

Special Olympics Utah is more than sports **IT CHANGES LIVES.**



ATHLETE: Shelley Raynes
Participating since 1985

Shelley first became involved with Special Olympics Utah during her early teen years under the direction of her parents/coaches, Alice and Joseph. All these years later, at the age of 43, she continues to challenge herself with her sister and coach, Mel, and their eight other siblings cheering her on. “(Because of Special Olympics) I am more confident, more motivated, I always try hard,” Shelley said. “Win or lose, I don’t care. I’m happy when I do my best.”

Over the years, she has participated in a wide variety of sports across every season, from cross country skiing to bocce and javelin to basketball. She attended the 1987 World Games at the University of Notre Dame where she won both a gold and silver medal in bowling. In 2013, Shelley was inducted into the Special Olympics Utah Hall of Fame.

Shelley’s involvement in Special Olympics Utah played a major part in helping her grieve when she and her siblings lost both their parents suddenly in 2011. “She lost her world at that point,” Mel said. “It was a really rough 10 months but she just kept smiling and going to practice. She is an anchor for our family and the best example to us of perseverance and confidence.”

Shelley enjoys attending Special Olympics Utah community outreach activities and speaking with the media about the benefits and being involved in the organization. “Her conversations about our parents, her dog and Special Olympics,” Mel said. “She has been involved so long; it hasn’t changed her life. It has defined her life.”

Health and fitness are very important to Shelley. She has a morning workout routine to keep in shape and takes her service dog, Frosty, for daily walks. She has also run multiple 5Ks including the Dirty Dash and the Color Run. Shelley is very active with her family and church. She sings with the choir and shares her voice talents at various events. She also loves to travel, meet new people and experience new places and foods.

You can support athletes like Shelley Raynes by making a donation to Special Olympics Utah. For more information visit www.sout.org or call

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