

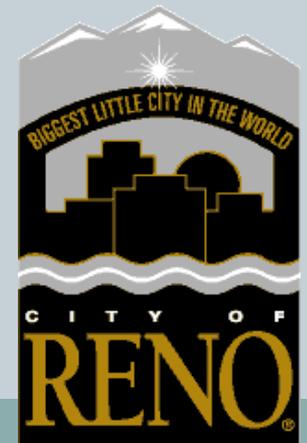
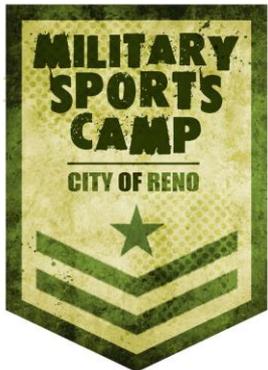


# City of Reno



## Veteran Programs

APRIL WOLFE, CTRS:  
THERAPEUTIC RECREATION SPECIALIST, CITY OF RENO



# Fit but not Forgotten

THE CITY OF RENO IS PROUD TO OFFER OUR VETERANS WEEKLY FITNESS CLASSES IN OUR FACILITY WEIGHT ROOM



**NEW SESSIONS  
START AT THE  
BEGINNING OF  
EACH MONTH**

**(775) 333-7765  
APRIL WOLFE  
WOLFEA@RENO.GOV**

CLASSES WILL COVER ORIENTATION TO EQUIPMENT, ASSESSMENT OF FITNESS LEVEL, PROPER TECHNIQUE TO DEVELOP STRENGTH, ENDURANCE AND FLEXIBILITY, AND DISCUSSION OF FITNESS GOALS. UPON COMPLETION OF ALL FOUR CLASSES\*, PARTICIPANTS WILL BE ELIGIBLE FOR A FREE ONE YEAR, ALL INCLUSIVE FACILITY MEMBERSHIP.



WATER FITNESS



YOGA CLASSES



TAI CHI CLASSES

**EVELYN MOUNT NORTHEAST COMMUNITY CENTER  
1301 VALLEY RD. RENO, NV 89512**



THIS PROGRAM IS MADE POSSIBLE BY VA SIERRA NEVADA HEALTHCARE SYSTEM AND THROUGH A GRANT FROM THE DEPARTMENT OF VETERANS AFFAIRS FOR THE GRANTS FOR ADAPTIVE SPORTS PROGRAMS FOR DISABLED VETERANS AND DISABLED MEMBERS OF THE ARMED FORCES.



\*Please come prepared to workout during the first class session



# Military to the Mountains



 **MILITARY TO THE MOUNTAINS**  
APRIL 3rd - 9th, 2017

Military to the Mountains was created following the success achieved by veteran Marine Corporal Jacob Schick while skiing at Squaw Valley During the 2014-2015 winter season.

Last year, the program grew to include 10 injured US Military Veterans.

Working directly with Dallas-based Adaptive Training Foundation, injured Veterans undergo intensive training prior to visiting Squaw Valley. Once they arrive in the mountains, they receive adaptive ski lessons with Achieve Tahoe.

In 2017, the Military to the Mountains program will continue this process for 22 other injured military veterans.

This year's program begins January 2017 with a 9-week training in Dallas, TX with Adaptive Training Foundation. In April, 22 US Veteran athletes (15 from Dallas, Tx & 7 From Reno, NV) will travel Reno on Rights hosted by American Airlines. The athletes stay and ski / ride at Squaw Valley with Achieve Tahoe's adaptive ski.



# Military Sports Camp



**MILITARY SPORTS CAMP**  
CITY OF RENO  
★ 2017 ★

**PARALYMPIC RENO SPORT CLUB**

The City of Reno with the generous support of its presenting sponsors, and local adaptive sports programs plan to host 15 disabled veterans and injured service members and their spouse/guest for a multi-day Military Sports Camp. All skill levels are welcome.

This program is not just about sports; it's also about attitude, camaraderie and promoting healthy, active lifestyles. There is no cost to Military Service Men or Women and their guest. Registration preference will be given to Nevada Service Members and Residents.

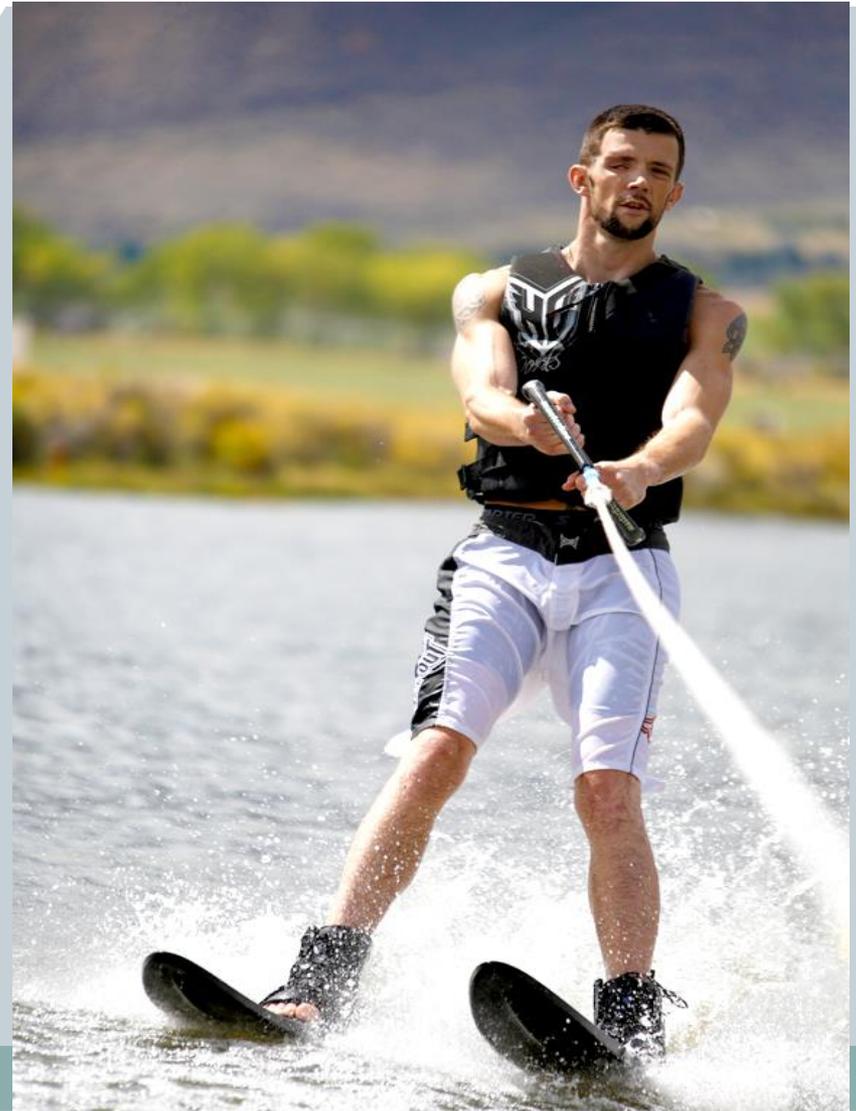
**DAY 1 - WEDNESDAY, SEPTEMBER 13**  
1:00 pm - Transportation from Reno Tahoe International Airport to Host Hotel  
2:00 pm - Hotel Check-In  
6:00 pm - Welcome Dinner and Bowling at the National Bowling Stadium

**DAY 2 - THURSDAY, SEPTEMBER 14**  
8:00 am - Breakfast at the Host Hotel  
9:30 am - Water Skiing, Paddle Boarding and Archery, Lunch Provided  
3:30pm - Sled Hockey  
6:00 pm - Dinner

**DAY 3 - FRIDAY, SEPTEMBER 15**  
8:00 am - Breakfast at the Host Hotel  
10:00 am - VIP Guests at Air Races, Lunch Provided  
3:00 pm - Kayaking and Rock Climbing  
6:00 pm - Dinner

**DAY 4 - SATURDAY, SEPTEMBER 16**  
7:30 am - Breakfast at the Host Hotel  
9:00 am - Wheelchair Rugby, Lunch Provided  
1:00 pm - Equine Therapy  
6:30 pm - Closing Dinner at Tamarack Junction Casino

**DAY 5 - SUNDAY, SEPTEMBER 17**  
7:45 am - Breakfast at the Host Hotel  
- Transportation to the Reno Tahoe International Airport



# History/Mission of Project HERO



Founded in 2008, Project Hero is a groundbreaking national non-profit organization dedicated to helping Veterans and First Responders affected by PTSD, TBI and injury achieve rehabilitation, recovery and resilience in their daily lives and increasing awareness to combat the national mental health emergency posed by PTSD and TBI.





*Saving Lives by Restoring Hope & Purpose*

# R2R PROGRAMS

*HOW OUR PROGRAMS INTERACT*



## CHALLENGE SERIES

Multi day program events with 200 healing heroes. It is the goal of every Project HERO rider to ride and complete a Challenge ride.



## HONOR RIDE

Community events geared towards raising awareness and funding for the R2R Program and connecting Veterans with riders in the local community. Great opportunity for sponsor and donor engagement.



## PROJECT HERO

Community and Military based recovery and rehabilitation programs that bring the benefits of R2R to more Veterans with one important goal: More riders riding more often.



## SPECIAL EVENTS

Programs geared towards off road, racing, and other non-Challenge riding programs for the healing heroes to reach a goal beyond their original expectation.



## INITIATIVES

Initiative programs are specifically geared to a subset of the R2R heroes and their issues. Programs for Male and Female Sexual Assault Survivors are the primary Initiatives.

*The programs provided by Ride2Recovery, a 501(c)3, are supported by contributions from individuals, foundations and corporations. For more information and to make a contribution, please go to our website [www.ride2recovery.com](http://www.ride2recovery.com)*

# Honor Rides



- One day events around the country
- Raise money/promote awareness for Project HERO
- Free for veterans to participate
- April 25: Honor Ride Sacramento



# Special Events/Initiatives



- Similar to Challenges, but with various fitness activities
- Bend MTB Challenge, Women's Initiative



# Challenges



- Multi-day, national and international events that cover 350-450 miles
- Participants may also choose to participate in single days of the event
- California Challenge: October 11-17, 2020



# Project HERO



- Local chapters
- Help set and achieve individual goals
- Promote a group setting and quicker rehabilitation
- Saves lives by providing hope, recovery, & resilience
- 5 pillars: Rehabilitation, Education, Employment, Family Support, and Community Service



***PROJECT HERO***  
**Saving Lives by Restoring Hope & Purpose**

# Project HERO City of Reno



- Began in October of 2013
- 45 local, active members
- Ride 3 times a week in preparation for national Project HERO events



# Kiwanis Partnership – Mechanics Clinic



# Kiwanis Partnership – Veterans Helping Veterans for Bikes



# How Can You Help!



- Participate in upcoming weekly organized rides/workouts
- Help those veterans who may need a push!
- Attend an Honor Ride/Challenge/Local Event
- Get involved!



# Questions?



- Thanks for listening!

