Cycling in the Park

Location
South High School Parking Lot
1700 E Louisiana Ave
Denver, CO
Building Number: NW Parking Lot Corner
• 6/27/19 5:15pm-7:30pm
• 7/25/19 5:15pm-7:30pm
• 8/22/19 5:15pm-7:30pm

Summary
Come join us for an adaptive cycling ride at Wash Park! Whether you are a complete beginner or a seasoned racing expert, we have a bike for you and someone to ride with you at your level. Whether 2 or 3 wheels, bring your own bike or try one of ours. All new riders will be properly fitted for an adaptive bike and have the opportunity to try out a variety of styles. *REGISTRATION REQUIRED* You must pre-register to attend this event.

Description
This event is weather permitting—if you do not register in advance, you will not be notified of cancellations. We need to know you are coming in advanced to make sure we have the right equipment for you!

A day for everyone to get their ride on! Come meet new people, enjoy an evening of riding with our community and be a part of our cycling club kick off for the 2019 outdoor riding days in the Denver area. Washington Park is a great place for all level of riders in a non-car based loop to keep us at ease and safer than riding the busy Denver streets. We will meet at the NW corner of the South High School Parking lot, near the corners of S Franklin St and Louisiana Ave. Easy and plentiful parking, with a simple cross walk into this great park.

This program is intended for riders of all ages and abilities—youth, adults, and veterans. Whether you are a complete beginner or a seasoned racing expert, we have a bike for you and someone to ride with you at your level. Whether 2 or 3 wheels, bring your own bike or try one of ours. All new riders will be properly fitted for an adaptive bike and have the opportunity to try out a variety of styles. We look forward to seeing our Warriors 4 Life/Adaptive Adventures Cycling Club riders too!

For questions, contact Chris Wiegand at: (617) 803-5029 or wiegand@adaptiveadventures.org
**Freedom through SCUBA**

**Location**
Denver Divers  
557 Milwaukee St.  
Denver, CO 80206  
• 7/13/19 5:00pm–8:00pm  
• 8/10/19 5:00pm–8:00pm  
• 9/14/19 5:00pm–8:00pm

**Summary**
Adaptive Adventures and Denver Divers offers "Try SCUBA." Have you ever thought about learning to SCUBA dive? Well this is the year to try it! Space is limited, register early so you don't miss out! **A physician's release form will need to be completed prior to the event to participate**

**Description**
**Registration** is required in order to attend.**

**Cost:** This program is being offered at no cost for people who are attending for the first time. If you wish to attend for a 2nd session we ask you to register on the waiting list in order to allow all interested people to have a chance to attend - a minimal charge may be added.

For more information about this and other Colorado scuba programs contact Matt Feeney at: matt@adaptiveadventure.org or (303) 910-9831

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**“Get Outdoors and Play” Multi-Sport Day**

**Location**
Aurora Reservoir  
"Lower Parking Lot"  
Aurora, CO 80016  
• 7/18/19 3:00pm–7:00pm  
• 8/1/19 3:00pm–7:00pm  
• 9/5/19 3:00pm–7:00pm

**Summary**
Join us for a great day of Cycling, Climbing, Paddleboarding, and Kayaking. Please register in advance so that we can have enough food prepared.

**Description**
Join us for a great day of Cycling, Climbing, Paddleboarding, Kayaking and BBQing!

We invite you to come out for our monthly summer "Get Outdoors and Play" experience. This is a great chance to try a new sport, meet all of our program coordinators, learn about additional summer opportunities and most of all, be part of the Adaptive Adventures community!

No experience necessary. Family and friends welcome to attend. A BBQ dinner will be provided.

All activities and BBQ dinner are free to all participants and their guests! **Please register in advance so that we can have enough food prepared**

Location: This summer our multi-sport days will be held at Aurora Reservoir in the "Lower Parking Lot" on the west side of the lake next to the Boat Launch Beach.

Pass the Entry Station on S. Powhaton Rd. Continue straight on S. Powhaton Rd. until it dead-ends into the Lower Parking Lot. You will see our flags and trailers!

For questions call (303) 679-2770 or email at: info@adaptiveadventures.org
2019 Rocky Mountain State Games

The 2019 Rocky Mountain State Games will be held July 19-21 & 26-28*, primarily in Colorado Springs, CO at premier venues including: Olympic Training Center, National Strength & Conditioning Association, University of Colorado, Colorado Springs, Colorado College, Memorial Park and other venues in the Pikes Peak region.

The State Games concept was developed in New York in 1978 with the Empire State Games. Annually, more than 400,000 athletes compete in State Games nationwide. State Games is recognized by the National Congress of State Games, a member of the United States Olympic Committee, feature various sports from the Olympic and Pan American Games programs as well as sports with regional popularity in each state.

2019 Rocky Mountain State Games Sports

New sports for 2019

Archery | *Soccer—5v5 (Youth & Adult) | Armwrestling | Great Inflatable Race | Soccer—11v11 (High School) | Badminton | Horseshoes | Softball—Slow Pitch | Baseball—High School | Inline Hockey | Swimming | Basketball: 5x5, 3x3 | Inline Speed Skating | Table Tennis | Billiards | Lacrosse | Taekwondo | Color in Motion 5K | Mutton Bustin' | Tennis | Cricket | Orienteering | Track & Field | Cycling—Track | Pickleball | Triathlon (Indoor) | Disc Golf | Powerlifting | Ultimate Frisbee | Diving | Racquetball | Volleyball—Beach | Field Hockey | Roundnet (aka Spikeball) | Volleyball—Grass | Figure Skating | *Shooting (Rifle & Handgun) | Volleyball—Indoor | Flag Football | Weightlifting

AMPSURF

AMPSURF (Assoc. of Amputee Surfers) is a non-profit, 501(c)(3) organization dedicated to rehabilitating people with disabilities, especially our veteran heroes, through Adaptive Surf Therapy. Founded 15+ years ago, AMPSURF works with people with all kinds of disabilities, including those who are Amputees, blind, suffer from PTSD, traumatic brain injury, autism and spinal cord injuries. AMPSURF'S unique surfing program utilizes the healing power of the ocean for an experience that is physically, mentally and spiritually healing.

The 14th annual Operation Restoration event on August 1st-4th in Pismo Beach California.

20+ Disabled Warriors, Police, Firefighters and family members from around the country will be attending the event and participating in events like Surfing, Ocean Kayaking, Outrigger Canoeing, and taking a tours of local sites. Adaptive Surf Therapy instruction is provided by AmpSurf Certified Adaptive Surf Instructors, Kayaking by Central Coast Kayaks, Outrigger Canoeing by Pali-Kia. Surfing Instruction will be held on the south side of the Pismo Beach Pier on Aug. 3rd & 4th, from 7:30–11:30.

AMPSURF will cover a Veteran's travel expenses to come out for the event, and house them while they are here.

For more information contact:
Dana Cummings
(805) 441-5271
dcummins@AmpSurf.org
Wounded Warrior Project® (WWP) invites you to join us for a day of fun and fellowship at VetFest. This multi-faceted event is designed to bring veterans and their families together with others in the community while sharing valuable information about services and resources available locally. This community integration event is open to the general public and will have up to 50 different organizations participating in the Resource Fair throughout the day.

**WHO:**
Vets and their families, WWP, other Veteran Service Organizations, local businesses, and the entire El Paso and Douglas county community.

**WHAT:**
VetFest is a day-long community event that will include:
- Live music and entertainment throughout the day
- Veteran Affairs Town Hall
- Veteran Affairs Claims Clinic
- Career Workshops
- Resource Fair
- Softball Tournament

**WHEN:**
August 10, 2019 — 10 am until 5 pm

**WHERE:**
UC Health Park • 4385 Tutt Blvd.

**SCHEDULE:**
- 8:00 am . . . . . . . . . . Softball tournament begins
- 10:00 am . . . . . . . . . . VA Town Hall begins/
  Vendors arrive for set-up
- 11 am - 3 pm . . . . . . . . Main entertainment/Events/Resource Fair
- 12:00 pm . . . . . . . . . . VA Claims Clinic
- 4:00 pm . . . . . . . . . . Softball championship game
- 4:50 pm . . . . . . . . . . Closing ceremonies

All events are free for attendees, event space is also free for vendors, and everyone is welcome. There will be food and beverages available for purchase. So join us at the WWP VetFest!

* If you’re a vendor and would like to reserve space, email Greg Monck at GMonck@woundedwarriorproject.org
Adaptive Adventure Programs

**Denver Adaptive Climbing**
Ubergrippen Indoor Climbing Crag
8610 E 21st Ave.
Denver, CO 80238
- Thursday 6/20/19 6:00pm–8:00pm
- Thursday 7/18/19 6:00pm–8:00pm
- Thursday 8/15/19 6:00pm–8:00pm
- Thursday 9/19/19 6:00pm–8:00pm

**Golden Adaptive Climbing**
Earth Treks Climbing Center
700 Golden Ridge Rd
Golden, CO 80401
- 1st & 3rd Mondays of each month
  6:00pm–8:00pm

**Boulder Adaptive Climbing**
Boulder Rock Club
2829 Mapleton Ave
Boulder, CO 80301
- 2nd Monday of each month 6:00pm–8:00pm

**Fort Collins Adaptive Climbing**
Ascent Studio
2150 Joseph Allen Drive
Ft. Collins, CO 80525
- 2nd Wednesday of the month 6:00pm–8:00pm

For Adaptive Climbing questions please contact Craig DeMartino at: craig@adaptiveadventures.org

**Dragon Boat Trainings**
Sloans Lake
1700 South Sheridan
Denver, CO 80204
- Tuesday, June 11th 6:30pm–8:30pm
- Tuesday, June 18th 6:30pm–8:30pm
- Tuesday, June 25th 6:30pm–8:30pm
- Tuesday, July 2nd 6:30pm–8:30pm
- Tuesday, July 9th
- Tuesday, July 16th
- Tuesday, July 23rd
- Tuesday, July 30th
- Tuesday, August 6th
- Tuesday, August 13th
- Tuesday, August 20th

**Colorado Dragon Boat Festival**
Sloans Lake
1700 South Sheridan
Denver, CO 80204
Parking at Auraria Campus
**Races: Sat & Sun 8am Start**
- July 27th–July 28th

**Colorado Springs Dragon Boat Festival**
Prospect Lake, Memorial Park
Colorado Springs, CO
- August 24th–25th
WWP Paddlesport Day

Location
Lakewood, CO
• 08/21/2019 10:00am–02:00pm MT

Description
This is a private paddlesports program put on by Wounded Warrior Project (WWP) and Adaptive Adventures.

Craving some serious zen and an urge to engage your core and increase muscle strength? Join WWP for a day on the water where you'll work on leaning out your mid-section and building strength in your arms and back during a stand-up paddle (SUP) boarding and kayaking adventure.

Adaptive Adventures team is partnering with WWP to host a few hours of SUP and kayaking, both of which will challenge your upper body and work out your core while you enjoy the beauty of the great outdoors. All folks who attend will also enjoy a delicious lunch and the chance to get to know one another better.

For questions please contact Dani Larson at: DLarson@woundedwarriorproject.org

EQUINE THERAPY

The Right Step, Inc. in Littleton, CO, offers 10 free one hour therapeutic riding and ground based horsemanship lessons to post 9/11 veterans and family support members who are registered with WWP (Call (888) 997-2586 or go on their website: www.woundedwarriorproject.org to register). We work with people with physical and psychological disabilities and teach basic horseback riding and horsemanship skills in an adaptive manner in order to meet the needs of our individual clients.

For more information on The Right Step, Inc., see our website: https://www.therightstepinc.org/ or contact our Program Coordinator and Instructor, Emily Stibbards, at emilys@therightstepinc.org or (720) 893-0650

Sunnyhorse Foundation—Equine Therapy
4131 Creek Drive
Broomfield CO 80023
• Every Wednesday and Friday 10:00-12:00

For questions call (720) 254-7529 or email at pam.thode@gmail.com

If you have served our country we thank you for your service and offer this free opportunity to learn about horse care, handling, training, and building relationships. The horses have purpose and are trained to be of service to others. You can help the horses achieve its mission by being of service to you. Working with horses instills mindfulness, being present in the moment, focusing the brain, body and more. Come experience the fulfillment of purpose with the horses.
PGA HOPE is the flagship military program of PGA REACH, the charitable foundation of the PGA of America. PGA HOPE introduces golf to all Veterans to enhance their mental, social, physical and emotional well-being.

The PGA of America and local PGA Professionals are working closely with the VA system across the country to assist Veterans in their transition.

Sessions are taught by local PGA Professionals with assistance from trained volunteers and include clubs and equipment if needed, training aids, range balls and weekly golf course access.

**INSTRUCTIONAL LOCATIONS:**

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<tr>
<th>Location</th>
<th>Address</th>
<th>Contact Details</th>
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<tr>
<td><strong>CHEYENNE SHADOWS GOLF COURSE</strong></td>
<td>1050 Titus Blvd</td>
<td>Fort Carson, CO 80913</td>
<td>(719) 332-0024</td>
<td>Sundays, June 2 – June 30</td>
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<td><strong>WELLSHIRE GOLF COURSE</strong></td>
<td>3333 S Colorado Blvd</td>
<td>Denver, CO 80222</td>
<td>(720) 865-0442</td>
<td>Saturdays, April 6 – May 4</td>
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<td>Thursdays, Sept. 12 – Oct. 10</td>
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<td><strong>FOSSIL TRACE GOLF COURSE</strong></td>
<td>3050 Illinois St</td>
<td>Golden, CO 80401</td>
<td>(303) 277-8750</td>
<td>Tuesdays, Sept. 3 – Oct. 1</td>
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<td><strong>RIVERDALE GOLF COURSES</strong></td>
<td>13300 Riverdale Rd</td>
<td>Brighton, CO 80602</td>
<td>(303) 659-4700</td>
<td>Thursdays, June 6 – July 18</td>
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<td><strong>EAGLEVAIL GOLF CLUB</strong></td>
<td>459 Eagle Dr</td>
<td>Avon, CO 81620</td>
<td>(970) 790-1200</td>
<td>Alternating Fridays</td>
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<td><strong>BUFFALO RUN GOLF COURSE</strong></td>
<td>15700 E 112th Ave</td>
<td>Commerce City, CO 80022</td>
<td>(303) 289-1500</td>
<td>Thursdays, July 11 – Aug. 15</td>
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<td><strong>THE GOLF CLUB AT BEAR DANCE</strong></td>
<td>6630 Bear Dance Rd</td>
<td>Larkspur, CO 80118</td>
<td>(303) 681-4653 ext. 4</td>
<td>Thursdays, April 25 – May 30</td>
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<td><strong>PLUM CREEK GOLF CLUB</strong></td>
<td>331 Players Club Dr</td>
<td>Castle Rock, CO 80104</td>
<td>(303) 660-2200</td>
<td>Mondays, June 3 – July 8</td>
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8- Week Photography Workshop
Starting 7 September 2019 – Colorado Springs, CO

Beginners and pros will find a fresh perspective.
Classes are FREE to Veterans.

Sign up today – space is limited!
Contact us:
info@taskforceiso.org
605.759.5104
www.taskforceiso.org
NSCD Programs

Denver Adaptive Airgun Team (DAAT)
The NSCD partners with the Denver Police Department and Craig Hospital to offer an adaptive airgun training program. The program began with a grant from Adaptive Sports USA to bring adaptive air rifle skills and competitions to veterans in seven cities across the United States. Joined by Paralympic Coach Roger Sak, the military veterans joined a national community-based outreach program, providing resources and education, conducting regional and national competitions and providing access to international competitions. DAAT is an air rifle and air pistol shooting program for participants of all abilities. DAAT is a great chance to try the sport of airgun as well as an opportunity for established marksmen to hone their skills and share shooting experience/expertise with their peers.

Craig Hospital
3425 S. Clarkson St.
Englewood, CO 80113

Price: $15 per person or 1 Adventure Pass Punch | Free for veterans with a disability

Ages: 16 & up
• First Thursday of the month, February–October 6:00–8:00 pm

Salvation Army Red Shield
2915 N. High St.
Denver, CO 80205

Price: $15 per person or 1 Adventure Pass Punch | Free for veterans with a disability

Ages: 16 & up
• Third Tuesday of the month, May–October 4:00–6:00 pm

Veterans Camp
Join us for four days of adventure camping in the mountains. Activities may include whitewater rafting, canoeing, kayaking, hiking, Winter Park resort activities and fishing.
Space is limited—register today!
Winter Park, CO (tent camping and backcountry hut, not accessible)

Price: $25 deposit is required to reserve your spot and will be refunded at the end of camp.
Free for veterans with a disability

Ages: 18 & up
• August 30-September 2, 2019

Indoor Paddling Club
During the Indoor Paddling Club, you will have the chance to learn and test your paddling skills in a fun and safe environment. Learn the basics or refine advanced paddling skills with instruction from certified and experienced instructors. This program is a great fit for both the veteran boater looking to stay sharp in the off-season or a novice wanting to learn the basics so they can hit the river when the season comes. Join the NSCD and Team River Runner at the Carmody Recreation Center every Monday night!

Carmody Recreation Center
2200 S. Kipling St.
Lakewood, CO 80227

Price: $15 per person or 1 Adventure Pass Punch | Free for veterans with a disability

Ages: 5 & up
• Mondays, Year-Round
  6:30–8:30 pm
Outdoor Paddling Club
In our Outdoor Paddling Club, you will get the chance to explore a number of different whitewater parks in Colorado’s Front Range. Practice your paddling skills or pass on your expertise in a fun and safe whitewater environment. Come prepared to challenge yourself and push your boundaries on the river. When paddling with the NSCD, you will be provided a boat, life jacket, spray skirt (if necessary), helmet and paddle to use for the day. If the weather warrants it, we will also provide a wet suit and other protective equipment. We suggest that you try to avoid wearing jeans or sweats (anything cotton) and instead dress in layers of fleece, wool, Capilene or synthetic clothing. Weather conditions can change quickly on the water and it is better to have too many layers than to be wet and/or cold!

Denver’s Confluence Park and Golden Play Park*, CO
Price: $25 per person or 2 Adventure Pass Punches Free for veterans with a disability
Ages: 7 & up
• Thursdays, May–August
  5:30–8:30 pm

*Location may change based on water conditions and level.

Veterans Family Camp
Join us for a weekend of tent camping at the Jim Creek Campground in Winter Park from Friday night to late Sunday afternoon. Your adventure may include activities ranging from rafting, lake fun, Winter Park Resort activities, NSCD Moves! and nightly campfires. Includes breakfast on Saturday and Sunday, lunch on Saturday and Sunday and dinner on Friday and Saturday. Take advantage of this opportunity to create lifelong family memories.

*If the minimum number of campers is not met 7 days prior to a camp, the camp will be canceled.

Winter Park, CO
Price: $125 per adult; $75 per child age 5 & up Veterans are free.
Ages: 5 & up
• August 2–4, 2019

Sailing
Enjoy the stunning mountain scenery around Grand Lake and learn basic sailing techniques from junior members of the Grand Lake Yacht Club. Bring a sack lunch and plenty of water. Participants must be independent and manage self-care or bring a care-giver to provide assistance.

Grand Lake Yacht Club
Grand Lake, CO
Price: No charge, thanks to a grant from Grand Lake Yacht Club.
Ages: 5 & up
• Fridays, July 12, July 19, July 26, & August 2
  10:00am–2:30pm

*Space is limited.
**Fishing Club**

Relax during a mild Colorado evening at the NSCD Fishing Club. Participants will learn how to cast, use different lures/bait and gain knowledge on different types of fish. Participants will be supplied with equipment and bait if needed.

Various locations

**Price:** $25 per person  
**Free for veterans with a disability**  
**Ages:** 5 & up  
- Second & fourth Tuesday of the month, May-Oct.  
  6:00–8:00 pm

*All participants must have a Colorado Fishing license.

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**NSCD Outdoor Climbing Club**

During our Outdoor Climbing Club sessions, you will climb high above the valley floor of Colorado's iconic Clear Creek Canyon. In this outdoor climbing experience, you will learn the basics of outdoor climbing from tying your own figure-eight follow-through knot, belaying/rappelling, climbing technique, equipment selection/maintenance and much more. Throughout the session, you will receive high-quality climbing instruction from an American Mountain Guide Association (AMGA) Single Pitch Certified Instructor and learn the skills and techniques necessary to stay safe and progress in the world of rock climbing. You will receive specialized one-on-one instruction of the highest caliber and explore new and beautiful climbing areas in the Front Range. We hope to see you out there on belay, and we can't wait to climb on!

Clear Creek Canyon  
Golden, CO

**Price:** $25 per person or 2 Adventure Punch Passes  
**Free for veterans with a disability**  
**Ages:** 5 & up  
- Every other Tuesday, June–August  
  6:00–8:00 pm

*All participants must have a Colorado Fishing license.**
CALLING ALL PURPLE HEART WARRIORS

MISS THE CAMARADERIE?

Take a trip with five other Purple Heart recipients

CONNECT WITH THOSE WHO HAVE FACED THE SAME BATTLE

GO NEW PLACES

HAVE FUN

TRY NEW THINGS

BUILDING CAMARADERIE AT THE BONFIRE

Couples Trips

Let us help you give back to your loved one. We host trips full of pampering and fun!

WARRIOR BONFIRE PROGRAM

EMAIL: INFO@WARRIORBONFIREPROGRAM.ORG

VISIT US AT WARRIORBONFIREPROGRAM.ORG
COLORADO VISIONARIES BLIND HOCKEY CLUB

is looking to recruit skaters and volunteers to help teach, no experience necessary for either. See our contact information below.

FOOTHILLS ICE ARENA, LAKEWOOD
2250 S KIPLING ST, LAKEWOOD, CO 80227

FOR NEXT SKATING SESSION, SEE OUR FACEBOOK EVENT PAGE

Visionaries Contact Info:
Email: covisionariesbhc@gmail.com
Web: Facebook.com/Visionaries Blind Hockey

Mission Statement: Colorado Visionaries is a non-profit for blind/visually impaired skaters & hockey players. Run entirely by volunteers. Welcomes skaters of all ability levels and ages. In association with USA Blind Hockey.
**Project Hero**

**Rides**

**Wash Park:** 600 S. Marion Street, Washington Park  
**Longmont:** 1800 Nelson Rd, Longmont  
**Latest Schedule:** [Facebook.com/projectherodenver](http://Facebook.com/projectherodenver)  
**POC:** Mike Turek | [denverhub@projecthero.org](mailto:denverhub@projecthero.org) or (775) 997-5506

- Bring your own helmet. We have bikes to ride on bike days.  
- RSVP to [DenverHub@weareprojecthero.org](mailto:DenverHub@weareprojecthero.org)  
- If you need a trike or handcycle, please reach out to [adaptiveadventures.org](http://adaptiveadventures.org)

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Other Resources

- Recreation Therapy. Please ask for locations where upcoming fliers will be posted. 720-723-3055
- Veteran Ticket Foundation http://www.vettix.org
- Denver Project Healing Waters Fly Fishing http://projecthealingwatersdenver.org
- Adaptive Adventures https://adaptiveadventures.org/calendar
- Adaptive Sports USA, Inc.: Littleton
- Breckenridge Outdoor Education Center (BOEC)
- Colorado Discovery Ability: Grand Junction
- Telluride Adaptive Sports Program: Telluride, CO
- Team Red, White and Blue
- Achilles Pike Peak
- Team River Runners
  - www.teamriverrunners.org
  - www.facebook.com/TeamRiverRunnerDenverChapter/
  - https://www.teamriverrunner.org/get-involved/chapters/colorado-denver/

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- Steamboat STARS
- Paralyzed Veteran of American (PVA) http://mscpva.org/
- Sportsabilities http://www.sportsabilities.com/
- Denver Veterans War Stories www.coloradohumanities.org
- B-Bold- Fort Collins www.b-bold.org
- Colorado Adaptive Sports Foundation http://coloradoadaptablesports.org

- For More information, contact Doris Donley at dorisdonley@gmail.com or (719) 231-6603