

General Program Information:

All programs run for 6 weeks, once a week and cost \$50. Additional subsidy is available.

Outdoor weekend adventures for each program will take place later in the Summer. Details will be announced at a later date. Contact us for further information.

Register Now:

Name: _____

Phone: _____

Email: _____

Program:

- Adapted canoeing/kayaking
- Trail Running with the TrailRider
- Adapted rock climbing
- Handcycling

Payment: Enclose a cheque for \$50 payable to the Canadian Paraplegic Association (Alberta). Additional subsidy is available if needed

Please mail this form to:

Amy MacKinnon
Canadian Paraplegic Association (Alberta)
305, 11010 - 101 Street
Edmonton, AB T5H 4B9

or email to:

Amy.MacKinnon@cpa-ab.org

Canadian Paraplegic Association (Alberta)



Canadian Paraplegic Association (Alberta)

Association canadienne des paraplégiques

Outdoor Adventures

Sponsors

We would like to thank all of our sponsors for their generosity. Without them this program would not be possible:



Partners



Contact Us

For information and to sign up for any of the activities, please contact

Amy Mackinnon
780-424-6312 ext 2231
amy.mackinnon@cpa-ab.org

- Adapted Canoeing/Kayaking
- Trail Running with the Trailrider
- Adapted Rock Climbing
- Handcycling



Rock Climbing

Build your indoor rock climbing skills and abilities week by week with instruction from climbing instructors trained to work with all abilities. Offered at Vertically Inclined Rock Gym the program is for any level, from beginner to expert and for all abilities. Includes all equipment and instruction.

When: Tuesdays, June 14 to July 19 from 6:30 to 8 pm

**Where: Vertically Inclined Rock Gym
8523 Argyll Road, Edmonton**



Handcycling

Enjoy the Edmonton river valley on a handcycle! Start with an orientation clinic taught by coach Stephen Burke, with the National Cycling Centre in Calgary. Then participate in weekly rides featuring a short workshop biweekly. For all abilities and levels, from beginner to expert. If you have a handcycle, bring your own, otherwise we will provide one for you. Cost includes clinic, rides, workshops and other perks.

**When: Clinics run on June 13th
Beginners from 5 to 6:30 pm
Intermediate from 7 to 9 pm**

Program runs Wednesdays, June 22 to July 27. Please contact Amy for start times.



Canoeing/Kayaking

CPA (AB) has partnered with the greater Edmonton and St. Alberta canoe and kayak clubs to offer lessons once a week at Kirk Lake. The facility has adapted equipment and instructors experienced in teaching all abilities. No experience necessary, all abilities welcome. The program includes all equipment and instruction.

When: Mondays, June 20 to July 25 from 6 to 8 pm

Where: Kirk Lake (Anthony Heday and Yellowhead trail)



Trail Running with the TrailRiders

Edmonton and area is home to some of the most spectacular trails in Alberta. If you want to take your adventure on the trails to a new level then this is the activity for you. Participants work with a team of Sherpas (3-4 per team), training with the TrailRider throughout the summer and competing in a 5 Peaks trail running race in or around Edmonton. Cost of the program includes 1 race, 3-4 training sessions and equipment. No experience necessary, however you must be in good health and ready for adventure!

**When: This program begins the week of June 13th
Please contact Amy for dates and times**

Perks

When you register for any of the programs, you will also receive an annual membership with Alberta Abilities Lodges Society, a \$25.00 value. Membership allows you to borrow, at no additional cost, adapted canoes, rock climbing equipment, TrailRiders, and handcycles to use outside of the program.

**For information and to sign up for any of the activities, please contact:
Amy Mackinnon at 780-424-6312 ext 2231;
or amy.mackinnon@cpa-ab.org.**