

My name is Kim Fontaine. I was a member of Team Manitoba that went to the Western Canada Summer Games for Special Olympics Manitoba, and here is my story.

We left Winnipeg at 6:10 am and arrived in Edmonton at 9:30 pm Edmonton time. We ate and ate and then ate some more when we got to Edmonton. I was so tired after riding on the bus all day with Ken, but I had fun on the bus anyways.



Kim winning one of 2 gold's, this one I in the 200 M

On August 7, we went to our dorms in the morning and our first practice in the afternoon. It was nice and sunny that day. That's the only sun we saw until the last day, when we left for Winnipeg. The girls had better dorms than the boys (ha, ha). The team did a hypnotist skit as new members of Western Canada Team Manitoba. It was very funny. Later on that night, the team saw Aaron Pritchett in concert.



Melissa running hard in the 100 M

The fun and games were over. It was time for competition. On August 8th, we had to do our 200 M divisional and in the evening, we did the finals and I came in 1st place in the 200M finals. I also did a personal best in the finals.

On August 9th, we went to West Edmonton Mall the whole morning. We had so much fun shopping and having lunch at Boston Pizza. I bought a sweater; Ken helped me shop for the best deal in Winners.

On August 10th, it was cold and rainy. Melissa and I had to do the Running Long Jump. We each got 6 jumps but I only did 5 because I sprained my ankle. I still won gold.



David off to fast start in the 100 M



Dietrich flying in the 200 M race

That same day, we had a dance and I really enjoyed hanging out with the team. But I didn't dance because of my ankle. I really like the games room too because they had computers.

On August 11th, the team did the relay and did really well, finishing in 2nd place. That is when the sun came back too.

The Closing ceremonies were kind of boring, I just wanted to leave and go back home. Ken, Brenton, Melissa and I spent most of the night awake on the bus. Merle, David and Dietrich slept all the way home. We didn't get home until after 9:00 am. We drove all night long and



we also found out about the UFO landing base in Saskatchewan. Just ask Ken about it. Brenton was so scared. I thought it was so funny. When I finally got home, I slept all day long in my own bed. No more bunks! Yea!

I really enjoyed getting to know each and every one of my teammates. I really liked the food in Edmonton and on the way back. Ken wouldn't let us eat desserts, pop and other bad foods until we left Edmonton, that why all the snacks and pop was great on the way home. (Merle snuck in some snacks for us, but don't tell Ken.)



Coach Ken Stevens after a week with the team. Breath coach, breath!

I really enjoyed our training and our trips. I really want to thank Ken Stevens and Merle Gadsby for their time training us and for taking us on all the team trips including Fargo and Regina. I hope that I can go to the 2009 Canada Summer Games in PEI, that is my goal.



Brenton (flowered shirt) celebrating his 3 personal bests and how much fun the team had.