

April 2026 For Immediate Release

Contact: Judy Massabny, 703-217-0285  
[nvso1982@gmail.com](mailto:nvso1982@gmail.com)

## Plans in High Gear for 2026 NVSO

Michael Coleman of Falls Church and newly elected Chair of the Northern Virginia Senior Olympics has predicted another record year for participation. “For the past few years NVSO has been growing both in participation and recognition,” said Coleman. The dates for 2026 are Sept. 9 – Oct. 4 with several events taking place prior to the official opening, Saturday, Sept. 19 at the Thomas Jefferson Community Center in Arlington.

Coleman said that the registration fee remains the same at \$20 which covers an unlimited number of events. Registration is online only at [www.nvso.us](http://www.nvso.us). “A new event this year is the popular game of Darts plus other events and venues are being considered,” he said. Eligibility to participate include a person must be 50 years of age by Dec. 31, 2026 and live in one of the sponsoring jurisdictions. Most events are held in 5, 10 and 20 year age groups and some by gender. Events are held indoors and outdoors, plus all events which take place in venues throughout Northern Virginia are open to the public.

Sponsoring jurisdictions are the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William plus the cities of Alexandria, Fairfax and Falls Church. Additional support comes from Gold, Silver and Bronze Patrons which to date include The Beacon Newspapers, CareFirst Blue Cross Blue Shield, The Mather Tysons, United Healthcare, Koons Arlington Toyota, Seniors Helping Seniors and Woodlands Retirement Community.

Photos and results from previous years, rules for each event and information about becoming a volunteer are on the website at [www.nvso.us](http://www.nvso.us).

###