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**FOR IMMEDIATE RELEASE:**

**Florida Disabled Outdoors Association (FDOA) proudly presents the  
20<sup>th</sup> Annual SportsAbility 2010**

Tallahassee, FL (April 15-April 18) – Florida Disabled Outdoors Association (FDOA) presents SportsAbility 2010. This 20<sup>th</sup> annual event celebrates active leisure for life for people with disabilities, their families, and friends. This year's event will take place April 15-18. SportsAbility is a time to offer participants new avenues to stay active and enjoy life. By providing accessible recreation opportunities, SportsAbility enriches the quality of life for people of all abilities. SportsAbility would not be possible without the help and support of its many sponsors. **Advanced registration at [www.fdoa.org/sportsability.htm](http://www.fdoa.org/sportsability.htm) reserves your spot and ensures quick check-in.**

**April 15 - DAY ONE - ACTIVE LEISURE FOR LIFE BANQUET**

The event will open with the **Active Leisure for Life** fundraising banquet on Thursday, April 15 in the ballroom of the Doubletree Hotel at 6:30 p.m. The dinner will celebrate the efforts of those who have contributed to the disability community. Family and friends will gather together to enjoy a sit-down dinner, hear the key note speaker, Alexei Talai, followed by music and a silent auction. Alexei Talai is a dynamic individual from Belarus who inspires others by his accomplishments after losing his right arm and both legs from a WWII German landmine. His drive, dream, and mission are improving the lives of people with disabilities and orphans in Eastern Europe. All proceeds from the dinner will support the FDOA SportsAbility and the Recreational Activity for Adults with Disabilities programs. Advanced tickets can be purchased at [www.fdoa.org/sportsability.htm](http://www.fdoa.org/sportsability.htm) and are \$30 per person or \$50 per couple.

**April 16 – DAY TWO - RESOURCE EXPO AND INDOOR ACTIVITIES**

On Friday, April 16, from 10:00 a.m. to 3:00 p.m. at the TCC Lifetime Sports Complex, at no charge, participants can try many accessible and inclusive recreational activities and indoor sports including: power soccer, tennis, rugby, archery, shooting and fishing simulators, and more. There will be therapeutic recreation activities for youth hosted by the TCC Recreation Management Program. Participants will also have the opportunity to attend the SportsAbility Resource Expo with the latest information on products, services and programs addressing leisure recreation, health, assistive technologies and other disabilities interests.

**April 17- DAY THREE - OUTDOOR DAY**

Saturday, April 17, 10:00 a.m. to 3:00 p.m. a variety of outdoor activities will be provided. Volunteers from Tallahassee Orthopedic Clinic, TCC athletes/students, and people throughout the community will be assisting at Ochlockonee River State Park. Participants will enjoy water recreation, such as pontoon boat rides, sit-water skiing, sailing, swimming, fishing and kayaking. There will also be horseback rides, archery, target shooting, disc golf and more. Lunch is provided for all participants and volunteers. The first 400 participants will receive a SportsAbility t-shirt. Free shuttle service will be provided from CK Steele Plaza to the park with pickups at 9:00 a.m. and 10:00 a.m. and returning at 3:00 p.m. and 4:00 p.m.

**April 18 - DAY FOUR – POWER SOCCER CLINIC / BASEBALL GAME**

On Sunday, April 18, 11 a.m. to 2:00 p.m. join in the excitement of all that power soccer and baseball has to offer at the closing event at the Miracle Field – Messer Park. Attendees will see, learn, and play power soccer and baseball. **SportsAbility** is the premier program hosted by FDOA. This program is funded through partnerships and could not be possible without the continuous help and support of FDOA sponsors. Some of the organizations promoting SportsAbility include: The Brain and Spinal Cord Injury Program, Tallahassee Orthopedic Clinic, Tallahassee Community College, Florida ARF, Tallahassee Tourist Development Council, Florida State Parks, Vocational Rehabilitation, FFAST, Community Health Service Partnership and many more. Each sponsor contributes in the making of this event by demonstrating awareness for recreation and physical activities for people with disabilities in our community. FDOA thanks its sponsors for their involvement and generosity.

For more information on **SportsAbility 2010** or how to purchase tickets for the banquet or request transportation assistance, please contact the FDOA at (850) 201-2944 or [info@fdoa.org](mailto:info@fdoa.org) or visit [www.fdoa.org](http://www.fdoa.org).