

## HOW TO LOCATE PUBLIC OUTREACH EVENTS IN YOUR COMMUNITY FOR DISTRICT PARTICIPATION

Following is a list of resources to help you get started in coordinating a public outreach event. These include opportunities to present a *Move California* module, sponsor a health fair or participate in a local public outreach event.

### Finding Local Resources

#### Internet Search

Using a web browser, search for local organizations or groups you would like to partner with. Most organizations will have a “contact us” page where you can submit your contact details, or find key contact information for that organization. Further refine your search by adding words such as “events” or “volunteer” to find organizations which are hosting events which you could join.

#### Local Newspapers

Local newspapers usually list groups and organizations that meet on a regular basis (i.e., Rotary, Toastmasters, Lions Club, Kiwanis Club, etc.). Contact the organization by phone or attend a meeting to see if they are interested in having a physical therapist talk to their group. In addition, find out if they host any events and ask if you can provide informational materials on physical therapy.

#### Local Politicians

Local leaders need resources in health care upon which to draw for information and decision making. Many of them serve on community health committees and are looking for people to give presentations. Put together a packet of *Move California* materials and meet with your local legislators and city and county representatives to offer your services.

### California Online Resources

#### Statewide PT friendly Organizations:

- **Special Olympics** - [www.specialolympics.org](http://www.specialolympics.org)
  - Special Olympics is the world's largest public health organization for people with intellectual disabilities. Many of our athletes come to us with neglected health problems. At World Games and other events, we offer a wide range of free health exams and care. Our goal is to bring better fitness, nutrition and healthier lifestyles to everyone involved in Special Olympics -- from athletes and their families, to coaches and volunteers.
- **Cystic Fibrosis Foundation** - [www.cff.org/events](http://www.cff.org/events)
  - The Cystic Fibrosis Foundation holds hundreds of events each year to raise funds and awareness for cystic fibrosis. Some of their signature events include: "Great Strides", "CF Cycle for Life", "CF climb" and "Xtreme Hike"
- **National Multiple Sclerosis Society** - [www.nationalmssociety.org](http://www.nationalmssociety.org)

- The National Multiple Sclerosis Society exists because there are people with MS. Our vision is a world free of MS. Everything we do is focused so that people affected by MS can live their best lives as we stop MS in its tracks, restore what has been lost and end MS forever. Some of their signature events include: “Walk MS”, “Bik MS”, “Muck Fest MS”, “DIY Fundraising MS”, “Challenge Walk MS”
- **Disabled Sports USA** - [www.disabledsportsusa.org](http://www.disabledsportsusa.org)
  - Disabled Sports USA’s mission is to provide national leadership and opportunities for individuals with disabilities to develop independence, confidence, and fitness through participation in community sports, recreation and educational programs.
- **Life Rolls on** - [www.liferollson.org](http://www.liferollson.org)
  - Founded by world champion quadriplegic surfer Jesse Billauer, Life Rolls On is dedicated to improving the quality of life for young people affected by spinal cord injury. Believing that adaptive surfing and skating could inspire infinite possibilities beyond paralysis - Events primarily held in Southern California.
- **Challenged Athletes Foundation** - <http://www.challengedathletes.org/>
  - It is the mission of the Challenged Athletes Foundation (CAF) to provide opportunities and support to people with physical challenges, so they can pursue active lifestyles through physical fitness and competitive athletics. The Challenged Athletes Foundation believes that involvement in sports at any level increases self-esteem, encourages independence and enhances quality of life.
- **Amgen Tour** - <https://www.amgentourofcalifornia.com/>
  - America’s premier cycling stage race will cover 645 miles of roadways, highways and coastlines during seven stages from Long Beach to Sacramento. Running concurrently, the races challenges the world's top professional cycling teams to compete along demanding courses that traverses hundreds of miles of California's iconic highways, byways and coastlines each spring.

## Regional Specific Resources

### Northern California

- *Golden Gate District*
  - Support for Families of Children with Disabilities (<https://www.supportforfamilies.org/volunteer/>)
  - Bay Area Outreach and Recreation Program (<http://www.borp.org/about/volunteer-opportunities/>)
  - Oakland Marathon (<http://oaklanmarathon.wpengine.com/volunteers/>)
  - SF Rock & Roll Marathon (<http://charity.runrocknroll.com/>)
  - Bay to Breakers
- *Northeast District*
  - NorCal Trykers (<https://norcaltrykers.com/>)
  - Shasta Disabled Sports USA ([www.shastadsusa.org](http://www.shastadsusa.org))
  - Sacramento Runners Association (<https://runsra.org/volunteer/>)
- *Redwood Empire*
  - Matter of Balance: Fall Risk Prevention ([diacoby@schsd.org](mailto:diacoby@schsd.org))
  - Levi’s Gran Fondo (<https://www.levisgranfondo.com/volunteer>)
  - Run Wine Country (<https://www.runwinecountry.com/take-action/>)
  - Avenue of Giants Marathon (<http://www.theave.org/>)
  - Humboldt Redwoods Marathon (<http://www.redwoodsmarathon.org/>)
- *San Jose District*
  - Far West Wheelchair Athletic Association (<https://fwvaa.org/about/>)
  - Special Olympics (<https://www.sonc.org/>)
  - San Jose Rock & Roll Marathon (<http://www.runrocknroll.com/san-jose/>)

## Central California

- *San Joaquin Valley*
  - SLO Health and Fitness 5K (<http://www.inspiredexpos.com/5k-run/>)
  - Amazing Surf Adventures - Operation Surf (<http://amazingsurfadventures.org/>)
- *Tri Counties District*
  - Central California Adaptive Sports Center (<http://www.centralcaladaptive.org/>)
  - Discovery Blind Sports ([www.discoveryblindsports.org](http://www.discoveryblindsports.org))
  - Achieve Tahoe ([www.achievetahoe.org](http://www.achievetahoe.org))

## Southern California

- *Greater LA District*
  - Rancho Los Amigos Spinal Injury Games (<http://ranchofoundation.org/sig/>)
  - AIDS Walk ([www.la.aidswalk.net](http://www.la.aidswalk.net))
  - Shane's Inspiration ([www.shanesinspiration.org](http://www.shanesinspiration.org))
  - Los Angeles Marathon (<http://www.lamarathon.com/race-weekend/volunteer>)
  - Wheels to Water - Disabled Sports USA
  - DSUSA Los Angeles - The Unrecables ([www.unrecables.com](http://www.unrecables.com))
- *Inland Counties*
  - US Adaptive Recreation Center ([www.usarc.org](http://www.usarc.org))
  - Little Heart Warriors (<http://www.littleheartwarriors.org/>)
  - Disabled Sports Eastern Sierra (<http://disabledsportseasternsierra.org/>)
- *Long Beach-South Bay*
  - SoCal Trykers (<https://socialtrykers.wixsite.com/ambucs>)
  - March for Marrow, 5K Run/Walk (<http://microsites.aamds.org/walks/?c=399>)
  - Best Buddies Friendship Walk (<https://www.bestbuddiesfriendshipwalk.org/longbeach/>)
- *Orange County*
  - Orange County Heart and Stroke Walk ([http://www2.heart.org/site/TR/HeartWalk/WSA-WesternStatesAffiliate?pg=entry&fr\\_id=2913](http://www2.heart.org/site/TR/HeartWalk/WSA-WesternStatesAffiliate?pg=entry&fr_id=2913))
  - Reaching for the Cure ([http://cure.pcrf-kids.org/site/TR?fr\\_id=1132&pg=entry](http://cure.pcrf-kids.org/site/TR?fr_id=1132&pg=entry))
  - DSUSA Orange County - The Achievers ([www.theachievers.org](http://www.theachievers.org))
- *San Diego*
  - Rock and Roll Marathon ([www.runrocknroll.com](http://www.runrocknroll.com))
  - AIDS Walk ([www.aidswalk.sd.org](http://www.aidswalk.sd.org))
  - Padres Pedal the Cause (<https://www.gopedal.org/>)
  - Taking Control of Your Diabetes ([www.tcoyd.org](http://www.tcoyd.org))
  - Parkinson's Association (<http://parkinsonsassociation.org/>)
  - Adaptive Sports and Recreation Association ([www.adaptivesportsandrec.org](http://www.adaptivesportsandrec.org))
- *San Gabriel Valley*
  - Rancho Los Amigos Spinal Injury Games (<http://ranchofoundation.org/sig/>)
  - Shane's Inspiration ([www.shanesinspiration.org](http://www.shanesinspiration.org))
  - Special Olympics, Pomona Valley Games (<https://sosc.org/events-san-gabriel-valley?cgid=54&ceid=4320&cerid=0&cdt=4%2f21%2f2018>)

## Special Olympics

The APTA is a sponsor of Fit Families, a screening program for disabled athletes. California hosts several events every year throughout the state, and the organizers are always looking for volunteers. Visit the following Web sites and call your local Special Olympics office. They will put you in contact with the volunteer coordinator for your area. These are great events in which students can participate, too.

Special Olympics Northern California  
<http://www.sonc.org/>

Special Olympics Southern California  
<http://www.sosc.org/>

## National Web Resources

National Health Information Center – National Health Observances calendar:  
<http://www.healthfinder.gov/nho/default.aspx>

Alphabetical listing of national health organizations:  
[http://www.nlm.nih.gov/medlineplus/organizations/orgbytopic\\_a.html](http://www.nlm.nih.gov/medlineplus/organizations/orgbytopic_a.html)