

2025 Unified 5k Impact Report



Learn more at www.unified5k.org

Our Missions



Ability Sports Africa (ASA) is a nonprofit grassroots organization that uses adaptive games, sports, and creative arts as a platform for social inclusion in sports, advocacy for disability rights, health rights, and the social well-being of children and youth with disabilities in schools and communities across Uganda.



AdaptX is a 501(c)3 non-profit organization that addresses barriers to better health and fitness for people with intellectual and physical disabilities through education, research, advocacy, and opportunity.

We believe barriers to physical activity for people with disabilities exist, not because of the specific characteristics of their diagnosis, but due to an inaccessible, uninformed, and ableist society. At AdaptX, we create solutions and build a community of advocates and allies that will change this. We hope you will join us in this pursuit.

Unified 5k Gulu

Expanding into International Markets



Thanks to our partnership with Ability Sport Africa, we were able to bring a Unified 5k inclusive road race to Gulu, Uganda that attracted

350+

Adaptive Athletes

600+

Participants

Watch the Recap Video Below!



[View the Full Photo Gallery Here](#)

Volunteers

Introducing the team that made this event possible:



Musema Faruk



Maxwell Thurston

We are incredibly grateful for the dedication and support of our volunteers who played an essential role in making the Unified 5k a success. From early morning set-up to registration, water stations, and post-race clean-up, every detail of the event was powered by the generosity, energy, and commitment of our volunteer team.

Their willingness to show up, rain or shine, and ensure that every participant, felt welcomed and supported helped us build an inclusive community and competition.

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Volunteer testimonials were particularly powerful. One volunteer recounted, "I saw a young girl with one leg off with support aids running like wind... I saw a deaf running five kilometers to completion being supported," illustrating the event's role in shifting perceptions of capability.

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Impact in Gulu

Quantifying the impact of the [2025 Unified 5k event](#) in Gulu



350

**Number of Adaptive
Athletes that Participated**



\$25 Million UGX

**Saved for Adaptive Athletes
through Free Registration**

(using 72000 UGX per registrant)

Participant Feedback

The event's mission was resoundingly validated by qualitative feedback



98.53%

Registration
Conversion Rate

680

Registrations

670

Participants

High turnout indicates strong community interest and commitment to inclusion

100%

of surveyed participants
reported feeling
"welcomed and included."



Expansion and Technological Improvements



2026 Goals

- Host 3 Unified 5K events
- Educate 30 coaches and fitness professionals
- Serve more than 500 individuals with disabilities
- Create pathways to Paralympic competition for athletes in less-developed regions

Needs Analysis

- Sponsor/Financial support for race organization and material
- Chip Timing Technology
- Computer access in order to:
 - Improve communication between regions and stakeholders
 - Provide coaches with access to the AdaptX eLearning platform
 - JAWS and assistive technology for the students at Gulu Primary School and the other programs Ability Sports Africa serves
- Media and Marketing Strategy