

# BORP

## MISSION

Bay Area Outreach & Recreation Program (BORP) is a 501(c)3 non-profit organization working to improve the health, independence and social integration of people with physical disabilities through sports, fitness and recreation programs.

At BORP, we believe that sports and recreation provide a path to greater achievement to which all people should have access, and we continually strive to make this a reality.



# BORP

## FOUR DECADES OF SUCCESS

BORP was founded in 1976 to create access to opportunities not readily available to people living with physical disabilities: the outdoors, fitness, recreation and competitive sports. Our activities are offered on a low-cost, no-cost, or sliding scale basis.

BORP also helps others create accessible programs by providing technical assistance, disability awareness trainings, and adaptive sport exhibitions.



## REVOLUTION RIDE

BORP's most important fundraiser, the Revolution Ride and Festival, takes place in the fall of each year. Participants raise money to support BORP's programs and ride one of several routes in the scenic California wine country. Following the ride, participants are treated to a gourmet meal, a free massage, and a festive celebration with the athletes they help support.

## ACCESSIBLE GROUP TRIP TRANSPORTATION

With grant support from local governmental agencies, BORP is filling the gap in public transportation by providing group trip transportation for youth and adults with disabilities participating in sports and recreation programs. BORP's wheelchair-accessible buses are also available for charter for groups up to 20 people and for variety of functions and activities.



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**BORP:**  
*Bay Area Outreach &  
Recreation Program*  
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## HEALTH & FITNESS STUDIO

Group classes in yoga, movement, fitness and meditation are offered at affordable rates for people living with disabilities. Classes are adaptable for all levels of ability and instructors are ready and willing to find what works for each individual. Classes take place at the BORP Health & Fitness Studio at the Ed Roberts Campus in Berkeley, CA.



## WHEELCHAIR BASKETBALL

This is the most popular wheelchair sport in the world. Our programs offer recreational and competitive basketball opportunities for all ages and skill levels.



## ADAPTIVE CYCLING

People of all ages can experience cycling and exercise regularly year-round on our fleet of over 65 hand cycles, tandems, recumbent trikes, and therapeutic trikes. Participants ride independently or on organized group rides on over 40 miles of trails from our Adaptive Cycling Center located in Berkeley's Aquatic Park.

## POWER SOCCER

BORP has the longest continuously running Power Soccer program in the United States. Power soccer is a fast, action-packed game with rules similar to outdoor soccer. Players use a foot guard to dribble, pass, and out-score opponents.



## GOALBALL

A team sport for visually impaired athletes, goalball is played in over 100 countries around the world. Goalball was the first Paralympic sport designed exclusively for players with disabilities. BORP offers a safe, competitive environment to learn and refine the skills and techniques of this exciting, active sport.



## YOUTH PROGRAMS

BORP provides year-round competitive and recreational sports activities for students aged five years old and up through high school graduation. Youth can participate in wheelchair basketball, power soccer, sled hockey, adaptive cycling and outdoor adventures.

*Youth with disabilities who participate in ongoing recreational activities have better grades and higher levels of independence than non-participants.*

Participants interact with other successful youth and adults living with disabilities, including BORP staff & coaches. BORP youth challenge themselves to incorporate sports and fitness into more active and healthy lifestyles.

## GET INVOLVED

BORP offers many opportunities for you to directly impact people's lives either as a participant or as a volunteer.

Learn more about how we are making an impact, and how you can contribute:



[www.borp.org](http://www.borp.org)



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