



## FOR IMMEDIATE RELEASE

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## State College Resident Announced as One of Nine Special Olympics Pennsylvania Virtual UNcathlon Captains

Join One of Nine Unified Teams for the Virtual AMRAP Challenge

**(Norristown PA, August 12, 2020)** – Caitlin Baran, a [Special Olympics Pennsylvania](#) (SOPA) athlete that participates in the Centre County program, was selected to be one of nine captains for the [2020 Virtual UNcathlon](#), taking place from Sunday, August 16th to Saturday, September 26th. The UNcathlon will feature a physical AMRAP (As Many Rounds As Possible) Challenge as well as a fundraising component that will unite individuals with and without intellectual disabilities to raise funds and awareness for nearly 20,000 Special Olympics athletes. Barran, along with her co-captain Jessica Sidary from Morgan Stanley, will lead a team representing a region of the state that includes Cameron, Centre, Clearfield, Clinton, Elk, Jefferson, McKean, and Potter counties.

Caitlin has been a Special Olympics athlete since 2017 and has competed in a variety of sports including athletics, bocce, golf, swimming, and tennis. Additionally, she hopes to expand her skills in new sports like equestrian, gymnastics, and snowshoeing. Her current sports track record, however, is quite strong. During her first year in Special Olympics, Baran challenged herself by competing in the 1500m run and won her first ever medal at the Summer Games. And, last year she won her first silver medal in the 100m freestyle at the Summer Games and the gold in bocce at the Fall Festival. With the assistance of her co-captain Jessica Sidary, Baran is excited to raise the most funds for the virtual UNcathlon AMRAP Challenge.

The Virtual UNcathlon model includes an [AMRAP Challenge](#) which encourages participants to execute 10 repetitions of 5 exercises as many times as possible in 10 minutes. These exercises include push-ups, squats, lunges, mountain climbers, and plank jacks. Participants can choose to join Barran's team or [one of the other eight unified regional teams](#) to partake in this event.

[Special Olympics Unified Sports®](#), in which players with and without intellectual disabilities train and compete on the same team, allows athletes to engage in sports, create inclusion, socialize with peers and form new friendships. The UNcathlon seeks 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 this event for the last 4 years. Additional sponsors include: Mascaro; Clearview Federal Credit Union; Dollar Bank; ECI; and Julian Gray.

Participants can donate and [join team Happy Valley](#) until September 26th. For more information or to donate, visit [www.uncathlon.org](http://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](http://www.specialolympicspa.org).

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