



FOR IMMEDIATE RELEASE

CONTACTS:

Hailey Fuzak, PR & Marketing Manager, 610-630-9450, ext. 219 or hfuzak@specialolympicspa.org

Jessica Kury, Director of Events, Western PA, 724-375-7515, ext. 244 or jkury@specialolympicspa.org

Sharon 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) – Mary Nigro, a [Special Olympics Pennsylvania](#) (SOPA) athlete that participates in the Mercer 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. Nigro, along with her co-captain Jason Seibert from CF Mayview, will lead a team representing a region of the state that includes Clarion, Crawford, Erie, Forest, Mercer, Venango, and Warren counties.

In 2013, Nigro joined Special Olympics Pennsylvania in bocce and bowling and now has expanded her training into athletics and basketball. In addition to her athletic skills, Nigro holds a certificate in Business Marketing Technologies, manages a snack shack register, volunteers at a pet shelter, and cooks frequently.

Throughout her Special Olympics journey, Nigro has become a Global Messenger (spokesperson for the movement) and is a member of the Regional Input Council for Northwestern PA. She continues to serve as an Athlete Representative, a position that she has held for the last 5 years, and strives to spread awareness about the positive impacts Special Olympics has had on her life.

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 Nigro'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 Mary Nigro'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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