



MedStar Health

Sunday, September 15, 2024

21st Annual SuperH™ 5K run, walk, and wheel.

Benefiting our Adaptive Sports and Fitness program at MedStar National Rehabilitation Hospital.



21 years of SuperH™



The SuperH™ race was created by Harry (SuperH™) and Renie Freedman after Harry had a serious workplace accident that required the amputation of his leg. Harry and Renie have been dedicated to raising money for our Adaptive Sports and Fitness program at MedStar National Rehabilitation Hospital ever since. This year marks the 21st anniversary. With your support over the past twenty-one years, SuperH™ has been able to raise over \$1 million for our Adaptive Sports and Fitness program. It has become their mission to share with others the same kind of encouragement and support that Harry received. This year we are looking to raise \$121,000.00 for the Adaptive Sports Program.

SuperH™ 5K returns LIVE September 15, 2024 with virtual options



Everyone can get in the game!

The MedStar NRH Adaptive Sports and Fitness Program is dedicated to empowering individuals with disabilities to embrace active and healthy lifestyles through both recreational and competitive sports. We strongly believe that everyone deserves the chance to participate! Our inclusive programs welcome members of the community with physical disabilities, completely free of charge. Through our adaptive sports initiatives, both junior and adult athletes, along with their families, discover a wealth of opportunities and resources for engaging in sports and recreational activities. Held at accessible venues, our programs foster self-confidence, forge enduring personal connections, enhance overall health and well-being, promote greater independence, and, above all, ensure a fun-filled experience for all participants. We provide comprehensive support, including coaching, training, equipment, and travel assistance, across eight weekly sports. Additionally, we organize competitive adaptive sports tournaments, junior camps, and special events throughout the year. SuperH™ proudly backs the following adaptive sports programs: basketball, tennis, rugby, sled hockey, bocchia, cycling, yoga, and rowing.

Highlights:

- We're thrilled to introduce a Division 3 basketball team, catering to athletes at all skill levels.
- With our Division 1 basketball team ranked second nationally and our junior sled hockey team, we eagerly anticipate their outstanding performance at upcoming national tournaments, showcasing the program's excellence.
- We applaud the remarkable achievements of Trevon Jenifer, who will represent our program at the U.S. Paralympic Games in basketball this summer, serving as a beacon of inspiration with his exceptional talent.
- Our successful hosting of Wheelchair Rugby, Wheelchair Basketball, and Wheelchair Tennis Tournaments, along with our annual junior camps—Youth Adaptive Sports Camp and Wheels in Motion Teen Camp—highlight our commitment to providing enriching experiences for all participants.

Event details

When

Sunday, September 15, 2024 at 8 a.m. live start. Virtual participants can run anytime and anywhere September 15 and promote their times and distance on Instagram and Facebook with #SuperH2024.

Where

We will host our **live** event at OneLife Fitness (formally known as Tysons Sport and Health) in McLean, VA or runners will be able to run in any location and record and report their results within a week's time. Athletes will have the opportunity to put their disciplined training to use, with the added convenience of completing their race mileage right where they are.

Highlights

SuperH™ is also creating challenges and activities throughout the virtual race week to make the event fun and engaging. Details will follow and be on their social media networks and website.

What it supports

Your participation supports the Adaptive Sports and Fitness program at MedStar National Rehabilitation Network, which helps children and adults with physical disabilities to pursue healthy, active lifestyles through recreational and competitive sports.

For more information, please visit [MedStarHealth.org/SuperH](https://www.MedStarHealth.org/SuperH).



Virtual Runners can run in any location and record their results to: #SuperH2024



SuperH™ 5K run, walk, and wheel

Sponsorship levels

PRESENTING SPONSOR: \$20,000

- Integration of your company name and logo in race materials
- Logo on all SuperH™ race t-shirts as presenting sponsor
- 25 entries and SuperH™ race t-shirts for your team
- Logo on the MedStar National Rehabilitation Hospital website and social marketing messages
- Promotional piece in mailing packet of shirts and masks
- Unlimited discounted registrations for your team
- Vendor display table

Participating as an presenting sponsor allows our Adaptive Sports and Fitness program to send two teams to a national level tournament with all expenses, travel, food and accommodations paid for.

TRANSCEND: \$10,000

- Company's name and logo featured on website and social media
- 20 entries and SuperH™ race t-shirts for your team
- Company's logo on SuperH™ race t-shirts
- Unlimited discounted registrations for your team
- Vendor display table

Participating in a transcend sponsorship helps store our adaptive equipment closer to the community it serves as ensure the highest quality of care and maintenance to each piece.

SOAR: \$5,000

- 15 entries and SuperH™ race t-shirts for your team
- Company's logo on SuperH™ race t-shirts
- Company's name and logo featured on website and social media
- Vendor display table

Participating in the Soar Sponsorship allows one of our Adaptive Sports Teams to participate in a local tournament, including travel expenses, food, guest fees, and tournament recognition.



Non-profits

For information regarding display table, please contact **Amy Walther** at **202-877-1774** or **amy.m.walther@medstar.net**.

In-kind donations

The SuperH™ race depends on the community to achieve our goals for our Adaptive Sports and Fitness program at MedStar National Rehabilitation Hospital. We welcome in-kind support such as food, water, t-shirts, race numbers, entertainment, prizes, and support of all kinds.

SuperH™ 5K run, walk, and wheel

Sponsorship levels continued

FLY: \$2,500

- 10 entries and SuperH™ race t-shirts for your team
- Company's logo on SuperH™ race t-shirts
- Company's name and logo featured on website and social media
- Vendor display table

Participating in a Fly Sponsorship helps our program invest in purchasing one new adaptive cycle.



RISE: \$1,000

- Five entries and SuperH™ race t-shirts for your team
- Company's name on SuperH™ race t-shirts
- Company's name and logo featured on website and social media
- Vendor display table

Participating in a Rise Sponsorship helps our program invest in adaptive chairs for our community to use and borrow.



ASPIRE: \$750

- Two entries and SuperH™ race t-shirts
- Company's name featured on website and social media

Participating in our Aspire Sponsorship helps sponsor our Adaptive Camps and Community Outings over the summer months.



Pledge sheet

Please check level application:

- Presenting Sponsor..... \$20,000
- Transcend..... \$10,000
- Soar..... \$5,000
- Fly..... \$2,500
- Rise..... \$1,000
- Aspire \$750



To make a credit card gift, visit [MedStarHealth.org/SuperH](https://www.MedStarHealth.org/SuperH).

Contact person: _____ Email: _____

Company name: _____ Phone number: _____
(As it will appear on signage/T-shirt, if applicable)

Address: _____ City, State, Zip: _____

Amount contributed: _____

If you would like to mail a check, please send it to the address below. Checks should be made payable to National Rehabilitation Hospital, Inc. (SuperH™ race on memo line) is enclosed.

Please send invoice: _____

Mail to: MedStar National Rehabilitation Hospital
Attn: Amy Walther
102 Irving St., NW
Washington, DC 20010-2949

Fax to: 202-723-6071

If you have any questions, please call Amy Walther at **202-877-1774** or email **amy.m.walther@medstar.net**.



Thank you!

Thank you to our generous 2023 Sponsors!



United Seating & Mobility

Capitol Benefits

OneLife Fitness

Timmie Metz Band
TimmieMetz.com

Tam + Flo

BENEFITING



MedStar Health

MedStarHealth.org/SuperH

It's how we **treat people.**

MedStar National Rehabilitation Hospital
Office of Philanthropy
102 Irving St. NW
Washington, DC 20010



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