

Triumph

May 2005



Special Olympics
New York

Runners Dash to Online Registration

Silks & Satins 5K Run set for July 30th

Runners who want to compete in the Silks & Satins 5K Run can now sign up online. "We're ready for the runners to register online," said Chris Porreca, Director of Development for Special Olympics New York (SONY). "We encourage everyone to register as soon as possible so that they can mark it on their calendar and we can get a good estimate of the number of runners."

The Silks & Satins 5K Run has grown every year and this year organizers hope the number of runners will set a record. The 9th Annual Silks & Satins 5K Run will take place on Saturday, July 30 in Saratoga Springs. Registration begins at 6 a.m. at the corner of East Avenue and George Street and the runners will dash off the line at 8 a.m.

To register for the race simply go to

www.specialolympicsny.org and click on the Silks & Satins 5K Run and then click on register now.

The registration fee is \$21.50.

All registered runners will receive an official 5K Run T-shirt, a timing chip to track their performance, a goody bag, water, a Saratoga Race Course day of entry ticket, refreshments at the Price Chopper Hospital-ity Tent and chances to win door prizes.

"We're looking forward to another great run and, hopefully, a record breaking run," said Porreca. "We always get a great group of people and we benefit from excellent

sponsors. Without both of them this event wouldn't be what it is today." The Silks &

Satins 5K Run is sponsored by Price Chopper, General Electric Region Businesses, The New York Lottery, New York State United Teachers, Merrill Lynch, Blue Shield of Northeast New York, Citizens Bank, FYE, Quad

Graphics, Times Union, Fox 23 and 99.5 The River.

For more information on the Silks & Satins 5K Run, or for a full schedule of competitive events in your region, visit www.specialolympicsNY.org or call Chris Porreca at 800-836-6976. ■



Excitement Builds as Metro Tournament Planning Gets Underway

More than 1,300 athletes and coaches to compete at Riverbank State Park

Special Olympics New York (SONY) is busy preparing for the 17th annual Metro Tournament on Saturday, June 4, 2005 at Riverbank State Park in New York City. Over 1000 athletes will compete from the New York City, Long Island and Hudson Valley regions. Joining them will be more than 300 coaches and 700 volunteers.

The Metro Tournament is the largest single day event put on by SONY. Competitions will be held in five sports: Aquatics, Basketball, Power Lifting, Track & Field and Volleyball. Athletes competing at the Metro

Tournament can advance to the state-level Summer Games, held this year at Hofstra

University on Long Island from June 16-19.

"This is a wonderful event that brings the New York City community together," said Neal Johnson, President & CEO of

Special Olympics New York. "The athletes, coaches, volunteers and corporate community all contribute to make this day a success. For athletes who are unable to attend our multi-day competitions, this event provides them

the opportunity to compete within a larger playing field and get the recognition they deserve."

The Metro Tournament will begin with Opening Ceremonies at 10 a.m., with Competition will start at 11:30 and continue until 4 p.m. at Riverbank State Park at 145th Street and Riverside Drive in Manhattan. The Olympic Village will have music, games, arts and crafts, along with many other events throughout the day. It will be a full day of exciting competition and camaraderie.

The 2005 Metro Tournament sponsors include: New York Lottery, OppenheimerFunds, GoldmanSachs, Ross Stores, Mattel, Met Life, Blimpie, PricewaterhouseCoopers, United Federation of Teachers and Merrill Lynch. ■



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Find up-to-date information on our official Web site, www.specialolympicsNY.org, and visit www.soshopping.com

A Message from the President

Neal J. Johnson is President & CEO of Special Olympics New York, Inc.



They say a picture is worth a thousand words. I think the picture of Greg DiRoma winning a gold medal at the 2005

World Winter Games

says a few more than that.

On the surface, the picture shouts out the pure happiness of achieving something remarkable.

If you read between the lines, or better yet, look between the pixels, it shows that teamwork, whether it be in life or in sports, makes the whole stronger than the sum of its parts.

If you look past the picture, it shows that if you work hard and do your best, you might just achieve incredible things in remarkable places.

Finally, if you were to take this picture and put it in a collage with the millions of other pictures taken at the recent World Games you would clearly see that Special Olympics has something to offer every individual with intellectual disabilities. ■

Those Tuesday night practices on the muddy field or those Saturday morning scrimmages at the local high school are important in, and of, themselves. The amazing thing with Special Olympics is that

if you add a little sweat and dare to dream, any one of our SONY athletes can find themselves on the world stage lowering their head to have a gold medal placed around their neck.



Triumph

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Inspire Greatness

Special Olympics New York, Inc.

504 Balltown Road, Schenectady, NY 12304-2290

Phone: 800-836-6976 Fax: 518-388-0795 Web site: www.specialolympicsNY.org

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Third Time's a Charm at Hofstra University

Nearly 3,000 Athletes and Coaches to Participate in 2005 Summer Games

For an unprecedented third consecutive year the Special Olympics New York 2005 Summer Games are returning to the Hofstra campus. "The combination of excellent facilities and a supportive faculty and community made the decision easy for us," said Neal J. Johnson, SONY President and C.E.O. The Summer Games is the state's largest yearly competition and will be held at Hofstra University on Long Island



from June 16-19.

Opening Ceremonies and the Games will commence with the lighting of the Flame of Hope on Thursday evening. Nearly 3,000 athletes and

coaches will compete on Friday and Saturday in eight Olympic-style events including: basketball, bowling, gymnastics, powerlifting, swimming, tennis, track &

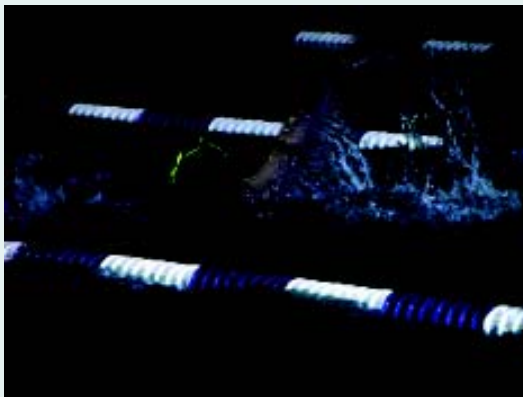
field and volleyball. After the competition is over on Saturday evening the weekend will wrap-up with Closing Ceremonies and the Victory Dance.

"We're excited to be coming back to Long Island and Hofstra University for an unprecedented third straight year," said Johnson. "This is the first time in SONY's 35 year history that state games are staying at one location for more than two consecutive years. Thanks to Hofstra University and the surrounding community we know that this year will be even better than the first two," said Johnson.

Summer Games are made possible through the generosity of many sponsors including: New York Lottery, Fraternal Order of Police, and Cablevision. ■

Diving into the Next Generation of Sport Experience

Many athletes in New York train for the sports they love year-round or in the weeks and months prior to a single competition. Additionally, many coaches and athletes travel great distances to seek out competitive opportunities. While training in and of itself has its rewards, it is by meeting peers in the heat of competition where passion, self sacrifice and the love of sport are born. This summer aquatics athletes in the Genesee Region will enjoy the benefits of regionalization through a new sports



model. The Region's Aquatic program will be offered as a full season of multiple events over many weeks during the training cycle. Training seasons that include multiple competitive opportunities are not new to the world of sports. However, for a variety of reasons this model is relatively new to Special Olympics New York.

One thing we realized as we began planning the 2005

Sports calendar was that prior to regionalization less than 20% of all training experiences were actually ending in a competition. While we were proud of the gains we had made we realized that it wasn't enough. If every other sports organization offers multiple competition opportunities throughout the season then Special Olympics New York should aim to do the same.

With the help of a dedicated Sports Program Committee, many volunteer event coordinators and the support of Statewide Aquatics Sport Director Sylvia Korn, we embarked on the organization's first region-wide sports season. The region's nearly 400 aquatics athletes have embraced the opportunity and we hope this model can be reproduced in many sports. ■

Central Region to Hold Inaugural Spring Games

On Saturday, May 14th nearly 800 Special Olympics New York athletes will converge on Rome for the Central Region's inaugural Spring Games. Athletes from eight counties will be competing in a variety of sports as part of a daylong event that serves as a precursor for the Summer Games scheduled for June 16th-19th at Hofstra University on Long Island.

The Central Region's Spring Games are a new addition as we work to provide Special Olympics New York athletes with as many competitive opportunities as possible and are an extension of the local events held throughout the year. Led by Event Director Al Jones and a group of dedicated volunteers from Oneida County, athletes can expect quality competition in athletics, volleyball, basketball, aquatics and power lifting.

Carl Eilenberg, "Voice of the Carrier Dome", will serve as Master of Ceremonies for the event that gets underway at 9 a.m. at the campus of the new Rome Free Academy High School. Also expected to be in attendance are members of various Syracuse University sports programs. ■

Riders Prep for Scenic Bresnan TdW Bike Tour 2005

Almost 70 cyclists to participate in 200-mile ride

From June 10-12th approximately 70 cyclists will brave a grueling 200-mile bike journey from Patterson, New York to Bennington, Vermont to raise funds for Special Olympics New York — Hudson Valley Region and the Westchester ARC Foundation. This is the 16th year of the Bresnan Tour deWagner bike tour which was conceived by commercial real estate consultant Harold Wagner.

Bresnan Communications, a Purchase, New York-based telecommunications company, sponsors the tour,

covering most of the event's costs. Last year, this partnership raised nearly \$350,000 for the Westchester ARC Foundation and Special Olympics New York — Hudson Valley Region. The amount has totaled over \$2,500,000 since its inception in 1989.

To participate, each rider is asked to collect a minimum of \$2,000 in pledges.

The weekend is filled with fine food, excellent company, beautiful accommodations at Inns located in Lenox, Massachusetts, and many miles of exhilarating bike riding. A 12-person support crew, including nurses and bike mechanics, will be there every step of the way to ensure that the riders have a pleasurable and safe experience.

Many of the participants are thrilled to have ridden in this event year after year and to support the organizations that provide services for intellectually and develop-



mentally disabled individuals. ■

Miles for Medals

I thought the Long Island area had too many walks to count, so when SONY approached us about having a walk in the Long Island Region, I thought NO WAY! But being in development at the time I had no choice but to try to be excited and get on board. Since I also coach four different sports, I decided to start a walk team with my athletes and their parents. I e-mailed and sent letters to all my athletes and families hoping to get a few responses. To my surprise, I had parents calling me excited about being able to finally give back and have fun doing it. A lot of families cannot participate in our golf outings or other fundraising events but this walk they can and raise money at the same time.

Another coach Debbie Fanning and I started a friendly competition between our teams and the day of the walk, athletes, families and coaches all had a great time teasing and competing for top fundraiser. This event brought my whole team and their families closer together and was a fun day for all of us. We cannot wait for this year's walk.

This event that I thought was not going to be very successful raised \$40,000 and proved that Long Island can have one more walk. Remember everyone, the athletes, families, friends and coaches can walk and/or contribute to this event and have a great time too.

Debi Whelans



Debi Whalen is in the second row are the far left with her team

Regionalization Provides More Competitions for Athletes

The numbers are up for the first full year of regionalization

Two of the eventual nine regions have now completed their first full year of operations and the year-end numbers show the athletes are benefiting. The table below shows the increases in training seminars, volunteers, new coaches and, most importantly, new athletes in both the Genesee and Long Island Regions in 2004.

“Regionalization definitely provides more and better quality competitions for our athletes,” said Genesee Regional Director, David McEneaney. “Individuals and teams from all areas now have the opportunity to regularly participate in large tournaments and in league play, competing against new teams. Athletes are making new friends, traveling to and competing in new sports venues and improving their competitive

skills,” said McEneaney.

In addition to increasing training and competitive opportunities, regionalization is also expanding services across the state. “A good example is preseason coaches conferences,” says Long Island Regional Director Heidi Lindsay. “It not only emphasizes the importance of furthering the education and quality of our coaches, but it also brings coaches from all over the region together for the same purpose,” said Lindsay. Another added benefit is the ability to attract regional sponsors. Rather than a sponsor supporting only one event, now a potential sponsor has the opportunity to be affiliated with all the events in a geographic area.

Regionalization also shows that the importance of speaking with one clear voice is immeasurable. By utilizing the regional offices, SONY now has a more coordinated message going out to a larger audience. As part of this effort, the regions will be issuing quarterly newsletters reflecting local activities while the monthly, statewide newsletter, *Triumph*, will look at the state as a whole.

As of January 1, 2005, both the Hudson Valley and the Central New York Region came on line, doubling the number of regions from two to four. We expect the positive results to grow accordingly. ■

	Genesee Region	Long Island Region
New Volunteer/Coach Training Seminars	18	11
New Volunteers Attended	204	78
New Certified Coaches	36	22
New Athletes	215	417



Turn Old Into Gold

Recycle your cell phone for Special Olympics

Turn your unwanted cell phones into cash to support Special Olympics and help provide sports training and competition opportunities for people with intellectual disabilities.

Don't toss your old cell phone. Recycle for Special Olympics and turn your old phone into gold for Special Olympics! Find out more at www.specialolympics.org/recycle.

The Recycle for Special Olympics promotion runs from February 1, 2005, through January 31, 2006. Special Olympics will receive a minimum of \$1 to more than \$100 per donated phone. RMS Communications Group, the cell phone recycler, has guaranteed a minimum donation to Special Olympics of \$250,000.



www.specialolympics.org/recycle

TORCH RUN TIMES

Law Enforcement Torch Run News

Capital District Officers Reach Two Milestones

To Serve... and Pick-up

Hungry customers got to see a different side of their local law enforcement recently in Queensbury. It was all for the 10th Annual Cops & Lobsters event for Special New York was held in Queensbury, April 7th and 8th. Law Enforcement Torch Run (LETR) co-chair and NYSACOP President Chief Richard Carey organized the event with participation from Glens Falls Police, South Glens Falls Police, New York State Police and the Saratoga Springs Police.

The officers took orders, delivered food, cleaned-up and raised \$3,142 in the name of the LETR to benefit Special Olympics New York athletes. "I can't believe that it's been ten years already," said Jeanne Grebert,

Director of Development for SONY. "Chief Carey and his group have grown this event each year and after the decade mark they have raised over \$21,000. They have become a model of how to run these fundraisers and we congratulate them on their success," said Grebert.

"The Cops & Lobsters event is a win-win situation for everyone involved," said Glens Falls Police Chief Richard Carey. "The police officers love it, the wait staff loves it, the restaurant loves it and most importantly the public loves it. Our program has garnered enough name recognition over the years that the public actually looks forward to the event each year. Cops &

Lobsters is just a phenomenal way in which to raise money and awareness for Special Olympics New York," said Carey. ■

Swing on Over to Union Vale for LETR Golf Classic

Presented by AXA Equitable Life Insurance Company

Get out your golf clubs and dust off your swing! The 2nd Annual Law Enforcement Torch Run Golf Classic, presented by AXA Equitable Life Insurance Company, is scheduled for Monday, May 23 at The Links at Union Vale, in LaGrangeville.

"We're thrilled to have AXA as our presenting sponsor," said Jeanne Mesick, LETR liaison for Special Olympics New York (SONY). "This tournament should provide an early-season measuring stick for golfers so come out dust off the cobwebs and have fun."

The Golf Classic begins with registration at 11:30 a.m., lunch and the scramble start at 1 p.m. After the round of

golf, which will include contest holes, dinner will be served at 6 p.m.


The Links, located in Union Vale,

Dutchess County, was founded by a group of Irish born golfers from the Tri-State area. Opened in 2000, the 18 hole, par 72 Championship course is 7,000 yards long and is reminiscent of the renowned golf links in Ireland. The course has all of the challenging terrain and beauty that identifies an Irish links style course and was rated the best new public course of the year by Suburban Golf Magazine.

Sponsorships and foursomes are still available. For more information, contact Jeanne Mesick at 800-836-6976. ■



CARQUEST Honors Five Vendors' Support of the Law Enforcement Torch Run for Special Olympics

 RALEIGH (April 18, 2005) - CARQUEST Auto Parts, the Premier International Partner of the Law Enforcement Torch Run (LETR) for Special Olympics, recently recognized five vendors for their support on behalf of the LETR for Special Olympics throughout 2004.

Since 1998, CARQUEST and its vendor partners have raised more than \$4 million dollars in support of the LETR for Special Olympics. CARQUEST established this recognition program in 2002, setting four qualifying levels of recognition:

- * Bronze Medal award for support totaling \$10,000 to \$19,000.
- * Silver Medal award for support totaling \$20,000 to \$29,000.
- * Gold Medal award for support totaling \$30,000 to \$39,000.
- * A special Tri Medal award for support totaling \$40,000 and above.

The Affinia Group, the supplier of CARQUEST Brakes and CARQUEST Filters, became a repeat winner in the Silver Medal category. Gates Corporation, the supplier of CARQUEST Belts & Hose and



CARQUEST Wipers, moved up to the Gold Medal category after receiving the Silver Award last year. Federal Mogul became a repeat winner in the Gold Medal category. East Penn Manufacturing, the supplier

of CARQUEST Batteries, earned its first Tri-Medal award. Valvoline accepted its fourth consecutive Tri-Medal award for its efforts in raising more than \$74,000 for the LETR for Special Olympics.

“With the help of these great companies and their associates, and with the dedication and commitment of hundreds of people within the CARQUEST organization, we are making a positive impact in the lives of athletes with intellectual disabilities all across North America,” said Scott Ginsburg, CARQUEST director of advertising and communications and chairman, CARQUEST Torch Run Committee. ■

Pull a Fire Truck, Help Special Olympics

May 14 Fire Truck Pull will benefit SONY's athletes.

 The sirens and lights may not be needed, but a fire truck will definitely be moving on May 14th. That's the date of the 4th Annual Western New York Fire Truck Pull presented by Twin District Volunteer Fire Department and Western New York Law Enforcement.

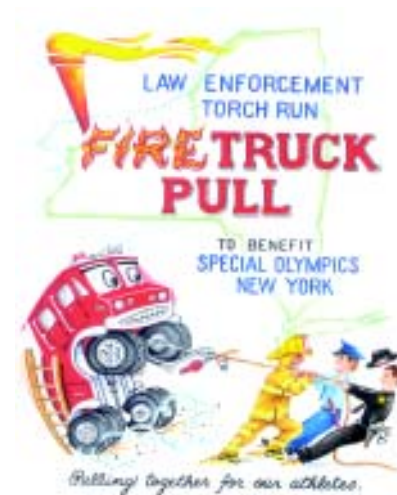


46,000-pound fire truck 20 feet. Each team will get two tries and the team that covers the distance in the quickest time wins. There is a \$500 entry fee per team.

All proceeds from the Law Enforcement Torch Run event will benefit Special Olympics New York

(SONY) athletes.

“While the fire truck won't be moving at its top speed,” said Jeanne Grebert, Director of Development at SONY, “the people who



will be competing will be generating maximum horsepower. The participants have huge hearts and Special Olympics New York's athletes greatly appreciate the effort.”

For more information, contact Jeanne Grebert at 800-836-6976 or jgrebert@nyso.org. ■



Special Olympics New York

504 Balltown Road
Schenectady, NY 12304

www.specialolympicsNY.org

Comments and story suggestions can be directed to:

Special Olympics New York, Inc.
Public Relations Department,
504 Balltown Road, Schenectady, NY 12304,
Or you may call 800-836-6976.
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*Don't forget to send your letters to the editor. Submit letters to Eric Wohlleber,
Special Olympics New York, 504 Balltown Road, Schenectady, NY 12304, or e-mail them to ewohlleber@nyso.org.*



PHOTO OF THE MONTH

Congratulations to SONY staffer Christina James and her husband Eddie on their first child, Stephanie. She was born February 18th weighing in at 6lbs. 6oz. and was 18.5 inches long. Welcome to the SONY family Stephanie!!!!

SONY's mission is to provide sports training and athletic competition to individuals with intellectual disabilities, including mental retardation. Our programs are designed to offer participants continuing opportunities to enjoy sports, develop physical fitness and demonstrate courage while interacting with their families, the community and other Special Olympics athletes.