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Register Early for Senior Olympics

“Registration is open for the 2010 Northern Virginia Senior Olympics,” said NVSO committee chairman, Jack Hobbs of Alexandria. “With the addition of Fauquier County as a jurisdictional sponsor this year, we expect to break records again and are asking folks to register early,” said Hobbs.

Senior adults 50 years of age and over are eligible to enter NVSO which will take place Sept. 18-29. Participants must live in one of the sponsoring jurisdictions. Registration information is available at local senior centers, community centers, senior residences or by calling 703-228-4721. Details and registration forms are also available online at www.nvso.us. Deadline to register is Sept. 1. The fee is \$10 which includes one event, additional events are \$1 per event. There are additional charges for golf, bowling and fencing.

Over 25 indoor and outdoor events are offered and seniors may compete in more than one event. Each event is divided into age categories and some by gender. Winners will be awarded gold, silver and bronze medals after each event.

New events in 2010 are bocce and fencing. Other events are track and field, swimming, diving, tennis, table tennis, golf, miniature golf, ten pin bowling, Wii bowling, pickleball, racquetball, scrabble, cribbage, chess, duplicate bridge, backgammon, bunco, shuffleboard, horseshoes, men’s 3 on 3 basketball, men and women’s basketball free throw, team line dancing, yo-yo tricks, eight ball pool, Frisbee throw and softball hit and throw. Competitions will be held at various venues throughout Northern Virginia.

NVSO is sponsored by the cities of Alexandria, Fairfax and Falls Church and the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William. Gold Patrons are Greenspring Retirement Community, Goodwin House Incorporated, BB&T, ManorCare Health Services, Safeway, The Hermitage of Northern Virginia, Humana and The Fountains at Washington House.

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