

Special Olympics

Q: How did you become involved with Special Olympics?

A: *By the time I was in high school, anger had become my way of getting through life. I didn't want anyone to bother me. I just wanted to come home from school every day and be my angry self.*

In those days, I was working part-time at a sheltered workshop. I used to run from home to the workshop, even though there was a free bus. A counselor at the workshop saw me running and suggested I go to a Special Olympics track meet. At first, I didn't want to go! I didn't think they'd want a "retard" from the projects—that's how I saw myself.



sheltered workshop a place where people with disabilities make products and crafts for sale

Special Olympics was created to give people with intellectual disabilities the opportunity to compete against each other in sports. All year long, Special Olympics helps organize games and sporting events for intellectually challenged athletes in more than 150 countries.

Winners of national events go to the Special Olympics World Summer and Winter Games, now held every four years. The First International Special Olympics Games was held in July 1968 in Chicago, Illinois.



The opening of the First Special Olympics Games in 1968