



# Reaching Out

Reaching out to all, all disabilities, all sports, all seasons!

Summer-Fall Newsletter 2011

Volume 2, Issue 2



## The Sunrise Ascent: A breathtaking fundraiser....

Long before dawn on the morning of August 14<sup>th</sup> four ASPNC participants arrived at the base of Mount Washington along with a group of dedicated families, friends and volunteers to begin preparations to ascend Mt Washington. One of their goals was to raise funds for Adaptive Sports Partners. The athletes had their own personal goals as well. They wanted to go beyond the accepted limitations of their disabilities and to do something most able bodied athletes have not attempted. They wanted to ascend a grueling 8 miles to the summit of the highest mountain peak in the Northeast.



All Photos on this page are thanks to Paul Hayes/Littleton Record

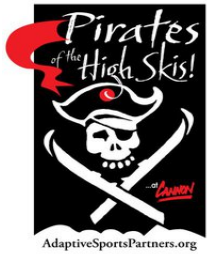
There were four teams: Team Martin, Team Bella, Team Chester and Team Haley. Each team consisted of the ASPNC participant and a team of angels, mules and roadrunners along with a support vehicle. Hikers involved in the Ascent tell of the laughs and the stories they shared as they ascended the mountain. Imagine the awe of watching the sunrise as they progressed. Hikers also tell of the excitement they felt when they could see the smoke from the Cog Railroad, indicating that they were near the top. All four teams joyously celebrated on the summit basking in their incredible accomplishment. Darlene Deschambeault, an avid hiker, poignantly describes her feelings about her experience, *"To witness those smiles on the faces as we arrived at the summit was something that I will remember forever! I will never take a summit or hike for granted again."*

The Sunrise Ascent was an astounding success in many ways. Participants, friends, families and supporters helped raise over \$30,000. ASPNC is very grateful to everyone who contributed including the athletes, angels, roadrunners, volunteers, office staff and financial contributors. Together we are all partners helping people with disabilities experience the thrill of accomplishment and the opportunity to do things they never thought possible.

## ASPNC Puts the “FUN” in FUNDRAISING

Fundraising is an essential part of being able to bring programs all year round to people with disabilities. Fundraising goals include raising money, of course. In addition to raising funds, ASPNC strives to make their fundraisers fun. We also try to include as many people as possible: participants and their families, volunteers, partners, supporters and our community. Since ASPNC is run by volunteers (only one paid staff person) funds raised go almost entirely into programs, equipment, trainings and the behind the scenes organizational components.

### Our major annual events:



**Pirates of the High Skis** held at Cannon Mountain in February. Registered participants dressed as pirates and wenches spend a fun filled day skiing or riding at Cannon Mountain while hunting for pirate treasure! Winners of the treasure hunts, contests, and raffles win incredible prizes including lift tickets, clothing and equipment items, gift certificates and items donated by Bode Miller’s Turtle Ridge Foundation.

**The Sunrise Ascent on Mount Washington**, held in August, is our most inspirational fundraiser. Adaptive athletes and their teams hike 8 miles up the Mt. Washington Auto Road. Leaving the base area in the pre-dawn hours, together they share a breathtaking adventure while raising funds for ASPNC operations.



**Any Which Way You Can Triathlon Challenge**, held between July 4th and Columbus Day, focuses on our adaptive athletes, providing them with an opportunity to help with fundraising, plus challenging them to participate in three sports; paddling, biking, and hiking/rolling.



**Wobble 'n Gobble Turkey Day 5 K**, held on Thanksgiving morning, benefits Adaptive Sports Partners of the North Country & Lafayette Recreation. Race participants run, walk or roll the 5 K through the town of Franconia, earning their “License to Gobble” and raising money through their donations from supporters. Please join us by participating or by supporting your favorite athlete.

## Making a Lasting Difference

There is yet another way for you to help assure adaptive services will continue to be available to people with disabilities. You could name Adaptive Sports Partners of the North Country as a beneficiary in your will. For information and suggested language, call our office at 603.823.5232.

## Spotlight on Adaptive Equipment: the TrailRider

The TrailRider is the piece of adaptive equipment that allowed three participants to make the hike up Mt. Washington for the Sunrise Ascent Fundraiser. This one-wheeled wilderness access vehicle enables participants with the most severe mobility impairments to go places and experience adventures that they never dreamed possible. TrailRiders are modified wheelchairs that have the ability to go on hiking trails through the woods and up and down small hills with the aid of volunteers in front and in back acting as "sherpas." Affectionately described as "a cross between a wheelbarrow and a rickshaw," the TrailRider is actually a precision-made vehicle, engineered to the highest specifications. A large profile pneumatic tire rolls smoothly over all types of terrain.



ASPNC has used the TrailRider in countless outings in both the summer and winter. One of our volunteers "adapted" it for cross country skiing and winter hiking by replacing the wheel with a ski so that it can be used on the snow. Because this piece of equipment is used so often by so many of our participants, we are looking for benefactors to help us invest in another TrailRider as soon as possible. Please contact us if you are willing to help in this endeavor.

## Pictorial Sample of ASPNC 2011 Activities



Summer Swim Program



Power Soccer



Old Home Day Parade 2011



2011 Summer Special Olympics  
State Games



Adaptive Gardening at  
Sunset Hill House



Team Martin practice hike

## Participant Spotlight: Karen Kennedy

Karen admits she was pretty nervous about participating in ASPNC activities at first. In fact, when her new step-mother brought her to her first bicycling outing she exclaimed, *“Thank you, Kathleen, for ruining my life!”* Later she admitted, *“I like this - did I just say that??”*

Now Karen bicycles, gardens, kayaks and skis with ASPNC. She is quite proud of her accomplishments. Her exuberance is contagious. During the past few years Karen has re-invented herself and the Adaptive Program has been a part of it. She has lost an amazing amount of weight, exercises regularly, and lives an active and fulfilling life. Karen explains that due to her struggles with her disabilities, for a long time she lost her dreams. *“My dreams are back,”* she says with confidence. Out went her walker; later she gave up her cane. She works two jobs through the Common Ground Program and has plans to be a career woman.

When asked what advice she would give to someone interested in trying out the Adaptive Program she said, *“Just try it and do the best you can, it might change your life.”*



## Moving News: New Location for ASPNC Headquarters

The Adaptive office has moved to 461 Main Street, Franconia. It is just off I-93 in downtown Franconia, past the library. The new location is central to many of our local venues, making it very convenient. Our office volunteers are loving the bright, roomy and easy access workspace. Please drop by and check out our new setting.



## Keeping in Touch and Being Green

In an effort to get the news out on ASPNC and yet save paper and precious resources we will be e-mailing most of our volunteers, friends, and supporters our Newsletter: REACHING OUT. Hard copies will be available in the office for prospective volunteers and supporters, special events, marketing, and program promotions. Feel free to drop by if you need a copy.

**ASPNC Website** [www.adaptivesportspartners.org](http://www.adaptivesportspartners.org) is packed with information on our programs and events, it is being updated constantly. The 2010 Annual Report is now available. The website makes it easy to check out fundraising events, ways to get involved and support ASPNC, volunteer information and of course a fabulous gallery of pictures - check to see if we caught you having fun at one of our ASPNC activities.

Check out our **On-Line Calendar** which is easily accessible through the ASPNC website or at [www.calendarwiz.com/aspnc](http://www.calendarwiz.com/aspnc).

**ASPNC is now on Facebook:** [www.facebook.com/aspnc](http://www.facebook.com/aspnc). This is a fun way to hear about news and events and to see recent pictures.  Please “like us” and keep in touch.

---

### Adaptive Sports Partners of the North Country

461 Main Street, PO Box 304, Franconia, NH 03580

[info@adaptivesportspartners.org](mailto:info@adaptivesportspartners.org) 603-823-5232 [www.adaptivesportspartners.org](http://www.adaptivesportspartners.org)