



MedStar Health

Sunday, Sept. 14, 2025

22nd Annual SuperH™ 5K run, walk, and wheel.

Benefiting our Adaptive Sports and Fitness Program at MedStar National Rehabilitation Hospital

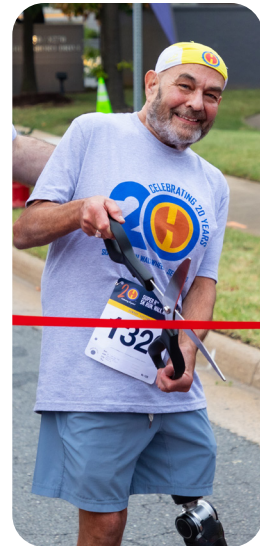


22 years of SuperH™

The SuperH™ race was created by Harry (SuperH™) and Renie Freedman after Harry sustained a serious workplace accident requiring 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 22nd anniversary! With your support, SuperH™ has raised more than \$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 Harry received.

This year, we are looking to raise **\$130,000** to ensure athletes can fully participate in inclusive sports completely free of charge.



Everyone can get in the game!

SuperH™ proudly supports the MedStar NRH Adaptive Sports and Fitness Program, offering basketball, tennis, rugby, sled hockey, boccia, cycling, yoga, and rowing.

The Adaptive Sports and Fitness Program is dedicated to empowering individuals with disabilities to embrace active, 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 at no cost to them with comprehensive support: 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.

Both junior and adult participants—along with their families—discover a wealth of opportunities and resources. Held at accessible venues, our programs foster self-confidence, forge enduring personal connections, enhance overall health and wellbeing, promote greater independence and, above all, ensure a fun-filled experience for all athletes.

Highlights:

- We celebrate the remarkable achievements of Trevon Jenifer, who represented our program at the 2024 Paris Paralympic Games in basketball, serving as a beacon of inspiration with his exceptional talent.
- Our Division 1 basketball team finished second in the country, proudly competing for the national title.
- Our junior sled hockey team finished third at the 2024 Sled National Championships, showcasing the program's excellence.
- The wheelchair rugby team attended a record number of tournaments in the 2023 to 2024 season. Two athletes also attended Team USA wheelchair rugby training camps last year, representing our program on the national stage.
- Our successful hosting of wheelchair rugby, wheelchair basketball, and wheelchair tennis tournaments, along with our annual junior camps highlight our commitment to providing enriching experiences for all participants.



Event details

When

Sunday, Sept. 14, 2025

Live start at 8 a.m.

Virtual participants can run anytime and anywhere Sept. 14 and promote their times and distance on Instagram and Facebook with #SuperH2025.

Where

We will host our **live** event at OneLife Fitness (formerly known as Tysons Sport and Health) in McLean, Virginia.

If choosing the virtual option, runners may participate from 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 be shared on our social media networks and website.

What it supports

Your participation supports the Adaptive Sports and Fitness program at MedStar NRH, which helps children and adults with physical disabilities to pursue healthy, active lifestyles through recreational and competitive sports at no cost to them.

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



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 NRH website and social messages
- Promotional piece in mailing packet of shirts
- Unlimited discounted registrations for your team
- Vendor display table

Presenting sponsorship allows our Adaptive Sports and Fitness Program to send two teams to a national-level tournament with all expenses—travel, food, and accommodations—covered.

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.



In-kind donations

The SuperH™ race depends on the community to best serve athletes at MedStar NRH.

We welcome in-kind support such as **food, water, T-shirts, race numbers, entertainment, prizes,** and support of all kinds.

To learn more, please contact **Gabriella LaRocca** at **202-877-1774** or email **gabriella.larocca@medstar.net**.

Non-profits

For information regarding a display table, please contact **Gabriella LaRocca** at **202-877-1774** or **gabriella.larocca@medstar.net**.

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

A Fly sponsorship helps our program invest in one new adaptive cycle. Also, sports wheelchairs (average cost: \$3,500) are required for activities such as rugby, tennis, basketball, summer camp, pop-up events, and more. MedStar NRH is working to increase our inventory so no player will be prevented from participating due to cost.

RISE: \$1,000

- Five entries and SuperH™ race T-shirts for your team
- Company's name on SuperH™ race T-shirts

A Rise sponsorship helps our program equip players with the items needed for success. For example, each sled hockey player requires a specialty-fitted sled (average cost: \$750 to \$1,500) with unique adaptations for individual needs. As youth players grow, new sleds must be purchased to grow with them.



"We are grateful for the opportunities our son has had through MedStar NRH and are committed to spreading the word about the importance of adaptive sports programs so that athletes like him can live independent, fulfilling lives."

-Parent of a youth athlete



Pledge sheet

Desired sponsorship:

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



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

Contact person: _____ Email: _____

Company name: _____ Phone: _____
(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) and enclosed.

Please send invoice to: _____

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

Fax to: 202-723-6071

For assistance, please contact **Gabriella LaRocca** at **202-877-1774** or gabriella.larocca@medstar.net.



Thank you

to our generous 2024 sponsors!



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MedStarHealth.org/SuperH

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



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