

2019 Summer Catalog

June 1 – September 30

Registration opens May 1st and will be available online or by phone.

Sports offered include Climbing, Mountain Biking, Road Cycling, Paddling, Hiking and Golf.

How to Register

Scheduling depends on equipment and staff availability. To get your desired outdoor adventures firmed up, please sign up at least two weeks in advance, the further ahead the better for weekends.

Our programs are offered in three categories: 1) Custom Adventures, 2) Community Programs and 3) Events.

Scholarships

OAS strives to ensure that cost is never a barrier to participation. We offer an extensive scholarship program for anyone needing assistance while the scholarship funds are available. Scholarship application and info is on our website.

Custom Adventures

Free Sport Assessment + Fit Up

Trying out a sport for the first time? Come to our warehouse in Bend for a free assessment and fit up. You can see what options we have and try them out prior to participating in a community program or custom adventure. Offered in all sports.

Planning Your Custom Adventure

OAS offers custom adventures for individuals and groups in six different sports. All adventures include professional instruction, use of technical equipment and support from trained volunteer assistants. Pricing for individuals is listed below, please contact us for group pricing. Custom Adventures are custom to the goals of the participant and can range from introduction lessons to guided rides or technical training.

In Town includes Deschutes River, Awbrey Glen, Riverbend Park, Shevlin Park, Phil's Trailhead, Sawyer Park and more.

Half Days run from 9:30 am – 12:00 pm or 1:30 pm – 4:00 pm and full days run from 9:30 am – 4:30 pm with a break period built in in the middle.

Cost for half day in town is \$45 and for full day in town is \$70.

**Pricing for individuals includes one athlete with a disability and one caregiver.*

Out of Town includes Cascade Lakes (Hosmer Lake, Lava Lake, Sparks Lake), Smith Rock State

Park, Sunriver, Wanoga and more.

Out of town lessons are full days from 9:30 am – 4:00 pm with a break period built in in the middle.

Cost for full day out of town is \$85.

**Pricing for individuals includes one athlete with a disability and one caregiver.*

Transportation is available upon request. Those wishing to use OAS transportation will meet at the office 30 minutes prior to lesson time either at 9:00am or 1:00pm.

Registration for programs are available online but staff is happy to help with registration by phone.

Community Programs:

Building a Fully Inclusive Community in Central Oregon

Community Programs are spaces for people of all abilities to come together and participate in outdoor recreation, regardless of ability.

Sign Up & Cost

All summer community programs are free of cost except climbing. Please RSVP on our website to help us ensure we have appropriate staffing, equipment and supplies for the activity.

Community Days

Community Days are a space for everyone to enjoy the outdoors together. Bring your family and friends to try a new sport, practice an old one, hang out and enjoy all that Central Oregon has to offer. Join OAS anytime between 9 am and 4 pm. There will be staff & volunteers on hand to assist. They will be held once a month on the third Saturday.

JUNE 15 at Riverbend Park: Bike, Hike, Paddle.

JULY 20 at Slough Day Use Area: Bike, Hike, Paddle.

AUG 17 at Lava Lake: Bike, Hike, Paddle.

SEPT 21 at Smith Rock State Park: Climb, Bike, Hike, Paddle.

Community Cycling Night

Held on Wednesdays June + July (except July 3rd) from 4:30 pm – 6:30 pm at Pine Nursery Park. Eight Wednesdays this summer, we'll bring a fleet of cycles to the park. Come try a bike out, ride & hang out. Note that this is not a lesson setting - participants may have to wait to use a bike and are not guaranteed one on one instruction.

Community Climb Night

First Tuesday of Every Month year-round from 4:30 pm - 6:30 pm at Bend Rock Gym

This is a space is for people of all abilities to climb together. All experience levels welcome.

Note that this is not a lesson setting, parents are asked to supervise youth under 14 but assistants are available to help with climbing. Cost is \$10 paid to Bend Rock Gym.

Community Golf Nights

Select Thursdays 6/20, 7/25, 8/15, 9/19 5:00 – 6:00 pm at Awbrey Glen Golf Club

Let's get out and make some swings! Session takes place at the driving range. Please be timely as the sessions are short. All experience levels welcome. There is a mandatory dress code. Two adaptive carts are available for use.

Anyone is welcome at Community Programs, please RSVP on our website.

Events

OAS seeks to empower athletes of all abilities to engage in the outdoor community through events in Central Oregon and beyond.

Pole Pedal Paddle 5/18/19

Last year, OAS supported 48 athletes in the annual iconic Pole Pedal Paddle Race in Bend. This race includes alpine skiing, Nordic skiing, road cycling, trail running, paddling and a sprint. OAS will be supporting 7 teams, 2 pairs and 1 individual this year. Sign up by 4/1.

Tour Des Chutes 7/13/19

This annual multi-distance cycling event supports Central Oregonians with cancer. Ride distance include 100, 75, 50, 25 and 7 miles. OAS will support any adaptive athletes interested in participating in the event. Training rides are highly encouraged prior to the event and can be scheduled through OAS. Sign up by 7/2.

Cascade Crankfest 11/1 - 11/3

Cascade Crankfest is OAS' 3rd Annual off-road handcycle festival. Weekend activities include shuttled group rides on Central Oregon's renowned singletrack and Oregon's only cyclocross race for handcycles, Cross Crusade. Handcycles are available to rent for the weekend. Weekend is free, lodging not included.

Summer Events Schedule

5/1 - Registration Opens

5/4 - CAF Clinic at Nike - Climbing
5/18 - Pole Pedal Paddle
6/1 Summer Programs Begin
6/2 - PDX Cycling Event
6/15 - Community Day at Riverbend Park
7/3 - 7/7 - OAS Closed for Holiday
7/13 - Tour Des Chutes
7/20 - Community Day at Slough Day Use
8/10 - Bigstock Music Festival
8/17 - Community Day at Lava Lake
8/30 - 9/2 - Wydaho Rendezvous
9/10 – 9/13 - Cycle Oregon
9/13 – 9/14 - Craggin Classic
9/14 - SOAR with Destination Rehab
9/21 - Community Day at Smith Rock
11/1-11.3 - Cascade Crankfest
11.2 - Cross Crusade - Handcycle Race

Contact Us

Email is info@oregonadaptivesports.org

Phone number is 541-306-4774, extension 3 is the operations line

Address of office is 63025 OB Riley Road Suite 12 Bend, Oregon 97703