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Special Olympics
New Hampshire



2nd Annual Martial Arts Train-A-Thon to Benefit Special Olympics New Hampshire

MANCHESTER – Martial artists from around New England will offer 24 hours of non-stop training and seminars during the 2nd annual Martial Arts Train-A-Thon hosted by Checkmate Martial Arts.

The event begins at 5 p.m. on Friday, November 7 and continues through 5 p.m. on Saturday, November 8. No experience is necessary to participate and participants are encouraged to wear what is comfortable.

Participants can come and go as they please during the 24 hours for a suggested donation of \$40. All proceeds will benefit the athletes of Special Olympics New Hampshire.

Checkmate Martial Arts is located at 250 Commercial Street, Suite 1017A on the first floor of the Waumbec Mill building.

The idea for the Train-A-Thon came to Jose Afonso several years ago. His daughter, Alexandria, was born with cerebral palsy and he wanted to create an event to benefit organizations helping children with special needs.

“The idea of martial artists coming together in a grueling 24-hour event to raise money for those in need struck me as a concept worth pushing,” Afonso said.

The first event was held in 2013 to benefit Easter Seals of New Hampshire. About 200 people participated and organizers are hoping for an even larger turnout this year.

“We are excited to announce this year's Train-A-Thon is going to benefit Special Olympics! I can't think of a better cause. What an amazing thing to see so many like-minded, athletic people come together to benefit athletes who start out with so many more challenges than we face. We are fortunate to be able to help! Athletes helping athletes...,” said Maria Tetley with Checkmate.

Training sessions and seminars will be led by New England's leading Masters featuring styles including Small Circle Jujitsu, Brazilian Jiu-jitsu, Muay Thai, Tae Kwon Do, Kenpo, Arnis, Aikido and Boxing. Participants are free come and go throughout the event by choosing which classes they would like to sample or even participate in the full 24 hours!

The event will also feature an online auction which opens on October 31 with a wide variety of items up for bid including a South Africa Photo Safari for two, a 90-minute Reiki session and gift cards to local restaurants.

More information is available by visiting checkmateselfdefense.com or by calling 603-666-5836. Jose Afonso is also available for interviews.

About Special Olympics New Hampshire

Special Olympics New Hampshire (SONH) is an accredited program of Special Olympics International (SOI) and is part of an international global movement that changes lives by encouraging and empowering people with intellectual disabilities, promoting acceptance for all, and fostering communities of understanding and respect worldwide. SONH was founded in 1970 with the first State Summer Games at Phillips Exeter Academy. Learn more at www.sonh.org.

About Checkmate Martial Arts

Founded in Manchester NH in 2000 by Leigh Rossi, Checkmate Martial Arts has been active in training reality based self-defense as well as sport combat courses to everyone ranging from local and state law enforcement to civilian adults and children. Expanding over the years, Checkmate now features programs in Group Fitness, Brazilian Jiu-Jitsu, Judo, Muay Thai, Small Circle Jujitsu and Private Group and Corporate programs as well. Philanthropy is a big part of our philosophy and we are involved year round in fundraisers for nonprofit organizations as well as teaching under privileged youth children in our kids program.

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