



move UNITED

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ADAPTIVE PICKLEBALL: A YEAR-ROUND SPORT

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Cover photo of Navy Veteran Max Rohn

Cover photo by Reed Hoffmann



At Move United, we are building a movement. Offering more than 70 adaptive sports to 120,000 youth and adults with disabilities, we're building a community where everyone's included. Where people can compete, or play, or move. Where adaptive athletes can push what they're capable of.

This movement includes over 225 member organizations located in 46 states. We continue to grow our membership network across the country. Up until now, our membership network has consisted of public institutions and organizations that provide adaptive sports opportunities in local communities across the country. They have included nonprofits, parks and recreation departments, and rehabilitation hospitals.

This fall, we are launching an individual membership program. The Move United Individual Member Network includes athletes, medical providers, family members, coaches, teachers, researchers, students, and more who are passionate about enhancing and fostering the continued growth of adaptive and includes sports nationwide.

There are lots of benefits, including:

- Move United individual member directory
- Virtual member community groups
- Adaptive equipment resources
- Access to the Move United Education Hub
- Subscription to Move United Magazine
- OnDemand virtual fitness classes
- Grant funding opportunities
- Online and in-person training opportunities
- Network of single and multi-sport competitions
- Member discounts
- Event calendar
- Move United swag
- And more!



The bottom line is we want you in the game. No matter who you are. No more spectators. We don't want people on the sidelines or the bleachers. We want teammates and coaches who are mentors and champions of inclusion rallying for us and with us. So join the movement!

Two other things I want to bring to your attention. We have recently expanded Move United's Adaptive Shooting League for air rifle and air pistol. You can read more about this expansion on page 14. And, in case you missed the social posts, we have also launched an online store, where you can order custom apparel and other gear. Check out the article on page 9 for the details.

Now, for the rest of the issue. On page 6, we have an article on adaptive pickleball. In case you haven't heard, it is one of the fastest growing sports across the country. If you don't know, now you know. The other sport highlighted in this issue is para skateboarding. You can read more about it starting on page 16.

On page 12, check out the profile of Move United Warfighters Ambassador Max Rohn, who is a Paralympic track and field hopeful. Speaking of the Paralympics, Hannah Dederick represented Team USA in Tokyo and her profile can be found on page 18.

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 23.

Regards,

Glenn Merry, Executive Director

Move United

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Photo by Timothy Brown

ADAPTIVE PICKLEBALL: A YEAR-ROUND SPORT

“Anyone can play it. Standing or seated. Eight to 80 years old. It is very accessible and very social too.”



Photo by Mireya Acierito

There's a sport that has been expanding exponentially across the country over the years and that sport is pickleball. Local and regional park systems are trying to keep up with the demand by building pickleball courts throughout their communities.

If you haven't played the sport, you should give it a try. Pete Peterson, aka "Pickleball Pete," is a certified pickleball instructor with Great Lakes Adaptive Sports Association (GLASA), a Move United member organization in the Chicago, Illinois area. He suggests that pickleball is a very inclusive sport. "Anyone can play it. Standing or seated. Eight to 80 years old. It is very accessible and very social too."

Since the game can accommodate standing and seated players, it provides an opportunity for everyone to play against each other. "Family and friends can play together," Peterson said.

Peterson also says it is a great way to get outside. "I started playing the sport outside during the pandemic," he said. But pickleball is a year-round sport, able to be played outdoors at parks or other venues and indoors at a gym or other facility.

Michael Rosenkrantz, the founder and director of SoCal Adaptive Sports, a Move United member organization in the greater Los Angeles area, offers the sport as a great way to get active. "It is a fast game — the ball goes quickly across the court," he said. "It is also a strategic game."

ALL YOU NEED

Pickleball doesn't require a lot of equipment like some other adaptive sports. Basically, you need three things to play — the three P's: Players, Place, and Paddles. In order to play, you obviously need participants to join you. In addition, you need a venue or facility that has a court with a basic net. And you need a paddle. "Pickleball is played with a paddle versus a racquet," Rosenkrantz said.

Paddles are shorter and more maneuverable and lighter than a tennis racquet. You can purchase a paddle for as low as \$50 or spend up to a couple hundred dollars, depending on your goals and objectives.

Technically, the fourth thing you need is a ball. The ball is hollow and plastic versus a standard tennis ball. It also has less bounce.

Continued on page 8 > >

GETTING INTO THE GAME

Some people believe that pickleball is easier than tennis, according to Peterson. Primarily because pickleball courts are one-fourth the size of a tennis court. “You can put four pickleball courts in one tennis court,” Peterson said. “Most people describe it as a miniature tennis court. But that is incorrect. It is really a giant ping pong table.” Pickleball courts are 20 feet wide and 44 feet in length.

If you have played tennis or wheelchair tennis, there might be some habits you will also have to break. Peterson says the sport is easy to learn, but tough to master.

Like tennis and wheelchair tennis, standing players get one bounce and seated players get two bounces. Other than that, there are very few other minor adaptations for adaptive pickleball. The rear wheels of your sports chair cannot be in what is called “the kitchen,” or non-volley zone of the court.

The game is essentially played in “the kitchen,” which is a seven foot area on each side of the net. The ball must bounce in this area before it is hit. In short, Peterson says that you typically want a deep serve, a deep return, and then everybody fights to get to the kitchen line where it becomes a dinking battle. “You want your opponent to make a mistake.”

Wheelchair users have to be able to handle the paddle and push at the same time. “You can’t put your paddle in your lap, move your chair, then pick your paddle up to hit the ball,” Peterson said. “The game is typically too fast for that.”

After stretching, Rosenkrantz starts his pickleball practices with “popcorning,” which involves the athletes holding the paddle up and hitting the ball continuously up in the air. “The sport is great for hand eye coordination.” Then he moves on to other drills, including practice serving. “The goal is to practice what you’ve learned and just start playing.”

Competitors alternate serving and the serve goes diagonally across the net. Games consist of one on one matches or doubles, where two players are on each side of the court. “It is not overly difficult,” Rosenkrantz said. “If you want to get better, then you just have to practice.”

PLAY FOR FUN OR MORE

For recreational play, it is all about adaptation. “The important thing is that everyone has fun. Flexibility is key to make things work and the goal is to get playing as quickly as possible,” Peterson said.



Anyone wanting to compete in adaptive pickleball, there are competitions taking place. Since 2019, the U.S. Open Pickleball Championship has hosted a para division for youth and adults.

Individuals with less mobility are playing the sport. “It is about having a full array of options,” Rosenkrantz said. “Sports is such an equalizer; it brings people together. It benefits your physical health as well as your social and emotional health. Even if you are not an athlete, try it.”

Do you want to play? Depending on whose numbers you use, Peterson says there are anywhere between 5 million to 12 million players involved in the sport. You can check out the listing of the 20 or so Move United member organizations that offer adaptive pickleball by visiting moveunitedsport.org/locations and search by sport. USA Pickleball also has places2play.org, where you can find a local pickleball program or venue nearby. You can even encourage program leaders and coaches to incorporate adaptive pickleball into their offerings if they haven’t already. ■

NEW APPAREL HIGHLIGHTS THE POWER OF SPORT

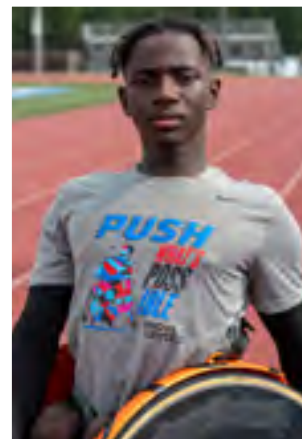
Move United recently launched an online store which is stocked with more than 100 unique apparel and gear choices. The merchandise is available in multiple colors and sports images that can be customized to represent you!


Several adaptive sports icons are available now, with more continuously being added. So if you don't see your sport yet, just wait. The gear also can feature important messages that you want to convey to the world, including "Sports Make Us More," "Push What's Possible," "Redefining Disability," and more.

You can browse the merch at moveunitedsport.org/store. The merchandise can be purchased through three easy steps:

- Select a product.
- Choose your graphics (available in full color, white, or black).
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MAX ROHN IS 'SOMEWHAT DECENT' IN SPORTS NOW

Max Rohn will tell you that he wasn't very good at sports growing up. But he did play them. "My mom let me do everything. I started out playing soccer, then football, and got into snowboarding. I am somewhat decent now."

After high school, he signed up for EMT (Emergency Medical Technician) school, which led to joining the military. "I knew I wanted to do medical and was told by one of my instructors that if I really wanted to learn medicine to join the military."

Originally, Rohn wanted to join the U.S. Army. "My mom said no." Instead, he enlisted in the Navy. But what his mother didn't know was that he was going to be a Corpsman with the Marines. "So I got that one past her."

He went to Naval Station Great Lakes for boot camp and A school, then would go to Camp Lejeune in North Carolina for field medic training. "My military career was awesome." He tried to get the job he signed up for, but ended up being attached to a medical battalion. "They do a great job, but it is not what I wanted to do." So he volunteered for a deployment. "In field med I knew I would have stayed in forever. I loved it," Rohn said. "I wanted to go to reconnaissance, just like any 19-year-old kid."

In January 2009, Rohn was deployed to Iraq. He was attached to a police transition team with the 2nd Marines Corps Headquarters Group. "I was there to make sure

everyone goes home. Everyone else is a real warfighter. I knew I was not a Marine."

Their original goal was a training operation with the locals. The police station he was located at was fine until the only working generator was taken away. Two weeks later, Rohn got hit in Fallujah. While riding in the front seat of the third vehicle, he saw a big pink building along Route Michigan and thought it was weird.

Unconscious, the first tourniquet didn't take but the second one did and his team got him out. He had a rough go during recovery. Rohn would be in the hospital for four years and in limb salvage for two and a half of them. After the tenth surgery, his leg got infected. "They found a medical clamp that was left in during surgery." After removing it, he would be left like that for another year and a half.

"It is really hard to find your footing when the ground is falling from underneath you. I just couldn't find anything to moor myself to until I found sports."

Rohn would eventually play in the Warrior Games, where Will Wilson suggested that he amputate his leg. "He told me that once he lost it, his life began," Rohn said. "I was on a lot of drugs and falling apart. While playing a wheelchair basketball game against the Marines, I rolled over and hurt my leg. That was the breaking point. I went straight home to the doctor and chose amputation."

“It is really hard to find your footing when the ground is falling from underneath you. I just couldn’t find anything to moor myself to until I found sports.”

In 2012, Rohn was recruited for para track and field by Cathy Sellers and others. He went to the 2012 national trials. “I was riding the Warrior Games high and was like ‘I’m pretty good at sports now. I hope you know that.’” Then he faced Jeremy Campbell, who is one of the greatest discus throwers in American history. “He was the first guy to throw over 60 meters. He doesn’t get enough credit for what he has done to advance the sport.

“That day, I threw about 30 meters and took bronze. There were three athletes. Jeremy crushed it and broke a world record at the trials. He is what I want to be as a discus thrower because he has been winning for two decades now.”

Rohn attended Penn State University and started the Ability Athletics program with Teri Jordan. He also competed at the Invictus Games and won four gold medals. He has missed the national team selection for the past few years. “It is really hard to make the team. I am hoping to make the team in 2024.” 1996 Olympic javelin thrower Erica Wheeler is his coach.

Training occurs six days a week. “It is training all day. You either are a professional athlete with no job or you are doing something else.” Training includes stretching, discus practice that can last between one and three hours, the gym, and more. “You can only train so hard, for so long. You are trying to squeeze every ounce of performance out of yourself.”

This past season Rohn has competed at several competitions sanctioned by Move United, including The Hartford Nationals. In November are the Pan American Games, then Tokyo, then France. “From here till Paris 2024, you’ve got to be locked in as a summer athlete.”

The Penn State University graduate has been focused on putting his practices on social media. “This content needs to be out there for the next generation. When I looked for it, I didn’t see it. Disabled sports are so hard and so technical — this also helps me as an athlete because I can study my old film.”

In addition to summer sports, Rohn was introduced to snow sports through Harvey Naranjo, the Adaptive Sports Program Coordinator at Walter Reed National Military



Medical Center. “Harvey saved my life in the hospital.” Naranjo invited Rohn to The Hartford Ski Spectacular, which is conducted by Move United. “I was still recovering as a person. I was dealing with all my mental stuff, plus the combat stuff, plus being disabled, and I took an extra-curricular activity with substance abuse. He brought me out to Ski Spec to get me out of that. It is the best event I’ve ever been to.”

At Ski Spec, Rohn met Keith Gabel. “I saw what an athlete looks like. Keith Gabel is a snowboarder; the prosthetic is an afterthought. What do I have to do to get there?” Rohn has been a part of the event’s race camp for a few years “For snow sports, it is similar to throwing. It is all about the reps. You have to have a single mind focus.”

But, for now, snowboarding is just for fun. “If it turns into something else, great. My focus is on discus.”

Sometimes, according to Rohn, it is hard to keep sports in perspective. “I came from a job where it was life and death . . . this is all celebration. Sports is just fun. If you are taking them too seriously, it is not for you.” ■

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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NATIONAL ADAPTIVE SHOOTING LEAGUE EXPANDS

The Move United Adaptive Shooting League is comprised of Move United member organizations and community partners located across the country that have an interest in fostering the sport of adaptive shooting (air rifle and air pistol) for individuals with a disability, including wounded warfighters. Program offerings differ by location, all giving participants the opportunity to gain instruction and unleash their competitive spirit in the sport of adaptive shooting.

Since 2015, Move United has helped create and/or expand adaptive shooting programs in more than 20 markets around the country. Individuals can get involved as an athlete, coach, or volunteer. Interested individuals can participate in local programs and competitions, virtual matches, as well as program development and training opportunities.

A number of sanctioned competitions are held annually across the country, culminating in the chance for athletes to compete at a national level at the Hartford Nationals, which is scheduled to take place in July 2024 in Hoover/Birmingham, Alabama.

For those who are unable or prefer not to participate in the competition circuit, virtual matches are also hosted utilizing the Orion Scoring System. Through Orion, Move United holds sanctioned matches

that provide an opportunity for athletes to compete against others from around the country and work towards gaining national ranking status. Orion can also generate an analysis of the shooter's performance, such as shot pattern. Within the Move United Adaptive Shooting League, there are more than twenty organizations around the country using the Orion system. Whether you have access to an Orion Scoring System or not, you can still compete.

Wounded veterans and other individuals with physical disabilities are encouraged to join Move United's Adaptive Shooting League. For more information about the league, visit www.moveunitedsport.org/mu-adaptive-shooting-league/.



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GETTING STOKED ABOUT PARA SKATEBOARDING

WHY IS IT SO GNARLY?

There has always been a shared commonality between those that enjoy snowboarding, surfing, and skateboarding. For individuals who enjoy any of those sports, it is about the culture, according to Daniel Gale, who co-founded Adaptive Action Sports and was recently brought on as the general manager of USA Skateboarding. “It is a community. Action sports is a subculture,” Gale said. “It is more than just the sport that goes into it; it is a family.”

So much so that getting started can be as simple as getting a skateboard and showing up at a park. “There is somebody there that wants to help you and who wants to offer suggestions,” he said.

“It is as simple as having the will to get out and try it,” said two-time paralympic medalist Noah Elliott. “It can be scary and intimidating when you first get on it. Give it some time.” Elliott, who is best known for winning a gold and bronze medal in para snowboarding, actually started out skateboarding at an early age. “As early as 10 years old, I

was focused on the sport and doing competitions,” he said. “Skateboarding was Noah. That described who I was.” When he was diagnosed with cancer and decided to amputate his leg above the knee, he put the sport on hold. But now he is back in.

Elliott states that you will see all walks of life at the park. “You’ll see 50-year-old dads with their kids and everyone in between.” In addition to skateboarders, you’ll also see scooters being used and roller skating is making a comeback as well.

You’ll also find WCMXers at the skate park. WCMX is a combination of the words wheelchair and BMX. Essentially it is a sport in which wheelchair athletes perform tricks adapted from skateboarding and BMX, providing a perfect example of how skateboarding has been adapted for athletes with different disabilities. “They are in the skate park and consider themselves skaters,” Gale said. “It really opens the doors for those that are not ambulatory.”

One such WCMX athlete is 17-year-old Delmace Mayo. At age 7, Mayo was first introduced to the sport when he learned that Aaron Fotheringham, one of the sport's pioneers, was holding a clinic and competition hosted by Rise Adaptive Sports in Texas. So he went. At 10 years old, in his third year of being involved in the sport, he placed third in the intermediate division. The following year, he would get first place.

Mayo loves going fast. "I love the adrenaline, the competition. I love the wind in my face and the crowd cheering for you," he said. "I find my freedom in sports." But he also likes the ability to hang out with his peers at the skate park. "No one looks at you differently there. When you go into the supermarket, they do."

In addition to the adrenaline that skaters enjoy, Elliott says there are other benefits to the sport. "First, you are in the sunshine and outside doing something," he said. "It can also be therapeutic. You can get on the board and blow off steam. Whatever is going on, you can just go cruise and that can mentally put you back where you need to be. Skateboarding is pretty chill."

HIT THE DECK

Skateboarding is an accessible sport because the cost to participate is relatively low. "It is a fraction of the cost of sports like para snowboarding, which requires more equipment, lift tickets, passes, and more," Gale said. "You can get a decent skateboard at any box store that will get you out to push around."

In terms of costs, you obviously need a skateboard, which essentially is composed of three main parts: the deck (the board itself), the trucks (which is the unit that holds the deck off the ground and keeps the wheels rolling), and the wheels. WCMX athletes like Mayo can use their everyday chair. In addition, a helmet should be your first investment. Elbow and knee pads would be next, and wrist guards if preferred as well. "Concrete hurts, much more than snow," Elliott said. "Skateboarding is accessible, because it is not that expensive."

For some, the skateboard has also been a source of access because it is their mobility device. "They sit on a board to get around," Gale said. "It became a part of them. They are one with the board. It makes the environment more accessible and inclusive."

RAMPING UP

Video has always been a key component of the skateboarding culture. Watching how-to videos can go a long way. That is true for Darian Haynes, a competitive surfer who has turned her attention to skateboarding. "I learned to skateboard via YouTube videos," she said.

Haynes, who has Erb's palsy that affects her sense of balance, placed third in para skateboarding at the Dew Tour in 2022. She recommends people first practice on carpet or in the grass. "I know it is scary, but you don't have to start on concrete. You can build up slowly," Haynes said. "You need a little bit of time to build up your confidence. Practice doesn't make perfect—it makes progress."

Anyone that wants to compete in the sport would find getting someone to give you some instruction to be beneficial. Although Gale says there is not a big competition pipeline right now, that is changing. USA Skateboarding is planning to host three regionals and wants to integrate the sport into existing competitions.

Athletes enjoy competing for a variety of reasons. Mayo enjoys the spotlight, but he also likes the fact that it is an individual sport. "You are not relying on anyone else. If you miss a trick, it's on you."

DROPPING IN

Now that you've learned more, it is time to get started. "It is all about taking that first push," Gale said. Besides Adaptive Action Sports, there are a few Move United member organizations that are currently offering the sport. You can find them at moveunitedsport.org/locations.

But the sport is growing in popularity because it is accessible. Local municipalities and communities have built skateparks within their park system or in other venues. "You can skateboard with anyone and anywhere. All you need is a slab of concrete," Elliott said. ■



HANNAH DEDERICK COMPETES IN A TOUGH FIELD

Hannah Dederick really wanted to get into wheelchair racing. “I wanted to race, because I used to race with my schoolmates in my everyday chair,” Dederick said. She liked physical education in elementary school and middle school. “I would try to beat them, but they were way faster than me in my everyday chair. So I wanted to race against other individuals with disabilities.”

Dederick moved to Washington State in 2012. Three years later, the Shriners Hospital for Children in her hometown of Spokane recommended to her ParaSport Spokane, a Move United member organization. She was 12 years old when she started wheelchair racing. “I didn’t know it was not in your day chair and that it was in an actual race chair.” She picked up wheelchair racing first and then also started playing wheelchair basketball.

Racing became Dederick’s passion. “Being able to race allows me to see my strengths and showcases everyone’s strengths. Racing shows everyone’s individual strengths and what you are capable of.”

She started out using a program chair, one that is loaned out by the adaptive sports organization. “I used previous athletes’ chairs that were available for other athletes to use.” But in 2019, she got her own racing chair. “Every person’s body is different. Every custom chair is made for you. I previously raced in bigger chairs and smaller chairs. When I got my own chair, it was fit for me.”

Prior to that, Dederick was already showing promise when it came to national and international competition. In 2017, she made her first junior world team. After that, she ranked sixth in the world in the 100 meter. “That is when I realized that I could train at the highest level and be a part of a strong field.”

“2017 was the first year I realized I could do this, that I could make a Paralympic team in a couple years. I knew it was going to be tough, because the T54 class is really tough.”

At that time, her long-term goal was to qualify in the 100 meter and 400 meter. Those were her strongest events. “In 2019, when I made multiple U.S. teams (Parapan American Games and her first World Championship Team), I thought I could make a run for Tokyo.

But the 2020 Paralympic Games in Tokyo were delayed a year due to the coronavirus pandemic. “That postponement helped me — it gave me a year and a half to train, which is a pretty long time to be able to get better.”

“It was exciting to make the Tokyo team,” Dederick said. “54 is a very broad class, so I knew it was going to be difficult to make the team. But at trials, I had my personal best in the 400 and beat a 10-time Paralympian (Cheryl Masden) in the 100.”

Dederick is currently training with the University of Illinois at Urbana-Champaign racing team. She is being coached by Adam Bleakney, who is one of the best wheelchair racing coaches in the world. “He has coached world record holders and gold medalists. I have seen a lot of improvement in my training since coming here.” Dederick is currently studying





sports management at the university and will graduate with her degree in 2025.

After graduating, Dederick definitely wants to go back home. "Sports is the reason why I have moved across the country." She may pursue a master's degree back in Washington, but that may depend upon the availability of jobs. "I want to work in collegiate sports and be involved in the Paralympic movement in the U.S."

More recently, Dederick was named to her second World Championship Team. "My goal this year was to make that team and hopefully make the team for Paris next year, which is coming up quickly." ■

***"Being able to race
allows me to see my
strengths and showcases
everyone's strengths."***

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Mammoth Lakes, CA
disabledsportseasternsierra.org

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

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

SoCal Adaptive Sports
Palm Springs, CA
socialadaptivesports.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

CONNECTICUT

Gaylord Sports Association
Wallingford, CT
gaylord.org/sports

Leaps of Faith Adaptive Skiers
Newtown, CT
lofadaptiveskiers.org

Summit Adaptive Sports
New Hartford, CT
summitadaptive.org

FLORIDA

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

Central Florida Dreamplex
Clermont, FL
cfldreamplex.com

COSTA Therapy Inc.
Indian Harbour Beach, FL
costasurf.org

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
synergysaa.org

INDIANA

Rehabilitation Hospital of Indiana Sports Program
Indianapolis, IN
rhrehab.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

Valley Adaptive Sports

Victor, ID
valleyadaptivesports.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

AccesSportAmerica

Acton, MA
accessportamerica.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

South Coast Wheelchair Tennis Foundation

Attleboro, MA
southcoastwheelchairtennis.org

Spaulding Adaptive Sports Centers (Spaulding Rehabilitation Network)

East Sandwich, MA
sasc.spauldingrehab.org

Waypoint Adventure, Inc.

Lexington, MA
waypointadventure.org

Webster Waterski Collective

Webster, MA
websterwaterski.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 Sports Unlimited

Essexville, MI
misprtsunlimited.com/
misprtsunlimited.com

Mount Brighton Adaptive Sports Program

Brighton, MI
mtbadaptivesports.org

Rehabilitation Institute of Michigan Foundation

Detroit, MI
Rimfoundation.org

Therapeutic Riding Inc.

Ann Arbor, MI
therapeuticridinginc.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

University of Michigan Adaptive Sports & Fitness

Ann Arbor, MI
ssd.umich.edu/adaptive-sports

MINNESOTA

Courage Kenny Rehabilitation Institute

Golden Valley, MN
allinahealth.org/adaptivesports

EA Therapeutic Health

Rochester, MN
exercisabilities.org

HOPE, Inc.

Moorhead, MN
hopeinc.org

Northland Adaptive Recreation

Duluth, MN
mdfoundation.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

The Whole Person

Kansas City, MO
thewholeperson.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

NEBRASKA

Nebraska Adaptive Sports

Omaha, NE
nebraskaadaptivesports.org

NEVADA

City of Las Vegas Adaptive Recreation

Las Vegas, NV
lasvegasnevada.gov

City of Reno

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

DRIVEN Neurorecovery Center

Las Vegas, NV
drivenLV.org

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
nedisabledsports.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

Able Athletics
Scarsdale, NY
ableathletics.org

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

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

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
Commotionnc.org

Greensboro Parks & Recreation
Greensboro, NC
greensboro-nc.gov/departments/parks-recreation/adaptive-inclusive-recreation

North Carolina Adapted Sports
Cary, NC
ncadaptedsports.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

Rec2Connect
Cleveland, OH
rec2connect.org

The Bridge Adaptive Sports & Recreation
Cincinnati, OH
Thebridgeadaptive.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
awloudoors.org

Oregon Adaptive Sports
Bend, OR
oregonadaptivesports.org

PENNSYLVANIA

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

Envision Blind Sports
Mercer, PA
envisionblindsports.org

IM ABLE Foundation
Wyomissing, PA
imablefoundation.org

Pennsylvania Center for Adapted Sports
Philadelphia, PA
centeronline.com

Three Rivers Adaptive Sports
Pittsburgh, PA
traspa.org

Two Top Mountain Adaptive Sports Foundation
Mccersburg, 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
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

Texas Paralyzed Veterans of America
Crosby, TX
texaspva.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
greenmntadaptive.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
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.
medstarnrh.org/sports

WEST VIRGINIA

Challenged Athletes of West Virginia
Snowshoe, WV
cawvsports.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

THE HARTFORD SKI SPECTACULAR

DECEMBER 3 - 9, 2023
BRECKENRIDGE, COLORADO

Learn to Ski & Snowboard Lessons | Race Camp | Instructor
Academy Continuing Education Clinics, endorsed by PSIA-AASI |
Adaptive Equipment Demos | Nordic, Sled Hockey & Yoga Clinics



WWW.SKISPEC.ORG

REGISTER BY NOVEMBER 3

TURNSTONE CENTER'S FALL ADAPTIVE SPORT FORECAST FORT WAYNE, INDIANA

Turnstone Center is preparing for exciting adaptive sporting events happening this fall.

2023 U.S. Association of Blind Athletes' Goalball National Championships

The U.S. Association of Blind Athletes (USABA) Goalball National Championships will return to Turnstone Center on Sept. 21-24. Teams from all over the United States will gather to compete for the coveted title of Men's and Women's National Champions. The event will be livestreamed on the USABA YouTube channel.

Team Turnstone and Fort4Fitness Fall Festival

Turnstone has formed a team of clients and volunteers, Team Turnstone, who will participate in the Fort4Fitness Fall Festival Race Day Sept. 30. Our inclusive team welcomes people of all abilities to train and motivate each other for race day.

Competitive Sports Kickoff

Turnstone will kick off its competitive sports season with tournaments starting

in October. Teams include power soccer, wheelchair basketball, wheelchair rugby and sled hockey. Interested athletes may join team practices or recreational programs at any time during the season.

For more information, visit <https://turnstone.org/sports>, call 260-483-2100, or follow Turnstone Athletics on Facebook.



COURAGE KENNY CLASSIC WHEELCHAIR BASKETBALL TOURNAMENT HASTINGS, MINNESOTA



Courage Kenny Rehabilitation Institute will host the 39th annual Courage Kenny Classic Wheelchair Basketball Tournament Nov. 4-5 in Hastings. This tournament is one of the longest running wheelchair basketball tournaments in the country. Junior Division teams from all over the country will participate in this highly competitive tournament with the hopes of winning an automatic bid to the National Tournament. The 2023 Courage Kenny Classic, presented by Coloplast, includes an Adult Division II, Varsity, and Prep levels of play. Each attending team is guaranteed to play at least four games.

For more information, contact Romaus Mesa, Adaptive Sports Specialist at 612-775-2278 or romaus.mesa@allina.com or visit Allinahealth.org/adaptivesports.

COMMON GROUND'S DESTINATION CAMPING TRIPS UTAH AND WYOMING

Common Ground Outdoor Adventures (CGOA) has a great lineup of 20+ destination camping trips and activities this fall, including Kanab, Utah, to explore the beautiful waterfalls, and Jackson, Wyoming, to go rafting on the Snake River! For individuals with MS there is a trip to Yellowstone National Park to stay in a cabin and experience the majesty all around Yellowstone National Park.

CGOA also offers a wide array of outdoor recreational activities, including cycling, archery, skiing, snowboarding, and much more.

For more information or to join one of our trips visit cgadventures.org or call 435-713-0288.

BOCCIA, TENNIS, FENCING, AND RUGBY, OH MY! FORT COLLINS, COLORADO

Adaptive Boccia

A Paralympic sport adapted for athletes who have physical disabilities. Played on a smooth surface, with modified equipment. Boccia tests coordination, concentration, and ability to strategize. Age: 14 years & up. Mondays, Oct. 2-Dec. 4, 10:30 a.m.-noon, \$36.

Adaptive Fencing

Learn the basic techniques of the challenging and competitive sport of Paralympic fencing. This class will be led by Patricia Dykes, United States Army veteran, Paralympic fencing athlete and coach who has competed all over the world. Modified instruction and equipment for varying ability levels available. Age: 14 years & up. Thursdays, Sept. 21-Dec. 7, 6 p.m.-7:30 p.m., \$64.

Wheelchair Tennis

Learn basic techniques and improve your skills during the fun and exciting Paralympic sport of wheelchair tennis. This 5-week class will be led by Akiji Koiwalakai, an experienced player and certified coach. Age: 8 years & up. Mondays, Sept. 11-Oct. 9, 7 p.m.-8 p.m., \$44.

Wheelchair Rugby

A fast paced, full contact wheelchair sport designed for those with physical disabilities. Extra sport chairs are available. Age: 14 years & up. Tuesdays, Sept. 26-Dec. 5, 6 p.m.-8 p.m., \$55.

For more information: 970-221-6655, recreation@fcgov.com, or fcgov.com/aro.



ADVENTURE CAMPS WITH NSCD DENVER, COLORADO

Join the National Sports Center for the Disabled (NSCD) for their adventure camps in Colorado's Front Range or the beautiful Rocky Mountains to experience a wide variety of sports and recreation, including horseback riding, whitewater rafting, hiking, biking, rock climbing and more, all while making new friends! One of the main purposes of the NSCD camps is to have fun participating in safely designed activities, appropriate for a wide range of ability levels. Their uniquely designed camps utilize specific approaches that meet the needs of a variety of individuals with special needs. Upcoming camps include Summer Woods Camp for participants with developmental disabilities, Front Range Adventure Camp, Therapeutic Horseback Riding Camp and Women's Weekend Camp for adults with physical disabilities. The NSCD also offers a variety of individual and group lessons as well as custom group activities all year long.

To view everything they offer, visit nscd.org.



ADAPTIVE CLIMBING SUMMIT FOR TEACHERS, COACHES BOULDER, COLORADO

Paradox Sports is dedicated to transforming lives and communities through adaptive climbing opportunities that defy convention. This mission is achieved through three distinct program types: Local Programs, which focus on community and skills building; the Adaptive Climbing Initiative (ACI) program, which focuses on training; and National Trips, which include rock and ice climbing programs across the United States.

This year, Paradox Sports will also be hosting its 2nd Annual Adaptive Climbing Summit, a venue for adaptive climbing leaders from around the country to connect, share information, and work to strengthen our adaptive climbing practices. Adaptive climbing and competitive paraclimbing are constantly evolving. This summit will help you stay current with in-depth information and hands-on practice facilitated by adaptive climbing's most knowledgeable and experienced instructors focusing on community building, climbing with the deaf community, advanced rope systems for adaptive climbing, supporting climbers with invisible disabilities and much more. This year's Adaptive Climbing Summit will be held from Nov. 3-4.

For information: paadoxspots.org; info@paradoxsports.org; 720-638-5593.



JOIN TASP FOR EXCITING MOAB ADVENTURE MOAB, UTAH

The Telluride Adaptive Sports Program (TASP) is teaming up with the Tribal Adaptive Organization for a unique Moab adventure Oct. 9-13. Thanks to a grant from the Christopher Reeve Foundation, Native Americans living with paralysis will experience the world-class mountain biking trails of Moab via handcycles. The trip includes overnight camping, complete with no less than three full days of cycling, and lots of fun! TASP has a variety of adjustable bikes and handcycles for all levels of athletes to get everyone on the trails.

This Tribal Adaptive Moab camp also opens opportunities for cultural and spiritual growth. Through the combined efforts of these programs, Native Americans with paralysis can start to access the mountains that are the traditional homelands of many Tribal Nations.

Concurrently, TASP provides single-day trips closer to home in Telluride, Colorado.

To participate in any of the many programs offered please visit tellurideadaptivesports.org.



NORTHEAST | AROUND THE COUNTRY

RETREATS, CLIMBING, CAMPING AND MORE BRUNSWICK AND CARRABASSETT VALLEY, MAINE

The Adaptive, Outdoor Education Center (AOEC), headquartered in Maine, has a busy lineup of activities this fall.

Caregiver Retreats Oct. 5-8: In partnership with Brutally Beautiful, our Caregiver Retreats are an intentional nature-based healing program. Activities include daily modalities, hiking, forest baths, and more! Caregivers will learn self-care strategies and the positive impact time in nature can have on their mental, physical, and emotional health.

Horizons Climbing — Acadia Trip Sept. 22-24: Don't miss out on a magical weekend spent in Acadia National Park! We will spend 1.5 days climbing the iconic sea cliffs with Acadia Mountain Guides. Attendees will receive camping and meals as part of the weekend package.

AOEC Open House Oct. 13: Come by the AOEC Brunswick campus to try out some awesome adaptive activities and learn about our Adaptive Mobility Initiative (AMI)! AMI provides mobility education and training to promote and enhance exploration, adventure, and independence for people of all abilities in the outdoors. This includes adaptive hiking trails, an obstacle course, an adaptive campground and a gear library.

Visit adaptiveoutdoorededucation.org or email infoAOEC@gmail.com to learn more!

ARE YOU READY FOR THE RU ABLE DUATHLON? WYOMISSING, PENNSYLVANIA

IM ABLE Foundation's RU ABLE? Duathlon on Sept. 10 is an inclusive competition for athletes of all abilities to run-bike-run through Wyomissing's beautiful park system and iconic Reading Boulevard.

It is a timed event offering both 5K and Sprint/Olympic distance Duathlon options. 5k runners participate in the first run route only. Duathlon participants continue to a bike route and then another lap on the run route. Relay teams are welcome. For nearly a decade this event has brought both athletes of all abilities together for a day of fun competition and motivation to keep moving! Participation in this event helps IM ABLE deliver adaptive equipment and inclusive programming for athletes with disabilities.



Learn more or register at <https://imablefoundation.org/2023-duathlon>.

MEDSTAR'S SUPERH 5K ROAD RACE MCLEAN, VIRGINIA



Come run, walk, or wheel at the SuperH 5K road race hosted by the MedStar NRH Adaptive Sports and Fitness Program. It is an incredible event held in McLean where participants of all abilities and backgrounds come together to fundraise for a great cause.

The SuperH Race was created by Harry and Renie Freedman after a serious workplace accident caused the amputation of Harry's leg. Harry and Renie have been dedicated to raising money for the adaptive sports program to offer equipment, coaching, and participation for those with physical disabilities.

The event will take place Sept. 10 at Tysons Sport & Health Center (8250 Greensboro Drive in McLean). Registration includes a T-shirt, course access, food and drinks, and an after-race celebration. Don't live in the D.C., Maryland, or Virginia area? No problem. You can also participate virtually.

More information on the race and registration at MedStarhealth.org/Superh or contact Elizabeth Parker at Elizabeth.V.Parker@medstar.net.

MARYLAND THERAPEUTIC RIDING NAMED USEF PARA-DRESSAGE CENTER OF EXCELLENCE CROWNSVILLE, MARYLAND

We are proud to announce that MTR is now one of only eight Centers of Excellence in the U.S. offering educational and training opportunities for para-dressage.

The Center of Excellence initiative provides athletes with disabilities the opportunity to discover competitive para-dressage at both the national and eventually the CPEDI (International) levels.

As a Center of Excellence, we want to bring the joy of horse sports to as many people as possible following USEF's mission to provide access to and increase participation in equestrian sports at all levels by ensuring fairness, safety and enjoyment.

"Becoming a COE allows our participants to set and achieve higher goals. Athletes get to compete alongside their fellow able-bodied athletes, often times performing the very same movements on their horses. Few competitive sports allow for such cohesiveness in the competition ring." Nicole Hauseman Equine and Event Coordinator at MTR

For more information, visit HorsesThatHeal.org.

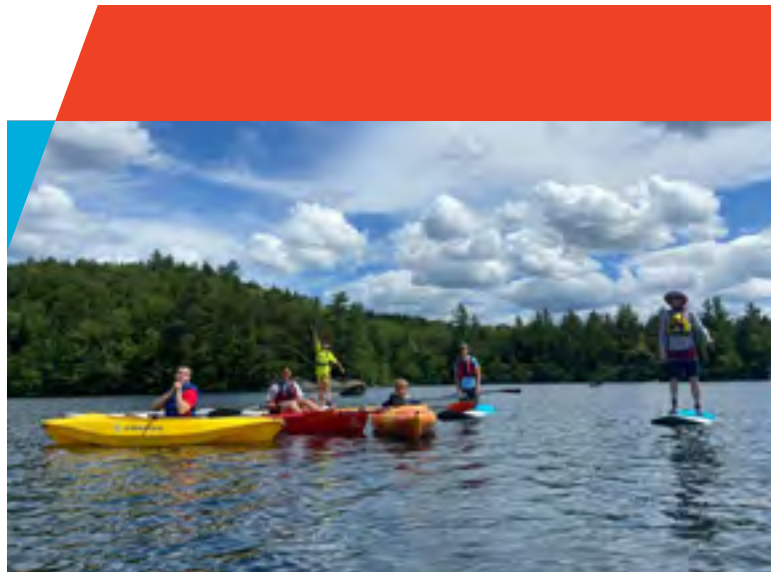
CLIMBING ADVENTURES AT CATHEDRAL AND WHITEHORSE LEDGES MT. WASHINGTON VALLEY, NEW HAMPSHIRE

Mt. Washington Valley Adaptive Sports partners with International Mountain Climbing School to provide access to world-renowned climbing destinations in New Hampshire's Mt. Washington Valley, such as Cathedral and Whitehorse Ledges. The wide variety of crags offers a plethora of fun and rewarding experiences for everyone. Whether you are an advanced climber, a curious first-timer, or somewhere in between, the right climbing adventure is waiting for you. Throughout summer and fall 2023, athletes living with spinal cord injury can climb with a full scholarship provided by the Craig H. Neilson Foundation Grant and Move United.

To join a scheduled climbing event or make a private booking, contact Laura Scrimshaw at lscrimshaw@mwvas.org or 603-374-2688.



PICKLEBALL AND MORE IN THE WHITE MOUNTAINS LINCOLN AND CAMPTON, NEW HAMPSHIRE



The White Mountains are again proving the place to be to enjoy the last hints of summer and our beautiful fall weather. Through September, athletes can join us for adaptive sports such as biking, golfing, kayaking, paddleboarding, and downhill mountain biking at New England Disabled Sports (NEDS) in Lincoln.

New to our line up this year is pickleball. Come and enjoy the state-of-the-art racquet courts at The Owl's Nest Resort in Campton. Pickleball is the fastest growing sport in the United States and NEDS is offering adaptive lessons.

As always, veterans participate in any NEDS sports free of charge and are encouraged to join in our weekly outings. New grant funding is also assisting individuals with Spinal Cord Injuries with free year-round programming for all sports offered.

Winter sports will start in mid-December. NEDS provides instruction on the use of TetraSki, which is the world's only independent alpine ski for complex disabilities offering joystick or sip-n-puff technology.

Visit our website for the full calendar of events and start dates at NEDisabledSports.org. Advanced reservations are required for all sports, activities, and events. Call to register at 603-745-9333.

YOUTH WHEELCHAIR BASKETBALL ROCHESTER, NEW YORK

Rochester Accessible Adventures (RAA) is connecting youth to inclusive sports! The Rochester Rockets youth team will open for its 3rd season and will meet weekly for practices beginning in October!

Youth ages 9-18* with or without disability are welcome. Everyone plays using a sports chair provided during practices and games. The team is mentored by our Rochester Wheels adult athletes. Perfect for siblings and friends to learn to play a sport together!

The Rochester Rockets team is part of a concerted effort to grow Upstate New York sports thanks to the Western New York Adaptive and Inclusive Sports Collaborative. The team competes in a travel series with the Buffalo Rims and plans to expand their gameplay this season. Athletes learn the game of basketball, improve their skills, and most importantly, they develop new friendships.

Players experience team camaraderie and develop life skills that come with being a part of a team. One team member expresses her experience, "I love playing sports and how they bring people together."

*Ages 6-8 can inquire!

For more information about the Rochester Rockets and other inclusive & adaptive sports, contact Anita O'Brien, RAA Executive Director, at 585-491-6011.



COMPETE AT STRIDE'S SLED HOCKEY TOURNAMENT ALBANY, NEW YORK

Albany's first-ever STRIDE Upstate Sled Hockey Invitational last year was sponsored by Dralla Foundation and successfully welcomed three teams from the surrounding Northeast area to compete for the title in this single-elimination style sled hockey tournament. Its great success has garnered support again from the Dralla Foundation to continue the new tradition for the 2nd tournament, Oct. 20-21.

The competition will kick-off at the Albany County Hockey Facility with opening ceremonies on Friday leading to championship games on Saturday and hope to draw additional Northeastern teams. Then on Sunday, Oct. 22, interested athletes will be invited on the ice to try sled hockey in a unique "learn to play" opportunity.



Visiting teams interested in registering and anyone interested in trying out sled hockey can sign up prior to the event by contacting Aryan@stride.org.

GO MOUNTAIN BIKING WITH VERMONT ADAPTIVE VARIOUS LOCATIONS, VERMONT

Vermont Adaptive offers both open enrollment and individual reservations for mountain biking – both trail riding and lift-accessed biking, as well as an entire fleet of equipment specifically designed for adaptive mountain biking. More than 40 mountain bikes, including 10 adaptive bikes and more than 30 two-wheeled bikes are available for all abilities. Vermont Adaptive also is the only adaptive program in New England to offer multiple Bowhead Adaptive Mountain Bikes for participant use.

In partnership with the Vermont Mountain Bike Association Trail and Downhill Days, participants can choose various locations throughout Vermont to enjoy getting out on the dirt. Vermont Adaptive is also the producer of the FOX US Open of Mountain Biking Adaptive Downhill Race this fall at Killington Resort, the only adaptive downhill mountain bike race east of the Mississippi. Other initiatives in the mountain bike community in Vermont include Advocacy and Trail Assessments with VMBA, Killington Mountain Bike Club, Slate Valley Trails, Stowe Trails Association, Kingdom Trails, Velomont Trail, Vermont Huts Association, U.S. Forest Service, and more.

To learn more or to sign up for a mountain bike open enrollment or program, visit vermontadaptive.org/mountain-biking.

ENJOY ADAPTIVE CLIMBING WITH CATALYST SPORTS ASHEVILLE, NORTH CAROLINA AND RED RIVER GORGE, KENTUCKY

Catalyst Sports acts as an agent of change in the lives of people with physical disabilities and our communities. Adventure sports provide a fun and exciting platform for challenging ourselves mentally, physically, and emotionally. Check out these upcoming fall offerings:

Adaptive Climbing Festival, Red River Gorge, Oct. 12-15

This event is bigger than ever, with over 100 adaptive climbers in attendance last year. Catalyst Sports is partnering with the Adaptive Climbing Festival to bring you another full weekend of outdoor climbing and adventure. We camp out, cook delicious food, and climb — a lot! ACF offers a variety of educational clinics led and designed by professional adaptive climbers and certified rock guides. Whether you're a seasoned climber looking to improve your skills or a new climber seeking to experience climbing on real rock, this event has something for everyone. All clinics are led by other adaptive climbers, making it a great opportunity to connect with climbers from all over the country.



Adaptive Climbing Competition, Asheville, Nov. 18

If you're interested in competing in adaptive climbing but don't want to jump straight into the national championships, this is the event for you. It's the only local competition of its kind, with USA Paraclimbing setters designing routes specifically for your classification. Come and compete in a fun and relaxed environment to see if climbing competitions are for you. You'll have the chance to connect with other paraclimbers from across the country and showcase your skills.

Learn more at catalystsports.org.

MULTIPLE SPORTS OPPORTUNITIES IN CENTRAL FLORIDA ORLANDO, FLORIDA

The Central Florida Dreamplex will offer recreational and competitive programs in sled hockey (youth and adult), wheelchair basketball (youth/prep only), and power soccer (youth and adult) for the Fall 2023-Spring 2024 seasons! Our programs are open to beginners and experienced athletes. Practices are held at multiple venues in the greater Orlando area.

For more information, visit cfldreamplex.com/adaptivesports.



ALL-INCLUSIVE KAYAKING NORTH PALM BEACH, FLORIDA

The Shifting Gears United (SGU) kayak program offers a half day of kayaking experience for groups with a wide variety of disabilities. SGU provides participants on-land training, proper technique, skill development, and safety protocols prior to launching.

Our kayaking instructor, Paul Aleskovsky, shares over 40 years of kayak instruction and local eco-touring guiding experience to those living with autism, developmental disabilities, wounded veteran groups, (SCI) spinal cord injury, and amputees. We are ALL inclusive.

SGU has a dedicated and experienced group of volunteers, a new fleet of stable kayaks and a safety boat launch located at the North Palm Beach Rowing Club in North Palm Beach, Florida.



Participants experience a feeling of independence, learn to overcome fear, and accomplish new skills in a safe and supportive environment. It is a positive and uplifting experience for all.

We also offer additional training programs for swimming, handcycling, running, and triathlons.

For more information, contact: Jacqui Kapinowski at Jacqui@ShiftingGearsUnited.org or visit ShiftingGearsUnited.org.

TAKE AN ALLOUT ADVENTURE TOUR WITH SPORTSABILITY TALLAHASSEE, FLORIDA



ALLOUT Adventure Tours: SportsAbility Alliance offers expanded EcoRover beach, trail and other outdoor adventures! EcoRovers are All-Terrain Tracked Power Recreational Devices, which are designed to allow people with mobility limitations to experience independent mobility. EcoRovers are for everyone and we invite anyone who is interested in this convenient, functional and comfortable way to enjoy the outdoors to sign up and give it a try. On these adventures, participants will discover destinations that offer ample opportunities to be immersed in nature, including views of meandering creeks and blue waters, quiet forests and fields teeming with wildlife and birds soaring overhead.

Visit sportsability.org/allout for information and to register for an ALLOUT Adventure Tour. New adventures across Florida are added all the time!

In addition, check out Miracle Sports: SportsAbility Alliance Miracle Sports is a year-round recreational sports league that allows everyone to play in an inclusive environment. The new season of Thursday night kickball runs through Nov. 16. The best part is that entire families and groups of friends can all play together! Miracle Sports programs are designed to enable everyone to participate. Adaptive equipment is available if needed.

Visit sportsability.org/miracle-sports.

EMPOWERING ABILITY: THE ADAPTIVE CYCLING CENTER RENO, NEVADA

In the heart of Reno lies a remarkable haven of inclusivity and empowerment — the Adaptive Cycling Center. Nestled amidst the breathtaking landscapes of the Sierra Nevada Mountains, this unique facility is dedicated to providing individuals with disabilities the opportunity to experience the exhilaration of cycling.

The center is a testament to the power of adaptive sports, offering a wide array of specialized equipment tailored to meet the diverse needs of its patrons. From handcycles and recumbent bikes to trikes and tandems, the center ensures that everyone can participate in the joy of cycling.

More than just a facility, the Adaptive Cycling Center serves as a hub for fostering community and camaraderie. It hosts regular group rides and events, bringing together individuals of all backgrounds and abilities. These shared experiences not only promote physical well-being but also enhance social connections and instill a sense of belonging.

Through its dedicated staff and volunteers, the center provides comprehensive support to riders. Trained professionals offer personalized assessments, assistive technology fittings, and adaptive cycling instruction. This tailored approach enables individuals to overcome barriers and gain the confidence needed to explore the scenic trails and paths surrounding Reno.

The Adaptive Cycling Center is a beacon of accessibility,



breaking down barriers and redefining what is possible for individuals with disabilities. It stands as a testament to the power of inclusivity and highlights the importance of providing equal opportunities for all members of society.

In a world where limitations are constantly being challenged, the Adaptive Cycling Center sets a shining example of how adaptive sports can transform lives, promote independence, and create a more inclusive society.

For more information, reno.gov/government/departments/parks-and-recreation/adaptive-recreation/adaptive-cycling-center.

TRY MULTIPLE SPORTS WITH TRIUMPH FOUNDATION PASADENA, CALIFORNIA



Triumph Foundation hosts adaptive sports events every week including handcycling, wheelchair rugby, and many other exciting activities.

Highlights include:

- Superheroes Triumph! 5K Run, Walk, & Roll on Sept. 16
- Over-the-Line Wheelchair Baseball Tournament on Oct. 14
- Adaptive Sports Festival featuring basketball, tennis, archery, power soccer, and more than a dozen sports at the Rose Bowl on Nov. 4

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



PROTEOR QUATTRO MPK

Patients with a transfemoral amputation place high importance on being able to complete functional tasks and activities of daily living. An independent study found that after 30 days of at-home use, patients identified five functional tasks as easier to complete with the PROTEOR QUATTRO MPK compared to their typical MPK. On average, subjects rated the following complex tasks statistically significantly easier with the QUATTRO: Walking backwards, walking sideways, walking over an obstacle of six inches in height, kneeling on their prosthetic knee, standing up, and swinging a golf club.

Read more about this study at <http://proteorquattro.com>.

NAKED PROSTHETICS – IT'S ALL ABOUT FUNCTION.

We are the visionaries of elegant, functional devices for persons with partial-hand and finger amputations. Designing and manufacturing products isn't all we do; we get people back to work, to the activities of daily living, and back to doing the things they love. Naked Prosthetics manufactures custom, functional, body-driven solutions designed with the end user in mind to help pave a safe return to work, combat the psychosocial impacts of the amputation, and restore their independence.

Vist <https://www.npdevices.com/>.



INQLINE BOARDING SYSTEMS OFFER ENHANCED CONTROL

Created for personal mobility vehicles, Q'Straint's INQLINE boarding systems are fully-integrated, crash-tested winch systems with dual automatic retractors and an ergonomic thumb controller. With full passenger control, these systems eliminate the usual shoves, snags, back injuries, and high liability potential associated with traditional onboarding. The INQLINE 360° thumb controller enables effortless steering of wheelchair occupants up and down ramps, compensating for everyday factors such as uneven surfaces and unbalanced wheelchairs.

Learn more at qstraint.com.





PROTEOR AMPUTEE ALLIANCE COUNCIL



Be a member of a rapidly growing community where your voice will have a larger impact in the industry.

Connect with other members, share stories, ask questions, give feedback on the products you love, support and attend events, get tips & tricks on your favorite products and MUCH, MUCH more!



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