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Special Olympics Pennsylvania Announces 2020 UNCathlon Virtual AMRAP Challenge

Join One of Nine Unified Teams Captained by a Special Olympics Pennsylvania Athlete

(Norristown PA, July 24, 2020) – [Special Olympics Pennsylvania](#) (SOPA) is excited to announce that registration is now open for this year’s [UNCathlon](#) event, which will take place virtually from Sunday, August 16th to Saturday, September 26th. The UNCathlon combines a physical AMRAP (As Many Rounds As Possible) Challenge and fundraising component that brings persons with and without intellectual disabilities together on virtual teams to raise both funds and awareness for nearly 20,000 Special Olympics athletes.

The virtual UNCathlon model includes an [AMRAP Challenge](#) that encourages participants statewide to execute 10 repetitions of 5 exercises as many times as possible within 10 minutes. These exercises include push-ups, squats, lunges, mountain climbers, and plank jacks. Additionally, participants can choose to join one of the [nine unified regional teams](#) captained by SOPA athletes. Once participants have joined a team, they can help their captain raise funds to win the coveted UNCathlon trophy.

The nine athlete captains and their regions of representation are as follows:

- [Mary Nigro](#) – Clarion, Crawford, Erie, Forest, Mercer, Venango, and Warren Counties
- [Caitlin Barran](#) – Cameron, Centre, Clearfield, Clinton, Elk, Jefferson, McKean, and Potter Counties
- [Elizabeth Porter](#) – Bradford, Columbia, Lycoming, Montour, Northumberland, Snyder, Sullivan, Tioga, and Union Counties
- [Meaghan Martin](#) – Lackawanna, Luzerne, Pike, Susquehanna, Wayne, and Wyoming Counties
- [Tyler Youngkin](#) – Berks, Bethlehem City, Carbon, Lehigh, Northampton, Monroe, and Schuylkill Counties
- [Celine Heffron-Pero](#) – Bucks, Chester, Delaware, Montgomery, and Philadelphia Counties
- [Zach Hicks](#) – Adams, Cumberland, Dauphin, Juniata, Lancaster, Lebanon, Mifflin, Perry, and York Counties
- [Jessica Hott](#) – Bedford, Blair, Cambria, Franklin, Fulton, Huntington, and Somerset Counties
- [Isadora Silk](#) – Allegheny, Armstrong, Beaver, Butler, Fayette, Greene, Indiana, Lawrence, Washington, and Westmoreland Counties

“We are excited by the opportunity to turn the UNCathlon, which is typically a Pittsburgh event, into a statewide challenge that allows us to get more of our athletes, volunteers and partners involved,” said Jessica Kury, SOPA’s Director of Western Events. “It is wonderful to see our athletes from all over the state step up as team captains, encourage the general public to get physically active, and demonstrate a competitive spirit to win the coveted UNCathlon trophy.”

Once a participant has completed their AMRAP Challenge they are encouraged to share their results, photos and/or videos on social media, using the hashtag #UNCathlon, and tag two people to do the challenge with them.

Traditionally, the UNCathlon offers 11 events, one more than the traditional 10 found in a decathlon, and features physical challenges with fundraising accounting for the 11th challenge. The event typically involves several co-ed groups of six participants that include at least one Special Olympics athlete per team. Each Unified Sports® team would take part in 10 physical trials that test speed, strength and endurance.

[Special Olympics Unified Sports®](#), in which players with and without intellectual disabilities train and compete on the same team, enables athletes to engage in new competitions, experience meaningful inclusion, socialize with peers and form friendships. The UNCathlon strives to create inclusion and acceptance through sport while raising funds and awareness for Special Olympics.

The UNCathlon is Co-presented by Morgan Stanley and Aerotek, both of whom have been supporting for the last 4 years. Additional sponsors include: Mascaro; Clearview Federal Credit Union; Dollar Bank; ECI; and Julian Gray.

Participants can register and [join an existing team](#) until September 26. For more information, or to donate, please visit www.uncathlon.org or call Jessica Kury at 724-375-7515, ext. 244.

About Special Olympics Pennsylvania

Special Olympics Pennsylvania (SOPA) provides year-round training and competition in 21 Olympic-type sports to more than 20,000 children and adults with intellectual disabilities or closely related developmental disabilities. For more information about how you can join “The Inclusion Revolution,” visit www.specialolympicspa.org.

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