

February 2010 Idaho Senior Games Newsletter Update:

Welcome to February! 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), August 7 (Triathlon in Emmett), August 13-15, 19-22, and the Metal Bat Softball will be September 18-19 at Willow Lane. 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 the same location the following weekend, which is August 21 and 22, 2010.

The pictures from the 2009 Idaho Senior Games are up on the website, but we are making some adjustments on occasion, so not all of the pictures will be available from time to time. Also, we do not have pictures for the following competitions: Basketball Events, Bowling, Golf, Racquetball, Triathlon, Taekwondo, and Metal Bat Softball. Also, we did not have anyone competing in Badminton, Volleyball, or Shuffleboard, so we do not have any pictures for those sports either.

Also, it is with a heavy heart that we report the loss of one of our participants. Dee LaMott just passed away after a short battle with Cancer. Dee was our first Senior Games Triathlon participant and went on to place second at the 2009 National Games in Palo Alto, California. We will always remember Dee's competitive fire and her excitement in participating in Triathlons. Dee always brought a lot of joy to our office when she stopped by to visit. Our heartfelt sympathy goes out to Dee's family and friends. She will be missed. You can expect to see the Senior Games Triathlon named after her in her honor.

And now, a new segment of the Senior Games Newsletter, our Birthday Corner. Happy Birthday to the following February babies: Lotus DeBelius, Tom Power, David Lee, Karin Thompson, Ken Bruning, Debi Glogower, Wendall Nelson, Rodell Hill, Larry Lafollette, Lane Marie Long, Mark DeMeester, Roger Johnson, Perry Justice, Claude Long, Dee LaMott, Scott Michaelson. Again, Happy Birthday to all of our February Senior Games participant Birthday babies. We hope that your day is special and enjoyable.

Also, if you are a Pickleball player or are interested in Pickleball, there will be a Pickleball Tournament on Sunday, February 28 the Homecourt YMCA at 855-5711 for more information. The cost is \$10.

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".