



# 2025 ANNUAL REPORT

MAKING FITNESS AND SPORT ACCESSIBLE



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## MISSION

AdaptX addresses barriers to fitness and physical activity for people with intellectual and physical disabilities through education, research, advocacy and opportunity.



# MESSAGE FROM THE FOUNDER

At AdaptX, we advance inclusion in fitness and sport through education, research, and advocacy, creating meaningful opportunities for people with disabilities to live healthier, happier lives.

**Equitable access to sport and fitness should be the standard, not the exception.**

I am proud of how our team has been agile and prompt in responding to the needs of the community we serve. By actively seeking feedback, we remain deeply aware of the challenges that people with disabilities face and are able to develop thoughtful, effective solutions. We have scaled the organization with sustainability in mind, never wavering from our mission to address the multidisciplinary barriers to fitness and physical activity for people with disabilities.

There are so many people to thank: volunteers, donors, sponsors, and more. Each one of you contributed in a meaningful way to our success. Thank you for believing in us and our work.

Though we are a small team, our impact is significant, and it is a privilege to share that impact in this report.

Best,

**Brendan Aylward**

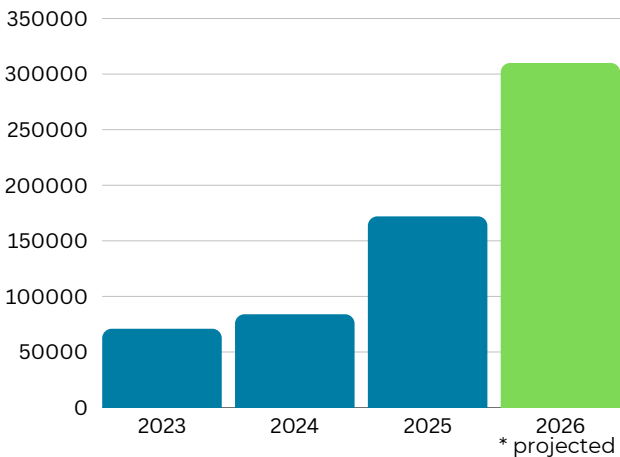
Founder & Executive Director, AdaptX

# GROWTH

## FISCAL

Financial growth and program development

### Revenue



**2025 was a transformational year for AdaptX.** Through the generosity of our supporters and the strength of our programs, we doubled our revenue and project to do the same in 2026. This financial growth reflects both a rising demand and interest in adaptive sport and fitness as well as trust and belief from our community, which we are so grateful for.

## TEAM DEVELOPMENT

We’re excited to introduce two new team members



Justin  
Peirce

**Director of Development**



Nicole  
Sampson

**Student Success Coordinator**



## AdaptX eLearning Platform

An evidence-based approach to designing effective, accessible programs through the AdaptX Education platform. Created by a [diverse and distinguished group of 30+ educators and individuals](#) with lived experience.



# 73%

of people with disabilities  
do not believe fitness  
facilities are  
accommodating

# 84%

of people with disabilities  
do not believe fitness  
programs are inclusive

# 91%

of people with disabilities  
do not believe exercise  
professionals are  
adequately trained

**We  
are  
changing  
that.**



# CURRICULUM

An evidence-based exploration of systems and strategies to make fitness accessible.

## COURSE CONTENT

1	Inclusion 101: Disability Etiquette and Language	8	Understanding Cerebral Palsy
2	Models of Disability: Social vs. Medical Model	9	Unilateral Training Strategies for Hemiplegia, Rehab, and Stroke
3	Applying Universal Design for Learning Frameworks to Fitness	10	Understanding Down Syndrome
4	Accessibility Standards and Strategies	11	Understanding Neurodiversity: Supporting Sensory and Communication Challenges
5	The Art and Science of Communication	12	Strategies to Support the Spectrum of Visual Impairments
6	Assessments and Asymmetries	13	Understanding Prosthetics and Training Strategies to Support Amputees
7	Improving Upper Extremity Health in Manual Wheelchair Users	14	Accessible Marketing and Authentic Representation

Approved for CEUs through



Learn more at [www.adaptx.org/education](http://www.adaptx.org/education) 

# AWARENESS

Educating communities and consumers

## 10 Adaptive/Para Sport Exhibits

Introducing participants with and without disabilities to adaptive sport



Wheelchair  
Tennis

Para  
Rowing

Adaptive  
Boxing

Para  
Powerlifting

Amputee  
Soccer

Sled Hockey

Adaptive  
Golf

Wheelchair  
Basketball

Frame  
Running

Adaptive  
Cycling



## 80+ Vendors

Educating communities on advancements in assistive technology, adaptive sport, and fitness with the help of our National and Regional Charity Partners.



# RESEARCH & ADVOCACY

## RICK HOYT RESEARCH LAB

Clinical and translational science to reduce secondary health conditions in PWD

The Rick Hoyt Research Lab was established to perform impactful studies that improve fitness and reduce secondary health conditions for individuals with intellectual and physical disabilities. We accomplish this by pursuing:



- 1 The optimization of exercise delivery in people with ID/PD, and
- 2 The implementation of accessible and inclusive fitness environments.



Presented at the summit and contributed to the publication



### Clinic to Community

Building Pathways for Inclusive Fitness for People with Intellectual and Physical Disabilities



# SPEAKING

Sharing best practices for inclusion in fitness and physical activity



Yale University



MESSIAH UNIVERSITY



THE UNIVERSITY OF ARIZONA



University of New Hampshire



COMMUNITY  
INFORMATION  
SESSION

## Making Fitness Accessible

Steps to Stay Active and  
Advocate for Yourself



Brendan Aylward



Dr. Tyler Garner

Tuesday, September 16, 2025  
7PM ET/ 6PM CT/ 5PM MT/ 4PM PT

Register Now!  
for more info visit our website



SPINA BIFIDA  
ASSOCIATION

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



THE MARATHON MINDSET  
RUNNERS ROUNDTABLE

## BEYOND THE MILES

April 17th | 6PM-8:30PM  
SAM ADAMS DOWNTOWN  
BOSTON TAP ROOM

Fueled by Sam Adams  
Powered by FIFTH Wellness





# PODCAST

Amplifying the voice of advocates and adaptive athletes

24

episodes published  
in 2025

99

episodes published  
all time



**Interested in being our next guest?**

Email [brendan@adaptx.org](mailto:brendan@adaptx.org)



# COMMUNITY & EVENTS

## UNIFIED 5K

A race for every body

7

events in 2025

10+

events planned for 2026



Interested in bringing  
a Unified 5k to  
your community?

Email [brendan@adaptx.org](mailto:brendan@adaptx.org)

# SUPPORT

Thanks to the individuals and organizations who made it all possible





# SPONSORS & GRANTORS

Our partners in driving growth and impact



University of  
Pittsburgh

Hermann  
Foundation



APPLEBURY  
BEHAVIOR ASSOCIATES



DAVE MCGILLIVRAY  
**FINISH  
STRONG**  
FOUNDATION



**BOLTON**  
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NETWORK



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COMMUNITY SERVICES



Rodio & Ursillo, Ltd.



**MOBILITY**  
PROSTHETICS



**Cambridge**  
SAVINGS BANK

MEMBER FDIC | EQUAL HOUSING LENDER



**Navigant**  
CREDIT UNION



Classified and High Security Data Destruction



**KNIGHT**  
FUEL COMPANY

Since  
1899



**BOTT**  
PROSTHETICS



SOON TO BE:  
**ForMotion**  
CLINIC



Frommer's  
Christmas Trees Inc.



Life without limits for people with disabilities™



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MA Representative  
Meg Kilcoyne





# DEVELOPMENT

Expanding into international markets

Thanks to our partnership with Ability Sport Africa, we were able to bring a Unified 5k to Gulu, Uganda!



**350** Adaptive athletes that participated



**100%**

Surveyed participants reported feeling welcomed and included



**\$13,500 USD**

**Saved for participants through free registration**

(\$49 million UGX | 72,000 per participant)

**Expanding to 3 Regions of Uganda in 2026**



## RUNNING CHAIRS

Powering duo teams to the finish line



**HOYT**  
RUNNING CHAIRS

### Watch the TV Coverage



**'Everyone can participate':  
Unified 5k Held in St. Paul** [🔗](#)



**CBS NEWS  
MINNESOTA**

**How a 5k in St. Paul gives runners of  
all abilities the chance to compete** [🔗](#)

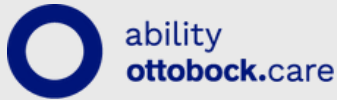
At the Unified 5k Twin Cities we were able to donate a custom Hoyt Running Chair to Mark and Moses, a duo from My Team Triumph Minnesota. Two weeks later, the team ran 3:18 at Grandma's Marathon\* to qualify for the 2026 Boston Marathon!

\*Grandma's Marathon (Grandma's) is an annual road running race held each June in Duluth, Minnesota.



# RUNNING BLADES

Providing activity prosthetics for performance



"As a new below-knee amputee, receiving a donated running foot gave me back something I thought I had lost forever—the ability to run. Thanks to the generosity of the Unified 5k and Less Leg More Heart, I was able to participate in a charity run—my first time running in over five years. I'm deeply grateful for their support and for helping people like me rediscover movement, hope, and purpose."



Brandon, Unified 5k SLC



## 5 Blade Donations

Made possible through our partnership with Less Leg More Heart



Help us Support Athletes like Brandon, Andrew, Owen, Kaitlin, and Kyle!





# GRANT RECIPIENTS

Addressing socioeconomic barriers to sport

**130+**

**Applicants**

**5**

**Recipients**



**Hudson**  
Minnesota



**Daria**  
Massachusetts



**Jessica**  
Oregon



**James**  
Pennsylvania



**Brenda**  
Wisconsin

Read their stories at [www.adaptx.org/2025grantees](http://www.adaptx.org/2025grantees) 

# WAYS TO SUPPORT



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Join us as a participant or volunteer for one of our upcoming Unified 5k events



Make a donation