

WALK, RUN, OR ROLL INTO 2021!

It's a New Year! Challenge yourself and others with this fun distance challenge!



SOMT STRIDE CHALLENGE

JANUARY 4 - FEBRUARY 28, 2021

WHAT: An 8-week distance challenge to walk, run, or roll in a wheelchair. Prizes (1st- 2nd- 3rd place) and certificates will be awarded in various age divisions (12 and under, 13–20, 21–40, 41–60, and 61+) and for manual & motorized wheelchairs.

WHO: SOMT Special Olympics athletes can register as an individual, as a team, or part of a Unified pair with a family member, friend, or other supporter.

WHEN: Participant registration opens **December 10th**. The Stride Challenge runs January 4 – February 28, 2021.

HOW: After registering, participants keep track of the steps they run, walk, or roll in their wheelchairs. Every week, on Monday, athletes can self-report their steps for the previous 7 days via an email to Bill Salonen at bsalonen@somt.org for a spot on our SOMT leaderboard.



Contact Bill Salonen at
bsalonen@somt.org or 406-315-4230
to register or ask questions.



Bill will send you a manual with directions and a tracking sheet.

PLEASE JOIN US!

