

Special Olympics B.C. – Burnaby Local
"Let me win, But if I can't win, Let me be brave in the Attempt"



June 2006
Volume 3
Jim Wong – Event reporter

**Special Olympics BC Track Meet -
June 10, 2006**

The Special Olympics British Columbia (SOBC) Track and Field Event was hosted by the Richmond Local at Minuro Park on June 10, 2006. The weather was a perfect blend of clouds with sunny breaks, ideal for athletes competing in the different races. Over 230 athletes from around the province representing 16 Locals participated in the track meet.

The annual meet brings athletes together for friendly competition in many running events (100, 200, 400, 800, 3000 and 5000m), shot put, and long jump.



Spectator stand was filled with athletes, coaches, volunteers, family and friend who came out to enjoy the competition

The Track and Field Meet was organized by Event Co-Directors, Gerry Daragomir and Jane Cougal. Daragomir, an avid race walker, has coached both able bodied and special needs athletes and has a particular fondness for the Special Olympians. He notes that "the athletes really help puts things in perspective, and I have gained much from their mental attitude and enthusiasm". Daragomir further notes, "I have gained as much if not more from the athletes. they are really the *best coach* one can have in life!"



Event Co-Director. Gerry Daragomir



Some of the Burnaby Local Special Olympians, (L to R) Ernie Gaudet, Dominic Inacio, Ken Windsor, Warren Jones (rear), Christopher Mitchell, Lyle Torgensen, David Wong, Aaron Schlogl, Sammy Langthorne and Matthew Wong

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While the annual track meet brings together the athletes for friendly competition, it also provides great opportunities for the athletes to make new friendships and to strengthen existing ones.



Rene Girard from the Coquitlam Local is seen here helping fellow athlete Aaron Schlogl from the Burnaby Local



Howard Hicks, also from the Coquitlam Local joins Aaron and Rene for a friendly photo shot



Burnaby Local Athletes Ken Windsor and Ernie Gaudet

Burnaby Athlete Windsor noted his favorite event is the "shot put", while Gaudet really enjoys the running events and especially "enjoys the support he gets from family and friends".



Langley Athlete Donny Berry

Berry, sporting new shorts this year, competes in the 100m, shot put and standing long jump, really enjoys the annual track meets and notes that it is "really fun".

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Burnaby athlete Brigette Colvin participates in the 200m race

Mitchell has qualified and will be representing the Burnaby Local later this year in the National Competition in Winnipeg.



Warren Jones heaves the shot put as his Burnaby teammates cheer him on.



Burnaby Athlete Eslie prepares for the 200m race



Lyle Jorgensen warming up in the shot put event. He later "shot putted" his personal best.



Burnaby Athletes Christopher Mitchell (far left) and Warren Jones (third racer) prepares for the 800m event (which Jones placed 1st)



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Jason also from the Burnaby local takes a turn at the shot put event.



Winner of 800m (L-R) Warren Jones 1st place (Burnaby), Chris Hamilton 2nd place (Abbotsford), and David Wong 3rd place (Burnaby)



Super volunteer Burnaby Board Member Rowena Schlogl is the events official timekeeper, is seen here recording race times from other volunteer timekeepers



200m Ladies event winner (L-R) Caroline Anderson (coach for Heather), Heather Champion 2nd place – (Richmond) Marlene Gough 3rd place (Surrey), and Terry Carelius (Victoria)

Heather Champion, appropriately named is a blind athlete representing the Deaf and Blind Services Society of Richmond. Anderson, her "seeing eye coach" assisted Champion run the race by providing directional sound throughout the course. According to Andersen, she just cheers Champion on so knows which direction to run. Amazing work ladies!



200m winners (L-R) Ray Lappailangen 1st place (Nanaimo), Chris Roberge 2nd place (Comox Valley) and Alexander Singh 3rd place (Surrey)



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200m event winners (L-R) Clayton Helmsey 2nd place (Victoria), Adam advulaat (1st place (Coquitlam) and David Wong 3rd place (Burnaby)



100m event winners (L-R) Ernie Gaudet 3rd place (Burnaby), Jeremy Cheunie 1st place (Victoria) and Magnus Batane 2nd place (Richmond)

Katie Little from the Burnaby Local (3rd racer from left) participates in the 200m race



200m winners John Faulker 1st place (Victoria), Albert Yuen 2nd place (Surrey) and Aaron Schlogl 3rd place (Burnaby)

.....and places 2nd in the event.. Way to go Katie!



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Burnaby Athlete share a light moment prior to the Long Jump event. (L to R) David Wong, Matthew Wong, Ken Windsor, Warren Jones, and Dominic Inacio.



Dominic Inacio takes a flying leap at the long jump event



Ken Windsor participates in the long jump event and delivers a fabulous jump



400m event winners (L-R) Sammy Langthorne 1st place (Burnaby), Brad Smith 3rd place (Delta), and Ernie Gaudet 2nd place (Burnaby)



200m winners (L-R) Sammy Langthorne 1st place (Burnaby), Ryan Jeklin 2nd place (Richmond) and Tyler Yuen 3rd place (Richmond)



Ernie Gaudet with Assistant Coach (Track and Field) Orville Godden

Godden, who hails from Jamacia has coached track and field for 3 years. He really enjoys working with the athletes, and sees improvements in many athletes each year. He particularly enjoys “the attitude of the athletes, as they strive to do their best”. Godden recounts the recent track meet in Kelowna where the athletes win or lose “always maintain their have-fun attitude”. “The athletes really help you put things into perspective”. Godden along with Burnaby Local Coordinator, and Head Coach Track and Field, Debra Colvin works with the

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athletes on a weekly basis to prepare for these events.



Constable from the Vancouver Police Department covers the event

The Track Meet also attracted special media attention from the VPD. They were seen covering the event. Perhaps they were recruiting for "special" constables!

By all accounts, the Track and Field event was an overwhelming success enjoyed by athletes, coaches, volunteers, family and friends. The weather was perfect, the events were well run and all the athletes had a great time.

Well done everyone!