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PRESS RELEASE

CITY TO HOST 13TH ANNUAL METAL AND MUSCLE EXPO

*Over 400 adaptive athletes will do battle in this international competition in this
H-Town Showdown*

HOUSTON - The City of Houston Parks and Recreation department (HPARD) is joining forces with Texas Regional Para Sport and the Wounded Warrior Project to host the 13th Annual Metal and Muscle Expo, October 25-27 at the George R. Brown Convention Center, Hall A, 1001 Avenida de Las Americas, from 9a.m. – 5 p.m.

The Metal and Muscle Expo is a unique event that provides a comprehensive experience for adaptive team sports enthusiasts. Its main goal is to introduce veterans and individuals with physical disabilities to the world of paralympic sports and other athletic activities that are accessible to them. The expo features a variety of scheduled events, including clinics and individual and team sports tournaments.

Individual sporting events include air guns, jiu jitsu, judo, power lifting, hand cycling, and amputee running. Team competitions include power soccer, wheelchair rugby, youth wheelchair basketball, indoor wheelchair soccer, wheelchair lacrosse, sitting volleyball, and much more.

The Metal and Muscle Expo caters to athletes ages four to 66 years old who hail from several states including Hawaii and four different countries including Great Britain, Canada, Colombia, and Poland. Athletes will have the chance to showcase their skills and compete in various sports at different levels. Meanwhile, newcomers will have the opportunity to engage in activities alongside Paralympians and attend clinics led by top-tier coaches, tailored to athletes of all skill levels.

“We are proud to support our veterans in all capacities, said Director Kenneth Allen, Houston Parks and Recreation Department.” This expo offers a unique opportunity for veterans and individuals of various ages and abilities to come together, learn, and compete in a supportive and inclusive environment.”

In 2009, the inaugural Metal and Muscle Expo, organized by HPARD and the U.S. Paralympic Military Service Program, received funding from the Department of Defense and the United States Olympic Committee. The event was created with the aim of introducing Paralympic and other adaptive sports to injured veterans of the Iraq and Afghanistan wars. Over the years, the Expo has expanded its reach to include the public, local and regional athletes with physical disabilities, as well as international teams.

The Expo has seen significant growth, attracting over 3,000 visitors. It has become a prominent event that not only promotes adaptive sports but also fosters inclusivity and community engagement.

This year's Expo is made possible by the generous support of our partners, including Houston First, Metrolift, Wounded Warrior Project, Texas Regional Para Sport, the University of Houston Adaptive Athletics, and Houston Adapted Sport. Their invaluable contributions have played a crucial role in ensuring the event's success and advancing the mission of promoting adaptive sports and nurturing a spirit of unity within the community.

For more information about HPARD's Adaptive Sports and Recreation visit, <https://www.houstontx.gov/parks/adaptivesports-recreation.html>



About the Houston Parks and Recreation Department (HPARD)

HPARD stewards and manages 380 developed parks, more than 172 greenspaces, and more than 25,000 acres of parkland for the City of Houston. HPARD develops and implements recreational programming for citizens of all ages and abilities. The Department is nationally accredited through the National Recreation and Park Association's (NRPA) Commission for Accreditation of Park and Recreation Agencies. For more information on HPARD, visit <http://www.houstonparks.org> or email us at askparks@houstontx.gov.

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