



**Special Olympics USA Delegate  
2017 World Winter Games  
Styria, Austria—March 14-25**



## About **Ashley Spriggs**

**World Games Sport:** *Snowshoeing*

**Hometown:** *Pittsburg, Kansas*

**Local Team:** *New Hope Bulldogs*

**Years in Special Olympics:** *10*

**Other Sports:** *10 other sports, including softball, track and field, powerlifting and basketball*

## **Favorite Fun Facts**

- ◆ **Color:** *Purple*
- ◆ **Movie:** *Grease*
- ◆ **Food:** *Salad*
- ◆ **Music:** *Country*
- ◆ **Sports Teams:** *Kansas City Royals and Dallas Cowboys*
- ◆ **Athlete:** *John Cena*

## **Accomplishments**

Ashley works at Medicalodges Frontenac as a housekeeper. In her free time, she loves to watch movies and WWE, ride her bike and hang out with her family.

Over the past few years, Ashley has lost over 100 pounds through working out, eating healthier and participating in Special Olympics. In preparation for the World Games, she has been working out twice a day, five days a week. In the morning, Ashley rides the stationary bike for an hour. In the afternoon, her routine usually consists of riding the elliptical for an hour and lifting weights. Once a week, she does endurance training in the swimming pool.

Her coach, John Lair, said that Ashley started snowshoeing because she is “willing to try anything.” She fell in love with the sport and has been doing it for the past 8 years.

Her team, New Hope Bulldogs, named her Athlete of the Year in both 2012 and 2015. She has been on the National Championship teams in softball and flag football.

You can help Ashley on her quest for Gold at the World Games, by donating [here](https://secure.e2rm.com/registrant/donate.aspx?eventid=204850&langpref=en-CA&Referrer=direct%2fnone) for her trip

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