

ParaSport Alaska

For People with Physical and Visual Disabilities

Summer 2022



Challenge Alaska

ParaSport Alaska is a program of Challenge Alaska.

The ParaSport Alaska program provides recreation opportunities for people with physical and visual disabilities. It promotes skill development and competition in both individual and team sports. It can also serve as an avenue for those who wish to take their participation to the next level of competition; namely competing at the college level and/or on the national team as a representative of the United States.

The ParaSport Alaska program operates year-round out of our Anchorage office and is overseen by our Certified Therapeutic Recreation Specialists. While the services we offer is built around having fun, it is also a therapeutic modality grounded in World Health Organization's international classification of functioning (ICF) and is at the forefront of healthcare trends that emphasize preven-



ParaArchery

May: 6, 13, 20, 27

Kincaid Bunker Annex
(Wax Bunker)

6:30 - 7:30 pm \$20

- Equipment and instruction provided
- Limited space

Challenge Alaska

Denali National Park

Igloo Creek Camping Trip

For People with Mobility and Visual Impairments

July 25 - 29, 2022

Cost: \$200

What's Included:

- Meals
- Transportation
- Support from staff, volunteers and a naturalist/guide
- Camping gear/equipment available upon request

Limited space available
Register early

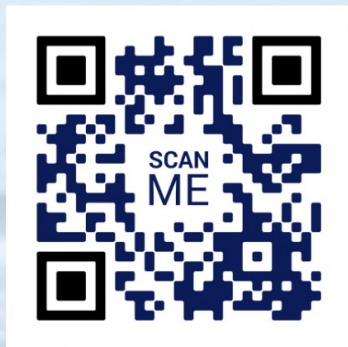
Contact Jeff at
(907) 344-7270
jeff@challengealaska.org



Hockey is for everyBODY

OPEN SLED SKATING

Open to people with mobility impairments
(physical disabilities)



2022 Open Skate

Monday June 13 5:30 - 6:30 PM (Blue)
Monday June 20 5:30 - 6:30 PM (Blue)
Monday June 27 5:30 - 6:30 PM (Blue)
Monday July 11 5:30 - 6:30 PM (Blue)
Monday July 18 5:30 - 6:30 PM (Blue)
Monday July 25 5:45 - 6:45 PM (Red)

**Royal Business Systems Arena
11111 O'Malley Centre Dr.**



All experience levels
are welcome
Equipment is
available in limited
sizes with advanced
reservation

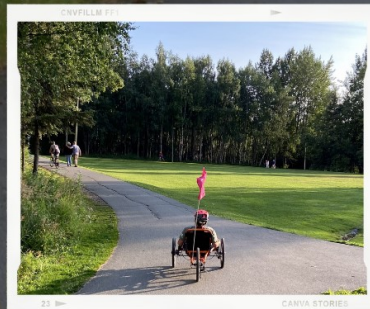
\$10 per session

Advanced Registration Required

ParaCycling - Road

Tuesday's 6:30 - 8:30 PM

Handcycles, Recumbents, Tandems and Traditional Cycles available with advanced notice and on a limited basis.



Advanced Reservation Required

Two options for 2022

Ride the traditional routes

(all routes are out and back)

- June 14 - Dimond High to Lake Otis
- June 21 - Goose Lake - Lake Otis
- June 28 - Pt. Woronzof to Kincaid
- July 5 - Dimond High to Lake Otis
- July 12 - Goose Lake - Lake Otis
- July 19 - Dimond High to Lake Otis
- July 26 - Goose Lake to Lake Otis
- August 2 - Pt. Woronzof to Kincaid
- August 9 - Dimond High to Lake Otis
- August 16 - Goose Lake to Lake Otis
- August 23 - End of season bbq TBD



Ride the Double Moose Challenge

(all routes are out and back)

- June 14 - Dimond High to Lake Otis
- June 21 - Goose Lake to Lake Otis
- June 28 - Pt. Woronzof to Kincaid
- July 5 - Dimond High to Kincaid
- July 12 - Goose Lake to Pt. Woronzof
- July 19 - Dimond High to Lake Otis
- July 26 - Goose Lake to Lake Otis
- August 2 - Pt. Woronzof to Kincaid
- August 9 - Dimond High to Kincaid
- August 16 - Goose Lake to Pt. Woronzof
- August 23 - End of season bbq TBD



All riders, volunteers, family and friends must wear an ANSI/SNELL Certified Helemt on all rides

Wheelchair Lacrosse

Wednesday's 6:30 - 8:30 PM

June 15 - July 20, 2022

Clark Middle School - Outdoor Hockey Rink

\$5 Donation Requested



 Register

Provided Are:

- Sport wheelchairs
- Protective equipment
- in limited sizes
- Lacrosse sticks
- Coaching and instruction

5 A Side Football (Blind Soccer)

Wednesday Evenings

September 7 - 28, 2022

7:30 - 8:30 pm game time

Spenard Rec Center

2020 W. 48th Ave.

Anchorage, AK 99517

\$3 admission fee

No experience necessary. This is an introductory, multi-week clinic to help develop skills. Open to people with a visual impairment as well as the general public. Paralympic 5-A-Side Football (competitive) is open to athletes with visual impairments.

Advanced registration required

jeff@challengealaska.org

(907) 344-7270



ParaCycling - Offroad


Thursday's 6:30 - 8:30 PM July 7 - Aug.18

Saturday's 9:00 - 4:00 PM July 9 - Aug. 20

Handcycles, Recumbents, and Traditional Cycles available with advanced notice and on a limited basis.

New for
Summer
2022



 Register

Thursday Evenings

Ride shorter trails in and around the Anchorage area

6:30 - 8:30 PM

(all routes are out and back)

- July 7
 - July 14
 - July 21
 - August 4
 - August 11
 - August 18
- Locations are to be determined, but MAY include Kincaid Park, Bicentennial Park, and Chugach State Park area rides.



Saturday's

Take on a longer adventure outside of the Anchorage area

9:00 AM - 4:00 PM

(all routes are out and back)

- July 9
 - July 16
 - July 23
 - July 30
 - August 13
 - August 20
- Locations are to be determined, but MAY include Eklutna Lake, Hatcher's Pass area, Birchwood, Arctic Valley, and Girdwood area rides.

All riders, volunteers, family and friends must wear an ANSI/SNELL Certified Helmet on all rides



Registration

SUMMER SPLASH



Registration

SAT. JUNE 25, 2022 | 1PM - 6 PM | PALMER ELKS LODGE
<https://qrco.de/bcwR7j>

Adaptive Equipment - Rentals, General Info

Challenge Alaska provides adaptive sports and therapeutic recreation programs to assist Alaskans with disabilities in overcoming barriers to recreation. One facet of this is to make our adaptive equipment available to the public for rent *when it is not needed for existing programs and events.* As a result, equipment is not always available to the public. To find out if a particular piece of equipment is available for a specific time period, please use the contacts listed below. Priority for all equipment use is as follows:

1. Competitions
2. Scheduled programs/events
3. Challenge Alaska active clients (participate on a regular basis)
4. Challenge Alaska inactive clients (participate on an irregular basis or not more than 3 times per year)
5. All others

Please note:

- **We are not a "rental shop" and this is only one facet of what we do.**
- Equipment needs to be scheduled in advance. It's not available "on demand."
- Scheduled pick up and drop off times are typically Monday-Friday, during the daytime. Honor any meeting times you schedule.
- Renter is responsible to safely transport equipment to and from Challenge Alaska's Anchorage office.
- Some of the equipment may require specific skills to safely use.
- Each rental requires a credit card as a deposit in the event the equipment is damaged.
- Rental rates can depend on length of time the equipment is needed - can rarely exceed 2 weeks.
- Helmets can be included in the rental at no additional cost. You are responsible to maintain the helmet in good condition.
- Many of the cycles come with safety flags. These are required to be used if provided as part of the rental.

Also note that summer equipment is typically not available for use before May 1. Summer equipment will not be made available until after the snow has melted and roads/trails are relatively clean.



**DRAFT STYLE
DIVERSIFIED HOCKEY
TOURNAMENT**

**Warrior - Sled - Special
Hockey Divisions**

**August 4-7, 2022
Anchorage, AK**



**\$150 per
player**



Info/Registration

Challenge Alaska Online Registration

We are pleased to now have all registration and forms moved to our online platform, hosted by SportsEngine. To use SportsEngine to register for programs you will need to create an account.

How to Register

Step 1: You can use the QR codes that you will find on most program registration pages and flyers (simply open your camera app on your cell phone and it will direct you to the registration page). Or you can contact us and we'll electronically send you the link to register, which is <https://challengealaska.sportngin.com/register/form/109184656>

You will have to login into your SportsEngine Account, or create an account if you do not have one.

Step 2: Complete the registration form and indicate which of the sports/programs you wish to participate in this summer. Some are space limited, and some have more detailed information needed. In those situations we'll follow up with you. Once you've entered all of the info you'll be asked if you have any additional accommodations. When you complete the registration you'll see a confirmation that you have completed everything...but hold on. You're not done yet.

Step 3: Sign the waivers. There will be a link to re-sign the Move United Waivers (there are at least two of them one for the liability and one for the media release). Complete the waivers (the link is at the top of the page), and then you're done.

For specific questions about Challenge Alaska's ParaSport Program or current program dates/times/locations,

- Search for us on Facebook (ParaSport Alaska)
 - Visit our website at www.challengealaska.org (click on Physical Disabilities button)
 - Call (907) 344-7270
- or
- Email jeff@challengealaska.org.

Challenge Alaska Anchorage Office
3350 Commercial Drive, Suite 208
Anchorage, AK 99501
(907) 344-7399 main
(907) 344-7349 fax

Challenge Alaska Girdwood Office
P.O. Box 1166
426 Crystal Mountain Rd.
Girdwood, AK 99587
(907) 783-2925 phone
(907) 783-3207 fax

