

Walk, Run, or Roll into 2023!

New Year, New You! Challenge yourself and others with this fun distance challenge!



SOMT Stride Challenge

February 6- March 31

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 support person.

WHEN: The Stride Challenge runs February 6th- March 31st 2023.

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 Mallory Frank mfrank@somt.org for a spot on our SOMT leaderboard.

Contact Mallory Frank at
mfrank@somt.org or 406-315-4230
to register or ask questions.

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

Please join us!

