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## PRESS RELEASE

November 4, 2015

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### **7<sup>th</sup> Annual Metal & Muscle Expo Hosts Athletes From Across US & Canada**

The Houston Parks and Recreation Department's 7<sup>th</sup> Annual Metal & Muscle Expo will host athletes from around the country and Canada and people with physical and sensory disabilities looking for sports and recreational opportunities. The Expo will introduce options for people with disabilities to participate in recreational activities to stay fit and active. This event, scheduled for Friday, November 6 through Sunday, November 8, is free and open to all people with physical disabilities, including veterans and active duty military personnel. Competition and clinics will be held at the George R. Brown Convention Center, Hall A, 1001 Avenida de Las Americas, 77010.

"Over the past 7 years the Metal & Muscle Expo has served as a way of introducing returning veterans and people with disabilities to a broad range of active recreational activities available through our Adaptive Recreation Section," said Joe Turner, Director, Houston Parks and Recreation Department. "We're looking forward to another successful Expo and invite Houstonians to drop by and see the competitions and options available to them."

In addition to the competitions and tournament play, vendors will display a variety of services and equipment available to people with disabilities.

"The great thing about the Metal & Muscle Expo is its diversity. We offer clinics and demonstrations in more than 14 different Paralympic and disabled sports in a 'come try it' atmosphere," said Chuck French, H.P.A.R.D. Administration Manager, Adaptive Sports & Recreation. "We even have several local athletes who found their specific sports at the Metal & Muscle Expo and are now playing at the collegiate level and beyond."

The Houston Parks and Recreation Department's 7<sup>th</sup> Annual Metal and Muscle Expo partners include: U.S. Family Health Plan, Texas Regional Paralympic Sport, TIRR Memorial Hermann, City of Pasadena Adaptive Recreation, and Pearland Adaptive Recreation.

Events scheduled throughout the weekend Expo include:

<b>7<sup>th</sup> Annual Metal &amp; Muscle Expo</b> <b>George R. Brown Convention Center, Hall A</b> <b>1001 Avenida de Las Americas, 77010</b>		
Date	Time	Event
Friday, Nov 5, 2015	9:00 a.m. – 5:00 p.m.	Team Tournament play in: wheelchair rugby and adult wheelchair basketball, 2:00 p.m. air rifle clinic for military veterans
Saturday, Nov 6, 2015	9:00 a.m. – 5:00 p.m.	Clinics and Individual Competitions in: sitting volleyball, hand cycling, power soccer, boccia ball, amputee running, wheelchair racing, indoor rowing, wheelchair tennis, and air guns.
Sunday, Nov 7, 2015	9:00 a.m. – 12:00 noon	Final Four Team Tournament Games in: wheelchair rugby and wheelchair basketball

*The Houston Parks and Recreation Department (H.P.A.R.D.) stewards and manages over 37,859 acres of parkland and greenspace for the City of Houston and develops and implements recreational programming for citizens of all abilities. For more information on the Houston Parks and Recreation Department, call (832) 395-7022 or visit [www.houstonparks.org](http://www.houstonparks.org).*