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## Press Release

**FOR IMMEDIATE RELEASE**

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**CONTACT: Estella Espinosa**

W: (832) 395-7022

C: (832) 465-4782

### **Houston Parks and Recreation Department and US Paralympics Military Sports Program To Host 5<sup>th</sup> Annual Metal & Muscle Expo**

The Houston Parks and Recreation Department will join forces with the U.S. Paralympic Military Sports Program to host the 5<sup>th</sup> Annual Metal & Muscle Expo, October 4 – 6, 2013. Designed to introduce veterans and other citizens with permanent physical disabilities to paralympic sports and other athletic activities available to them, the Expo will take place at the George R. Brown Convention Center, 1001 Avenida de Las Americas, from 9:00 a.m. – 5:00 p.m. Friday through Sunday.

“We are thankful for the opportunity to present this program to American veterans and their families, and to all citizens with physical disabilities,” said Joe Turner, Director, Houston Parks and Recreation Department. “Our department actively promotes physical activity for everyone, and our Adaptive Recreation staff has gone to great lengths to make the Metal & Muscle Expo the most fun and informative event possible.”

The first Metal & Muscle Expo presented by H.P.A.R.D. and the U.S. Paralympic Military Service Program took place in 2009, with the purpose of actively engaging American service members returning from Iraq and Afghanistan with permanent physical disabilities, including the blind and visually impaired. Since then, it has grown in scope to include the general public. Scheduled events include team sport tournaments and individual sports demonstrations, clinics, and competitions. Exhibitors who provide services for people with physical disabilities will be on site.

Among the events for individuals, sport competitions and clinics will deal with air guns, jiu jitsu, judo, power lifting, hand cycling, amputee running, and wheelchair rugby, tennis, basketball, and racing. Team competitions will take place in power soccer, wheelchair rugby, youth wheelchair basketball, indoor wheelchair soccer, sitting volleyball, and other sports.

Some of the equipment to be used at the Metal & Muscle Expo will be transported from its usual location at the Metropolitan Multi-Service Center, 1475 W. Gray, 77019. The M.M.S.C. provides year-round activities for children and adults with physical activities through H.P.A.R.D.’s Adaptive Recreation Division.

*The Houston Parks and Recreation Department (H.P.A.R.D.) stewards and manages over 37,832 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).*