

## SECOND ANNUAL STATIONARY BIKE RACE

Another successful event that raised \$10,000 !!!!

A year of planning resulted in success number two! The Shelley Gautier Para-Sport Foundation hosted its second annual Stationary Bike Race on May 7, 2017, at Club Italia, Niagara Falls. Our host venue again, echoed with the sounds of excited cycling participants, volunteers and spectators.



At 11:00 am, Olympic cycling champion Gordon Singleton signaled, “time to ride.” Captained by Olympic wrestler and gold medalist in two

Commonwealth Games Richard DesChaites, “Celebrity Team 1” was ready. At stake for them was the challenge of being, once again, winner of the most kilometers pedaled. Pushing their limits of endurance every second of the 20-minute ride, their exhaustion paid off! Not only did this team pedal the most kilometers; they also brought in the most money in pledges.

Each scheduled ride of the day was inclusive of able-bodied riders together with our hand-cyclists. Every team had ridden for their lives, eager to win the cherished km challenge and each team participating in the event was a winner in so many ways.

Throughout the day participants and spectators could enjoy the excitement of the cycling, the delicious pizza and pastries available for sale, and shopping from a large selection of items for sale at the gift table. All proceeds raised at the event remain in the Niagara Region for the purchase of equipment and to establish training programs.

A special thanks to Gold Level Sponsor Ruth Woelf of Royal LePage Real Estate, and to the many other sponsors. Success is only possible through your generosity.

The event committee anticipates even greater results next year for the third annual Stationary Bike Race, which will be held on Sunday, May 27, 2018 at Club Italia in Niagara Falls.



## **PROGRAMS and CHAPTERS: We're Growing!!!**

The Shelley Gautier Para-Sport Foundation's primary activities are Hand cycling and Tandem cycling programs. Hand cycling is a great workout and recreational activity for people with physical disabilities. Tandem cycling is ideal for people with visual impairments as well as people with cognitive disabilities, who ride with able-bodied people who steer and help control the bikes.

### **Hamilton, ON**

**Tentative start date: Sunday, June 11, 2017**

Our Hamilton program includes hand cycling and tandem cycling. Operating since May 2015, our Hamilton program is a great success with rides taking place at Pier 8 along the beautiful waterfront trails. Join us this summer for a great workout, while having fun and meeting new friends.

**Where:** Pier 8

47 Discovery Drive, Hamilton

**When:** Sundays 2:00-4:30pm

Wednesdays 5:30-8:00pm

**Contact:** Julian Baird

**Email:** julian.baird@live.ca

### **Niagara Falls, ON**

This summer, our Niagara program is taking place at Kingsbridge Park. Join us as we get on the road with our mobile trailer to bring hand cycling to the great outdoors of Niagara Falls. Our team welcomes new riders and volunteers to come out and join the fun.

**Where:** Kingsbridge Park

7870 Niagara Pkwy, Niagara Falls

**When:** Thursdays 3:00-6:00pm

**Contact:** Holly Dapp

**Email:** hdapp@hotmail.ca

### **St. Catharines, ON**

On Tuesdays, our mobile trailer brings hand cycling to St. Catharines! Join our team of friendly riders on one of our hand cycles or grab your bike and helmet and volunteer with us. After successfully running indoor stationary hand cycling for our third winter at the Brock U Centre for Health and Wellness, we are excited to bring our hand cycles outside this summer in the largest city in the Niagara region.

**Where:** NTEC

120 Canby St, Thorold

**When:** Tuesdays 3:00-6:00pm

**Contact:** Peggy Humber

**Email:** humnberd@gmail.com

### **Kitchener, ON**

We formed this new chapter in February 2017 for hand cycling and tandem cycling. Our programs take place at Victoria Park, where we will cycle along the Iron Horse Trail which connects to the park. This summer, we hope to create exciting events such as BBQ's and races to raise funds for the foundation. This program is an excellent opportunity to connect with others, get active and have fun.

**Where:** 7 Devon St by Victoria Park

**When:** Saturdays 9:00am-12:00pm

**Contact:** Janelle Jamieson

**Email:** jl.jamieson90@hotmail.com

## Brantford, ON

Perhaps one of our most integrated programs, this chapter pairs people with visual impairments with sighted pilots riding tandem bikes to get fit while having fun! The school resides on a large property with beautiful scenic trails.

**Where:** W. Ross MacDonald  
School for the Blind

350 Brant Ave, Brantford

**When:** Tues. and Thurs. 6:00pm

**Contact:** Serena Naylor

**Email:** 15syyn@queensu.ca

## Ottawa, ON

**Tentative start date: June 26, 2017**

Right at the capital city, this chapter offers hand cycling and tandem cycling programs outside at the Aviation and Space Museum. We encourage participants and volunteers to be part this fun filled action. It is best to arrive early to be prepared for the ride to start at 6pm. We welcome participants and volunteers of all skill levels and abilities. Be prepared for some awesome outdoor fun.

**Where:** Canada Aviation and  
Space Museum

11 Aviation Pkwy, Ottawa

**When:** Mondays 6:00-7:00pm

**Contact:** Josh Davies

**Email:** joshua.davies@rogers.com

## Whitby, ON

We are thrilled to introduce two brand new programs to our Whitby location - Para-Sailing and Boccia. Our para-sailing program utilizes specially adapted boats to provide a safe and exciting experience for everyone. Come out and experience the excitement of wind, waves and water on Lake Ontario.

Boccia is a game of precision and accuracy, and perhaps one of the most inclusive sports. It is an exciting game that encourages socializing and competition. This type of sport includes athletes with disabilities that affect motor function. It is played on a court where balls are propelled at a target. Contact us for more information. We are always looking for new members.

**Sailing:** Whitby Harbor.  
Recreational sailing available.  
Contact us to book a recreational sail.

**When:** Wednesdays 4:30-8:30pm  
(some additional days may be available upon request)

**Boccia:** 55 Gordon St, Whitby  
(Abilities Center)

**When:** Sundays 1:30-3:00pm

**Contact:** Rick Watters

**Email:** rick@enableinc.ca

## SUMMER STUDENTS ON BOARD

Each summer, we welcome students to our foundation to help with our summer programs, bringing with them fresh ideas and energy for fantastic seasonal fun activities. Our summer students include both people with disabilities and able-bodied students to fulfill the objectives of our foundation.

## Feature Story

# Julian Baird



The Shelley Gautier Para-Sport Foundation is proud to have Julian Baird as a champion and staunch supporter of our organization's goals and objectives. Since joining us last summer, Julian has proved himself to be a leader in his compassion and dedication in running our Hamilton programs and his continuous, reliable work ethic in our marketing department.

Though Julian was born with spina bifida and hydrocephalus, his love for sport knows no bounds.

Julian is a wheelchair basketball player, competitive swimmer, multi-sport coach, and recognized as Burlington Sport Alliance's 2016 'Male Para-Athlete of the Year'!

In his words: "Growing up I had two choices - I could sit alone and stationary in my house, or crawl up and down some stairs to my wheelchair and go wherever I wanted to outside. Having four older sisters, the first option was off limits."

Julian is a fitness enthusiast and an advocate for equal opportunity in recreational sport for people of all abilities.

Julian's dream is to "make the adaptive fitness industry mainstream so that all individuals feel empowered to safely enjoy healthy, active lives together."

We are lucky and proud to have Julian as a solid member of our organization.



# Social Media

The Shelley Gautier Para-Sport Foundation is active on some of the most popular social media platforms. Connect with us to support our cause in creating healthy and active lifestyles through adaptive physical activities for people with disabilities.



[https://www.facebook.com/TheShelleyGautierParaSportFoundation/?ref=aymt\\_homepage\\_panel](https://www.facebook.com/TheShelleyGautierParaSportFoundation/?ref=aymt_homepage_panel)



<https://twitter.com/SGParaSport/followers>



<http://www.sgpsf.ca/news.html>



<https://plus.google.com/u/0/114028672234113492328>

## About our Foundation

The Shelley Gautier Para-Sport Foundation is inspired by Ms. Shelley Gautier, a world-class Canadian para-cyclist who, despite being hemiplegic due to a biking accident, has continued to thrive and dominate in para-sports. Shelley has shared her passion for sports by creating this not-for-profit organization that encourages people with disabilities to turn their passion into action. The Shelley Gautier Para-Sport Foundation delivers quality programs right at the communities where people with disabilities live and play. The foundation currently has chapters operating in Hamilton, Niagara, Brantford, Ottawa, Kitchener, St. Catharines, and Whitby.

### How can you make a difference?

We're always welcoming new participants with disabilities as well as volunteers to deliver free recreational activities. Sign up today and start participating. Visit our website at [www.sgpsf.ca](http://www.sgpsf.ca) to find out about the many ways that you can make a difference to your life and the lives of others. The foundation relies on the generosity of sponsors and donors for funding to remove financial barriers that will otherwise prevent many people from participation.

As a charitable foundation, we are continually fundraising to deliver free programming for our participants. We believe in removing ALL barriers, including addressing the socio-economic issues that often stand in the way of people who do not have the means to participate. Were it not for the generosity of our donors, sponsors, and funders our organization will not have the means to propel this great initiative. Please consider contributing to this great cause that inspires people to turn their passion into action. <http://www.sgpsf.ca/donations.html>

## **The Shelley Gautier Para-Sport Foundation**

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