



Number 17, March 15, 2006

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

From: Mark Rayner – LSOG Executive Director

2006 District Games Are Here!

The **2006 District Senior Olympic Games** begin today (March 15) as the **Southwest District Games** in the Lake Charles region kicks off its Bean Bag Baseball Competition. Eight districts will offer events across the state. District competition concludes with the **Greater Baton Rouge** games in June. Make plans to participate and support all of the District Games this year. Event schedules and applications can be found on the LSOG Web site: <http://www.lsoq.net/District%20Games.htm>

Questions regarding district games, times and schedules should be directed to the specific coordinators: <http://www.lsoq.net/DistContacts.htm>

Good luck to all participants!

Mardi Gras Mambo Breaks Attendance Record

The 8th Annual **Mardi Gras Mambo 10K**, held Feb. 18, 2006, achieved record attendance with more than 900 participants and spectators. Runners from more than 13 states participated in the race. Overall winner of the 10K was **Sam Mwape** with a finish time of thirty-four minutes, eight seconds. The event is organized by the **Baton Rouge Area Sports Foundation (BRASF)**). The LSOG was a partner for the event. The Mardi Gras Mambo was the 2006 State Games qualifying event for the 2007 National Games. Congratulations to all participants and sponsors who made this event another great success! To view photos and learn more about the event, please visit the LSOG photo gallery: <http://www.lsoq.net/2006%20Mambo/index.htm>

Memberships are Rolling In

Invoices that were mailed in January for **2006 LSOG** dues continue to come in to the LSOG office. 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 in the LSOG helps us maintain features like the “**Field Post**” and the web site: <http://www.LSOG.net> to 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>

State Games Update

We want to remind you that if you mailed in your 2005 State Games Entry Form last year, we still have it on file. LSOG will honor your fees and your sports. In early June, you will receive an updated schedule and confirmation of the sports you entered last year. You will be given an opportunity to update your sports at that time. If there are any questions or concerns, please call our office or visit the website for the latest information regarding the 2006 State Games. <http://www.lsoq.net/2006schedule.htm>

Discovery Channel Discovers the LSOG

Thanks to the visibility the **LSOG Web site** has created, the State Office was contacted earlier this month by the **Discovery Channel** concerning a six part documentary regarding the aging process. The producers found us on the internet and called to find out more about our organization and some of our athletes. In particular, they're interested in individuals who eat blueberries! Turns out that blueberries contain many antioxidants and are believed by some people to slow down the aging process. Although things are only in the planning stages now, there's a possibility a few of our athletes could be included in the documentary. Who knows...we might have some new stars besides our athletes who participated in the **BlueCross BlueShield of Louisiana TV ads** earlier last year! We'll keep you posted if anything else develops.

Stay Active and Healthy!

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