

**Uhuru Ascent
Expedition Organized By Freedom For Life**

Key Messages:

- A team of disabled veterans are raising funds to climb Mt. Kilimanjaro, one of the highest mountains in the world at 19,341 feet in Tanzania, in August 2006. The Uhuru Ascent is an extraordinary hiking expedition that will serve as an ultimate symbol of accomplishment as well as redefine the way people with disabilities access and experience the outdoors.
- Freedom For Life, the non-profit organization sponsoring the Uhuru Ascent (pronounced *oo-hoo-roo*), raises funds to purchase equipment and organize activities that disabled veterans can participate in while enjoying life on their terms. The mission of Freedom For Life is to change the perception of what it means to be viewed as disabled, as well as challenging stereotypes, while inspiring freedom and the ability for others to overcome barriers and change their outlook on life.
- Darol Kubacz (pronounced *cue-back*), the founder of Freedom For Life and organizer of Uhuru Ascent, is a paraplegic veteran of the U.S. armed services who is attempting to become the first disabled veteran to summit Mt. Kilimanjaro unassisted. His mission is to raise funds for Freedom For Life to sustain and foster future outdoor endeavors for disabled veterans.
- Anyone can help support Freedom For Life by visiting www.uhuruascent.com and making a donation via its charitable partner organization, The Next Step Foundation (www.thenextstepfoundation.com).
- By providing the resources and outlets for disabled veterans to be active and productive with limitations, real and perceived, Freedom For Life allows its members and supporters to engage in rewarding physical fitness and outdoor recreational opportunities.
- Freedom For Life is dedicated to creating service projects, experiential learning and wilderness adventures for people recovering from physical and emotional trauma. These activities increase the confidence, communication, trust and self-esteem of disabled veterans while allowing them to live a more healthy and self-assured life. For more information, visit www.uhuruascent.com.

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