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News

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Seniors Gearing Up for Senior Olympics

The 2016 Northern Virginia Senior Olympics is gearing up for 12 days of competition, Sept. 10-21. Jim Mackenzie of Clifton, NVSO chairman, said, "Registration forms have been mailed to previous participants and delivered to senior centers, community centers, senior residences and event venues. Among the 50+ events are four new ones including a spelling bee, orienteering, rummikub and Sudoku. Mackenzie said, "NVSO offers events from track and field to tennis and handball to scrabble and dominoes." Gold, silver and bronze medals are awarded after each event. "During the 12 days of events we will use 25 different venues throughout Northern Virginia," said Mackenzie.

Registration fee is \$12 which covers multiple events. Participants must be 50 years of age by Dec. 31, 2016 and live in a sponsoring jurisdiction. They can register by mail or online which opened July 5 through the NVSO website at www.nvso.us. For more information, call 703-830-5604 or email, nvso1982@gmail.com. Results and photos from last year can be seen on the website.

NVSO is sponsored by the cities of Alexandria, Fairfax and Falls Church and the counties of Arlington, Fairfax, Loudoun, Fauquier and Prince William.

Additional sponsors are Jim Koons Automotive Companies, Ashby Ponds, Greenspring Retirement Community, Goodwin House Incorporated, The Virginian, Westminster at Lake Ridge and Sonus Arlington Hearing Center.

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