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What know-how can do®
ENTERING OUR 30th YEAR OF SPORTS

Reaching back to my beginnings in 2001 and then to look at where this organization is today, what I know for sure is that not only has the organization grown ten-fold, but it’s helped me to grow professionally and personally as well.

Ask the Vermont Adaptive staff—they will quickly tell you I’m not one for reflective journeys. But these past 15 years have confirmed for me that I have to be entrenched in the not-for-profit world because I’ve learned true, effective change can take time and patience.

Remain humble and kind. Always be grateful. Of which I am because I’ve learned sometimes not everything will go your way. I try to surround myself with incredible people who believe in this organization—people who inspire me to be better. To be the best for the people we serve.

I have a tremendous amount of respect and gratitude for those who have played an integral role in helping me steer this organization through years of growth and change. I have relied on the expertise of the staff, board of directors and faithful volunteers. I have sought out inspiration from knowing the ambitions and dedication of our participants. And I am constantly amazed at the sense of adventure from the Vermont Adaptive Tribe.

Who I am is a direct reflection of all of you—community leaders, volunteers, loyal donors, participants, board members, business leaders—the people I would truly call my mentors. My passion and priorities for the programs at Vermont Adaptive have never wavered. You all inspire me. Thank you for joining this journey with me and for making a difference in the lives of others. I look forward to many more years of adventures together.

Erin Fernandez
Executive Director  director@vermontadaptive.org

VERMONT ADAPTIVE SKI AND SPORTS is a nationally recognized non-profit organization that empowers people of all abilities through inclusive sports and recreational programming regardless of ability to pay. In addition to sports, year round programming options integrate environmental, holistic wellness, and competitive training philosophies for people of all ages with cognitive, developmentl, physical and emotional/behavioral disabilities.

MISSION
Vermont Adaptive Ski & Sports is committed to empowering individuals with disabilities. We promote independence and further equality through access and instruction to sports and recreational activities.

STATEMENT OF BELIEF
We believe sports and recreation provide a physical, mental and social experience that is immeasurable in promoting self-confidence and independence in an individual. To that end, we extend an enormous thanks to our affiliates, sponsors and partners who believe in our mission and vision, and who afford us the opportunity to bring sports and recreation to our clients’ lives.

WE WORK WITH PEOPLE WHO HAVE A VARIETY OF DIFFERENT DISABILITIES INCLUDING:

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Cover Photo: Kim Jackson
VERMONT ADAPTIVE RECEIVES $90,000 FROM THE U.S. VETERANS ADMINISTRATION FOR SPORTS PROGRAMMING TO VETERANS AND THEIR FAMILIES FROM ACROSS THE NORTHEAST

Vermont Adaptive has been serving veterans with disabilities since the organization was founded in 1987, through many organizations including the United Spinal Cord Injury Association and the Eastern Paralyzed Veterans Association and since then, Vermont Adaptive has partnered with local networks such as the Department of Veterans Affairs, the Veterans Association of White River Junction, the National Guard, the 10th Mountain Division, Wounded Warrior Project, The Home Base Program, and other regional and national groups to serve veterans with disabilities and their families through sports and recreation.

In 2015, the United States Veterans Administration awarded Vermont Adaptive a grant to provide additional scholarship funding and to purchase state of the art equipment to serve a more diverse population of veterans in new activities. This fall, the U.S. Veterans Administration again awarded Vermont Adaptive $90,000 for the upcoming year specifically for the veterans program, which will be used for equipment, specific sports outings and travel to bring Veterans and their families to Vermont to recreate.

“When the veterans program first started we mostly served veterans with physical disabilities,” says Executive Director Erin Fernandez. “Now we have more veterans with traumatic brain injury, Post Traumatic Stress Disorder (PTSD), and other emotional, behavioral and cognitive disabilities. Our goal is to serve all veterans with a disability and make sure their families have access to our resources as well.”

This past summer, Vermont Adaptive launched the first adaptive mountain bike program on the East Coast with the addition of a fleet of four ReActive Adaptations Mountain Bikes. In addition to the new bikes, a donation from the owners of the Lookout Tavern in Killington allowed Vermont Adaptive to purchase an enclosed trailer so that the mountain bike program could travel throughout Vermont and New England with bikes to give Veterans with Spinal Cord Injuries, Amputations, Hemiplegia, Traumatic Brain Injuries or other mobility disabilities access to wild places. The mountain bike program is now a part of the current programming menu, which includes state-wide opportunities like paddle boarding, hiking, sailing, kayaking, canoeing, climbing, and skiing and snowboarding.

Vermont Adaptive Program Coordinator Kelly Walsh continues to lead the Veteran Program, working to create a sense of camaraderie with groups that continue to gather in the fall with hiking, rock climbing and biking, and then come winter, skiing, snowboarding and other outdoor winter sports.
The Vermont Adaptive Veteran Ad-Venture Program serves veterans on a weekly basis throughout Vermont Adaptive’s programming locations. One veteran in this program stated, “I may have a whole lot going on in my life, I’m messed up, I have PTSD, but at least I have Thursdays.”

Vermont Adaptive also provides weekend long retreats for participants to come to Vermont from all over the Northeast to participate in Adaptive Sports programs free of charge including covering the costs of transportation, lodging and food.

And with this year’s grant, Vermont Adaptive will purchase 10 two-wheeled mountain bikes and 10 bicycles for use on the recreation paths (in addition to the mountain bikes purchased in 2016), allowing participants who don’t need to use an adaptive bike to get outside, exercise and socialize with other veterans, enjoying Vermont alongside their peers with physical disabilities.

“Participants gain a sense of accomplishment when reaching the top of the mountain or the rock wall and that is great to see,” says Walsh. “For some of the veterans, socializing has been a great challenge because they feel like people don’t understand what they are going through, but we have created a way through sports for them to bond and recover together. Our retreats are crucial to the veterans in teaching them that they are not alone, and that the daily struggles they face can be alleviated with the help of an outlet like sports and recreation.”

For more information about our various veteran programs, contact Kelly Walsh at truenorth@vermontadaptive.org.
LONG TRAIL BREWING CO.

PEDAL OR PARTY!

The 7th Annual Long Trail Century Ride to Benefit Vermont Adaptive Ski & Sports

Saturday, June 24th, 2017
Long Trail Brewery, Bridgewater Corners

Come pedal with us in support of disabled sports!
100-, 60- and 20-mile routes available for all ages and abilities!

Join us for the après-ride festivities at the brewery!
Live music / Fun for all ages / Games / Great food / Fresh brews

For more info visit: LongTrailCenturyRide.com
CRUISE OR JUST COME CHILL: THE LONG TRAIL CENTURY RIDE’S PATH TO SUCCESS

BY HAYDEN POCROP

The annual Long Trail Century Ride to Benefit Vermont Adaptive Ski & Sports has become something of a fundraising phenom. The event focuses around a 100-mile (“century”) ride that starts and ends at Long Trail Brewery in Bridgewater Corners, Vermont, one of the state’s iconic breweries. Additional shorter rides including 60-miles, 20-miles, and a 5K route provide local, scenic routes to accommodate all types of riding aspirations and levels. And then, of course, there is the after-ride party at the brewery itself.

“The potential for this event hasn’t even been reached yet,” explains Jeff Alexander, events and partnerships director for Killington Resort, which is a major sponsor of the event. “It’s still gaining momentum.”

The event features nothing short of a true festival atmosphere at the finish line, with an après-ride party that keeps all who attend active and entertained—with live music, a barbecue, silent auction, kids games, face painting, and a vendor village stocked with Long Trail beers, local wares and more.

The Long Trail Century Ride is also one of the most important annual fundraising events for Vermont Adaptive, raising more than $200,000 at its summer 2016 event.

No one is more pleased with this success than Phil Black, owner of the Lookout Tavern in Killington, and the event’s original founder. He fondly remembers the first ride held in 2011, when the event barely broke even.

“Then it was called the Lookout Century Ride,” he recalls. “There were maybe 75 people. It was freezing cold; we all huddled around the fire inside the restaurant and recovered.”

A PARTNERSHIP BEGINS

Despite those first-time hardships, Black and staff at Vermont Adaptive saw that the event had great potential, and that it just needed a bigger stage. They reached out to nearby Long Trail Brewery, which already had a long and mutually beneficial relationship with Black at the Lookout Tavern. “We’re closely tied with the community, this is sort of our home base and where things happen,” explains Justin Pill, marketing project manager at Long Trail Brewery. “Phil Black’s business helped jumpstart Long Trail to what it is today.”

Following the first year, Long Trail Brewery became the title sponsor of the event—and Black its co-sponsor—after mutual agreement over the Century Ride’s motives and mission. Killington Resort also stepped in to play a larger role than the first year, and has continued to be a major sponsor for the event ever since. Each person who registers on or before June 1 receives a lift ticket voucher to ski or ride Killington the following winter.

“Vermont Adaptive promotes healthy, active lifestyles through their skiing and riding. They give to people who really deserve it,” Pill explains. “The whole circle of people involved in this all kind of melt together.”

Thus, the Long Trail Century Ride to Benefit Vermont Adaptive was established — and the additional festivities that have made it a must-attend event for bikers, families, and friends from New England and beyond continue to grow.

“This is not just an event for people who ride bikes; it has molded into an event that’s for everyone, from live music to a barbecue and games,” explains Alexander. “You don’t have to ride a bike to show your support.”

“Every year we have pretty extensive growth as far as people attending the ride and people raising money,” says Pill. “Every year it just gets bigger and bigger.”

“It’s a special day, it really is,” adds Black. “And it has benefited Vermont Adaptive since day one.”

The next Long Trail Century Ride will be held Saturday, June 24, 2017. Bring your family and friends to ride and relax in the heart of Vermont’s Green Mountains. For more details or to register, visit www.longtrailcenturyride.com.

All cycling abilities and ages welcome. Adaptive Riders are FREE. Fun for the whole family.

Voted 2016 Black Diamond Award for the Best Road Biking Race or Tour in Vermont by Vermont Sports readers.
WORLD CUP SUPPLY IS EXTREMELY PROUD TO SUPPORT VERMONT ADAPTIVE SKI & SPORTS & THE VERMONT ADAPTIVE RACE TEAM

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VERMONT ADAPTIVE SKI & SNOWBOARD TEAM

COMPETITION TEACHES US TO CHALLENGE OURSELVES AND PUSH BEYOND WHERE WE THOUGHT WE COULD GO. RACING ALSO TEACHES THE ESSENCE OF TEAMWORK AND COMPETING WITH PEERS IN CAMARADERIE, IT’S NOT ABOUT THE WIN, BUT ABOUT WORKING TOGETHER TO ACHIEVE PERSONAL IMPROVEMENT AND JOY FROM THE SPORT.

“The ‘miles of smiles’ theme may seem a bit cliché but for this team it really is the truth,” says Tom Alcorn, senior program coordinator for Vermont Adaptive. “The camaraderie that these athletes develop week after week is a key part of their personal journey as well as their athletic one. Not only are they refining their skills and abilities as skiers and snowboarders, but they’re also learning how to be positive teammates and supporters of others’ dreams. It’s an incredible program to be a part of.”

For more than 14 years, athletes have trained at Sugarbush Resort once a week for nine weeks in preparation for the Vermont Special Olympics Winter Games. Last season, the team also trained at Pico Mountain with the same schedule. With two training locations, the Vermont Adaptive Ski and Snowboard Team members run gates, perfect turns and stops and learn about the joy of working together and cheering on each other in a supportive environment. The competition exists, Alcorn says, but so do the friendships and the simple love for skiing.

The Vermont Adaptive Ski and Snowboard Team is open to any athlete, ski or snowboard, of any age and any ability. Practice is held on Sundays beginning in January. For more information, contact Tom Alcorn at south@vermontadaptive.org (Pico location) or Olivia Joseph at north@vermontadaptive.org (Sugarbush location).

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At Vermont Sports Medicine Center we pride ourselves on having a team of physical, occupational and certified hand therapists with the clinical experience, training and continuing education you need to look for when choosing where to go for therapy!

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Caffry Law is committed to helping Vermonters with disabilities and their families make informed choices about some of life’s most important decisions. We help families develop a plan that addresses a person’s disabilities, but also promotes the person’s capabilities and independence. Caffry Law is a state-wide special needs law practice working with families throughout Vermont.

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“Special Needs Planning is not something we dabble in. It is what we do.”

“When my son was diagnosed with autism, the road my family was traveling suddenly changed direction. I made the decision to refocus my law practice to provide special needs planning and advocacy services to individuals and families whose lives, like mine, are affected by disabilities.”

Bolton Valley proudly supports Vermont Adaptive
ATHLETE PROFILE: JACK RASMUSSEN

Jack Rasmussen loves to ski fast. Try slowing him down and there’s simply too much enthusiasm to contain. Since age three, Jack has been skiing with his family at Pico Mountain in Killington, Vermont. Now 14, he skis mostly with his family, and his speed bodes well for him as a member of the Vermont Adaptive Ski and Snowboard Team.

For the seventh time, Jack will participate in the Vermont Special Olympics Winter Games this coming March as a third-year member of the Vermont Adaptive team and the inaugural member of the Pico contingent.

“Jack is a strong green trail skier and a good blue skier,” says his mom, Sarah. “But he needs to be cued when he is going too fast on steeper hills.”

Jack was born with Dup15q syndrome (he has an extra copy of one of his 15th chromosomes), a condition that can cause mobility and attention challenges. Jack’s parents helped him ski when he was younger by using a harness to help control his speed. During elementary school, he participated in the Killington Elementary School Trail Blazers program, a parent/child volunteer ski program in connection with Killington Resort. His instructor was from Vermont Adaptive and would arrive at Killington and join the Trail Blazers each week.

“Mary (his instructor) was consistent, and Jack trusted her as a coach,” says Sarah. “I believed in Mary mainly because Mary believed in Jack.” Each year Vermont Adaptive volunteer instructors provide assistance and instruction to students with disabilities who attend the local school. The organization offers similar outreach programs throughout the state in an effort for students with disabilities to continue to participate with their peers in school athletic programming.

“Everyone understands; there is no judgment”

Jack is fired up for another ski season at Pico and continues to chase down his older brother, Kyle, on the slopes. He still skis with a guide—his dad, Erik, or Kyle or a Vermont Adaptive instructor—and knows his way around Pico’s trails. Regardless of who the guide is, verbal cues are used to tell him when to wait in line, sit down on the chair lift, how to get off the lift, which direction to go, ski and stop at certain points, when he is too close to the edge, and to slow down when he is going too fast.

Each June, Jack and his huge extended family are a prominent team in the annual Long Trail Century Ride to Benefit Vermont Adaptive Ski and Sports. Jack, his mom, a few aunts, uncles and cousins tackle the 5K route while his dad, brother and a few more aunts and uncles typically head out for a ride on the century ride or 60-mile circuit. Whether it’s hopping on a bike or sliding down the mountain, it appears there is always a need for speed.

“Some days Jack has no problem strapping his boots on, other days he might be having a meltdown, but no one is fazed,” she says. “Everyone understands; there is no judgment.” Working with Vermont Adaptive has made it possible for the family to share Sundays together skiing, she adds. “It’s the perfect fit.”
EVENTS & FUNDRAISERS 2016-2017

GIVING TUESDAY 2016
Where: Virtually, online, program locations
When: Tuesday, Nov. 29, 2016
More Info: www.vermontadaptive.org
Vermont Adaptive is excited to be participating in this movement for the third year in a row. There are loads of ways you can participate – donate your time and talent or simply make a donation online. Visit our website for more details on how you can give to your adaptive sports community, and in turn, pay it forward to someone else.

24-HOURS OF BOLTON BACKCOUNTRY
Where: Bolton Valley Ski Area, VT
When: Feb. 11, 2017
More Info: www.nativeendurance.com
Native Endurance is excited to host New England’s first ever 24-hour backcountry ski and splitboard race at Bolton Valley Ski Area. The race offers two challenging courses—a daytime loop in Bolton’s backcountry, and an overnight loop on Bolton’s groomed terrain. Participants pay an entry fee and then fundraise for Vermont Adaptive.

VERMONT SPORTS MEDICINE CENTER 5K
WALK/RUN TO BENEFIT VERMONT ADAPTIVE
Where: Rutland, VT
When: April 2017, TBA
More Info/Register: www.vsmc.org
Come walk, run or roll (open to hand cyclists) at this annual event, where part of the proceeds will benefit Vermont Adaptive. Includes a kid’s fun run.

THE SEVENTH ANNUAL LONG TRAIL CENTURY
RIDE TO BENEFIT VERMONT ADAPTIVE
Where: Killington Region, VT
When: June 24, 2017
More Info/Register: www.longtrailcenturyride.com
See story on page 7.

THE 29TH ANNUAL VERMONT 100-MILE ENDURANCE RUN OR RIDE
Where: South Woodstock, VT
When: July 15-16, 2017
More Info: www.vermont100.com
The Vermont 100-Mile Endurance Run or Ride is one of the few around the clock 100-Mile Ultra Marathons held in the United States. The runners have 30 hours to get this intense race done—the course record is just under 15 hours. This race is unique in that it contains an equestrian track to the race. VOLUNTEERS NEEDED!

THE 25TH ANNUAL VERMONT 50 MOUNTAIN BIKE & ENDURANCE RUN
Where: Ascutney Mountain Resort, Brownsville, VT
When: Sept. 24, 2017
More Info: www.vermont50.com
This is one of the organization’s biggest fundraisers raising more than $40,000 a year for Vermont Adaptive programs. Each year the Vermont 50 draws a national crowd of more than 600 world-class mountain bikers and several hundred ultra runners to race through the back woods and trails of scenic Eastern Vermont. VOLUNTEERS NEEDED!

ALLEN CLARK HILL CLIMB
Where: Waitsfield, VT
When: Early Oct. 2017
More Info: www.achiclimb.org
Held annually, the Allen Clark Bicycle Hill Climb is named in honor of long-time Mad River Valley resident, Allen Clark. An avid cyclist who took up biking late in life, he rode 2,500–3,000 miles annually in Vermont. Allen especially loved the challenge of the Appalachian Gap. This event is a tribute to Allen’s life and a fundraiser for Vermont Adaptive Ski and Sports, an organization that meant a great deal to him.
BECOME AN INTERN WITH VERMONT ADAPTIVE

BY CLAIRE MCKENNA, UNIVERSITY OF VERMONT

This December I will finish my final semester at the University of Vermont. In my time as a college student, intellectualism has permeated everyday life. We theorize and analyze everything under the sun, trying to make all things fit into one logical solution. I always thought that in any “real” job I had, I would need, in some way, to prove these skills. Yet, this summer, as we transferred a full-grown man from his wheelchair into a kayak, and as we took a family out canoeing with their daughter whose disease prevents her from speaking or controlling her movements, I found that theorizing failed me. With Vermont Adaptive, things often did not fit into a smooth answer. Contrary to how I portrayed the job to others, rarely did I hear what I wanted. Things went wrong; bikes broke or someone fell.

“...my internship with Vermont Adaptive was the best, and ‘realest’ job I have ever had.”

But we learned to deal with it. We fixed the bikes, and we got back up every time. We learned to laugh at the little bumps and eccentricities that come with working with special needs and disabilities. If nothing else, this job has taught me about resilience, about capability and determination in improbable circumstances. It taught me that first and above all, I must show up, fully present and open to whatever trials the day would bring. Life in the classroom can lead me to think that once I have this or that figured out, things will be easier. Vermont Adaptive taught me the opposite. This summer I learned that life hands you what it wants and all we can is deal with it as it comes. I learned how messy life can be, and at the same time how beautiful in its imperfection. In this way, my internship with Vermont Adaptive was the best, and ‘realest’ job I have ever had.

INTERNSHIPS
Our Intern Program is designed to provide opportunities to students interested in Adaptive Sports, Therapeutic Recreation, Adventure Recreation and Adventure Education to gain knowledge and professional experience in these growing fields. We also offer internships to those who are pursuing philanthropic careers in development, marketing and administration. Interns get hands on experience with all aspects of programming and operating a non-profit organization geared toward people with disabilities. They develop the necessary people skills as well as technical skills in order to obtain employment in the future. Internships can either be seasonal or year-round, depending on the focus and discipline of the internship.

INTERN QUALIFICATIONS
All interns must be at least 18 years of age, have current first aid and CPR certification and the ability to commit to an entire season. Vermont Adaptive is looking for intern staff that is self-motivated, takes initiative and has some experience working with people with disabilities and adventure recreation. It is helpful to have technical outdoor skills and the ability to work well with people. All interns have a strong sense of hard work, flexibility, a love for the outdoors, an open mind and a love for working with people.

TO APPLY
Contact the coordinator at the program you are interested in interning at or visit vermontadaptive.org for details to apply.
Whether it’s challenging steeps and glades or smooth cruisers and gentle learning terrain - you’ll find it all at Pico Mountain. Pico’s vertical drop of 1,967’, taller than 80% of ski areas in Vermont, will excite even the most selective of skiers and riders.

Pico’s central base area, featuring a cozy lodge with stone fireplaces, makes it easy to stay connected with family and friends throughout the day. When it’s time to recharge you’ll find a variety of fare including homemade waffles, hot sandwiches and kid-friendly food options to keep you going.

Pico Mountain is open Thursday - Monday and peak periods from mid December through March.

Open **THURSDAY thru MONDAY & PEAK PERIODS**

57 trails • 7 lifts • 1,967’ vertical

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It’s where skiing’s storied culture, world-class athletes and the iconic Green Mountains converge.
LEAVING A LEGACY. THE STORY OF EILEEN AND JOHN SIMINGER

20+ YEARS OF VOLUNTEERING WITH VERMONT ADAPTIVE: BY GABRIELLE NATALE, UVM STUDENT

“I always say you know that an organization is doing well – particularly a volunteer organization—when people come back year after year,” says Eileen Siminger. Eileen and her husband, John, are lovers of outdoor recreation and long time volunteers with Vermont Adaptive. For the past 20 years, this team has volunteered with Vermont Adaptive and transitioned into dedicated trainers for the program.

They first came to the organization with the intention of giving back to the community. With the couple’s love for skiing and Eileen’s career as a special educator, they found volunteering on the ski slopes to be the perfect opportunity. However after some time with Vermont Adaptive and its students, their views changed.

“You get into it thinking that you’re going to give something back, and then you realize that you’re getting so much more personally than you’re giving,” says Eileen.

Through their journey they have watched the organization grow exponentially as well as change the lives of many individuals who never believed they would have the freedom of getting on the slopes again.

Whether their students just want to feel the wind in their face or they have a desire to perfect the sport, the Siminger team is there to guide their students through every aspect of the journey on and off the slopes.

John and I have been volunteers with Vermont Adaptive for more than 20 years and have always been strong supporters of the mission and values of this program.

We are continually inspired by the commitment and strong sense of purpose and community that staff, volunteers and participants bring to the program each and every day. Our lives have been immeasurably enriched by the people we have met and the long standing relationships and friendships that we have formed through our participation in this program.

INSPIRE.
Through the gift of our time, we have received back so much more than we have ever put out. This is a true gift to us and has encouraged us to give even more whenever and wherever we can.

EMPOWER.
We initially began volunteering because John and I both have a strong belief in giving back to our community. Though that was our initial motivation, we have found that our participation has enriched our lives in ways that we could have never imagined.

GIVE.
That is why we have decided to include Vermont Adaptive in our estate planning. It’s simple to do. All you need to do is to choose an organization (like Vermont Adaptive) and other organizations that are near and dear to your heart and designate a portion (this could be an exact figure or a percentage) of your estate to those organizations.

Most ordinary people like us don’t usually think that they can leave a legacy. Well, here’s a way that you can. It is an easy way to ensure that the causes that you are passionate about continue to be supported. For us, we find great joy in having an impact and making a difference in whatever ways that we can while we are here.

It is even more exciting and meaningful to know that our planned giving contributions will ensure that we continue to make a difference once we are gone. It’s a very good feeling.

—Eileen & John Siminger

“We make a living by what we get. We make a life by what we give.”
—Winston Churchill
Your planned gift has the potential power to be transformational for Vermont Adaptive. It is a way to leave your legacy to the organization through our endowment and planned giving in general is critical to the long-term success of any nonprofit organization.

It is a powerful expression of your commitment to Vermont Adaptive. We are honored that you would consider Vermont Adaptive as part of your legacy.

Would you like to have lunch? Can I share with you some ideas on how others have been able to make a significant impact through planned giving?

Erin Fernandez, Executive Director, 802.786.4991 ext. 21

WHAT ARE PLANNED GIFTS?

Planned Giving Estate Gifts:
- Retirement
- Life Insurance
- Living Will (Bequest)

Life Income Gifts:
- Charitable Gift Annuity (CGA)
- Charitable Remainder Trust (CRT)

Gifts that Protect Assets:
- Charitable Lead Trust (CLT)
- Retained Life Estate

ENDOWMENT

The purpose of our endowment is to provide a stable funding source that will be under the control and discretion of Vermont Adaptive Ski and Sports. The endowment fund is held in trust by the Vermont Community Foundation and is professionally managed locally with Vermont Adaptive’s Board of Directors deciding what to do with the distribution of the endowment.

WHAT IF I WANT TO CONSIDER A BEQUEST?

Know that your bequest is private. Your gift is known only to you, your attorney and the people you choose to inform of your plans. You can change or revoke your bequest at any time. Your bequest is not payable until after your lifetime, so it does not affect your assets or savings during your lifetime.

BECOME A PART OF THE LEGACY CIRCLE AT VERMONT ADAPTIVE

When you leave a legacy that helps advance the work Vermont Adaptive, you are extending your support beyond your lifetime. Let us know when you make arrangements in your will that include Vermont Adaptive as part of your estate plan, and it will be our honor to add your name to the Vermont Adaptive Legacy Circle.

OTHER WAYS TO GIVE

- Your gift of a vacation home, primary residence, agricultural land or other real estate property will help Vermont Adaptive.

- An outright gift is the easiest way to donate land to Vermont Adaptive and remove your ownership costs. After the deed is transferred, Vermont Adaptive uses the sales proceeds to support our programs.

- You may also use real estate gifts to fund a life income gift, such as a deferred gift annuity or a charitable remainder trust. You’ll avoid an immediate capital gains tax, enjoy a current charitable income tax deduction, benefit from a new income stream and help champion the work of Vermont Adaptive.
“THAT IS WHY WE HAVE DECIDED TO INCLUDE VERMONT ADAPTIVE IN OUR ESTATE PLANNING. IT’S SIMPLE TO DO. ALL YOU NEED TO DO IS TO CHOOSE AN ORGANIZATION (LIKE VERMONT ADAPTIVE) AND OTHER ORGANIZATIONS THAT ARE NEAR AND DEAR TO YOUR HEART AND DESIGNATE A PORTION (THIS COULD BE AN EXACT FIGURE OR A PERCENTAGE) OF YOUR ESTATE TO THOSE ORGANIZATIONS.”

Eileen & John Siminger

HOW THE DONOR ADVISED FUND WORKS FOR YOU AND THE CHARITY

A donor advised fund is a charitable giving program managed by a nonprofit institution—known as a sponsoring organization, like the Vermont Community Foundation (VCF) — and created for the purpose of managing charitable gifts on behalf of donors.

• Your gifts to your donor advised fund (DAF) entitle you to an immediate income tax deduction at the time of contribution.
• You avoid capital gains tax on appreciated assets you place in your donor advised fund.
• Your fund’s investment gains accumulate tax free.
• If your DAF is held at the VCF, you work with a philanthropic advisor to plan, and execute a giving strategy.
• Funds are distributed to Vermont Adaptive and as an advisor you can be named and acknowledged or be anonymous.

WHAT WILL YOUR LEGACY BE?

Please contact Erin Fernandez, Vermont Adaptive’s Executive Director, at 802.786.4991 ext. 21 or director@vermontadaptive.org to learn more and start a conversation about your planned giving ideas.
Sports injury management, rehab and training are a daily focus at Vermont Orthopaedic Clinic. We design and deliver programs that treat and train the entire body—not just the injury—as quickly and safely as possible.

Through our leading-edge isPORT program, VOC has brought injured, world-class athletes, professionals, Olympians and active sports enthusiasts back to top performance.
PLAY IN VERMONT. WHERE YOU WANT. WHEN YOU WANT.

FROM THE SOUTH OF THE STATE TOWARD THE CANADIAN BORDER, WE LOVE PLAYING IN VERMONT. WHILE WE HAVE MANY LOCATIONS THAT ARE OUR FAVORITES, WE ARE ALWAYS SEEKING OUT NEW PLACES TO EXPLORE. HAVE AN IDEA? LET US KNOW!

Some of the places where we love to recreate in the summer:
- Lake Champlain
- Burlington Bike Path
- Chittenden Reservoir
- Kent Pond
- Waterbury Reservoir
- Stoughton Pond
- Castleton Rail Trail
- Upper Valley/Lebanon Rail Trail
- Petra Cliffs
- Other areas upon request.

Some of the places where we love to recreate in the winter:
- Pico Mountain/Killington Resort
- Sugarbush Resort
- Bolton Valley Ski Area
- Mad River Glen
- Suicide Six
- Mountain Meadows Cross Country Ski Area
- Green Mountain Rock Climbing Gym
- Other areas upon request.
WINTER PROGRAMS 2016-2017

DAILY ADAPTIVE SKI & SNOWBOARD LESSONS

CONTACT
Pico Mountain & Southern Vermont:
south@vermontadaptive.org : 802.353.7584

Sugarbush Resort & Waterbury/Montpelier Areas:
north@vermontadaptive.org : 802.343.1193

Bolton Valley Ski Area, Chittenden County
and the Burlington Region:
truenorth@vermontadaptive.org : 802.353.3178

Taught by highly-trained volunteer-instructors, we offer skiing and riding for participants regardless of their disability. Whether you’re an individual skiing for the first time, a group of participants from a school, club or institution with varying levels of ability, or someone who has skied before, our instructors will put you in the right adaptive equipment for an incredible experience on the mountain.
Cost: Inquire with each program location’s coordinator.

AT PICO MOUNTAIN
Time: Half Day or Full Day. 9:30 a.m. – Noon and/or 1:00–3:30 p.m.

AT SUGARBUSH RESORT
Time: Half Day or Full Day. 9:30 a.m. – Noon and/or 1:00–3:30 p.m.

AT BOLTON VALLEY
Time: Half Day or Full Day. 9:30 a.m. – Noon and/or 1:00–3:30 p.m.

10TH ANNUAL USABA WINTER FESTIVAL
Where: Pico Mountain
When: Feb. 10-13, 2017
Contact: Tom Alcorn, 802.353.7584, south@vermontadaptive.org
Vermont Adaptive is teaming up with the United States Association of Blind Athletes host its 10th Annual USABA Winter Festival. Participants choose to either “learn to ski” or “learn to race” in downhill and cross-country.
+ First-time skiers and competitive racers, all abilities and ages welcome.
+ Guides and instructors provided.
+ Skiing, cross country skiing, banquet dinner, pizza party and more.
+ To register, visit: www.usaba.org

SNOWSHOEING & CROSS-COUNTRY SKIING ADVENTURES
Where: Bolton Valley, Rutland County, Mad River Valley, Washington County
When: By reservation; 1 hr. session, call your program location for details.

INDOOR ROCK CLIMBING
Where: Held at Sugarbush Health and Racquet Club in Waitsfield, VT; Green Mountain Rock Climbing Center in Rutland, VT and Petra Cliffs in Burlington, VT
When: By reservation; 1 hr. session, call your program location for details.
VERMONT ADAPTIVE SKI AND SNOWBOARD TEAM

Where: Sugarbush Resort & Pico Mountain

When: Sunday afternoons to prepare for Special Olympics Vermont Winter Games and other races

Cost: Call for pricing.

Vermont Adaptive is proud to host and support its own alpine race team, with a new division of the team training at Pico Mountain. The emphasis of this training is improvement of personal skiing skills, race training, making new friends, and FUN! Contact us to be an athlete, a coach, or to be involved in the alpine race program.

RENTAL EQUIPMENT

Adaptive renters will be required to show basic knowledge of adaptive equipment. Equipment must remain onsite at host mountain. Traditional alpine skis and snowboards available for rent. Nordic skis, boots and snowshoes also may be available.

WINTER GROUP OUTINGS & ADVENTURES: AVAILABLE AT PICO MOUNTAIN, SUGARBUSH RESORT AND BOLTON VALLEY

We can customize and schedule daily, weekend, or even weekly outings for your group during the winter and have worked with various groups from all over the Northeast and beyond. Let us know your ideas!

NOTES ABOUT RESERVATIONS

Please make your reservation at vermontadaptive.org. Payment is required at the time of all reservations.

• Cancellation Policy: Please call to cancel with more than 24 hours notice. If you cancel with less than 24 hours notice you will be charged for 50% of your program fee. No call-no show will be charged for full program fee.
• Please give us two weeks notice before you plan to visit us. Our space is limited.
LOG YOUR DAYS TO WIN
RIDE ALL 19 RESORTS FOR ULTIMATE BRAGGING RIGHTS!

1. DOWNLOAD ALPINE REPLAY APP
   skivermont.com/checkin

2. USE ALPINE REPLAY TO LOG YOUR DAYS AND COMPETE WITH YOUR FRIENDS

3. WIN COOL STUFF
   THE MORE YOU LOG IN THE MORE YOU CAN WIN!
   LIFT TICKETS, POSTERS AND MUCH MORE

4. SHARE WITH YOUR FRIENDS USING #SKIVERMONT
CYCLING
Where: Burlington Bike Path, Burlington; Castleton Rail Trail, Castleton and other locations by request.
When: Reservation only; contact your program coordinator for availability
Tandem Cycling, Hand Cycling and guided bike trips all are available throughout various locations around the state. Tandem cycling is ideal for people with visual or other impairments. We also offer a variety of children and adult hand cycles for a person with a physical disability that limits the use of their legs for bike riding.

MOUNTAIN BIKING
Where: Blueberry Lake, Killington region, points in Northern Vermont; other locations by request
When: By reservation and selected dates
Vermont Adaptive is proud to announce our new Adaptive Mountain Bike Program, one of the first on the East Coast. Thanks to funds from a grant from the US Veteran’s Administration, as well as donations from Phil Black and the Lookout Tavern, we have four adaptive mountain bikes as well as a trailer for hauling. These highly adjustable bikes are ideal for individuals with Spinal Cord Injuries, Amputations or Limb Differences, or Balance and Motor Skill Disabilities.

CANOE, KAYAK & STAND-UP PADDLEBOARDING
Where: Lake Champlain, Burlington/Weatherbury Reservoir/ Stoughton Pond/ Chittenden Reservoir/Other areas upon request
When: Varies depending on location
The freedom offered by paddling pushes aside the barriers presented by disabilities. Vermont Adaptive has a fleet of canoes, kayaks, tandem kayaks, and stand-up paddleboards available for day trips on a variety of waterways in Vermont.

CLIMBING
Where: Petra Cliffs, Burlington, VT
When: By reservation
Learn how to belay and climb safely. Petra Cliffs’ experienced and knowledgeable staff can even set up a haul system to assist people with physical disabilities to learn to climb. More info can be found at petracliffs.com.

C.O.R.E. CONNECTIONS AND ECOABLE ADVENTURES
See page 25 for details.

THERAPEUTIC HORSEBACK RIDING
Where: Moonrise Farm, Traftsville, VT
When: By reservation, contact 802.345.5637
Therapeutic Horseback riding and instruction using equine assisted activities for the purpose of contributing positively to the emotional, cognitive, physical, and social well-being of individuals with disabilities.

BEEPER BASEBALL & OTHER SPORTS
Beeper Baseball is a game similar to baseball that is adapted for people who are blind or visually impaired. It gives people with disabilities the opportunity to get involved in a fun, competitive team sport. Please contact the program location where you would like to participate for details.

SAILING
Where: Lake Champlain, Burlington Waterfront
When: 9 a.m. and 1 p.m. seven days a week, June–September
Advanced Reservations Required
The Sonar we use has been adapted so that the skipper sits facing forward without the need to switch sides as the boat turns. Encircling this gimbaled sail is a horizontal steering wheel. The Sonar sails with up to 6 people and has a heavy keel under the bottom, which makes for excellent stability. In partnership with Lake Champlain Community Sailing Center.

PRIVATE & COMPETITIVE SAILING LESSONS
Where: Lake Champlain, Burlington Waterfront
When: Times vary, June–August
Advanced Reservations Required
The goal of these lessons is to enable students with disabilities to sail independently. The Martin 16, a single or double-handed keelboat (again, will not flip over) was designed to level the playing field for people with physical disabilities to race in open fleets with a time or not.

CUSTOM GROUP OUTINGS & ADVENTURES
We can schedule daily, weekend or even weekly outings specific to your group. You think of it and we will create it in the Vermont community of your choice! In addition to our program list, we offer Hiking, Ice Skating, trips to museums, and more.

CONTACT
South Central Vermont:
south@vermontadaptive.org 802.353.7584
Waterbury & Montpelier Areas / Central VT:
north@vermontadaptive.org 802.343.1193
Burlington Waterfront & Points North:
truenorth@vermontadaptive.org 802.353.3178
C.O.R.E. CONNECTIONS
REGISTER NOW FOR 2017 SESSIONS:
FEB. 20-24, MARCH 27-31, JUNE 26-30, AUG. 14-18

COMMUNICATE, OVERCOME, RELATE & EMPOWER

How much consideration do you give the buzzword “holistic wellness?”
What about “whole body health?” If those peek your interest, read on.

C.O.R.E. Connections is a multi-day retreat that emphasizes whole body health and is open to all ages and abilities.

This program includes an initial individualized lifestyle analysis and moves on to personalized goal setting, nutrition, fitness, and mindfulness. There is emphasis on exploration and engagement that includes farm to table field trips, cooking, fitness modalities, creative arts and music, traditional Vermont Adaptive adventures such as paddling, cycling, or skiing, snowboarding and snowshoeing, and always integrates daily adaptive yoga and holistic approaches such as guided breathing exercises. These retreats are customizable for any time of the year, at a variety of locations, for large or small groups.

“The climbing wall had just as much affect on him as the activities from the whole week of C.O.R.E. Connections,” said Scarlett Duncan, the mother of a C.O.R.E. participant. “He now wants to go up every wall at every playground. He got it in just that week. He couldn’t do mental and physical at the same time but in a safe, supportive environment he could.”

Regular scheduled C.O.R.E retreats are held at Vermont Adaptive’s Andrea Mead Lawrence Lodge at Pico Mountain, Killington serving the greater Rutland Area.

Contact south@vermontadaptive.org for more information and session dates.

ECOABLE ADVENTURES

Spending time outdoors is good for our bodies. Learning about the outdoors is good for the environment.

Vermont Adaptive offers interactive programs that keep you moving and raise one’s understanding and awareness about the outdoors. EcoAble Adventure experiences are offered to all ages, abilities and backgrounds—for individuals, groups, school groups, families and organizations.

We bring the classroom outside for single or multi day programs—providing experiential opportunities to learn about and connect with the environment while developing unique opportunities to succeed. Experiences are each custom designed with goals, season, ages, location and abilities in mind.

The program fosters the development of skills transferable to several areas of a participant’s life, the development of leadership skills, collaboration as a member of a team, and personal growth all while learning about environmental stewardship and safety preparedness and awareness in the outdoors. Our goal is to provide interactive activities that support Leave No Trace ethics, water conservation, plant and animal identification, and techniques for environmental protection. We even cover relevant topics such as planning and preparedness for trips and nutrition.

Adapted front country experiences are single or multi day (less intimidating) experiences that are easy to get to—accessible lakes, streams and trails. They are great for a commuting classroom, too.

For more those seeking more challenging adventures we offer multi day back country explorations — less civilized, more wilderness and more challenging (and probably no cell service).

For more information, email south@vermontadaptive.org.
CONTACT INFO

YEAR-ROUND PROGRAMMING THROUGHOUT THE STATE OF VERMONT

• Alpine Skiing
• Canoeing & Kayaking
• Cycling
• School Outreach

• Sailing
• Stand-Up Paddleboarding
• Specialty Events
• Presentations at Conferences & in Classrooms

• Goalball
• Adventure Weekends
• Snowshoeing
• C.O.R.E. Connections

• Cross Country Skiing
• Snowboarding
• EcoAble Adventures
• Wellness Retreats

AFFILIATES / RESORT SPONSORS

ERIN FERNANDEZ
Executive Director
director@vermontadaptive.org
802.786.4991 x21 • M: 802.353.8129

MAGGIE BURKE
Managing Director
north@vermontadaptive.org
802.282.9784 • x26 • M: 802.282.9784
Development & Donor Relations

KIP DALURY
Office Manager
office@vermontadaptive.org
802.786.4991 x22

MACLEOD “MAC” JANNEY
Development Coordinator
development@vermontadaptive.org
802.786.4991 x23 • M: 802.345.4025

KIM JACKSON
Director of Communications & Marketing
pr@vermontadaptive.org
802.786.4991 x24 • M: 802.345.9730

TOM ALCORN
Senior Program Coordinator
south@vermontadaptive.org
802.786.4991 x25 • M: 802.353.7584
Winter Programs at Pico Mountain and in the South Central Region.

KELLY WALSH
Program Coordinator
truenorth@vermontadaptive.org
802.786.4991 x27 • M: 802.353.3178
Winter Programs at Bolton Valley Ski Area. Summer Programs on Lake Champlain in Burlington, the Burlington Waterfront and surround areas. Veterans Programs statewide.

OLIVIA JOSEPH, CTRS
Program Coordinator
north@vermontadaptive.org
802.786.4991 x26 • M: 802.343.1193
Winter Programs at Sugarbush Resort. Summer Regional Mountain Biking. Summer Paddling and Cycling in Central Vermont.

FOLLOW US!

VERMONTADAPTIVE.ORG

OUR HEADQUARTER OFFICES ARE LOCATED AT PICO MOUNTAIN IN KILLINGTON

Mailing Address: Vermont Adaptive Ski & Sports PO Box 139 Killington, VT 05751
Shipping Address: 77 Alpine Drive, Pico Mountain, Killington, VT 05751

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COMMUNITY IS BETTER AT SUGARBUSH

There’s something more to the Sugarbush experience than the legendary terrain variety, the meticulous snowmaking and grooming, the fabled history, and the authentic Vermont mountain setting.

Come discover what makes Sugarbush different.

VERMONT ADAPTIVE
At Mt. Ellen at Sugarbush

Vermont Adaptive Ski & Sports is committed to empowering individuals with disabilities. During the winter Vermont Adaptive offers skiing, snowboarding, and snowshoeing. For more information, call 802-583-4283, e-mail north@vermontadaptive.org or visit vermontadaptive.org.