



Number 14, January 12, 2006

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

From: Mark Rayner – LSOG Executive Director

2006 LSOG Dues Are Due

Invoices for **2006 LSOG dues** are being mailed this week. Membership dues are **\$10** and are effective **January 1, 2006 – December 31, 2006**. All persons who join the LSOG by **March 31, 2006** will receive the **2006 State Games Entry Form** and **pay reduced State Games basic entry fees** (\$10 versus \$30 for non-members.) Your membership helps us maintain features like the “**Field Post**” and the web site: <http://www.LSOG.net> that keep you informed of Senior Olympic events at the **District, State and National levels**. If you’ve been a previous member of the LSOG, we hope you’ll join us again in 2006. If you’re not currently a member, please **join the LSOG today**, have some fun and get involved! 2006 membership forms are available here:

(To print this form you will need Adobe Acrobat Reader. To download the reader, [click here.](#))

<http://www.lsoq.net/2006MembershipApplication.pdf>

It’s Too Hard, Too Raw and Too Complicated...

Those are some of the descriptions in a message the **LSOG** office received January 11 from our friends, **John and Gwen Impson**, of **Bay St. Louis, MS**. He is a Senior Athlete and they help organize the **Mississippi Gulf Coast Games**. Their story is very well written and captures in amazing detail some of their emotions and activities of daily life they experience after their home was destroyed by **Hurricane Katrina**. Their message is very powerful and offers a glimpse into what many victims of Hurricane Katrina and Hurricane Rita are currently experiencing. John and Gwen gave us permission to share their message on our website in the latest entry of the **Katrina Stories**.

Please take a moment to read their story...

<http://www.lsoq.net/Katrina%20Stories.htm>

2006 GNO District Games Cancelled

The **GNO District Senior Olympics Board** voted this week **not to have the 2006 GNO District Games** due to too many obstacles to overcome to produce the games following the hurricanes. No events for 2006 are planned in either GNO or Harahan. **All other eight districts in the state are planning games in 2006.**

Don’t forget that if you qualified in 2005 and sent your 2005 State Entry Form in to the LSOG office, your qualifications will be honored for the 2006 State Games. For additional information about all 2006 District Games please visit the following link:

<http://www.lsoq.net/District%20Games.htm>

Upcoming Events

2006 Mardi Gras Mambo 10K Run - Feb. 18, 2006

Online information and applications for the Mardi Gras Mambo are now available:

<http://www.mardigrasmambo10k.com/>

The event is organized by the **Baton Rouge Area Sports Foundation (BRASF)** and the **LSOG** will again be partnering with the event. This will be the 2006 State Games qualifying event for the 2007 National Games. **Online race registration** for the Mardi Gras Mambo is available at the following link:

http://www.active.com/event_detail.cfm?event_id=1265758

District Games

Applications for the **Bayou River District Games** and the **Acadiana District Games** are available online on the LSOG web site. **Bayou River's** games are **March 28 – May 3**. **Acadiana's** games are **March 31 – April 9**. St. Tammany's entry form will be posted on the LSOG website soon. Get a copy of the entry forms here:

Bayou River District Games

(To print this form you will need Adobe Acrobat Reader. To download the reader, [click here](#).)

<http://www.lsoq.net/06BayouRiverEntrySchedule.pdf>

Acadiana District Games

(To print this form you will need Adobe Acrobat Reader. To download the reader, [click here](#).)

<http://www.lsoq.net/06AcadianaEntry.pdf>

For additional information about all 2006 District Games please visit the following link:

<http://www.lsoq.net/District%20Games.htm>

Stay Active and Healthy!

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<http://www.LSOG.net>

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