

SPORTS 'N SPOKES

March 2010

IRONMAN HAWAII
Who's Toughest?

SNOW MAN:
A Tribute to Randy Snow

**On
Safari**



ROCKING AND ROLLING IN YOSEMITE

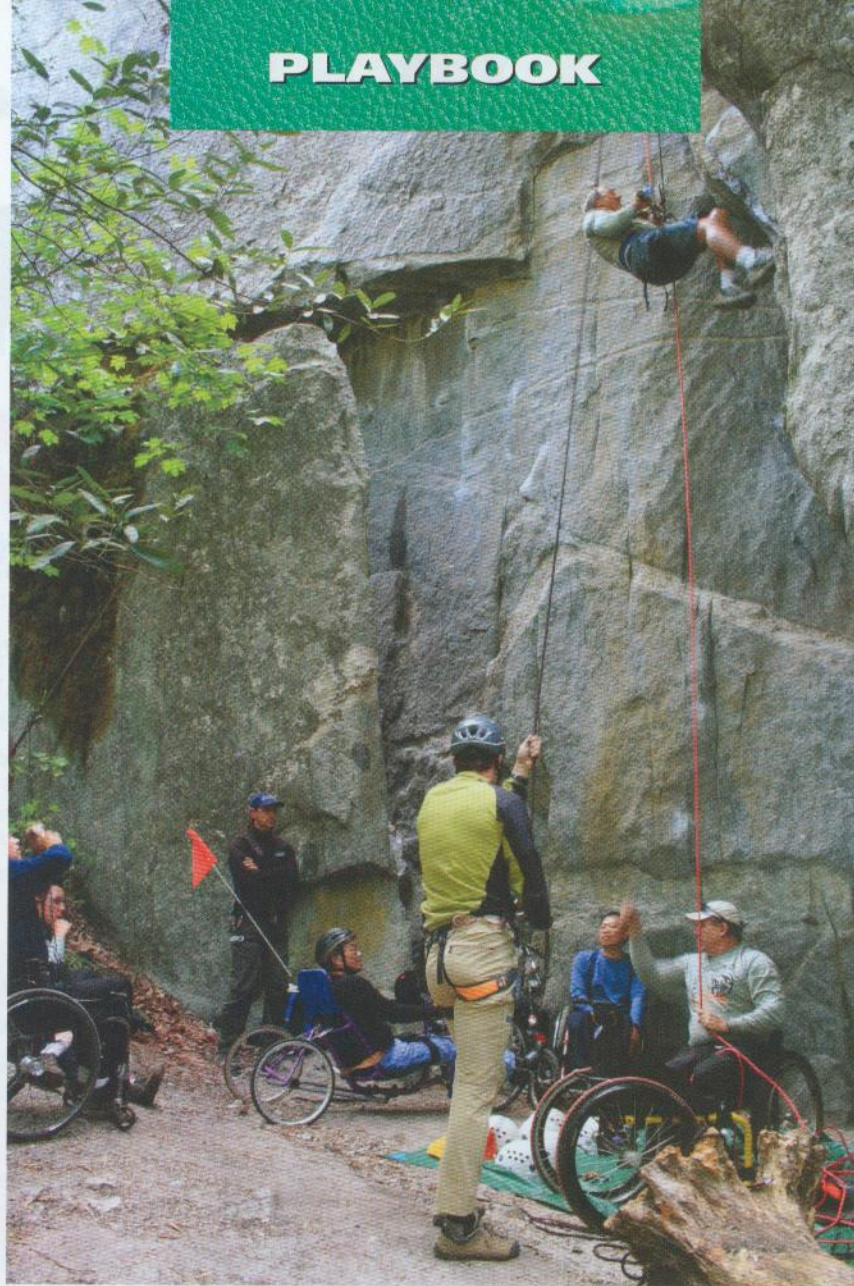
The City of Sacramento, (Calif.) Access Leisure and Paralympic Sport Sacramento will host Rock n' Roll Yosemite 2010 on May 10-13. Fifteen individuals from across the U.S. will enjoy the sights, history, and majestic beauty of Yosemite National Park (Calif).

In its fourth year, the camp offers participants handcycling tours throughout Yosemite Valley.

Former park ranger and rock climber Mark Wellman leads the tours, which chronicle Yosemite's history and visitors' experiences over the years. Spring offers the perfect setting for the camp with the park's gushing waterfalls, blooming dogwoods, and vegetation along the Merced River. Past participants noted that cycling provided an ideal way for people with physical limitations to experience the park.

Individuals will also have the opportunity to experience adaptive rock climbing on the granite walls surrounding the valley. Wellman lends his expertise developed over many years of scaling Yosemite's monoliths. The adaptive equipment and expert staff make it possible for people of all ability levels to experience the sport.

In preparation for a planned climb of Yosemite's El Capitan in September, during the camp Steve Wampler will spend overnight sessions on a porta-ledge suspended from the valley walls. He will attempt to be the first person with



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cerebral palsy to make the daunting climb involving more than 20,000 pull-ups to the top of El Capitan.

This year's camp will again provide scholarships to participants in the Community Based Warriors Transition Unit.

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COOL AWARDEES

For the first time, the U.S. Olympic Committee's annual awards (2009) included Paralympians in three categories. Mono-skier Stephani Victor (Park City, Utah) and sled hockey

player Steve Cash (Overland, Mo.) were Paralympic Sports-Woman and Sports-Man of the Year, respectively. The 2009 U.S. National Sled Hockey team earned the inaugural USOC Paralympic Team of the Year honor.

"Today we recognize and congratulate the best athletes the U.S. Olympic and Paralympic Movement had to offer in 2009, and it's only fitting that the biggest stars over the past year will now help lead Team USA into competition in Vancouver," said USOC Chief of Sport Performance Mike English. "These award recipients stood apart from a distinguished list of nominees on and off the field of play, and their accomplishments provide inspiration and excitement for all Americans."

Victor skied away with the Paralympic SportsWoman of the

Year award two months into the year. From February 20 to February 24, she won three gold medals and a silver while competing at the 2009 IPC Alpine Skiing World Championships at High 1 Resort, Korea. She added another gold in the slalom at the U.S. Adaptive Alpine Championships to her World titles in slalom, giant slalom, and super combined.

"It is a tremendous honor for me to receive this award as I head into my third Paralympic Winter Games," said Victor. "I'm especially proud to be recognized by the U.S. Olympic Committee, which has also given me the opportunity to be a part of Team for Tomorrow. For me, winning is not just what happens in a race but also how you live your life on and off the hill."

FINAL FRAME

Rock n' Roll Yosemite offers handcycling tours through the park as well as adaptive rock climbing opportunities (see Playbook, p. 58).