



## **Special Olympics Connecticut Unified® Long Distance Running Team**

**Type of Activity:** Long Distance Running\* - 5k up to Marathons, occasional relay races.

*\* Expectations are that athletes will complete 5k distance by end of first year.*

**Season:** August 1st thru October 31st

**Inception:** 1990

**Members:** 44

**Composition:** 50 % Special Olympic Athletes and 50 % Unified Sports® Partners

**Training:** One Workout per week with team at designated practice site. *(Otherwise training independently with Unified Partner when available. Training schedule according to ability/ experience)*

### **Practice Sites:**

Cheshire CT

Wilton Ct

Simsbury CT

*(Day of week and time vary depending site but normally Sunday, Monday or Tuesday evening starting first week Aug)*

### **Race schedule 2017 (tentative):**

New Haven Labor Day, 9/3  
Suffield Academy Unified Cross Country Race (5k/3k), 9/15  
Bigelow Tea 5k, Southport, 9/30  
Hartford Marathon/ Half/ 5k, 10/13  
Marine Corp Marathon 10k, 10/28

**Unified Partners:** Special Olympic athletes often join team with a Unified Partner, but Unified partners are available for athletes who join independently.

**Transportation:** Athletes are responsible for their own transportation to/from practice sites and races except for races outside Connecticut.

**Cost:** Race fees, hotels and other misc. expenses are covered by the program...training gear is athletes responsibility. Racing T-Shirt provided by program for 1st year athletes. Uniforms provided for veteran participants.

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