



## Ottawa Special Olympics

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### FOR IMMEDIATE RELEASE

## LACE UP YOUR RUNNING SHOES AND SHOW YOUR SUPPORT AT THE 2007 STEP OUT WITH SPECIAL OLYMPICS 5KM AWARENESS WALK

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**OTTAWA, ON (APRIL 19, 2007)** – On Sunday, May 13, 2007 lace up your running shoes and help support Special Olympics athletes in your community by participating in the annual **STEP OUT with Special Olympics 5km Awareness Walk**. Join the many athletes, volunteers and local citizens who will be walking together to help make a difference in the lives of hundreds of athletes living with intellectual disabilities in Ottawa.

With the help of the generous major sponsors of Special Olympics, *Kelly Santini LLP* and the *Ottawa Dragon Boat Foundation*, and walk sponsors, *Focus Eye Centre* and *Ottawa Flowers*, and continuing partnership with the *Running Room*, Ottawa Special Olympics is able to organize its second annual Awareness Walk to celebrate the spirit of Special Olympics athletes with the community.

“The Running Room is very proud to be involved with this event and of course we are thrilled to have the opportunity to work with these dedicated and exceptional athletes,” says Phil Marsh, Regional Manager, Running Room Canada. “To compete makes us all winners and these Special Olympic Athletes remind us all of the true meaning of sport and competition.”

The funds that are raised from **STEP OUT** registration fees and donations in support of Ottawa Special Olympics help support local sport programs through the purchase of new equipment, facility rentals, athlete travel costs associated with tournaments and competitions, including local, provincial, and national competitions as well as subsidize athlete registration fees.

“**STEP OUT** is an important event that provides an opportunity for everyone to join as a community to recognize and celebrate the athletic and personal accomplishments of Special Olympic athletes,” says Jean Traynor, **STEP OUT** Walk Director.

**STEP OUT with Special Olympics 5km Awareness Walk** begins with a check-in at 8:30 am before the walk which is scheduled to begin at 9:30 am with some special guest speakers on Sunday, May 13<sup>th</sup>, 2007. The walk follows the Ceremonial Loop both beginning and ending at Parliament Hill. For more information and to download a registration form for the walk, please visit [www.ottawaspecialolympics.org](http://www.ottawaspecialolympics.org).

### About Special Olympics

Special Olympics is a charitable, non-profit organization that provides sports training and competition opportunities for individuals with an intellectual disability.

The Ottawa District Community of Special Olympics Ontario has over 250 volunteers and over 500 athletes who participate in sixteen sport disciplines offered in 25 different sport clubs throughout the year. If you would like to learn more about Ottawa Special Olympics and how to become involved as an athlete or volunteer, please visit our Web site at [www.ottawaspecialolympics.org](http://www.ottawaspecialolympics.org) or call the Community Phone Line (613) 860.6184.