



For Immediate Release: All Ability Tri4Youth Bike-Run Event Comes to Southern Oregon on October 1! Youth of all disabilities race side by side in this accessible bike-run event.

ASHLAND, Oregon, August 30, 2022 - Imagine a sporting event where EVERY youth who wants to take part is supported to do so. Where EVERY youth sees themselves, some for the first time, as an athlete. This is the goal of the first-ever [Southern Oregon All Ability Tri4Youth Bike-Run](#), a collaboration between [FACT Oregon](#), [Bridging Communities](#), and [Ashland Parks and Recreation](#).

On Saturday, October 1, youth of all abilities – some using adaptive equipment, some taking part independently, some supported by peers and family members– will race in and around Hunter Park in Ashland. Athletes will bike/wheel 1 mile and run/walk/stroll a 1/2 mile on a course designed to be as accessible as possible. Athletes will be cheered from start to finish by volunteers and cross a finish line decked in balloons. Athletes will receive a race t-shirt, medal and swag bag to acknowledge their effort and help build a practice of healthy activity in their daily lives. Families will connect with local organizations, play, enjoy light refreshments, and come together as part of a disability-inclusive community.

“Sport and recreation play an important role in my son’s development, in building his sense of self, his pride in accomplishment, and feeling of being part of something larger,” says Christy Reese, Executive Director of FACT Oregon. “That is an experience every child experiencing disability should get to have.”

“As parents of a child experiencing disability, we often overlook our kid's sports, athletics, and leisure time,” says Stacy Fields of Bridging Communities. “But the rewards of athletics are true for all children, including those with disabilities. They should participate in sports and activities they enjoy, just like their typically developing peers.”

Sponsors include [The Standard](#), [OnPoint Community Credit Union](#), [Jackson Care Connect](#), [CareOregon](#), [Becker Capital Management](#), [Columbia Bank](#) and [Palladio Consulting LLC](#).

FACT Oregon's All Ability Tri4Youth program seeks to transform the face and perception of disability in sport and recreation and support youth with disabilities and their families to build a practice of healthy fitness in their daily lives. Learn more about this event and the [All Ability Tri4Youth Virtual Family Fitness Challenge](#) at www.factoregon.org/tri4youth.

Date and Time: October 1, 8:30-12 noon. Check-in is 8:30-9:00 am.

Location: Hunter Park, 1699 Homes Ave., Ashland, OR 97250

Cost: This event is FREE!

Register: Please register every athlete (youth or adult) who will be on the course, regardless of disability. Everyone on the course **MUST** register and sign the liability waiver.

<https://runsignup.com/Race/OR/Ashland/2022SouthernOregonAllAbilityTri4YouthBikeRun>

Volunteer: Volunteer for the event through Ashland Parks & Recreation by completing the [online application](#) and signing a liability waiver. Please select "Tri4Youth Bike/Run" in the list of special events: <https://www.ashland.or.us/FormPageBS.asp?FormID=120>

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