

## **RUGGED RUN FOR RESPECT**

Special Olympics New York – Hudson Valley Region is excited to announce its first annual **Rugged Run for Respect** on **Saturday, September 22<sup>nd</sup>** in **Monticello NY**. Hundreds of participants will join us at **Holiday Mountain Ski & Fun Park** to support the 3,320 Special Olympics Athletes in the area, challenge themselves and have a great time. The steep course will include wall climbs, a slalom run, tires, tunnel crawls, a mud pit and more! The run is timed but there is no time limit, so participants can tackle the mountain at their own speed, according to their level of fitness; anyone up for the rocky terrain and a work-out can participate. The Fun Park rides and arcade will be open throughout the day; spectators are welcome, and will find plenty to keep them entertained.

**Only \$60 to participate;  
ALL proceeds to benefit Special Olympics Athletes  
in the Hudson Valley!**

**TEAMS WELCOME** - please share this with your friends and colleagues! Forming a team, or competing teams, is a terrific way to advertise your business/group, build teamwork skills and show your support for the Special Olympics mission. This is also a wonderful training opportunity for fitness groups and athletic leagues, a fun way for students to kick off the school year (minimum age is 16, with parental permission), and a great way for thrill seeking friends to get together. *Make sure to note the name of your team when you register, and to pick the same wave as your teammates from the various time slots available.* **Whether you are creating a team or signing up individually please register soon to guarantee your spot!**

General info page: <http://ruggedrunforrespect.org/monticello.php>

Registration page: <https://www.raceit.com/register/?event=11873>

FB: [facebook.com/ruggedrunforrespect](https://www.facebook.com/ruggedrunforrespect)

**Questions/info: Contact Lea at (845) 765-2497 x202 or [lcarnevali@nyso.org](mailto:lcarnevali@nyso.org)**

### **SPECIAL OLYMPICS MISSION**

*The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics Athletes and the community.*

**Special Olympics Athlete Oath:**

*“Let me win. But if I cannot win, let me be brave in the attempt.”*