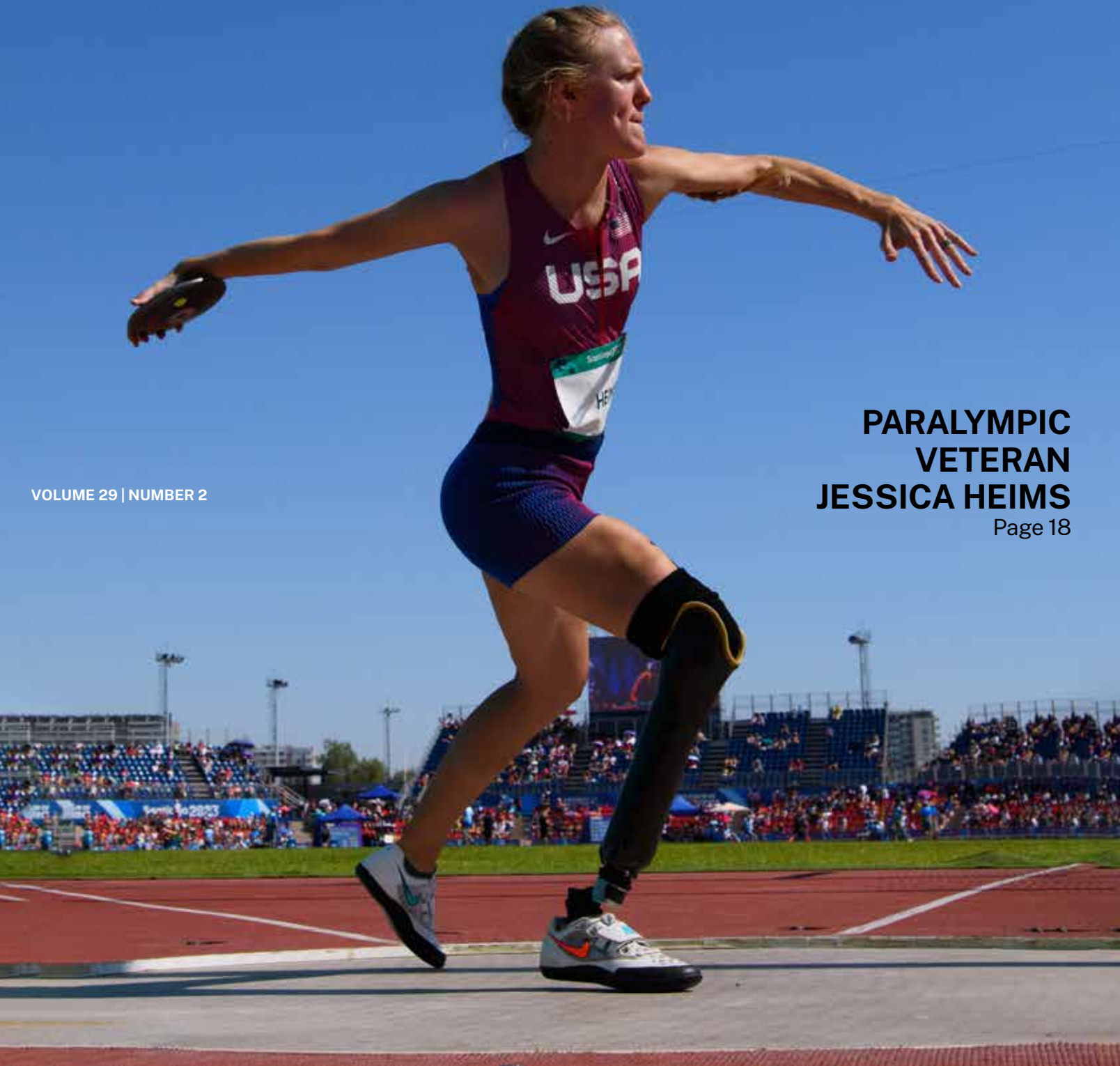


# MOVE UNITED

MAGAZINE | FALL 2024

VOLUME 29 | NUMBER 2

**PARALYMPIC  
VETERAN  
JESSICA HEIMS**  
Page 18





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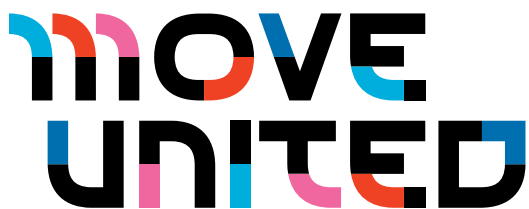


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# CONTENTS

- 5** Perspective
- 6** Paratriathlon: Three Sports in One
- 10** Thank You Sponsors
- 12** Move United Warfighters  
Ambassador Shianti Lee Hits the  
Slopes and the Mat
- 14** Cycling is a Timeless Activity
- 18** Jessica Heims: A Paralympic  
Veteran at Age 25
- 20** Join the Movement
- 24** Around the Country
- 39** Marketplace



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*Cover photo of Jessica Heims*

*Cover photo by Mark Reis/USOPC*



The premise that anyone with a disability should be able to access sport at any club and program across the United States is not yet our reality. Integral to this becoming reality is accessibility to resources and education for those organizations opening their doors to all athletes.

Early in our strategic planning, Move United identified the need for fundamental education around disability inclusion in sport, and we set out to create a meaningful product that would help contribute to that space. As we explored solutions, there have been several content iterations that evolved to the changing landscape of the adaptive sport industry. Most recently, we identified the need to translate this content into an online course to make it more widely accessible.

To that end, Move United introduces **Inclusive Sport Fundamentals**, a free online course through our Education Hub that gives any sport provider the foundation to build an inclusive program. This course provides community sports providers with the practical knowledge needed to expand access, increase participation, and become more inclusive by including youth and adults with disabilities in their programs.

The Inclusive Sports Fundamentals course has been widely reviewed by athletes, coaches, faculty, and other industry professionals. The course focuses on offering sport providers with introductory knowledge and competency to include individuals with disabilities in their existing programs and services. Four foundational topics necessary to establish an inclusive program are reviewed in the course, including Adaptive Sport Fundamentals, Disability Education, Adapting Programs, and Essential Trainings.

You can find this new offering along with other adaptive sports educational resources in our Education Hub at [moveunitedsport.org/Education](https://moveunitedsport.org/Education).

Now let's take a look at the content that is in this issue of the magazine. The sports featured in the fall issue are paratriathlon and para cycling, both of which are para sports contested at the 2024 Paris Summer Games. You can read about both starting on page 6 and page 14, respectively.

Be sure to also check out the profiles of two adaptive athletes. The first one is of Jessica Heims, a Paralympic medalist who competes in track and field. Her story is on page 18. But we don't only focus on competitive sports. So don't miss the article about Shianti Lee, a warfighters ambassador who is into snowboarding, yoga, and other activities. That article starts on page 12.

And finally, check out the listing of Move United member organizations on page 20. The network has expanded to over 240 local programs in 45 states and the District of Columbia. Find one that is close to you. In fact, starting on page 24 you can explore an array of upcoming adaptive sports programs and activities taking place across the country in the coming months. So, get out there and get involved.

Glenn Merry, Executive Director

### Move United

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# PARATRIATHLON: THREE SPORTS IN ONE

If one sport is not enough for you, then you should definitely consider paratriathlon. This sport combines three different activities into one. For those that are unfamiliar, a triathlon is a race that starts with a swim, continues with a bike ride, and finishes with a run.

## GOING THE DISTANCE

Retired Army Officer Melissa Stockwell, who is a 3x Paralympian (and Paralympic bronze medalist) prior to the 2024 Paralympic Games in Paris, relishes the challenge of the sport. "I love the challenge of all three sports. I also love being on the same course as able-bodied athletes," she said.

The standard Paralympic event centers around the sprint distance, which is a 750m swim, 20 km bike ride, and 5 km

run. But event organizers may offer different distances, including for certain age groups such as youth.

You might be able to turn your first triathlon into a team sport. More and more races offer a relay option, which is a great way to get introduced to the sport. As in a traditional relay, a different person competes in each discipline. This option allows newer triathletes to compete in a discipline they feel comfortable in, experience the transition area, and compete with their friends. Check your race's website to see if they offer this option or reach out to the race director to see if they would allow you to compete as a relay team.

But it is not unusual for an athlete to either excel in, or be challenged by, one of the three sports. For Hailey Danz, who

*Photo by Dare2Tri*



*Ashley Eisenmenger, left*

is a 2x Paralympic silver medalist prior to Paris, swim was one of the most challenging. But Danz said, “I love the liberating aspects of running.” She had no formal training when she first got into the sport, so it is possible to pick it up. She was 20 years old before she started participating in paratriathlon.

## ADAPTATIONS AND EQUIPMENT

As you can imagine, combining three sports into one event might require you to pack a bit more for race day.

**Swim** | If the water is warm, no special equipment is needed for the swim. If the water temperature drops below 60 degrees, a wetsuit is required. Higher-level athletes may consider investing in a triathlon suit, which is a specialized piece of clothing meant to be worn throughout the race to cut down on transition times. The tri suit is thin and breathable and meant to dry quickly so you aren’t uncomfortable during the rest of your race. Swim caps are also standard for triathlons and racers must have their number printed on the cap and visible at all times.

**Bike** | For this portion of the race, adaptive athletes should use the same piece of cycling equipment they would use for any other bike ride. Handcycles, uprights, tandems, and recumbents are all acceptable in smaller, community-based races. Elite competitions have more restrictions on the types of bikes allowed for para-triathletes. Check your race event’s website to make sure your bike is appropriate for race day. As with any bike ride, you must wear a helmet, and clip in shoes may also be appropriate depending on your riding style and comfort level.

**Run** | For the run section, wheelchair athletes utilize a push-rim chair. Some races allow handcycles for this section, but you should check your race’s website.

In between each section of the race is a transition area, where athletes must change their gear and mindset from one sport to the next. The first transition area is where the athlete’s bike, helmet and bike shoes are kept during the swim, and the second area is where the bike is left, and any running gear is kept to be utilized for the last section of the race.

Not having all of the required equipment shouldn’t be a deterrent for registering for your first race. Racers without a racing chair could use another sports chair. Another great option is borrowing equipment for the day. Consider reaching out to your local Move United member organization to see if they can loan you a piece of equipment, or reach out to your local triathlon club to see if they can provide any assistance.

Blind triathletes can race alongside sighted guides. “We swim tethered, ride a tandem bike, and run tethered as well. Guides are responsible for everything they would normally do to race as well as seeing for me,” said blind para-triathlete Ashley Eisenmenger.

## CHART YOUR COURSE

When it comes to selecting your first triathlon, consider your current fitness levels and how long you have to train before race day, then select the distance that is most appropriate. Triathlons come in a variety of distances to encourage beginners and competitive endurance athletes alike.



Hailey Danz  
Photo by Dare2Tri



Mohamed Lahna  
Photo by Mehdi Sekall

*Continued on page 8 >>*

Now that you know which distance you want to race, finding a course is a little easier, but with hundreds if not thousands of sanctioned events every year, how do you know which one is right for you? Look for a race that is friendly to adaptive athletes. These races include medal opportunities for adaptive athletes and have shown that they had thought through all of the accommodations necessary for para-triathletes.

You should look for races with paved runs, as they are both wheelchair friendly as well as easier for athletes with lower limb impairments. Also check out both the bike and run paths to see if there are any sharp turns. These can be more difficult for racers using handcycles or tandem bikes and might pose a safety issue. With the swim, adaptive athletes typically start with the first wave, and if the swim is a point to point (starts in one location and ends in another), a reasonable accommodation request is to have someone bring a wheelchair from the entrance point to the exit point, as well as to request a water exit handler. You may also want to request a slightly larger space within the transition areas to include room for two chairs, or a transition assistant if needed. Visually impaired athletes can reasonably expect that their guide be given a free entry slot as the guide is not considered a racer.

## NOW GIVE IT A TRI

“Triathlon is a way of life. Swim, bike, run gives you that balance in life. Training includes three days of swimming a week, and three or four days of running and cycling,” said Mohamed Lahna, a 2016 Paralympian who has also qualified for Paris. “You are always excited to go for a workout. It is never boring. It is just healthy, because you work everything in your body. It is a complete sport that helps you in life.”

So if you are ready, connect with one of the 20 Move United member organizations that offers paratriathlon training. Go to [moveunitesport.org/locations](https://moveunitesport.org/locations) and search “triathlon.” For a full listing of sanctioned races in the United States, visit [usatriathlon.org/get-racing](https://usatriathlon.org/get-racing). ■



Ashley Eisenmenger, right  
Photo by Dare2Tri



Melissa Stockwell

Photo by Wheelchair Sports Federation



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## MOVE UNITED WARFIGHTERS AMBASSADOR SHIANTI LEE HITS THE SLOPES AND THE MAT

Shianti Lee was in college when she had this moment right after September 11. Feeling patriotic, she decided to join the Army Reserves. “I was trying to understand myself and how I fit in as an American and how I fit in the world,” Lee said. “That led me to ponder military service.” She also thought it could be her route to medical school. In addition, Lee also had an interest in intelligence.

Originally, Lee looked into the various branches. “I had a crush on a Marine and went to their recruiting office. But I was not going to be running three miles in silkies. My reality was two miles, and I didn’t want to be on a boat,” she said. She also did not want to join the Air Force because she didn’t connect with what was available at the time. With the Army, she felt connected more with the MOS (Military Occupational Skill). “I felt I could use my intellectual side,” Lee said. Lee enlisted as a 97B, focusing on counterintelligence, investigation, and analytics of the surrounding environment.

As soon as she graduated from college, Lee went off to training at Fort Leonard Wood, Missouri and then to Advanced Individual Training (AIT) at Fort Huachuca in Arizona. She was shipped off to Iraq almost immediately. “They didn’t keep me in the Reserves very long,” Lee said. “They shipped me off as soon as they possibly could.” In fact, some people walking across the stage at her graduation learned their duty station was Iraq. “I was told I was going back to Los Angeles, but once I got back to my Reserve unit, we were told that we were being deployed,” she stated.

Her college degree was in biochemistry and cellular biology, with a secondary in Spanish and English literature. “Absolutely nothing to do with what I chose to do in the military,” Lee said. Even though she had a college degree, she decided to enlist. “I wanted to experience what other people experience. I wanted to connect with the people I was working with,” she said. Her job allowed her to not always wear a uniform.

# MOVE UNITED WARFIGHTERS



After going to Fort Hood for training and preparation, Lee deployed. Her unit was split up and she spent time with the 504 and Big Red One. She was in Iraq for 15 months and then got injured. “During a special op mission, where we were looking for a particular target, my driver went too close to the flash bangs, which messed up my hearing. On the way back, we were the fifth vehicle in the convoy and hit something, Lee said.” She didn’t wake up until the next morning.

Lee spent almost two years at Madigan Army Medical Center, located at Joint Base Lewis-McChord in Washington. She underwent several surgeries. “I have had some cognitive repair I had to deal with, and walking was an issue, things I am still dealing with this day. Everything I have going on is degenerative,” she said. But Lee does try to stay in positive spirits.

Sulking and feeling extremely depressed at one point, her occupational therapist (OT) showed her a brochure for Higher Ground, which is a Move United member organization. “I really wanted to try something,” she stated. Lee was accepted into the winter program at Higher Ground and started snowboarding. “As long as I have a good guide, I am shooting down that mountain,” she said.

Snowboarding is one of her favorite sports. “The slopes mean freedom. It is hard on my legs, but when I am on that snowboard, I just feel the wind in my hair and the chill on my face. It became part of my identity,” Lee said. As a snowboarder, Lee is a “goofy rider,” meaning her right foot is in front on the board and her left foot is in the back.

In addition to snowboarding, Lee enjoys cycling and hiking. She also started working with her OT on Tai Chi and

embraced yoga and meditation. “Yoga helped retrain my body,” she said.

Then Lee’s sister passed away and she stepped away from sports for a bit. “That caused me to close off again, because she was the one that joined me on those activities,” Lee stated.

While snowboarding in Colorado, Lee ran into a Move United Warfighters Ambassador and decided that she wanted to do that as well, so she applied and was accepted. “I think I can engage with other veterans and bring people out of their shell a little bit too,” she said.

As a Move United Warfighters Ambassador, Lee has attended the Move United Education Conference and several other events. She also requested funding to hold a 5K Run, while incorporating yoga and meditation into the event. “It is about mind, body, and spirit. You can connect with your body and learn what you can and can’t do. You can release the pain through breathing,” Lee explained.

The event, held in May in collaboration with the Long Beach VA, provided attendees an opportunity to focus on themselves while still feeling connected with others through a group. At the beginning of the event, they did one form of yoga centering around flow, stretching, and preparing the body. At the end, everyone got back on the mat and did more restorative yoga. “Everyone could come back and reconnect with each other instead of just dispersing. It allowed us to reconnect with ourselves, our group, as well as stretch out the body. When they leave an event I create, there are no injuries. It is about being prepared, hydrated and in the right mindset,” Lee said. ■



Brandon Lyons

Photo by Wheelchair Sports Federation

# CYCLING IS A TIMELESS ACTIVITY

The bicycle, sometimes referenced as the bike or cycle, has been around for centuries. Its uses range from being a source of everyday transportation, occupational therapy or exercise, recreational fun, as well as competition.

And according to at least one study, riding a bike or cycle is even easier than walking for some individuals with a disability because it contributes to better balance, eases joint pain, and/or relieves breathing difficulties.

## BENEFITS OF CYCLING

In addition to the potential benefits listed above, this sport or activity can have additional physical advantages, including increased coordination, blood circulation, muscle and joint movement, and core development. But the value of cycling extends well beyond the physical elements. It also provides an opportunity to get outside and enjoy nature. And depending on your particular goal or objective, it can be an activity done in isolation by yourself if you want to decompress or relax, or it can be done with a group that fosters inclusion and community.

For 2024 Paralympian Brandon Lyons, cycling provide him with a sense of freedom. “It was the first opportunity for me to leave the wheelchair behind and I was truly just another person riding a bike, he said. “It provided me with an opportunity to be independent. Once on the bike, I controlled everything; I had that independence. That bike was much more than just a piece of adaptive sports equipment, it truly was a sense of freedom.”

## EQUIPMENT OPTIONS

Most frequently, bikes are considered to have two wheels, but some cycles can also have three or even four wheels. There are a number of options out there, so here are a few descriptions:

**Trikes** have three wheels (either one at the front and two at the back or vice versa) and provide individuals with additional balance and stability.

**Recumbent bikes** are in a reclined or laid-back position and are powered by your legs, with the pedals located near the front wheel (s). Recumbent bikes might be helpful for individuals who experience back issues or balance.

**Hand cycles** are available in upright or recumbent varieties and are powered by your arms rather than legs. Like trikes, they have three wheels but most of the time they have one at the front and two at the rear to make steering easier.

**Tandems** are bicycles built for two. Essentially, it is a longer version cycle to accommodate two riders. The first rider controls the direction and both riders are able to pedal. This type of bike is great for individuals who are blind or have a visual impairment, as a sighted pilot can be up front and the stoker, or second rider, is in back.

“Equipment wise, the bike is first and foremost,” Lyons said. “The equipment is not cheap and can be a barrier to access to entry into the sport.” But adaptive sports programs,

*Continued on page 16 >>*

# The battle isn't over.

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Sam Bosco

like many Move United member organizations, may have adaptive bikes and cycles for participant use.

Outside the cycle, additional items to have include the proper gear such as a helmet, cycling gloves, and possible eye protection or shoes. You may also want to wear cycling shorts and a wicking or cycling shirt.

Safety is extremely important. If possible, find out where bike paths or bike lanes exist in your area. If you have to ride on the road, it is recommended that you ride single file and with a friend. You will also want to know basic cycling etiquette as well as understand the rules, regulations, and laws where you are cycling. Finally, you may want to consider having water for hydration, an energy bar or snack, and a cell phone when you ride.

## TO COMPETE OR NOT TO COMPETE

First, it is important to know the difference between para cycling and wheelchair racing. “You can think of wheelchair racing as adaptive running, such as track and field events and marathons. Hand cycling is the equivalent to cycling,” Lyons said. “The bike and the chair are similar, but different.”

At the elite competition or Paralympic level of cycling, there are a number of different competitions offered, sometimes based on the disability classification. But in general, there are road and track options including sprints, road races, time trials, and more.

Sam Bosco, a 2x Paralympic bronze medalist prior to the 2024 Paralympic Games in Paris, also suggests you figure out what kind of cycling competitions you want to enter and/or are eligible to enter. For example, there road races and races that happen on a Velodrome, or track. “Am I a sprinter or am I about endurance? Do I like the track or do I like the road?” Bosco said.

To race, it takes a lot of hours on the bike in order to compete, according to Lyons. “My training alone is 15-20 hours a week on the bike, plus strength training and recovery,” he said. After all, a race can last around two hours, so you have to train aerobically to build your base up.

Bosco encourages riders to establish some experience and get some base miles under your belt. “Find a group of training buddies or a group ride on weekends. Know what your goals are and then get a coach,” she said. Bosco didn’t have a coach when she first started, but went from fifth place to third in less than five months. “I realized the significance of coaching and accountability,” she stated.

In addition to time on the bike, there’s activities like yoga, building core strength, strength and conditioning, eating properly, and recovery. “Recovery takes a lot of time,” Bosco said. “Recovery is anything and everything it takes to get ready for your next workout. It is refueling after a workout, stretching, yoga, and mentally recharging. Recovery is important for everyday life. When your gas tank is empty, you need to refuel.”

Again though, it all starts with a bike. “You can get into any race, but you need the bike first,” Lyons said. “My first bike was just to get me an opportunity to get out there and ride. As I started getting faster, and over time, I focused more on the right equipment. Equipment is getting faster and faster. If you don’t have competitive equipment, you are setting yourself back and not giving yourself an opportunity to excel and compete at the highest level.”

Lyons suggests you can get involved in a development camp or just show up at a race. “Jump right in and get that experience,” he said.

The good news is that cycling can be a year-round sport. “There is no off season. When it’s off season for road, track is in season and vice versa,” Bosco said.

New riders are advised to attend a clinic or program with their local Move United member organization. There are nearly 120 Move United member organizations that offer an adaptive cycling program. You can find the closest one nearest you at [moveunitedsport.org/locations](https://moveunitedsport.org/locations) and search “cycling.” If one is not located nearby, you can also find a local cycling club and get started there.

Whether you compete or not, cycling should be fun. “I get to be a kid for a little longer—it brings a smile on my face,” Bosco said. ■



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Photo by Mark Reis/USOPC

# JESSICA HEIMS: A PARALYMPIC VETERAN AT AGE 25

Jessica Heims was born with Amniotic Band Syndrome, meaning bands of tissue were tangled up before she was born that led to limb deformity. For Heims, it meant her right leg was not fully formed and was significantly shorter than the other. The doctors attempted to salvage it, but when she was one year old, her parents opted to amputate the

leg below the knee. “It was the hardest decision they had to make, but the best one for me,” she said.

At the time, she said her parents didn’t know any amputees. “It seemed so daunting and terrifying, but my leg wasn’t functional,” Heims said. “They thought ‘we’re holding her back more trying to keep up the appearance of normal,’ when in reality I would lead a more normal life with an amputation.”

Since that is all she has always known, Heims didn’t notice the difference until the middle of elementary school. “I knew I was the one that had to put a leg on the morning,” she said. “But it took me a while to realize that other people viewed me slightly differently.”

Growing up, Heims was a very active kid. “I loved trying out all the sports,” she said. “My sisters and I were put into about everything. I wanted to do everything my sisters did. I ran through a lot of my feet.” Early on, she was into a lot of team sports, like basketball and soccer. “In elementary school, I went to go kick the ball in a soccer game and my leg went with it,” she remembered.

## ***“I genuinely would not be me without my sport.”***

Then, she found track and field. While Heims was in fifth grade, her older sister started middle school track and field and cross country, so she wanted to do that. “I fell in love with it immediately,” Heims said. “I forgot every other sport once I got on the track.” Heims would try all the running and throwing events. “It fit me like a glove,” she said.

Starting out, she wasn’t good at it, coming in last in every race and every competition. “My love for competing far outweighed my hatred of losing. It was just me and the clock or the measuring tape. Technically I was against other people, but it really was just me against myself,” she explained.

“Track allowed me to be me for a minute, and not focus on how that affects other people,” Heims stated. Originally, Heims started out with distance events. “For 30 minutes in the 5K, you can think about whatever you want. It can be a mental escape. It was just me and my sport,” she said.

In the beginning, Heims fell in love with the casual side of the sport, then with the competition side. “You can fall back on your love for the sport on the hard days,” she said.

In 2010 or 2011, her family went to a triathlon and learned about adaptive sports. “Then my mom did some internet research and discovered the Endeavor Games in Oklahoma. We decided to make that our family vacation and make the nine-hour drive south,” she said.

That experience was transformative for Heims and her family. “There were kids with all different types of disabilities competing in all different kinds of sports. I could relate to the other kids there, my parents could relate to the other parents there, and my sisters could relate to the other siblings of disabled kids there. That was a new experience,” Heims remembered.

At that three-day event, Heims signed up for every competition. She made a whole bunch of friends there, learned about the Paralympics, and met some Paralympic athletes. “That 10- or 11-year-old me was a little star struck,” she said.

Of course, she also won a few medals. “That was about 15 years ago that I had that summer — that was a really cool summer. That was the first time being with other people with my disability and it was so interesting to me. We all were dealing with the same thing,” Heims said.

Soon, their family summer vacations were formed around those competitions and they built them into their lives.

In 2014, Heims realized she had met a standard to go to Paralympic nationals in San Mateo, California and went out to the competition. “I was going against the big wigs,” she

remembered. “In the lane next to me was the record holder. It was scary, but also felt natural to me.”

The following year, she returned. And in October of 2015, Heims made the worlds team in discus and the 400-meter held in Qatar. “That was my first adult international competition,” she said. “I was 16 at the meet, and it solidified how much I wanted to do this.” She would place fifth in both events.

When it came to the Paralympic trials in 2016, Heims again met the standard to go. “I decided that was going to be my next goal,” she remembered. So, she traveled to the competition in North Carolina and would make the Paralympic team at 17 years old “That was one of the proudest moments of my life,” Heims stated.

The Rio Paralympics was a wild experience for Heims. “It was so amazing and fantastic. I kept pinching myself and wondering if it was real. But it also felt right in a way, and it felt right to be there,” she said.

Coming back from Rio, Heims wanted to compete at the collegiate level. She toured a number of campuses and received lukewarm reception until she arrived at the University of Northern Iowa. “One step into meeting the coaches, I knew it was the place. They said, ‘we’ve never done this before, but we are willing to learn if you are willing to teach us,’” she remembered. The whole school would end up getting behind her for the Paralympic Games in Tokyo.

More recently, Heims took silver at the Parapan American Games last year and her first national competition of this year took place back in March. Currently, she is mainly focused on discus, but uses sprints as great cross training. “Using sprints to get that energy, speed, and momentum through the ring has been a huge advantage for me,” she said. The sport is also very technical, so she spends a lot of time doing repetitive drills to get into the rhythm and spends time weightlifting for strength.

Paris will be the third Paralympic Games for Heims. “I am in a strongly competitive classification group in discus,” she said. But she hopes to do the sport as long as she can. “I love the sport, and it is fun to be a veteran at 25,” Heims said. “This sport has meant everything to me. Sport has created so much opportunity in my life. I genuinely would not be me without my sport.” ■

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Uswra.org

## ALASKA

**Challenge Alaska**  
Anchorage, AK  
challengeak.org

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

## ARIZONA

**Ability360 Sports & Fitness Center**  
Phoenix, AZ  
ability360sports.org

**Arizona Adaptive Watersports**  
Dewey, AZ  
azadaptivewatersports.org

**Arizona Disabled Sports**  
Mesa, AZ  
arizonadisabledsports.com

**High Country Adaptive Sports**  
Flagstaff, AZ  
NAZadaptivesports.com

**Southern Arizona Adaptive Sports**  
Tucson, AZ  
soazadaptivesports.org

**University of Arizona Adaptive Athletics**  
Tucson, AZ  
adaptiveathletics.arizona.edu

## CALIFORNIA

**Ability First Sports**  
Chico, CA  
abilityfirstsports.org

**Achieve Tahoe**  
Alpine Meadows, CA  
achievetahoe.org

**Angel City Sports**  
Los Angeles, CA  
angelcitysports.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

**Easton Sports Development Foundation**  
Van Nuys, CA  
Esdf.org

**Orange County Makapo Aquatics Project**  
Irvine, CA  
Makapo.org

**San Diego State University Adapted Athletics**  
San Diego, CA  
arc.sdsu.edu/adaptedathletics

**SoCal Adaptive Sports**  
Palm Springs, CA  
socaladaptivesports.org

**Stand Up and Play Foundation**  
Vista, CA  
Standupandplayfoundation.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

**Valley Childrens' Adaptive Sports**  
Madera, CA  
valleychildrens.org/adaptive-sports/  
adaptive-sports-home

## COLORADO

**Adaptive Action Sports**  
Copper Mountain, CO  
adacs.org

**Adaptive Adventures**  
Westminster, CO  
adaptiveadventures.org

**Adaptive Recreation for Childhood Health**  
Aurora, CA  
childrenscolorado.org/doctors-and-departments/  
departments/pediatric-rehabilitation/adaptive-  
recreation-for-childhood-health/

**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  
cfdreamplex.com

**City of Largo**  
Largo, FL  
playlargo.com

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

**Endless Possibilities**  
Lakeworth, 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

**Valley Adaptive Sports**  
Victor, ID  
valleyadaptivesports.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

**Northwest Special Recreation Association**  
Rolling Meadows, IL  
Nwsra.org

**Shirley Ryan Ability Lab**  
Chicago, IL  
sralab.org

**INDIANA**

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

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

**Turnstone Center**  
Fort Wayne, IN  
turnstone.org

**IOWA**

**Adaptive Sports IOWA**  
Ames, IO  
adaptivesportsiowa.org

**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  
samaritanactsneworleans.org

**MAINE**

**Adaptive Outdoor Education Center**  
Carrabassett Valley, ME  
adaptiveoutdooreducationcenter.org

**Central Maine Adaptive Sports**  
Auburn, ME  
centralmaineadaptivesports.org

**Maine Adaptive Sports & Recreation**  
Newry, ME  
maineadaptive.org

**MARYLAND**

**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

**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

**Kentwood Parks and Recreation**  
Kentwood, MI  
kentwood.us/city\_services/city\_departments/parks\_and\_recreation/index.php

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

**Michigan Adaptive Sports**  
West Bloomfield, MI  
Michiganadaptivesports.com

**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

**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**

**Ability Montana**  
Helena, MT  
Abilitymt.org

**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**  
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

### All Season Adaptive Sports

Ruidoso, NM  
allseasonadaptivesports.com

### Center of Recreational Excellence (CORE)

Hobbs, NM  
Corehobbs.com

## NEW YORK

### Able Athletics

Scarsdale, NY  
ableathletics.org

### Adaptive Sports Foundation

Windham, NY  
adaptivesportsfoundation.org

### American Amputee Soccer Association

Stony Brook, NY  
Usampsoccer.org

### Burke Rehabilitation Hospital Adaptive Sports Program

White Plains, NY  
burke.org/community/adaptiveprograms

### Capital Region Nordic Alliance

Albany, NY  
capitalregionnordicalliance.org

### CNY Adaptive Sports

Oswego, NY  
cnyadaptivesports.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

## Para-Cliffhangers, Inc.

Brooklyn, NY  
Paracliffhangers.org

## Rochester Accessible Adventures

Rochester, NY  
rochesteraccessibleadventures.org

## Rochester Community Inclusive Rowing

Rochester, NY  
rochestercommunityinclusiverowing.org

## STRIDE

West Sand Lake, NY  
stride.org

## USA Boccia

Bay Shore, NY  
Usaboccia.org

## Western New York Watersports

Grand Island, NY  
wnyadaptivewatersports.org

## NORTH CAROLINA

### ACCESS of Wilmington

Wilmington, NC  
accessilm.org

### Bridge II Sports

Durham, NC  
bridge2sports.org

### ComMotion- Community In Motion

Raleigh, NC  
Commotionnc.org

### GiftAbility

Chapel Hill, NC  
Giftability.org

### Greensboro Parks & Recreation

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

### North Carolina Adapted Sports

Cary, NC  
ncadaptedsports.org

### Salvage Life

Jacksonville, NC  
Salvagelifevi.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

### Cincinnati Tennis Foundation

Cincinnati, OH  
CincinnatiTennisFoundation.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

### Oklahoma City Parks & Recreation

Oklahoma City, OK  
okc.gov/departments/about-okc-parks

### The Center for Individuals with Physical Challenges

Tulsa, OK  
tulsacenter.org

### University of Central Oklahoma Center of Adaptive Sports

Edmond, OK  
uco.edu/wellness/sr/trainingsite/index.asp

## OREGON

### Adaptive Sports Northwest

Beaverton, OR  
adaptivesportsnw.org

### Adventures Without Limits

Forest Grove, OR  
awlouddoors.org

### Oregon Adaptive Sports

Bend, OR  
oregonadaptivesports.org

## PENNSYLVANIA

### Blue Ridge Adaptive Snow Sports (BRASS)

Fairfield, PA  
brasski.org

### 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

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

### Roger C. Peace Rehabilitation Hospital

Greenville, SC  
facebook.com/events/roger-c-peace-rehab-center-greenville-memorial/roger-c-peace-adaptive-sports/763384843997012

## TENNESSEE

### Sports, Arts & Recreation of Chattanooga (SPARC)

Chattanooga, TN  
sparctn.org

## TEXAS

### Kinetic Kids

San Antonio, TX  
kinetickidstx.org

### Lone Star Paralysis Foundation

Austin, TX  
lonestarp paralysis.org

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

**One Chair at a Time**  
Amarillo, TX  
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

**Texas Paralyzed Veterans of America**  
Crosby, TX  
texaspva.org

**Texas Regional Para Sport**  
Wimberley, TX  
Texasregionalsport.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

**EDD Adaptive Sports**  
Williston, VT  
eddfund.org

**Green Mountain Adaptive Sports**  
Hyde Park, VT  
greenmtadaptive.org

**Kelly Brush Foundation**  
Burlington, VT  
Kbf.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

**Warrior Soar**  
Shelburne, VT  
Warriorsoar.org

**VIRGINIA**

**Adventure Amputee Camp**  
Falls Church, VA  
adventureamputeecamp.org

**American Canoe Association**  
Fredericksburg, VA  
Americancanoe.org

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

**Patriots For Disabled Divers**  
Occoquan, VA  
patriotsfordisabledivers.org

**Piedmont Area Tennis Association**  
Charlottesville, VA  
Patatennis.org

**Pursuit Adaptive Sports and Recreation**  
Alexandria, VA  
Pursuitadaptivesports.org

**Sportable**  
Richmond, VA  
sportable.org

**Therapeutic Adventures**  
Charlottesville, VA  
TAonline.org

**Virginia Amateur Sports**  
Roanoke, VA  
Commonwealthgames.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

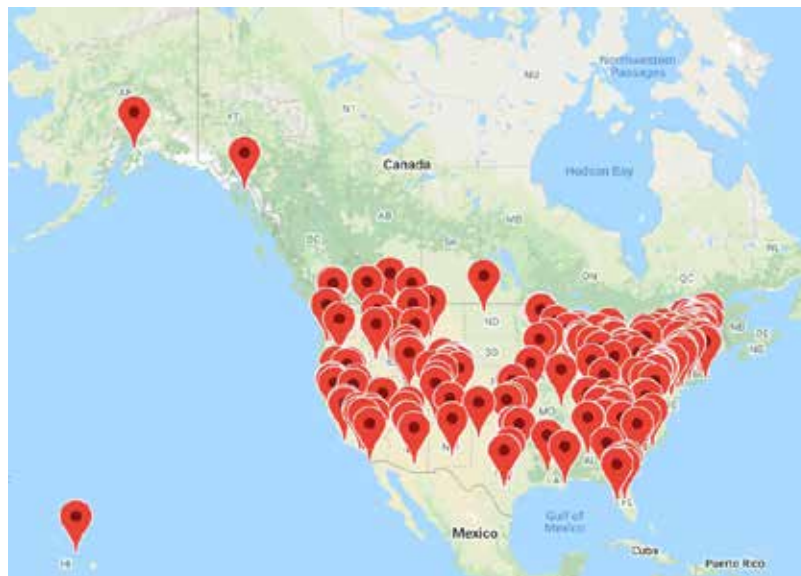
**Sports, Therapeutic and Adaptive Recreation (STAR) Association**  
La Crosse, WI  
couleeregionsledhockey.com

**Wauwatosa Curling Club**  
Wauwatosa, WI  
WauwatosaCurlingClub.com

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

**WYOMING**

**Teton Adaptive**  
Teton Village, WY  
tetonadaptive.org



## KENTWOOD PARKS AND RECREATION TO HOST ITS 3RD ADAPTIVE RECREATION EXPO KENTWOOD, MICHIGAN



The Adaptive Recreation Expo is for people of all abilities to explore the products, services, and activities available to them in the West Michigan area. Held at the Kentwood Activities Center on Thursday, October 3 from 5:30-8 p.m., admission is free and open to the general public. The goal is to provide an environment where individuals with disabilities and their families or caregivers can find resources, equipment, and programs to meet their needs and interests. This is also a great opportunity for students, potential volunteers, and interns to make new connections and broaden their networks.

Vendors will have the opportunity to meet target market customers face to face, interact with students

in the field, and network with other agencies. Find out more information at [kentwood.us/AdaptiveRecreationExpo](https://kentwood.us/AdaptiveRecreationExpo).

We hope to see you there!

## COMPETE IN THE 40TH ANNIVERSARY COURAGE KENNY CLASSIC MINNEAPOLIS, MINNESOTA

Courage Kenny Rehabilitation Institute, a part of Allina, is excited to celebrate the 40th anniversary of the Courage Classic Wheelchair Basketball Tournament presented by Coloplast. This tournament is a long-standing Twin Cities tradition in Minnesota. The Courage Classic Wheelchair Basketball Tournament is easily accessible being located near the Minneapolis Airport and many teams take advantage their down time with a trip to the Mall of America.

This fall, event organizers look to heighten this year's 40th anniversary tournament by expanding the number of teams registered. The Courage Classic Wheelchair Basketball Tournament attracts prep and junior division teams from across the Nation with 1st place champions receiving an automatic bid to Nationals.

Specific dates and tournament location will be announced late summer 2024. (Classic has typically landed on the first weekend in November.) Please reach out to Romaus Mesa at [Romaus.mesa@allina.com](mailto:Romaus.mesa@allina.com) to claim your early bird reservation for the 2024 Courage Kenny Classic Wheelchair Basketball Tournament.





## DASA OFFERS MULTIPLE SPORTS PROGRAMS THIS FALL

### ST. LOUIS, MISSOURI



Disabled Athlete Sports Association (DASA) is paving the way for inclusivity in sports in the St. Louis region! Whether you're living with amputation, cerebral palsy, traumatic brain injury, visual impairment, or spinal cord injuries, DASA has something for you.

Offering tailored programs during five-week sessions this fall and winter, DASA features a diverse range of adaptive sports. Experience the thrill of adaptive tennis, rock climbing, or air rifle. Find your speed with wheelchair sports, like basketball, rugby, and power soccer, or build strength with adaptive weight training and sled hockey.

For cycling enthusiasts, don't miss the Oktoberfest 5K and Handcycle race in St. Charles, MO, on September 29. And on select summer and fall evenings, come try out adaptive bikes with your family at Bikes n' Boats.

DASA is committed to breaking barriers and empowering individuals of all abilities. Discover the joy of adaptive sports and join us in celebrating diversity on the field, court, and beyond. To learn more visit [dadasports.org](https://dadasports.org).

## FORT WAYNE'S FALL 2024 ADAPTIVE SPORT FORECAST

### FORT WAYNE, INDIANA

Turnstone Center, located in Fort Wayne, Indiana, is busy preparing for some exciting adaptive sporting events happening this fall and winter. Turnstone's power soccer, wheelchair basketball, wheelchair rugby, and hockey athletes have some big competitions on their calendars. Several home tournaments are on the schedule.

#### Competitive Sports Kickoff

Turnstone will kick off its competitive sports season with tournaments starting in October. Team practices start the week of September 9. Competitive teams at Turnstone include power soccer, wheelchair basketball, wheelchair rugby, and sled hockey. Interested athletes of all experience levels can join team practices or recreational programs at any time during the season.

#### Fall/Winter 2024 Tournaments at Turnstone

- **October 19-20** Wheelchair Basketball Invitational (Hoosier Hoopfest) Prep & Varsity Divisions
- **December 7-8** Power Soccer Invitational (Summit City Classic) All Cup Divisions

Volunteers are always needed during our competitive sports tournaments. Check out upcoming events and sign up for a time that works for you by visiting [turnstone.org/volunteer](https://turnstone.org/volunteer)!

To see a full list of our upcoming events and regular sports updates, visit [turnstone.org/sports](https://turnstone.org/sports), call 260-483-2100, or follow Turnstone Athletics on Facebook.



## LET'S ROLL! ROLLVERINES BUILDING OFF SUCCESSFUL YEAR OF COMPETITION ANN ARBOR, MICHIGAN

Seven years ago, the University of Michigan Adaptive and Inclusive Sports Experience – or UMAISE – created a unique opportunity for children with disabilities in the Ann Arbor area. The Rollverines, a youth wheelchair basketball program run by U-M, became just the third team of its kind in the state of Michigan.

But just as the team was taking flight and hitting its stride, along came the COVID-19 pandemic. The program shut down for nearly two years and when it restarted, only two of the original competition players were able to return.

The group at UMAISE worked hard to rebuild the program, adding new kids and new families to the mix. All that effort came to a head this past January, when the Rollverines went to their first NWBA Prep Division tournament since 2020. They earned one win in Fort Wayne that weekend, and then three more at the Midwest Conference Championship –capping a thrilling and successful return to competition.

Now the team aims to build off that momentum. The Rollverines are looking for even more players and more



families who want to join a young, exciting team. If you live near Ann Arbor, contact [pmr-umaisetr@umich.edu](mailto:pmr-umaisetr@umich.edu) to learn more.

## PARTAKE IN ADAPTIVE ADVENTURES' CRANK AROUND THE CLOCK LITTLETON, COLORADO

Join Adaptive Adventures on Saturday, September 28 for the ultimate inclusive cycling experience — The 12-Hour Cycling Challenge — where the spirit of cycling, community, and competition merge into an unforgettable day of adventure! Are you ready to push your limits and discover how far you can go in 12 hours? Whether you're setting out to conquer a single 13.2-mile loop or aiming for a century, this challenge is about your personal journey on wheels. No distance is too modest, no ambition too great!

Prefer to share the ride? Team up with friends or make new ones! Register as a duo or a team of four. This event isn't just a ride; it's a showcase of cycling diversity and inclusivity. Compete in various divisions: male, female, coed, e-bike,

and adaptive (hand and foot pedaled trikes), each offering a unique way to experience the challenge.

Our team is on standby from 5 a.m. for fittings and adjustments. Mechanics and bike fitting assistance available! The event runs from 6 a.m. to 6 p.m. at the Chattfield State Park in Littleton, CO.

Set up your personal rest zone to unwind and recharge throughout the event at our basecamp. Compete for prizes: longest distance, fastest lap, top fundraiser, and more.

Register at [bikesignup.com/Race/CO/Littleton/CrankAroundtheClock/](https://bikesignup.com/Race/CO/Littleton/CrankAroundtheClock/).

## SCHOLARSHIPS AVAILABLE FOR ASA LEARN TO SKI PROGRAM DURANGO, COLORADO

Adaptive Sports Association (ASA) hosts several Learn to Ski Scholarships every winter with the objective of increasing support for out-of-state, first-time adaptive skiers and snowboarders. ASA scholarships aim to break down barriers and provide equal opportunities for individuals with diverse abilities to learn the thrill of skiing. Skiers with disabilities can develop skills, confidence, and independence on the slopes through the use of adaptive equipment, specialized instruction, and supportive environments. Previous scholarship recipients have become everything from world class athletes to huge advocates for adaptive sports all over the country.

Come experience the beauty of Durango, Colorado at Purgatory Resort and form connections with other skiers, snowboarders, sit skiers, and ski bikers. These scholarship weeks include four days of one-on-one adaptive snow sport's instruction, lift tickets, all necessary equipment, five nights of lodging, transportation to and from Durango, and most meals.



Scholarship applications for each of these programs will open on September 1. To learn more information about eligibility, application deadlines, and scholarship dates, go to [www.asadurango.com](http://www.asadurango.com), email [program@asadurango.com](mailto:program@asadurango.com), or call 970-259-0374.

## BOEC SCI RETREAT PROVIDES LOTS OF OUTDOOR EXPERIENCES BRECKENRIDGE, COLORADO



As a leading organization in outdoor sports and adaptive adventures on a national level, the Breckenridge Outdoor Education Center (BOEC) provides exciting opportunities to explore the breathtaking landscapes of the western United

States through a range of programs. Join us for enjoyable outdoor experiences featuring activities such as rafting, rock climbing, hiking, cycling, canoeing, camping, an accessible high ropes course, and more!

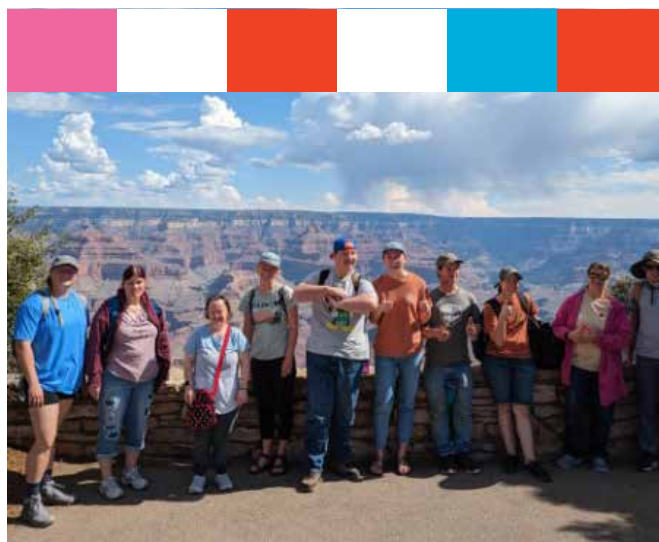
Join the BOEC from September 20-22 for an exciting weekend of paddling, ropes courses, and cycling in scenic Breckenridge, CO. You'll stay at the rustic Griffith Lodge, enjoying home-cooked meals and the serenity of the BOEC Wilderness Campus. The program includes all group gear, specialized equipment, transportation during the course, and 24-hour instruction and supervision by professional BOEC staff members. This event is open to individuals living with spinal cord injuries. Space is limited, so please register early.

For more information on group and individual enrollment programs, please visit [boec.org](http://boec.org), email [Claire@boec.org](mailto:Claire@boec.org), or call 970-453-6422.

## CGOA OFFERS DESTINATION CAMPING TRIPS LOGAN, UTAH

Common Ground Outdoor Adventures (CGOA) has a great lineup of 20+ destination camping trips and activities this summer, including a veteran-specific trip to Moab to explore the red rocks and the other enchanting landscapes; Jackson, Wyoming, to go rafting on the Snake River; and Bryce Canyon to walk amongst the crimson-colored hoodoos. We are also doing a local overnight trip in Logan Canyon for our participants that have never had the chance to do overnight camping, or just want to get a feel for what one night away from home would be like.

Aside from our destination trips, CGOA also offers a wide array of outdoor recreational activities including cycling, archery, skiing, snowboarding, and much more. We have also added a new program: Rec Nights! These weekly activities on Friday evenings will allow our participants to get a taste of the many recreational sports available and make a friend or two while they are at it! For more information or to join one of our trips, visit [cgadventures.org](http://cgadventures.org) or call 435-713-0288.



## HIGHER GROUND: EMPOWERING THROUGH ADVENTURE MERLIN, OREGON

Higher Ground, a renowned nonprofit organization dedicated to enhancing the quality of life through therapeutic recreation, is hosting two exciting programs this fall. These programs are designed to provide unique and transformative experiences for individuals of all abilities, as well as for veterans and first responders.

The Adaptive Mountain Bike Camp will take place from September 6-9. This is a multi-day overnight camp that will include bike fittings, biking techniques, coaching, meals, and lodging. Riders will get the opportunity to expand their personal biking skills, meet other adaptive riders, and experience recreation opportunities in the Wood River Valley and the Stanley Basin. The camp not only focuses on improving biking skills but also fosters camaraderie and self-confidence.

In October, first responder couples will head to Merlin, Oregon, for five days for a peaceful and reflective fishing program. Guided by experienced fishing experts and mental health professionals, participants will have the opportunity to discover a renewed sense of identity and belonging, and connection with a community of individuals with similar experiences.

Both events underscore Higher Ground's commitment to inclusion and recreational therapy, offering participants a chance to overcome challenges, build resilience, and create lasting memories. To learn more about these programs, visit [www.highergroundusa.org/programs4](http://www.highergroundusa.org/programs4).



## NSCD OFFERING COOL CAMP ARAPAHOE NATIONAL FOREST, COLORADO



Make summer unforgettable with Mountain Biking Camp from the National Sports Center for the Disabled (NSCD)! This program offers thrilling adventures for all abilities in Colorado's stunning landscapes.

Mountain Biking Camp (September 16-18) offers multi-day biking adventures on adaptive mountain bikes. Participants ride through the cross-country trails of Arapahoe National Forest while learning essential bike care and maintenance from expert instructors. This camp is perfect for those looking to challenge themselves and connect with fellow biking enthusiasts!

NSCD Camps blend adventure, education, and community, creating an environment where participants push their limits and make lasting memories. When conquering terrain at Mountain Biking Camp, you're in for an exhilarating experience. Sign up for adventures that excite at [nscd.org](https://nscd.org)!

## PARADOX SPORTS VISITS SMITH ROCK 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, the Adaptive Climbing Initiative training, and national trips, which include rock and ice climbing programs across the United States.

One of Paradox Sport's climbing programs is the Smith Rock trip located near Bend, OR. This trip will feature two full days of climbing, surrounded by friends and community in the high desert of Oregon. Due to its unique volcanic geology, Smith Rock offers a massive variety of routes, from beginner-friendly to some of the country's hardest climbs, so there is truly a climb for everyone. In addition to Smith Rock being a historic climbing venue, it's also a gorgeous state park boasting with hiking, mountain biking, camping, and fishing along the Crooked River, with scenic views throughout.

Join us September 20-23 for Paradox Sports' second annual visit to Smith Rock. One participant from last year's trip stated, "At Smith Rock, you'll be surrounded by beauty, identify your perceived boundaries, then push past them." For more information, check out [www.paradoxsports.org/trips-smith/](https://www.paradoxsports.org/trips-smith/).

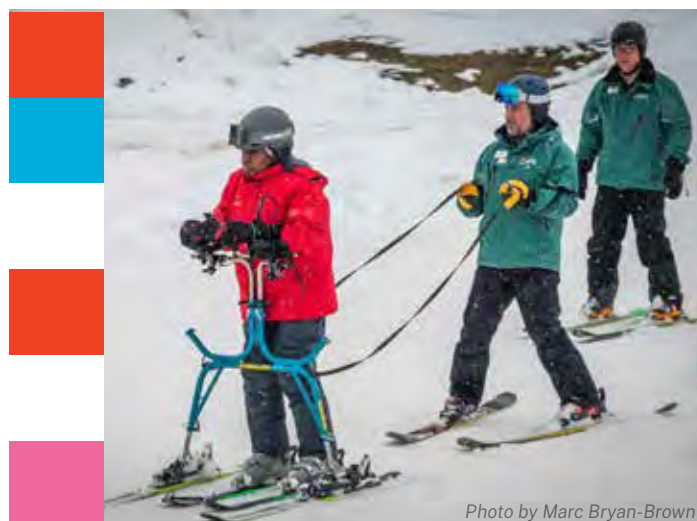


## ACCESS YEAR-ROUND BEAUTY WITH ADAPTIVE SPORTS FOUNDATION CATSKILL MOUNTAINS, NEW YORK

Located in the Catskill Mountains of New York, the Adaptive Sports Foundation (ASF) has access to year-round beauty and outdoor activity. The ASF hosts adaptive programs for every season and is excited to continue its mission of “empowering lives through adaptive sports” this fall and early winter.

The foundation’s Warriors in Motion® summer program wraps up in September with a two-day golf event on September 11-12, which will offer professional golf lessons to our nation’s wounded veterans at Windham Golf Club.

For over 40 years, the ASF has provided adaptive ski and snowboard lessons at Windham Mountain Club. The organization’s slope-side lodge provides easy access to the mountain’s trails, making it the perfect location for skiers and snowboarders of all ages and abilities to slide down and experience the thrill and excitement of winter sports. The ASF’s winter program is scheduled to start



December 14 and will run through the first weekend of March. For more information about the ASF or to donate, visit [www.adaptivesportsfoundation.org](http://www.adaptivesportsfoundation.org).

## RACE ON THE ROAD AT THE I’M ABLE GAMES READING, PENNSYLVANIA



I’M ABLE Foundation will host a multi-sport challenge and community event open to people of all abilities. The event features various lengths for road running, biking, or a Duathlon (run-bike-run format). There will also be an endurance fitness challenge scaled for people of all abilities consisting of timed repetitions at various stations: rowing, tire flips, stationary biking, etc. There will also be a chicken wing eating competition and other spectator-friendly activities.

### Saturday, September 21, 2024

- Reading Regional Airport’s Mid-Atlantic Air Museum, Reading, PA
- Races start at 9:30 a.m.
- Reps start at 11 a.m.

I’M ABLE Foundation owns and maintains approximately 35 different pieces of adaptive equipment that you can borrow at no cost to participate in this race.

For more information or to register, visit [www.imablefoundation.org](http://www.imablefoundation.org) or email [info@imablefoundation.org](mailto:info@imablefoundation.org).

## PARTICIPATE IN MEDSTAR'S 21ST ANNUAL SUPERH 5K RUN, WALK AND WHEEL WASHINGTON, D.C.



MedStar National Rehabilitation Hospital empowers individuals in the Washington, D.C. area with physical disabilities to lead active and healthy lifestyles. Through the NRH Adaptive Sports and Fitness program, we provide coaching, training, equipment, and travel assistance in

nine sports or activities, while hosting competitive and recreational adaptive sports tournaments and special events throughout the year.

This year we will host the 21st Annual SuperH 5K Run, Walk and Wheel! This event was created by Harry (Super H) and Renie Freedman after Harry had a serious workplace accident that required the amputation of his leg. It has become their mission to share with others the same kind of encouragement and support that Harry received. Now 19 years later, we continue his tradition.

The 21st Annual SuperH 5K will take place on September 15 at the OneLife Fitness in Tysons, VA. Don't live in the area? You can still participate

virtually! Individuals of all ability levels are welcome.

For more information on the event, please contact Philip Rackham at [philip.t.rackham@medstar.net](mailto:philip.t.rackham@medstar.net) or visit [www.medstarhealth.org/philanthropy/get-involved/events-and-lectures/super-h-5k-run-walk-and-wheel](http://www.medstarhealth.org/philanthropy/get-involved/events-and-lectures/super-h-5k-run-walk-and-wheel).

## FALL HIKING WITH NEW ENGLAND HEALING SPORTS ASSOCIATION LAKE SUNAPEE REGION, NEW HAMPSHIRE

New England Healing Sports Association (NEHSA) provides outdoor recreation opportunities for individuals of all ages with a wide range of varying disabilities. This fall, NEHSA will be continuing our hiking program in the Sunapee Region. Hikes continue until late October so be sure to check out our calendar and join us if you are in the area!

NEHSA is looking forward to another amazing winter season at Mount Sunapee Resort! NEHSA offers skiing, snowboarding, and snowshoeing beginning December 27, seven days a week until the snow runs out. Whether you are new to winter sports or have been on the slopes for years, we have trained instructors to help you have a safe and fun day on the mountain.

As always, NEHSA is actively recruiting both on and off snow volunteers to help with all our programs. Volunteer schedules are extremely flexible! NEHSA also provides several weekends of instructor training in various



disciplines of adaptive alpine skiing and snowboarding. Stay tuned for announcements regarding training opportunities in early December.

To receive more information about our program, visit us at [www.nehsa.org](http://www.nehsa.org), call 603-763-9158, or email [info@nehsa.org](mailto:info@nehsa.org).

## ENJOY BEAUTIFUL FALL FOLIAGE AS YOU RECREATE WITH NEDS LOON MOUNTAIN, NEW HAMPSHIRE

With beautiful trails to explore, mountains to conquer, and sports opportunities to learn, New England Disabled Sports is ready to help you have the best experience while in the mountains. Through September, athletes can join us for adaptive sports such as cycling, golf, pickleball, and downhill mountain biking. Visit us on The Kancamagus Highway in Lincoln, NH, where you can enjoy the stunning fall foliage while mountain biking on the J.E. Henry trail at Loon Mountain as you test your skills using the best adaptive equipment in the area.

NEDS athletes will be participating in the annual Highland Games held annually at Loon Mountain. On Saturday, September 21, 2024 several of our athletes will be competing in the traditional Scottish Heavy Athletic games.

Mid December through the end of March, NEDS offers daily winter programming, providing 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. Advanced reservations are required. Call to register or volunteer at (603) 745-9333.



Veterans participate in any NEDS lesson at no cost. Funding is available to assist individuals with spinal cord injuries at no cost. Inquire about other scholarship opportunities. For more information, visit [NEDisabledSports.org](http://NEDisabledSports.org).

## GO CLIMBING WITH PCAS PHILADELPHIA, PENNSYLVANIA

Pennsylvania Center for Adapted Sports' (PCAS) adaptive climbing program is offered year round at two indoor climbing locations in the Philadelphia region.

The program offers adaptive climbing equipment and techniques, opening the sport to people with a wide variety of disabilities. While there are definitely physical aspects to climbing, the mental aspects shouldn't be overlooked — the sport requires you to strategize your movement to advance up the wall.

The equipment used in adaptive climbing includes all of the traditional climbing tools, such as climbing shoes,

ropes, and harnesses for both the upper and lower body and can include specialty equipment if needed. Three excellent resources for adaptive climbing include [www.moveunitedsport.org/sport/rock-climbing/](http://www.moveunitedsport.org/sport/rock-climbing/), [www.usaclimbing.org/compete/paracimbing/](http://www.usaclimbing.org/compete/paracimbing/), and [www.paracliffhangers.org/](http://www.paracliffhangers.org/).

You are invited to join us. All the equipment is provided, just wear comfortable clothes and be ready to rock! For more information on PCAS Climbing, and to find out if adapted climbing is a good fit for you, contact Judy Morrison at [judy.morrison@centeronline.com](mailto:judy.morrison@centeronline.com).



## ADAPTIVE SPORTS AROUND NEW YORK CAPITAL REGION ALBANY, NEW YORK



STRIDE Adaptive Sports, one of America's most respected nonprofits dedicated to empowering individuals through life-changing sport and recreation programs, proudly announces its 2024/2025 adaptive ski and snowboard

program at three mountain resorts in New England: Jiminy Peak Mountain Resort in Hancock, MA; Catamount Mountain in Hillsdale, NY; and Titus Mountain in Malone, NY. Our volunteer coaches provide over 1,500 lessons each winter to individuals with disabilities. Private adaptive lessons are available for 2.5 hours, including specialized adaptive equipment and rentals.

STRIDE's Capital District Sled Warrior team practices on weekends at the Albany County Hockey Facility ice rink, with tournaments and games scheduled throughout the season. This includes the NY Empire State Games in Lake Placid, tournaments in Syracuse and Skaneateles, the Amelia Cup in Springfield, MA, as well as our home tournament in October. We invite new athletes to try sled hockey, receiving coaching from team members. STRIDE provides players with uniforms, sleds and equipment.

For more information, contact [aryan@stride.org](mailto:aryan@stride.org).

## GET IN THE WATER WITH TEAM RIVER RUNNER VARIOUS LOCATIONS ACROSS U.S.

This fall, Team River Runner (TRR) is thrilled to host a series of adaptive sports programs and events designed to empower veterans and individuals with disabilities. From paddling clinics to regional rendezvous, there's something for everyone. If you're interested, and have never paddled with Team River Runner, please contact the coordinators below for more information.

**West Coast National Sea Kayak Clinic:** Held in California from September 3-10. For more info, email Carlisle Landel at [carlisle.landel@teamriverrunner.org](mailto:carlisle.landel@teamriverrunner.org).

**National Biathlon:** Join us in Washington, D.C. on September 6. For information, email [biathlon@teamriverrunner.org](mailto:biathlon@teamriverrunner.org).

**Key Largo Sea Kayaking Adaptive Clinic:** Held in Key Largo from September 6-13. Contact Bill Finger at [bill@teamriverrunner.org](mailto:bill@teamriverrunner.org).

**Northern California Adaptive Clinic:** Held in California from September 8-14. Email Christopher Farris at [chris.farris@teamriverrunner.org](mailto:chris.farris@teamriverrunner.org) for details.

**Western Regional Fleet Week Paddle:** Paddle in Sausalito, CA, on September 12. Reach out to Carlisle Landel at [carlisle.landel@teamriverrunner.org](mailto:carlisle.landel@teamriverrunner.org).

**National St John's Leadership Clinic:** Held from October 25 to November 1 in St John's. Contact Deborah Reyes at [deborah.reyes@teamriverrunner.org](mailto:deborah.reyes@teamriverrunner.org) for more info.

Join us in these exciting events to support adaptive sports and build a community of resilience and adventure!

## CLIMBING AND MOUNTAIN BIKING WITH CATALYST CHARLESTON, SOUTH CAROLINA; BOWLING GREEN, KENTUCKY; AND SMOKY MOUNTAINS, TENNESSEE



Catalyst Sports is a non-profit organization giving people with physical disabilities access to the life-changing impact of adventure. We are excited to offer several new programs across the Southeast in 2024, including:

### New Adaptive Climbing Programs in Charleston, SC and Bowling Green, KY

We are thrilled to offer monthly adaptive climbing programs in two new cities beginning September 2024! Find all the information on our website: [www.catalystsports.org/special-events](http://www.catalystsports.org/special-events).

### Partnership with Great Smoky Mountains National Park

Join a Ranger to learn about the natural and cultural history of Great Smoky Mountains National Park. During these inclusive programs, adaptive equipment is welcome, and available to borrow on a limited basis. Events include:

- Adaptive hike September 7
- Adaptive mountain bike September 14-15
- Adaptive hike October 5

Find more information and links to register at [www.catalystsports.org/great-smoky-mountain-adaptive-hike-bike](http://www.catalystsports.org/great-smoky-mountain-adaptive-hike-bike).

### Ride Kanuga Adaptive Downhill Mountain Bike Race

The only adaptive downhill MTB race in the Southeast is back for 2024! This event will include a skills clinic, Adaptive MTB race, and optional community group ride. Learn more and register at [www.catalystsports.org/special-events](http://www.catalystsports.org/special-events).

## REDEFINING DISABILITY PODCAST

An award-winning weekly podcast that focuses on the power of sport! Tune in to hear the full interviews and incredible stories of some of the athletes in this issue!



**MOVE  
UNITED**

[moveunitedsport.org/adaptive-sports-podcast/](http://moveunitedsport.org/adaptive-sports-podcast/)



## GET INTO A VARIETY OF SPORTS AT SPORTSABILITY TALLAHASSEE, FLORIDA

### ALLOUT Adventures

This program includes EcoRover Beach and trail adventures, adaptive boat rides, mobility impaired hunts and more outdoor adventures! SportsAbility Alliance is excited to offer expanded trail and boat adventures at Wakulla Springs, Florida and other Florida locations to veterans and active military. This program is funded in part by a grant from the United States Department of Veterans Affairs. There is no cost to participate. Find ALLOUT Adventures information and registration here: [www.signupgenius.com/go/10C0948A8A62BA0FCC43-47040562-allout#/](http://www.signupgenius.com/go/10C0948A8A62BA0FCC43-47040562-allout#/)

### Virtual Workout

Fitness Fridays: Every Friday at 11 a.m., a live workout for everyone will be on the SportsAbility Alliance Facebook page. If you can't make it at 11 a.m., check out the video after the program.

### Miracle Sports

All programs are adapted to enable everyone to participate at their own level of ability. No one is excluded and adaptive

equipment on an accessible field enables participation for all. The games are designed to build confidence and promote physical activity — no experience is necessary. People with and without disabilities play together. You may join at any time during the season and attend as many games as you are able. More information and registration can be found at [www.fdoa.org/miracle-sports](http://www.fdoa.org/miracle-sports).

**Fall Kickball begins September 5, 2024 and concludes November 21, 2024**

**Dates:** Thursday evenings

**Location:** Miracle Sports Field (Field #3 1158-1172 Dupree Street, Tallahassee, FL 32304)

**Time:** 5:45 - 8 p.m. (Youth play from 6-7 p.m. and adults play from 7-8 p.m.)

**Information and Registration:** [www.sportsability.org/miracle-sports](http://www.sportsability.org/miracle-sports).

## ALL-COMERS WHEELCHAIR TENNIS COMES TO TULSA TULSA, OKLAHOMA



In 2023, The Center for Individuals with Physical Challenges (The Center) launched wheelchair tennis as part of its adaptive sports program. Like most adaptive sports, wheelchair tennis assists players with building physical and cardiovascular strength and developing fine-motor skills. Wheelchair tennis is unique in that athletes can play the sport with people who are able-bodied or with others

who have physical challenges. It makes for an inclusive sport that promotes camaraderie, independence, and increased self-confidence.

On September 13-15, 2024, The Center will host an All-Comers Wheelchair Tennis Camp at LaFortune Tennis Center in Tulsa, Oklahoma sponsored by the United States Tennis Association (USTA). The camp is available to individuals of all ages who use a wheelchair and want to develop

their wheelchair tennis skills for recreational or competitive play. To learn more about the All-Comers Wheelchair Tennis Camp or The Center, contact Anthony Meadows at 918.794.4527 or email at [ameadows@tulsacenter.org](mailto:ameadows@tulsacenter.org).

It is said in the tennis world, “You only live once, but you get to serve twice!” Come and “serve” with The Center!

## GET CERTIFIED AS AN ACA INSTRUCTOR WITH ACHIEVE TAHOE LAKE TAHOE, CALIFORNIA

As the only adaptive program in the North Lake Tahoe area, Achieve Tahoe has seen our demand skyrocket over the past years, especially for our flagship snowsports program. We are currently working on expanding our programs to be able to accommodate all who would like to take a lesson with us. We currently are planning on opening winter sign-ups in October 2024 (specific date TBA), and we highly recommend signing-up for your dates as soon as possible — in the last few years reservations for weekend and holiday dates have filled within one to two weeks of our opening sign-up date.

Additionally, we are offering an American Canoe Association Instructor Certification Workshop for SUP and Kayak on Lake Tahoe from September 6-8, 2024. This workshop is specifically targeted to certify instructors who will work with veterans with disabilities, and all course fees will be covered for participants thanks to a generous grant from Move United funded in part by the United States Department of Veterans Affairs. If interested in registering for this course, please email [josephine@achievetahoe.org](mailto:josephine@achievetahoe.org).



To stay up to date on all things Achieve Tahoe, please visit our website [www.achievetahoe.org](http://www.achievetahoe.org), follow us on Instagram and Facebook @AchieveTahoe, and sign-up for our e-blasts by filling out the following form: [www.achievetahoe.dm.networkforgood.com/forms/sign-up-for-our-e-newsletter](http://www.achievetahoe.dm.networkforgood.com/forms/sign-up-for-our-e-newsletter).

## ALL SEASON ADAPTIVE SPORTS ADDS SUMMER PROGRAMMING ALTO, NEW MEXICO

All Season Adaptive Sports is thrilled to announce the inaugural launch of our summer adaptive program, a groundbreaking expansion of our winter-centric offerings since 1976. As we embark on this new chapter, we are excited to introduce a diverse range of summer activities, catering to individuals of all abilities. Our summer program will run until the winter snowfall signals the return of our ski season.

Between August and December 2024, our summer adaptive program will feature an array of exhilarating experiences, including Bowhead adaptive mountain biking, trekking, fishing, disc golf, and adaptive rock climbing. These activities are carefully designed to promote inclusivity, empowerment, and fun, providing individuals with disabilities the opportunity to engage in recreational pursuits that might have previously been inaccessible.

As we navigate the latter half of 2024, our summer program will continue to thrive, offering a unique chance for participants to connect with nature, challenge themselves, and forge lasting bonds with fellow adventurers. We invite



the boundaries of adaptive sports and recreation. Please contact Ty Bonnell 575-937-6954 for more information.

## BORP ADAPTIVE SPORTS EXPO BAY AREA, CALIFORNIA



BORP Adaptive Sports and Recreation is excited to host our second annual Adaptive Sports Expo! Join us on **October 5, 2024** to learn about and try 10+ different adaptive sports and recreation activities — all in one day. The expo is FREE

and for everyone — novice and experienced athletes, young and old, people with and without disabilities.

Experienced BORP athletes and coaches will offer fun and safe opportunities to learn more about and try adaptive cycling, kayaking, power soccer, wheelchair rugby, wheelchair basketball, goalball, adaptive fitness classes, pickleball, rock climbing, and more! The expo will also feature a family-friendly fair with carnival games, crafting, live music, contests, and community organizations and vendors. Snacks and food trucks will be onsite so no one will go hungry.

Events will take place at three locations around Berkeley, but the central hub and festival will be at **James Kenney Community Center, 1720 Eighth Street Berkeley, CA 94703.**

For more information on the expo or BORP programs, please visit [www.borp.org](http://www.borp.org).

## ENJOY MAJESTIC PEAKS AND PRISTINE LAKES MAMMOTH LAKES, CALIFORNIA

If you like the mountains, majestic peaks, and pristine alpine lakes, you'll love Mammoth Lakes' adaptive sports program Disabled Sports Eastern Sierra (DSES), now in its 20th year of operation. Offering year-round activities, DSES believes in stoking a lifelong passion for mountain sports through adaptive recreation.

Through October, DSES participants, instructors, and volunteers take to the trails and lakes for cycling, mountain biking, hiking, kayaking, paddleboarding, climbing, and fishing. All summer long, the weather is wonderful and our calendar is full of opportunities for daily and weekly fun! Coming next month, the organization will be hosting its Women's Camp from September 20-22, a great opportunity for gals to gather and get outside together in the spectacular Eastern Sierra.

If winter sports are your thing, then prepare yourself for some fun with DSES once the snow starts falling. Located at the Main Lodge of Mammoth Mountain, DSES skis and snowboards with participants on some of the best terrain that the US has to offer. With a gear closet filled with equipment, DSES can get people of any age or ability out and recreating in the mountains!

Want to join Disabled Sports Eastern Sierra for activities this year? Call/email the office where they can answer



your questions and help you reserve a date for a lesson. And make sure to check out their website for upcoming events! Learn more at [disabledsportseasternsierra.org](http://disabledsportseasternsierra.org). You can also email [info@disabledsportseasternsierra.org](mailto:info@disabledsportseasternsierra.org) or call 760-934-0791.

## PLAY TENNIS WITH SOCAL ADAPTIVE SPORTS INDIAN WELLS, CALIFORNIA



SoCal Adaptive Sports, in collaboration with the USTA, is hosting an all-comers wheelchair tennis camp at Indian Wells Tennis Garden November 8-11, 2024.

This camp features expert coaching and includes a three-hour camp for youth on November 10.

Please sign up soon as the camp is expected to fill up quickly. Visit [socaladaptivesports.org](https://socaladaptivesports.org) for more information.

## TRIUMPH FOUNDATION HOSTING FALL SPECIAL EVENTS VALENCIA, CALIFORNIA

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

### Highlights include:

- Wheelchair rugby and handcycling clinics held regularly.
- Superheroes Triumph! 5K Run, Walk, & Roll in September.
- Over-the-Line Wheelchair Baseball Tournament in October.
- Adaptive Sports Festival with over a dozen sports including basketball, rugby, tennis, archery, power soccer, and more at the Rose Bowl in November.

To join the fun, visit our events page [www.triumph-foundation.org/events](https://www.triumph-foundation.org/events).



## 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. Visit [www.npdevices.com](http://www.npdevices.com).

## PROTEOR QUATTRO™ MPK

Engineered to exceed expectations giving you more of what you need to live the life you want. **PROTEOR QUATTRO™ MPK** is designed to be **MORE INTUITIVE** for elevated security and dependability with patented valve technology for effortless transitions between activities, hyper-responsive sensors read body movements, and exclusive stumble recovery determines appropriate resistance to recover more naturally. **MORE PERSONALIZED** with up to 20 customizable modes and the shortest MPK available allows a wider selection of ankles/feet. **MORE ADAPTABLE** for fewer interruptions with a 2-3+ day battery life **PLUS** Battery Booster allows charging **ON THE GO**. For more information, visit [us.proteor.com](http://us.proteor.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](http://qstraint.com).

## FILLAUER CRTIERIUM PLUS HANDLEBAR ADAPTERS

Discover the joy of cycling with Fillauer's Activity-Specific Devices designed to fuel your biking passion. The high-performance CRITERIUM PLUS is available in three pivoting models to provide adults and children with a device that is perfect for any cycling adventure. Visit [fillauer.com/bicycling-specific-devices](http://fillauer.com/bicycling-specific-devices) to explore the details of these specialized devices and unlock the full potential of your biking passion.



## ALPS PROFIT LINER

Experience the ProFit Liner by ALPS, designed with OptiGel to provide a smoother and softer texture compared to other liners on the market. This unique feature ensures gentle skin contact and a secure fit around the residual limb, prioritizing user comfort. Additionally, the ProFit features a low-profile aluminum umbrella, a departure from ALPS's traditional designs, which enhances the interaction between the liner and the limb while providing increased distal cup flexibility for optimal user comfort. To learn more, visit [www.easyliner.com](http://www.easyliner.com).



# SYNSYS

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time** and 2X more toe  
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