

March 2010 Idaho Senior Games Newsletter:

Welcome to March! We are still working on updating the Schedule for the 2010 Senior Games, but please be aware that the dates are as follows: July 27-28 (Archery) at the NNU Track, August 7 (Triathlon in Emmett), August 13-15, 19-22, and the Metal Bat Softball will be September 18-19 at Willow Lane, while the Wood Bat Tom Nicholson Tournament will be held at the Heritage Softball Fields on Aug. 14-15. We are also happy to announce that NNU has graciously offered, and we have accepted, the use of their Track for our Track Meet on Saturday, August 21, 2010. Pickleball will be held at Borah High on Saturday and Sunday, August 14 and 15, 2010, and Tennis will be held at Timberline High the following weekend, which is August 21 and 22, 2010. The Cycling events are as follows: 40K Road Race at 8am on Saturday the Aug. 14th and the 5K Time Trial at 3pm the same day, with the 20K Road Race at 8am and the 10K Time Trial at 2pm on Sunday the 15th. **Please note changes the made with some of these events.**

If you are a Swimmer, the YMCA Masters Swim Club is still having practices and once a month they are having swim meets at the West Y. If you are interested in improving your swimming skills, please contact Kevin Everett at 344-5502 x284 for more info. March 20 is the next Masters swim meet.

And now, a new segment of the Senior Games Newsletter, our Birthday Corner.

Happy Birthday to the following March babies: William Jung, Teri Aherns, Charles Vermett, Connie Colerick, Gerald Schoeder, Jim Bevins, Charles Camp, Ken Stewart, Vince DeMarco, Kevin Wladyka, James Spencer, Bill Deeter, Pat Porter, Joe Gallegos, Jessie Dawson, Ron Dehlin, Don Parry, Sharon Ross, Edwin Huckfeldt, Sharon Sacco, Bonnie Mitchell, Tracy Hawkins, Barney Greenspan. Again, Happy Birthday to all of our March Senior Games participant Birthday babies. We hope that your day is special and enjoyable.

We still have Senior Games T-shirts for \$5, Senior Games Pin for \$2, athletic bags for \$25, or a very nice windbreaker for \$20. Contact Jack if you are interested or come to the Downtown YMCA. So, if you are interest in Senior Games stuff please contact Jack.

Also, if you are a Pickleball player or are interested in Pickleball, a group is meeting on Tuesdays, Thursdays, and Sundays. Contact the Homecourt YMCA at 855-5711 for more information on times.

And finally, if you have some spare time and would like to volunteer helping Jack with checking results and finishing up with the Senior Games paperwork, or any other things that Jack is working on, please feel free to contact him at 344-5502 x270.

If you have any questions or suggestions for the Newsletter, please contact Jack at info@idahoseniorgames.org or at 344-5502 x270.

Have a great month and keep training, because, “you don’t stop training because you get old, you get old because you stop training”.