



NEWS RELEASE

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Tannersville Rocks the Vets - Memorial Day Weekend Concert

TANNERSVILLE, NY The Adaptive Sports Foundation (ASF) in Windham, NY is pleased to announce Tannersville Rocks the Vets concert on Saturday, May 27th at Rip Van Winkle Lake in Tannersville, NY starting at 2pm. The concert which features Guilty Pleasure, Tas Cru, David Vittone and Johnny Scarecrow will benefit the Adaptive Sports Foundation's Warriors in Motion programs.

Warriors in Motion (WiM) is a year round program that provides injured United States servicemen and women the prospect of empowerment through physical activity, wellness education, and mentorship/leadership opportunities. This extensive veterans program works with U.S. troops from all eras who've suffered injuries ranging from amputation, shrapnel wounds, spinal cord and traumatic brain injuries to combat stress disorder and other combat related injuries and chronic illnesses.

ASF began serving injured troops in 2005, teaching them skiing and snowboarding, but our programming focus evolved over the next five years. We went from being a sports outlet to something much deeper as the number of men and women with Post Traumatic Stress returned stateside and the number of reported suicides began to climb. With the development of *Warriors in Motion* in 2011, ASF created a program that supports participants' physical, mental, and emotional growth. We believe that regular exercise reduces stress, obesity, depression and secondary medical conditions for individuals with disabilities and empowers veterans through increased self-esteem, confidence, and improved quality of life. One of the most important outcomes of WiM programs is to help participants make a healthy transition to civilian life through their own continued healing. All sport programs take advantage of the valuable local resources in the Catskills and the Mid-Hudson Valley. Today, we can proudly say that we have served over 1,200 injured troops and their family members.

"The Adaptive Sports Foundation is proud to host these important programs for the warriors. It is a privilege to teach the joy, exhilaration and lifetime skill of outdoor sports to men and women who have fought for our country and our freedoms, and who have returned with physical, mental and emotional wounds. With the support of the community such as the Tannersville Rocks the Vets concert, we are able to continue honoring and empowering wounded warriors and their families through our programs."

– Todd Munn, Executive Director of the Adaptive Sports Foundation

Adaptive Sports Foundation

The Adaptive Sports Foundation (501c3) provides profound and life changing experiences for individuals with physical and cognitive disabilities and chronic illness through outdoor physical activity, education, support, and community. In 2015-2016, Adaptive Sports Foundation provided over 3600 lessons to children and adults with disabilities and the organization's 275 volunteers donated 27,000 hours of service.

Location: 100 Silverman Way, Windham, NY 12496 Phone: 518-734-5070 To learn more and/or get involved, visit www.adaptivesportsfoundation.org.