

## HR184 INTRODUCED



1     HR184  
2     MSRE211-1  
3     By Representative Rigsby  
4     RFD:  
5     First Read: 01-Apr-25



1  
2  
3  
4 HR\_\_\_\_\_ COMMENDING BETH ALLEN FOR WINNING THE SILVER MEDAL IN  
5 FIGURE SKATING AT THE WINTER SPECIAL OLYMPICS.  
6

7 WHEREAS, we note with great pleasure the achievement  
8 of Beth Allen of Harvest, Alabama, in winning the silver  
9 medal in figure skating at the Winter Special Olympics; and

10 WHEREAS, Beth Allen, a dedicated and passionate  
11 athlete, has competed in various Special Olympics sports for  
12 two decades, notably excelling in figure skating and bowling  
13 at the national level; and

14 WHEREAS, despite facing the difficulties associated  
15 with peripheral neuropathy, Beth made significant lifestyle  
16 changes to optimize her performance, proving her tenacity  
17 and dedication by increasing her strength, mobility, and  
18 endurance through targeted training; and

19 WHEREAS, Beth has inspired her community and fellow  
20 athletes through her relentless dedication to  
21 self-improvement, working with personal trainers, engaging  
22 in private figure skating lessons, and incorporating a  
23 rigorous fitness regimen, including strength training and  
24 daily yoga; and

25 WHEREAS, Beth's achievements extend beyond the ice,  
26 as she shares her experiences with friends, family, and the  
27 broader community, using her platform, including her YouTube  
28 channel, to motivate others by showcasing her training,



## HR184 INTRODUCED

29 routines, and the realities of athletic discipline; and

30 WHEREAS, Beth Allen competed in the Special Olympics  
31 World Winter Games Turin 2025, representing the United  
32 States as one of only eight figure skaters chosen  
33 nationwide, and earned a silver medal in figure skating; and

34 WHEREAS, Beth's accomplishments have been made  
35 possible through the unwavering support of her mother,  
36 Shannon Allen; her coach, Heidi Parker; her personal  
37 trainer, Bobbie Lyn Santiago; Kay Scott; and countless  
38 others who have contributed to her journey; and

39 WHEREAS, Beth Allen embodies the Special Olympics  
40 oath, "Let me win. But if I cannot win, let me be brave in  
41 the attempt," inspiring athletes and individuals of all  
42 backgrounds to strive for excellence and pursue their dreams  
43 with courage and determination; and

44 WHEREAS, Beth Allen's journey is a testament to the  
45 power of perseverance, breaking barriers for individuals  
46 with intellectual disabilities and serving as an example  
47 that physical and personal growth have no limits; now  
48 therefore,

49 BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE  
50 LEGISLATURE OF ALABAMA, That Beth Allen is hereby commended  
51 and congratulated on winning the silver medal in figure  
52 skating at the Winter Special Olympics and that, by copy of  
53 this resolution, best wishes are extended for every future  
54 success.