



*A place where all abilities shine*

## **NEWS RELEASE**

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### **Wounded Warriors to visit the Adirondack League Club**

*Old Forge, New York* – The Adaptive Sports Foundation, Wounded Warrior Project™ and the Adirondack League Club are teaming up to host an Adirondack Adventure for approximately 15 United States Servicemen and women who have been injured in the line of duty post September 11, 2001. The Adirondack Adventure which takes place September 5<sup>th</sup>-8<sup>th</sup>, 2013, will include four days of outdoor activities that are quintessential Adirondack experiences. Using the League Club as its home base, the wounded warriors will participate in activities including fly fishing, kayaking, canoeing, hiking, sporting clays and fishing trips to remote lakes in the area only accessible by float plane.

As a national program provider for Wounded Warrior Project™, the Adaptive Sports Foundation is responsible for providing over 15 physical health and wellness programs a year for wounded warriors through their Warriors in Motion program. Building on the ASF's eight-year history of working with wounded warriors, Adaptive Sports Foundation, in collaboration Wounded Warrior Project™, began to offer Warriors in Motion events in 2011 to injured U.S. service men and women. These events provide wounded warriors with a basic knowledge of wellness and the importance of practicing lifelong healthful living. Through sports, outdoor activity, and recreation wounded warriors discover how the physical self is tied to the emotional/psychological self, as well as how state-of-mind can affect the physical body.

Navy Petty Officer 3<sup>rd</sup> Class (ret), Mark Mix stated "I owe a lot to programs like Adaptive Sports Foundation's Warriors in Motion. The events made me realize my life was not over and gave me a new outlook on living."

Todd Munn, ASF Executive Director stated, "We are honored to partner up with the Adirondack League Club and Wounded Warrior Project™ for this event. The beauty and serenity of the Adirondacks is the perfect environment for our wounded warriors to either discover or rediscover a passion for the outdoors. The ability to turn off the "chatter" of everyday life to reconnect with oneself and nature is a great way for our wounded warriors to realize their full physical and mental potential post injury. The Adirondack Adventure gives these warriors the ideal outdoor environment to achieve that goal."

#### About the Adaptive Sports Foundation

The Adaptive Sports Foundation (ASF) through its mission of providing profound and life changing experiences for individuals with physical and cognitive disabilities and chronic illness through outdoor physical activity, education, support, and community has served thousands of individuals and provides 3,200 lessons annually. With a full time staff of nine and 300 volunteers, the ASF has been providing both summer and winter sports in upstate New York for 30 years. The ASF is a non-profit organization whose \$1 million annual budget is funded through individual, corporate and private foundation contributions. For more information on the Adaptive Sports Foundation, please visit [www.adaptivesportsfoundation.org](http://www.adaptivesportsfoundation.org).

#### About Wounded Warrior Project™

The mission of Wounded Warrior Project™ (WWP) is to honor and empower wounded warriors. WWP's purpose is to raise awareness and to enlist the public's aid for the needs of injured service members, to help injured servicemen and women aid and assist each other, and to provide

unique, direct programs and services to meet their needs. WWP is a national, nonpartisan organization headquartered in Jacksonville, Florida. To get involved and learn more, visit [woundedwarriorproject.org](http://woundedwarriorproject.org).

#### About the Adirondack League Club

The Adirondack League Club is an organization that owns a large piece of wilderness land in the New York State Adirondack Park. The club was founded in the 1890s as a club for hunting and fishing. For more information, contact the General Office at 315.369.3025.

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