
Back in the Saddle: Adaptive Cycling Event Creates Opportunity and Connection for Riders to Rediscover the Joy of Cycling

Wenatchee, WA: Confluence Health and the Confluence Health Foundation welcomed community members to Walla Walla Point Park on Saturday, June 20 for the latest Adaptive Cycling Event, a growing and well-loved opportunity for individuals to experience the freedom of riding in a way that fits their needs.

Held in partnership with [Outdoors for All](#), the free event brought a wide range of adaptive cycles to the Apple Capital Loop Trail, from handcycles and recumbent bikes to tandems and trikes, giving participants the chance to explore different styles and discover what worked best for them. Designed for individuals with cognitive, sensory, or physical disabilities, the event created an open, supportive environment where people could drop in, get fitted, and ride at their own pace.

Throughout the late morning and afternoon, participants arrived with a variety of backgrounds and experiences—some recovering from stroke, others navigating mobility or balance challenges, and many simply looking for a way to reconnect with outdoor recreation. Each rider was met one-on-one by staff and volunteers from Confluence Health and Outdoors for All, who helped match them with the right bike, made adjustments for comfort and safety, and provided guidance before sending them out on the trail. For some, the goal was to find a bike for their needs that they might pursue longer term; for others, it was simply the chance to enjoy a ride on a warm, sunny day.

That day delivered on both. Under bright skies and a steady breeze, riders spent as much time as they wanted on the path, often returning with smiles, sharing their experiences, and encouraging others to give it a try. Some rode alone, some rode with a friend walking along, and some even took their dog along for the ride. Participants spoke about how empowering it felt to ride again—or, in some cases, for the first time in years—and how meaningful it was to do so in a setting designed around their needs.

Events like these are part of a broader effort to expand access to outdoor recreation and connect rehabilitation and community life in a tangible way. Adaptive cycling offers a pathway for people to regain independence, build confidence, and re-engage with activities that bring joy and meaning beyond a clinical setting.

“This is a great example of how we can come together to support our community in a meaningful way,” said Megan Parish, philanthropy officer at Confluence Health and one of the staff on hand at the event to help participants get ready to ride. “By creating a safe, supportive environment where people with cognitive, sensory, or physical disabilities can try adaptive bikes, we’re helping open the door to new experiences and greater independence. It’s a simple idea, but it makes a real difference in living out our mission of *local care by and for our community*.”

For those who missed the June event—or who are already looking forward to the next opportunity—additional Adaptive Cycling Events are scheduled later this summer on Saturday, August 15 and Saturday, September 26 at Walla Walla Point Park, each running from 11am to 3pm. More information can be found on the [Confluence Health Foundation website](#). These events offer the same welcoming, low-pressure environment, and community members are encouraged to share the opportunity with friends, family members, or patients they know who may benefit. Whether trying a bike for the first time, continuing a recovery journey, or simply enjoying time outside on a summer afternoon, the events provide a

chance to experience something that can feel both new and familiar at the same time, while rediscovering the simple joy of a bike and an open road.

About Confluence Health

Confluence Health serves the largest geographic region of any healthcare system in Washington State, covering over 12,000 square miles of Okanogan, Grant, Douglas, and Chelan counties. Confluence Health is one of only two locally-lead healthcare systems in the state with the purpose of maintaining availability and access to high-quality, cost-effective healthcare services for North Central Washington. The Confluence Health Board of Directors provides governance for Confluence Health and includes nine community board members and six physician board members.

For More Information

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