

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



Brian MacIntyre, Rolling Thunder Athlete

Brian is 26 years old, from Mounds View, Minnesota. He was born with FAS (Fetal Alcohol Syndrome). He has been with the track club for almost 2 years and is still currently running with the club. "I wanted to join the track club because it sounded fun, and it gave me something to do like run, which I very much like to do". "My favorite part about being on the track club is I get to make new friends and hangout with my teammates". "I look up to my brother Mark Braun, my mother Claire Braun, and Coach Rob, these people help me to be successful in one way or another, without them I wouldn't be as successful as I am today". "Brian has made big stride since joining the track club and hitting Personal Records and beating his own personal records he has set previous times" – Coach Braun. Brian will continue to showcase his talent and skills. He will grow over the course of being within our track club. He can be a great leader and helper to other new upcoming athletes, coming into the club.

"When you envision yourself doing something, you'll be surprised at how much that helps you to actually do it." - Selim Nurudeen

Coaches Corner

Rob Wills, Throws | Strength & Conditioning Coach

Coach Rob is a Paralympian Weightlifter. He has been with the club for little over a month. "First time I met with Coach Rob was at a local store. As I was wheeling down the hall he and ran into each other as he was just coming out of a shopping store and we started connecting. Instantly I knew he would fit within our track club". – Coach Braun. Coach Rob serves as

our Throws | Strength & Conditioning Coach. He is a vital importance to our athletes as he works with each athlete to build up strength and conditions them to be ready for the next track competition and or season. Without Coach Rob, it would be impossible to do everything we are currently doing now. He has been a big impact to our track club. We thank Coach Rob for the work he has and is currently doing for the Track Club.

USATF Minnesota Summer Meet #3 | 4 Recap

USATF Minnesota Summer Meet #3 Brief Recap....

On Tuesday July 11th, 2017, Rolling Thunder athletes could attend and compete at the USATF Minnesota Summer Meet #3 out of 5 meets held throughout the summer. Here is a recap of USATF Meet #3. Zachary Rice has set a first-time discus throw distance. Brian MacIntyre PR's in the 100m going from 18.06 to a 17.40, Brian MacIntyre PR's in the 400m going from 1:04.64 to a 44.40, Brian MacIntyre PR's in the Shotput going from 4.46m to 4.37m, Brian has set a first-time discus throw distance. Victoria Palomares PR's in the 100m going from 24.08 to a 23.21, Victoria Palomares PR's in the 200m going from 1:00.46 to a 57.014, Victoria Palomares has set a first-time shotput and discus throw distance. Jennifer Braun has set a first-time shotput and discus throw distance. Sebastien PR's in the 100m going from 21.61 to a 19.66, Sebastien PR's in the 100m going from 1:03.24 to a 39.00, Sebastien set a first time 800m outdoors time. Macario Palomares PR's in the 100m going from 29.99 to a 27.87, Macario Palomares PR's in the 200m going from 1:00.03 to a 57.54, Macario Palomares PR's in the 800m going from 4:13.78 to a 4:00.70. Macario Palomares PR's in the shotput going from 3.51m to a 3.55m.

USATF Minnesota Summer Meet #4 Brief Recap....

On Tuesday July 18th, 2017, Rolling Thunder athletes could attend and compete at the USATF Minnesota Summer Meet #4 out of 5 meets held throughout the summer. Rolling athlete have been successful in setting PR's this summer session of USATF Summer Meets. Congrats to Zachary Rice, Brian MacIntyre, Victoria Palomares, Jennifer Braun, Macario Palomares for a successful USATF Minnesota Summer Meet #4 and overall summer season.



Adaptive Sports Junior Nationals Recap

Adaptive Sports USA Junior Nationals was a big success for Rolling Thunder athletes Lilly Stiernagle and Macario Palomares. Both athletes were able to successfully set a Personal Record in their events that they participated in. Lilly Stiernagle in the 100m (original time of 28.74) to a PR time in the 100m(25.25), 200m(original time of 57.20) to a PR time in the 200m (52.58), 400m(original time of 1:57.66) to a PR time in the 400m(1:52.72). Macario in the 100m(original time of 29.99) to a PR time in the 100m(27.13), 400m(original time of 1:53.68) to a PR time in the 400m(1:16.27). Adaptive Sports USA Junior Nationals is the first time for Rolling Thunder Special Needs Program Inc. | Minnesota Chapter. "If it weren't for the dedicated parents to travel and transport their son or daughter so they could participate is such a great event, it would be entirely impossible for these athletes to compete and showcase their talent and skills" – Coach Braun. Congrats to all athletes that participated in this year's junior nationals in Middleton, Wisconsin. Junior nationals were a success for Rolling Thunder Special Needs Program Inc | Track Club. Big thanks to the coaches that attended junior nationals "Coaches are a vital key to an athletes' success, without these coaches' athletes wouldn't have the discipline and or guidance to help them be successful and make good decisions. That part of our mission statement and defines our track club.

Want to Donate? Let Us Tell You How!

Interested in donating to Rolling Thunder Special Needs Program Inc. | Minnesota chapter. Go to our website at <http://www.rtsnp.org/minnesota.htm>. Click the donate button. If you would like to directly donate to the Minnesota Chapter contact our local office at mninfo@rtsnp.org one of our representatives will contact you back.

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 Record
100m |15.80
Discus |10.08m
Shotput |4.09
Long Jump |3.05m

Brian MacIntyre
Personal Record
100m |17.40
200m |44.40
Shotput |4.25
Discus |11.35m

Victoria Palomares
Personal Record
100m |23.21
200m | 57.14
Shotput |6.32
Discus |16.44m

Jennifer Braun
Personal Record
Shotput |1.83m
Discus |5.03m

Lilly Stiernagle
Personal Record
100m | 26.26
200m | 52.58
400m | 1'52.72
Shotput | 3.9m

Sebastien Augustin
Personal Record
100m |19.66
200m | 39.00
800m |2:47.07

Macario Palomares
Personal Record
100m |27.03
400m |57.54
800m |4:00.70
Shot Put |4.73

Rolling Thunder Special Needs Program Inc.

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mninfo@rtsnp.org

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



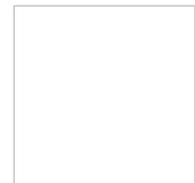
Rolling Thunder Special Needs
Program Inc.
5308 Clifton Drive
Mounds View, MN 55112

Upcoming Practices

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
Sunday August 20th, 2017 | 6:00 PM – 8:00 PM
Sunday August 27th, 2017 | 6:00 PM – 8:00 PM
Sunday September 6th, 2017 | 6:00 PM – 8:00 PM
Sunday September 13th, 2017 | 6:00 PM – 8:00 PM
Sunday September 17th, 2017 | 6:00 PM – 8:00 PM
Sunday September 24th, 2017 | 6:00 PM – 8:00 PM
Sunday October 1st, 2017 | 6:00 PM – 8:00 PM

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

Tuesday, August 1, 2017 | USATF Minnesota Summer Track & Field Meet #5, St. Louis Park High School, St. Louis Park



[Recipient Name]
[Street address]
[Address 2]
[City, ST ZIP Code]