

# Kevin Frost

Paralympic Hopeful



May 16th, 2011

Dear Bruce Parrington,

Thank you for your generous \$2000.00 sponsorship in 2011. Also thank you for the 2 BBQ's that will be auction off at Andre Lacroix June 24<sup>th</sup> Golf Tournament. These funds will help me compete in Russia at the 2011/2012 World Open Blind Championships. Last month at the World Cup I won all five gold medals and set three world records.

For the last 10 years I have been competing with able-bodied speed skaters at both national and international competitions. This included two World Masters in Calgary, where I recently set four personal best times, and one World Masters in Germany. I am currently ranked 10<sup>th</sup> in the world against able-bodied skaters.

My long term goal is to get long track speed skating as a Paralympic sport and hope to represent Canada at the 2014 Sochi, Russia Paralympics.

I have participated in the following events in this year's racing calendar:

- Charles Jewtraw (Lake Placid) 2011 Gold Medal
- International Master Canadian Championships (Halifax) 2011 Bronze Medal
- Masters Worlds (Calgary) 2011 10<sup>th</sup> in the World

My medal count in my speed skating career stands at 45 (36 against able-bodied skaters and 9 gold at the Russia Open Blind Cup).

During the off season I do my dry land speed skating training for the next season. My other interests include training for Paralympic Rowing, motivational speaking at schools and businesses and missions in Mexico to help deaf and blind children.

Sincerely,

Kevin Frost

22 Southpark Drive  
Gloucester, ON K1B 3A5

[www.deafblindspeedskater.com](http://www.deafblindspeedskater.com)

[kevin-nemo@hotmail.com](mailto:kevin-nemo@hotmail.com)  
(613) 298-9291