



New Mexico Senior Olympics, Inc.

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PRESS RELEASE

For Immediate release

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SUBJECT - Senior Olympics Summer Games Registration is OPEN until May 15th

After a two-year postponement due to COVID-19, the New Mexico Senior Olympics Ernesto Ramos State Summer Games are returning next month in Las Cruces, New Mexico. The NMSO Summer Games will take place June 8-11th and are open to any senior 50 years and older. Athletes can compete in one or five sports. New Mexico Senior Olympics is an affiliate member of the National Senior Games. NMSO Summer Games is the largest multi-sport competition qualifier for seniors 50+ in the state. For the past forty years New Mexico has held the Summer Games throughout the state which has drawn twelve hundred senior athletes, pre-covid. Registration is online at www.nmseniorolympics.org or call 1-888-623-6676 and register over the phone. Deadline to register is May 15, 2022, at midnight.

The State Summer Games are back and will include eighteen sports, Air Gun, Archery, Badminton, Cycling, Field, Frisbee Distance, Golf, Horseshoes, Huachas, Pickleball, Race Walk, Road Race Run, Soccer Kick, Shuffleboard, Swimming, Table Tennis, Tennis and Track.

Athletes 50 and older are anxious for the return of the 2022 State Summer Games. Comments from athletes include, "It's the camaraderie and the friendships we develop over the years that keep us coming back," "It doesn't matter whether you're short or tall, big, or small, old or young. There's something for everybody", "You meet healthy and optimistic people and come away with lots of inspiration. It's just the best thing ever". For most who attend Senior Games, winning a gold medal isn't a realistic goal but that's not why they come. The main appeal is simply socializing around a shared passion for active living. They'll share tips, encouragement, and laughs. They'll share stories about past competitions and make plans to get together at future events.

All competitions are free and open to the public • The Summer Games will utilize three hundred community volunteers to help stage this event. • In excess of fifty medal events will be contested, over four days, at sport venues throughout the City of Las Cruces, NM • 18 Medal Sports: • Gold, Silver and Bronze medals are awarded for each age division. • Male and female divisions compete in five-year increments, ages 50 through 100+; Older athletes sometimes "play down" to a lower age group, usually in doubles play. • There is no pre-qualifying for the State Summer Games. Participants must only register in advance of the Games, with a deadline to register of May 15, 2022.

'22 Summer Games are scheduled for New Mexico State University for the next four years '22 through '25. The '22 Summer Games are supported in part by NM Aging and Long-Term Services Department, HUMANA, Visit Las Cruces, Mountain View Regional Medical Center, Presbyterian and Blue Cross BlueShield of New Mexico, and The Bulletin.

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"You don't stop playing because you grow old, you grow old because you stop playing."