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MAGAZINE | SPRING 2023



**KEEP CALM
AND SHOOT
STRAIGHT**

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Cover photo of Matt Stutzman

Cover photo by Wheelchair Sports Federation



Move United has highlighted adaptive sports competition quite a bit. Last year, more than 2,300 athletes competed in our events. But we all know the adaptive sports movement is more than competition, much more- it is recreation, fitness, skill development, wellness, fun and well...movement.

This month our adaptive sports member network has exceeded 212 member organizations for the first time ever. You can now participate in sport at a Move United member organization in 45 states. For the 120,000 individuals in our member network, the value, benefit, and power of sport remains being active, being with friends, gaining fitness, and learning new skills.

Move United will continue to promote competitions because they provide unique opportunities for our athletes to test their limits, showcase their talent, meet new members of the adaptive sports community, have fun, and compete against other athletes.

It is for this reason we are excited to announce that more than two dozen sanctioned competitions are currently underway in all parts of the country. These competitions will culminate with The Hartford Nationals, the largest, longest-standing national sport championship event for athletes with a physical, visual, and/or intellectual disability, scheduled for July 8-14 in Hoover/ Birmingham, Alabama.

I am very excited to announce that the 2023 event will expand to include all ages- allowing adults, including warfighters, as well as youth the opportunity to compete in seven different sports.

Speaking of competitive sports, wheelchair tennis is one of the top professional sports for adaptive athletes, where you can make a living playing the sport. With leagues, tournaments and training available across the country, wheelchair tennis is a great sport to try if you haven't yet. Read more about wheelchair tennis on page 13.

Another sport that tests your skill against yourself and others is para archery. Para archery requires concentration, solid form, balance, and coordination and you can participate solo or as part of a team. Check out the article to learn more about that sport on page 6. One athlete that is pursuing her Paralympic dreams in para archery is Tracy Otto. You can find her profile on page 12.

We don't focus exclusively on sport. There is plenty of recreation and adventure out there to be had. You might get some great ideas for your next adventure with the article on Warfighter Shawn Cheshire, who has taken on some extreme hiking, mountain biking, and climbing expeditions. Her story can be found on page 15.

The adaptive sports movement has something for everyone. So don't forget to check out the array of upcoming adaptive sports and recreational opportunities available at Move United member organizations across the country, starting on page 17.

Cheers!

Glenn Merry,
Executive Director

Move United Magazine (ISSN 1940-526X) is published three times a year by Move United, Inc., 451 Hungerford Drive, Suite 608, Rockville, MD 20850. Subscriptions are available free of charge. Visit moveunitedsport.org/magazine to sign up.

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KEEP CALM AND SHOOT STRAIGHT: THE SPORT OF PARA ARCHERY

Archery is a versatile activity. It is something that can be done for fun, for hunting, or for competition. “Target shooting wasn’t a thing for me,” said US Para Archery Head Coach Jonathan Clemins. “But I realized I enjoyed shooting my bow as much as I enjoyed hunting.”

In addition, archery can be a year-round sport. Although most people think of it as an outdoor activity, indoor archery ranges extend the opportunity to shoot a bow when weather becomes an issue. “Archery doesn’t have an off-season,” said 3X Paralympian and Silver Medalist Matt Stutzman, who is known as the Armless Archer. “It doesn’t slow down. You could shoot a tournament every month.”

Furthermore, it is an inclusive sport that you can do

alongside other adaptive athletes as well as able-bodied athletes. “It is exactly the same sport ... you just may need adaptive equipment to assist you.”

Finally, it is one of those sports that you can do at any point in your life. “It is not an age specific sport,” said Army Veteran and 2X Paralympian Lia Coryell. She competed in her first Paralympic Games at the age of 51.

(GET) READY

The basic equipment to get started is typically a bow, some arrows, and a target to shoot at. You can purchase these items at a local sporting goods store or archery range. Some archery ranges or archery clubs may allow

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you to borrow or rent their equipment before needing to purchase your own.

There are two primary bow styles: compound bows and recurve bows. Recurve bows are your traditional style, whereas compound bows have additional mechanics that assist with drawing it back. The latter seems to be more popular, but making a decision on which style is a matter of personal preference.

Para archers can shoot from a standing, supported, or seated position, allowing an opportunity for individuals with different physical disabilities to participate. Here's how the different positions can assist each archer:

Standing: Archers with upper-limb amputations, single leg amputation or those without balance issues will participate in the sport while standing.

Supported: For those archers that prefer to stand but may need just a small amount of assistance holding their position, consider a braced position. A simple wedge under the heel could be used to help maintain balance. Other archers may request the use of a post or brace to lean against to help steady themselves throughout the shot process.

Seated: If standing isn't an option, archers can participate while sitting in their everyday wheelchair or on a stool.

There is a lot of adaptive equipment that exists for athletes with various disabilities. "Sometimes it is about trial and error and just figuring things out," Stutzman said. Some common adaptations include:

Nocking the arrow: Archers with limited hand movement can request assistance with placing the arrow onto the bowstring.

Drawing and releasing the bowstring: Drawing the bow requires arm strength and grip. If you are unable to draw back the bowstring without assistance, you can request help from a coach or volunteer or use one of the common draw and release adaptations below.

Finger Tabs: For archers with limited grip, finger tabs and gloves can help. Finger tabs are a flat leather device that fits between the finger and bowstring.

Bow Stands: Another adaptation is a bow stand which helps hold the bow so the archer can focus on just pulling back the string.

Mouth Tabs: For archers who have lost the use of an arm, a mouth tab can be used to draw back the string. The tab attaches permanently to the bowstring and is held between the archer's teeth while drawing, holding, and releasing.

Mechanical Releases: For archers who use a compound bow, a shoulder mounted release aid or





equivalent to those without a disability. “In other sports, it is pretty rare that someone who doesn’t have arms can beat someone that does,” Stutzman said. “The bow doesn’t care who shoots it. It doesn’t care if you have a disability or not. It just wants to be shot.”

In outdoor competition events, those shooting a compound bow typically shoot a target that is 50 meters away while archers shooting a recurve bow will have a target placed 70 meters out. But those just getting started should shoot smaller distances until they have dialed in their aim and technique.

For indoor competition, archers shoot at a smaller target and at a distance of 20 yards, which is the same distance for recurve and compound bows.

FINDING A RANGE

“Archery is for everybody,” Clemins said. “No one forgets their first time shooting a bow. Once I did, I couldn’t stop.” So don’t throw away your shot.

Several Move United Sanctioned Competitions offer archery as one of the sports where you can compete. In addition, more than 60 Move United member organizations across the country offer an adaptive archery program. Visit moveunitedsport.org/locations to find a local program near you. In addition, USA Archery can assist you with finding a nearby range at usarchery.org/find-a-club. If your local archery club doesn’t have an adaptive program, ask an instructor to get a copy of the Adaptive Archery Instructor Manual to help you get started.

“Give it a try,” Stutzman said. “It is not just about flinging arrows; it is about doing something you didn’t think you could do. It helps you in every other aspect of the world ... it gave me a purpose.” ■

other mechanical device that triggers the release of the bowstring.

Arrow Retrieval: For archers that have difficulties walking or use a wheelchair a volunteer can be assigned to assist with arrow retrieval at the end of each round.

(TAKE) AIM

Once you realize you like the sport, Clemins recommends finding a coach (certified coaches can be found on USA Archery’s website). “Have fun with it,” Clemins said. “Don’t take it too seriously. Fall in love with the sport first, then you can take it to the next level.”

Although archery isn’t as physical of a sport as some others, it is a very mental sport. “It can be relaxing and a huge stress reliever,” Clemins said. “But when you are competing, it can also stress you out.”

Coryell agrees. “It is a very mindful sport. You have to have patience. You have to be calm and centered and block everything else out,” she said. “You have to center in on your cadence, timing, rhythm, and focus. You can’t change what’s in the past.”

Clemins also suggests you also have

to balance the act of aiming the bow with the technique of shooting it correctly. “A lot of people think aiming is the most important part of shooting the bow, which is not true. Aiming is secondary to form and technique. Some folks aim so carefully they forget they have to shoot the bow. They forget they have to release the string, so technique falls away. Consistency and hard work will always get you where you want to go and will beat talent any day of the week.”

FIRE

Typically during a competition, there are three rounds of practice so archers can get warmed up before scoring starts.

Then, each archer will shoot a total of 72 arrows, 12 ends (or rounds) of 6 arrows each. The center of the bullseye, or the inner most circle on the target, is known as the 10 ring and is worth 10 points. Points go down in value the further you get away from the bullseye. Therefore, a score is typically out of 720 possible points. The archer with the highest score wins.

Stutzman thinks something that is unique to archery is that para archers can have scores that are

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TRACY OTTO AIMING FOR PARIS

As a child, Tracy Otto's parents didn't really allow her to play sports. "I am not sure why, because my mom and dad were athletes. My childhood wasn't the greatest. My mom was sick and parenting wasn't her jam, so that basically

transferred to our relationship." Otto's mother would pass away when she was just 10 years old.

When she did get to an age where she wanted to try something new, Otto jumped into gymnastics. "I always watched the Olympics with my uncle, and wanted to compete in gymnastics or figure skating." She also participated in cheerleading in high school and for a little while in college. "I struggled with it. The coach was very big into skinny is pretty. It was stressing me out so bad I was getting sick and didn't want that to be a part of my life, so it was better to separate myself from that culture."

Prior to her injury, she was planning to pursue pre-med in school. But that, and everything else, changed for her on October 24, 2019. Her ex-boyfriend broke into her house and tried to kill her and her current boyfriend Ricky. After attacking Ricky, Otto's ex-boyfriend went after her. "He punched me in the face, kicked me, and shot me through the eye with a high-powered pellet gun." He also shot her in the neck and stabbed Otto in her C6 vertebra, which severed her spinal cord and paralyzed her from the chest down. "I have a complete injury, so I can't feel most of my body and it also affects my hands."

Since her initial medical treatment at the hospital, Otto has been in rehabilitation ever since. "Every day is a new challenge. Even picking up things is a process. It takes a long time to recover, and I didn't realize that at the beginning."

Otto's life changed so much as a result of her injury. "I was in a really bad place for a long time. I am rebuilding my life and wanted to find something to lift me up." Randomly, she decided she wanted to shoot archery. When she searched for adaptive archery programs in her area, she found a program operated by Hillsborough County Adaptive Sports, a Move United member organization located in Florida.

Her coaches, Mary Cales and Earl Brown, have been very supportive and assisted with the necessary adaptations.

"They told me 'it is not about what you can't do, it is about what you can do and going from there.'"

She is hooked on the sport. "It sparked a passion. I now have a fire in my belly. I love it and need to do something with this. It has made me so happy and gave me a sense of relief from my injury."

For Otto, archery is a very meditative sport. "It has helped me learn a lot about myself ... about my patience and how far I can push myself. It gave me a lot of introspection and I am grateful for that."

When she is shooting her bow, it is very quiet. "Anything can be going on around you and you are just focused on the goal. There is not a thought in my head. It is not about your score or what the person is doing beside you. In that moment, it is about me and my equipment."

Last year, Otto started entering archery competitions. The first one was the Russ Harvey Memorial Tournament, which is hosted in her local community, and it started from there. This year, she is looking to compete at the Buckeye Classic, Endeavor Games in Partnership with The Hartford, and The Hartford Nationals in Birmingham, Alabama. "I am planning to go to more competitions this year across the country and internationally, if I can qualify to do so, just to get the experience and learn."

The 2024 Summer Paralympics in Paris is her goal. To get there, she knows she has her work cut out for her. "It takes a lot of dedication and self-discipline. You can have all the talent you want, but if you don't put the work in ... practice does make perfect."

In addition, Otto is working to complete her college degree and is now studying business. She has already opened up her own business, called Metamorphosis, which is an adaptive clothing line. She is currently designing a pair of leggings for individuals with limited hand mobility. "Businesses are often formed out of wanting to solve a problem. It is a lot of effort to get dressed when you have a disability, so the goal is to alleviate that struggle and frustration. I seldom use the word 'can't' because you can, but you have to figure it out."

Currently, she is working on a pre-launch and pre-orders. "We are still sampling. I found the right design and just want to troubleshoot it more to make sure the quality is there. Anyone interested can check out <http://themetamorphosis.shop/>.

Along the way, Otto is also interested in helping others. "Sport saved my life. It took me in a direction that gave me goals and aspirations that I couldn't dream before. Your circumstances don't define you." ■

WHEELCHAIR TENNIS; GET OUT ON THE COURT AND INTO THE GAME

Wheelchair tennis is a great sport for several reasons. It is one of a few sports that you can play against able-bodied athletes. That was true for 2020 Paralympian Casey Ratzlaff, who is currently the number one wheelchair tennis player in the U.S. in the men's open division. "I just wanted to go out and be able to play with my family and friends," he said.

The sport can be played by anyone because it is basically the same sport. "It is the same court, with the same balls," said Ratzlaff. Kaitlyn Verfueth, a 3X Paralympian and now the head wheelchair tennis coach at Ability 360, a Move United member organization in Arizona, agrees that it is an inclusive sport. "The court dimensions are the same, the racquet is the same."

There are a lot of opportunities with wheelchair tennis according to Verfueth. "It is one of the most professional adaptive sports," she said. "We have our own tour and you can earn prize money." So for some athletes, the appeal and opportunity to make a living in sports is exciting.

GET STARTED

In order to play, there are really only three things you need: a chair, a racquet, and a ball. Although you could play the sport in your everyday chair, it is not recommended. It is better to use a sports chair that has camber, straps, and often an additional wheel to prevent tipping. Often, adaptive sports programs can provide you with one of their chairs to try or use for awhile until you do decide that you want or need your own custom-fit piece of equipment. "The chair is an extension of you," Ratzlaff said.

Tennis rackets come in a variety of shapes and sizes, including ones that are shorter, smaller and lighter, which make gripping the racket and hitting the ball easier, especially if range of motion is an issue. Verfueth recommends that beginners get a basic starter racquet that can be inexpensively purchased at any sporting goods store. "One that isn't too heavy and has a bigger head size so you can make better contact with the ball. Also one that has a smaller handle or grip so you can also push your chair at the same time." Sometimes athletic tape or a gripping device to secure the racquet in their hand and forearm is used.



There are numerous kinds of tennis balls that vary in size and compression. Larger tennis balls are easier to hit and lower compression means that tennis balls will move more slowly and be less likely to bounce over your head, allowing rallies to last longer.

GET ON THE COURT

Once you've got your equipment figured out, the only thing left to do is get out on the court. Verfueth recommends you focus on mobility first. "Learn how to move around the court with the chair," she said.

Then you will need to focus on using the racquet and keeping it in your hand. There are a number of ways to hit the tennis ball with the racquet, including basic hits such as the volley (serve), the forehand, and the backhand.

In wheelchair tennis, the only rule change is that players get two bounces to return the ball, if needed. "This is because chair users cannot move laterally," Verfueth said. "A player may have to take his or her eyes off the court or have their back to it to be able to move." But when she instructs other players, Verfueth doesn't teach two bounces. "You use it only to your advantage," she said.

GET INTO THE GAME

Two-time Paralympian Dana Mathewson, who is currently ranked #1 in the United States and #10 in the world in the women's open division, offers some great advice when training or prepping to play wheelchair tennis. "You have

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to have good chair skills. You have to have agility, strength, and stamina.”

Jeremy Boyd, who played wheelchair tennis at the collegiate level at the University of Alabama, also adds that practices should vary. Some days focus on drills and some days focus on grinding it out, hitting tons of forehands, tons of backhands, and tons of serves. “Tennis is about reps, reps, reps.”

So when it comes to training, Boyd suggests you have to be patient with yourself. It is about being flexible and being able to adjust if something is not working. “You prepare the best you can and let the game come to you. I focus on what I can control versus being controlled by what is happening.”

One of the reasons Boyd likes the sport is because of the variability of it. “Every ball is going to be different. Every point is going to be different. Every match is different. You have to be so locked in because the margin of error is so small.

“It is getting to the point where it (the game) is more about strategy as opposed to just being flat out better than somebody. I liken it to chess, where I was playing checkers before. Some higher level players are like ‘you’re still playing checkers buddy! I’ve picked up the learning manual to start playing chess in my game.’”

“What’s cool about tennis is that it is constantly changing,” Mathewson said. “You are chasing a new style or new model. You have to be able to reinvent yourself. You have to be willing to adapt yourself to whatever style of play is necessary.”

According to Mathewson, tennis is a detailed sport. “Tennis is very much a mental battle. In my opinion, it is rivaled only by golf in terms of the level of technique that is involved. There is always something you can do better. You can always learn something new or a new skill to develop.”

If you are interested in competing in wheelchair tennis, Mathewson encourages athletes to sign up for camps and/or get coaching.

Verfuerth also suggests joining a USTA (United States Tennis Association) league. “The more we can get playing in leagues the better,” she said. The USTA also has a feeder program. But when it comes to competing at the national and international level, there are three open/professional classifications, including Men’s, Women’s, and Quad, which



is for individuals who have a limitation(s) with their upper extremities. In the wheelchair tennis division, most athletes will play singles (one on one against an opponent) and doubles (with a teammate playing against two opponents).

In addition to a professional circuit of tournaments, wheelchair tennis is also part of all four grand slams and the draw size (the number of players accepted into the tournaments) has grown, providing opportunity for more players to compete. Therefore, it is not racquet science ... now is a great time to fall in LOVE with the sport.

JOIN A PROGRAM

Currently, there are 65 Move United member organizations that offer a tennis program. Search for the one nearest you at moveunitedsport.org/locations. In addition, USTA can assist you in finding additional programs. Just visit usta.com/play. Now, the ball is in your court! ■





WARFIGHTER SHAWN CHESHIRE LOOKING TO SUMMIT EVEREST

Army Veteran Shawn Cheshire played sports in high school, although she wouldn't have considered herself competitive. "I wasn't born with any unique athletic ability," she said. "It was something for me to do in high school."

At the young age of 17, she decided she wanted to join the military. "For me, it was an escape. I had a rough childhood and didn't want to go to school. I didn't want to get stuck, so it was a way out for me at that time."

Before making the decision on which branch of service, Cheshire visited every recruiting office. Originally, she was leaning toward the Coast Guard because her grandfather retired from there. She was also weighing the different occupations and the chance to have a lifetime experience. Ultimately, Cheshire chose the Army. "At that time, there was a big separation between what men and women could do and a new field had just opened up for women." So she was one of the first in that field, a theme that has carried through Cheshire's life.

Working as paramedic, Cheshire would be involved in an accident. From that accident, she suffered a traumatic brain injury and lost most of her vision. "I was really sick, was struggling. I lost my job and was a single parent. It was a catastrophic moment in my life.

She was in complete denial as to the severity of her circumstances and was in survival mode. "I was struggling with deep depression. I tried to kill myself twice within the first couple of years. I couldn't visualize or believe that living a happy life was in the cards anymore ... I felt like I lost everything and that is a really dark place to be." But she credits other people around her, who worked hard to get her out and interested in things. "They thought that if I could just get a hook, that would help me. They were right." But it did take a little while for her to get there.

Cheshire was introduced to various sports. She started running half marathons and marathons. "I realized I can still run as a blind person, I just need help." She received a

hiking cane and asked what she was going to do with that. "I was told I was going to hike with it and then said 'that is never going to happen.' People were seeing in me what I didn't have the capacity to see in myself at the time."

Then she was introduced to biathlon. Then tandem cycling, which she took an interest in. At that time, it was three and a half years until the 2016 Paralympic Games in Rio and off she went. "There was no way I would have been able to afford the travel and equipment if it wasn't for organizations like Move United."

In 2018, Cheshire had a concussion and couldn't participate in the cycling season but needed something to focus her efforts on. "When you are an athlete, it is a lot of who you are. So I was trying to figure things out." She was up for a challenge and decided to embark on a double crossing of the Grand Canyon, which is known as the Rim to Rim to Rim.

"I was not a hiker before then." The 24-hour push was the hardest thing Cheshire had done at that point. She became not only the first blind woman to accomplish this feat but also beat the time record set by a blind male. "I gained so much self-confidence and it opened the door to what is possible."

"There are social stigmas as to what blind people look like, what they can do. I don't default to what other people are doing. I tend to default to what hasn't been done."

For example, Cheshire was told that blind individuals can't ride single bikes. She wondered how a blind person could ride a single bike across the country. It took her and guide Jesse Crandall nine months to work on that project and to figure out the technology and logistics. So, in 2021, she rode 3800 miles from Oregon to Virginia Beach over a period of two months. "That became the hardest, scariest, gnarliest thing I've done ... I didn't know that was possible."

Another expedition took place in summer 2022 when the

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two of them (Cheshire and Crandall) participated in a 2700 mile mountain bike race called Tour Divide from Banff, Canada, to the border of Mexico. “I wouldn’t recommend it to another blind person,” Cheshire said. “I don’t know how I made it through that race without serious injury.”

By day two of that event, Cheshire thought about quitting. Every day, she was intent on getting through the next day. “It is in the really hard stuff I have done that I learned the most about myself. I am more confident and more clear.”

This spring, she is on a two-month journey with the goal of summiting Mount Everest and Lhotse. Fellow veteran Lonnie Bedwell, a Move United Warfighters Ambassador who is also blind, had been bugging her to do a climb. The two of them will meet up at base camp before starting the climb. If Cheshire is successful, she will be the first blind woman to summit Everest. “No blind person has ever completed the double summit.” Most people are familiar with Everest, but not as familiar with Lhotse, which is the fourth highest peak in the world.

Eventually Cheshire would like to figure out if she could complete the double crossing of the Grand Canyon on her own, without a sighted guide. “I’m not sure if that can be done.” And next year, she is considering the possibility of skiing to the South Pole. “There’s always something ... you never know.”

“I am still sad about being blind, but try not to focus on that.” What she does want to focus on is encouraging the blind community to start doing more of these type of things so “there will be less and less people saying we can’t do certain things.” You can follow her Everest journey at choosingtosee.org. ■

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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Durango, CO
asadurango.org

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

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

Challenge Aspen
Snow Mass Village, CO
challengeaspen.org

Colorado Discover Ability
Grand Junction, CO
cdagj.org

DuMyon Martial Arts
Colorado Springs, CO
dumyonmartialarts.org

Foresight Ski Guides Inc.
Vail, CO
foresightskiguides.org

Golf 4 the Disabled
Greenwood Village, CO
golf4thedisabled.org

Ignite Adaptive Sports
Boulder, CO
igniteadaptivesports.org

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

Paradox Sports
Eldorado Springs, CO
Paradoxsports.org

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

Telluride Adaptive Sports Program
Telluride, CO
tellurideadaptivesports.org

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

CONNECTICUT

Gaylord Sports Association
Wallingford, CT
gaylord.org/sports

Leaps of Faith Adaptive Skiers
Newtown, CT
lofadaptiveskiers.org

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

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
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

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

MICHIGAN

Adaptive Ski Association-West Michigan
Ada, MI
skiccsa.org

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

Michigan Adaptive Sports
Detroit, MI
michiganadaptivesports.com

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

PVA Minnesota Chapter
Minneapolis, MN
mnpva.org

Twin Cities Adaptive Cycling
Minneapolis, MN
tcacycling.org

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

MISSOURI

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

Gateway Disabled Ski Program
Eureka, MO
Gdspstl.org

Midwest Adaptive Sports
Dearborn, MO
midwestadaptivesports.org

MONTANA

DREAM Adaptive Recreation
Whitefish, MT
dreamadaptive.org

Eagle Mount Billings

Billings, MT
eaglemount.us

Eagle Mount Bozeman
Bozeman, MT
eaglemount.org

Eagle Mount Great Falls
Great Falls, MT
eaglemount.net

NEVADA

City of Las Vegas Adaptive Recreation
Las Vegas, NV
lasvegasnevada.gov

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

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

NEW HAMPSHIRE

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

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

Granite State Adaptive
Mirror Lake, NH
gsadaptive.org

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

Mount Washington Valley Adaptive Sports
Bartlett, NH
mwvas.org

New England Disabled Sports
Lincoln, NH
nedisabledpsports.org

New England Healing Sports Association
Newbury, NH
nehsa.org

Northeast Passage
Durham, NH
nepassage.org

Waterville Valley Adaptive Sports
Waterville Valley, NH
watervilleadaptive.com

NEW JERSEY

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

Navigators Adaptive Sports Club
Bayonne, NJ
navigatorsadaptivesports.com

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

NEW MEXICO

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

Adaptive Sports at Ski Apache
Ruidoso, NM
skiapacheadaptivesports.com

NEW YORK

Adaptive Sports Foundation
Windham, NY
adaptivesportsfoundation.org

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

Capital Region Nordic Alliance
Albany, NY
capitalregionnordicalliance.org

GallopNYC
Forest Hills, NY
gallopnyc.org

Greater Buffalo Adaptive Sports
Hamburg, NY
sledhockeyfoundation.org

Greek Peak Adaptive Snowsports
Endwell, NY
gpadaptive.org

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
Commoutionnc.org

NORTH DAKOTA
Dreams in Motion
Mandan, ND
facebook.com/dreamsinmotioninc

Prairie Grit Adaptive Sports
Minot, ND
prairiegritsports.com

OHIO
Adaptive Sports Connection
Powell, OH
adaptivesportsconnection.org

Adaptive Sports Program of Ohio
Wooster, OH
adaptivesportsohio.org

Rec2Connect
Cleveland, OH
rec2connect.org

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

Youth Challenge
Westlake, OH
youthchallengesports.com

OKLAHOMA
Oklahoma Adaptive Sports Association
Oklahoma City, OK
okasa.org

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

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

OREGON
Adaptive Sports Northwest
Beaverton, OR
adaptivesportsnw.org

Adventures Without Limits
Forest Grove, OR
awlouddoors.org

Oregon Adaptive Sports
Bend, OR
oregonadaptivesports.org

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

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

Coastal Adaptive Sports
Myrtle Beach, SC
coastaladaptivesports.org

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

SOUTH DAKOTA
Helping With Horsepower
Mitchell, SD
Helpingwithhorsepower.com

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

TEXAS
Kinetic Kids
San Antonio, TX
kinetickidstx.org

Lone Star Paralysis Foundation
Austin, TX
lonestarparalysis.org

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

One Chair at a Time
Amarillo, TX
onechairatatime.org

Operation Comfort
San Antonio, TX
operationcomfort.org

RISE Adaptive Sports
Irving, TX
riseadaptivesports.org

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

Southwest Wheelchair Athletic Association
Fort Worth, TX
Swaasports.org

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
greenmtnadaptive.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

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

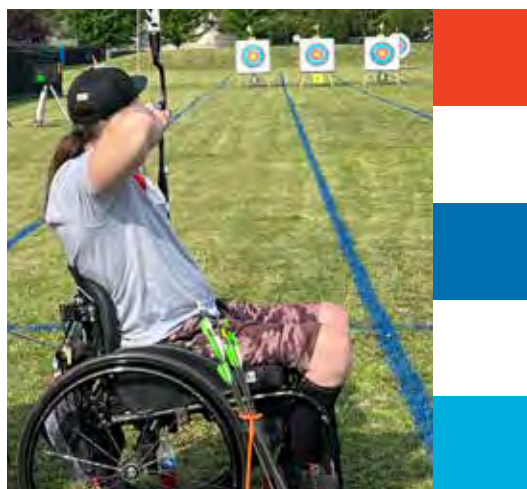
Teton Adaptive Sports
Teton Village, WY
tetonadaptivesports.com

MIDWEST | AROUND THE COUNTRY

NORTH SIDE ARCHERY CLUB HOSTS COMPETITION CHICAGO, ILLINOIS

Pursue your Paralympic dream at this international Para World Ranking Event (PWRE) occurring stateside this summer! North Side Archery Club is hosting the 2023 Chicago Para-Archery Championship from August 2-6, in Dunbar Park. You can get internationally classified before the event in order to compete

around the world and gain valuable experience during the event participating in a variety of rounds. Gold medal matches will be live streamed. For youth archers we will be conducting a separate event for them so they can be part of the fun. Registration for both the PWRE and youth event will open very soon.



PLAY WHEELCHAIR LACROSSE IN LA CROSSE LA CROSSE, WISCONSIN

What better place to learn and play wheelchair lacrosse than in La Crosse? STAR Center will begin offering this new sport this spring. New and experienced players are welcome and you do not need to be an everyday wheelchair user to participate. All equipment will be provided. Through May 6, lacrosse will be held every Sunday afternoon from 1:00-2:30 p.m. at Central High School in La Crosse. The cost for this eight-week session is \$30.

Please contact Bri Colton at 608-797-6295 or info@starcenterlacrosse.org for more information.



THE CENTER FOR INDIVIDUALS WITH PHYSICAL CHALLENGES YOUTH SUMMER CAMP TULSA, OKLAHOMA



The Center for Individuals with Physical Challenges' (The Center) Camp Get Centered is a day camp that offers opportunities for children and adolescents with physical challenges, ages 6- to 17- years-old. Camp Get Centered offers nine weeks for campers to actively engage in recreational activities, adaptive sports, outings and cooperative games all while building a social network with peers and meeting their individual needs and goals. Campers get to enjoy a variety of adaptive sports including wheelchair basketball, archery, para powerlifting, wheelchair softball, adaptive indoor climbing, boccia ball, golf, wheelchair football and more. Campers also get to experience field trips and special guests. Camp is held at the Hardesty Adaptive Sports and Recreation Facility.

For more information, contact Kelly Evans, CTRS/L, Youth Coordinator at 918-794-4526 or kevans@tulsacenter.org and visit our website at tulsacenter.org.

TURNSTONE HOSTS 2023 ENDEAVOR GAMES FORT WAYNE, INDIANA

Turnstone is excited to host the 2023 Endeavor Games on June 23-25. This event is being brought back to Turnstone in Fort Wayne, Indiana, after taking a year off. As usual, multiple sports will be featured including archery, air rifle, boccia, swimming, track and field, and more. The Endeavor Games are the perfect opportunity to try a new adaptive sport or compete against athletes from all over the country. Both novice and competitive-level athletes are welcome. Registration to participate will open on April 1. Volunteer opportunities will be available during this event. Those interested in volunteering should stay tuned for the link to sign up.

The Endeavor Games exists to create equitable access to sport competitions for individuals with physical disabilities. The Turnstone Endeavor Games take place in partnership with the University of Central Oklahoma (UCO) games which typically takes place in June. Additionally, since its first year in 2000, the games have provided training clinics for aspiring athletes.

Visit <https://turnstone.org/sports/endeavor-games> for more information.



SUMMERS IN MONTANA ARE FAST, FURIOUS, AND FUN-FILLED BOZEMAN, MONTANA

Summer in Southwestern Montana is a season crafted for experience — the daylight stretches longer, allotting immeasurable hours for adventure and specifically — Eagle Mount’s adventure days. Starting in early June, participants gather weekly at the Eagle Mount Campus before venturing off to hike, kayak, canoe, raft, zipline or explore the infamous Lewis and Clark Caverns.

Adventure days volunteer Kate Iosif said, “Bozeman isn’t a big city, but it’s so easy for anyone to get overstimulated in our fast-paced, go-go-go society. Adventure Days allow our

participants to be removed from their day-to-day element and experience the wonderful magic that is Montana in the summertime. As a volunteer, I witness constant pure, raw, and unfiltered joy during these days — I’m so inspired by the work done at Eagle Mount – the happiest place in the West!”

Last year marked Eagle Mount’s 40th anniversary of making adventure and recreation in Montana accessible to all.

For more information on Adventure Days, please visit our website at eaglemount.org.

DISCOVER THE WEST’S NATURAL WONDERS LOGAN, UTAH

Common Ground Outdoor Adventures (CGOA) has a great lineup of destination camping trips this summer, including: Moab, Utah, to explore Arches National Park and spend some time on the river; Stanley, Idaho, to check out ghost towns and rediscover Redfish Lake, and Jackson, Wyoming, for adventures on the Snake River. For individuals with MS there is a trip to Yellowstone National Park to stay in a cabin, observe the artifacts and animals of the Grizzly and Wolf Discovery Center and experience the majesty all around Yellowstone National Park.

For warfighters CGOA is offering a 4-day learn to fly fish camping trip funded in part by a grant from the United States Department of Veterans Affairs.

CGOA also offers a wide array of local day camps and outdoor recreational activities including cycling, canoeing, archery, hiking, and much more.

For more information, visit cgadventures.org or call 435-713-0288.



CAMPING AT STARS RANCH STEAMBOAT SPRINGS, COLORADO

Steamboat Adaptive Recreational Sports and Craig Hospital's Adventure Program have teamed up to provide equine therapy programming for individuals who have acquired a spinal cord or brain injury.

This spring, Craig Hospital Adventure Program and STARS are excited to welcome people to a 4-night/5-day camp at the stunning STARS Ranch, a haven of hope and healing, near Steamboat Springs, Colorado. Participants will learn the necessary skills to take care of a lovely herd, enjoy the excitement of horseback riding, and develop athletic abilities such as balance, strength, and endurance. Craig Hospital and STARS believe adaptive recreation can positively impact participants and their families by developing confidence, self-esteem, and independence, all while discovering the fantastic opportunities found in the outdoors.

The organizations are excited about the opportunity to work together in their first joint camp in equine therapy.

For more information, please contact STARS at 970-870-1950 or Brayson Pope, CTRS at Craig Hospital at 303-789-8174.



ADAPTIVE SPORTS CENTER OFFERS ADVENTURE EQUITY INITIATIVE CRESTED BUTTE, COLORADO

Advocating for equal access to outdoor recreation activities for people with disabilities is core to the Adaptive Sports Center's (ASC) mission and they have accomplished this by offering adaptive adventures at a reduced cost.

Recently, the ASC introduced its Adventure Equity Initiative, which helps provide equal access to adventure sports for our participants. "We reduce the cost, taking a full-day adaptive activity from a historical \$225 to \$125. Along with the need for specialized equipment and instruction, we recognize that the cost to enjoy the outdoors is a common barrier to participation for people with disabilities. We want to make the cost equal to, or

better, than what the general public would pay to enjoy the outdoors," shares the Program Director, Chris Read. Furthermore, "If additional assistance is still needed, we have a special scholarship fund."

Those who can contribute above the lesson fee can pay it forward by adding a tax-deductible donation to their lesson payment. This peer-to-peer show of support helps fellow adventurers with disabilities and their loved ones join the Adaptive Sports Center to experience the therapeutic value of outdoor adventures.

Learn more: adaptivesports.org/adventure-equity.

BOEC'S HEROIC MILITARY PROGRAM FOR VETERANS BRECKENRIDGE, COLORADO

As a national leader in outdoor sport and adaptive adventure, the Breckenridge Outdoor Education Center (BOEC) provides unique opportunities to explore the amazing sights and sounds of the Western United States through a variety of programs.

This summer BOEC's Heroic Military Program includes a series of classic western river trips designed specifically for men and women who served our country in the line of duty and are now faced with the challenge of accepting and living life with a disability. A river trip is the ideal setting to reintegrate, acquire new knowledge and skills, build new bonds, have fun together, and escape from every day routines and life's distractions. One may also rediscover their strength and solidity as we travel down the beautiful canyons of the Colorado River and Utah.

Visit boec.org or email Claire@boec.org for up-to-date details and dates.



CLIMBING PROGRAMS WITH PARADOX SPORTS ELDORADO SPRINGS, 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 program and National Trips, which include rock and ice climbing programs across the United States.

One of Paradox Sports' climbing programs is the Shelf Road climbing weekend near Cañon City, Colorado. Shelf Road is one of the most popular sport climbing crags in Colorado and offers an array of climbing on limestone cliffs. Paradox Sports is the industry leader in adaptive climbing and offers participants specialized equipment, instruction and the opportunity to build community. Paradox Sports offer climbing programs for everyone; from beginner to experienced climbers. The Shelf Road program features two days of top-rope climbing for individuals of all ability and mobility levels.

This year's trip will be held from April 21-23, 2023.

For more information, check out paradoxsports.org/trips/shelf/.



EXPLORE PARTNERS IN ADVENTURE SUMMER CAMPS ESSEX, VERMONT



Partners In Adventure (PIA) has amazing opportunities for young people with disabilities and friends! PIA's Summer Day Camp runs four sessions from June to August.

Our summer camp days are filled with horseback riding, archery, swimming, sailing, flying kites, fishing, disc golf, biking, life skills, and outdoor education!

This summer PIA has decided to team up with the Northeast Disabled Athletic Association for some afternoons adapted kayaking! We have also partnered up with Burton's Volunteer "CHILL" Program to offer paddleboarding experiences!

We are passionate about utilizing Vermont's natural gifts of beautiful lakes, and winding streams. Staying cool in the summer, and playing outside is at the top of our summer to-do list!

Partners In Adventure is a year-round, one-of-a-kind nonprofit program, which offers a wide variety of adapted and inclusive recreational and social programs for young people, age seven and older, with disabilities or any ability.

Our mission is to honor diversity while providing unique experiences that foster independence, self-esteem, and build social and community connections.

Check us out!

www.partnersinadventure.org

CYCLE FAIRMOUNT PARK OR THE CHESTER VALLEY TRAIL PHILADELPHIA AND CHESTER COUNTY, PENNSYLVANIA

For the past 30 years, the Pennsylvania Center for Adapted Sports (PCAS) has provided opportunities for people with disabilities to ride in our Philadelphia and Chester County cycling programs.

Both programs start in April.

The PCAS Philadelphia Cycling Program's Fairmount Park location along the Schuylkill River is ideal for a day of cycling and friendship. Riders may bike past the Philadelphia Art Museum along the eight-mile river loop. The Chester Valley Trail hosts our Chester County program. The picturesque path is level and paved, making it excellent for recreational bikers.

People who like to compete can participate in regional rides and races with PCAS throughout the year.

We have access to a wide range of handcycles and bikes that can be customized to meet the needs of almost any rider.

Our volunteers ensure everyone gets out for a ride, whether you are a longtime participant or new to the program.

Our goal is for a strong ride and a good time to be had by all. New athletes and volunteers are always welcome.

For more information, contact Judy Morrison. judy.mossison@centeronline.com



GO CLIMBING AND MORE WITH AOEC CARRABASSETT VALLEY AND BRUNSWICK, MAINE



Summertime at the AOEC is jam-packed with fun activities ranging from sailing and waterskiing to nature

education. We've highlighted a couple of our programs below! *You can check out our full program calendar at www.adaptiveoutdooreducationcenter.org/calendar.*

WheelTogether Retreat, July 6-9. In partnership with Jesi Stracham of Wheel With Me Foundation and Monica Quimby, this is a four-day retreat geared toward people living with spinal cord injuries. Activities include recreation, empowerment workshops, and a whole lot of fun!

Horizons Climbing Trip to Acadia

National Park, May 10-12. This is in partnership with Acadia Mountain Guides and includes 1.5 days of climbing in spectacular Acadia National Park!

Horizons Equine. In partnership with The Horse Barn, this program is open to all abilities and ages! We will also be developing a Special Olympics Show Team for those who want to take their skills to the competition level.

Please contact us at infoAOEC@gmail.com with any questions!

GO HIKING AND KAYAKING WITH NEHSA SUNAPEE REGION, NEW HAMPSHIRE

New England Healing Sports Association (NEHSA) will continue to explore the trails this spring with our hiking program! Join us for accessible hiking opportunities in and around the Sunapee region in beautiful New

Hampshire this May. NEHSA will also continue our kayak program this summer with programming beginning late June and continuing throughout the summer at a variety of great paddling locations.

For more information please email us at info@nehsa.org or give us a call at 603-763-9158. Athletes and Volunteers are encouraged to reach out!

IMPROVE YOUR SKILLS AT A PARA SWIMMING CLINIC NEW HAVEN, CONNECTICUT



Join Adaptive Sports New England and Southern Connecticut State University April 21-23 for the 2023 Northeast Para Swimming Clinic on the SCSU campus in New Haven, Connecticut. Advance your strokes and refine

technique; make new friends; and learn about pathways to your high school team, to college competition, to the Paralympic Games, and to swimming for lifelong fitness and fun. The staff is led by Paralympic gold medalist and coach of the U.S. Paralympic swim team, Michael Prout Jr., and will include additional Paralympians and national team swimmers who have a variety of disabilities. This clinic is designed for Para swimming eligible youth (S1-S13) ages 8-18 who have good swimming fundamentals and who can swim 100 yards. Classification is not required. The clinic will include four pool sessions plus classroom and dryland training instruction. Housing and overnight supervision will not be provided, though a hotel room block will be reserved. Dinners and Saturday lunch will be provided. Cost: \$150. Financial assistance available. Local/personal coaches may participate by arrangement.

For more information, go to <https://adaptivesportsne.org/swimclinic/> or contact Coach Michael Prout at mike.prout@adaptivesportsne.org.

MOUNTAIN BIKE WITH ROCHESTER ACCESSIBLE ADVENTURES VICTOR, NEW YORK



The Town of Victor Department of Parks and Recreation in cooperation with Move United Member Rochester Accessible Adventures offers an adaptive mountain bike

program for youth and adults. The program was initiated through a grant from the Finger Lakes Visitor's Connection and the Ken Lou Foundation to enable beginner and novice adaptive sports athletes the opportunity to participate in the sport of off-road cycling. Victor celebrates (65) miles of multi-use trails including the Auburn and Lehigh Valley accessible trail systems as well as opportunities for adaptive mountain biking at its famed Dryer Road Park.

Riders will need to be able to transfer on and off of the bike, with or without assistance, and have the ability to self-propel the bike's electronic assist hand pedals. Kick off the 2023 riding season and check out the adaptive mountain bike at the Department of Parks and Recreation's "Kids and Family Bike Festival and Rodeo" which is an inclusive event happening on Saturday, May 13 from 10 a.m.–noon at the Victor Recreation Center. The event is free to the public.

For more information on the program, contact Brian Emelson, Director of Parks and Recreation at 585-742-0141 or Anita O'Brien, RAA Executive Director, 585-491-6011.

GET OUTDOORS WITH THE ADAPTIVE SPORTS FOUNDATION CATSKILL MOUNTAINS, NEW YORK

Known for its adaptive ski and snowboard school in the winter, the Adaptive Sports Foundation (ASF) has several outdoor programs scheduled in the spring and summer months in the Catskill Mountains of Upstate New York.

Beginning in May, the ASF hosts its Warriors in Motion® (WIM) events throughout the summer. The WIM program provides participating injured U.S. servicemen and women with a basic knowledge and practice of wellness and the importance of healthy living. The WIM events that are scheduled for summer 2023 include road cycling, mountain biking, hiking, kayaking and golf.

This will also be the third summer of ASF's Adaptive Skateboard Camps. The ASF hires pro-level skateboard coaches to offer its students the best training available. Whether the participant has been skating for years or they're just getting started, they'll have a blast learning skateboarding tips and tricks at the ASF.

What's summer without a summer camp? Each year the ASF hosts multi-sport summer camps, where campers can

enjoy the outdoors and the beauty of Windham, New York. The camps are four days long, and each day includes outdoor activities such as biking, hiking, kayaking and more.

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



SAILING ON THE CHESAPEAKE BAY ANNAPOLIS, MARYLAND



The long-anticipated CRAB Annapolis Adaptive Boating Center (ABC), located in Annapolis, Maryland, is set to open this spring! Annapolis

is known as the “Sailing Capital of the United States,” and with the addition of the ABC it will become the “Accessible Sailing Capital of the World.” The ABC will be open year-round, with a 16-slip floating dock marina, increased

adaptive boarding equipment for guests (Hoyer lifts and transfer slides), an open-air pavilion, and a 2,660 sq. ft learning center, all built to exceed ADA standards.

In the future, other adaptive and recreational water sports will be added, such as canoeing, kayaking, wakeboarding, and radio-controlled sailboat racing. CRAB’s fleet includes six Beneteau First 22A’s (Adaptive) with bucket seats and a 4-point harness system; plus, a Martin 16’ sailboat with a “Sip & Puff” steering system.

Soon the fleet will boast a Gemini Freestyle 399 power catamaran that can host up to 5 wheelchair users for fishing and pleasure cruising. Boating certification courses, virtual training courses, and therapy courses for people with disabilities will be incorporated into CRAB’s programs and will continue to be offered free of charge. CRAB is the only provider of recreational and therapeutic sailing on Chesapeake Bay.

To learn more, call 410-266-5722 or go to www.crabsailing.org.



CONQUER GAYLORD GAUNTLET 5K TRAIL AND OBSTACLE RUN WALLINGFORD, CONNECTICUT

The Gaylord Gauntlet 5k Trail and Obstacle Run celebrates its tenth year with 1,000 runners expected to participate in the Saturday, June 24, race. Adaptive Athlete Sponsorships Available for Out-of-State Residents – Apply Online!

Held entirely on the 400-acre campus of Gaylord Specialty Healthcare, a nonprofit rehabilitation-focused healthcare system in Wallingford. The course offers wooded trail and open field running with 24 natural and man-made obstacles, lots of mud, walls, climbing net, logs, fire, a rope swing, ladders, a giant see-saw, a larger-than-life waterslide and more.

The course is a fun challenge for everyone, with all racers utilizing the same obstacles and alternate routes around most obstacles.

Two adaptive athletes will be selected as the 2023 Gaylord Gauntlet Sponsored Adaptive Athletes. Eligible applicants must be over 16, have a permanent physical disability, and live outside of Connecticut.

If you’re ready to conquer the Gaylord Gauntlet or to learn more about sponsored adaptive athlete opportunities, visit www.gaylordgauntlet.org or email sports@gaylord.org.



ADAPTIVE MARYLAND DAY UPPER MARLBORO, MARYLAND

Promise Landing Farm, a PATH International Premier Accredited Center and inclusive equestrian community, will host the first-ever Adaptive Maryland Day, a regional festival and resource fair, on May 7, 2023, from 1 p.m.-4 p.m., at its farm in Upper Marlboro, Maryland.

Presented in partnership with Prince George's County Parks & Recreation, this half-day inclusive festival is an opportunity for attendees to experience hands-on adaptive sports activities, gather invaluable resource information, hear from experts, and more. Enjoy food trucks, entertainment, giveaways and door prizes. Adaptive Maryland Day welcomes all ages and all disabilities.

Visit www.promiselandingfarm.org/events/amd for more information.



GOT THE NERVE? TAKE PART IN THE TRIATHLON HOSTED BY IM ABLE FOUNDATION MT. GRETNA, PENNSYLVANIA

The 20th Annual Got the Nerve? Triathlon is an Official USAT Sanctioned and Paratriathlon Friendly race. Participants include beginners and veteran triathletes, adaptive athletes, and families young and old. The 2023 Got the Nerve (GTN) is a one-day event held just outside of Harrisburg, Pennsylvania on Saturday, May 20.

The first 20 adaptive athletes who register and compete in the race will have their registration fees sponsored by Green Valley Dental in Sinking Spring, Pennsylvania. IM ABLE provides volunteers, instruction, and motivation to new adaptive triathletes, and has a range of adaptive equipment to enable your participation, depending on availability.

GTN features a sprint & Olympic-distance triathlon (swim, bike, run), duathlon (run, bike, run), and aquabike (swim, bike). GTN has inspired thousands of individuals of all abilities to challenge themselves in a motivating and encouraging race environment.

For more information, please go to <https://gotthenerve.org/>.



JTCC WHEELCHAIR TENNIS ALL-COMERS CAMP COLLEGE PARK, MARYLAND



JTCC, a tennis center in College Park, Maryland, with the mission of “Tennis for Everybody,” will host its second All-Comers Wheelchair Tennis Camp sponsored by USTA on July 28-30. The camp is open to wheelchair tennis players of all ages and levels of tennis playing experience, from their first time on the tennis court to experienced tournament players. Last year, 2x Paralympian Shelby Baron and Team USA National Coach Paul Walker led the camp for 20 wheelchair tennis players from around the country, supported by JTCC tennis coaches with experience in coaching wheelchair tennis.

Registration (\$150) includes 15 hours of on-court instruction and meals, and tennis wheelchairs are available to those who need them.

To secure your spot in this year’s camp, email Gabby Hesse at ghesse@jtcc.org to be informed when registration is open.

ADAPTIVE KAYAKING WITH NORTHEAST DISABLED ATHLETIC ASSOCIATION THROUGHOUT VERMONT AND UPSTATE NEW YORK

NDAA’s mission is to empower people with disabilities to participate in recreational and competitive athletics, including sailing, sit-skiing, sled hockey, handcycling, power soccer, and kayaking. We believe that no disability is too limiting for the kayaking experience! Northeast Disabled Athletic Association (NDAA) offers adaptive kayaking throughout Vermont and upstate New York for people with disabilities to enjoy the independence of paddling under their own power, together with their family and friends.

Led on-site by a physical therapist, trained volunteers assist with safe, adaptive equipment – including

stabilizing outriggers, high-back seats, a variety of transfer techniques, and adaptive paddles for people with significant upper-body limitations. We love to see people leave their assistive devices on the shore!

Our kayaking program runs weekly from June-October. Participants must pre-register and are screened to assess each person’s individual needs, so they can be prepared to hit the water seamlessly on the day of their outing.

Visit NDAA’s website disabledathletics.org or <https://ndaaadaptivekayaking.wixsite.com/website> or contact Cathy at kayak@disabledathletics.org for more information.

GREEN MOUNTAIN ADAPTIVE SPORTS HOSTS ADAPTIVE AQUATICS TRAINING BURLINGTON VERMONT

Green Mountain Adaptive Sports and the Greater Burlington YMCA are joining forces to host a trainers’ workshop in Adapted Aquatics on April 30 and May 1 at the YMCA in Burlington, Vermont. Trainers Carla Hacker and Jess Lukas will co-facilitate the two-day experience that will provide participants with the information to instruct their athletes in the water, regardless of ability.

The participants in this in-water and in-classroom workshop will learn to teach adaptations to the basic swimming skills in a supportive and interactive community building environment. Participants will also be introduced to the principles of Universal Mindset, an approach that facilitates inclusion in every environment.

Two days instruction and lunch are included each day. Pre-registration



ONLY. Registration fee is \$250 after April 1. Scholarships available.

Reach out to Green Mountain Adaptive Sports for details at <https://greenmtnadaptive.org/gmas-hosts-adaptive-aquatics-training/>.

KINETIC KIDS LOOKING FORWARD TO COMPETITIVE SEASON SAN ANTONIO, TEXAS



Kinetic Kids provides programs in different divisions to serve kids ages 18 months to 21 with any intellectual, developmental, or physical disabilities. Kinetic Kid's most competitive division,

parents to feel like they belong and have the resources to be successful. To help this goal, SA Xtreme Future's Day Clinic is a new one-day sport

San Antonio Xtreme, is offered to athletes with physical disabilities only. San Antonio Xtreme's goal is to not only provide gold standard programming, but also a supportive community for competitive athletes and

sampler for future competitive athletes and their families to learn about adaptive equipment, competitions, and scholarships.

This spring and summer we look forward to kicking off our competitive season in outdoor archery, track and field, and swimming. Each program will offer weekly practices with experienced, sport-specific coaches that aim to elevate performance for each athlete. Our teams will compete in local and national competitions throughout the Move United circuit.

If you live in San Antonio or the surrounding areas, we would love for you to get involved!

Contact Adaptive Sports Director, Jenna Malsbury at 561-797-7041 or by email, jenna@kinetickidstx.org.

PLAY TENNIS AT THE SPORTABLE RIVER CITY SLAM RICHMOND, VIRGINIA

The third annual River City Slam returns to historic Richmond, Virginia, June 8-11. The Level 2 USTA-sanctioned event anticipates top-class competition and nationally ranked wheelchair tennis players representing states from coast-to-coast at the state-of-the-art Williams-Bollettieri Tennis Center.

Registration is now open at Sportable.org to all levels including first-time players in divisions A, B, C, D, Quad Open, and Juniors.

Boasting one of the largest juniors'

divisions in the country, the River City Slam will also be included in the USTA Junior Wheelchair Tennis Tournament Series, a group of nationally-ranked tournaments focused on providing level-based play opportunities for junior wheelchair players.

For more information about the River City Slam Wheelchair Tennis Tournament, including registration, contact Tournament Director Forrest Lodge at forrest@sportable.org or 804-340-2991.



Photo © Mark Gormus

FUN SPORTS AND RECREATION WITH SPORTSABILITY TALLAHASSEE, FLORIDA

Family Cafe: Join SportsAbility Alliance at the 25th Annual Family Cafe in Orlando June 9-11. SportsAbility will be hosting Sampler programs, which allows attendees to try SCUBA, tennis, introductory EcoRover experiences and many other activities! Adults and children with and without disabilities can experience these free events!

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 tennis goes from July 6-July 27. 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.

sportsability.org/miracle-sports

ALLOUT Adventure Tours: Visit our website sportsability.org/allout for information on ALLOUT Adventure Tours. New adventures across Florida are added all the time!

For additional information, sportsability.org.



CLIMB IN THE SIERRA NEVADA WITH ACHIEVE TAHOE ALPINE MEADOWS, CALIFORNIA



Join Achieve Tahoe this summer for our outdoor climbing program in partnership with Palisades Tahoe and the North American Ski Training and Climbing School (NASTC). We offer both indoor and outdoor climbing, both located in the North Lake Tahoe area. Indoor climbing is operated from our Achieve Tahoe wall in the historic Palisades Tahoe tram building and is perfect for those who want to build their skills. The outdoor climbing program takes place on select days throughout the summer at the legendary Donner Summit, with help from NASTC's certified guides. Our outdoor climbing days are perfect for those looking to explore and take in the natural beauty of the Tahoe area from a new perspective. Our climbing program can be adapted to accommodate almost all disabilities, and our trained and certified instructors are ready to help you find your inner climber and reach new heights!

For more information, please visit www.achievetahoe.org, email info@achievetahoe.org, or call 530-581-4161 ext. 6.



WHEELCHAIR SPORTS FESTIVAL SANTA CLARITA, CALIFORNIA

Triumph Foundation invites the community to the 10th Annual Wheelchair Sports Festival scheduled for Saturday, April 29 and Sunday, April 30 in Santa Clarita, California. The event is free and open to all abilities. This is a full day filled with challenge, wheelchair sports, community resources and great friends!

Activities include: wheelchair hockey, basketball, quad rugby (a.k.a murderball), racquetball, baseball, handcycling, tennis, scuba, wheelchair skating, dance, yoga, wheelchair obstacle course.

Resource Fair featuring informational booths and exhibitors will be open throughout the festival.

To learn more please visit: www.triumph-foundation.org/WSF.



TRY MULTIPLE ACTIVITIES AT ADAPTIVE SPORTS FAIR PALM DESERT, CALIFORNIA

April 22 marks Earth Day, but it is also a time to celebrate adaptive sports at the Palm Desert Adaptive Sports Fair at the Civic Center Park, 43900 San Pablo Ave. The

Fair is brought to the public by SoCal Adaptive Sports and Desert Recreation District Adaptive. There will be a number of adapted sports to play, as well as, community vendors

offering information and resources.

For further information, contact Mike Rosenkrantz, mike@socaladaptivesports.org.

FOOTLOOSE DISABLED SAILING SEATTLE, WASHINGTON

Footloose introduces sailing as recreation and sport to disabled people of all ages. Their family, friends and caregivers are also welcome to participate. We have big and small sailboats available for our day sails out of the north Leschi marina on Lake Washington. Our events are scheduled on the average of twice a month throughout the late spring, summer and early fall, and once every summer we sail across Puget Sound for a two night camping trip at Blake Island. We are an all volunteer organization and always looking for volunteers to help with shoreside tasks, on the docks and out on the water. It's good, safe family fun!

Come join us! The Footloose motto is "Leave Your Disability at the Dock."



For our event schedule and more information: footloosedisabledsailing.org and facebook.com/FootlooseSailingAssociation.



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Visit www.mobiusmobility.com for more information or call us at 833-346-4268.

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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.



KINNEX 2.0 MICROPROCESSOR ANKLE

The Kinnex 2.0 microprocessor ankle is designed for real life, without compromise. Featuring 30 degrees total range of motion available in the first step, heel height accommodation from barefoot up to 2-inch heels, a full length carbon fiber footplate, and the ability to be fully submerged in water, users can confidently participate in their activities of daily living without worry. Kinnex has a patient app available on iOS and Android to save up to 100 shoes and adjust settings to ensure the most comfort regardless of footwear. Trial Kinnex today to stop compromising with your MPA!

Visit proteorusa/Kinnex.



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