

**Field Post Number 1 – August 23, 2005**

**To: Members, Friends and Supporters of the Louisiana Senior Olympic Games (LSOG)**

**From: Mark Rayner – LSOG Executive Director**

Hello Everyone! As I began traveling across the state in April to meet many of you during the District Games, I spoke of my desire to communicate on a regular basis to our growing audience of Senior Athletes, friends and supporters of the **Louisiana Senior Olympic Games (LSOG.)**

Following the redesign of our [Web site](#) and some software upgrades, I'm pleased to send you the first **Field Post** – an electronic medium offering an efficient, economical method to talk to you about the **LSOG**. You probably already received part of a message from me earlier today while we were testing software. Now that it works, I'll be communicating to you regularly about LSOG events through the **Field Post**.

The fact that you're reading this **Field Post** message means you're already on the list of people who will automatically receive these messages to inform you of **LSOG** news. You'll receive the latest news from the **Field Post** through your e-mail address. There's no cost to receive it and I hope you'll encourage others to subscribe to the **Field Post**. People can visit our Web site and **register for the Field Post**. For the latest news regarding the **LSOG**, please visit our Web site: <http://www.LSOG.net>.

I hope you'll find these messages informative. I'd like to hear your comments and suggestions for the **Field Post**. Click on this link and [drop me a line](#).

I look forward to meeting many more of you during the **2005 State Games!**

--Mark Rayner  
Executive Director  
Louisiana Senior Olympic Games  
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