



Vol. II #11

### **New Events for the New Year!!**

We are always trying to improve the Iowa Senior Olympic Games and provide all of our athletes the best opportunities for fun and competition. In 2011 we hosted 72 events, 10 more than the National Senior Games hosted. This was a good thing but we felt we could provide more opportunities. There were only 5 events held at the National Games which were not provided at the Iowa Sr. Olympics. We always strive to provide as many opportunities as possible to qualify on to Nationals. With that in mind we worked with the Iowa Games and will co-host **Archery** and **Triathlon** events where athletes can qualify for the National Senior Olympics in Cleveland in 2013.

Both events will be part of the Iowa Games but the Iowa Senior Olympics will sponsor the 50 and above age groups. You will be able to win medals for both the Iowa Games and Iowa Senior Olympics and the top finishers will be eligible to go on to Nationals in Cleveland. Details on registration and rates will be worked out before the brochures go out next year. We will also co-sponsor a **Bike Race** to cover the 20K and 40K qualifiers for Nationals. Look for details on these events in future Newsletters.

The only events we cannot cover are the Pole Vault and Hammer Throw in Track & Field. We do not have access to facilities or meets where these events are contested. I will find out which states do host these events and let you know in future Newsletters.

We have more exciting news on the "event" front. You will be able to compete in a **Power Walking** competition and **Frisbee Throw for Accuracy** at this June's Games. The Power Walk will take place during the Track & Field competition on Saturday. Having this division of the Walking Events allows us to have both the judged Race Walk events and a Power Walk section. The Power Walking division will not be closely judged as a walking event but still give everyone, who wants to have a walking competition, the opportunity to participate. Participants in the Race Walk division must strictly adhere to the rules of Race Walking or be disqualified. Medals will be awarded in both events but you can qualify for Nationals only out of the Race Walking Sections.

The Frisbee Throw for Accuracy will be held in conjunction with the Frisbee Throw for Distance on Friday. The Distance Throw has become a very popular event in just two years. Athletes were throwing the length of the football field last summer. The accuracy component gives the Frisbee Golf enthusiast a couple of events to take part in. It is also an event which doesn't require a lot of strength to participate in but certainly does require skill, so practice up.

### **Videos and Pictures**

Check out the attached pictures of more action from last year's Games. In the next Newsletter you will be able to go to You Tube and see a highlight video from the 2011 Iowa Senior Olympics. If you have a video or pictures from any of the Senior Olympic competition, including last year's Nationals, email it to me or mail a disk or flash drive to:

Steve Lynn  
Iowa Senior Olympics  
3550 Mills Civic Parkway  
West Des Moines, IA 50265

We will get it posted so everyone can enjoy it.

### **Almost Resolution Time**

The next Newsletter will outline a program which can help you with that News Year's Resolution of getting in shape and losing weight. We are going to join forces with the Live Healthy Iowa initiative and work together to reach our goals. Keep your eyes open for the next Newsletter.

### **HAPPY HOLIDAYS**

From everyone at the Iowa Senior Olympics.

**Have a Great Christmas and a Happy New Year**