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2010 INSPIRATION WALK ON SATURDAY, APRIL 17!!!!

ONLY 6 DAYS UNTIL THE INSPIRATION WALK!!!!!! Please reserve the morning of April 17th to attend our one major fundraising event of the year at Centennial Park. This year's walk features the popular Siberia Huskies from Winter Games, Abrakoodle with crafts and facepainting, Miss Maryland, Ravens Cheerleaders, the Redskin Hogettes and lots of free food and drinks including Starbucks coffee, Dunkin Donuts, Mimi's Cafe muffins, Glaceau Vitamin Water & Rita's Italian Ice. Plus lots of gift certificates to be given away beginning at 8:45 am.

The IW provides nearly 75% of the needed funds to support year round training and competitions in the 19 sports plus MATP that we offer. This is the only time of year that we solicit funds and as you know, no fees are ever charged to participate in any of the Special Olympics programs. If you would like to see this quality program continue, please seek out pledges from your relatives, neighbors and friends to help our cause!!

ONLINE GIVING / TOP FUNDRAISERS

So far we've raised over \$20,000 online, but our goal is \$100,000! Thanks to the 45 individuals who have already set up fundraising pages. The top fundraiser will receive 4 great seats to an Oriole game plus parking (deadline for submitting pledges is May 1st). Special thanks to Sheila Dwyer for getting these tickets donated through a relative. Our fundraising leaders are: Nicky Mineart with \$2,425, Sam Emmerling with \$2,275, Evan Davis (last year's high athlete) with \$2,015 and Jason Kauffman with \$1,710. We have great incentive gifts again this year. For those raising \$1000 - it's a sports duffel bag on wheels with handle, and those raising \$500 will receive a water proof sports blanket. Both gifts have the Inspiration Walk logos on them.

There are three ways to raise funds:

1) Go to www.FirstGiving.com/somdhc to set up a personalized web page. Follow the simple online directions and then email your personal link to family and friends to solicit pledges or...

2) Make a general donation to Special Olympics Howard County at www.FirstGiving.com/somdhcdonate or...

3) Collect checks or cash and drop off at registration the day of the walk (or send to the office).

ATHLETE PICTURE POSTERS FROM PREVIOUS YEARS NEEDED!!

The deadline has passed for new athlete picture posters, but if you have a poster from a previous year, we would like to display it at this year's walk. Please drop off the poster at our office on Monday or Thursday this week, Special Olympics Howard County, 8970 Route 108 Suite A1, Columbia, MD 21045. All posters will be returned to the family after the walk.

2010 COMPETITIONS IN NEED OF VOLUNTEERS

As you all know, SOHC is run by volunteers, but we want to be sure that the same volunteers aren't doing everything! Have you been sitting on the sideline and watching? Maybe 2010 is the year for you to step up to the plate and do a little more. This year, there are a number of events that are in need of volunteers, some for planning an event, some for working at the event. Below is a list of some of the volunteer opportunities and who to contact.

<u>Date</u>	<u>Event</u>	<u>Contact</u>
5/8 or Karen Thiem	Track / Bocce Competition (kthiem@verizon.net)	Joe Bobinski (bobskibum@aol.com)
	Needs: Planning committee, refreshments, photographs, advertising, awards, programs	
5/16	13th Annual Softball Tournament	Wes Juda (wjka@comcast.net)
	Needs: Planning committee, refreshments, advertising, awards, programs	

SPECIAL OLYMPICS HOWARD COUNTY FACEBOOK PAGE

Finally, we have a facebook page!! Search for "Special Olympics Howard County Maryland" from your facebook account and join the 127 people who are already members!! The latest events and news will be posted on a regular basis.

NEW WEB SITE ALMOST READY

We are in the process of updating our very outdated website and it's almost ready for primetime. If you'd like a sneak peak at the work accomplish so far, go to <http://test.metromontage.com/>. This web page is targeted to go active at the www.somdhc.org address in early May.

Special thanks to Ryan Palm and Tony Washington for putting in countless hours on this important task!!

EASY METHOD FOR UPDATING ATHLETE MEDICALS

It is often difficult getting a timely appointment with the physician when our athletes need a medical form updated. Rosemary Gruss, our medical coordinator, confirmed that the CVS Minute Clinics will do a quick physical and complete the medical form at the very reasonable cost of \$35.00. There is no appointment needed and the only Medicaid they accept is Priority Partners. Please contact Rosemary if you have any questions, rosemary.gruss@hotmail.com.

SPRING DANCE - FRIDAY, APRIL 30, VOLUNTEERS NEEDED

Don't miss our spring dance to be held Friday, April 30th at the Harpers Choice Middle School from 7:00 - 9:00 pm. Come dance and sing along to your favorite tunes while enjoying the company of friends. Light refreshments will be served. Parent or sibling volunteers are needed. Please contact our family coordinator, Barbara Stewart at Stewgarden@aol.com if you can help.

MERCHANDISE SALES - SPECIAL ORDERS

Back by popular demand. Anyone wishing to special order SOHC- Be a fan embroidered merchandise should contact Beth Greenberg ASAP as she will be placing an order just after the INSPIRATION WALK on April 17th, 2010. Please call Beth at 301-233-1296 or email bjb410@comcast.net to discuss specifics and get pricing. Some popular choices are:

- hooded pullover sweatshirt
- crewneck sweatshirts
- sweatpants
- asst colored pique polo shirts
- ladies sleeveless polo shirts
- golf windshirts and vests
- fleece 1/4 zip and full zip jackets
- long and short shirt sleeve denim shirts

SPECIAL OLYMPICS OUTBACK NIGHT RESULTS

Thanks to all who supported our family social evening at the Outback Steakhouse back on February 16th. We recently received a check for nearly \$600 because of your overwhelming participation!!

SPORTS IN SESSION

Sunday – Aquatics, Howard Community College, 9:00 – 12:00 pm

Sunday – Fitness, Quest Fitness Center, 1:00 – 2:30 pm

Sunday – Softball Veteran Team, Cypressmeade Park, 2:00 – 4:00 pm

Wednesday – Athletics, Oakland Mills HS, 5:30-7:00

Wednesday – Beginner Aquatics, MarTar Swimming at Lifetime Fitness Center, 6:30 – 7:30 pm

Wednesday – Bocce, Cedar Lane Park, 6:30 – 8:00 pm

Thursday – Cheerleading, Jeffers Hill ES, 6:00 – 8:00 pm

Thursday – Softball Veteran Team, Rocky Gorge Batting Cage, 7:00 – 8:00 pm

Thursday – Fitness, Quest Fitness Center, 7:30 – 9:00 pm

Saturday – Equestrian, TRRC, 9:00-12:00 pm

Saturday – Athletics, Oakland Mills HS, 10:00 – 12:00 pm

Saturday – Softball Rookie Team, Cypressmeade Park, 2:00 – 4:00 pm

Saturday – Bocce, Cedar Lane Park, 2:30 – 4:00 pm

CALENDAR OF EVENTS

Apr 13 - General meeting, SOHO office, 7:00 – 8:30 pm

Apr 17 – 9th Annual Inspiration Walk, Centennial Park, 8:00 – 10:30 am

Apr 17 - Red Robin Tip a Cop Torch Run Fundraiser, 11:00 - 3:00 & 4:00 - 8:00 at Columbia Crossing Red Robin

Apr 24 – Aquatics competition, Fairlands aquatics center

Apr 24 – Bocce competition, Mt Saint Marys, 8:00 – 2:00 pm

Apr 30 – SOHO Dance, Harpers Choice MS, 7:00 – 9:00 pm

May 2 – Track and Bocce Competition, AA County, 8:00 – 4:00 pm

May 2 – Track and Bocce Competition, Montgomery County, 8:00 – 4:00 pm

May 8 - SOHO Track & Bocce Competition, Wilde Lake HS, 8:00 – 3:00 pm

May 11 - General meeting, SOHO office

May 15 – Softball Competition, Harford County

May 16 – SOHO Softball Invitational, Kiwanis-Wallas Park

May 23 – Fun Day at Glenelg Country School, 2:00 – 5:00 pm

Jun 8 - Summer Games Parents Meeting, location TBD, 7:00 – 8:00 pm

Jun 11 – MATP Challenge Day, Cedar Lane School, 9:00 am – 2:00 pm

Jun 11-13 – SOMD Summer Games, Towson Univ (Aquatics, Athletics, Bocce, Softball)

Jun 12 – SOMD Equestrian Competition, PG County Equestrian Center

Jul 1 – Fall Sports Registration Forms Mailed

Jul 17-23 – Special Olympics National Games, Univ of Nebraska, Lincoln, Nebraska

Jul 25 - Cycling Practice Begins

Jul 29 - Golf Practice Begins

Aug 5 - Powerlifting Practice Begins

Aug 10 - General meeting, SOHO office

Aug 14 - Soccer, Flag Football, Tennis, & Cross-country Running Practices Begin

Aug 23 - Volleyball Practice Begins

Sep 12 - SOHO Golf Competition, Timbers

Sep 14 - General meeting, SOHO office

Sep 25 - SOMD Cycling Competition, MD State Police Driving Training Center, Sykesville, MD

Sep 25 – SOMD Level 1 Golf Competition, Blue Mash GC

Sep 26– SOMD Levels 2-5 Golf Competition, Compass Pointe GC

Oct 1 – Winter Sports Registration Forms mailed

Oct 12 - General meeting, SOHO office
Oct 23 - SODE Volleyball Competition
Oct 23 - SOMD Fallfest Competition, Mt Saint Mary's University, Emmitsburg, MD
Oct 24 - SOMD Soccer Competition, Salisbury, MD
Nov 5 - SOHO Dance
Nov 7 - Bowling Practice Begins
Nov 9 - General meeting, SOHO office
Dec 4-5 - SOMD State Bowling Competition, Gaithersburg, MD
Dec 8 - Basketball Assessments
Dec 14 - General meeting, SOHO office
Calendar Year 2011
Jun 25-July 4 - World Summer Games, Athens, Greece

OFFICE INFORMATION

Mailing Address:
Special Olympics Howard County
5:00
8970 Route 108 Suite A1
Slifker, at adeleslifker@hotmail.com
Columbia, MD 21045
other hours.
410-740-0500
410-740-2388 (fax)
info@somdhc.org
<http://www.somdhc.org>

Office Hours:

Monday 8:30 - 5:00, Thursday 8:30 -

or email our office manager, Adele

to arrange for a pickup or drop-off at

Directions to Office:

Take Route 29 to Route 108 East, pass through two lights (2nd one is at Red Branch Rd), after Red Branch Rd take the third left turn into Oakland Center Business Park, go 100 feet, make right turn and immediately on left is the SOHC office (where there are six parking spaces and you will see the SOHC sign. Our building # is 8970, Suite A1.

SOHC POINTS OF CONTACT

Executive Management Team
Director - Bob Baker, bobbaker@somdhc.org
Asst. Director - Marilyn Miceli, marilynmiceli@somdhc.org
Fundraising Director - Allan Waschak, allan@allanhomes.com
Public Relations Director - Diane Mikulis, dianemikulis@verizon.net
Management Team (Exec Members plus:)
Volunteer Coordinator - Beth Greenberg, bjb410@comcast.net
Unified Sports Coordinator - Cara Gregg, clgregg@gmail.com
Competition Coordinator - Abby Penenburgh, abby.penenburgh@fiserv.com
Finance Coordinator - Wayne Luoma, wluoma@verizon.net
Outreach Coordinator - Gena Luoma, gluoma@verizon.net
Office Manager - Adele Slifker, adeleslifker@hotmail.com
Family Coordinator - Barbara Stewart, Stewgarden@aol.com

Athlete Representative - Nick Stewart, captainlikessportsmanship7277@hotmail.com
Special Events Coordinator - Jen Perry, JPerry1228@aol.com
Medical Coordinator - Rosemary Gruss, rosemary.gruss@hotmail.com
SOMD District Director - Katie Shannon, kshannon@somd.org

Individual Sports Coordinators

Alpine Skiing - Clare Colleli, cc@djhpm.com and Mike Harding, harding64@comcast.net
Aquatics - Allan Waschak, allan@allanhomes.com
Aquatics Skills - Marianne Otto-Smith, mottosmith@verizon.net
Athletics - Joe Bobinski, bobskibum@aol.com and Tracey Eberhardt, traceyeberhardt@verizon.net
Athlete Congress Parent Representative - OPEN
Basketball Skills - Lavonne Smith, lavonne_smith@hcpss.org
Basketball 3x3 Development - Dave Donovan, thedonovans5@verizon.net
Basketball 3x3 - Phil Swanson, swansonp@cdpotomac.com and Therese Dalrymple, Tada75td@aol.com
Basketball 5x5 - Jim Bourdon, jbourdon@verizon.net
Bocce - Karen Thiem, kthiem@verizon.net
Bowling - Sandy Schoenbrodt, TheSchoenbrodts@verizon.net, Assts. Amy Korman akorman@verizon.net, Pat Condron, Mi0821ke@yahoo.com, Sheila Dwyer, sdwyermd@verizon.net
Cheerleading - Mike Peter, navydude1@verizon.net
Cross Country Running – Ann Worley, annworley@comcast.net
Cross Country Skiing - Byung and Young Ahn, byungahn1@msn.com
Cycling - Cheryl Decker, ZachandCheryl@verizon.net
Equestrian - Susan Buningh, sohcequestrian@hotmail.com and Marianne Otto-Smith, mottosmith@verizon.net
Flag Football - Kim McKay, themckayfamily@verizon.net and Jan Ulrich, frontline@comcast.net
Golf Skills - Cindy Vidmar, vidgang@msn.com
Golf - Howard Mooney, mooneyfamily1@aol.com and John Stapleton, jstapleton17@verizon.net
Motor Activities Training Program (MATP) - Gena Luoma, gluoma@verizon.net and Jen Perry, JPerry1228@aol.com
Powerlifting - Bill Long, blong716@aol.com
Snowshoeing - Peggy Baker, pegandbobbaker@verizon.net
Soccer Skills – Ginny Geis, Bsktginny@aol.com
Soccer Emerging Level Team – Ann Scholz, annscholz@comcast.net
Soccer Low Level Team – Cara Gregg, clgregg@gmail.com
Soccer Mid Level Team – Cheryl Kemp, clkemp77@gmail.com
Soccer Unified Team – Cara Gregg, clgregg@gmail.com
Softball Veteran Team - Linda Rothfield, lindarothfield@comcast.net
Softball Rookie Team - Linda Pinos, linda.pinos@yahoo.com
Tennis - Sonal Parikh, sonalparikh1@gmail.com
Volleyball - Russ Young, rustace@comcast.net
Webmaster - Frits Buningh, fbuningh@hotmail.com, Ryan Palm, ryan.palm@gmail.com

SPECIAL OLYMPIC LINKS

Special Olympics National/International - <http://www.specialolympics.org>

Special Olympics Maryland - <http://www.somd.org>

Special Olympics Howard County - <http://www.somdhc.org>

Special Olympics Howard County Photos - <http://somdhc.smugmug.com/>

Best Regards,
Bob Baker, parent
Director

Marilyn Miceli, parent
Assistant Director

NOTE: If you'd like to be removed from this mailing list simply reply with REMOVE in the subject.

"Special Olympics Maryland, Inc is a 501(c)(3) nonprofit organization - donations to which are tax deductible to the fullest extent allowed by law"