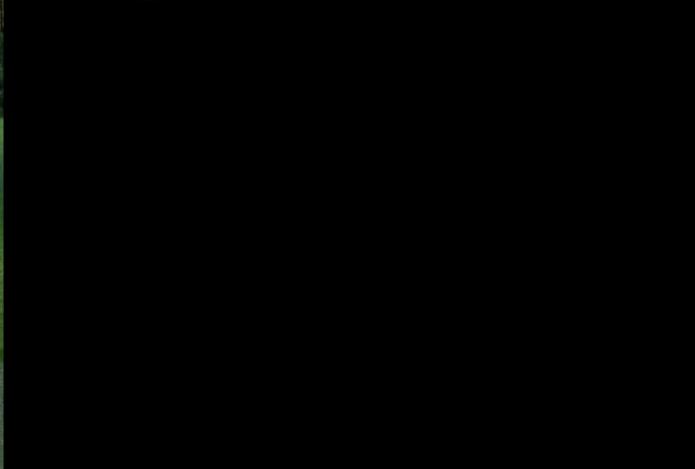


# How Can !?

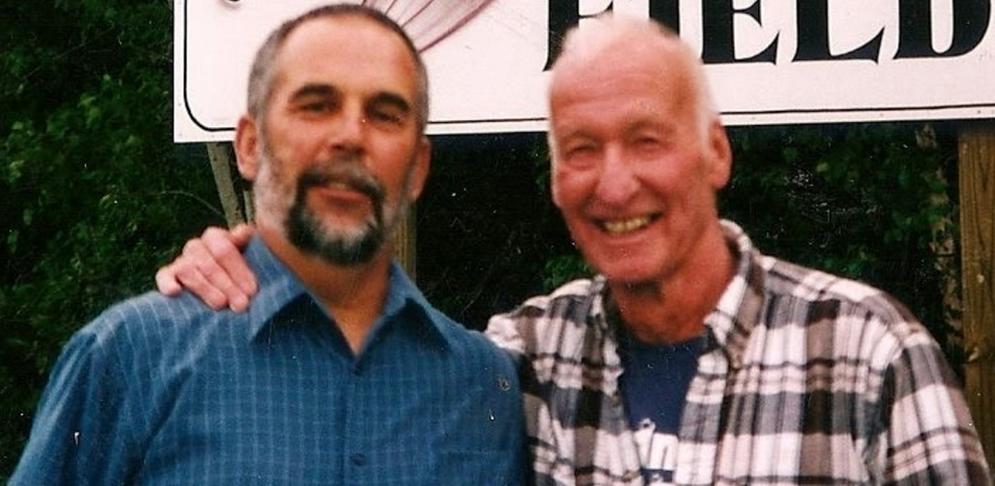


## 3 Solutions

1. I try
2. Research
3. Ask for help



Bob Dyer  
SOCCER  
FIELD



5 29 '04





# Rock Climbing





Inspired by Friends



**FIRST  
CLIMBING  
TRIP WITH  
PARADOX  
SPORTS**



My First “Big  
Climb”



Go Big  
Or Go  
Home



Training  
with Sean  
O' Neill



## Disappointment and Lessons Learned



# The Zodiac Route



How can I make the outdoors more accessible?





# Trail Assessments



# Working with Land Trusts



# Detailed Trail Descriptions

Things to include:

- Steepest and Average Running Slope
- Steepest and Average Cross Slope
- Obstacles with Distance from Trailhead and Pictures
- Width of Trail
- Surface Material
- Rest Spot Locations
- Any Amenities (bathroom, picnic tables etc.) Are they accessible?

Descriptions can be written in paragraph form or in list form or both. It can be helpful to have quick hit information as above along with a written description containing other details.

# Guided Experiences/Workshops

- "I've had a chance to learn from Enock before and ride in his chair on a trail, which was TRANSFORMATIVE for my perspective on accessibility."



How can we help make the world more accessible for others?

- Volunteer for local land trusts
- Volunteer for adaptive organizations
- Ask people what they need to enjoy the outdoors
- Plan an outdoor experience with disabled or elderly people in your community.



Community  
Geographics

Questions?

Come see us at booth #101