

**CHILDREN & ADULT MOBILITY PROJECT, INC.**  
**Connecticut Adaptive Cycling/Simsbury Free Bike**  
**14 Echo Lane**  
**Simsbury, Connecticut 06070**

**Mission Statement**

**Connecticut Adaptive Cycling**

***CT Adaptive Cycling*** is a non-profit organization providing adaptive mobility equipment to children and adults with physical disabilities. We seek to improve their physical well being by using the vehicle of athletics. Our programs are about the people who participate in sports, allowing them to be stronger individuals, through teams sport, building camaraderie, self esteem, in either a recreational or competitive environment.

**Vision Statement**

***CT Adaptive Cycling*** has launched a hand cycle, recumbent trike and adaptive cycling program for children and adults in Connecticut and Western Massachusetts. The program offers recreational rides on the East Coast Greenway, Farmington Valley Rails to Trails pathways which extend from New Haven, CT to Westfield, MA. CT Adaptive Cycling seeks out competitive rides and venues as the individual participants can handle. The adaptive cycling program is designed to allow children and adults who are physically challenged to participate in a team, group environment, at their own individual level based on age, physical ability and riding skills. CT Adaptive Cycling uses athletics as a vehicle, not only to grow stronger physically, but additionally to experience the team concept, team camaraderie and personal self esteem. We allow the physically challenged athletes to participate with others experiencing similar life challenges, while at the same time allowing for family members and friends to also participate.

**Populations Served**

***CT Adaptive Cycling*** serves persons with disabilities in Connecticut and Western Massachusetts. We serve those whose physical challenges have prevented them from playing and participating in the exciting sport of cycling. Adaptive cycling provides unlimited participation as a team player or recreational rider. It is a model for personal affirmation. Able bodied riders, peers and family members are welcome to ride with the team members. CT Adaptive Cycling offers recreational rides and competitive training rides, as well as access to appropriate state, regional, national and international cycling races. CT Adaptive Cycling participates in benefit rides offered by non profit group sponsors appropriate for our member riders. (Examples being rides to support cyclists with MS, TBI, SCI, Parkinsons, CA, amputees and veterans).

Email: [mobilityproject@aol.com](mailto:mobilityproject@aol.com) web site: [www.campmobilityproject.org](http://www.campmobilityproject.org)

Patrick D. Summers   Michael Sweeney, CPA   Jay Bragg   David Patterson   Emily Landers   Kenneth Messier   Lisa Wilcox, Esq.  
Executive Director   Secretary/Treasurer   Director   Director   Director   President   Director  
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