

BORP Bulletin

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

A Semi-Annual Newsletter

Spring 2008

ED Search

A national search has led to the selection of BORP's next Executive Director.
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Cycling Program

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Youth Transitions

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Contact us today.

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BORP Coach Wins Power Soccer World Cup



The USA National Power Soccer team is the **WORLD CHAMPION** of power soccer! Chris Finn, Jessica Lehman, and Jonathan Newman were the three representatives from BORP on team USA as the head coach, only female starting roster player, and staff person/referee respectively. Countries participating in the tournament were Belgium, Denmark, England, France, Japan, and Portugal. After being tied 1-1 through regulation and overtime, Team USA beat France in a sudden

death penalty kick shoot out 6-5 on October 13! Goalie JC Russo blocked the sixth penalty kick taken by France to seal the victory. The team played hard, stayed focused, and had fun the whole tournament, which led to their success.

Coach Chris Finn comments on the win and what power soccer has meant to him:

"I'm extremely proud of the team, their efforts, and their growth individually and as a team. Thank you to everyone who assisted us on our journey, visualizing and realizing our dream of winning the World Cup. We appreciate the support from BORP and around the country, and recognize that we were representing and playing for you as well as ourselves.

For me, participating in the World Cup has been a dream come true. When I was 10 years old before my spinal cord injury at 21, I played outdoor soccer. I used to come home from school and practice out in the backyard with my friends and neighbors. One day when coming in for dinner my parents asked me what I wanted to do when I grow up. I said that I wanted to play soccer professionally and compete for the World Cup. They all reminded me that less than 1% of all athletes are able to achieve playing in their sports ultimate game.

In 1992 I suffered a spinal cord injury, becoming a quadriplegic and thought that

dream was over. In 2002 I discovered BORP and power soccer.

Power soccer is that one thing I had been looking for ever since my injury that I could fully participate in using my skills, talents, passion, independence, and joy for sports.

I became head coach at BORP in the fall of 2002 and became more involved in power soccer every year nationally and internationally. In 2006 I applied and was selected as head coach of team USA. I immediately focused the team on winning it all even though we were seeded fourth or fifth going into the tournament. And that's what we did, we won it all and no one saw as coming! My dream became a reality."



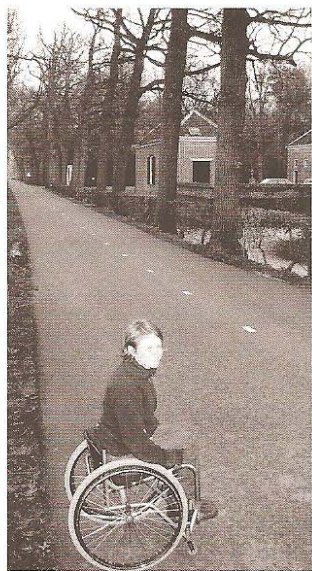
Michael Brahim plays for Team USA

Friends of BORP:

As we enter into this New Year, we do so with eager anticipation. As you may know, we've been involved in a national search for an executive director. Working with interim executive director, Rick McCracken since June has been a delight, but in February he will make room at the helm for Kaia Burkett-Howard who is bringing over 15 years of non-profit management experience serving individuals with disabilities, seniors, at risk youth and families, and homeless adults. The transition through this past year has allowed BORP to take the time to take a good hard look at itself. And what we found was a strong, vibrant organization, with a staff and community ready for the right leader. We have a clear vision of where we want to go and the leadership we need to get us there. We are thrilled that Kaia will lead BORP through the exciting developments ahead.

I would like to extend a congratulations to coach Chris Finn and athlete, Jessica Lehman for their roles in winning the Power Soccer World Cup. Their hard work and determination paid off and we're proud to have you on BORP's roster.

Also exciting news for BORP is the announced groundbreaking of the Ed Roberts Campus (ERC) in the spring of 2008. Our ongoing partnership with the ERC is one that has instigated new planning and an even wider vision of what BORP can do. We look forward to making these dreams into reality.



Sincerely

*Kristi Grötting,
Board President*

Ed Roberts Campus

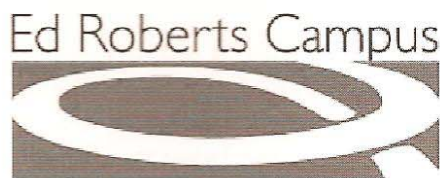
A one-of-a-kind regional campus named after Ed Roberts, a pioneering disability rights activist won its final round of funding at the end of November when the Berkeley City Council voted unanimously to pay the remaining \$2 million. BORP is a founding partner in the coalition of disability groups that has been working since 1996 to realize a shared location.

The \$45 million campus, to be built on the east side of the Ashby BART station, will be a one-stop-shop for people with disabilities and their families. It will house about a dozen nonprofits, a cafe, fitness area, child care center, art gallery and other public amenities. Ground breaking will take place late spring or early summer.

The ERC will be a model of accessibility, with a sweeping circular ramp visible through two-story glass walls, Braille maps, automatic doors, extra-large elevators operated by foot paddles and other features.

Most of the funding has come from the federal government, private foundations, the City of Berkeley and the Metropolitan Transportation Commission, which approved a \$4.5 million grant that was contingent on Berkeley's contribution.

BORP is gearing up for the final phases of planning and fundraising for our office and programmatic space at the ERC and determining the services that will be possible thanks to this transit-accessible location.



This newsletter is available in audio (on tape) and as an electronic file. Please call 510-849-4663 for either.

Bay Area Outreach & Recreation Program

600 Bancroft Way
Berkeley, CA 94710

Phone: (510) 849-4663

Fax: (510) 849-4616

Email: info@borp.org

Executive Director:

Kaia Burkett-Howard, kaia@borp.org

Administrative Director:

Julie "Jay" Yates, jay@borp.org

Office Assistant:

Michael Webber, mike@borp.org

Children & Youth Programs:

Tim Orr, tim@borp.org

Adult Sports:

Jonathan Newman, jonathan@borp.org

Power Soccer Coach:

Chris Finn, chris@borp.org

Adventures & Outings:

Lori Gray, lori@borp.org

Cycling Program:

Greg Milano, cycling@borp.org

Youth Transitions:

Carol Wahpepah, carol@borp.org

Events & Communications Coordinator:

Anna Woldring, anna@borp.org

Board of Directors:

Kristi Grötting, President

Jacqueline Perkins, Vice President

Joshua Miele, Ph.D., Secretary

Michael Moriarty, Treasurer

Richard Bennett, Esq.

Cheri Blauwet

Arthur Combs, Ph.D.

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Cover Story continued...

When BORP player Jessica Lehman was asked about her experience she commented, "I am grateful to have competed as one of 8 players on the U.S. national power soccer team! It was an absolutely incredible experience -- challenging, eye-opening, rewarding, and exhilarating."

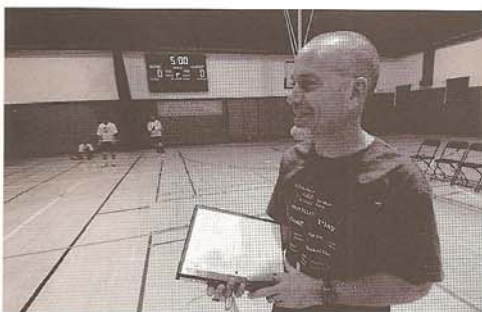


Jessica in Japan

During the shoot out in the final game, I sat on the sidelines, with teammates Jairo and Elio on either side, and Jerry beside Jairo. I squeezed Jairo's hand so hard that I thought we would both lose circulation. "I can't look," I'd say, then look up, "but I have to look!" It was one of the most nerve-wracking moments of my life. Our goalie, JC Russo, stopped a goal by a French player, and the court froze. I remember asking, "Did we really just win the World Cup?" Everyone immediately raced out onto the field, cheering and hugging. Tears were streaming, as we were all overjoyed and a bit stunned.

Our victory is not only bringing home the Cup, but also meeting and exceeding the expectations that we had for ourselves and that others have for us, as people with disabilities."

BORP staffer Jonathan Newman commented on his experience of the win, "As a life-long Red Sox fan from a long line of Red Sox fans, the belief in the actualization of a dream



Adult Sports Coordinator Jonathan Newman

(despite recent anomalies) was, I thought, bred out of me long ago. However from the moment he was tabbed as Head Coach of the USA Power Soccer Team winning the Cup was the only outcome Chris entertained. Insanity to a Red Sox fan, but Chris's leadership provided the framework for success that made the idea of winning the Cup a reality in all of our minds before the team won it on the court.

The quintessential, tears inducing, moment for me of the World Cup was seeing Chris Finn raise the trophy over his head at the Awards Banquet."

Winning the World Cup is a victory for the USA, but also for power soccer worldwide. Everyone must continue to work together to promote and develop the sport to sustain and grow moving forward from the first World Cup. This will allow more people in power wheelchairs to realize what an awesome sport is available for them to participate in and excel as athletes at all levels. BORP has been a huge part of developing and providing these opportunities for people with disabilities.

Started by C&Y Coordinator, Tim Orr, BORP's Power Soccer Program was the first power soccer program in the USA. BORP continues to be heavily involved with the development of the sport at the local, national and international level.

Power soccer participation at BORP continues to grow and the program anticipates adding a third team in the near future. Both current teams will go to Tempe, AZ in January, 2008 to compete in the USPSA Western Regional Tournament with the hopes of qualifying for the National Championships in June.

Team USA fans go wild



Goalball



Victor, Khemnesuel, and Roger block a shot.

BORP's Goalball Program was started in 1988 by players from a local Beep Baseball team and was the first, and is still the only, goalball program in Northern California. In 1995 BORP held its first goalball tournament. This has become an annual event and attracts players from all over the USA and occasionally other countries.

Over the years BORP's Goalball Program has introduced hundreds of players to the sport, and has finished as high as third nationally in the women's division. Several Paralympic players have participated with BORP and our current roster includes Athens Paralympian and Beijing hopeful, Jessica Lorenz.

December 1, 2007 BORP hosted its 13th Goalball Invitational Tournament at UC Berkeley. The day filled with highlights and tension-packed games with several contests not decided until the final seconds. The "Grandpas" took the title behind a championship game record 6 goals from Khemnesuel Fisher. This was a 1st title for "Grandpas" team members Fisher and Victor Hakopian and a 5th title for Roger Acuna.

Basketball

The Adult Basketball Program's team, the BORP All Stars, competed in their first tournament of the season in Redding in November. The All Stars host a tournament February 23 at James Kenney Rec Center.

BB Player Profile: Mickey

A student at UC Berkeley, Mickey still finds time to take on many roles with BORP including basketball player, coach, cyclist, program assistant, and mentor. Mickey is a rising star in the wheelchair hoops world and this season made the roster of the Golden State Road Warriors. Congrats, Mickey!



FIFTH ANNUAL POKER SLAM: March 1, 2008

Shuffle up and deal! It's that time of year again for the annual Texas Hold'em poker tournament fundraiser to be held March 1, 2008 at the West Berkeley Senior Center, 1900 Sixth Street, one block north of University Avenue in Berkeley. Doors open at 5:30 p.m. and play begins at 6:30 p.m. There will be a raffle, silent auction, appetizer buffet, and donated prizes for the winners! There will also be a raffle to win your own Texas Hold'em poker table! Donation for the fundraiser is \$100 to BORP. Mark your calendars with the date and the new location. Limited seating is available. Call BORP at (510) 849-4663 to register and reserve your seat today!

Cycling

BORP Cycling Expands Hours

In 2007, BORP officially opened our Cycling Center at Aquatic Park in Berkeley. Conveniently located on the Bay Trail and Aquatic Park bike trail, cyclists can access over 30 miles of cycling paths from our front door.



Thanks to the generosity of BORP supporters, the Cycling Program now has 25 adult and youth handcycles, 6 tandems, 9 therapeutic trikes, and 3 recumbent trikes which can be checked out by independent riders, families, and groups. In 2007, over 150 individual riders came out; 37 of whom had never ridden an adaptive bike before.

In 2007 we were open three days a week for riding. BORP's new drop-in hours make it possible for people to make cycling a regular part of their lives. The only dedicated Adaptive Cycling Center in California, BORP draws riders from the entire state.

Tim McPheeters came up from Fresno to check out our handcycles and go for his first ride. "BORP had a fantastic setting. I enjoy skiing and am interested in Quad Rugby, but in order to be ready I need my arms and shoulders to be in the best shape they can be. Handcycling will do this for me and I will be outside, where I belong, instead of in a gym."

Along with our Berkeley based programs, BORP continued to take the show on the road in 2007 with Away Rides in Golden Gate Park, Tiburon, and the South Bay. At the No Barriers Festival at Squaw Valley, BORP collaborated with Disabled Sports USA to introduce over 200 riders in three days to adaptive cycling.

The Cycling Center will be open Tuesdays, Thursdays, and Saturdays in the spring, and hopefully two more days a week by the summer. Tandem Rides and Away Rides will occur monthly. *We also hope to start a competitive hand cycling program and travel to several road races next summer and fall.* At BORP, everybody rides – so come out and join us!

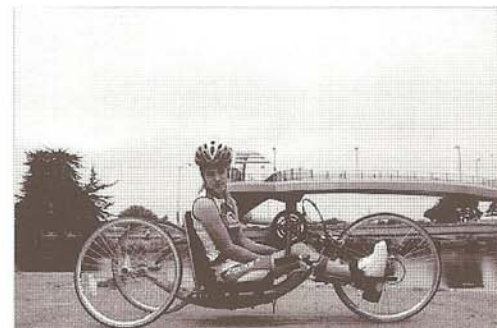
Rider Profile: Antonia

Age: 17

Hometown: Albany

Why do I ride: Because it's something fun I can do with my Dad, and he's my biggest supporter.

2008 Goal: I want to compete in the CAF Triathlon in San Diego next fall.



Rider Profile: Danny

Age: 12

Hometown: Oakland, CA

Why do I ride: I get to see my friends and ride fast.



The Power of One Bike

Keith Beery of San Rafael retired from cycling this year and donated his beloved Greenspeed GTR to BORP. Easily our most popular cycle, Keith's donation revolutionized riding for Joseph, Marianna, Beth, Kimberly, and many others. Thank you to Keith and other BORP cycle donors Richard Miller, Wayne Bailey, and Steve Schwartz.

Cycling Volunteers Needed!

Can you ride? Try a tandem? Put air in tires? Contact Greg to get involved, by leaving a message at 510-849-4663 or sending email to cycling@borp.org.

Are you ready to RIDE?!

Check www.borp.org for 2008 hours.



Greg Milano



Revolution 2007

What a day! Revolution 2007 began with over 200 riders lined up at the start against a gorgeous Sonoma wine country landscape. Nature provided perfect fall weather - clear sunny skies with a light breeze carrying the scent of grapes still hanging on the vine. Cyclists of all ages and abilities challenged themselves with routes of varying lengths, collectively covering over 10,000 miles by the end of the day. Everyone gathered to celebrate their achievements at the Food and Wine Festival back at Trentadue Winery, where the music was playing, champagne was flowing, massage tables were ready, and a gourmet wine country buffet spread was waiting. Yes, the party was as usual, a blast.

The riders collectively raised over \$150,000 to support BORG's sport and adventure programs. The top individual fundraiser was Kathryn Black who raised \$5,595. She received a top-of-the-line bike sponsored by Wrenchscience. Second was John Ormsby, who raised \$4,541. He got a luxurious Peet's gift basket. In third place came Don Hunt with \$4,505. He won a Peet's Signature Sampler package. Congratulations to all! The top fundraising team was the ALCO P-POTS, for the second time in a row! They raised a whopping \$12,617. The ALCO P-POTS will be joining Fred from Blacksheep Adventures on an exclusive custom bike tour. Team Alameda was a very close second, raising \$11,220. In third place came BORG NOT Bombs with \$9,956. Great job, everyone!

We also had over 100 dedicated volunteers working to make this event the success it was. They kept our riders safe, fed and on course. And then our legion of wonderful volunteer massage therapists worked out everyone's kinks at the end of the ride.

Many thanks to all the riders, donors, and volunteers for helping BORG empower people with disabilities to live active, ability-focused lives. Thanks also to the many sponsors of Revolution 2007: Touchstone Climbing & Fitness, McGuire & Hester, Freedom Concepts, Peet's Coffee & Tea, Sphinx Graphics, Wrenchscience, City Cycle, Trentadue Winery, Clif Bar, Gu, Noah's Bagels, Rosenblum Winery, Black Sheep Adventures, and Wells Fargo.

The Revolution 2007 video and photos are fantastic! You can see them on our website www.borp.org. Thanks to Nateon Ajello (Mello Ajello Media), Jeffrey Samorano & Todd Walker (Entropic Studio), and Scot Goodman (Scot Goodman Photography).

DID YOU KNOW

Did you know Paralympian Alejandro Albor arrived 45 minutes late for the start of the 100-mile route, but arrived at the finish with the lead group while riding a handcycle?



Alejandro Albor tears up the road at REV 07

SAVE THE DATE!

The 6th annual Revolution will be held Saturday, October 4th, 2008.

"This was my 5th Revolution and it is always an amazing day. This year my husband and kids did the trail ride and they had a wonderful experience too. Great job!" – Catherine Althoff

RIDER PROFILE: MARIANA

As a way to celebrate her father's life Mariana started riding a recumbent tricycle after his death in March 2007. Mariana uses a powerchair and had never ridden a bike before discovering BORG. She trained hard, managed to complete the 30 mile route and ended up being one of the Revolution 2007 top fundraisers. Way to go, Mariana!



Mariana gets ready to ride.

Events Coordinator

In April 2007 Anna Woldring was hired to organize BORG's annual Revolution event. Anna recently moved to San Francisco from her native country The Netherlands. She's an avid cyclist who competes in races across the Bay Area. Volunteers are needed to help make Revolution 2008 a success, so contact revolution@borp.org.



Anna Woldring, REV Coordinator

3RD ANNUAL ROLL 'N SHOOT SCHEDULED FOR APRIL 26, 2008

Have you ever wondered what it's like to play wheelchair basketball? Your chance is coming at the next "Roll 'n Shoot" or Saturday, April 26, 2008. Bring your own team or we'll match you up! Wheelchairs, refreshments, and fun provided. All proceeds go directly to BORP's scholarship fund to support junior athletes. Call BORP at 510-849-4663 ext 305 to sign up.



Roll 'n Shoot 2007

BAY CRUISERS

LONGEST-RUNNING TEAM IN THE COUNTRY!

Did you know that your own BORP Bay Cruisers youth wheelchair basketball team is now the longest-running youth wheelchair basketball team in the whole country?



Bay Cruisers 2007

When the team started out way back in 1986, there were already about a half-dozen youth teams around the country. However, those teams have all folded, and the Bay Cruisers keep rolling strong!

Congratulations to all the athletes, parents, coaches and supporters who have kept the Bay Cruisers going for the past 22 years. Each of you has been a part of building a tradition that we hope will continue for another 100 years (at least!).

Here a brief quiz about Bay Cruisers past and present:

1. Who is the first Bay Cruiser to attend the University of Illinois on a basketball Scholarship?
2. What Bay Cruiser led the Varsity team to a National Championship in Philadelphia in 2004 and was voted MVP of the tournament?

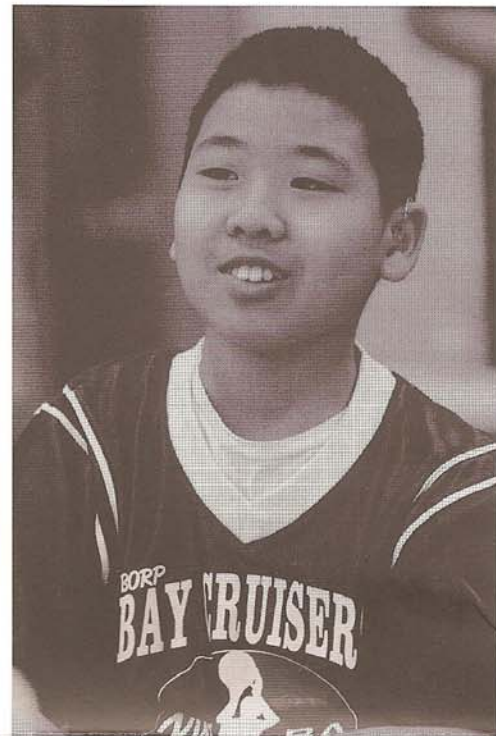
3. What Bay Cruiser is a Rhodes Scholar?
4. What current Bay Cruiser recently played on the gold medal-winning junior USA team in Australia?
5. What Bay Cruiser was voted National Track Athlete of the Year in 2000?
6. What Bay Cruisers started out as junior athletes in the 1980's and are now coaches?

Answers:

1. Cecelia Perkins
2. Marcus Oden
3. Jennifer Howitt
4. Mark Booth
5. Lamile Perry
6. Richie Bennett and Elena Van Loo

BB Player Profile: William

William, age 10, started out with BORP's handcycling program in the summer of 2005. He is now a rookie on the Bay Cruisers Prep basketball team. Prep coach Richie Bennett says "William is a quick learner and is going to be a real player".



BB Player Profile: Mark

Mark, a high school sophomore from San Jose, is in his third year with BORP. He began as a back-up on the 2004 national championship team, and is now the Bay Cruisers Varsity Captain. Mark's goal is "to be the best guard in the country", and he works hard at it. In addition to working on his shooting and conditioning every day, Mark also plays with the adult-level "D-II" basketball team, the San Jose Spartans. Mark is also an excellent student and should win Academic All-American honors this year.



A & O Update

The Outings and Adventures Program has been busy this summer and fall. A variety of outings with hikes in the north and east bay were offered, as well as on the coast, including Half Moon Bay, Pacifica, Point Reyes, Angel Island, Blackie's Pasture, Armstrong Woods and Redwood Regional. We returned to Redwood Regional a second time for a unique opportunity to hike with llamas.

No Barriers Conference

We attended the multi-day No Barriers Conference at Squaw Valley, which was such a fantastic event that we plan to do it again this coming July 10-13. (Contact Lori if interested.) The goal of this one-of-a-kind festival is to share the cutting-edge techniques and technologies which enable people with challenges to live as actively as possible and break through their own personal barriers.

Participants got a chance to learn rock-climbing techniques from adventure athlete and motivational speaker, Mark Wellman and to hike across diverse terrains with Eric Weiheymayer, a blind climber who scaled Mt Everest.

Our group was also able to try scuba diving, tandem and hand cycling, a ropes course, lake kayaking, and Segways, adapted for folks with physical disabilities. The segues were a highlight, especially for those of us with visual impairments.

Other highlights were the Ever Widening Circle, a benefit variety show featuring professional entertainers with disabilities, and



Lori tries out a Segway

Climbing Wall at No Barriers



several musicals with audio description including *Guys and Dolls*. A Delta Boat Cruise

in October was a big hit. After searching for seven or eight years, we finally found a boat captain willing to transport power wheel chairs. Utilizing the wheelchair accessible dock in Walnut Grove, we took a two-and-a-half-hour cruise on the delta, as the captain and crew shared their knowledge of history, geology and the ecology of the delta region. The outing was big fun and we'll definitely do it again, possibly this spring or next fall.

Up Coming Events

For updated recorded information, trip details and cost, call the Outings and Adventures hotline at 510-849-4663 ext 980. Trips are added throughout the month and the schedule is subject to change. To sign up for an outing or to become a trip volunteer, contact program coordinator Lori Gray at 510-849-4663 ext 373. Some trips fill up quickly, so don't delay!

- Ano Nuevo State Reserve (elephant seals)
- Charles Chocolates factory tour
- Cross Country Ski Weekend with ETC
- Bowling night at Albany Bowl
- John Muir Historical House Tour
- Cable Car Museum in San Francisco
- Tour of the Governor's Mansion
- Napa Mustard Festival

Thanks to Volunteers

Great thanks to the many volunteers including Curt, Teresa, Carol, Patti, Irene, Ann Marie, Laurie, Diane, Deborah, Katie, Jean,

Heather, Denise, Greta, Judy, Mike, Dennis, Beth, Dave, Michael, Rose, Haley, Stephan, Danielle, Melinda, Michelle, Eduardo and Josh.

Youth Transitions

Youth Transition Coordinator Carol Wahpepah started working at BORP in late December 2006. She has extensive experience providing support for families of children with disabilities and has received numerous awards for her work in disadvantaged communities. We are honored to have her as part of the BORP team.

The Youth Transition Program works with BORP youth participants in order to connect them with appropriate support services in their communities. Services cover education, employment, mentoring, independent living skills, housing, advocacy, and other services as required. Short-term goals are established in each of these areas, and are directly related to the youths' long term goals. Transitioning strategies takes account of where the youth may want to work and live (with support as needed) 3 to 5 years following high school. The overall objective of the program is to support youth in making a healthy and successful transition into adulthood.

Mentors Needed

One component of the Transitioning Program is mentoring. Mentors are essential role models that help youth set goals, develop steps to reach those goals, increase awareness of, and access to educational opportunities, and build social skills. You can make a difference in the life of a young person by becoming a mentor. There are several youth who are waiting for someone to mentor them.



Carol Wahpepah, BORP Youth Transitions

Volunteer Spotlight

Scot Goodman began volunteering for BORG in 1995 as a photographer at our very first Goalball tournament. Scot has since made it his mission to comprehensively record every facet of BORG's programs and activities, attending almost every tournament and event we've held over the past twelve years. He was recently honored at the Revolution event with the Clay Mankin award, for his tremendous volunteer contribution. Thank you, Scot, for your incredible effort and dedication to BORG's mission. His extensive portfolio is available for viewing at: <http://scotgoodman.smugmug.com/>.



Scot Goodman, Photographer

John Pinter Award

The 2007 "John Pinter Award" went to Julie "Jay" Yates, BORG's Administrative Director. The Bay Cruisers wanted to recognize Jay's many years of outstanding leadership and commitment to the organization. Jay's job is sometimes thankless -- she handles all of the paperwork and administration that keeps BORG running on a daily basis. But the fact is, her incredible organizational skills and attention to detail have allowed BORG to grow significantly over the past 8 years. The "John Pinter Award" is awarded annually to a



Julie "Jay" Yates

member of the greater BORG community whose outstanding efforts have contributed to the long-term success of BORG and the Bay Cruisers. It is awarded at the Bay Cruisers Opening Day festivities every September.

Revolutionaries Award

The 2007 Revolutionaries Award went to Mike Webber, BORG's office assistant. Through sheer hard work Mike helped not only to make the Revolution event a success, but he also helped to bring fitness, sports, and outdoor adventures to the disabled community of Northern California.



Mike Webber

Thanks to Volunteers

Daniel Adkins
Eric Ahlstrom
Erin Ahlstrom
Andres Amaye
Wayne Bailey
Karen Baker
Omead Barari
Loring Barker
Mike Bartek
Barbara Bennett
Richie Bennett
Richard Bennett
Kathryn Black
Carla Bohnett
Loren Bohnett
Victoria Bohnett
Rob Booth
Don Brown
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Randy Burke
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Joey Forman
Susan Forman
Bill Frazier
Julie Fuller
Linda Gardner
Mark Geliebter
Sarah Geliebter
Sean Gendreau
Mark Geritz
Reed Geritz
Chuck Gill
Brian Gooch
Scot Goodman
Dawn Graeme

Pam Gray
Annette Greiner
Martin Greiner
Kristi Grotting
Ryan Hall
Olivia Hayashi-Groves
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Randy Jones
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Sarah Marks
Toni Mazucca
Austin McInerney
Greg Milano
Don Misumi
Brittany Murlas
Chuck Nadeau
Dawn Nakashima
Aya Nakashima Newman
Jonathan Newman
John O'Connor
Laura Oftedahl
Bo Orloff
Patty Overland
Nancy Park
Joseph Penick
Kristin Penick
Cecelia Perkins
Lamile Perry
Julia Philips
Ed Pike
Liisa Pine
Lupita Pinter
Robert Ramirez
Erin Reed
Annie Rempe
Nancy Resnick

Naomi Robinson
Annemarie Rossi
Zach Roth
Regina Saisi
Alexis Sanchez
Jorge Sanchez Sr.
Kendra Scalia
Annie Schowalter
Steve Schwartz
Judy Simons
Karin Simpson Schubert
Brendan Smith
Chris Sotak
Rick Spittler
John Steinberg
John Stone
Sue Swigart
Elise Thomas
Nick Tomasino
Jose Tril
Elena Van Loo
Louie Vargas
Mike Webber
Phil Wiegand
Carole Wolfman
Tiffany Wong
Julie Yates
Leslie Zander
Janet Ziegler
Shelby Zimmerman
+ A&O Volunteers
+ REV Volunteers

Accessible Holland Cycling Trips

BORP Board President Kristi Grotting and Fred Ackerman went to Europe last spring to scope out the options for an accessible cycling tour in Holland. Fred has been leading bike tours there since 2001. Kristi was amazed by the beautiful pastoral countryside and extensive network of bike paths. They've created what is arguably the ultimate accessible cycling tour of the Netherlands. Highlights include: flat riding, great lodging, exceptional meals and incredible cultural sites from windmills to castles to the world's largest tulip garden - in full bloom! Interested? Obtain a flyer at <http://blacksheepadventures.com/nl-borp-2008f.pdf> with more details or call Fred at 415-462-0316. A trip is tentatively scheduled for April 21-26, 2008.



Kristi Grotting enjoying Holland

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www.borp.org

Spring 2008

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

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