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contact: Herb Levitan
Herblevitan@gmail.com

Robust Registration Underway for 2023 NV Senior Olympics

Registration opened July 6 for the 2023 Northern Virginia Senior Olympics. Herb Levitan, NVSO chair said, “We are really off to a robust start with a 30% increase over this time last year.” Registration is online at www.nvso.us through Thursday, Aug. 24. Events begin Saturday Sept. 9 and continue until Sunday, Sept. 24.

Most events are in five or ten year age groups and by gender. “There is truly something for everyone,” said Levitan. “Events run from track and field to croquet and canasta to 10 pin bowling to swimming,” said Levitan. Registration is online only at www.nvso.us. Registration fee is \$20 which covers unlimited events. There are additional fees for ten pin bowling, orienteering, cycling and 3 par, 9 hole golf.

Adults 50 years of age by Dec. 31 who live in a sponsoring jurisdiction are eligible to participate. There is no onsite registration. The website also has multiple photos taken by the Osher Life Long Learning’s Photography Club at George Mason University as well as this year’s full schedule of events and venues.

2023 events include track, ERG rowing, cycling, swimming, diving, Wii bowling, ten pin bowling, eight and nine ball pool, tennis, scrabble, crossword puzzle, croquet, Mexican train dominoes, Sudoku, handball, rummikub, football and frisbee throw, softball hit and throw, jigsaw puzzle, Mah Jongg, bocce, horseshoes, cribbage, cornhole toss, pickleball, table tennis, 5K Trail race, basketball field goals and free throw, orienteering, field events, racquetball, line dancing, miniature golf and Canasta. New this year are disc golf, synchronized diving, advanced sudoku, and 9 hole, 3 par golf. Gold, silver and bronze medals are awarded after each event. Members of the general public are welcome to watch those participating. For additional information, email, nvso1982@gmail.com.

NVSO is sponsored by the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria, Fairfax and Falls Church. NVSO is also supported by Gold Patrons who contribute \$1000 enabling NVSO to purchase and replace equipment and services, promote participation and provide awards of recognition. 100% of money donated is used entirely for NVSO activities. It is a non-profit 501-C-3 organization. 2023 Gold Patrons are Retirement Unlimited Inc., Facial Plastic Surgery Center, The Jefferson, Advanced Hearing Services, Greenspring Village, Hunters Woods at Trails Edge, Elance Luxury Living, Goodwin Living, Sentara Health, Aetna and Falcons Landing.

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