



FOR IMMEDIATE RELEASE

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Harrisburg 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) – Zach Hicks, a [Special Olympics Pennsylvania](#) (SOPA) athlete that participates in Area M 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. Hicks, along with his co-captain Jim Laughman from AmeriHealth, will lead a team representing a region of the state that includes Adams, Cumberland, Dauphin, Juniata, Lancaster, Lebanon, Mifflin, Perry, and York counties.

Zach Hicks has been participating in a variety of sports for 22 years because his true passion is Special Olympics. He currently competes in golf and bocce, and has received Global Messenger (spokesperson for the movement) training that has enabled him to speak on TV, radio, and at the PA State Police Academy. His compassionate and driven demeanor will help both he and his co-captain Jim Lafman to lead team “50 years of Awesomeness,” which references SOPA’s milestone anniversary.

Hicks also serves as a Board Member of the ARC of Pennsylvania and has been appointed to the Governors Commissions for Employment for people with disabilities. He had the great honor of speaking in the Capitol Rotunda last year, and is a constant self-advocate who enjoys sharing his story to assist others in the Special Olympics community.

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 Hicks’ 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 Zach Hicks'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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