

June 2026 For Immediate Release

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NVSO Registration opens July 6

Registration to participate in the 2026 Northern Virginia Senior Olympics (NVSO) opens Monday, July 6 and closes Monday, Aug. 24. Registration is online only at www.nvso.us. The fee to register is \$20 which covers an unlimited number of events.

Michael Coleman, NVSO Chair said, “Most events are offered in 5 and 10 year age groups and many are separated by gender.” He also said, “Participants must be 50 years of age by Dec. 31 and live in one of the sponsoring jurisdictions.” Coleman emphasized that all events are open to the public and attendance by family members and friends is encouraged.

The full list of events and locations is on the website (www.nvso.us) as well as photographs and results from previous years. Coleman said, “The NVSO committee and staff are all volunteers, 100% of the money from registrations fees and Patron support goes toward the implementation of the more than 80 events to be held at 34 different venues throughout Northern Virginia.” He also said, “We welcome volunteers to assist event directors and additional information is on the website or by emailing 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. Additional support is provided by the 2026 Gold Patrons, AARP Virginia, Adobe, Ashby Ponds by Erickson Senior Living, CareFirst Blue Cross Blue Shield, Falcons Landing, Greenspring by Erickson Senior Living, Johns Hopkins Health Plans, Retirement Unlimited, Inc., Seniors Helping Seniors, The Beacon Newspapers, The Jefferson, The Mather - Tysons, United Health Care, Vinson Hall Retirement Community, Woodlands Retirement Community, Woodleigh Chase by Erickson Senior Living, and the 2026 Silver Patrons, Koons Toyota Arlington and Chesterbrook Residences. Plus an additional generous grant from Johns Hopkins Health Plans Grant Program.

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