

move UNITED

MAGAZINE | WINTER 2023



VOLUME 28 | NUMBER 3

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NOT TO SKI**
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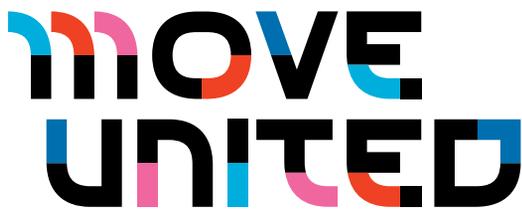


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We talk a lot about the fact that we want to build a movement. But what exactly does that mean?

This movement obviously includes the 225 member organizations that are located across 45 states. It also includes the individual athletes that participate in sports on a regular basis. And of course, it includes the corporations and foundations (found on page 10-11) that have invested in our work and understand the power of sports.

It also includes numerous partners that Move United works with day in and day out. I wish I could list them all here, and maybe in future issues of the magazine we can mention more of them. But here are three that I wanted to note:

For our wounded warfighters, Move United continues to work with a variety of partners to offer adaptive sports programs and train warfighters as adaptive sport leaders. Support from partners such as the NFL-BWF Salute to Service program, the VA Adaptive Sports Grant, Nike, and others have allowed us to maintain sports leagues and offer regional competitions, education, training, and participation to more than 1,800 unique veterans and service members with disabilities annually.

The Move United Inclusive Playbook continues to attract and invite partnership from community and education sectors. Girls on the Run have been a dedicated partner and an Inclusion Champion since the launch of the playbook in their commitment to create inclusive opportunities using educational tools and products created by Move United. Organizations interested in demonstrating their commitment to inclusion in sport are invited to become an Inclusion Champion.

And recently, Move United executed an MOU with the National Recreation and Parks Association (NRPA) focusing on educational initiatives that will enhance our respective services. This is an exciting opportunity to reach 60,000 park and recreation professionals and advocates and 10,000 park and recreation agencies — inviting new communities into adaptive sport.

Of course, partnerships also make this magazine possible. Speaking of, let's take a look at what's inside. On page 6, we highlight the sport of alpine skiing, which continues to be a popular season adaptive sport. Technology continues to advance and provide even more opportunities for individuals with disabilities to get outside and go down the slopes. The other sports feature in this issue focuses on ice climbing. You can read more about it starting on page 16.

On page 12, check out the profile of Move United Warfighter Laura Root, who is a previous national champion in para shooting and is now turning her attention to Nordic and biathlon. You will also want to check out Derek Byrd's story on page 18. His current goal is to represent the United States at the next Winter Paralympics in 2026 in the sport of para snowboarding.

Winter is not a time to get the doldrums. There's plenty of sports and recreation opportunities that you can avail yourself to. Some of those provided by Move United member organizations across the country are listed starting on page 24.

Glenn Merry, Executive Director

Move United

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TO SKI OR NOT TO SKI: That is Not the Question

Skiing is not the easiest sport to learn, but it is a liberating one, according to 2022 Paralympian Allie Johnson. “It is a freeing feeling,” she said. Paralympic hopeful Saylor O’Brien agrees. “I have such a feeling of independence. When you have a disability, sometimes you are asking for help or figuring out how to do things for yourself. With skiing, I could do it independently.”

For anyone who loves the outdoors, skiing provides lots of opportunities. “Any way you can get outside is fantastic,” O’Brien said. “There’s nothing like ripping up the slopes for a few hours and having fun.”

Anyone who has the need for speed will also enjoy alpine skiing. Five-time Paralympian Chris Young, who won several medals (including gold) as a mono skier and now serves as an alpine race coach, fell in love with the sport because he was experiencing speed, but in a different way. “It is gravity powered. And there is nothing like the wind in your hair,” he said. “It’s so much faster than your daily life. So there is a fear factor.”

In addition, an often overlooked benefit of the sport is the focus on community. “Skiing is a social sport,” Johnson said. “I love going out with friends and having a nice powder day.”

GEAR UP

For starters, appropriate gear will be required that will allow you to handle the weather. Layering your clothing not only provides additional insulation but may allow you to adjust for the various elements that you might endure as well. Wear something soft and comfortable under your ski gear and avoid jeans if possible. Good socks are also highly recommended (not cotton) and multiple pairs aren’t necessarily needed. Gloves or mittens, neck warmers, and other items that can help keep you warm are also important.

Those are the basic items you typically have to provide or bring with you. Boots, helmets, and other equipment are often available at your location. “If you can, own your own helmet,” Young said. “It is the biggest piece of safety equipment.” Goggles are also important for protection of the

eyes from the sun and wind, particularly in higher altitudes. Other equipment will vary depending on the individual skier.

O'Brien, who started out skiing with Wasatch Adaptive Sports, a Move United member organization in Utah, suggests that adaptive skiing can be an expensive sport. "Look into hand-me-downs," she said. She also worked with the National Ability Center, where she skis now, to get the support she needed with gear and equipment. "You just have to figure it out."

SKIING OPTIONS

There are a number of different skiing options and adaptations available to fit various physical disabilities. Many adaptations use outriggers, which are used to help with balance as well as initiating turns and other movements. For stand-up skiers, four tracking — using two full skis and two hand-held outriggers — is one way to overcome challenges with balance and may be utilized by individuals with cerebral palsy or a brain injury and needs assistance to stabilize the body. Three-tracking — using one full ski and two hand-held outriggers — might provide someone with an amputated leg to ski and balance.

For true beginners or those needing a little more assistance, a slider might be the best way to go down a mountain. Sliders are essentially walkers with skis and allow individuals to rest your arms on a platform and distribute weight evenly. It is harder to fall and can take the fear factor out as well. This method also provides an opportunity to be tethered to an instructor or coach for additional support.

Sit down skiing is another method to experience the thrill of alpine skiing. With a bi-ski, you are positioned into a shell or bucket with two skis on the bottom. You are typically tethered to an instructor or stand up skier who can assist with steering and getting you safely down the mountain. Ski bikes are really useful for someone who has difficulty with balance or leg strength, including fatigue. Terrains may be restricted on certain hills for ski bikes however. A mono ski can be used by skiers who have balance in their trunk and can sit up with little support. This is a great way for individuals who can ski independently and has some upper body strength.

Visually impaired skiers are paired with a guide and use radios or speakers to communicate how to navigate safely down a mountain. And now, there's the Tetra ski. "It is like

an electric wheelchair on snow," Young said. So it is a pretty accessible sport. "Almost anyone can ski," Young said. "If you can get to the mountain, you can go skiing."

GETTING LESSONS

Beginners should find a learn to ski program in their area. There are so many great programs around the country, so reach out to see what is available. Once you've identified a program, you'll be paired up with one or more instructors. "Instructors and staff will help you size the right piece of equipment," Young said. "Come with an open mind and come ready to ask questions."

Some skiers can have one lesson and be good to go while others work with an instructor all their lives. Be sure to tell the instructor what you want to be able to do or what your goals are. "Keep at it and give it some time," Young said. "Don't have any expectations."

Beforehand, make sure you hydrate and eat, as more energy is consumed in the cold. While you are on the slopes, just relax and breathe. Also, if you don't use a part of your body, be mindful of that area in extreme winter conditions.



GOING COMPETITIVE

If you reach a point where you have mastered the mountain and want to challenge yourself or want to do more, what's next? Racing may be your next step. To compete at the highest level, you have to be technically, physically, and mentally ready.

"Ski racing is a start, a bunch of turns, and a finish," Young said. So the more time you spend on the snow, the better, particularly working on the fundamentals. Which is why

Continued on page 8 >>



Photo by Cliffey Burkemper

GETTING STARTED

Like with any activity, don't give up after your first try. Often weather or other factors can make or break your experience. So give it another shot before hanging up your skis. There are approximately 100 Move United member organizations that offer some sort of adaptive skiing program. For an opportunity near you, visit

moveunitedsport.org/locations. If you don't live near an adaptive program, don't hesitate to reach out to an able-bodied program about your interest in adaptive skiing.

"It can be scary," O'Brien said. "So you mainly just need to have a sense of adventure if you want to try it."

"It's such a magical time. It's euphoric. The mountains are a special place, no matter where you are," Young said. ■

Young, a Coast Guard veteran, recommends doing a lot of research and finding a coach to assist you. "You need to train six days a week. It should become your whole life," he said.

Johnson says that on-hill training is very important. She has been with the National Sports Center for the Disabled (NSCD), a Move United member organization based in Winter Park, Colorado. "Most growth occurs when we are uncomfortable," she said.

"Get comfortable with being uncomfortable," O'Brien said. "It's tough, mentally and physically on your body. So you need to have passion for your sport."

To start racing, you will want to find a race camp or program. The NSCD Program at Winter Park, the National Ability Center, and others offer elite training programs. Move United also offers a race camp at the annual The Hartford Ski Spectacular each December in Breckenridge, Colorado.

There are a number of ways to get actual race experience. It is recommended that you start local, as most camps often hold races at the end and several Move United member organizations host races throughout the year.

Eventually, you must get classified by the International Paralympic Committee (IPC) to qualify for the World Cup.



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LAURA ROOT COMBINES HER INTEREST IN PARA SHOOTING AND SKIING

Laura Root had planned to sign up for the Air Force and get commissioned as an officer in 2001, but her family talked her out of it. “They probably thought I would have trouble taking orders,” she said. So she went on with her life, going over to Paris, France to get a graduate degree in international affairs.

But when she came back to the United States, she still had the desire to serve. “I just thought — I have to do this. It was about the people and mission.” So she joined the Navy and became an intelligence officer. Her father and two grandfathers were in the Navy, and she felt that it was the most dynamic branch.

She attended OCS (Officer Candidate School) in Rhode Island and then completed her advanced training in Virginia. “There was a lot to learn. I learned how to get along with people and, through all of that, learned how to become a better leader.”

While being stationed in Norfolk, Root started experiencing some physical challenges. She was losing the use of her hands and feet and collapsed a lot. “I tried hard to ignore it.” After being sent to medical, it was discovered she had some organ damage and was diagnosed with a neuro muscular

illness. “I was diagnosed with an adult-onset version of muscular dystrophy and transferred to Washington, D.C.” In addition to experiencing pain, she occasionally has muscular spasms, is sensitive to heat strokes, and has some liver damage. She also had colon cancer in 2020 which was a side effect of the illness.

In 2012, Root was slated to go to the Warrior Games but didn’t quite make it. But she did go in 2013, where she won one of the first two gold medals for the Navy in shooting. She also competed at the Warrior Games in 2014 and 2016. She traveled to London in 2014 to represent the U.S. at the Invictus Games. “It was incredible, particularly being an international relations major.” Root became the National Shooting Champion in 2015 at Fort Benning. Also that year she completed her Level 2 Coach training and started working on advance training through USA Shooting.

This success in the sport, however, didn’t come immediately. The Navy Safe Harbor Wounded Warrior Program helped transition her out of the service and introduced her to the adaptive sport. She was flown out to Hawaii and met the Navy team there, where she was put on a rifle range. “I had never shot before, Root said. “I had no idea what was going

on for the first year. At the first competition, I adjusted the rifle the wrong way. But I still made the team.”

Root became a coach and learned how to run the targeting system for the electronic ranges. She has even helped the Air Force with their shooting program.

One of the reasons Root likes the sport of para shooting is because it is relaxing. “Your only job is to sit still and relax. It is a mental challenge.” Because she did yoga and meditation, she thought those activities helped her with shooting as well.

“As a veteran and someone with a disability, the challenges are still there. But it is nice to have a place to go and relax. One of the coaches would always say, ‘When you come into the range, you can hang up all your problems on the tree outside. When you leave again, it is your choice if you want to pick them back up.’”

It wasn’t until 2019, through the Tampa VA, that Root learned about adaptive skiing. That year, the Tampa VA brought a group out to Breckenridge, Colorado, for Ski Spectacular. “I maybe went skiing once in college.” So she

had the opportunity to learn to ski then and returned to the event in 2022.

This year, Root is focusing on Nordic and biathlon. “I wanted to bridge shooting with skiing,” she said. “It is a hard sport for cardiovascular. It is challenging because your heart rate is up when you are skiing and then you have to relax and shoot.”

According to Root, there’s a lot of room for growth when it comes to dialing in her skiing. “In Nordic, I don’t need a lot of adaptation. I have my own set of skis and outriggers thanks to the grant I received at last year’s event.”

Being from Florida, she obviously has to travel to other parts of the country to be able to participate in the sport. She enjoys going out to the Adaptive Sports Connection in Crested Butte, a Move United member organization, as well as training in Wyoming and Maine. “I like being outside. I love the snow. I am definitely a mountain girl.”

In addition to sports, Root is working on another graduate degree and hoping to start a PhD program as well. ■



Photo by Joe Kusumoto

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ICE CLIMBING IS ROOTED IN TRUST



Photo by Muddy Shutter Media



Photo by Dave Elmore

For anyone with a disability that has gone ice climbing, the experience is truly unique and different. “If you can climb rock, you can climb ice,” said Sam Sala, program manager at Paradox Sports, a Move United member organization. “There is more magic involved with it.”

“It truly is other worldly,” said Kimber Cross, an adaptive climber and climb leader for The Mountaineers based in Washington State.

Cross, who says she is wired to love challenges, notes that different types of ice climbing options are available. There are mountain and alpine ice routes that offer permanent glacier formations with steep vertical glaciated ice. Another option is climbing waterfall ice, which may be temporary frozen waterfalls.

KNOW BEFORE YOU GO

Regardless of what type of adaptive ice climbing experience you want to have, the best thing to do is to connect with a

program that has the expertise and knowledge to make sure you have a fun and safe time. It is best to leave it up to the experts regarding the quality of the ice and the different aspects of the required climbing gear, such as the ropes used, which are all pretty technical. “There are always aspects of the unknown,” Sala said.

You can ensure that you have the best time by preparing yourself and packing thoroughly for the experience. Sala suggests you are fed and hydrated. In addition, he says it is important to stay dry and stay warm. “The more physically comfortable you are, the more mentally prepared you will be.”

According to Sala, whatever you wear to go skiing will normally work for ice climbing as well. For example, you will want to make sure you dress in layers. You will want to wear synthetic layers, not cotton or jeans. Your jacket and pants (or shell) should be water resistant. Be sure to have more than one pair of synthetic socks and two pair of gloves, if necessary. One of the gloves should be thin and one should be thick, with some dexterity to climb. It is encouraged to also wear a beanie under your helmet. “A helmet is 100% necessary,” Sala said.

GEAR UP

When you go through a program, it will often be able to provide you with a helmet, as well as other pieces of equipment that is needed for ice climbing. Sometimes,

you may need to rent the equipment needed. Of course, you can also buy them. "Having your own gear is a plus," Sala said. "This will allow you to dial in with your gear. But they are expensive. The cost barrier to get into ice climbing can be high."

Brian Von Herbulis, who retired from the Marine Corps in 2014 and serves as the director of operations for Higher Ground, a Move United member organization based in Idaho, talks about the specialized and technical equipment involved in the recreational activity. "There is a lot of equipment involved," Herbulis said. "Trust the tools provided and the people around you." The two primary tools that are critically important for ice climbers is an ice axe and crampons. Crampons are traction devices attached to footwear or prosthetics to improve mobility on snow or ice. "They clamp on boots, but not all boots accept crampons."

"It's like having knives with handles in your hands and one-inch spikes on your feet," Sala said.

BELAY ON

Herbulis, who has always found an outlet in the outdoors, finds climbing to be a difficult sport. "It is very technical and sometimes in tough conditions." After all, you are moving vertically up a wall of ice that can go from a low height of just 10 to 15 feet off the ground all the way up to 100 to 150 feet high. "I see the wall as a metaphor for other barriers," Herbulis said. "It is an opportunity for all climbers to push themselves."

Before any climbing experience begins at Higher Ground, Herbulis says they start with a ground school first, where you go over the equipment, technique, safety, and other important information. "If you are miserable before you start, you will likely have a miserable experience."

Whoever is leading the climb will examine the condition of the ice to make sure it is good and solid and ensure the best climbing conditions are available. Then it is time to get you into a climbing harness.

Climbing is very much a partner sport. "This is an activity rooted in trust," Herbulis said. At the other end of your rope is someone called a belay, who is there to support you as the climber. The belay pulls slack from the rope so the climber doesn't fall.

"The number one rule is don't fall," Cross reiterates. But she also says that safety isn't just a priority for the climber, but for everyone around them as well. "Ice climbing has more hazards than rock climbing," she said. "Particularly with



object hazards. The people below also need to be aware of their surroundings as well with falling objects."

She also states that climbing is both a mental and physical activity. When it comes to technique, Cross points to your swing of the ax. In particular knowing where and how to swing the ax to make contact with the ice is important. It doesn't take a big swing. Also when climbing, it is good to make short steps to save energy.

ADAPTATION

Sala suggests that ice climbing is a bit of an equalizer for individuals with a disability. "Everyone has to have specialized equipment."

For individuals with lower limb loss, there are specialized climbing feet (prostheses) available. "You can swap out your walking feet for climbing feet." For individuals with upper limb loss or difference, you can find a prosthetic ice tool like the one Cross customized for herself. For someone with a spinal cord injury, a fixed line can be set up to that can help you out. Individuals with a visual impairment can rely more on feel as they climb. "Ice climbing lends itself to blind climbing because there is not a set route," Sala said.

WHERE?

In most parts of the country, ice climbing is a seasonal activity and is dependent on the conditions. There are a handful of Move United member organizations that offer the sport. To find them, go to moveunitedsport.org/locations and search ice climbing. ■

Photo by Mo Beck



PARA SNOWBOARDER DERICK BYRD HAS ALWAYS WANTED TO BE A PROFESSIONAL ATHLETE

Being from Ohio, Derick Byrd wanted to be a Cleveland Brown. “Sports were huge for me,” Byrd said. “I always wanted to be a professional athlete. That was the dream.” He didn’t get a full year of football in, as he was diagnosed with bone cancer at 8 years old.

Byrd would go through nine months of chemotherapy and “a ton of surgeries.” He would receive a lot of internal replacements and implants from the hip down to the ankle. Although he would be in remission, he had low mobility. “I was dragging around this leg.” That went on for about four years until he would go through an experimental surgery to improve his life. That ultimately didn’t work out, so Byrd would have his leg amputated above the knee.

After being in the hospital for just six days, Byrd found some crutches and thought it was time to get out of there. “I was ready to go. I knew the capability that was ahead of me.” That was in June. By October, he was running. “There’s no quick fix; you still have to put in the work.”

Where he grew up, people were very supportive. “It was the best place to grow up.” He got to be involved in football and other sports because his family, including his twin brother, was very involved in sports. The first sport he did was track. But then he went and played a year of football during his freshman year in high school. “I got to do the thing I had always wanted to do. It was hard on my body, but it was one of the greatest experiences of my life.”

Then Byrd tried other sports. “I played soccer, basketball, baseball, and did everything I could get my hands on just to explore my ability. I hadn’t had it for so long and I wanted to see where I stood against everyone else.” He would also go on to play intramurals in college.



Photo by Joe Kusumoto

“I wanted to hold my own; I wanted to compete. The idea of not being able to do something is fuel that makes you more determined.”

As a patient of the Children’s Hospital in Columbus, Ohio, he learned how to snowboard at Mad River Mountain. “I was in awe of my brother riding and wanted to do it.” Later, he would end up out in Colorado. Byrd came to the Breckenridge Outdoor Education Center (BOEC), a Move United member organization, and even became an instructor with the program. “They gave me everything. They made me who I am today. And they put the work into me for like 14-15 years.”

He got his Level 1 Adaptive Certification. “I can go teach adaptive and not just be a part of it. That was huge for me.” In 2019, he attended Ski Spectacular as an instructor.

But riding his board is still very much a big part of his life. “Snowboarding was the hardest sport I had ever done. It was nice to be humbled by something.” So in 2022, Byrd returned to the event as a participant in the race camp.

That year, he also received a new snowboarding leg and got to take it out this past season. “It was the first time I



had a snowboarding leg. Everything came back to me, as if I opened up a new part of my brain — all this control and response that I had wanted for ten plus years.” Last year, he also was surprised with a new ankle as well.

“Ski Spec is like a community I have been looking for. I’ve made great friends. It is nice to have people around that don’t question your ability and that push you to work hard.”

Returning for the third time in 2023, Byrd wants to take in a lot of information. “It is great to benefit from folks like Spivey, Minor, and Schultz who have been part of the Paralympics for a while. I feel myself understanding it a bit more. I want to put in the work and see what I can do.”

In 2026, Byrd hopes to be able compete in border cross and giant slalom. “I have the ability. I just need to be consistent.” He puts a lot of pressure on himself as a racer and just wants to focus on being a good snowboarder. “I put in one of the best times when I was just enjoying the ride.”

This year, Byrd wants to get integrated into the race scene and get used to the traveling and the cost. “It is expensive.” Since he hasn’t raced in the circuit yet, he hasn’t been able

to get any sponsors. He is working on getting classified and wants to get on the world circuit. “I hope to make three podiums this year.”

In the meantime, he has put on a few pounds for this season and doing a lot of training. “I am training with a buddy. I’ve got speed down. But I need to work on control and focus on turns.” ■

“I always wanted to be a professional athlete. That was the dream.”

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University of Alabama Adaptive Sports
Tuscaloosa, AL
bamaadapted.com

US Wheelchair Rugby Association
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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
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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
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soadaptivesports.org

University of Arizona Adaptive Athletics
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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
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borp.org

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

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Palm Springs, CA
socialadaptivesports.org

Triumph Foundation
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triumph-foundation.org

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

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

COLORADO

Adaptive Action Sports
Copper Mountain, CO
adacs.org

Adaptive Adventures
Westminster, CO
adaptiveadventures.org

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

Adaptive Sports Association
Durango, CO
asadurango.org

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

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

Challenge Aspen
Snow Mass Village, CO
challengeaspen.org

Colorado Discover Ability
Grand Junction, CO
cdagj.org

DuMyon Martial Arts
Colorado Springs, CO
dumyonmartialarts.org

Foresight Ski Guides Inc.
Vail, CO
foresightskiguides.org

Golf 4 the Disabled
Greenwood Village, CO
golf4thedisabled.org

Ignite Adaptive Sports
Boulder, CO
igniteadaptivesports.org

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

Paradox Sports
Eldorado Springs, CO
Paradoxsports.org

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

Telluride Adaptive Sports Program
Telluride, CO
tellurideadaptivesports.org

CONNECTICUT

Gaylord Sports Association
Wallingford, CT
gaylord.org/sports

Leaps of Faith Adaptive Skiers
Newtown, CT
lofadaptiveskiers.org

Summit Adaptive Sports
New Hartford, CT
summitadaptive.org

FLORIDA

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

Central Florida Dreamplex
Clermont, FL
cfdreamplex.com

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

Endless Possibilities
Lakeworth, FL
Endlesspossibilitespbs.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

AccesSurf Hawaii
Honolulu, HI
accessurf.org

IDAHO

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

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

Higher Ground Sun Valley
Ketchum, ID
highergroundusa.org

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

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

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

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

Mount Brighton Adaptive Sports Program
Brighton, MI
mtbadaptivesports.org

Rehabilitation Institute of Michigan Foundation
Detroit, MI
Rimfoundation.org

Therapeutic Riding Inc.
Ann Arbor, MI
therapeuticridinginc.org

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

University of Michigan Adaptive Sports & Fitness
Ann Arbor, MI
ssd.umich.edu/adaptive-sports

MINNESOTA

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

EA Therapeutic Health
Rochester, MN
exercisabilities.org

HOPE, Inc.
Moorhead, MN
hopeinc.org

Northland Adaptive Recreation
Duluth, MN
mdfoundation.org

PVA Minnesota Chapter
Minneapolis, MN
mnpva.org

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

MISSOURI

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

Gateway Disabled Ski Program
Eureka, MO
Gdspstl.org

Midwest Adaptive Sports
Dearborn, MO
midwestadaptivesports.org

The Whole Person
Kansas City, MO
thewholeperson.org

MONTANA

DREAM Adaptive Recreation
Whitefish, MT
dreamadaptive.org

Eagle Mount Billings
Billings, MT
eaglemount.us

Eagle Mount Bozeman
Bozeman, MT
eaglemount.org

Eagle Mount Great Falls
Great Falls, MT
eaglemount.net

NEBRASKA

Nebraska Adaptive Sports
Omaha, NE
nebraskaadaptivesports.org

NEVADA

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

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

DRIVEN Neurorecovery Center
Las Vegas, NV
drivenLV.org

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

NEW HAMPSHIRE

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

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

Granite State Adaptive
Mirror Lake, NH
gsadaptive.org

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

Mount Washington Valley Adaptive Sports
Bartlett, NH
mwvas.org

New England Disabled Sports
Lincoln, NH
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
skiapacheadaptivesports.com

NEW YORK

Able Athletics
Scarsdale, NY
ableathletics.org

Adaptive Sports Foundation
Windham, NY
adaptivesportsfoundation.org

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

Capital Region Nordic Alliance
Albany, NY
capitalregionnordicalliance.org

GallopNYC
Forest Hills, NY
gallopnyc.org

Greater Buffalo Adaptive Sports
Hamburg, NY
sledhockeyfoundation.org

Greek Peak Adaptive Snowsports
Endwell, NY
gpadaptive.org

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

Lounsbury Adaptive Ski Program
Ellicottville, NY
lounsburyadaptive.org

Move Along Inc.
Oswego, NY
movealonginc.org

Rochester Accessible Adventures
Rochester, NY
rochesteraccessibleadventures.org

Rochester Community Inclusive Rowing
Rochester, NY
rochestercommunityinclusiverowing.org

STRIDE
Wes Sand Lake, NY
stride.org

Western New York Watersports
Grand Island, NY
wnyadaptivewatersports.org

NORTH CAROLINA

ACCESS of Wilmington
Wilmington, NC
accessilm.org

Bridge II Sports
Durham, NC
bridge2sports.org

ComMotion- Community In Motion
Raleigh, NC
Commoutionnc.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

Rec2Connect
Cleveland, OH
rec2connect.org

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

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

Youth Challenge
Westlake, OH
youthchallengesports.com

OKLAHOMA

Oklahoma Adaptive Sports Association
Oklahoma City, OK
okasa.org

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

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

OREGON

Adaptive Sports Northwest
Beaverton, OR
adaptivesportsnw.org

Adventures Without Limits
Forest Grove, OR
awloutdoors.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

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

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



ACCESS FOR ALL

Advocating for equal access to outdoor recreation activities for people with disabilities is core to our mission and our commitment to the Access for All Initiative is to reduce our prices to make adaptive sports accessible to more people with disabilities and their families.

\$95 LESSONS
INCLUDES PASS + EQUIPMENT

- ◆ ALPINE SKI
- ◆ SNOWBOARD
- ◆ NORDIC SKI
- ◆ SNOWSHOE



Plan your adventure & learn more about scholarship options at www.AdaptiveSports.org



COURAGE KENNY SKI AND SNOWBOARD OFFERS LEARN TO SKI & RIDE LESSONS TO VETERANS BLOOMINGTON, MINNESOTA

Courage Kenny Rehabilitation Institute's Adaptive Ski and Snowboard Program is expanding to offer veterans with disabilities skiing and snowboarding lessons through its Learn to Ski and Ride Lessons. These veteran-only lessons are designed to help veterans with disabilities to regain their confidence and independence while enjoying the slopes.

Courage Kenny provides specialized adaptive ski and snowboard equipment and instruction by experienced volunteer instructors who are trained to work with veterans with disabilities on the slopes. The instructors will teach the techniques necessary to ski or snowboard safely and comfortably and provide support and encouragement throughout the learning process.

The lessons will take place February 7 and March 6 from 2:30 – 5 p.m. on the beautiful slopes of Hyland Hills Ski Area in Bloomington, Minnesota. Veterans of all skill levels are welcome. All adaptive equipment and lift tickets will be provided.



For more information, contact Tara Gorman at Tara.
Gorman@allina.com or allinahealth.org/ski.



LOPPET 2024 WORLD CUP NORDIC COMPETITION MINNEAPOLIS, MINNESOTA

The Loppet 2024 World Cup Nordic Competition is a highly anticipated event for Nordic skiing enthusiasts. This international competition brings together the world's top cross-country skiers to compete in various events, including sprints, individual races, and relays.

The competition is set to take place in Minneapolis, Minnesota, which boasts some of the best Nordic skiing trails in the United States. The Loppet Foundation, a non-

profit organization that promotes outdoor activities and healthy lifestyles, will be hosting the event.

Spectators can expect to witness thrilling displays of athleticism and endurance as skiers push themselves to the limit. The Loppet 2024 World Cup Nordic Competition promises to be a truly unforgettable experience for both competitors and fans alike.

PRAIRIE GRIT ADAPTIVE SPORTS HOSTS SLED HOCKEY CLASSIC MINOT, NORTH DAKOTA

Prairie Grit Adaptive Sports is a non-profit organization based out of Minot, North Dakota with a mission of providing sports and recreational opportunities for youth and adults with physical and mental disabilities to enhance their quality of life. Minot is set to become the epicenter of sled hockey action as Sled Hockey Week descends upon North Dakota from March 10-17, 2024. Prairie Grit Adaptive Sports is hosting the Sled Hockey Classic tournament for youth and adults.

The focal point of this week-long celebration is the exhilarating rematch between the reigning Paralympic Winter Game champions, Team USA, and their fierce rivals, Team Canada, at the MAYSA Arena on March 13, 14, and 16. Contact Prairie Grit Adaptive Sports at prairiegritsports@gmail.com for more information. Check out all upcoming events and activities at www.prairiegritsports.com.

TURNSTONE COMPETITIVE TOURNAMENTS FORT WAYNE, INDIANA

With the competitive sport season in full swing, athletes have several upcoming tournaments at Turnstone to look forward to.

January Prep and Varsity Wheelchair Basketball Regionals

Turnstone will be hosting the Prep and Varsity Regional Qualifier Tournament on January 20-21, 2024. This premier event attracts the top junior division teams as it's one of only six regional qualifiers that provides automatic bids to qualify for nationals.

Summit City Shootout

The Summit City Shootout adult wheelchair basketball tournament will be hosted at Turnstone on February 3-4, 2024. This marquee event brings in the top teams in Division I, II & III. Last year, six of the teams were nationally ranked in the top 25 including the #1 teams in Division II (Detroit) and Division III (Pittsburgh). A team from Puerto Rico also joined the fun.

To get your team involved, please contact Isaac Boatman at isaac@turnstone.org. Wheelchair basketball athletes interested in joining Turnstone's competitive team may join at any time during the season. For more information, please visit <https://turnstone.org/sports-rec> or call 260-483-2100.



Photo by Nancy Myers-Scholz

ENJOY ADAPTIVE WINTER SPORTS IN COLORADO AT BOEC! BRECKENRIDGE, KEYSTONE, AND COPPER MOUNTAIN, COLORADO

Experience highly personalized custom skiing and snowboarding at world class resorts in the Colorado Rocky Mountains with Breckenridge Outdoor Education Center. Whether you're interested in alpine skiing, snowboarding, Nordic skiing, snowshoeing, or ski biking, BOEC offers one-on-one and group adaptive instruction at Breckenridge Ski Resort, Keystone Ski Resort, and Copper Mountain.

Applications for the 2023-2024 season are open with the ski season projected to run through April 14, 2024. To reserve an individual lesson for this season, you can start the process by filling out our online application and waivers at boec.org/winter. Once you have completed the application, please call our ski office at the number below to book your lessons.

For adults living with multiple sclerosis (MS) and/or Parkinson's disease, BOEC is offering Outdoor Adventures Within, a three-day alpine ski retreat held February 24-28, 2024. For more information on this program, please call 970-453-6422 or email claire@boec.org.

For information about the BOEC Adaptive Ski and Snowboard Program or to book a lesson, please call 970-453-5633 or email skiconfirmation@boec.org.



COMMON GROUND TRANSITIONING TO WINTER ACTIVITIES LOGAN, UTAH

Common Ground Outdoor Adventures (CGOA) in Logan, Utah looks forward to getting people outdoors and enjoying the snow this winter/spring! As we transition from our summer activities of cycling, canoeing, rafting, and camping, our participants are excited to hit the slopes of Beaver Mountain with our adaptive skiing and snowboarding lessons. For those a little less keen on the cold, we continue to provide snowshoeing, rock climbing, ice skating, archery, and crafts. CGOA has stayed true to our mission of giving individuals of all abilities the opportunity to participate in recreational activities. For more information, visit www.cgadventures.org.



FORESIGHT ADVENTURE GUIDES FOR THE BLIND PROVIDE WINTER PROGRAMMING VAIL, COLORADO

Foresight Adventure Guides for the Blind (Foresight Ski Guides) have been shattering myths about blindness for more than 20 years, using mountain-based challenge recreation, like skiing and snowboarding, to teach blind and low vision individuals how to break through barriers and obstacles that may keep them from living their best lives.

The Vail, Colorado-based non-profit organization provides affordable access to guided skiing and snowboarding for blind adults and youth so they can experience the sense of freedom that comes with carving down the side of a mountain. Studies show that

challenge recreation, like skiing and snowboarding, fosters independence, confidence, and personal growth for the visually impaired. Participants tell us the skills they learn while skiing make them feel unstoppable.

Foresight's program not only helps participants develop determination and self-worth, but it also provides access to sports experiences that are often missing in their lives.

Foresight operates at Vail and Beaver Creek resorts from early December through mid-April. We try to avoid popular holiday periods for safety reasons. Please visit www.foresightadventureguidesfortheblind.org or call 303-506-3859 for more information.

NATIONAL SPORTS CENTER FOR THE DISABLED OFFER WINTER RECREATIONAL OPPORTUNITIES DENVER, COLORADO

Join the National Sports Center for the Disabled for their winter season in the beautiful Rocky Mountains! The NSCD adaptive ski school offers a variety of private and group lessons in adaptive alpine skiing, snowboarding, ski biking, Nordic skiing, and snowshoeing. They also provide a variety of activities in the Colorado Front Range including rock climbing, air gun with precision air rifle, archery, and more! Their uniquely designed programs utilize specific approaches that meet the needs of a variety of individuals with special needs. The NSCD also offers a wide variety of individual and group lessons as well as custom group activities all year long. To view everything they offer, go to www.nscd.org.





JOIN TASP FOR WOMEN OUTDOORS' SKI & RIDE CAMP TELLURIDE, COLORADO

Telluride Adaptive Sports Program (TASP) is excited to offer our winter Women Outdoors' Ski and Ride Camp for another consecutive season! TASP's Women Outdoors initiative is focused on providing new and impactful opportunities for civilian and veteran women living with disability to join together in the outdoors year-round!

This winter's women's-only ski and ride camp is hosted January 28 to February 1, 2024 (including travel days) in beautiful Telluride, Colorado. Come join a shred ready group of ladies out on the slopes for 3-days of fun-filled sliding on snow, with opportunities for uphill instruction and intro to backcountry awareness! This camp is intentionally structured to a small group size to enhance your personalized experience and group camaraderie.

Registration selections will place a high priority on women with physical disabilities. All levels of skiing and riding experience are welcome! We can provide gear for those who need it and have limited scholarships available to help decrease barriers of women being able to

attend this camp. Please contact Nicole Luppino at n.luppino@tellurideadaptivesports.org if you're interested or learn more at www.tellurideadaptivesports.org.

PARADOX SPORTS OFFERS OURAY ICE CLIMBING BOULDER, COLORADO

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

One of Paradox Sports' long standing climbing programs is Ouray Ice in Ouray, CO. The Ouray Ice Park is like nothing you've ever seen before — the 'farmed' ice park is located in a spectacular gorge just walking distance from town offering some of Colorado's best ice climbing. 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 Ouray Ice program features two full days of top-rope ice climbing for individuals of all ages, ability, and mobility levels and types. One participant from last year's trip articulated, "They made climbing inclusive for everyone and every disability. It was the opportunity of a lifetime!"

This year's trip will be from February 23-25, 2024. For more information, check out paradoxsports.org/trips/ouray/.



THERAPEUTIC ADVENTURES OFFERS QUALITY ADAPTIVE SKIING AND SNOWBOARDING MASSANUTTEN, VIRGINIA



This 2023-24 winter season, Therapeutic Adventures-Massanutten Adaptive Snow Sports (MASS) is pleased to be providing our 43rd season offering quality adaptive skiing and snowboarding instruction.

With special thanks to Move United and the U.S. Department of Veterans Affairs, we are able to offer our Heroes with Permanent Disabilities (warfighters, veterans, and members of the armed services) the opportunity to ski and ride every day at no cost to them. Area use, assessment, adaptive equipment, and instruction are all free. You can also join us for Operation Freedom Outdoors, our special weekend event of adaptive snow sports and fellowship on February 9-12, 2024.

And thanks to the Craig H. Neilsen Foundation, it is possible for persons who live with spinal cord injury to enjoy the freedom of adaptive skiing every day this winter at no cost to them. For more

information, contact Mark Andrews, Founder/Executive Director of Therapeutic Adventures, at 434.981.5834 or via email at adaptive.guide@gmail.com. You can also check out the website at www.TAonline.org.

WINTER PROGRAMMING AT VERMONT ADAPTIVE SKI AND SPORTS BEGINS DECEMBER 26 MULTIPLE LOCATIONS, VERMONT

We are ready for winter sports at Vermont Adaptive! Join us at Pico Mountain/Killington Resort, Sugarbush Resort, and Bolton Valley Ski Area for some downhill adventures. Or join us indoors for some rock climbing.

Vermont Adaptive Ski and Sports will host more than 20 athletes from across the country who are blind or visually impaired at Pico Mountain Resort, February 2-5, 2024. Athletes will learn to and participate in alpine skiing, snowboarding, and Nordic skiing plus snowshoeing. The event continues to be the largest annual gathering of skiers in the U.S. who are blind and visually impaired. In some cases, this will be a participant's first time skiing without sight.

Saturday and Sunday will be filled with alpine skiing at Pico Mountain Resort with the option to participate in Nordic skiing. Saturday will also see participants given the opportunity to try air rifle with an auditory rifle system, the same system used for Paralympic biathlon competitions. For more details and to register, email Tom Alcorn at south@vermontadaptive.org.

Women veterans are invited to join us for a special retreat weekend at Sugarbush Resort March 14-17, 2024, filled with skiing, snowboarding, snowshoeing, plus yoga, indoor rock climbing, and more. Space is very limited so register early. Lodging, meals, and activities included. *Some sessions may be led by a male program coordinator or trained volunteer. Reservations are required. Contact Ret. SSG Misha Pemble-Belkin at veterans@vermontadaptive.org for details and to reserve your spot.

All veterans are welcome to join us on a weekly basis at our partner resorts to ski, snowboard, ice climb and more, or participate in one of our special Veterans Weekend Retreats. Programs are specifically designed to support those military servicemen and women to experience a new sport or excel in an existing one while creating a safe social community of friendship, trust, and camaraderie. All veterans participate free of charge. For more info, contact Ret. SSG. Misha Pemble-Belkin at veterans@vermontadaptive.org.

We offer daily, year-round programming throughout Vermont including Veterans Retreats, wellness camps, and more. Scholarships are available. Visit www.vermontadaptive.org to make a reservation and for more information.

ABLE ATHLETICS HOSTING INAUGURAL ADAPTIVE LACROSSE SHOWCASE SCARSDALE, NEW YORK

Exciting news! Able Athletics, a Move United adaptive club in Scarsdale, NY, has been awarded the prestigious 2024 The Hartford Adaptive Sports Equipment Grant. This grant is a significant step toward our goal of promoting inclusivity in sports for those with physical disabilities.

Join us on March 17, 2024, at Scarsdale High School, NY, as we celebrate The Hartford Insurance's generous support. With this grant, we're acquiring 10 sport wheelchairs, revolutionizing adaptive sports in our community.

The highlight of the event is Westchester's inaugural adaptive lacrosse showcase, uniting communities in recognizing the life-changing impact of adaptive equipment for individuals with physical disabilities.

We extend our heartfelt thanks to Move United for their unwavering support, and we're thrilled to welcome the Long Island Hammerheads Wheelchair Lacrosse Team, led by Mike Nelson, to celebrate with us. Stay updated on this event and connect with Able Athletics at www.ableathletics.org.



EDD ADAPTIVE SPORTS DREAM BIG 5K: RUN, WALK, ROLL ESSEX, VERMONT

Looking for a race to add to your spring training plan? Join the Dream Big 5K: Run, Walk, Roll. The #DreamBigVT is an inclusive race open to runners, walkers, and rollers with and without disabilities. It is an opportunity for athletes with disabilities to run in a supportive setting. The hybrid race has both in-person (Essex, VT) and virtual divisions.

Move United members are invited to join the virtual #DreamBigVT and race on your favorite local 5K trail.

Complete your virtual race from anywhere in the world between April 28 – May 12, 2024. The top 3 finishers in each division will get special recognition.

Registration opens on 12/15/2023. Sign up at: <https://runsignup.com/dreambig5krunwalkroll>.

Find more EDD Adaptive Sports programs at www.eddfund.org.

TWO TOP OFFERS WINTER SPORTS OPPORTUNITIES FOR VETERANS MERCERSBURG, PENNSYLVANIA

Two Top Adaptive Sports has provided sporting opportunities for veterans and active military with disabilities for 16 years at Whitetail Resort in Mercersburg, PA. During the winter months, from mid-December to mid-March, Two Top is open daily for skiing and snowboarding (riding). Our only requirement is that you reach out to us via email or phone to make a reservation.

In January 2024, we will host our 9th Annual Winter Camp for veterans and active military with disabilities. The camp date choices are January 21-23 or January 25-27. Veterans can register for one or both camps and may bring one adult companion or caregiver. While attending the camp, lessons, lift tickets, equipment, lodging, and meals will be provided. Register by January 8, 2024, at www.twotopadaptive.org. Registration is limited.

For more information or to make a reservation, contact Bill Dietrich at 717-507-7668 or bill@twotopadaptive.org or Stacey Schmader at 717-331-6895 or stacey@twotopadaptive.org.



PLAY SLED HOCKEY WITH THE SLEDCATS BURLINGTON, VERMONT

The 2023-24 winter marks the 20th season the Vermont Sledcats will be hitting the ice at Cairns Arena in South Burlington, Vermont. Except for a few months off due to COVID-19, the Sledcat program has been in continuous play since 2003. While the players and coaches change, the turnout is always full of enthusiastic players, volunteers, and coaches. Over the years the team has played all over North America, from Ottawa to Long Island, in friendly but fierce competition. One of the first organized teams to boast all ages and genders playing together, the Sledcats have participated in The Northeast Sled Hockey League (NESH), played college and university varsity squads, skated in pond hockey tournaments, and even had the honor of playing in the storied Herb Brooks Arena site of the legendary 1980 Miracle on Ice.



The Sledcats are eagerly looking forward to a new season on the ice, and they begin practice on December 3 in Cairns Arena in South Burlington, Vermont, and, as usual, all bodies are welcome!

The Vermont Sledcats are part of the Northeast Disabled Athletic Association (NDAA) family. NDAA's a proud Move United chapter in Burlington, VT. For more information, visit our website at www.disabledathletic.org.

SNOWSHOEING, SKIING, AND SNOWBOARDING AT MOUNT SUNAPEE NEWBURY, NEW HAMPSHIRE

New England Healing Sports Association (NEHSA) is gearing up for another fantastic season at Mount Sunapee in Newbury, New Hampshire. This winter, NEHSA will be offering adaptive ski, snowboard, and snowshoe lessons seven days a week starting December 27 and running through the last week of March (pending snow conditions). NEHSA provides a welcoming environment for individuals of all abilities with our trained instructors to help you have an enjoyable and safe day on the mountain. So, whether you're a seasoned snow enthusiast or looking to try something new

this winter, NEHSA's adaptive lessons offer an inclusive and fun way to embrace the snowy season. Lessons are by registration only, so secure your spot today!



NEHSA's annual Ski & Ride A-Thon is scheduled for February 3. As always, NEHSA is actively recruiting both on and off snow volunteers to help with all our winter programs. Volunteer schedules are extremely flexible!

For more information and to get involved, contact us at info@nehsa.org or 603-763-9158, or visit our website at www.nehsa.org.

EXPERIENCE THE MAGIC OF WINTER SORTS WHITE MOUNTAINS, NEW HAMPSHIRE

Get ready to experience the magic of winter in the stunning White Mountains with New England Disabled Sports! Our winter programming offers a range of activities, including skiing, snowboarding, Nordic skiing, and snowshoeing. And the best part? Veterans participate at no cost.

Whether you're a seasoned or a first-time rider, our skiing and snowboarding programs have something for everyone. The White Mountains offer pristine slopes and breathtaking views, and our skilled instructors will ensure you have an amazing and safe learning experience.

Dive into the serene beauty of the winter landscape with Nordic skiing. The trails wind through snow-covered forests,

providing a peaceful escape for participants of all skill levels.

For those looking for a quieter adventure, snowshoeing is the perfect option. Explore the tranquil woods and experience the hush of nature under a blanket of snow.

To ensure that all student-athletes have the opportunity to participate without any financial burden, we offer scholarships on a sliding scale to provide assistance.

Join us for an unforgettable winter adventure in the White Mountains! For more information, visit www.nedisabledsports.org.

INDOOR ADAPTIVE ROWING PROGRAM STARTS IN JANUARY PHILADELPHIA, PENNSYLVANIA

Beginning in January 2024, the Philadelphia Adaptive Rowing (PAR), a founding program of the Pennsylvania Center for Adapted Sports, will hold its indoor rowing program at St. Joseph University's Robert M. Gillen Boathouse in Philadelphia, PA. We will meet two evenings a week from January through March.

Rowing machines allow rowers an off-water option for training throughout the year. They are invaluable during the winter months, when frigid air and water conditions prohibit rowing on the river. PAR's winter indoor rowing provides an opportunity for our rowers to keep their skills sharp and stay connected with the PAR community.

The rowing machine, a mainstay of modern-day rowing and general fitness programs, traces its history to an invention by the Greek Admiral Chabrias, but not seen again until the late 1800's. Rowing machines today not only allow training for strength and technique, but also provide rowers with measurements of their stroke rate, the energy burned, and total distance rowed — all benchmarks for tracking improvement.

Our rowers' skill sets range from recreational to highly competitive. And just as with our on-river rowing, our coaches adapt equipment and training sessions for optimal results and to coordinate competition. Come break a sweat in the winter at indoor rowing with PAR. Contact PAR at judy.morrison@centeronline.com.

STRIDE HOSTS SNOW SPORTS ACTIVITIES THIS WINTER CATAMOUNT MOUNTAIN, NEW YORK

For the second season, a new skiing and riding program is emerging in the Adirondacks of New York at Titus Mountain Family Ski Center in Malone, NY. The program was introduced last season and quickly gained popularity with local schools and the community. A small group of instructors were trained in everything from sit skiing to autism and the program was born and it grew. The mountain operations built a shed to store equipment and garnered a grant to purchase a new Dynamique bi-ski!

The adaptive program at Catamount Mountain in NY will form a new Special Olympics race program this season with the assistance of Catamount Race Coach Urska Rabic, former Slovenia Olympic alpine ski racer. The team will practice with and compete against neighboring STRIDE team program at Jiminy Peak monthly. They will then attend the regional and state competitions. For more information on all of our programs, visit stride.org.

TEAM RIVER RUNNER WATER PADDLING ROCKVILLE, MARYLAND

Are you ready for some football? In the winter, you'll find Team River Runner (TRR) playing adaptive and inclusive kayak football at indoor pools across the country. A beginner friendly, exciting, and spirited game, kayak football brings out childhood joy in our veteran paddlers as well as provides healthy competition. The season unofficially ends with our outdoor SuperKayak Bowl, a national championship, where veterans, volunteers, and spectators enjoy the double elimination tournament.

Kayak football is just one of the ways that TRR promotes adaptive and adventure kayaking when the weather turns cold. Indoor pool paddling programs help participants pursue or push on with a lifestyle of paddling. Adaptive outfitting and instruction can be safely delivered, often with an instructor standing right next to the paddler. Paddling skills, strokes, and rolling are fun to practice in pools, reinforcing posture while strengthening core and balance.

With confidence, adaptive paddling skill progression and "tweaked" adaptations accomplished indoors can then be transferred outdoors when the season permits. Other indoor pool instructional programs are delivered throughout TRR's national chapter system including CPR classes, first aid certification, and paddling safety skills for instructional staff. Take a timeout to learn more at teamriverrunner.org.



COMPETE IN THE BIG PEACH SLAM JAM WHEELCHAIR BASKETBALL TOURNAMENT ATLANTA, GEORGIA

In February, BlazeSports America is excited to host the 8th Annual 2024 Big Peach Slam Jam Wheelchair Basketball Tournament. Presented by the Atlanta Hawks and sanctioned by the NWBA, it is one of the largest tournaments of its kind in the country. This invitational hosts more than 30 of the best teams from 15 different states across the Varsity, Prep, and Women's divisions.



At BlazeSports, we love to provide a space for all adaptive athletes to compete at a high level. The Big Peach Slam Jam is a weekend guaranteed of great competition, hardworking athletes, and fun! For more information, visit blazesports.org.

VETERANS CAN GO ADAPTIVE DIVING WITH WHALE SHARKS ATLANTA, GEORGIA

Join Patriots for Disabled Divers (PFDD) on February 28, 2024, as we return to the Georgia Aquarium to dive with their gentle giants. PFDD is a non-profit organization devoted to providing injured veterans with the therapeutic benefits of adaptive scuba diving. Research into this extreme sport shows adaptive diving offers a multitude of physical, psychological, and social benefits to injured veterans.

Each quarter, PFDD teams with the Georgia Aquarium's Military Salute program to offer select participants the opportunity to dive the aquarium's Ocean Voyager exhibit.

This 6.3-million-gallon tank is home to numerous marine animals, including sea turtles, manta rays, and goliath grouper. However, the exhibit's two whale sharks are the real stars of the show. Divers get the opportunity to dive alongside these school bus sized fish while being guided by experienced aquarium staff.

PFDD provides this opportunity at no cost to the participant. Divers are selected based on need by the PFDD Board of Directors. Currently, participation is limited to veterans with a VA disability rating of at least 30%. To learn more about the program, email us at bob@patriotsfordisabledivers.org.

SPORTSABILITY ALLIANCE GEARING UP FOR BASEBALL AND OTHER ADAPTIVE SPORTS TALLAHASSEE, FLORIDA

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 baseball begins January 25 and goes until April 4. The best part is that entire families and groups of friends can all play together! The field is a rubberized surface, making it accessible and Miracle Sports programs are designed to enable EVERYONE to participate at their own level of ability. Adaptive equipment is available if needed. For more information, visit www.sportsability.org/miracle-sports.

Also, join SportsAbility Alliance for two fun-filled days of activities, including everything from scuba, waterskiing, boat rides, tennis, archery, biking, horseback riding, rock climbing, and more at the FREE SportsAbility Expo! The event will be held in Tallahassee in April 2024. Everyone is welcome! Adults and children of all abilities are encouraged to experience hands-on recreation activities for no cost thanks to our friends and sponsors in the community. Learn more about this event at <https://www.sportsability.org/sportsability-expo>.





AFFORDABLE ADAPTIVE SNOWSPORTS LESSONS LAKE TAHOE, CALIFORNIA

Join Achieve Tahoe this winter for adaptive snowsports lessons, designed for children and adults with cognitive, physical, and sensory disabilities. Open seven days a week, Achieve Tahoe offers both half-day and full-day lessons, designed to help you reach your snowsports goals. From first-time mono-skiers to snowboarders and expert skiers with visual impairments, their trained and PSIA/AASI certified team will adapt to your ability so you find success.

Achieve Tahoe operates at Palisades Tahoe and Northstar, two of North Lake Tahoe's iconic ski resorts. Lessons include private instruction, a lift ticket during your lesson, and 50% off equipment rentals. Achieve Tahoe is committed to making their lessons affordable and inclusive for all — discounts and fully funded lessons are available to anyone who has been impacted by the rising cost of adaptive recreation. Snowsports lessons run from December 1, 2023 to April 27, 2024, conditions permitting. To learn more, visit www.achievetahoe.org, or call 530-581-4161, ext. 6

USARC'S WINTER PROGRAM AND SKI-A-THON BIG BEAR LAKE, CALIFORNIA

The United States Adaptive Recreation Center (USARC) is changing lives. USARC's winter program, running from December through March, is a testament to inclusivity, offering lessons catering to a range of diverse needs.

For just \$160, participants get a full-day lesson that includes lift tickets, top-notch equipment, and expert instruction. Half-day options are also available for \$110. USARC's dedicated team is poised to offer guidance and support, ensuring that every moment on the mountain is a cherished memory.

USARC's mission extends beyond the slopes, and volunteers play a pivotal role in making these programs a success. By joining the USARC family, volunteers enrich the lives of children and adults, helping them conquer physical and intellectual challenges through outdoor adventure.

On March 9, 2023, USARC will host its Ski-A-Thon! It's a day of skiing and fun. For a little more cost than a lift ticket, attendees receive exclusive perks like line-cutting privileges, goodie bags, event t-shirts, and lunch vouchers.

For more information, visit www.usarc.org or email mail@usarc.org.



THE UNRECABLES LOOKING FOR SKIERS AND SNOWBOARDERS TO JOIN IN THE FUN MAMMOTH MOUNTAIN, CALIFORNIA

The Unrecables are a non-profit organization dedicated to helping adults with physical disabilities enjoy skiing and snowboarding the slopes of Mammoth Mountain in California. No prior ski or snowboard experience is necessary. Our trips are scheduled once a month (on weekends – Sat/Sun) from December through May: December 16-17, January 20-21, February 24-25, March 23-24, April 20-21, and May 11-12.

For our members (\$40/annual dues), there is no charge for adaptive ski equipment, ski lessons, or lift tickets. We also welcome volunteers to help shadow our athletes on the mountain as well as volunteer ski instructors. For further information, please contact our membership director John Gray at membership@unrecables.org. Learn more at www.unrecables.org.



PARTICIPATE IN THE FIRST CALIFORNIA USA BOCCIA TOURNAMENT SANTA ANA, CALIFORNIA

During the weekend of January 19-21, the first USA Boccia Tournament will be held at Santa Ana College, in Santa Ana, California. This event is open to people of all disabilities and is a collaborative between SoCal Adaptive Sports, USA

Boccia, Santa Ana College and Amp'd on Life. If you'd like to participate, or want more information, contact mike@socaladaptivesports.org or visit socaladaptivesports.org.



TRIUMPH FOUNDATION OFFERS MULTIPLE SPORTS DURING WINTER SEASON LOS ANGELES, CALIFORNIA

Triumph Foundation hosts adaptive sports events every week including handcycling, wheelchair rugby, and many other exciting activities. This winter and spring are jam-packed with fun adaptive sports days open to the public!

Highlights include: **Wheelchair Rugby** - Triumph holds wheelchair rugby clinics every Sunday; **Handcycling** - Triumph Foundation holds regular handcycling clinics with 30 adaptive cycles for participants to use; **Snow Skiing** - Triumph partners with USARC to take ten people adaptive skiing on three dates; **Sitting Volleyball and Archery** - Triumph partners with PlayLA to provide adaptive volleyball and archery classes for kids; **Wheelchair Sports Festival** - Every April,

Triumph hosts a large sports festival with 15 adaptive activities that are open to the community.

For more information and to join the fun, please visit our events page: www.triumph-foundation.org/events.

JOIN DSES THIS WINTER FOR AN EPIC ADVENTURE! MAMMOTH LAKES, CALIFORNIA

Disabled Sports Eastern Sierra (DSES) believes in fostering a lifelong passion for mountain sports through adaptive recreation. Last year alone, during a record winter which saw over 900" of snowfall, DSES provided over 2,000 ski and snowboard lessons for 500 participants who typically cannot use standard equipment or need specialized support or instruction. Blizzard or not, DSES was out on the slopes and this year, our 20th season in operation, we are poised to do it again!

With a dedicated staff of trained instructors and volunteers, DSES believes skiing and snowboarding are activities that are meant to be enjoyed by all. This year they will be running lessons twice a day throughout the winter, sun or snow, on Mammoth Mountain. These lessons are tailored to suit the participant and focus on having fun through learning new skills.

DSES is also hosting two different camps, Operation Mountain Freedom for veterans and active-duty personal January 22-26, and Springtacular April 23-26. Springtacular is a particularly fun camp where they host kids and adults with cognitive disabilities in a group ride setting.

For information, visit disabledsportseasternsierra.org. You can also email us at info@disabledsportseasternsierra.org or call 760-934-0791.



ARIZONA DISABLED SPORTS OFFERING SKIABLE EVENT IN FEBRUARY 2024 FLAGSTAFF, ARIZONA

Arizona Disabled Sports will once again host SkiAble in Flagstaff, Arizona! Join us for three days of fun in the snow in the beautiful mountains of Flagstaff. This collaborative event with High Country Sports and Breckenridge Outdoor Education Center will feature adaptive ski lessons and a chance to use your new skills on the hill! Highly skilled instructors will bring adaptive equipment so everyone has an opportunity to enjoy. Registration information is coming in December.

Save the date for the 2024 Desert Challenge Games coming in May 2024 as well! Learn more at arizonadisabledsports.com.



MARKETPLACE

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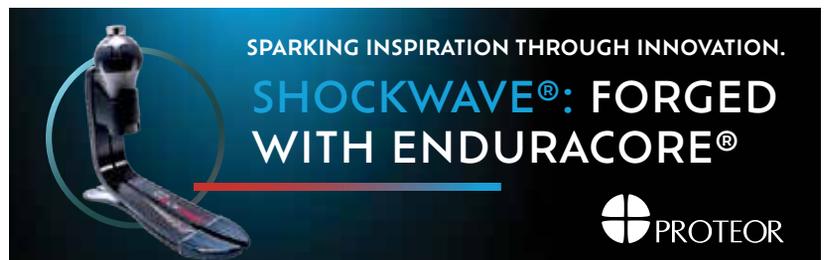
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JOIN THE PAAC!!



Meet Erin, PAAC's newest ambassador

"I joined PAAC to connect with the amputee/limb difference community! I hope to make some great connections and be able to provide new amputees some tips and tricks I've picked up over the past 20+ years, along with learning some new things myself!"



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