Get someone with an intellectual disability involved with Special Olympics Utah in 2018! Start with snowshoeing!

Snowshoeing is quickly becoming a favorite for outdoor winter activity. Combining aerobic activity with ease of walking over snow without sinking in, snowshoeing is an activity for all ages. Special Olympics encourages its athletes to get out and be active year-round. Snowshoeing is one of the easiest and safest winter activities to enjoy with fellow athletes, family and friends.

Start now to have an individual with an intellectual disability be part of the Special Olympics Utah Snowshoe Invitational on Saturday, February 24, 2018 at Mountain Dell Golf Course, in Parleys Canyon, Salt Lake City, Utah. Read on to find out how you can help an individual with an intellectual disability get active and involved in sports in 2018!

New for 2018!

Snowshoe Invitational

Contents

Why I Love to Snowshoe ....... 2
Where Can You Snowshoe? .... 2
How to Participate in the Snowshoe Invitational ......... 3
Competition Snowshoe Equipment ................. 3
Your Regional Sports Manager .... 3
What is an Invitational? ......... 3
State Basketball Tournament .. 4
Our Annual Donors ............. 4
A Historical Moment ........... 4

Editors:
D’Arcy Dixon Pignanelli
President & CEO
Wendy Kelly, Director of Community Outreach & Partnerships

Questions and Info:
Subscribe: sout.org/subscribe
Email: information@sout.org
Calendar: www.sout.org
Phone: 801-363-1111

Special Olympics Utah:
1400 S. Foothill Drive, #238
Salt Lake City, UT 84108
801-363-1111
I am sooooo excited to be able to participate in snowshoeing events this year with Special Olympics Utah. Hopefully more snow is on its way, but until then, I practice snow shoeing on grass or in the sand at a park near my home.

I love going snowshoeing. I call it FUN not EXERCISE. I get outside; I spend time with family and friends; I strengthen muscles; I avoid becoming a couch potato; I laugh; I feel good about myself; I become a better and stronger me... pretty good for a gal who the doctors said I would never be able to walk or run.

When I practice snowshoeing, I carry a small bag of dried fruit and nuts so that I can have a healthy snack along the way. I also have a water bottle that hooks to my belt so that I can stay hydrated... yes, we need to drink water while we work out (I call it play) even in the winter.

My Dad snow shoes with me and my mom even bought a pair of snowshoes so now we can do it as a family. You don’t need to spend a lot of money on equipment. My Mom bought used shoes and poles from an online store for only $45. My dad only paid $1 for his snow shoeing poles at a local used store.

Get out and try snowshoeing. YOU’LL LIKE IT!

---

**Where Can I Snowshoe?**

There are many places that are great for beginning snowshoe athletes, and for those who are in training!

Special Olympics Utah recommends the following for your snowshoe training fun and adventures!

**Any local park with snow:** Make sure there is snow! Usually any place with six inches of snow is a good place to snowshoe.

**On grass or in sand:** The best part of snowshoeing is you can do it even without snow! You can practice in sand and on grass that can take a beating.

**Golf Courses (Various locations):** Many local city and county golf courses allow snowshoeing during the winter months. Examples are Mountain Dell Golf Course, Bonneville Golf Course, Nibley Park, and many others. Check your local city and county websites for more details!

**Provo River Parkway (Utah County/Provo Canyon):** After a winter storm, this paved path, which is commonly utilized by joggers, cyclists and long boarders from spring to fall, is transformed into a great introductory trail for those interested in taking up snowshoeing. This is free.

**Solitude Nordic Center (Salt Lake County/Big Cottonwood Canyon):** One of the best-kept secrets at Solitude Mountain Resort is the Nordic Center. Here, you can rent snowshoes and enjoy the 6 miles of well-marked snowshoe trails. There is a cost to use the center.

**Mill Creek Canyon:** The upper portion of Mill Creek Canyon is closed to drivers. Because the trail is a well-maintained road, the snowshoeing is easy. There is a charge to enter the canyon to snow shoe.
How to Participate in the Snowshoe Invitational

The Snowshoe Invitational is an excellent opportunity to help someone with an intellectual disability get started with sports, competition and Special Olympics Utah.

Here are five easy steps to get started with Special Olympics Utah

One: Today!
- Review the required athlete medical form. This form must be completed by an authorized medical professional. [http://sout.org/getinvolved/become-an-athlete/]

Two: Email the Regional Sports Manager for your county area.
- Your Regional Area Manager will help you through the registration process and get you connected with a team. Please see the sidebar for their contact information.

Three: Get snowshoes and start using them!
- See information on equipment below.

Four: By Feb. 2, 2018
- Connect with your Regional Sports Manager before Feb. 2 to register your athlete for the Snowshoe Invitational. Once registered, the required medical form is due to your Area Manager by Feb. 9. The medical form MUST be provided by this date to compete.

Five: Saturday, February 24, 2018, 9 am
- Snowshoe Invitational, Mountain Dell Pavilion @ Washington Park Parleys Canyon, Salt Lake City

---

Competition Snowshoe Equipment

**Snowshoes:** The snowshoe frame must be a minimum of 7 inches wide and 20 inches long at the longest and widest points of the snowshoes. When purchasing make sure appropriate for size and weight.

**Toe and Traction claws:** Factory installed toe and heel traction claws are acceptable, but the attachment of any additional “spikes” is not permitted.

**Webbing and Binding:** The snowshoe can be webbing or solid decking material. The foot must be secured with a binding system mounted on the snowshoe.

**Footwear:** Footwear may include, but is not limited to running shoes, hiking boots or snow boots. All competitors are required to wear footwear.

**Clothes:** Be prepared for any weather. Gloves are greatly recommended to protect the hands during competition. Dress in layers because you can get hot moving!

Find more about equipment and photo examples visit [www.sout.org](http://www.sout.org)

---

Your Regional Sports Managers:

North Area serving Box Elder, Cache, Davis, Morgan, Rich and Weber Counties.
- Alisa Graham
  - graham@sout.org

North East Area serving Duchesne and Uintah Counties
- Frank Crowther
  - crowther@sout.org

Metro and Central Area serving Salt Lake, Utah, Tooele, Summit and Wasatch Counties.
- Gisselle Slotboom
  - slotboom@sout.org

South and South-East Areas of Utah (all other counties not listed above).
- Alisa Graham
  - graham@sout.org

What is an Invitational?

Invitations provide the opportunity for athletes to be active year-round and find ways to do sports outside of the sports training and competition seasons offered by Special Olympics Utah. An Invitational means Special Olympics stages the competition (athletes secure their own equipment and practice and train as an independent athlete or with a team).
New for 2018!

State Basketball Tournament

On March 23-24, 2018 at the University of Utah, Special Olympics Utah will culminate a stand-alone basketball season with a state basketball tournament for 3 vs. 3, 5 vs. 5 and skills and the motor activities training program. It is estimated the new state basketball tournament will host over 500 athletes, 200 coaches and 300 event volunteers over the course of two days. The Opening Ceremonies and Victory Dance will round out the weekend. It will be a fun, competitive and exciting event!

Find out how you can become part of Special Olympics Utah’s new basketball season as an athlete, coach or volunteer. Email: information@sout.org

A Historical Moment

Eunice Kennedy Shriver, Founder of Special Olympics (right), encourages an athlete before an event.

Be a Volunteer!

Whether you love sports or have no sports experience at all, you can become a Special Olympics Utah volunteer!

Without you, potential athletes are left on the sidelines of life. Our most popular way of volunteering, day of volunteers gives those with limited time or who are new to Special Olympics Utah a way to volunteer without making more than a one day commitment.

There are day of event opportunities at a competitions or state games, at a fundraising or outreach events, or for large corporate and community groups.

Check our website at www.sout.org and our social media outlets often for current day of event volunteer opportunities or email us at volunteer@sout.org.

Thank You to our Annual Donors

Presenting Sponsor

HARMONS

NEIGHBORHOOD GROCER®

Community Sponsor

Vivint Gives Back

A Generous Private Donor

Join us in celebrating 50 Years of Special Olympics in 2018

SPECIAL OLYMPICS

1968 - 2018