

## **March 2011 Idaho Senior Games Newsletter Update!:**

Welcome to March! March has certainly come in like a LION! Hopefully the crazy weather has not hampered your training too much. We hope that all is going well with you and your families.

**Jack missed a couple of items from the regular March Newsletter. Bill Platt, one of our AWESOME Senior Games Track Athletes and the World record holder in the 80-84 age group in the Javelin, went to the National Masters Indoor Track and Field Championships in Albuquerque, NM earlier this month. Bill won two National Championships and one Silver Medal. He was the only one representing Idaho and hopes that next year, we can have more people competing at the National Masters Indoor Championships. Our hats are off to Bill for his hard work and his excellent representation of Idaho. Also, it should be noted that Bill was out at the Indoor Facility every Tuesday and Thursday this past Winter practicing, and all of our young athletes were in awe of his hard work and efforts. Thanks Bill.**

**On a sadder note, I recently found out that Marilyn Plant, one of our Golfers passed away on November 5, 2010. I talked with Marilyn several times during the past four years and I know that she loved participating in the Senior Games and always looked forward to the Senior Games Golf Tournament every year. Marilyn will be missed. If you find out about the passing of one our Athletes, please contact me so that we can recognize, remember, and celebrate that individuals life and their contributions to the Idaho Senior Games.**

Please remember that March and April are the big giving months for the YMCA Strong Kids campaign, which raises money for not just kids, but for anyone who cannot afford to participate in any Y program, as the Y policy is that no one gets turned away due to inability to pay. These monies have also been used for Idaho Senior Games participants who were unable pay. So, if you would like to donate to the YMCA Strong Kids Campaign or to the Idaho Senior Games, please contact Jack at 344-5502 x 270.

Please keep in mind that we really want to make the Senior Games Website the main source of information for all of our participants and events. So, if you know someone that is not checking out the website, please let them know about the Newsletter and the website. We are looking into making some changes to our website to make it a more user friendly site and more supportive to our wonderful sponsors.

Please be aware that the Idaho Senior Games Office is now located at 1177 W. State Street, which is on the corner of State and 12<sup>th</sup> Street, across from the Downtown YMCA. So, if you need or wish to stop by the Office to say hi to Jack, come on down and check out our new digs. Also, please use the 344-5502 x 270 phone number when trying to contact Jack about Senior Games info. We are trying to eliminate our old extension of 317, so please make a note of that.

**And now, our Birthday Corner.** Happy Birthday to the following March babies: Tom Stevenson, Dennis Kencheloe, Ken Van Egodon, Hank Fenke, Desiree Egusquiza, Connie Colerick, Gaylan Moore, Tim Parsons, Kristi Schiermeier, Val Rivers, Cornelius McCormick, Gail Grosdidier, Kent Kimble, Vince DeMarco, Davis Garbato, Kevin Wladyka, James Spencer, Terry Lavigne, Nolan Packham, Joe Gallegos, Ron Dehlin, Daryl Spivey, Terry Hardy, Dennis Rider, Jim Lenn, Barney Greenspan, Carl Tuck, and John Fritz. Again, Happy Birthday to all of our Ides of March and St. Paddy's Day Senior Games participant Birthday babies We hope that your day is special and enjoyable. If I missed someone, please let me know.

Also, Meadow Lake Village, one of our fine Sponsors of the Senior Games, is creating a Horseshoe Club and Table Tennis Club for those interested in honing their skills. Contact Michelle Swantek at 888-2277 to see if you can participate.

Our Summer Basketball league and Track and Field Training program will open registration in April, so please keep your eyes open for registration info as we get close to those two events that will start in June.

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