

# // DARE2TRI



## IMPACT REPORT

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# IN 2020, WE DID WHAT PARATHLETES DO BEST. WE ADAPTED.


## OUR MISSION

TO ENHANCE THE LIVES OF INDIVIDUALS WITH PHYSICAL DISABILITIES AND VISUAL IMPAIRMENTS BY BUILDING CONFIDENCE, COMMUNITY, HEALTH AND WELLNESS THROUGH SWIMMING, BIKING, AND RUNNING.

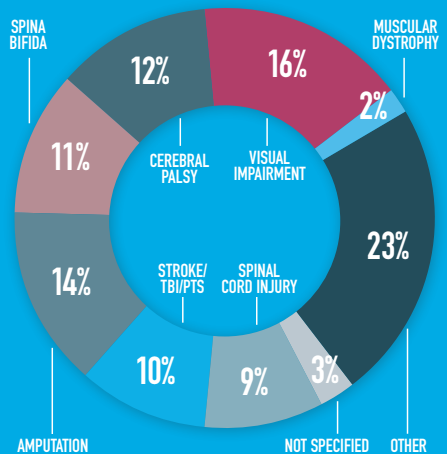


 Sam




 Sam David and Maylee

## DISABILITIES SERVED





 Lupita

“ I was struggling with my health since I couldn’t do physical therapy due to COVID-19. I’m forever grateful to Dare2tri for helping me regain my strength.”

–LUPITA, Spina Bifida, Berwyn, IL


## OUR COVID-19 RESPONSE

To keep our community active, engaged, and connected through accessible virtual programming.

## 8 NEW VIRTUAL PROGRAMS

To provide athletes of all ages and abilities with unwavering coaching and support at little or no cost.

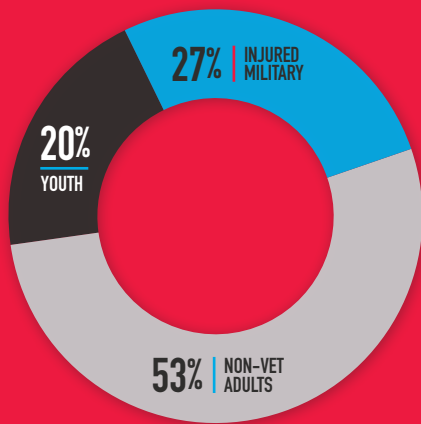


 Meaghan



 Anthony

## PARTICIPANT DEMOGRAPHICS



# WE STRENGTHENED OUR COMMUNITY.

In 2020, Zoom became our fitness center. On a weekly basis from March to December, we delivered in-home virtual training to participants across 46 states and two countries.

## OUR VIRTUAL FITNESS COMMUNITY

**259** ATHLETES WITH DISABILITIES

**199** FRIENDS, FAMILY MEMBERS AND VOLUNTEERS

**458** TOTAL COMMUNITY MEMBERS

**62%** OF ATHLETES WERE FIRST TIME PARTICIPANTS

## CONSISTENCY IS KEY

**43** ATHLETES ATTENDED 15 OR MORE STRENGTH CLASSES



“ In 2020, virtual cycling allowed me to train regularly and helped me improve my speed. I’m very thankful that I had a community of people to ride with every week of this challenging year. It definitely made me a better athlete. ”

JASON, Stroke/TBI, Houston, TX

**3,032 HOURS** OF VIRTUAL PROGRAMMING PROVIDED

# WE SERVED OUR INJURED SERVICE MEMBERS.

The Virtual Veteran Cycling Program brought together injured military athletes for a camp-style program that not only focused on fitness and racing, but also mental health and wellness support.


**28** | VETERANS SERVED

**28** | ZWIFT MEMBERSHIPS GRANTED


**12** | SPEED SENSORS AND 9 INDOOR BIKE TRAINERS LOANED TO ATHLETES

\*SPONSORED BY MOVE UNITED, DEPARTMENT OF VETERAN AFFAIRS, AND DELOITTE.



 Zachary



 Jennifer

“Because of Dare2tri, I have gained an amazing community, I’ve lost 15 pounds and I have a new sense of purpose. This program inspired me to do the Virtual Chicago Triathlon. Prior to that, I hadn’t run in four years. Now I run several times a week. I ended 2020 with 15 virtual 5Ks, two 10Ks and I ran every day in September for suicide awareness. My new goal is to virtually cycle across the country — 3,521 miles in total.”

JENNIFER, Spinal Cord Injury, Palmetto, FL

# WE INVESTED IN THE FUTURE.

Thanks to The Hartford's Ability Equipped Grant and Move United, we laid the groundwork for a new cycling program, expanded our fleet of equipment, and surprised two youth athletes with new bikes.

## ON THE ROAD2RIDE

The On the Road2Ride Program is our initiative to introduce adaptive cycling to youth at children's hospitals, rehab facilities & schools.

## NEW EQUIPMENT

9 NEW ADAPTIVE CYCLES

1 MASSIVE NEW TRAILER



Jana

## SURPRISE GRANTS

In November, we surprised Jana (Kentucky) and Sam (North Dakota) with their own

**BRAND NEW BIKES** ▶



Sam

**2021**  
SAVE THE DATES

APRIL 10 | MULTISPORT CLINIC  
JUNE 3-6 | INJURED MILITARY CAMP  
JUNE 24-28 | TRAIN2RACE CAMP

JULY 13-14 | KIDS CAMP  
AUGUST 5-8 | LEARN2TRI CAMP