



2025 ANNUAL REPORT

MAKING FITNESS AND SPORT ACCESSIBLE



Table Of Contents

Message from the Founder	03
.....	
Growth	04
.....	
Community & Events	05
.....	
Access	09
.....	
Education	13
.....	
Research & Advocacy	15
.....	
Ways to Support	18



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

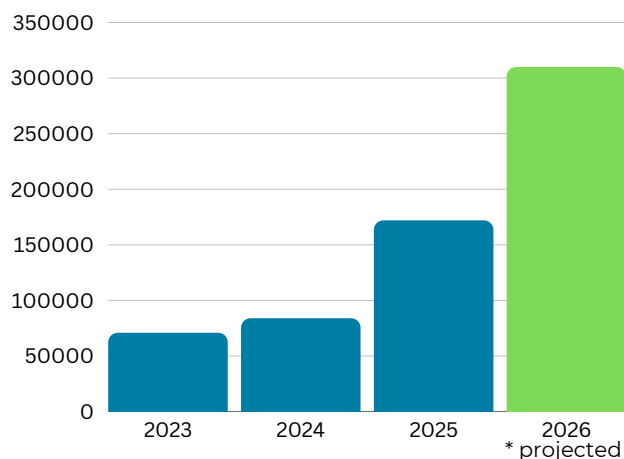
Founder & Executive Director, AdaptX

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

COMMUNITY & EVENTS

UNIFIED 5K

A race for every body

7

events in 2025

12+

events planned for 2026



Interested in bringing
a Unified 5k to
your community?

Email brendan@adaptx.org

SUPPORT

Thanks to the individuals and organizations who made it all possible



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.

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.

GRANT RECIPIENTS

Addressing socioeconomic barriers to sport

130+

Applicants

5

Recipients



Hudson
Minnesota



Daria
Massachusetts



Jessica
Oregon



James
Pennsylvania

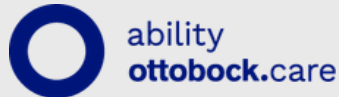


Brenda
Wisconsin

Read their stories at www.adaptx.org/2025grantees 

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!



SPONSORS & GRANTORS

Our partners in driving growth and impact

Hermann
Foundation



University of
Pittsburgh



Avidia Bank



ability
ottobock.care



TUFTS
Health Plan



Milton



Rodio & Ursillo, Ltd.



MOBILITY
PROSTHETICS



Cambridge
SAVINGS BANK



Navigant
CREDIT UNION



Classified and High Security Data Destruction



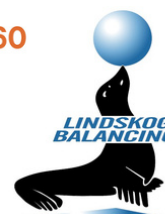
BOTT
PROSTHETICS



ForMotion
CLINIC



Life without limits for people with disabilities™



INDIGO
EDUCATION



David Wasserman
Tax Preparer | CPA
David Wasserman, CPA, P.C.
345 Boston Post Rd.
Sudbury, Massachusetts - 01776
(978) 44-35144

MA Representative
Meg Kilcoyne



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

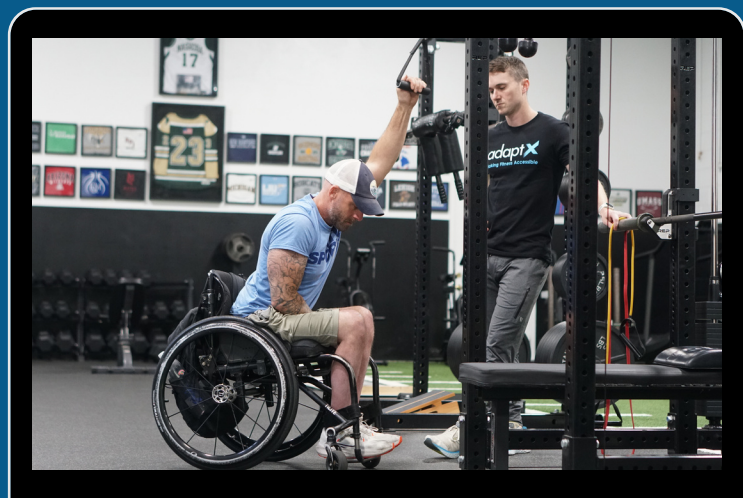
84%

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 

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



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

SPEAKING

Sharing best practices for inclusion in fitness and physical activity



Yale 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



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



WAYS TO SUPPORT



Leave a [Google Review for AdaptX by clicking here](#)



Follow the [Facebook Page](#) and [Instagram](#)



Search “AdaptX Podcast” on Spotify or Apple Podcasts and leave a rating and review. Tell a friend about the show!



Subscribe to the [AdaptX Newsletter by clicking here](#)



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



Make a donation