



## **Dear Fellow Alaskan,**

My journey started towards fitness at an early age in the Philippines (My father was in the Air Force) watching my sister workout in the swimming pool. She had to get up very early (5 a.m.) and her practices would last more than two hours. She always seemed to be happy and she ate really well too. She showed me that if you worked out hard good things could happen.

The Philippines is where I became involved with Special Olympics and participated in such events as running, bowling and bocce ball. I really enjoyed the friendship that was established and it helped me as I moved to the United States.

I have been involved with Special Olympics for more than 20 years now, and it has really helped me adapt to just about anything that happens to me. I have Down's syndrome and it has not slowed me down at all. Working out and eating right is a very important part of my life. I learned at an early age through the help of my parents that exercise and eating right are very important.

My time with Special Olympics and the friends I have met have just been fantastic. One thing I'm very proud of was being selected to represent the United States in the 2003 International Special Olympics Dublin, Ireland. I won two Gold Medals in my weight class and finished third overall. This is by far my greatest accomplishment and has helped me gain more confidence.

Currently I train in: power lifting four hours weekly, year round; bowling two hours every Saturday (Aug.-March); floor hockey two days a week (Dec-March); bocce two hours a week (July-Sep); and one round of golf a week (July-Sept). When I'm not in training I attend boy scouts every week and a two week camp in the summer. I'm very proud to say that in 2004 was a special year as I made Eagle Scout.

For the last nine years I have been the Bartlett High School Football manager. We won the Alaska state championship in 2001. I really enjoy being around the guys.

I have always enjoyed eating healthy with the help of my parents. My mother who was born in Korea always watched what I ate and most always made sure rice was at the table along with fresh vegetables. My dad always makes sure that I go to the gym and gives me a banana smoothie almost every night.

My hopes for the future would be making sure that I always enjoy life and workout at the gym at least once or twice a week. Currently, I work at CARRS Grocery store in Eagle River as a courtesy clerk and this job helps me keep active.

**Sincerely,**

**Bobby Hill**

*Special Olympics World Games power lifting gold medalist and Alaska Aces "24th Man"*