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Registration for 2019 NVSO starts June 17. Games to be held Sept. 14-28

Registration for the 2019 Northern Virginia Senior Olympics is scheduled to begin June 17 at www.nvso.us. The games run Saturday, Sept. 14 thru Sept. 28.

The 2019 NVSO includes more than 60 events that exercise the mind as well as the body. To qualify competitors must be at least 50-years-old by Dec. 31, 2019. The deadline for registration at www.nvso.us is Aug. 31. Paper registrations, available at most area recreation and senior centers, must be postmarked no later than Aug. 24.

The NVSO began in 1982 with about 80 competitors. In 2018, more than 800 Northern Virginians took part, making it one of the region's largest annual senior events.

The games will be hosted at more than 25 venues. New this year is a flat registration fee of \$15 that allows participants to compete in as many events as they choose with the exception of bowling, cycling, golf and orienteering, which do have additional charges. There will be no onsite or day-of event registration for any NVSO event.

In addition to offering traditional Olympic-style events such as running, walking, discus and swimming, the NVSO also has games that exercise the mind, including bridge, Sudoku and one of this year's new competitions, jigsaw puzzle. A new competition being added for those more active is line dancing.

NVSO partner RSVP-Northern Virginia, the region's largest volunteer group for those 55 or better, recruits more than 100 volunteers to support the games each year. Those interested in volunteering should contact RSVP at 703-403-5360 or email rsvp@volunteerfairfax.org. Volunteers can register online beginning July 8 at www.rsvpnova.org.

A list of events, rules and venues can be found at www.nvso.us beginning June 17. The NVSO is a joint project of the cities of Alexandria, Fairfax and Falls Church and the counties of Arlington, Fairfax, Fauquier, Loudoun, and Prince William.

In addition to the support of local jurisdictions, the 2019 NVSO is also made possible thanks to the patronage of local businesses and media outlets. To become an NVSO patron please email nvso1982@gmail.com for more information.

WWW.NVSO.US

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