

SONA STRIDE CHALLENGE

Walk, Run or Roll Between **October 19, 2020** and **December 13, 2020**



WHAT IS THE SPECIAL OLYMPICS NORTH AMERICA (SONA) STRIDE CHALLENGE?

The SONA Stride Challenge is a great way to get (and stay) active this fall! Keep track of how many miles or kilometers you walk, run or roll in your wheelchair over the course of eight (8) weeks.

WHO CAN PARTICIPATE?

Open to all Special Olympics athletes to register as an individual or part of a Unified Pair. Family, friends and supporters can participate as a Unified partner teamed up with a Special Olympics athlete. All participants will receive a Special Olympics pin for their hard work.

PARTICIPANT REQUIREMENTS:

- All Coaches or Unified Partners must be [Class A volunteers](#)
- Athletes participating in the Stride Challenge are not required to have a current SOPA athlete application (medical) on file, but will be required to sign an electronic waiver

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EVENTS OFFERED:

Individual Athlete

Distances - Choose one (1) distance that you feel you can complete in eight (8) weeks

- 25 Miles - You will need to Walk/Run/Roll a minimum of 3 miles each week
- 50 Miles - You will need to Walk/Run/Roll a minimum of 6 miles each week
- 100 Miles - You will need to Walk/Run/Roll a minimum of 12.5 miles each week
- 150 Miles - You will need to Walk/Run/Roll a minimum of 18.75 miles each week

Unified Pair - Athlete and Partner

Distances - Choose one (1) distance that you feel you and the athlete can complete in eight (8) weeks. This distance is a combined total of miles walked, ran or rolled by you and your partner.

- 50 Miles - minimum of 6 miles per week
- 100 Miles - minimum of 12.5 miles per week
- 200 Miles - minimum of 25 miles per week
- 300 Miles - minimum of 37.5 miles per week

TERMS:

Challenge Hound - An Awesome Way to Track Group Challenges. Challenge Hound supports both individual and team challenges. For individual challenges, each participant completes the full challenge goal. For team challenges, the team's activities are aggregated to complete the challenge goal together.

Strava - A mobile application and website that can be used to track activities using GPS data with your phone or watch. All activities logged with Strava are automatically synced to Challenge Hound.

REGISTRATION:

- Athletes may participate in one individual challenge plus one of the Unified Pairs events
- All athletes must join an individual challenge in order to participate in a pairs challenge
- Athlete miles will count towards the individual challenge as well as the pairs challenge

Athletes - Using the registration link for the chosen distance, athletes will complete a series of questions

- At the end of the registration page, athletes will need to click the link to join Challenge Hound

Partners - Using the registration link for the chosen distance, Partners will complete a series of questions.

- Partners will receive two (2) links:
 - One link to join Challenge Hound
 - One link that should be given to their athlete partner to join their Challenge Hound team

Registration without Computer Access - Contact your local program or coach for paper registration and tracking forms.

GUIDELINES:

Weekly, Over the Course of 8 Weeks

- Walk, Run, or Roll (wheelchair) tracking your distance and the time that it takes.
- Activate your work-out through Stava or your Stava Connections, such as Fitbit, Apple Watch, etc.
- If not tracking through a device, information can be entered into Challenge Hound manually.

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Use the following hashtags on social media when posting photos of yourself!

#SONAStride #PAStride

For more information, please visit

specialolympicspa.org/commit-to-fit/stride-challenge