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**FOR IMMEDIATE RELEASE:**

**Horseback Rides and much more for  
Everyone at SportsAbility**

Tallahassee, FL (September 2014) – People with disabilities will be enjoying horseback riding, and much more at Florida Disabled Outdoors Association’s (FDOA) 6<sup>th</sup> Annual SportsAbility Ocala / Gainesville on October 3-4, 2014. The first 100 people to register on-line at [www.fdoa.org](http://www.fdoa.org) will be entered into a drawing for Gatorland tickets. SportsAbility offers people of all ages and abilities a wide variety of recreation and active leisure activities to improve health and wellness.

People of all abilities are encouraged to attend at no charge including people with diabetes to people with learning disabilities and everything in between. “When we pursue recreation with our family and friends it is fun,” states Laurie LoRe-Gussak, Florida Disabled Outdoors Association Executive Director, “and the more we move around, the healthier we become.” SportsAbility shows people with disabilities what they CAN do. Some people may need to use assistive technology, but people with disabilities are just like everyone else with varied interests and are inspired to be active by seeing people like them doing the different types of recreation.

**October 3rd - DAY ONE -**

On Friday, activities will be held at the Ed Croskey Center, Hampton Aquatic Center at MLK Recreation Complex, 1510 NW 4<sup>th</sup> Street, Ocala, from 10:00 am – 2:30 pm. Activities include: horseback riding, adaptive golf and tennis, basketball, fishing simulator, SCUBA, arts and crafts, and more. 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.

New this year, is a cookout and opportunity to ride a horse simulator on Friday afternoon from 3:00 pm – 5:00 pm at the Marion County Therapeutic Riding Association, 6850 SE 41<sup>st</sup> Court, Ocala for the first 50 people to sign up at [www.fdoa.org](http://www.fdoa.org).

**October 4th – DAY TWO -**

On Saturday, activities will be held at Paynes Prairie State Park located at 100 Savannah Blvd., Micanopy at no charge from 10:00 a.m. to 3:00 p.m. Participants can try many accessible and inclusive recreational activities such as: sit water skiing, sailing, nature trail rides, pontoon boats rides, hand pedal biking, and much more.

“SportsAbility lets people try different ways to get active to stay healthy” says David Jones, FDOA President. Everyone needs to make physical activity a priority in their life, but especially people with disabilities. Community support and sponsors makes SportsAbility possible and improves people’s lives.

Disabled Sports USA and Mobility Ventures LLC are proud sponsors of SportsAbility Ocala. Everyone is invited to come out and experience Active Leisure for Life!

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