

DPO eNews

Issue 6, post HTC/PTC news

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All information is subjected to change!

Important Dates and Times

January (Details TBD): Recruiting Party for HTC/PTC'10 (Deadline to turn in registration for next year is on 2nd week of October'09)

October 17th, 9am – 6pm: DeafNation Expo – DPO will have a booth.

All information is subjected to change!

DPO Chair's Message TIM KINDBLADE

This edition of the DPO eNews is focused on the outcome of our teams that participated in the Hood To Coast/Portland To Coast - read elsewhere in this newsletter for more details. We are very proud of our teams that successfully completed their relay races with hardly any mishaps – our crew thanks those that gave their feedback which will be used in the next race. I want to thank each and every one on the crew – all of us did their jobs and are treated equally. Not just any one person but all members of the crew did exceptional work. Without these dedicated individuals, DPO wouldn't have grown so much the past 10 years. Thanks!

With that said, I want to express my excitement for the rest of this year and this coming year for DPO mainly because we have some new ideas and events. New this “season” is we have added two sports to our sports umbrella – biking and kayaking. To build up interest in these two sports along with our running and walking, we have a booth at the DeafNation Expo. We look forward to meeting you at our booth. Check online for DeafNation registration information.

So, since we have 4 different sports under our umbrella (among others that will soon join us – rollerblading, hiking, etc), we decided to rename our organization and we would like to invite you to give your ideas on a name (one possible idea would be NW Deaf Fitness). There will be a flyer describing the details of the contest – please watch for it. You can also come by the booth and get more details and/or submit your ideas.

We also invite you to join our crew if you are interested in providing your time and energy with our various committees. We are also looking for new team members and volunteers for our various teams. Contact information is listed on our website or you can contact us at our Expo booth for more information or to sign up.

Keep fit and stay healthy!

HTC/PTC Results

HTC – Deaf Power Runners: Team#494 placed 239th out of 313 under Mixed Open. DPR finished in 30:37:25. First place team finished in 19:38:34 and last place finished in 36:08:33.

PTC – Deaf Power Walkers: Team#2205 placed 81st out of 114 under Mixed Open. DPW finished in 30:45:27. First place team finished in 22:39:38 and last place finished in 34:42:53.

Overview of Expenses for HTC/PTC

Final Overview of expenses for Hood To Coast/Portland To Coast '09

Registration for H2C/P2C event

H2C: \$1140.00 (fee split and paid for by 12 runners at \$95 each)

P2C: \$888.00 (fee split and paid for by 12 walkers at \$74 each)

Transportation

Rental for 4 van/SUVs: \$1680 (Paid entirely by DPO)

Gas Expenses for 4 vans: \$201 (Paid entirely by DPO)

Miscellaneous

Team shirts: \$647 (Paid entirely by DPO)

Supplies (includes LED Lights): \$197 (Paid entirely by DPO)

Campground fees: \$344 for 2 nights (Paid entirely by DPO and some outside volunteers).

Saturday BBQ dinners/Sunday light breakfast): \$323 (Paid by team members and volunteers at \$10 each)

Final expenses DPO paid: \$3392 roughly

Final expenses Runners/Walkers paid: \$95/\$74 (plus \$10 for BBQ/Breakfast)

Each team member could have been asked to pay at least \$140 in expenses plus registration fee \$74 or \$95 without DPO financial support. Not bad deal, right?!?

Our DPO crew worked hard to get donations and raise funds for vans, gas expense, team shirts, camp fees, and among others. It was not easy during this difficult economy situation but we were fortunate to be able to provide these things without adding to your cost to the great relay race event this year. We hope we will be able to continue provide the same to team members for next year and beyond. Big hand waving thanks to our Fundraising chair Teresa Finnigan. She did awesome job.

Some teams outside DPO are entirely funded by their company or organization. Some teams paid entirely by themselves. We are in between—team members paid the registration fee and DPO paid the rest and the most.

I am impressed of all team members and volunteers commitment to DPO. Your experience/effort/support is priceless. It would not happen without YOU.....

Running Team Comments

Well, this HTC was my first, and it was a blast! The camaraderie was great. One of my favorite memories was running up the hill of leg 29. 3 miles up, 3 miles down. I had told my van to just meet me at the exchange zone. Instead, they drove to the top of the hill, and held out a line of toilet paper so that I had to run through it as I crested as if I were running through a finish line! It was unexpected, but exactly what I needed as I started the descent. I may have looked tired by then, but I was laughing on the way down! HTC is definitely one race that I want to run again in the future!

-Myk

This was my first time participating in Hood to Coast as a part of the DPO team. I was impressed with the DPO's level of organization and preparedness. Hood to Coast is a massive undertaking and can be very exhausting, but what makes this such a visceral experience is having a close-knit, supportive and fun group of people to share the experience with. Thanks DPO!

-Devon

You guys were such an amazing team ! I'm already looking forward to NEXT YEAR's race! :)

I want to visit you guys when I visit Portland! :) Please keep in touch. :)

Happy running!

-Loren

"Hood to Coast is equally comparable to a marathon when it comes to endurance and persistence. However, it is 10 times more fun than running solo in a marathon!"

"Hood to Coast is a great opportunity to make friends with great runners!"

-Lindsay

It was my pleasure to help recruiting the girls to join the HTC DPO team. I immensely enjoyed the experience of being one of the runners for the largest relay race in the world. Wow! Two lessons learned for me is 1) longer distance (more than just 4.5 miles) and 2) uphill. These are my new goals to train for next year, hopefully.

Again, thank you!

-Sara Beth

Hood to coast relay race was the stairway to overcoming obstacles and making it to the finish line..

-Tara

To All seasoned H2C runners (and PTC walkers)!

Our team has been awesome especially with those that joined our team at last minute and/or with limited training. Great mind set and determination in completing all three legs (and two legs for walkers)! You guys ROCK, every one of you!! I think this year is one of DPO's best years for both teams with no serious mishaps....a zillion e-cheers to all of you AND to the CREW that made this happened – without our DPO crew, our teams would not have been a part of the Hood To Coast/Portland To Coast races and made it home in one piece!! I know there are always a few “ups and downs” in the organization but the Crew has shown its willingness to strive for improvements every year. *Hands wavin' in air*

-KatyBeth

HTC with Deaf Power Runners was a great adventure with wonderful, fitness focused people - Deaf, hard of hearing, and hearing. Our team was so cohesive; it is an experience I'll never forget.

-Amanda

To our running team, thank you very much for joining and supporting us to make our team very successful! Also, you made our team did awesome as this year is one of the DPO's best years without any problems! It was so amazing for us to finish the race from Timberline Lodge to Seaside! I always get goose bumps at the beginning and at the end of the race even I ran HTC nine times, but still! I am so looking forward to running HTC '10 for my tenth times and continues forever!

-Patrick Aka MrShineyhead

Walking Team Comments

Despite the aches, pains, blisters, crazy weather, and lack of sleep during the 2009 Portland to Coast (P2C), we made it to the Finish Line in 30 hours 45 minutes 6 seconds. For this achievement, I want to say it one more time to THANK all of you walkers for participating in the Relay last weekend, especially for those joined the team as replacements at the last minute (Rudi Rejholec, Huguette Boisvert-Kazen, Teresa Finnigan, and Sheena Rice). Thanks to Darcie LeMieux and Linda Schimel for timekeeping, and those of you brave souls for providing water to walkers, and taking pictures. I want to applaud you for your support, strength and courage, helping and comforting your fellow walkers.

Van 1: 138 Roadkills

Van 2: 106 Roadkills

Out of State Walkers

I thank Rudi Rejholec (Utah), Mark Mikkelson (Minn.), and Huguette Boisvert-Kazen (Wash.) for making their long trips to Oregon to participate the P2C with us. You did superb job walking in the dark (Rudi), walking on gravel roads (Mark), and walking alone in the rain (Huguette). That's great!!

Assistant Captain

Many thanks go to my assistant captain, Sandra Kindblade, who was in charge of Van 1, making sure her group remain hydrated and accident-free despite their lack of sleep during break. Good teamwork, Sandra!!

Drivers

Kudos to two wonderful full-time drivers, Tim Kindblade and Guy Pratt for keeping us safe while transporting us throughout the course routes day and night, set up "sardines camp" inside our vans, putting up light beacon/banner. You have kept your cool during those stressful times. Good job, Tim and Guy!!

Again for the Nth time, thank you for your hard work, patience, blood, sweat & tears for participating in the P2C Relay. Hope we will try again next year 2010.

Kindly Regards,

Rita Wallberg

2009 DPO Walking Team Captain

To all the DPO Volunteers and Committees, I would like to thank everyone for making this DPO "Portland To Coast" a success. Without you, this will never happen. As you all know this is my first time and I had the best time and lots of fun. It was soo good to meet all of the wonderful people on our DPO team. They made me very warm and welcome. We all did great!!!

Camping was a lot of fun and I love those Crablegs. Mmmmmm. I'm happy that everything went very smoothly during our 3 day events.

-Mark

I would like to thanks to all wonderful volunteers, thanks to Mark for all cooking BBQ meats. Thanks to Jennifer, Patti and Del to set up the food. Thanks to Teresa for good plans for camp dinner and breakfast. Thanks to Joe for delicious crabs and polish dogs. Hope he feel better. Thanks to volunteers for setting up the tents, they did a good job and support all of us. Thanks to Kathy for donation us for waters. Any else to add if I forgot.

-Rita and Sandra

Congratulation to DPO runners made it and safe. Linda and I worried abt runners since it was so late till my son Andrew text me around 530 or 6pm. We jumped and hugged for runner. Pah.

-Sandra

Post-Race Coordinator's message TERESA FINNIGAN
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I wanted to thank everyone who involved in helping set up tents, set up table, cooking bbq dinner and preparing breakfast for all of us walkers and runners, volunteers & drivers at the campground. Making campfires to keep us cozy and warm.

Thanks to our superb Chef Mark Rosenblume and his helper, Jennifer Hummel for their great job making great BBQ dinner and Pattie/Delroy Will amazingly prepared beautiful job on laying out food on table. Food were excellent!

Thanks to Joe and Terry DeCamp for providing us excellent dungess crabs and delicious meat

sausages. They were the best.

Thanks to Howard Hammel for being a good job supervising on campground for me while I was called for back up walker at the last minute.

Kudos to our wonderful massagers, Tish Randolph and Janice Justice for providing us their massage services. They were great!

I had a great time walking with you in Van 1. The second of 2 PTC legs were more toughest and challenger than in the past I was involved. I made it whew!. It was my 5th time for Portland to Coast. Thanks Tim Kindblade for being a good driver. Thanks to Sandra for being a good Captain assistant for our Van 1. All in all, it was a BLAST! Thank you everyone for making this happen in a safe, healthy & fullest fun event! Unforgettable moment!

Oh by the way, I love LOVE "smack" our DPO tshirt and design. Patrick Fischer did an outstanding job on designing. Thanks Katybath for giving us a good discount on really neat tshirts made by Nike!

Mae, I don't forget you.... you were in our high spirit! Love you!

-Teresa

Volunteer Coordinator's Report HOWARD HAMMEL

I want to give a big thank to team volunteers for their support and commitment to our two deaf teams. Without them, they would be disqualified! H2C/P2C required about every team to provide three volunteers to help make the race event going smooth as possible.

Volunteers are priceless to teams and to the H2C/P2C.

I am fortunate to have Kimm and Tish Randolph, Debra and Mike lackburn, Chris Balduc and myself. We were lucky to be assigned all together to the Finish Line at the beach for 4 hours from 1 pm to 5 pm. Our jobs were to hand bundles of shiny medals to the last finishers and fill cups of water and hand water to the finishers. We were witnessing their joys of making to the finish line. We were looking forward to our deaf running team that was supposed to arrive during our volunteer work. We completed our duty before they arrived. We were disappointed. :(Anyway, we were so happy our deaf teams made it! :)

Lost and Found

After the races were over we found a few things that needs a home...

One grey hat with NY logo

One sissors

One Headlight with red flasher in back

If any of the above belongs to you, contact the supply coordinator, Sandra Kindblade (see email below)

'09 Crew and their emails

Our WEBSITE: www.dprdpw.org

Captain – Walking: Rita Wallberg (yin-69-yang@hotmail.com)

Captain - Running: Patrick Fischer (idwiz@earthlink.net)

Supply Chair: Sandra Kindblade (Kindblade@hotmail.com)

Transportation Chair: Tim Kindblade (kindblad@teleport.com)

Safety Chair: Rita Wallberg (yin-69-yang@hotmail.com)

Camping Chair: Teresa Finnigan (teresa9093@comcast.net)

Volunteer Chair: Howard Hammel (hham76@gmail.com)

Design Chair: Patrick Fischer (idwiz@earthlink.net)

Webmaster: KatyBeth (kbant@yahoo.com)

Public Relations: Mark Rosenblume (mterpduff@yahoo.com)

Assistant Public Relations: Darcie LeMieux (asl3d@comcast.net)

Fundraiser Chair: Teresa Finnigan (teresa9093@comcast.net)

Treasurer: Howard Hammel (hham76@gmail.com)

Secretary: Linda Schimel (lindaschimmel@yahoo.com)

Assistant DPO Chair: KatyBeth (kbant@yahoo.com)

DPO Chair: Tim Kindblade (kindblad@teleport.com)

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