

My Name is Kate Nason and I am 31 years old ,and live in Louisville Kentucky. My team name is Nason Independent.I run the 5k race. Since the Special Olympics competitions had to be canceled this year, I miss competing in regionals and the summer games in Richmond Kentucky. I miss seeing my fellow athletes and all of the excitement of regionals and summer games. I always look forward to watching my fellow athletes compete and cheering them on. It makes me sad that this great yearly opportunity to catch up with athletes I only see at the games couldn't happen this year.

One bright spot for me is that I have not been forced to give up my training. As a runner on an independent team, I have the opportunity and the advantage of continuing my training. I run 3-4 times per week and use an elliptical machine the other days. I also take daily walks to keep in shape. I have learned that not being able to run competitively is a challenge for me. It's much harder to push myself beyond my limits and stay focused.