

September 2026 For Immediate Release

Contact: Judy Massabny, 703-217-0285
nvso1982@gmail.com

NVSO Registration Hits Another High

For the fifth year in a row the Northern Virginia Senior Olympics has an increase in its registration. Registrar and long-time participant Herb Levitan from Arlington said, “Registration has increased 59% since 2022 as the sponsoring jurisdictions continue to show increases, plus this year 38% of the overall registrants are new.” He also said that males and females are almost equally represented for the first time, 51% and 49% respectively.

The 2026 NVSO begins Friday, Sept. 11 with 10 swimming events at the Ashburn Recreation and Community Center. Events continue through Sunday, Oct. 4 with orienteering at Gunston Hall in Lorton and rock climbing at Sportrock Climbing Center in Alexandria. There are over 80 events most played in five and ten year age groups and some by gender. There are indoor and outdoor events played at 34 different venues throughout Northern Virginia. A special Welcoming Ceremony will take place Saturday, Sept. 19 at 9:30 a.m. at the Thomas Jefferson Community Center in Arlington followed by nine track events. The public is invited to attend. All of the events are listed on the website, www.nvso.us where results from each event will be posted. More than 200 volunteers of all ages (13 years old and up) have volunteered to support event directors in the conduct of events.

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 generated by Gold, Silver and Bronze Patrons which goes toward equipment and supplies.

2026 Gold Patrons are AARP Virginia, Adobe, Ashby Ponds by Erickson Senior Living, CareFirst BlueCross BlueShield, Falcons Landing, Greenspring by Erickson Senior Living, Johns Hopkins Health Plans, Retirement Unlimited, Inc. (RUI), Seniors Helping Seniors, The Beacon Newspapers, The Jefferson, The Mather-Tyson, United Health Care, Vinson Hall, Woodlands Retirement Community and Woodleigh Chase by Erickson Senior Living. Silver Patrons are Chesterbrook Residences, Koons Arlington Toyota and Mandy Whelan. NVSO is also a recipient of a generous grant from Johns Hopkins Health Plans Corporate Grant Program.

#####