



The BORP

Fall 2009

www.borp.org

Bulletin



BORP's mission is to improve the health, independence, & social integration of people with physical disabilities through sport, fitness and recreation programs.

BAY AREA OUTREACH &
RECREATION PROGRAM
600 Bancroft Way · Berkeley, CA 94710
(510) 849-4663 · (510) 849-4616
info@borp.org · www.borp.org

Kaia Burkett, Executive Director
kaia@borp.org

Erin Burton
Youth Transitions Coordinator
erin@borp.org

Chris Finn, Power Soccer Coach
chris@borp.org

Lori Gray, Adventures & Outings Program
Coordinator
lori@borp.org

Trooper Johnson, Youth Sports Programs
Coordinator
trooper@borp.org

Issac Leff, Development &
Communications Manager
issac@borp.org

Greg Milano, Cycling Program
Coordinator
greg@borp.org

Jonathan Newman, Adult Sports
Programs Coordinator
jonathan@borp.org

Michael Webber, Office Assistant
mike@borp.org

Dave Williamson, Transportation
Coordinator
dave@borp.org

Julie "Jay" Yates, Administrative Director
jay@borp.org

BOARD OF DIRECTORS:

Aydan Aysoy
Richard Bennett, Esq.
Cheri Blauwet
Arthur Combs, Ph.D.
Markham Connolly
Scott Herring
Michael Moriarty
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Dear Friends,

While it may seem odd in these challenging economic times for an organization to be growing, completing multi-million dollar construction projects, and setting fundraising records, the fact is, that's exactly what we've been doing.

Over the past few months, BORP has added components to our programs, giving them more depth. We're helping to further empower our kids by teaching them how to use public transit to increase their independence. Our new fitness tracking program helps people systematically design an individualized regimen for a healthy lifestyle with the ability to track their progress.

After 14 years of planning, hours of meetings, and nerve-racking moments, we're proud to report that the Ed Roberts Campus (ERC) will be finished this spring. The new BORP digs will be a state of the art, universally designed, accessible building at the Ashby BART station. Our cycling program has become so popular that we outgrew our space. Thanks to the generosity of the City of Berkeley and the Pacific Stewardship Council, we're almost finished with an expansion and rehab project of the Cycling Center at Aquatic Park. Stay tuned for grand opening celebrations for both of these this spring.

As I keep saying, the BORP community is amazing. This progress wouldn't be possible without you - committed volunteers, loyal and generous donors, incredible participants, a great staff, Revolution riders, wonderful board members, and community partners. No matter what role you play with BORP - many thanks!

—Kaia Burkett, Executive Director



HAPPY TRAILS

A pillar of the BORP community for the past 10 years, Kristi Grøtting, the President of our Board of Directors, is resigning her post as she plans to set sail to various parts of the world. Kristi's efforts while she was here have given BORP a strong tailwind - one that will continue to propel BORP forward.

Kristi is responsible for starting the BORP cycling program, which she accomplished with just three adaptive cycles! She also co-founded BORP's Revolution Ride - our super-fun, annual fundraiser. Kristi further shaped BORP by taking over as board president almost

three years ago. During her tenure as president, she helped to steadily guide BORP through a period of executive transition and exhibited tremendous leadership for our organization. Kristi's contributions will definitely be missed.

***We thank her for all she's done,
and wish her bon voyage as
she travels the world!***

BORP NOTES

We're Hosting the WCC

BORP is proud to be hosting the 2010 West Coast Conference Championship Tournament on the weekend of February 6 & 7, 2009. This youth basketball tournament will feature both Varsity and Prep level teams from throughout the West Coast. The Bay Cruisers were the 2009 WCC Champions and look forward to defending their title.

Thanks Dean!

BORP thanks Dean McCully for his selfless work on the Revolution. Dean volunteered his time to build our new rider registration system from scratch, saving BORP thousands of dollars which we can direct to our programs. Thanks Dean!

Access Northern California Calendar

Access Northern California has a new calendar dedicated to accessible events. Check out www.accessnca.org/calendar.

Mentors Needed

Our youth program provides mentors for youth participants, and we need more mentors! We especially need Spanish-speaking mentors for our male participants. If interested, please email Erin at erin@borp.org.

Happy Holidays!

BORP would like to wish you a happy holiday season and a healthy and happy New Year!

ED ROBERTS CAMPUS & OUR INTEGRATED FITNESS PROGRAM

In what promises to be the center of activity for the East Bay disability community, the Ed Roberts Campus (ERC) is opening this spring. BORP is one of seven disability service providers partnering to build this center devoted to advancing disability rights. The ERC is a state of the art, universally designed, accessible building. Located at a fully accessible transit hub, the Ashby BART station, the campus is designed to be a one-stop shop offering many programs and services for people with disabilities.

When we finally move into our new space this spring (after 14 years of planning), we will be starting an Integrated Fitness Program. The BORP Integrated Fitness Program will provide opportunities for individuals with and without disabilities to exercise together. Our first class offerings will include Yoga, Core Conditioning, Indoor Cycling, and Tai Chi, and will be expanded as the program grows. The integrated nature of the center furthers our core mission, and is the result of many years of planning. In order to start this program, BORP was one of ten organizations selected nationwide to receive a grant from the Department of Education.

We are looking forward to moving into the ERC and hope to see you there! For more information, visit www.edrobertscampus.org.



FITNESS TRACKING

While qualitative data can certainly speak to a program's effectiveness, there are times where numbers speak in ways that words cannot. With grants from The Special Hope Foundation and the Christopher Reeve Foundation BORP has launched a pilot program to help us monitor the ongoing effects of exercise on people using wheelchairs. We are showing how regular physical activity with BORP promotes healthy lifestyles, prevents obesity and overweight conditions, as well as chronic conditions that arise from a sedentary lifestyle. Along with innovative cross-training techniques, we're using heart rate monitors and body fat analyzers to carefully track results. We're excited about the concrete data and numbers that will help us more comprehensively speak to the impact of fitness programs on the health of people with disabilities.

TRAVEL TRAINING

Knowing how to get around on your own and travel in your local community is a crucial life-skill, but this includes additional considerations and barriers when you are a person with a disability. Thanks to a grant from the Alameda County Transit Improvement Authority (ACTIA), BORP is training our youth and helping to develop these skills. BORP is hosting clinics on how to use public transportation, manage their own equipment, and make the minor wheelchair repairs necessary to keep them moving. We look forward to providing additional trainings on these crucial life-skills and we thank ACTIA for making this possible.



YOUTH ATHLETE PROFILE

– James Bohnett



One of our youth participants, James, probably has the most unique story we've heard as to how someone discovered BORP. James, age 15, was told about BORP while performing as a wheelchair basketball player on the Disney TV show, *The Suite Life of Zack & Cody*. Almost three years later, James is the captain of our Varsity team and one of the most positive contributors to our youth basketball program.

Just like many other freshmen in high school, James, who attends Del Mar High in San Jose, is extremely active. Besides playing wheelchair basketball at BORP, he cycles, is a wrestler, and plays percussion in a symphonic band. However, James's favorite sport is wheelchair basketball, because it is a team sport. "I am a big fan of team sports because you have a greater amount of communication, there's always a role for everyone involved, there's a greater amount of togetherness, and everyone must work together to win."



Though he is involved in many activities in the community, BORP is special to James.

"BORP is the place where I most feel I belong. When I come to BORP, it is the one place where I can relax, joke around, and have a good time. When you go to schools and try to find others like you, it can be difficult. At BORP, everyone is unique in their own way, and it adds up to make something really fun. BORP is the best program I've ever joined!"

REVOLUTION 2009



At last year's Revolution, there was

rain, but the people came. This year, it was nearly 102 degrees, and a record crowd showed up. Our participants proved yet again, there's no stopping this Revolution!

Our 7th Annual Revolution Ride, Festival & Auction (the "Rev") generated sweat, sore muscles, and an immense sense of BORP pride. We had a record amount of riders (286), adaptive cyclists (63), and volunteers (130) participate on this record-setting day. And, for the first time ever, the Revolution Ride raised over \$230,000!

The Rev program included a BORP year-in-review slideshow and an award presentation honoring Mark Nielsen and David Luong. Mark received the "Revolutionary" award, presented annually to someone who has given something extraordinary to the Revolution and BORP's participants. Mark, volunteering his time, has organized and provided massages at every Revolution (we started in 2003).



Massages at the Rev would be impossible without him, and his recognition is well deserved.

David Luong is the father of one of our youth participants and he received the "Clay Mankin" award, given each year to someone who most exemplifies the qualities lived by our friend Clay Mankin: a rare combination of personal strength, kindness, decency, and obstinacy in the face of adversity. David earned his place in BORP history by constantly pitching in, and by always meaning it when he says, as he often does, "If you need anything, just let me know."



David and Mark are just two examples of the extraordinary people that are involved with BORP. We couldn't put on the Rev without the help of the BORP community and we thank everyone who took part in this year's Rev. We hope to see you at next year's Revolution!



Thank you to this year's sponsors:



YOUTH IN ACTION AWARDS

BORP is proud that three of our participants were recently recognized at the 5th Annual, Youth in Action: Future Leaders of the Disability Community event sponsored by the Oakland Mayor's Commission on Persons with Disabilities and others. This event honors youth with disabilities between the ages of 14 and 21 who have demonstrated leadership and made significant contributions to their school or community. Arthur, Emmanuel, and Oscar were recognized at this prestigious event after being selected from a large pool of nominees.

Arthur has been participating in BORP programs since recovering from a gunshot wound. He has since established a foundation and has been a motivational speaker, speaking out against gun violence. Arthur plays wheelchair basketball with the BORP All-Stars and

hopes to one day compete in the Paralympics.

Emmanuel has been with BORP for over 10 years and participates in both our youth wheelchair basketball and adaptive cycling programs. He has tutored elementary school students and has recently started a part-time job at Oakland City Hall.

Oscar has been involved with BORP's youth wheelchair basketball and adaptive cycling programs for many years. He has served as a role-model for our younger participants and has exhibited an outstanding attitude while taking part in BORP activities.

Congratulations to our participants for their distinguished achievement - keep up the great work!



The Olympic Club

BORP was honored to have been a beneficiary of The Olympic Club Foundation's 28th Golf & Tennis Classic and Grand Auction this past June. This event helped BORP raise \$25,000 for our programs!

Hosted at The Olympic Club, the day featured 18 holes of golf on the prestigious Lake and Ocean courses and a round robin tennis tournament at one the premier facilities in the country. Following the sports, participants enjoyed a cocktail party that was nowhere near as stuffy as it sounds, a silent auction for the ages, and a truly fantastic dinner.

We'd like to thank the event sponsors and all the members of the BORP community that participated in this special day. We'd also like to especially thank Barbara Bennett and her whole family (Rick, Richie, Drew & Heather) for their hard work and incredible generosity in helping us make this such a successful event.





In March, we formed a fun group of volunteers known as the “BORP Boosters” who focus on fundraising and community outreach, and is filled with people who want to be further involved with BORP. Their first project was the 2009 Revolution Kick-Off Party and they did a great job! Two, long-time, BORP community members, Beth Smith and Kathryn Black (KB) serve as their co-chairs.

KB’s commitment to BORP spans over 20 years and runs a gamut of roles. She has been a wheelchair basketball participant with our Bay Area Meteorites, a cycling participant, a volunteer for the youth program, the first official Power Soccer coach at BORP, and a rider in all seven Revolution Rides (and earned a jersey in every one!). KB joined the Boosters because she wanted a way to give back to an organization she loves.

“BORP has been crucial to my life, and there’s nothing else like it! Initially as a participant, BORP made me active and I loved being part of a team where we were all important to the team’s overall success. The programs allowed me to be a part of an amazing community and gave me an incredible opportunity to excel as an individual – even making it as an alternate on the Paralympic basketball team. I’m so grateful BORP is here. I think everyone should have access to the type of opportunities that BORP provides.”

The Boosters are planning a BORP “Spring Fling”, so stay tuned for what is destined to be an awesome event! If you are interested in finding out more about how you can become a BORP Booster, please contact the BORP office.

DONOR PROFILE

– David Hey

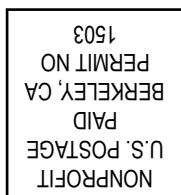
A legend around the BORP office, David has been a donor since December 2005. As the story goes, David first learned about BORP when he read the San Francisco Chronicle article about the theft of BORP’s cycling fleet. Upset and moved to action, David immediately drove to BORP and donated his holiday bonus. Involved with us ever since, David has continued to deepen his involvement and is now known to many in the BORP community as the “Revolution Parking Guru”.

“I am involved for many reasons. BORP is wonderful for the community and for everyone involved. It’s a great organization that offers activities to those who may not otherwise have

the opportunity. BORP gives people a chance to enjoy and participate in ways that further their abilities and an opportunity to do things that truly inspire me. I also love the spirit of the people at BORP. The participants and volunteers are always smiling and having such a great time. For many of us, it’s the time of our lives!”

A native of Connecticut, David moved to the Bay Area on the day of the Loma Prieta quake. Unfazed, he stayed in the area as he loves the variety of outdoor activities available. Among other things, David likes to bike, hike, and skydive.





Bay Area Outreach & Recreation Program
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Berkeley, CA 94710
(510) 849-4663
www.borp.org



UPCOMING EVENTS

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| December 5 | Power Soccer Tournament at James Kenney Recreation Center; Berkeley |
| December 12 – 13 | Berkeley Invitational Wheelchair Basketball Tournament (Youth), hosted by BORP; Berkeley |
| February 6-7 | West Coast Conference Championship (Youth Basketball), hosted by BORP; Berkeley |
| February 13 | Poker Slam - Location and time TBD |
| March 20 – 21 | BORP Hoops Classic at Contra Costa Community College |
| March (TBD) | Opening Party at the BORP Adaptive Cycling Center |

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