



About 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. Snowshoe races are part of the Arctic Winter Games and the winter Special Olympics.

Established at Special Olympics: 1997

By The Numbers:

- In 2011, 24,582 Special Olympics Athletes competed in Snowshoeing events.
- In 2011, 70 Special Olympics Programs hosted Snowshoeing competitions
- Historians believe that the invention of Snowshoes occurred 4,000-6,000 years ago!
- Since 2005, when there were 11,676 Special Olympics Snowshoe Athletes, the sport has grown by over 110%!

Events for Competition:

- 25 Meter Race
- 50 Meter Race
- 100 Meter Race
- 200 Meter Race
- 400 Meter Race
- 800 Meter Race
- 1600 Meter Race
- 5K Race
- 10 K Race
- 4 x 100 Meter Relay Race
- 4 x 400 Meter Relay Race
- 4 x 100 Meter Unified Sports Relay Race
- 4 x 400 Meter Unified Sports Relay Race

Associations/Federations/Supporters:

Special Olympics, Inc.

Divisioning at Special Olympics:

Athletes in every sport and event are grouped by age, gender, and ability – giving everyone a reasonable chance to win. At Special Olympics there are no World Records because each athlete, whether in the fastest or the slowest division is valued and recognized equally. In every division, all athletes receive an award, from gold, silver, and bronze medals, to fourth through eighth place ribbons. This idea of equal ability groupings is the foundation for competition in Special Olympics and can be witnessed at all events, whether it's athletics, aquatics, table tennis, football, skiing, or gymnastics. All athletes are given an equal chance to participate, perform, and be recognized for doing their best by their teammates, family, friends, and fans."