

Introducing *The First Wave*

Dare2tri is proud to introduce our brand new newsletter, *The First Wave*. Our goal with this publication is to give you a sense of what makes our community so special. Each issue will keep you updated with the latest news on our athletes and programs, and will highlight some of the amazing people who make our mission stronger.

In our debut issue, we recap our bustling summer and the virtual programs that defined our season. We also have a trio of community spotlights. Inside, you'll meet a pair of sibling athletes, one of our most active community members, and a donor with a big heart.

We hope you enjoy this first edition. We look forward to bringing you many more in the future. Thank you for reading!



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SUMMER REWIND

The Season of Virtual

With in-person programming on hold for the summer, we created a virtual space to engage our community of veterans, youth, and adults with disabilities nationwide. Here is a quick glance at our summer of accessible, in-home training.

70 Strength Training, Cycling, and Yoga Sessions



3 Multi-Day Camps & Clinics

#ChiTriVirtual Race Prep Clinic
Virtual Veteran Cycling Program
Youth Virtual Camp

Top 5 Most Consistent Virtual Athletes

Kelly Schultz, Adult (IL)
Michael Simon, Veteran (MN)
Ryan Lahey, Youth (WI)
Brock Kitterman, Youth (PA)
Holly Koester, Veteran (OH)



PHOTOS

Dare2tri Takes on the Virtual Chicago Triathlon

The iconic Chicago Triathlon switched gears this year, opting for a virtual race instead of an in-person event. While it may not have been the traditional race weekend we're accustomed to, the Dare2tri community still showed up in a big way! We're proud to say that more than 40 athletes, staff, and volunteers crossed the Chi Tri virtual finish line in 2020.

As a virtual event, the race offered a bit more flexibility. For the first time, participants had the option to choose between a triathlon or duathlon. Racers could also finish all three legs at once, or break them up individually over a week.

Leading into the race, Dare2tri hosted the #ChiTriVirtual Race Prep Clinic in partnership with the USAT Foundation. The free clinic, open to any athlete with a physical disability or visual impairment, included a variety of sessions focused on different racing topics. Highlights included a Q&A with the Chicago Triathlon Race Director, a breakdown of warming up and cooling down, and a session dedicated to race day strategy. All clinic registrants also received a complimentary race entry and a Dare2tri T-shirt.

Our congratulations go out to all 2020 Chicago Triathlon finishers!



PROGRAM RECAP

Virtual Veteran Cycling Program

Dare2tri proudly serves the men and women who have served our country. Over the summer, we teamed up with Move United, Deloitte, and the U.S. Department of Veteran Affairs to create the Virtual Veteran Cycling Program. First launched on July 20, the program provided our cohort of injured military athletes with four weeks of accessible in-home training at no cost.

Dare2tri coaches led cycling workouts once per week via Zwift, a popular training app that allows athletes to ride indoors with a bike trainer and speed sensor. Bike trainers and sensors, which together can cost hundreds of dollars, were lent to any athlete who needed them to participate.

In addition to the Zwift cycling workouts, athletes were brought together via Zoom for strength training, lunch and learns, and yoga and mindfulness sessions. Outside of the group classes, each participant had a weekly check-in with a coach so they could stay on top of their goals, ask questions, and stay motivated.

After four weeks, the program concluded with a virtual group long ride, where participants put their endurance and strength to the test. Due to the program's success, we launched a second round on August 31 — with more than half of the athletes returning to continue on with their training. All in all, 28 veterans have participated in the program thus far!



“I’m a very active individual. Having the ability to remain active while in quarantine has had a great impact on me both physically and mentally.”

COMING SOON

On the Road2Ride Program



We are getting ready to launch the On the Road2Ride Program, a new initiative to bring adaptive cycling to youth with disabilities and visual impairments. Through this program, Dare2tri will travel to local organizations with a fleet of adaptive cycles, and teach kids to learn and enjoy the pleasures of cycling.

This year, The Hartford awarded Dare2tri with an Ability Equipped Grant to fund the equipment needed to launch this program. The

funds were used to secure nine new adaptive cycles, including tandem bikes, handcycles, and recumbent bikes, as well as a mobile trailer to safely and securely transport the equipment.

Dare2tri will bring the On the Road2Ride Program to partner organizations such as La Rabida Children's Hospital, Lighthouse for the Blind, and YMCA Camp Independence. The program will also allow Dare2tri to expand its reach and establish new partnerships with other hospitals and organizations in the region.

YOUTH SPOTLIGHT

Meet Sam David & Maylee Phelps

Sam David and Maylee Phelps are siblings, born just 13 months apart. They're both athletes, so naturally they love to compete with each other, whether they're playing wheelchair basketball or racing through their neighborhood park.

With sports cancelled in their area, Sam David and Maylee, who both have spina bifida, decided to give Dare2tri's virtual strength training program a shot. The high-energy classes, held every Tuesday and Thursday, proved to be an instant fit. They've attended almost every session since June. In July, they also took part in our three-day Virtual Kids Camp.



SAM DAVID (LEFT) AND MAYLEE (RIGHT)

Their mom, Rebecca, says it's made a huge difference in what has been a challenging year. They've gotten stronger and faster, and the community atmosphere has been a major plus.

"It's been great physically, but emotionally too, for them to have something to look forward to," Rebecca said. "My husband and I both, from the very beginning, have been very impressed. There's so much energy and enthusiasm. It feels like a little virtual family. I'm so thankful we found Dare2tri."

ATHLETE SPOTLIGHT

Karen Sternfeld is Proving Herself Wrong

Throughout high school and college, Karen Sternfeld was a three-season runner. In the winter, she cross-country skied. Athletics were a major part of her life. Then, as a college senior, she was diagnosed with multiple sclerosis.

“When I was diagnosed I thought, ‘Well there goes that part of my identity,’ she said. “I’m no longer an athlete.”

Today, Karen is proving herself wrong. She has rediscovered the identity she once feared she had lost. With the support of Dare2tri, Karen has become a multisport athlete.

It all started with swimming, a sport she quickly learned to love. With a reignited passion, she began attending Dare2tri swim practices. Before long, swim practices led to wheelchair pushing practices. In 2019, Dare2tri coaches recruited Karen onto a Chicago Triathlon relay team, giving her a taste of competition once again.

Karen was a regular at Dare2tri practices prior to the COVID-19 outbreak, and she remains just as involved today. In fact, she’s one of our most active virtual training participants. She joins us for strength training almost every Tuesday and Thursday evening.

“I love that at least twice a week I can get on the computer at 6 o’clock and get my butt kicked by Coach Shawna,” she said.

For Karen, who has used a wheelchair full-time since 2005, the benefits of strength training go beyond just athletics.



KAREN STERNFELD

“It’s all about keeping my shoulders working,” she said. “They do everything for me. When I don’t do any strength training, I can really start to feel it in my shoulders. They need the extra work just to keep their integrity so they don’t fall apart on me.”

In August, Karen signed up for our #ChiTriVirtual Race Prep Clinic, giving her the boost she needed to take on the virtual Chicago Triathlon. For the race, she used a hand cycle and racing chair she received through the Dare2tri Ability Fund, a grant program that eliminates barriers to participation. It was her first solo triathlon ever.

“I loved it,” Karen said. “I’m looking forward to doing a traditional (non-virtual) race someday. Hopefully next year, if not sooner.”



DONOR SPOTLIGHT

Dorothy M. Parrott Gift Paves Way for Veteran Program at Walter Reed Medical Center

Thanks to the generosity of Dorothy M. Parrott, Dare2tri is a recipient of a portion of her estate. Dorothy's all-in enthusiasm for living was infectious. She was a beacon of light in every room she entered, known for her vibrant personality and huge smile. She welcomed friends, strangers, and the 18 dogs she had in her lifetime with open arms and an open heart. Her courage in the face of difficulty and cancer demonstrated her affirmative spirit. By donating to Dare2tri, her spirit will continue to inspire and enrich the lives of others.

Dorothy M. Parrott's meaningful gift will go toward positively impacting the lives of U.S. military veterans. The majority of the funds will be used to create a paratriathlon program conducted in partnership with Walter Reed National Military Medical Center. Walter Reed is a renowned hospital located outside of Washington D.C., where many injured veterans

receive treatment and rehabilitation services. The new program will be hosted at Walter Reed and will be available to any patient who has an interest in learning the ins and outs of paratriathlon.

The remaining funds will provide adaptive equipment grants for injured service members who are active in Dare2tri programming. Access to adaptive sports equipment is oftentimes a barrier to participation, as it is very expensive and typically not covered by medical insurance. Grant support enables athletes with disabilities to actively pursue their health and wellness goals.

Would you like to leave a mark on future generations of athletes? We can help. Learn more about establishing a gift through your estate by contacting Director of Development Michelle Stroud at michelle@dare2tri.org or 312.373.0493.

EVENT UPDATE

2020 Evening2Inspire Cancelled

Due to the COVID-19 pandemic, we have decided to cancel this year's Evening2Inspire, our annual celebration that honors the achievements of Dare2tri athletes and the supporting community of volunteers, family members, donors, and sponsors.

Thank you for all your past support of Evening2Inspire, and for your continued support of Dare2tri. We look forward to seeing you again at a future event!



Have You Considered Joining Our Community of Monthly Supporters?

By becoming a monthly donor you join a dedicated group of supporters who understand the importance of making a sustaining commitment to the health and wellness of people with physical disabilities. Your ongoing monthly gift allows us to invest in specific areas of our work, develop innovative programming, and remove barriers to participation.

To learn more, visit dare2tri.org/support-us or contact Director of Development Michelle Stroud at michelle@dare2tri.org or 312.373.0493.

