



FOR IMMEDIATE RELEASE

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Pittsburgh 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) – Isadora Silk, a [Special Olympics Pennsylvania](#) (SOPA) athlete that participates in the Allegheny 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. Silk, along with her co-captain Dana Salopek, Mascaro Construction’s new Wellness Coordinator, will lead a team representing a region of the state that includes Allegheny, Armstrong, Beaver, Butler, Fayette, Greene, Indiana, Lawrence, Washington, and Westmoreland counties.

Isadora “Izzy” Silk has been involved in Special Olympics for 17 years. She has competed at the World Games in China as well as two USA Games in the sport of bowling. In 2007, she was inducted into the Pennsylvania Jewish Sports Hall of Fame for her outstanding accomplishments as a Special Olympics athlete.

Outside of Special Olympics, Silk works in retail as a cashier and likes to scrapbook and craft. With the assistance of her co-captain Dana Salopek, former track and field and soccer athlete at the University of Pittsburgh, Silk is ready to lead “Team Gold Medal Diggers” during this year’s virtual UNCathlon.

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 Silk’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 Isadora Silk's team](#) until September 26th. For more information or to donate, 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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