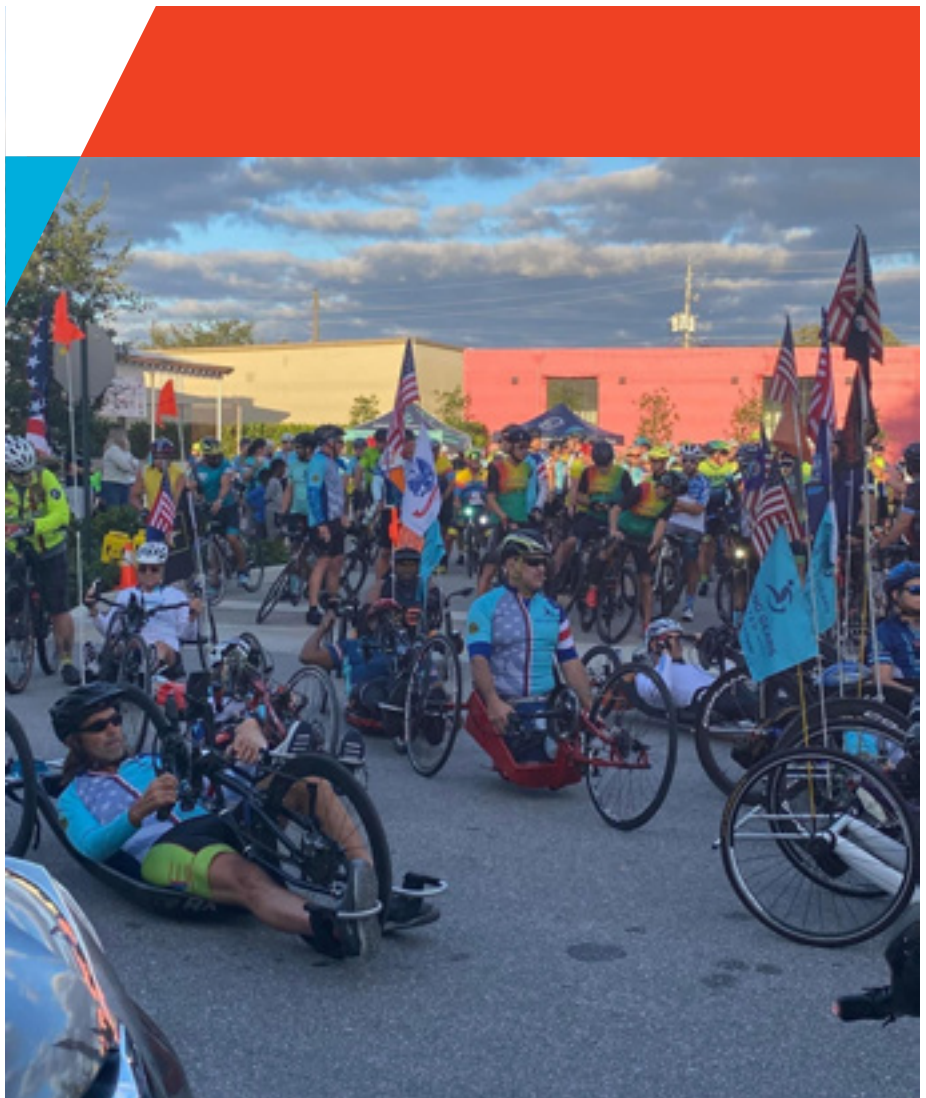
If you are interested, please contact Carrie Valdez at carrie@kinetickidstx.org.

SHIFTING GEARS HOSTS 4TH ANNUAL FREEDOM COAST RIDE WEST PALM BEACH, FLORIDA

Join us for a beautiful scenic ride along the Palm Beach Coastline. This is an out and back course with four fully supported rest stops. There will be police located at major intersections for traffic control to ensure cyclists safety. The ride provides SAG support and bike guides. More than 300 riders participated in 2021. This is one of the largest all-inclusive rides in the Southeast. Full and Half Metric Century All Inclusive Handcycle/ Bicycle ride. The Metric Century is 62 miles and Half Metric is 31 miles.

The event will take place on Dec. 3 at Steam Horse Brewing in West Palm Beach. The event starts at 7 a.m. Registration costs \$100. Registration includes fully supported rest stops, a custom long-sleeve t-shirt, SGU moon bottle, Dune Dog Food Truck, full SAG support, and a Finish Line Party with live music. The event registration website is <https://shiftinggearsunited.org/events/2022-freedom-coast-ride-registration/>.

For more information, contact Jacqui Kapinowski at 732-236-3576 or via email at jacqui@shiftinggearsunited.org.



RECREATE INTO FALL WITH ACHIEVE TAHOE LAKE TAHOE, CALIFORNIA

Join Achieve Tahoe this fall for our archery, climbing, equestrian, and hiking programs. Scheduled on select Wednesdays, Thursdays, and Saturdays through October, each of our programs can be adapted to all ability and experience levels. In addition, since our programs are scheduled on the same days, they can be combined for a multi-sport experience. Try a morning of hiking with an afternoon of climbing, or follow a morning of archery with an afternoon of equestrian!

Don't have any experience? Don't worry! Our trained team of staff and volunteers will adapt each program to your current level, helping you set and achieve your own personal goals. We also have state-of-the-art adaptive equipment from two GRIT Freedom chairs (all terrain wheelchairs) to a seated climbing harness, allowing us to effectively serve people of all ages with a wide range of physical, cognitive, and sensory disabilities.

Learn more about adaptive outdoor recreation in the North Lake Tahoe area at achievetahoe.org, and email info@achievetahoe.org or call 530-581-4161 ext. 6 with any questions.



OUTDOORS FOR ALL EXPANDS CUSTOM ADAPTIVE RECREATION EVENTS VARIOUS LOCATIONS, WASHINGTON

Across Washington State, Outdoors for All will deliver 60 new custom adaptive recreation events with schools, disability organizations, and military bases — with extra emphasis on traditionally underserved communities, rural communities and BIPOC communities.

These custom adaptive recreation events will include activities like snowshoeing, skiing, rock climbing, kayaking and cycling. Some activities will be location or seasonally dependent (e.g., snowshoeing and skiing as winter-based activities; rock climbing and kayaking based on specific locations). One program that is particularly flexible will be adaptive cycling, thanks to Outdoors for All's fleet of more than 250 cycles.

A representative sample of these cycles will be packed into trailers and then taken to communities across the state. Options will include handcycles for individuals with paralysis or leg limb difference; side-by-side tandem cycles for individuals who may be blind; high-end recumbent trikes for veterans dealing with PTSD; therapeutic trikes with specialized seating for children with muscular dystrophy; and many other kinds of cycles designed to help anyone get outdoors and exercise their abilities.

For more information, contact: info@outdoorsforall.org.



NAKED PROSTHETICS — IT'S ALL ABOUT FUNCTION

Naked Prosthetics engineers functional, high-quality finger and partial-hand prostheses that get end-users back to work and activities of daily living. We partner with Certified Prosthetists, therapy practitioners, physicians, and surgeons to facilitate our innovative devices — the PIPDriver™, MCPDriver™, ThumbDriver™, and GripLock Finger™. We truly believe: It's All About Function. To learn more, visit npdevices.com.

REDESIGNED RUSH ROGUE 2

The latest innovation in the world's leading fiberglass RUSH Foot® collection, the RUSH ROGUE® 2, is here! The RUSH ROGUE 2 is unmatched on every level providing an optimal vertical shock experience, increased axial rotation for improved comfort, predictable performance, ultimate fiberglass strength, and flexibility for daily life and high impact activities. The redesigned Vertical Shock Rotator (VSR) is 32% smaller in volume resulting in a 10.5% reduction in overall product weight and a slimmer profile reducing fatigue during activities. In addition to the traditional foot module, RUSH ROGUE 2 is also available with the EVAQ8 elevated vacuum system and the H2O water solution, with all three products having PDAC Verification! Visit shop.proteorusa.com.



FREEDOM TO SAVE FOR THE FUTURE

Many Americans with disabilities think old rules still apply — that they can't save for the future if they are receiving disability benefits. However, ABLEnow savings accounts remove these limitations, offering financial peace-of-mind for eligible individuals and their families. Save for today's needs or invest for tomorrow in a simple, affordable and tax-advantaged account that won't impact certain disability benefits. Learn more and open an account at ABLEnow.com

MAKE YOUR IMPACT WITH THE 3S80

Ottobock's 3S80 sports knee joint is designed to withstand the impact of high activity, specifically running. It is compact, robust, and ready to take you where you want to go. Whether you're hitting the trails, a court, or a track, this knee joint is equipped with the patented principle of rotation hydraulics, a manual lock, and can swing through freely to an angle of about 60 degrees. Take your activities to the next level with the 3S80. Scan the QR code to learn more.



READY FOR EVERYDAY LIFE

The Taleo Side Flex was designed for active users who navigate varied indoor and outdoor environments and place a high value on secure, effortless walking and socket comfort. Thanks to innovative technology, the Taleo Side Flex offers more freedom of movement in everyday life and helps ensure secure, full-surface ground contact with its Terrain Adaption Unit — even on uneven surfaces and slopes. You decide where you go. It's more than a foot. It's your foundation. Scan the QR code to learn more.



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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.

Solid Keel

allows $\pm 10^\circ$ inversion / eversion

Long Toe Lever

gives better toe response, proprioception, & energy return.

Added Axial Rotation

reduces socket pressure while improving comfort.

Increased Vertical Shock Absorption

reduces impact forces on the residual limb.

Heel Shock Bumper

provides >90% energy return.

Half Rocker Sole Plate

has continuous contact with ground for smooth rollover, eliminating dead spots.

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provides greater stability & a more natural feeling.



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THE ONLY PDAC VERIFIED FIBERGLASS FOOT L5987 + L5984 + L5781 (RUSH ROGUE[®] EVAQ8)