

2014

Adventures with Craig Hospital



Redefining Possible through Adventures

"After a spinal cord injury, about a year and a half ago I was referred to Craig Hospital for rehabilitation. There, I was introduced to the 'T-Rec' program. T-Rec was all about staying fit after a spinal cord injury. In the weeks that I was in the program I experienced everything they had to offer from SCUBA diving to hand cycling. Although I excelled at all the activities, I took a special interest in handcycling. So the day of my discharge, two months from my injury, I participated in a 10K ride! I was fortunate to be able to participate in this because I was able to use the hospital's handcycle to create this life-long memory." —Eli McCarthur, '12 Craig grad



Craig Hospital

Redefining Possible for People with Spinal Cord and Brain Injuries

There truly are no limits to recreational interests. For more than four decades, Craig Hospital's recreational programs have set the standard for rehabilitation hospital recreation programs in the U.S., and our 10 nationally certified specialists have more than 230 years of combined experience. Craig's Adventure Program is loaded with unique opportunities for travel, sports and outdoor recreation. The program has a powerful impact, bringing newly injured individuals with SCI or TBI and alumni together, enhancing everyone's experience.

For more information about the Adventure Program or scholarships, please see www.craighospital.org/TRec, email adventure@craighospital.org, or contact one of our recreation therapists listed inside.

Spots fill up fast...get in contact with us today!



Discover Skiing and Snowboarding

COLORADO SKI FOR LIGHT WEEKEND

Join us for a weekend of cross country skiing at Snow Mountain Ranch.
Dates: Jan 31-Feb 2
For info: Brenda Bertrand, CTRS, 303-789-8342 or cosfl.org

WINTER PARK DOWNHILL SKI TRIP

We are excited to partner once again with National Sports Center for the Disabled to offer a downhill skiing/snowboarding adventure! Trip is all-inclusive — with your own personal instructor, lift ticket, equipment rental and overnight lodging at a nearby condo.
Dates: Jan 27-30
Cost: TBD
For info: Lori Womeldorff, CTRS, 303-789-8583 or Stephanie Deml, CTRS, 303-789-8395

Discover Hunting

Join us for clay shooting and bird hunting. Special qualifications apply for safety. Please call us for details about these and other opportunities.
Dates: Jan 11, Feb 9, Mar 15, TBD (Nov and Dec) at Valhalla Hunt Club
For info: Carol Huserik, CTRS, 303-789-8588



Discover Fishing

ICE FISHING ON LAKE GRANBY

Dates: Feb 8, Mar 1
For info: Claire Cahow, CTRS, 303-789-8341

FISHING AT THE ROCKY MOUNTAIN ARSENAL

Dates: Apr 24, May 22, Jun 26, Jul 17
For info: T-Rec staff, 303-789-8225

LINCOLN HILLS FISHING TRIPS

Dates: May 31, Jul 12, Sept 7
For info: T-Rec staff, 303-789-8225

COLDER WEATHER OUTFITTERS FISHING

Dates: Jun 8, Aug 17
For info: T-Rec staff, 303-789-8225

WINDSOR BOATING AND FISHING

Dates: Jul 30, Aug 27, Sep 24
For info: T-Rec staff, 303-789-8225

FLOAT FISHING TRIPS IN THE ROCKY MOUNTAINS

Come along on a wheelchair-accessible raft to float some of Montana's best trout rivers. This year's floats are on the Bighorn and Missouri rivers. Excellent fly fishing or spin fishing. Fish one, two or three days. Adaptive fishing rods available. Plan ahead, call early. Floats are free.
Bighorn River Dates: May 8-10, May 15-16, Jun 12-14, Jun 19-20
Missouri River Dates: Jul 17-24
For info: Peter, 720-298-0725



Discover Kayaking Discover SCUBA

KAYAKING DAYS

We will once again join with Adaptive Adventures to kayak at Bear Creek Lake Park.
Dates: Jun 16, Jul 14, Aug 18, Sep 15
For info: Brenda Bertrand, CTRS, 303-789-8342

SEA KAYAKING TRIP TO GLACIER BAY, ALASKA

Board Sea Wolf Adventures for an intimate 10-day cruise. We'll fly into Juneau and take daily kayaking excursions to view bears, moose, humpback whales, sea lions, birds and glaciers. Rooms fill fast, so contact us today to start planning for this trip. Visit www.seawolfadventures.net.
Dates: May 2015
Cost: TBD
For info: Stephanie Deml, CTRS, 303-789-8395

Discover Flight

GLIDING

Take to the sky without power for a scenic glider tour in and around Elizabeth, Colo. and the foothills. A unique aviation experience.
Dates: Apr 5, Oct 25
For info: Bert Menardi, CTRS, 303-789-8290

JEPPESSEN FLYING

Soar over the Denver metro area with Jeppesen pilots.
Dates: Apr 19, Jun 21, Aug 9, Oct 11
For info: Bert Menardi, CTRS, 303-789-8290

DISCOVER SCUBA

Now is your chance to try SCUBA diving in the A-1 SCUBA and Travel Aquatics Center pool in Littleton, Colo.
Dates: TBD (monthly)
Cost: \$20 refundable deposit
For info: Carol Huserik, CTRS, 303-789-8588

COZUMEL SCUBA TRIP

Join us for a week of adventure in the Caribbean island of Cozumel, with one of the world's most beautiful and intriguing reefs. SCUBA certification required. PADI (Professional Association of Diving Instructors) and HSA (Handicapped SCUBA Association) certification is offered through A-1 SCUBA and Travel Aquatics Center in Littleton, Colo.
Dates: Jun 14-21
Base cost: \$1,895 per diver, based on double occupancy
For info: Carol Huserik, CTRS, 303-789-8588

Discover Bowling

These tourneys draw great competition and fun. The spots fill up fast, so sign up soon!

CRAIG ALUMNI SCI POWER CHAIR BOWLING TOURNAMENT

Date: Apr 6
For info: Carol Huserik, CTRS, 303-789-8588

CRAIG ALUMNI TBI BOWLING TOURNAMENT

Date: Nov 9
For info: Lori Womeldorff, CTRS, 303-789-8583



Discover Sailing

We are excited to partner again with Community Sailing of Colorado to offer adaptive sailing. New this year: spring and fall dates! Mark your calendar and contact us to reserve your spot. All levels and abilities are welcome.

KICKOFF PARTY

Join us at the Cherry Creek Reservoir Marina to kick off the sailing season and get into the spirit.
Date: Aug 4
For info: Stephanie Deml, CTRS, 303-789-8395

ADAPTIVE SAILING DAYS

Make plans to join us at the Cherry Creek Reservoir Marina.
Dates: May 2, May 3, May 9, May 10, Sep 5, Sep 12, Sep 13, Sep 19, Sep 26, Sep 27
Cost: \$20
For info: Stephanie Deml, CTRS, 303-789-8395

Discover Trips and Camps

WINDSOR DAY TRIPS

Join us on a water sport adventure in Windsor, Colo. Pontoon to the island for some fishing, canoeing, paddle boating, or swimming. Enjoy time with friends and family. A wonderful BBQ is included. Limited spaces for alumni are available.
Dates: Jul 30, Aug 27, Sep 24
For info: T-Rec staff, 303-789-8225



CAMP DISCOVERY FOR WOMEN

Camp Discovery helps women with SCI or disorders of the spinal cord redefine themselves to live strong, productive and happy lives by building self-esteem, creating a personal network and support system, inspiring a positive body image, and encouraging physical fitness.
Dates: TBD
For info: Trish Downing, www.trishdowning.com

BLACK HILLS OF DAKOTA

Join us for a fun family or group getaway. Drive or fly to this remote South Dakota destination just minutes from Mt. Rushmore. Stay in an accessible tree house or cabins. Great rates and discounts.
Dates: Jul 21-25
For info: Brenda Bertrand, CTRS, 303-789-8342

ADAPTIVE SPORTS CENTER HIKE/BIKE/CAMP

Don't miss this chance to enjoy and experience Crested Butte, Colo. in the peak color season. Custom-built trip full of adventures with mountain bikes, hikes, horses, water sports, camping and lodging. Call for a spot on this super fun new addition to our Adventure Program!
Dates: Sep 11-14
For info: Claire Cahow, CTRS, 303-789-8341

SEA KAYAKING TRIP TO GLACIER BAY, ALASKA

For info: Stephanie Deml, CTRS, 303-789-8395

COZUMEL SCUBA TRIP

For info: Carol Huserik, CTRS, 303-789-8588



Discover Rafting

Come along for either a mild float trip or a wild white water adventure. We are offering both this year — "wild" on the Arkansas June 30th and "mild" on the Upper Colorado July 28th! Call to put your name on the list for available alumni spots. (Please understand that first priority is for current inpatients.)

RAFTING TRIPS

Dates: Jun 30 on the Arkansas River; Jul 28 on the Upper Colorado River
For info: 303-789-8225

Discover Craig's Annual Hobie Day

Don't miss this 35-year tradition at Cherry Creek Reservoir. Fantastic food and fun!
Date: Aug 8
For info: Lori Womeldorff, CTRS, 303-789-8583

Discover Boccia

BOCCIA TOURNAMENT

Don't miss this great competition with some of Colorado's best! Call to have your name placed on the list.
Dates: TBD
For info: Angela Dodge, CTRS, 303-789-8587 or Tom Carr, CTRS, 303-789-8462

Discover the Paralympic Experience

We are happy to host clinics based on the interest we receive. Contact Claire Cahow, CTRS, ccahow@craighospital.org or 303-789-8341 to let us know what interests you:



- Sled Hockey
- Nordic or Alpine Skiing
- Biathlon
- Rugby
- Tennis
- Archery
- Handcycling
- Boccia
- Other

Discover the 5280 Challenge

Join us for the second annual 5280 Challenge, a two-day track and field competition for USATF Masters and individuals with physical or visual disabilities. It will be held at Cherry Creek High School's Stutler Bowl Stadium.
Date: May 31-Jun 1
For info: www.5280challenge.com

Many of our Discover programs are free! (A limited number of scholarships are available for those that aren't.) Thanks to our donors of \$5,000 and more, including Ameristar, Arapahoe Sertoma Club, Belair Excavating, Coloplast, Colorado Garden Foundation, Tom and Laurie Foster, Friends of Divers with Disabilities Program, Hobie Cat Fleet #61, Thomas D. Isaac, Lakeshore Consortium, Inc., Craig H. Neilsen Foundation, Organix Supply, Inc., Pinnocal Assurance, Floyd Smith Memorial Fund, Judson Williams, an anonymous donor and other generous contributors for their support of the Craig Hospital's Therapeutic Recreation programs in 2013.