



The BORP

Spring 2010
www.borp.org

Bulletin

Cycling Center Rehab



Our Adaptive Cycling Center, located at Aquatic Park in Berkeley, has a brand new look thanks to a major collaboration begun in 2008 between

ReBuilding Together and Dome Construction. Over the last year, a full-scale face lift, funded by a \$200,000 infrastructure grant from the Pacific Stewardship Council, completed this renovation!

The expansion increased our space from 950 square feet to 3,750 square feet, complete with new security windows, doors, fencing, and roofing. Further, our friends and supporters, McGuire & Hester, poured over 5,000 square feet of new concrete making the Center completely accessible to all participants while providing a space for cycling community events.

The renovations have increased the capacity from housing 36 adaptive cycles in 2006 to 66 handcycles, tricycles and tandems in 2010, with space for two dozen more bikes.

Greg Milano, BORP's Cycling Coordinator notes that, "Currently there are over 250 cyclists with disabilities who participate in our program and the renovations mean that we can accommodate the growing number of people interested in joining."

Save the date—Saturday July 17th marks the grand re-opening of the Cycling Center, when we will also kick off this year's Revolution Bike Ride. The party will bring together cyclists, families and friends to enjoy an afternoon of community. For more information regarding the Revolution and the celebration event, visit our website at www.borp.org



BORP's mission is to improve the health, independence, & social integration of physically disabled individuals through sport, fitness and recreation programs.

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Dear Friends,

I continue to be grateful that despite a wavering economy, BORP continues to thrive and grow. For example, on July 17th we will celebrate the completion of the rehabilitation and expansion of our Adaptive Cycling Center, the result of a large-scale community collaboration. Also, I am proud that once again our BORP Bay Cruisers are National Champions. Additionally, we are finalizing programs for our model fitness program, which will launch at the Ed Roberts Campus in the fall, and with the generous support of the Kristi Yamaguchi Foundation and the National Hockey League Player's Association, we are starting a Sled Hockey Program at the Oakland Ice Center in cooperation with the San Jose Sharks.



Yet, even with all of these "organizational accomplishments," I am most struck by the thread of collaboration and community that runs through all of BORP's activities. It is the individuals who support our mission to positively impact the lives of youth and adults with disabilities that really makes a difference.

I do believe that the continued response from all of you, and the heartwarming commitment of participants and their families, volunteers and funders is what sustains BORP. In this newsletter, you'll get a glimpse of some of these people, including some of our families who provide day to day support and encouragement.

Many thanks to *all* of you who so generously donate to BORP.

—Kaia Burkett, Executive Director



BOARD SPOTLIGHT: JOHN ORMSBY

BORP began the year by electing a new board president, former Associate Director for Foundation and Corporate Support at the Golden Gate National Parks Conservancy, John Ormsby. John has served on the board since 2003 and has contributed to the success of all seven Revolution Rides (participating as a rider for six with his bicycle team Touchstone Climbing).

John began his long association with BORP while serving as a staff member for Senator Barbara Boxer. Through Senator Boxer's support of the Ed Robert's Campus, John learned about

BORP's unique status in the disability community. His current full-time gig is "being a dad" to his three year old son Arson (pictured above), along with the help of his wife, Lissa. He writes, "My emphasis as a board member has been to assist in keeping the organization healthy so that we are able to take advantage of opportunities as they present themselves." John's goal for the immediate future is to see through BORP's imminent move to the Ed Roberts Campus this fall.

NWBA NATIONAL CHAMPIONS!!

For some, BORP's Bay Cruisers may have seemed like this year's underdog at the NWBA National Championship tournament in Denver, but it didn't take long for our wheelchair basketball prep team to set the pace for the entire meet! As we at BORP take great pleasure in exceeding expectations, we were not surprised when the team won not one, not two, not three, but **four** consecutive games to SWEEP THIS YEAR'S NATIONAL CHAMPIONSHIP!

Youth Programs Coordinator Trooper Johnson and his Cruisers left for Denver in early April to take on some of the nation's very best wheelchair basketball teams. The Cruisers rolled over the Dallas Jr. Wheelchair Mavericks in their first match, only to defeat Minnesota's #1 ranked Courage Rollin' Rowdies in their second. Before they knew it they had defeated the Grand Rapids Jr. Pacers in a spectacular 40-22 victory to move on to the Championship game.

Johnson reports, "We didn't want them watching the other teams before the championship game in order to keep their heads clear. We kept them busy running lines and playing games to burn off some of that nervous energy before the final match." In the championship game, the Cruisers faced the Jr. Pacers, playing a nearly perfect game to win it all 42-31. According to Johnson, "Matthew Hatae, Daniel Diana, Isaiah Ahlstrom, and Joi Mabrey played incredible defense during the tournament. Koda Inman-Ahlstrom and Chris Rodriguez methodically picked apart the opponents with balanced scoring between the two."

Before the Cruisers triumphantly returned to the Bay, trophy in hand, they hung around to receive a few more

accolades: Joi Mabrey was named Female All-Tournament Team Player, Chris Rodriguez was dubbed All Tournament Team Player and Championship Game Player of the Game, and Koda Inman-Ahlstrom was named Tournament MVP!

Congratulations Bay Cruisers!

VOLUNTEER SPOTLIGHT:

RICHIE BENNETT

In some ways, "Richie Bennett" and "BORP" are synonymous: in 1986, at age 6, Richie learned about BORP's wheelchair basketball program and simply never left. "It was so important that I had a chance to be part of a team," he says. "My family was always very into sports and very competitive, but until learning about BORP, I wasn't able to join them." Richie played with the Cruisers until he aged out at eighteen, and then immediately began volunteering as a coach, a position he has occupied consecutively for the past 12 years (even while finishing a professional degree at St. Mary's College as a marriage and family therapist). When asked to elaborate on his coaching philosophy, Richie

echoes BORP's general adage that anything is possible with the right amount of dedication and hard work. He says, "I tell the team to give all they have at each and every game—to get it all out on the court. The only variable you can control is how well *you* play." For Bennett, serving as the Cruisers head coach is a way to contribute to a legacy—a legacy he continues to define and protect as one of BORP's most committed advocates.



- BORP has officially joined the [US Paralympic organization](#)! As a leader in paralympic sports for three decades, BORP has served as a model for similar programs across the country; however, this year we officially joined over 150 other nationwide organizations as part of the Paralympic Sport Club Network. As a Paralympic Club, BORP will benefit from the international recognition of the Olympic movement, increase our network and visibility in the adaptive sports world, and participate in national conferences and trainings. In May, Cycling Program Coordinator Greg Milano made it official by attending the US Paralympics Leaders Conference where he delivered a lecture on developing and managing adaptive cycling programs to 250 leaders in the field!

- [BORP has moved!](#) While we wait for our permanent digs at the Ed Robert's Campus, we are sharing office space with our friends at GarciaDeCredico Architecture, just down the road from our old headquarters. We can be found at 2332 5th Street in Berkeley, so if you're in the neighborhood, stop by and say hello! Our thanks to Joe DeCredico, Lourdes Garcia, and Jessica Kmetovic for so generously sharing their space!

- We are actively seeking great [auction items](#) to include in this year's Revolution festival silent auction, and we would love to accept your donations!

- BORP's Adult Sports Program Coordinator Jonathan Newman and Power Soccer Coach Chris Finn flew to England in May to attend the [Federation Internationale de Powerchair Football Association's annual power soccer conference](#), where they discussed international development including an application to include power soccer in the 2016 Paralympic Games in Rio de Janero. Jonathan serves as the Power Soccer Zone President of America, while Chris serves as FIFPA's Vice President.

- BORP would like to offer special thanks to [Scot Goodman](#) for serving as BORP's de facto photographer. Scot has traveled across the country to capture BORP in action, and as the photos in this newsletter attest, he is **very** good at what he does!

One Monday evening almost a year ago, my daughter Sylvia, then seven years old, was unusually excited as I came home from work.

"Mom, the most incredible thing happened today! I found out about teams for kids like me." She exclaimed, "I can join a soccer team, take bike trips, and have adventures! There's this group called BORP. There're amazing. They take kids everywhere!"

That was how our BORP adventure began. Sylvia gave me a phone number and a name: Jonathan Newman who had come to her school that day and demonstrated a game called power soccer.

Sylvia, who has a progressive form of muscular dystrophy, has difficulty walking without assistance and uses a scooter at school. I called Jonathan the next day, but there were still a few tangles to unravel. For starters, power soccer is played in a powerful four wheel motorized chair and Sylvia uses a scooter. Although this might have been enough to stop us, Jonathan didn't give us an opportunity to

say no. He promised us a chair to borrow if we could make practice.

By Saturday, Sylvia and I were at the James Kenney Recreation Center meeting the team. It is hard to believe how dramatically things have changed since then. A year ago, Sylvia's 2nd grade teacher was recommending "retention." She still couldn't sleep the whole night without one of her parents in the room with her. Today, after one year of practices, games, and a first place win at Regionals, Sylvia is truly a different girl. She sleeps alone (mostly!) and has moved from "approaching" to "proficient" in every subject at school.

I attribute these changes, without a doubt, to power soccer, which gave her the opportunity to challenge herself physically and mentally. She has made friends whose accomplishments remind her that she can also accomplish her dreams. Her experiences in the past year have given her a new found confidence that will last a lifetime. Thank you BORP!



BORP'S FAMILIES KEEP OUR WHEELS ROLLING!



SAVE THE DATE!



The 8th Annual Revolution Ride, Festival, & Auction is coming Saturday, October 16, 2010, and as always it promises to be the event of the season! BORP supporters across the greater Bay Area will converge in Sonoma County on bicycles, handcycles, tricycles, and tandems to participate in BORP's major annual fundraising event. Registration for this year's event opens July 1 for riders, volunteers, and festival attendees.



This year we will feature family registration to make it easier for families to ride together. As space is always limited, we recommend registering early!

We'd like to offer special thanks to Revolution's committed bike clubs, who have continually supported this event. We are proud to count Touchstone Climbing, Team Alameda, Grizzly Peak Cyclists, Veloraptors, and the Davis Bike Club as supporters!



Lee Brigg's 30 for 30th Ride!

If you visited our website these past few months, you probably caught wind of Lee Brigg's truly incredible bicycle ride to raise money for BORP's programs; Briggs, a local cyclist from Corte Madera, wanted to do something special for his thirtieth birthday, so he chose to ride his bike for thirty consecutive hours to mark the occasion!

As you might have guessed, this is not the first time Lee's done something totally heroic on a bicycle. In 2007, he and a friend rode 68 days and 4,000 miles across the country to raise money for the Lance Armstrong Foundation. Lee decided to do something equally ambitious for his thirtieth; however, this time he chose to ride for a local nonprofit organization whose mission he supported.

Lee left Corte Madera at 6 am on the morning of April 17th, riding through the afternoon and evening with his SAG team, wife Melissa and infant daughter Tillie, following close behind. Other friends joined him along the way, providing food and drink, comic relief and the necessary safety support.

In the afternoon of April 18th, Lee met a team of BORP's adaptive cyclists on the Bay Trail for the last leg of a long and challenging ride. Friends and family were on hand to celebrate with good cheer and birthday cake.



Board President John Ormsby says, "We thought he was a bit eccentric when he came to us with the idea. 30 hours is a long time to do anything. But BORP exists to help people overcome obstacles and achieve ambitious goals. We are so pleased Lee selected us to benefit from his ride, and so proud he accomplished what he set out to do."

Even though Lee's ride is over, we are still more than happy to accept donations in his name; if you would like to contribute, please visit our website: www.borp.org.



BORP SLED HOCKEY!

BORP's sled hockey program for youth and adults begins this June, and we are excited to hit the ice with our family and friends!

Through collaboration with the City of Oakland, the Oakland Ice Center, the National Hockey League's "Hockey Is for Everyone" Program, and the San Jose Sharks, BORP plans to incorporate sled hockey into our permanent suite of sports and recreation programs!

Thanks to recent grant awards from the Kristi Yamaguchi's Always Dream Foundation and the National Hockey League's Players Association, we've recently purchased a dozen new sleds, enough to get a team on the ice for practice!

If you are interested in getting involved in this pilot program, or if you would like to donate equipment such as pads or helmets, please contact Trooper Johnson at trooper@borp.org.



REBA KNICKERBOCKER: BORP'S NEW FITNESS PROGRAM COORDINATOR



BORP is pleased to introduce Reba Knickerbocker, Fitness Program Coordinator for our new Fitness Center, a

state of the art facility that will offer integrated classes in fitness and movement for disabled and non-disabled participants alike. Reba developed a passion for promoting wellness through her experience as both athlete and coach. Rowing with the Mills College Crew Team in the late 90s, Reba went on to serve as interim coach for her fellow rowers before leaving California to pursue a Master's degree in Exercise and Sports Studies at Smith College where she continued coaching and teaching, ultimately

leading to an interest in one-on-one fitness instruction.

Upon returning to the Bay Area, Reba became a Certified Personal Trainer through the American Council on Exercise (ACE) and the National Academy of Sports Medicine (NASM), starting her own private practice while teaching in various venues. Her particular blend of experience—which includes first-hand knowledge of training people with physical disabilities—makes her a particularly valuable asset in developing and directing California's first ever fully integrated fitness center. According to Knickerbocker, "The best thing about the BORP Fitness Center is that it will be available to anyone who might want to improve his/her health and wellness through physical activity."

In addition to integrated yoga classes including Chair Yoga and Therapeutic Yoga, the Borp Fitness Center will offer courses such as Gentle Stretch, Healthy

Backs, Core Conditioning, Pilates, and an Arthritis Foundation Exercise Program. She reports, "We have an extremely knowledgeable group of instructors who are very excited to have the opportunity to teach at the Fitness Center, and all of them have experience working with people with disabilities. Each will be able to modify and adapt his/her course."

The Fitness Center will celebrate its grand opening in late fall, when BORP moves to its new offices on the Ed Roberts Campus. If you would like to learn more about instructors or classes, visit the Fitness Center's Facebook page or email Reba here: reba@borp.org.

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UPCOMING EVENTS

- June 2** Fitness Center Summer Satellite Classes Begin (visit www.borp.org/programs/Fitness_Program.php for details)
- June 16-20** BORP's Bay Earthquakes and Crushers roll through the Power Soccer National Tournament in Indianapolis
- July 1** Revolution Registration Opens—For more information visit www.borp.org or call (510) 849-4663
- July 17** Revolution Kick-Off Party at the BORP Adaptive Cycling Center
- July 23 – July 25** Lake Doral Camping Trip through BORP's Adventures & Outings Program—space is very limited; for more information call Lori Gray, (510) 849-4663, ext. 373.
- September 11** Opening Day!
- October 16** Revolution 2010: Ride, Festival & Auction

*For additional events and information visit our Online Calendar at www.borp.org.
This newsletter is available in audio (on tape) and as an electronic file. Please call (510) 849-4663 for either.*