

Registration Form

Name: _____ Age: _____
Address: _____
City: _____ State: _____
Zip: _____

Home phone: _____
Work phone: _____
Cell phone: _____
Email: _____

Emergency contact: _____
Phone number: _____

Describe disability: _____

Are there any medical considerations or restrictions, we should know about in reference to fitness activities? (spinal fusions, rods, shunts, other limitations):

Mobility: Uses manual wheelchair
 Uses power wheelchair

Does camper have limited mobility or weakness in arms? If so, explain: _____

Swim ability: non-swimmer beginner
 intermediate advanced

Self Care: All participants must be able to address personal care (toileting, bathing, eating, transfers and medications). You may have an aide accompany you. Aides must pay own hotel expenses if staying in a separate room from the participant.

T-shirt size: S M L XL

Cost is \$175 for each individual. Make checks payable to the *Challenged Athletes Foundation*.

For more information, contact Trish Downing at:
ladyterp_td@hotmail.com or 303.358.2768

Mail registration forms to: Trish Downing, Redefining Able, Inc., PO Box 221608, Denver, CO 80222

Trish Downing, Camp Director



Photo: Luis Garcia

In one instant, on Sept. 17, 2000, Tricia went from being a competitive cyclist to a paraplegic dependent on a wheelchair. Her life was changed forever, but Tricia's competitive spirit and zest for life continued on. Through her experiences in both rehab and racing, Tricia has overcome adversity and learned what it takes to perform at the top of her game. Now as a world-class physically challenged triathlete, Tricia travels the globe racing and sharing her message of strength and perseverance. Redefining Able.

As the only female paraplegic to complete an Iron distance Triathlon (2.4-mile swim, 112-mile bike and a 26.2-mile run), Tricia knows that life is an endurance sport.

As a result, Tricia and a group of dedicated volunteers have created Camp Discovery to help other women, affected by injury or disease, to reinvent themselves and find joy in following a new path. Camp Discovery is your opportunity to spend a weekend developing your mind, body and spirit connection, so that you too can Redefine Able.

CAMP DISCOVERY

REDEFINING ABLE



October 1-4, 2009

Redefining
Able... 

www.trishdowning.com

Presented by
AVON and the Challenged Athletes Foundation

CAMP DISCOVERY. REDEFINING ABLE.

WHO:

Camp Discovery is designed for women from 20-years-old and up who have been affected by a life-changing disability requiring the use of a wheelchair. Participants should have the willingness to build their personal fitness, explore self-esteem and body-image, and participate in self-discovery (soul-searching).

The only prerequisites are an open mind, willingness to try new activities and desire to achieve. Participants should be in good physical condition and be able to participate in most activities.

WHAT:

Camp Discovery helps women who have experienced a life-altering injury or disease redefine themselves to live strong, productive and happy lives by:

- Building self esteem
- Inspiring a positive body image
- Increasing and building physical fitness
- Creating a professional and personal network



HOW:

We will achieve our Camp goals through fun activities taught by instructors, who are experienced in training athletes in wheelchairs. Activities like tennis, scuba, golf, hand cycling, weights, pilates and more. Camp Discovery attendees will have access to sports trainers, a life coach and spa treatments.



WHY:

Have you ever had someone suggest that you were "confined to a wheelchair?" While others may not realize it, living life from a wheelchair does not have to be the worst thing in the world. It is merely a mode of transportation; a daily living aid. It does not define you. What does define you is your spirit, your enthusiasm for life and eagerness to move forward despite any challenges you might face.

Camp Discovery is the place where you leave your limits behind and discover a new freedom. Our activities are designed to reach your mind, body and spirit, helping you tap into an inner peacefulness and place of confidence, security and self-acceptance. This two-and-a-half-day, all women's camp is designed to teach both mental and physical fitness, while creating lasting friendships with women who have had similar experiences and obstacles. It is your safe haven to have fun and be supported by others who understand your journey.

This camp is made possible thanks to a generous grant from the AVON Hello Tomorrow Fund, and from these fine sponsors:

AVON

the company for women



Caring exclusively for patients with spinal cord and brain injuries.

Open your mind to new possibilities. Grow. Achieve. Support and be supported. Camp Discovery is all about you and your next adventure.

WHERE:

Housing and meals for Camp Discovery will be at the luxurious Inverness Hotel and Conference Center in Englewood, Colo. (invernesshotel.com).

WHEN:

October 1-4, 2009: Travel plans should be made so that participants arrive by 4 p.m. on Thursday, Oct. 1 and depart by 1 p.m. on Sunday, Oct. 4. Flights should be made into Denver International Airport.

Packing lists will be sent to participants prior to camp, including detailed instructions about what to bring and camp schedules.

COST:

\$175, includes room, all meals, program fees, t-shirt, goody bag and administrative costs.