



1770 W. Centennial Place, Addison, IL 60101
www.nedsra.org

Contact: Monica Del Angel, Director of Public Information 630-620-4500 x141; Cell: 224-578-2757
Marie Lazzara, Media Assistant, 630-400-3361

FOR IMMEDIATE RELEASE

NEDSRA Celebrates 30th Local Special Olympics Track & Field Meet

May 7, 2009, Lombard—NEDSRA (Northeast DuPage Special Recreation Association) encourages friends, families and visitors to cheer for athletes as they compete in NEDSRA's local Special Olympics Track & Field Meet. The event, which will be held from 8:30 a.m. to 3 p.m. on Saturday, May 16 at Glenbard East High School, 1014 S. Main St., Lombard, is marking its 30th anniversary.

"This event gives the athletes a sense of confidence and accomplishment," said Beth Corso, NEDSRA's Special Olympics Coordinator. "This is their chance to shine. So far, 194 athletes have registered."

Individuals of all ages with a mental disability will compete in the 25- and 100-meter walk, wheelchair races, 100-meter dash, the 200- and 400- dash, 4 X 100-meter relays, standing long jump, running long jump, a softball throw and the newest categories, the 800-meter race and shot put. Athletes who finish in the top three places of each event earn medals, while other participants receive ribbons of achievement.

Also on the playing field are "buddies" -volunteers who help athletes, Corso explained.

"They're basically guides, cheerleaders and assistants to the athletes for the day," she said. "In between an athlete's events, their buddy may take them to cheer on the other athletes."

Festivities and entertainment include face painting, carnival games, a performance by Train Company and a special dance routine by NEDSRA's energetic Pom Squad. The squad, comprised of girls with a mental disability ages seven to 18, have been practicing their dance routines together since early April. Squad members cultivate team spirit and act as goodwill ambassadors throughout the day.

Participation in this event is free, thanks to generous corporate sponsors: Brown's Chicken, Sandwiches and Catering of Elmhurst; Canon of Aurora; Semblex Corporation of Elmhurst; and Foresters. Other sponsors include Lombard Chamber of Commerce, Friends of Handicapped Children and local Lions Clubs, Kiwanis Clubs, Rotary Clubs and Knights of Columbus councils.

Volunteers are still needed. Those interested should visit www.nedsra.org or contact Beth Corso at 630-620-4500 for further details. Registration deadline is May 12.

ABOUT NEDSRA

Special Olympics programs for adults and children are offered through NEDSRA (Northeast DuPage Special Recreation Association) based in Addison. NEDSRA is a 501(c) (3) not-for-profit organization serving children and adults with disabilities in partnership with Addison Park District, Bensenville Park District, Butterfield Park District, Village of Glendale Heights, Itasca Park District, Lombard Park District, Medinah Park District, Oakbrook Terrace Park District, Village of Schiller Park, Village of Villa Park, and Wood Dale District. For more information, about NEDSRA programs for people with disabilities, visit our website at www.nedsra.org or call 630-620-4500.