

Northern Virginia SENIOR OLYMPICS

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2009 N. VA Senior Olympics Kicks Off with Track Events

The 2009 Northern Virginia Senior Olympics opened Sat., Sept. 12 at Thomas Jefferson Community Center, Arlington. Opening ceremonies included a flag ceremony by the George Mason University Police Honor Guard and remarks by Arlington County Board Chairman Barbara Favola. The Olympic torch was carried by Virginia Shields, Alex. as Jack Hobbs, Alex., NVSO chairman, proclaimed the games officially opened. Over 25 events will take place through Sept. 23 at various venues throughout Northern Virginia.

Track events began with a **three mile walk**. Gold medals were awarded to (men) 50-54, Leonard Mathey, Fairfax, 55-59, Peter Blank, Annan., 60-64, Anthony Thompson, Arl., 65-69, Ron Hoffman, Sterling, 70-74, Wen-Chung Chang, Oakton, 75-79, Richard Stableford, Dumfries, 80-84, Leonard Kalkwarf, Sprngfld.; (women) 55-59, Maryann Schwab, Fairfax, 60-64, Josefina Smith, Centreville, 65-69, Carrie Griffith, Waterford, 70-74, Mary D'Alessandris, Falls Church, 80-84, Mary Boska, Alex. and Naomi Hesser, Fairfax.

Gold medal winners in the **800 meter walk** were (men) 55-59, Peter Blan, Annan., 60-64, Doug Hastings, Alex., 65-69, Victor Litwinski, McLean, 70-74, Richard Deringer, Alex., 75-79, Richard Stableford, Dumfries, 80-84, Joseph Peters, Great Falls, 95-99, Chester Christenson, Falls Church; (women) 55-59, Maryann Schwab, Fairfax, 60-64, Josefina Smith, Centreville, 65-69, Carrie Griffith, Waterford, 70-74, Barbara Curran, Purcellville, 75-79, Dorothy Skinner, Alex., 80-84, Mary Boska, Alex. and 90-94, Mary Lathram, Falls Church. Winners in the **1600 meter walk** were (men) 55-59, Peter Blank, 60-64, Gerald Cantor, Springfield, 65-69, Ron Hoffman, Sterling, 70-74, Richard Deringer, 75-79, Richard Stableford, 80-84, Joseph Peters; (women) 55-59, Maryann Schwab, 60-64, Josefina Amith, 65-69, Carrie Griffith, 70-74 Barbara Curran, 75-79, Dorothy Skinner and 90-94, Mary Lathram.

In the **200, 400 and 800 meter runs**, gold medalists were **200** (men) , 50-54, Muraji Nakazawa, Herndon, 60-64 James Loeb, Alex., 65-69, Terence Kuruppo, McLean, 7074, Wayne Wilson, Haymarket, 75-79 Averett Tombes, Vienna; (women) 50-54, Saskia Estupian-Day,

McLean, 60-64 Mary White, Arl., 75-79, Alease Brooks, Arl., 8084, Mary Boska, Alex.; **400** (men) 50-54, Ed Binczewski, Arl., 55-59, John Carten, Arl., 60-64 Doug Hastings, Alex., 65-69, Krupakar Revanna, Falls Church, 7074, Ronald Steele, Fairfax, 75-79, Kent Halstead, Arl.; (women) 50-54, Saskia Estupian-Day, McLean, 60-64, Charlotte Perdue, Arl.; **800** (men) 50-54, Muraji Nakazawa, Herndon, 55-59, Jacob Wind, Arl., 60-64, Stephen Banks, Sprngfld., 65-69, Krupakar Revanna, Falls Church, 70-74, Ronald Steele, Fairfax; (women) 60-64, Charlotte Perdue, Arlington.

In the **60 meter dash** gold medal winners were (men) 50-54, Muraji Nakazawa, 55-59, John Carten, Arl., 60-64, James Loeb, Alex., 65-69, Terrence Kuruppu, 70-74, Wayne Wilson, Haymarket, 75-79, Kent Halstead, Arl., 80-84, John Martin, Fairfax, 90-94, Mike Lowe, Springfield; (women) 50-54, 50-54 Saskia Estupian-Day, 60-64, Mary White, 75-79, Alease Brooks and 8084, Mary Boska.

During the opening ceremonies, NVSO chairman Hobbs also recognized Arl. Co. Board members Mary Hynes and Walter Tejada, Lesley Stuler, acting supervisor, community services, Arl. Co. Department of Parks, Recreation and Cultural Resources, Cheryl Johnson, countywide senior center director and Grace Starbird, Director, Fairfax Area Agency on Aging. Also on hand were Gold Patron representatives from Goodwin House Incorporated, Greenspring Retirement Community, Verizon Wireless, Senior Advantage Program at George Washington University Hospital plus Silver Patron Debbie Miller, McEneaney Associates Also recognized were bronze patrons, Envoy Health of Alexandria and The McDonald's Family Restaurants of Greater Washington, D.C., Virginia Hospital Center (Health Fair), the Bainum Group (Traveling Bicycle Museum) and Cliff Dewitt, nationally certified massage therapist.)

For more information, call 703-228-4721 or check the website at www.novaseniorolympics.com.

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