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MEDIA ALERT

FOR IMMEDIATE RELEASE

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Let the Games Begin! **Fargo ABLE Games IS HAPPENING May 14th & 15th** **Unique CrossFit Competition Comes to Block 9**

NFL Lineman and Fargo Native Connor McGovern to Reveal Details on Rescheduled Inaugural Competition Expected to Draw Competitors to Downtown Fargo This Spring

WHAT: Fargo ABLE Games 2021 Announcement and Official Launch

Fargo ABLE Games is the Midwest's first all-inclusive test of functional fitness. This charity event celebrates the abilities of all its competitors **from the highly skilled athlete to individuals with special needs. Fargo ABLE Games fosters and celebrates an inclusive environment with all participants competing on the floor at the same time.**

Fargo ABLE Games is the brainchild of Connor McGovern, Fargo native and NFL center for the New York Jets and Kim Pladson, Executive Director of TNT Kids 'Fitness & Gymnastics. McGovern was looking for a way to give back to his community. Having experienced such joy working with **special-needs athletes** at TNT and while at the University of Missouri, the idea was a no-brainer. Proceeds from Fargo ABLE Games will help fund more opportunities for adults and children with special needs to participate in physical fitness programs at TNT Kids 'Fitness and Gymnastics

During the announcement event on Wednesday, February 24th media will have the opportunity to interview Kim Pladson at TNT from 9am to noon AND/OR Connor McGovern (Via Zoom appointment) between Noon – 2pm.

Learn specifics about the inaugural ABLE Games including the venue, which is outdoors at Block 9, dubbed the new heart of downtown Fargo. The event will also feature notable attendees like, Connor's friends and guest NFL Players, Mat Fraser, 4X Defending CrossFit Games Champion among other notable athletes all of whom will compete side-by-side with special needs athletes in this unique www.ablegames.org

WHEN: Wednesday February 24, 2021

- 9am – noon: Interview Kim Pladson, Executive Director of TNT Kids' Fitness & Gymnastics AT TNT in Fargo.
- Noon-2pm Schedule a Zoom Interview with Connor McGovern,

WHERE: **TNT Kids Fitness & Gymnastics**
2800 Main Avenue
Fargo, ND 58103

ZOOM links available for McGovern interviews upon request.

VISUALS: If you do not have access to previous TNT Kids Fitness & Gymnastics b-roll on file, additional options can be found here:
<https://www.dropbox.com/s/rv66b3pin83qvm5/Connor%20TNT%20Visit%20B-Roll.mp4?dl=0>

**MORE
INFO:** www.ablegames.org

**MEDIA
INQUIRIES:** For interview opportunities, or more information, please contact Michael Deering at: 612-360-7789 or michael@superstarpr.com

About ABLE Games

Created as a platform for positive impact, the ABLE Games in Fargo, ND is the brainchild of Connor McGovern, Fargo native and center for the New York Jets and Kim Pladson, Executive Director of TNT Kids 'Fitness & Gymnastics. In the process of looking for a way to give back to his hometown, McGovern considered the joy he felt during his time working with special needs athletes while at the University of Missouri and at TNT Kids 'Fitness & Gymnastics in Fargo. Out of this passion, ABLE Games was created. It is the Midwest's first all-inclusive test of functional fitness. The annual competition celebrates the abilities of all its competitors from the highly skilled athlete to individuals with special needs, holding competitions among all participants on the same floor. ABLE Games celebrates its inaugural competition on May 14-15, 2021.

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