

Walking Clubs



Special Olympics Washington Walking Clubs bring together individuals with and without intellectual and developmental disabilities to improve their fitness through walking, running, and hiking in their community.



Anyone can participate! Walking Clubs can be led by coaches, athletes, Unified Partners, volunteers, family members or caregivers.



Walking Clubs can meet during a traditional sports season or as a standalone club for 6+ sessions.



All participants will receive a wrist pedometer and step tracker. Participants who complete 6-weeks will earn a fitness incentive!



PARTICIPANT AND COACH REQUIREMENTS:

- Complete Walking Club Waiver and COVID Waiver OR be a registered athlete.
- Coaches meet Tier 1 requirements.
- Coaches attend training (offered 1x per season).

Coaches: [Register Here!](#)

Contact: fitness@sowa.org

