



E-NEWSLETTER

January News

Get Some Serious Track Time at the Inaugural Honda Grand Prix of St. Petersburg 5K

Experience a Victory Lap on the Same Track Where IndyCar Drivers Burn Rubber!

The Sam Schmidt Paralysis Foundation teams up with the Challenged Athletes Foundation of Florida and the Shoot For A Cure campaign in a race for recovery at the inaugural Honda Grand Prix of St. Petersburg 5K Walk, Run 'N Wheel-a-Thon on Friday, March 26, 2010.

"The addition of the Honda Grand Prix of St. Petersburg 5k to our 2010 schedule of events and activities is a natural extension of our overall effort to provide a wide-ranging fan experience at the Honda Grand Prix," said Tim Ramsberger, Vice President and General Manager of the Honda Grand Prix of St. Petersburg. "We are looking forward to working with and raising awareness of our event beneficiaries, the Sam Schmidt Paralysis Foundation, Challenged Athletes Foundation and Shoot For A Cure."

Race participants will have the once-in-a-lifetime opportunity to run, walk or wheel their way to the finish line directly on the Honda Grand Prix racetrack the night before the IZOD IndyCar Series drivers take to the track. A victory party will take place immediately following the Walk, Run & Wheelathon race at Straub Park, where there will be IndyCar pace cars on display as well as photo-ops with IZOD IndyCar drivers.

Registration: www.GrandPrix5k.com

MissionFish: You Can Support SSPF through Your eBay Transactions!

An improbable name to be sure, but MissionFish is a well-known way to contribute to your favorite charity (the Sam Schmidt Paralysis Foundation!) through your eBay purchases and sales.

eBay sellers are encouraged to give a percentage of their proceeds to a nonprofit certified by MissionFish each and every time they list an item for sale. Participating sellers are rewarded for their generosity with special eBay Giving Works features that help them get more bids and higher sale prices. The nonprofit receives recognition in the listing and benefits from the seller's success. Just designate the Sam Schmidt Paralysis Foundation and we will receive the benefit and you will receive a tax receipt directly from eBay.

You may also choose to contribute through our Facebook page, our Facebook Causes page, our website <http://samschmidt.org>, or a check sent to the address below. Whatever method you choose to demonstrate your commitment to the cause of finding a cure for spinal cord injury, we appreciate your support. You can rest assured that your contribution will be used in the way you intended. Any questions, feel free to contact us.

This is a rare opportunity for the whole family to experience first-hand the Honda Grand Prix racetrack. The first 1,000 registrants will receive one FREE pass for all track activities on Friday, March 26. Cost of registration before March 1 is \$20; March 1-24, \$25; same day registration is \$30.

All proceeds will benefit the Sam Schmidt Paralysis Foundation, the Challenged Athletes Foundation of Florida, the Shoot For a Cure campaign and Embracing Florida's Wounded Heroes to raise money for paralysis and encourage individuals with physical disabilities to pursue active lifestyles, maintain healthy lives through physical fitness and realize their ability to meet new challenges and regain confidence.



Sam Schmidt - "Photo finish", Run Walk & Wheelathon event in 2009.

An Evening with Parnelli Jones in his Museum

Only 40 tickets will be sold. Meet Parnelli Jones and get a personally guided tour complete with a trip down some Memorable Victory Lanes. Includes buffet dinner. All proceeds benefit SSPF. For more information, click [here](#).



Parnelli Jones in his museum

One Man's Legacy

Scholarships Available

Spinal cord injuries impact both an individual and his or her family, and often the biggest challenge is financial because the person injured cannot return to work. Education is the key to a better life. Assisting people with spinal cord injuries to prepare for a new career through education helps them and their families meet this challenge. It is important to provide real tools that people with spinal cord injuries can use to help them lead productive and satisfying lives.

We have established a scholarship fund at Thomas Edison State College. Our intent is to enable students with spinal cord injuries to take advantage of the college's unique distance learning format which offers online courses to meet the needs of people who are paralyzed. The decision to establish the scholarship was a direct result of the Day at the Races program. During Sam's talk he encourages the participants not to give up on life, find something they are passionate about, and never give up hope. Realizing that most people cannot return to their previous employment, SSPF made the decision to lend a hand in helping people chart a new course in life. The process of establishing a scholarship fund began by researching a number of colleges and the various course delivery formats the offered.

Thomas Edison State College was chosen for the scholarship due to its reputation as a national leader in providing distance education for adults and because its programs are completely accessible to individuals who are paralyzed. For more information, visit the Thomas Edison State College website at www.tesc.edu or call (888) 442-8371.



To some folks life come easy,
To some life come hard,
Some keep on tryin,'
Some just get tired.
-- Teddy Pendergrass, "Cold, Cold World"

This month the world lost a part of its soul, when R&B singer and songwriter Teddy Pendergrass, known for his smooth baritone and velvety, sensual - but incomparably powerful - vocals, passed away from colon cancer. He was 59 years old.

In 1982, at the peak of his career as a solo artist and songwriter, Pendergrass was involved in a car accident that left him paraplegic – still able to sing but without his signature power. Even as he struggled with his new reality Pendergrass continued to make beautiful music, including a 1984 duet with soon-to-be superstar Whitney Houston. During his long musical career he recorded multi-platinum albums, received multiple Grammy nominations and lent his talents to a Live Aid performance in Philadelphia.

Recording well into the '90s, the affable entertainer retired from music in 2007 to focus on raising money and awareness for his non-profit organization, the Teddy Pendergrass Alliance. In quotation from the Alliance website, "It is important that those of us with SCI live and are given the right to live as individuals in the way that we choose." With his passing, music lost one of its most dynamic voices, but the spirit of Teddy Pendergrass will live on through his legacy and the profound impact he had on modern R&B and soul music. The example of this accomplished man stands as one of many reasons we at the Sam Schmidt Paralysis Foundation are ***leading the charge to cure paralysis!***

2010 Calendar

Didn't get a calendar for Christmas after all? Or could use another one? This calendar is not only colorful & fun to read, but includes the dates & locations of all the IRL races scheduled in 2010. Size is 12"x12" (12"x24" open). And best of all, you'll know that proceeds benefit the Sam Schmidt Paralysis Foundation. The 2010 calendar was made possible by David Wills, United Medical Providers, and Tom Villardi, SSPF Board member and owner of JM KC Express. We would like to thank them for their efforts on behalf of the foundation and the people we both serve.

Upcoming Events

March:

- 3/26/10: Run, Walk & Wheelathon, Honda Grand Prix of St. Petersburg, FL
- Day at the Races, St. Petersburg, FL

April:

- Parnelli Jones Private Museum, Torrance, CA
- Day at the Races, Long Beach, FL

May:

- Annual May Gala, Indianapolis, IN
- Day at the Races, Indianapolis, IN

June:

- Day at the Races, Newton, IA

July:

- Run, Walk & Wheelathon, Honda Indy, Toronto, Canada
- Day at the Races, Toronto, Canada

August:

- Day at the Races, Mid-Ohio
- Run, Walk, & Wheelathon, Infineon Raceway, Sonoma, CA
- Day at the Races, Chicago, IL

September:

- Day at the Races, Sparta, KY

October:

- Run, Walk & Wheelathon, Las Vegas, NV

November:

- 5th Annual Racing to Recovery Golf Tournament, Las Vegas, NV

* Visit our website for more information or to register for these events.

Our mailing address is:

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www.samschmidt.org

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