



**Adaptive  
Adventures**

# Experience

Summer 2010

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Editor & Design: Joel Berman  
 Photos: Joel Berman and Adaptive Adventures Volunteers  
 Contributors: Adaptive Adventures staff

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**MISSION STATEMENT**  
 The mission of Adaptive Adventures is to identify, promote, and provide progressive sports and recreation opportunities to improve quality of life for children, adults, and veterans with physical disabilities.

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**Director's Corner:**



To say Adaptive Adventures was very concerned with revenue generation going into 2010 would not be an exaggeration. After a shortfall in funding in 2009, combined with an increase in programs offered and people served, it is essential that we generate more funds in 2010.

The good news is we are currently ahead of last year and are taking many steps to insure that program resources can continue to grow and meet ever increasing demand. With the addition of two new grant writers and several new fundraising initiatives, the year is off to a great start. Thanks to the efforts of our Treasurer, John Leasher, we now have a Games Manager and are now approved to run raffles in Colorado. Our first raffle is for a Harley Davidson "Street Bob" and will conclude at Lodo's Bar and Grill in Denver on May 1st. Additionally, we have two new special events this summer in Denver: a triathlon spear-headed by Metro Brokers; and the new "Jam the Damz" bike fundraising event in September in partnership with Craig Rehabilitation Hospital and US Handcycling.

Another exciting development this spring is the complete overhaul and redesign of our web site - AdaptiveAdventures.org. Through the generosity of Connect2Mrkt.com and significant staff time, we will be posting the new site in early May. Our ability to communicate, add, and retain information will be greatly enhanced on the web.

On the program side, this summer looks to be busier than ever. Adaptive Sports for Kids programs continue to grow in the Front Range and in the Chicago Area. We are excited to be moving ahead with a new mobile kayak program in Colorado, which was postponed last year due to limited funding. One of the key events for the Colorado Kayak program will be the 30th Annual Veterans Wheelchair Games in Denver. Kayaking will be a demo sport at this long standing event and will be led by Adaptive Adventures.

We really hope you can make it out to one of Adaptive Adventures' events this summer. Please contact us with any questions or comments.

Joel Berman

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## Stars of Tomorrow Ski and Ride Camps



This past winter Adaptive Adventures provided more youth ski and ride camps than ever before. We had a total of four Stars of Tomorrow Winter Camps this season: Winter Park, CO; a new location at Eldora Mountain, CO; Camelback Mountain, PA; and the grand finale at Steamboat Springs, Colorado. Adaptive Adventures provided over 50 days on the snow and 500 lessons for children and young adults this season.

The 2nd Annual Stars of Tomorrow Youth Ski and Ride camp in Steamboat was held from March 20-22, 2010. Similar to last year, the Steamboat camp was the most well attended of the STARS camps. We were fortunate to have 23 children and young adults with physical disabilities along with six instructors with physical challenges, including one wounded warrior. In addition, many friends, family members, and a large group of dedicated volunteers added energy and variety to the camp. Many of the kids that participated in other STARS camps this winter came back to the Steamboat camp for more fun.

The first morning in Steamboat, volunteers and instructors brought the equipment out to the base of Steamboat Springs Resort in front of the Bear River where the group met each day. Next the participants and families arrived, and soon the area was covered with bi-skis, mono-skis, extra buckets, forms and pads to fit those buckets, outriggers, outrigger parts with a bunch of nuts and bolts. There was stuff everywhere surrounded by many people! Next,



the volunteers started to pack the kids into the various equipment. Some were a bit small, some were a bit big, but all minor details that were fixed by duct tape, foam, padding, wrenches, and creativity. I could tell that the excitement was building and everybody wanted to go ski and explore the great adventure before them on the mountain. After about 30 minutes of what was later described as a Chinese Fire Drill, all of the wheelchairs, crutches and prosthetic legs were left on the snow at the bottom of the hill. They had been left behind and were no longer needed. Some kids were sitting, some standing, some with two skis, some with one ski, some with poles, some with outriggers. The only thing they all had in common were the huge smiles on their faces.



At first glance it looked chaotic in the eyes of the general public, but to the trained eye, the morning's Fire Drill was well orchestrated and with purpose. Through the efforts of our local partner, Steamboat Adaptive Recreational Sports (STARS), local volunteers, and Adaptive Adventures staff and volunteers, our team was devoted to making the kids happy and giving them the experience of a lifetime.

About 20 percent of the participants of this year's STARS Winter Camps were new to our winter program.

STARS Winter Camps have been growing slowly but steadily for the last five years. An equally impressive highlight is that more than 80 percent of prior participants return to the STARS camps. We are developing a group of loyal constituents who simply love what we do. Many of our participants not only fall in love with the winter sports, but also experience life changing times with their families and friends and create memories that will last a lifetime. We work hard to provide these high quality experiences on and off the mountain, creating greater confidence and independence for children and young adults with physical disabilities. A special thank you to the Steamboat community and all our sponsors who provided us with great meals and luxurious condos, and to the families and friends who have been long time supporters of Adaptive Adventures programs.





## Adaptive Mountainbiking - Playing in the Dirt

Although the origin of mountain biking can be traced back to Marin County, California in the 1970's, the roots of mountain biking run deep in Colorado and the sport will be forever linked to mountain towns like Crested Butte and Durango. 30 years ago, these strange looking modified bikes with "fat tires" starting popping up around various high altitude venues around the country and a new sport was born. What started as a way for cycling enthusiasts to get away from the city and explore new challenges has evolved into one of the most popular recreational sports in the world.

As the technology improved over the years, so did the appetite for disabled athletes to experience the hundreds of miles of off-road terrain that was previously inaccessible. In the early 1990's, a few manufacturers managed to design and build a handful of off-road wheelchairs; four-wheeled mountain bikes that had shocks and brakes but needed gravity to make it go. While this equipment did allow the pilot to experience some downhill thrills, the designs were somewhat limited without any gearing or ability to climb. In 2000, a bike designer and builder in Massachusetts, Mike Augsperger, developed the first off-road handcycle, called a "One-Off". ([www.oneoffhandcycle.com](http://www.oneoffhandcycle.com)) "This bike is what was missing in the disabled sports world" said Steve Ackerman, a very accomplished cyclist and one of the first paraplegics to experience the One-Off. "With this new technology and incredibly low gearing, people with mobility impairments can now climb up the mountains that they want to descend, opening up a lot of trails that were not even approachable before."

Over the last 10 years, the demand and popularity of these bikes has taken off. In 2004, three paraplegics tackled the White Rim Trail in Moab, Utah, completing the 110 mile grueling ride in 6 days. "That was an amazing experience," said Bob Vogel, one of the three riders who survived the ride. "As brutal and challenging as it was, it was so scenic, so beautiful. There was a point when I looked around and thought there is no place I'd rather be right now". In 2006, the Adaptive Sports Center and US Handcycling held the first Off-Road Handcycling Championships in Crested Butte. In September, 2009, Chris Waddell became the first paraplegic to Summit Mount Kilimanjaro, an amazing endeavor that would not have been possible just 10 years ago. While some athletes with disabilities are accomplishing impressive feats around the world, most of the population is simply looking for a way to get back to nature or experience something new.



Last summer, Adaptive Adventures joined the National Sports Center for the Disabled and the ASC by offering off-road cycling experiences for people with disabilities at the annual Fat Tire Classic in Winter Park. This event, which raises funds for the American Red Cross and the NSCD, is scheduled for July 16-18, 2010. "The Fat Tire Classic has been an established event for many years" said Program Director, Matt Feeny. "Last year was the first year we had riders with disabilities here and I think we opened some eyes". Along with the Fat Tire Classic, Adaptive Adventures is also partnering with the STARS program in Steamboat for a cycling event July 9-11. While both of these events will offer off-road cycling, there will also be road bikes for those who still prefer paved bike paths to the challenges presented off-road. "The technological advances in adaptive cycling presented the disabled community with more options than we've ever had" said Feeny. "And having more options is never a bad thing".



## Adaptive News

### Stephanie Jallen - Team Mau - Medals at Nationals



Stephanie finished the 2009-2010 ski season strong by winning two Silver medals in the Slalom and Giant Slalom events in the Standing Women's Class at the US Adaptive Alpine Championship at Big Sky, MT. Despite her young age, Stephanie showed her strength and talent at the final big race, competing well in the adult open class. The future is bright for this Star of Tomorrow, who just happens to already be shining today. We thank you for all your support to make her dream come true!

Stephanie and many other young adaptive skiers train with Adaptive Adventures Team Mau program. Team Mau was created by Adaptive Adventures' own head ski coach Mau Thompson. Mau recognized the need to support aspiring young athletes who are committed to pursuing a higher level of achievement in sports. The goal of Team Mau is to develop competitors, leaders and role models. The current focus is on participating in the Winter Paralympics in Sochi, Russia in 2014.

### Adaptive Adventures joins US Paralympic Clubs

U.S. Paralympics, a division of the U.S. Olympic Committee, and Adaptive Adventures have partnered to create Paralympic Sport – Chicago and Front Range.

Paralympic Sport – Chicago and Front Range are community-based sports clubs developed to involve youth and adults with physical and visual disabilities in sports and physical activity, regardless of skill level. All programs and activities will be organized and run by Adaptive Adventures.

"Adaptive Adventures and U.S. Paralympics are dedicated to creating opportunities for individuals with physical and visual disabilities to be physically active in their own communities. Participation in physical activity enhances not only self-esteem and peer relationships, but also results in greater achievement, better overall health and higher quality of life," said George Mannion, Chairman of Adaptive Adventures.



A program of Adaptive Adventures



A program of Adaptive Adventures

### Kayak Program Expands to Colorado

New in the summer of 2010, Adaptive Adventures is duplicating our highly successful Kayak Chicago program model in Denver and the Front Range of Colorado. The program will encompass a mobile trailer with tandem and single kayaks, the latest in adaptive paddling equipment, and a dedicated group of leaders and volunteers. Our goal is to provide 8-10 kayaking opportunities this summer for children, adults, and veterans.



### New Look for AdaptiveAdventures.org

Since our inception, Adaptive Adventures has tried to develop and maintain a top notch web site to identify, promote, and provide adaptive sports and recreation opportunities for children, adults, and veterans with physical disabilities. Whereas our current site has served us well, we feel the time for a change is now.

With the support of internet professionals at Connect 2 Market, we have recreated our entire site from scratch. Through the new site, we will have the ability to better enter, describe, and track events. We will have better connections to our other forms of social media, like Facebook, Blogs, and Twitter.

Other features of the new site include: enhanced user features, easier event sign-up, better communications between event participants, and many other additions. Please log onto [www.AdaptiveAdventures.org](http://www.AdaptiveAdventures.org) to check us out!

We are also seeking in kind and/or cash donations to update our other web sites.

[www.AdaptiveIRC.org](http://www.AdaptiveIRC.org)

[www.AdaptiveKayaking.com](http://www.AdaptiveKayaking.com)

## Adaptive Adventures Brings Paralympic Curling to Chicago



Two Paralympic Sport Clubs in Chicago—Adaptive Adventures and Northern Suburban Special Recreation Association (NSSRA)—partnered with World Sport Chicago to host a Paralympic Experience in wheelchair curling. This was the first ever wheelchair curling opportunity offered in the Chicago area. The program started with a kick-off event on February 13, 2010 hosted by the Chicago Curling Club in Northbrook, Illinois. The day consisted of a “train the trainer” session for members of the host venue as well as therapeutic recreation professionals and disabled athletes. Three members of the 2010 Paralympic Curling Team were present to lead the day—National Team Coach Steve Brown and athletes Jacqui Kapinowski (Point Pleasant, NJ) and Jim Pierce (East Syracuse, NY). Also present were Erika Brown, Steve’s daughter, and Olympic curler Ann Swishelm to lend their expertise.

Curling involves two teams of competitors who slide a heavy granite stone on ice toward a target. Points are scored by having stones closer to the center of the target than the opponent’s stones. Paralympic curling is played from a seated position in a wheelchair and the stones are propelled down the ice with the use of an extender pole. It is quite a different sport from the Olympic version which includes sweeping the ice to affect the trajectory of the stone. The experienced curlers at the event were surprised at the challenge of the sport without the component of sweeping! They were impressed with the strength and skill of the seated curlers; it gave them a whole new perspective of the sport they love. The recreation professionals learned about a fun and unique winter sport.



After the training session was over, athletes with disabilities arrived to try the sport for the first time. They did not know what to expect and were very pleasantly surprised to find success very quickly on the ice. The curling professionals were very helpful with the new athletes and imparted their expertise to the benefit of all. The opening event led to three other sessions of ice time for interested curlers with disabilities to learn more about the sport and take part in friendly competition. The plan is to continue and expand wheelchair curling at the Chicago Curling Club next season.

Adaptive Adventures appreciates the support of our curling program partners World Sport Chicago, NSSRA, US Paralympics and the Chicago Curling Club.

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"Chris is like me, missing one leg above the knee - unlike myself he is missing the other leg below the knee, and unlike anybody else he skis standing up!" This is how Joel Berman, introduced Chris Miller to the participants at 2009 Stars of Tomorrow Camp at Steamboat. Chris skis with both of his prosthetic legs in ski boots and uses a pair of outriggers for balance and support. Stand up skiing for double amputees is a very difficult style of skiing, yet Chris makes it look easy.

Due to complications at birth, Chris is a double lower extremity amputee. At three weeks old, Chris had to have his left foot and right leg at the knee amputated. Chris got his first set of prosthetic legs when he was just six months old. Chris had to go through five years of physical therapy three times a week. Despite his difficult disabilities, his parents never accepted his saying, "I can't do it." I have a great respect for his parents and the way they raised him and to Chris who never makes excuses for his disability.



I met Chris at Camelback Mountain while coaching the "Learn to Race" Camp for the Pennsylvania Center for Adapted Sports seven seasons ago and he has been a regular participant since then. Because of his unique disabilities, all the instructors, including myself, had a hard time figuring out how he should learn to ski. We had him ski on one leg one time, try a mono ski another time and each trial had its own struggles. It was very frustrating for Chris and I was concerned that he may not be able to ski like the other kids in the camp. I thought he would never like the sport.

I met him again at the PA Camp two seasons ago. Chris grew much taller and he showed up with his own skis, ski boots and a pair of outriggers - he was ready to go. Without any hesitation, he jumped right in the gate training course, and skied strong with other kids in the Camp. At the end of the Camp, we had a Level 1 Diana Golden Race, a race series for disabled youth. Chris skied well and earned the silver medal in the men's stand up class. It was a great breakthrough season for Chris. I invited him to come to Stars of Tomorrow Camp in Steamboat at the end of that season, and he came to ski with us for his very first trip to the West.

This past season, Chris joined Team Mau and raced his first international disabled FIS race at Copper Mountain in December 2009. It was his first big race, and during the week before the races, he kept saying "I'm gonna fall, I'm gonna crash!" He did crash on his first GS race as he predicted, so we talked a lot about positive thinking and laws of attraction to get ready for the second day SL race. It was a difficult course with tough conditions, but Chris hung on and skied with strength and determination all the way to the finish line. As a result, he won the Bronze medal in the Junior division, an amazing result for a first time challenger! Chris became a regular participant at the "Stars of Tomorrow" camps and is starting to show great leadership among our youth participants as well.

Now he is back home in Pennsylvania training with his personal gym trainer three days a week to continue to improve his balance and strength so he will be ready for next season on the slopes. I'm sure Chris will continue to improve and be a medal contender in the future.



## All Mountain Camp Series Goes to Grand Targhee



Brian Marin from Calgary, Alberta, Canada

Adaptive Adventures held its first annual Adaptive All Mountain Ski & Ride Camp in Grand Targhee, WY from March 7-10, 2010. The camp followed the Deep and Steep camp at Jackson Hole, Wyoming. Both camps were organized and run in partnership with Teton Adaptive Sports. The Targhee camp featured 12 participants, including four wounded warriors as well as guests, family members and volunteers. Participants came from across the U.S., plus one, from Calgary, Alberta, Canada.

Snow conditions were good, and a mini mountain storm blessed us with 4-5 inches of fresh powder during the week. Targhee offered a smaller more intimate-mountain experience as well as a variety of terrain for intermediate to advanced skiers and riders. The small crowds, good snow, and varied terrain made it ideal for an All Mountain camp.

Gil Hundley, President of Teton Adaptive Sports and Adaptive Coordinator at Grand Targhee says, "Grand Targhee uniquely combines one of the most beautiful mountain environments in the Rocky Mountains with a friendly, small family resort area atmosphere. In my mind, this is what makes our resort special and the ideal place for an adaptive sports program."

Derick Hurt, a wounded warrior from Greenfield, MO, comments, "Adaptive Adventures has helped me along on my journey and made me realize ...feet are over rated." Stefanie and I still talk about the fun we had in Grand Targhee." Says Derick. "We look forward to seeing everyone at a future camp." Derick lost his right leg in 2005 in Iraq and had his left leg amputated just last year. This was the first time that he had the chance to ski with two prosthetic limbs. "It was amazing how quickly Derick adapted to his new prosthetic," commented Matt Feeney, Adaptive Adventures program director. "We thought he might need to four-track with outriggers, but within one day, Derick was skiing with two skis and poles, just like everyone else."

Brian Martin, from Canada, attended both the Jackson Hole and Targhee camps and blogged this, "Grand Targhee another great camp I was able to rock this camp, well I felt I did with my new skills from Jackson Hole Steep and Deep Camp. I was doing steep stuff, lots and lots of bumps and even went into the trees!! I would never have gone into the trees before."



Tomak and Mau having fun at Grand Targhee

Camp attendees played hard during the day and had no shortage of fun when the sun went down. All gathered one evening to feast on homemade fajitas & margaritas, and to sample some Polish Potato Vodka, brought by Tomek Szewdo, and buddies from Chicago, Illinois. Tomek lost both legs above-the-knee in a work accident three years ago and just started to monoski this year. His learning curve has been steep and the Grand Targhee camp pushed him to develop skills that he will take with him for years. The 'Polish Guys' as they were dubbed, turned out to be the life of the party on and off the hill.



Group shot in front of the Grand Tetons!

Good snow, good company and the beautiful backdrop of the Tetons, made for some great skiing, riding, and ample photo opportunities. To see more photos and video of the Grand Targhee camp visit [www.AdaptiveAdventures.org](http://www.AdaptiveAdventures.org), [www.tetonadaptivesports.org](http://www.tetonadaptivesports.org) or Adaptive Adventures on Facebook



## Active Donors

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US Paralympics  
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### Up to \$249

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Ski Town Grocery  
Anna Sherony  
Westside Automotive  
John Whipple  
Steve Whitsel  
Roberta Wilk  
Trillium Worldwide, Inc.  
Zion Management Services

# Summer 2010 Featured Events Calendar\*

## May

May - October	Kayaking Program	Chicago & Colorado
April - October	Adaptive Cycling Experience Clinics, Demos, and Rides	Colorado & Midwest
8	Paralympic Cycling 101 Clinic	Chicago, IL
9	Colorado Spina Bifida 5K and Cycling Clinic	Denver, CO
12	Tournament of Champions	Denver, CO
15	Adaptive Cycling Group Ride	Front Range, CO
21-23	Great Lakes Games (GLASA)	Libertyville, IL
23	Bike the Drive	Chicago, IL
28-30	National Veterans Golden Age Games	Des Moines, IA

## June

June - August	Adaptive Water-ski & Wakeboard program	Colorado & Midwest
June - October	Challenge Aspen Whitewater Rafting partnership	Aspen, CO
5-12	Lake Powell Experience - Family Trip	Lake Powell, UT
7-11	Colorado Jr. Wheelchair Sports Camp	Aurora, CO
9	Water-ski and Wakeboard Training	Denver, CO
9-12	Yampa River Whitewater Trip	CO and UT
12	Summer Kickoff Event with GLASA	Northbrook, IL
13-18	Ride the Rockies with Adaptive Sports Center	SW Colorado
13	Chicago Kayak Family Paddle and BBQ	Montrose Beach, IL
21-25	STARS Camp Trek Youth Sports Camp	Libertyville, IL
24	STARS Water-ski Clinic	Denver, CO
24	Caring for Kids Kayak Day	Chicago, IL
25	STARS Water-ski/Wakeboard Clinic	Libertyville, IL

## July

1	Adaptive Cycling Clinic with GLASA	Skokie Lagoons, IL
5	ASK Adaptive Sports Day	Evergreen CO
5-6	30th Annual Veterans Wheelchair Games - Kayaking	Denver, CO
12 & 26	Aquanuts Adaptive Water-ski Clinic	Twin Lakes, WI
15-16	7th Annual Adaptive Water-ski & Wakeboard Festival	Longmont, CO
16-18	Adaptive Cycling Team - Fat Tire Classic	Winter Park, CO
18-24	National Junior Disability Championships	Northern, IL
21-23	Behind the Boat Water Sports Festival	Steamboat Springs, CO
27	Lodo Restaurant Group Golf Outing - Ranch CC	Westminster, CO
29-August 1	Adaptive Cycling Team - Colorado Peace Ride	Southern, CO
29 - August 2	ASF Support our Troops Water-ski Clinic	Albany, NY

## August

2	Aquanuts Adaptive Water-ski Clinic	Twin Lakes, WI
3-7	Chicago Park District Adaptive Sports Camp for Kids	Chicago, IL
5-7	STARS of Tomorrow Youth Sports Camp	Denver, CO
8	Family Sports Festival with MDWSSC and Kostas Z	Chicago, IL
11	Wounded Warrior Yacht Cruise with Shoreline Sightseeing	Chicago, IL
11-15	Wounded Warriors Sports Camp and Chicago Air & Water Show	Chicago, IL
20-22	Beyond Boundaries Adventure Camp	Mississippi Palisades, IL
28 - Sept. 4	Lake Powell Experience Trip	Lake Powell, U

## September

4-11	Lake Powell Experience Trip	Lake Powell, UT
20	10th Annual Greg Reilly Memorial Golf Gathering - Ranch CC	Westminster, CO
25	Jam the Damz - Fundraising Bike Ride	Denver, CO

\*check AdaptiveAdventures.org for additional programs



### Adaptive Adventures / GLASA Partnership Water-ski / Wakeboard Events

July 12	GLASA Clinic	Libertyville, IL
July 26	Watersports Clinic	Twin Lakes, WI
August 2	Watersports Clinic	Twin Lakes, WI
August 12	Wounded Warrior Camp	Twin Lakes, WI

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Summer 2010



[www.AdaptiveAdventures.org](http://www.AdaptiveAdventures.org)

[www.AdaptiveIRC.org](http://www.AdaptiveIRC.org)

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David Randall  
Team Invacare and  
Member of 2010 U.S. Paralympic  
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