

Thunder Newsletter



Club Introduction

Rolling Thunder Special Needs Program is one of the first inclusive running clubs in the USA for all athletes. Founded in 1998 by Steve Cuomo, the Rolling Thunder Special Needs Program (RTSNP) is a one of a kind nonprofit (501c3) organization dedicated to providing challenged individuals with the opportunity to successfully participate in all levels of mainstream running, walking, or wheelchair racing. We are a member of Long Island Track and Field, and its parent organization, USA Track and Field.

What else makes Rolling Thunder unique? The entire family can exercise and improve their physical fitness at the same time in the same place! Several families are members of Rolling Thunder Special Needs Program. Parents and siblings of challenged individuals become acquainted, share experiences, and may become great friends..

Mission Statement

Rolling Thunder was established in November 1998. We are a non - profit organization set up to mainstream athletes who are developmentally disabled or have other special needs. We are a running and walking club set up specifically for these athletes. We stress important values; such as, Courage, Honesty, Integrity, Responsibility, Persistence and Loyalty. These are all qualities that are needed to be successful in life. Our goals are simple; Inclusion, Independence and Choice. Through running, we hope to build up the athletes' confidence and self - esteem. This will enable them to become more independent in their everyday lives and improve the quality of their lives. We achieve this through participation in mainstream running and walking events. We are the first club set up with these purposes in mind. We are members of USA Track & Field. There is no charge to our athletes. The organization covers athletes' expenses from shoes and clothing to race entries, association memberships, transportation, and anything else required for their participation in these event

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Athletes Corner

Lilly Stiernagle, Rolling Thunder Athlete

Lilly is 15 years old, and from Easton Minnesota. She is going into 10th grade at Maple River high school. She was born with class 4 PFFD. She has been a part of the rolling thunder team for almost 2 years. "I heard about the team from Mark and have been a part of it ever since. I wanted to be a part of this team because I wanted to do better on my school's track and field team. My favorite part of the rolling thunder team is my teammates and my coach. I want to be in the Paralympics someday. I look up to my track coach Mark Braun and Rose Hollermann. I look up to Mark because he is fast and good at track and I remember when I was younger watching him practice at the track. I look up to Rose because I watched one of her track meets when I was younger and I wanted to be just like her." Some fun facts about Lilly is that she is the only girl athlete (wheeler) on the Rolling Thunder team (so far), and she also does the 100-meter dash, the 200-meter dash, the 800-meter run, and shot put.

"To be number one, you have to train like your number two."

-Maurice Greene

Coaches Corner

Judy Scheerer, Asst. Team Manager

Judy Scheerer has been with the program since it began in April 2016. She has been a key team member to the team and organization. Without her support and organization, it would be very difficult to keep the team going as it progressively grows today. Judy has shown what it takes to be dedicated asst. team manager to the team and organization. Judy has been there at every practice doing task such as checking in athletes, taking attendance and multiple other task. "Judy has sometimes gone above and beyond to help the club out. We would miss Judy if she wasn't with our club. Thank you for your continued support to Rolling Thunder Special Needs Program." – Coach Braun

Adaptive Sports USA Junior Nationals

Brief Adaptive Sports USA History....

Adaptive Sports USA is a 501(c)3 nonprofit organization. Founded in 1956, Adaptive Sports USA is a national leader in promoting active, healthy lifestyles for youth and adults with a disability. The organization is a gateway to sanctioned regional and national competitions and provides access to global opportunities for its members through its role as the only United States member of the International Wheelchair and Amputee Sports Federation.

Adaptive Sports USA Mission Statement

To engage, evolve, and empower individuals with a disability to be involved in adaptive sport through education, coaching and advocacy.

By creating a community outreach program, we increase opportunities for individuals with a disability and are a gateway to regional, national and international multi-sport competitions.

As of Today, 2017....

Rolling Thunder Special Needs Program | Minnesota Chapter has 4 athletes going to Adaptive Sports USA Junior Nationals 2 out of 4 athletes will be competing. We want to wish Lilly Stiernagle and Macario Palomares a fun and successful national. Going with those athletes will be a coaching staff consisting of Claire Braun, Club President & Team Manager and Mark Braun, Head Wheelchair Coach. Good Luck Rolling Thunder Special Needs Program | Minnesota Chapter.



Want to Volunteer Coach, Join Us

Ever thought about being a volunteer? What about coaching? Need volunteer hours?

Well here is your opportunity in becoming a volunteering coach with the Rolling Thunder Special Needs Program | Minnesota Chapter. We are seeking for volunteers that are committed in help those that want to achieve their dreams through athletics and build the core values through athletics and everyday life.

Don't have experience? Never worked with someone with a disability?

Don't worry, it's as simple as we have people that will work with you in educating and training you on how to work with those that have a disability. No special qualifications to work with our program. Just come prepared to work hard and have fun.

Contact Us

If you would like to work with our program please contact Claire Braun | Club President at mninfo@rtsnp.org or at 763.742.3286 or Mark Braun | Head Wheelers Coach at nationalathletereprerentative@rtsnp.org or by phone at 763.592.9049

USATF Minnesota Summer Meet #2 Recap

On Tuesday June 27th, 2017, Rolling Thunder athletes could attend and compete at the USATF Minnesota Summer Meet #2 out of 5 meets held throughout the summer. Here is a recap of USATF Meet #2. Zachary PR's in the 100m going from a 15.98 to a 15.80. Zachary has set a first time 400m time outdoors. Brian has PR's in the 100m going from a 20.40 to 18.06. Brian has PR's in the Shotput going from a 5.27m to 4.46m. Victoria has PR's in the 100m going from a 25.20 to 24.08. Lilly has set a first time 400m time outdoors. Sebastien has PR's in the 100m going from a 22.09 to 21.61. Sebastien has set a first time 400m time outdoors. Macario has PR's in the 100m going from a 29.99 to 28.17. Macario has set a first time 400m time outdoors

THUNDER Corner

Rolling Thunder Board of Directors would like to recognize athletes and their accomplishments, whether that be Hitting a standard, setting a Season Best, hitting a Personal Record in a Track Meet or Simply showing the core values of the program such as Courage, Honesty, Integrity, Responsibility, Persistence and Loyalty.

Zachary Rice
Personal Best
100m|15.80
400m|1:22.61
Long Jump|4.30m

Brian MacIntyre
Personal Best
100m|18.06
Shotput|4.46m

Victoria Palomares Personal Best
100m|25.20
400m|2:17.23

Lilly Stiernagle
Personal Best
100m | 28.74
400m | 1:57.66

Sebastien Augustin
Personal Best
100m|21.61
400m|1:16.27

Macario Palomares
Personal Best
100m|29.99
400m|1:53.68
Discus|8.25m

Rolling Thunder Special Needs Program Inc.

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Find us on the Web:
www.rtsnp.org/minnesota.htm



Upcoming Practices

For parents that are not aware, we are not inside anymore we are now outside, YAY!!
Minnetoka High School
18301 MN-7
Minnetonka, Minnesota 55345
Sunday July 9th, 2017| 6:00 PM – 8:00 PM
Sunday July 16th, 2017| 6:00 PM – 8:00 PM
Sunday July 23rd, 2017| 6:00 PM – 8:00 PM
Sunday July 30th, 2017| 6:00 PM – 8:00 PM
Sunday August 6th, 2017| 6:00 PM – 8:00 PM
Sunday August 13th, 2017 | 6:00 PM – 8:00 PM

Upcoming USATF Minnesota Summer Meet & Track Meets, 5K and Marathon Races

Tuesday, July 11, 2017 | USATF Minnesota Summer Track & Field Meet #3, St. Louis Park High School, St. Louis Park
Saturday, July 15th, 2017 – Saturday, July 22nd, 2017 | Adaptive Sports USA Junior National, Middleton, Wisconsin USA
Tuesday, July 18, 2017 | USATF Minnesota Summer Track & Field Meet #4, East Ridge High School, Woodbury
Tuesday, August 1, 2017| USATF Minnesota Summer Track & Field Meet #5, St. Louis Park High School, St. Louis Park

Rolling Thunder Special
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[Recipient Name]
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[Address 2]
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