

**PATH International**  
PO Box 33150  
Denver, CO 80233  
(800) 369-7433  
(303) 252-4610 (fax)



*Mays Mission employees at Regional Special Olympics Games.*



*Proud Mays Mission employees display their winning ribbons.*

*As with anything new, please check with your physician or professional healthcare provider to assure that the activity you choose is safe and not detrimental to your health. Ease into a new activity. Muscles and joints that have not been used or put under excessive stress need time to stretch and strengthen.*

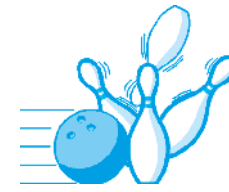
*This is an Equal Opportunity Program*



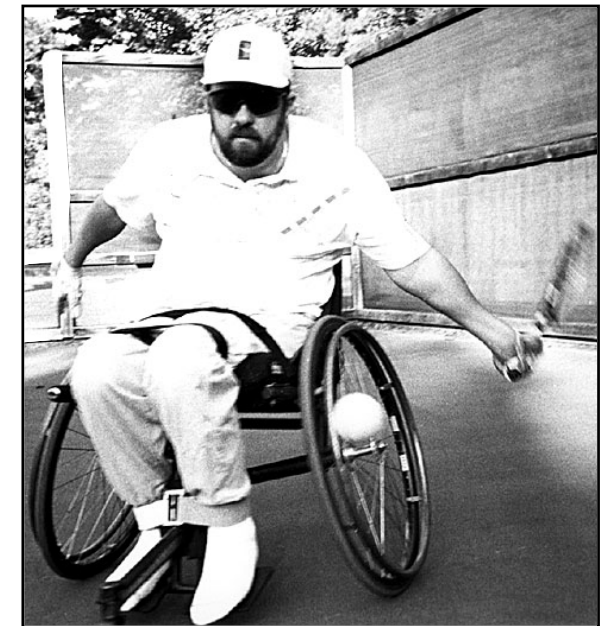
**MAYS MISSION  
FOR THE HANDICAPPED, INC.**

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*A publication of  
Mays Mission for the Handicapped, Inc.*



**RECREATION  
IS FOR  
EVERYONE**



## Recreation for People with Disabilities

**rec-re|a-tion** (rek' re a shen)

1. refreshment in body or mind, as after work, by some form of play amusement, or relaxation.

Everyone, including people with disabilities, needs some form of recreation, activity or hobby to ease the stress, worries and cares of everyday life.

In days past, many, including the most highly educated, had the misconception that being disabled meant a lifestyle of boredom and confinement. But, with today's technology and changing attitudes, the activities of most people with disabilities are limited only to their imagination. Today we have people in wheelchairs doing the Boston Marathon (26 miles), paraplegics climbing the sheer north face of El Capitan (Mark Wellman has climbed up the vertical rock face of both El Capitan (1989) and Half Dome (1991) in Yosemite National Park, U.S.A.; one is 3,300 feet high and the other about 2,600 feet), blind water and snow skiers - you name it, people with disabilities are doing it!



Part of the struggle of getting into a new or different activity may be changing the mindset of "I can't do that," to, "Let's give it a try!" With courage and determination, maybe some adaptive equipment and ingenuity, one may be surprised as to what can be accomplished.

*"Someone told me that blind people need to realize their limitations, but I think it's more exciting to realize my potential" (Erik Weihenmayer, visually impaired mountain climber).*

Listed throughout this brochure are a variety of activities. Think of an activity in which you are interested and look for it. Remember, don't say, "I cannot do that" without inquiring. Example: A quadriplegic with little or no hand function wants to go bowling. "How can I hold my bowling ball?" Most bowling facilities have assistive devices that allow one to roll a regulation bowling ball down a portable ramp.

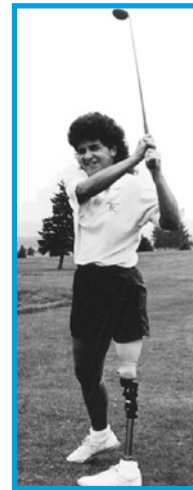
### For More Information Contact:

#### Adaptive Equipment:

**Aquatic Access Inc.**  
1921 Production Drive  
Louisville, KY 40299  
(800) 325-5438  
(502) 425-9607 (fax)

**Sport Aid**  
78 Bay Creek Road  
Loganville, GA 30052  
(800) 743-7203  
(770) 554-5944  
Email: [stuff@sportaid.com](mailto:stuff@sportaid.com)

**Onit Ability Boards**  
38281 Oaktree Loop  
Murrieta, CA 92562  
(800) 363-9488  
Email: [info@onitabilityboards.org](mailto:info@onitabilityboards.org)



#### Recreational Activities

**Adaptive Sports Center**  
PO Box 1639  
Crested Butte, CO 81224  
(866) 349-2296  
(970) 349-4950 (fax)

**Wheelchair Sports and Recreation Assoc.**  
900 Gulf Shore Drive #3034  
Destin, FL 32541  
(850) 333-7318  
(866) 672-8130 (fax)

**National Wheelchair Basketball Association**  
1130 Elkton Street Suite C  
Colorado Springs, CO 80907  
(719) 266-4882  
(719) 266-4876 (fax)  
Email: [info@nwba.org](mailto:info@nwba.org)

**BlazeSports America**  
535 N. McDonough Street  
Decatur, GA 30030  
(404) 270-2000  
(404) 270-2039 (fax)  
Email: [info@blazesports.org](mailto:info@blazesports.org)

**Disabled Sports, USA**  
451 Hungerford Drive, Suite 100  
Rockville, MD 20850  
(301) 217-0960  
(301) 217-0968 (fax)  
Email: [info@dsusa.org](mailto:info@dsusa.org)

**National Ability Center**  
PO Box 682799  
Park City, UT 84068  
(435) 649-3991  
(435) 658-3992 (fax)  
Email: [info@DiscoverNAC.org](mailto:info@DiscoverNAC.org)