



E-NEWSLETTER

AUGUST NEWS

What is Our "Run, Walk 'N Wheelathon" Program?

After years of persistent knocking at the doors of racetrack administrators and promoters, in 2009 Ida Cahill was successful in scheduling two "Run, Walk 'N Wheelathon" events, held in conjunction with IndyCar race weekends. Proceeds of our Run, Walk 'N Wheelathon fundraisers are earmarked for paralysis research, helping the almost six million people in the United States who have some form of paralysis. The local money raised is distributed to hospitals and research centers in the area.

Over 400 runners, walkers and wheelers joined the Sam Schmidt Paralysis Foundation and Shoot For A Cure Moto Sport at the first Run, Walk 'N Wheelathon in Toronto, Ontario Canada in July, 2009. Approximately \$12,000 was raised while uniting various organizations, who together are working to find a cure for paralysis. The inaugural event was so well received that it was repeated at Infineon Raceway in Sonoma, California in August of 2009, again in cooperation with Shoot for a Cure Moto Sport.

This year a Run, Walk 'N Wheelathon event was held in conjunction with the Honda Grand Prix IndyCar race in St. Petersburg, Florida in March, again in cooperation with Shoot for a Cure Moto Sport and welcoming the Challenged Athletes Foundation of Florida and the Embracing Florida's Wounded Heroes organization. Runners from local clubs, athletes, families and supporters were excited to follow the same course used for the weekend's IndyCar and Indy Lights races. The event was followed by an outdoor party including photo ops with race drivers and celebrities. In July we sponsored Run, Walk 'N Wheelathon events in conjunction with IRL races in Toronto and Edmonton. Both events were deemed very successful. We hope to expand the Run, Walk 'N Wheelathon program in 2011.

Everyone who runs, walks, wheels or volunteers for our Run, Walk 'N Wheelathons has a great time. These events are successful in terms of fundraising as well as media exposure for the Sam Schmidt

Enhancing Quality of Life

The Sam Schmidt Paralysis Foundation is committed to curing paralysis. Until that day comes, the Foundation supports organizations that benefit the disabled. We received these messages of thanks for recent Quality of Life Grants.

From Jim Graham at RHI: "Through a grant from the Sam Schmidt Paralysis Foundation, the Rehabilitation Hospital of Indiana Sports Program in Indianapolis, IN was able to purchase a youth "all court" wheelchair for the RHI Mini Pacer Basketball team. The RHI Sports Program provides both competitive and recreational sports opportunities for individuals with physical disabilities and our youth teams are the fastest growing segment of our program. The grant from the SSPF enabled us to purchase this chair that can cost up to \$2,500, beyond the reach of many families. The chair will be passed on to future Mini Pacer participants and can also be used in our youth tennis program."



*Thank you from the RHI Sports Program!!
++++++*

*From Kim Severs, Operations Director,
The Adaptive Sports Foundation*

"Your generous support of the Women's Support Our Troops event in June, 2009 helped the Adaptive Sports Foundation bring this event to Army Sergeant First Class Diane Cochran at no cost. Sergeant Cochran was injured in Iraq when the ambulance she was riding in to transport a five year old boy to the hospital was blown up. She suffers from a spinal cord injury as well as visual problems as a result of the bombing.

Diane Cochran writes, 'I would like to thank the Sam Schmidt Foundation for making it possible for me to attend a weekend with the Adaptive Sports Foundation this past June. It was awe inspiring to be in the presence of such strong women. I can't tell you what the weekend truly meant to me. Nor can I fully express the lasting effect it will have on my recovery. Thank you so much.'

The remainder of the funds awarded ASF by the Sam Schmidt Paralysis Foundation

Paralysis Foundation, and also provide positive PR for racetracks and racing promoters. For more information, contact special event organizer Cindy Norton, cnorton@samschmidt.org.

Photos from previous Run, Walk 'N Wheelathon events



Run, Walk 'N Wheelathon Toronto 2010



Run, Walk 'N Wheelathon Edmonton 2010



Run, Walk 'N Wheelathon St. Petersburg 2010



Run, Walk 'N Wheelathon Sonoma 2009



Sam with a few of the participants; RWW Sonoma 2009

will be used to bring two injured Wounded Warriors to our August Watersports Festival. Thanks for your generous support!"



Women's Support Our Troops Event

Americans with Disabilities Act: 20 Year Anniversary

It's been 20 years since the Americans with Disabilities Act ("ADA") became the law of our land. Before then, individual states mandated rules such as cut curbs, building access and transportation, which resulted in wide variations. You never knew what to expect.

Effective accessibility laws have enabled people in wheelchairs to become a part of our society. Prior to ADA, sidewalks were a barrier for people in wheelchairs; restaurants, movie theaters, symphony halls, sports venues were all places people simply could not go and, if they tried, now on earth would they use a restroom?

ADA made it possible for the best and brightest of our citizens who happen to be in wheelchairs to reach their full potential as leaders in business, politics, sports and entertainment. And ADA made it possible for the rest of us to enjoy life with special friends, family and co-workers. The Sam Schmidt Paralysis Foundation funds accessible playgrounds so children, parents and grandparents can all simply enjoy afternoon of fun together.

In the last 20 years, the Internet has made it possible for people to network on the subject of spinal cord injury, share ideas, plans and goals. In the last 10 years, the Sam Schmidt Paralysis Foundation has become a leader in the charge to cure paralysis.

"All of us at the Sam Schmidt Paralysis Foundation believe there is a cure for paralysis and are working diligently toward that future. Your donations, prayers and good wishes will help us achieve our goal. Together we can get it done!", commented Ida Cahill, president/CEO of the Foundation.

Now, there's no stopping those of us who believe that a cure for spinal cord injury within our lifetime is not a dream but a certainty. The Americans with Disabilities Act not only opened the door, but ensured that it was wide enough for a wheelchair. We salute the people who made those first victories happen and vow to continue their work as long as it takes.

Help Us Help Them

SSPF is committed to curing paralysis. Until that day arrives, the Foundation supports organizations that benefit the disabled. As detailed elsewhere in this e-newsletter,

- A recent donation from SSPF enabled the RHI Sports Program to purchase a youth all-court wheelchair, which will be used by children for many years. The benefits of participation in organized youth sports include a lifetime of better health, socialization and learning.
- A donation from SSPF enabled a US Army veteran who had sustained a spinal cord injury in Iraq to attend a weekend adaptive sports event which, she says, had a lasting effect on her recovery.

In tangible ways such as these, your donation will make a dramatic impact in improving the quality of lives for the many people living with paralysis.

Donations can be mailed in, called in, or via PayPal through the Donate buttons on our website's Home Page and our Facebook page.

Feedback from Day at the Races, Iowa Speedway 2010

We were pleased to learn that the Pella Chronicle featured a story about our recent Day at the Races event at Iowa Speedway in Newton, as follows:

"An invitation was recently extended to six gentlemen and two staff from the Christian Opportunity Center by the Sam Schmidt Paralysis Foundation (SSPF) to attend "Day at the Races" at the Iowa Speedway in Newton. The day included lunch in the Andretti hospitality tent as well as the opportunity to meet drivers and crew members from several well known racing teams. With the warning of 'Don't touch

Upcoming Events

August:

- 8/21: Day at the Races, Sonoma, CA
- 8/28: Day at the Races, Chicago, IL

September:

- 9/3: Day at the Races, Sparta KY

October:

- 10/2: Day at the Races, Miami, FL

November:

- 11/5: 5th Annual Racing to Recovery Golf Tournament, Las Vegas, NV

Visit our website for information on how to register for any of these events, or call the Sam Schmidt Paralysis Foundation at 317-236-9999.

the cars!' the group was given a tour of the Iowa Speedway and they were able to get close to many of the race cars. This incredible opportunity was made possible with the help of Mike Olson of US Bank in Pella and Cindy Norton, special events coordinator for the Day at the Races event."



Some of our guests and staff from the Christian Opportunity Center

2011 Calendar

The 2011 Racing to Recovery calendar will be coming out soon! Stay tuned for details on how to order yours. Don't forget; you'll need them for home, office and holiday gifts. You can help us lead the charge to cure paralysis, while showing your appreciation of great racetrack action. Indycar rules!

Our mailing address is:

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