



THE FINISH LINE

Arizona's Leader in Senior Fitness



2017 National Senior Games Results

Congratulations to all of our athletes!



Event	Age Group	Name	Result	Event	Age Group	Name	Result
Archery- Men's Compound Release	60-64	Larry Butterfield	Gold	200 Yd Individual Medley	80-84	Ardeth McLeod	Gold
Badminton-Men's Doubles	75-79	Phil Brunner/Robert Semon	Bronze	Swimming-Men 50 Yd Freestyle	75-79	Richard Kramer-Howe	Silver
Badminton-Women's Doubles	70-74	Lorna Hunter/Margot Hurst	Silver	100 Yd Freestyle	75-79	Kenneth McKinney	Bronze
	80-84	Peggy Jefferson/Joan Kalfahs	Bronze	50 Yd Backstroke	75-79	Kenneth McKinney	Silver
Badminton-Women's Singles	70-74	Lorna Hunter	Bronze	50 Yd Breaststroke	70-74	Doug Springer	Gold
	75-79	Margot Hurst	Gold			Levente Batizy	Bronze
Badminton-Mixed Doubles	75-79	Margot Hurst/Phil Brunner	Silver		75-79	Kenneth McKinney	Gold
Basketball- Women's Div. II	55+	Texas Crush- Joan Clarke	Gold	100 Yd Breaststroke	70-74	Doug Springer	Gold
Cycling – Women's 5K Time Trial	85-89	Sally Pace	Gold			Levente Batizy	Bronze
Cycling – Women's 10K Time Trial	85-89	Sally Pace	Gold		75-79	Kenneth McKinney	Silver
Cycling – Men's 5K Time Trial	85-59	James Rigney	Gold	200 Yd Breaststroke	70-74	Doug Springer	Gold
Cycling – Men's 10K Time Trial	85-89	James Rigney	Gold	50 Yd Butterfly	75-79	Richard Kramer-Howe	Silver
Cycling – Women's 20 K Road Race	85-89	Sally Pace	Gold	100 Yd Individual Medley	70-74	Doug Springer	Gold
Cycling – Men's 20 K Road Race	85-89	James Rigney	Silver			Levente Batizy	Bronze
Cycling – Men's 40 K Road Race	85-89	James Rigney	Silver	200 Yd Individual Medley	70-74	Doug Springer	Gold
Golf-Men's	80-84	Marvin Selby	Silver	400 Yd Individual Medley	70-74	Doug Springer	Gold
Golf- Women's	75-79	Sallie McCutcheon	Bronze	Table Tennis-Men's Doubles	70-74	Dennis Keppen/Don Weems	Bronze
Road Race- Men's 5K	60-64	Gary Plank	Gold	Table Tennis- Women's Doubles	60-64	Yali Carpenter/Yvonne Smart	Gold
Shuffleboard-Open Doubles	65-69	Darlene Salls/Charles Crouse	Gold	Table Tennis-Women's Singles	60-64	Yali Carpenter	Silver
Shuffleboard-Open Doubles	80-84	William Rindone/Thomas Wiehle	Silver	Track-Men's 800 M	60-64	Gary Plank	Gold
Softball-Women's Div. I	60+	Sharon McCloskey, Cynthia Lutz, Mary Lou Porter, Nancy Gagnon, Lorraine Hebert, Gloria Smith, Karen Strickland, Eleanore Stavarek	Bronze	Track-Men's 1500 M	60-64	Gary Plank	Gold
Softball-Women's Div. I	70+	Juanita Lange, Ella Barnett	Silver	Field- Men's Discus	50-54	David Privett	Silver
Swimming-Women				Field- Men's Javelin	50-54	David Privett	Bronze
50 Yd Breaststroke	80-84	Ardeth McLeod	Gold	Field- Men's Pole Vault	50-54	David Privett	Bronze
100 Yd Breaststroke	80-84	Ardeth McLeod	Gold	Field- Women's Hammer Throw	55-59	Tamara Alegria-Dybvig	Gold
50 Yd Butterfly	70-74	Wendy Weinberg	Bronze	Field-Women's Javelin	55-59	Tamara Alegria-Dybvig	Gold
	80-84	Ardeth McLeod	Gold	Volleyball- Men's	70+	Jack du Mace	Silver
100 Yd Butterfly	80-84	Ardeth McLeod	Gold	Volleyball- Women's	50+	Margo Darris	Silver
100 Yd Individual Medley	80-84	Ardeth McLeod	Gold			Marmy Kodras	Bronze
					60+	Florina Douglas	Gold
					70+	Rosa Brodersen, Aileen Kucera	Silver
					75+	Diane Fordney, Douglas Myer (coach)	Gold



The Finish Line
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City of Phoenix

PARKS AND RECREATION DEPARTMENT

in partnership with the cities of Chandler, Glendale, Mesa, Peoria, Scottsdale, Tempe and the communities of Sun City, Sun City West and Sun City Grand

Arizona Senior Olympics

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Easy Steps to Prevent Falls



It's true that everyone falls. It starts when we are just learning to walk, and it continues throughout our lives. It is also true that seniors are more prone to falling than younger people. So is falling an inevitable part of aging? Is it possible to move through our older years without falling? That depends upon you.

Each month, The Finish Line will feature an article giving tips on practical ways to keep from falling. There are also many resources for learning techniques for fall prevention.

One cause of falling is often inattention or mindlessness. Here are some small steps you can take to reduce your risk of falling.

1. Pay attention to what you carry. Try to balance out the weight that you carry.

2. Don't try to carry too much at once. Make two trips from the car to your door,

rather than trying to carry more than you can handle. The extra walk will do you good!

3. Never enter a poorly lit or dark room.

4. When you walk, just walk. So often we are doing other things while walking – getting keys out of a purse, reading something, talking on a cell phone, etc.

5. When walking outside, pay attention to the ground. In addition to looking at the road or ground ahead of you, glance at the ground for cracks, holes and other obstacles.

6. Take the long way if you must, rather than walking on uneven or rough terrain.

7. If you take the stairs, use the bannister. If the stairs have no bannister, get help from someone you can hold onto.

8. Don't worry, but be aware of the risks, and be attentive.

Albuquerque, Here We Come!

The 2019 National Senior Games will be held in Albuquerque and athletes who wish to qualify to compete in those games will do so in 2018. For all those athletes, we will be running a series of articles on the City of Albuquerque and the State of New Mexico in order to help them prepare for the games there.

First and foremost to remember is the altitude. Athletes will need to train differently in order to function well at 5,312 feet. To compare, our altitude here in the Valley of the Sun is 1,087 feet. The higher altitude requires the lungs and heart to work harder and athletes should train accordingly.

Albuquerque, New Mexico's largest city, sits in the high desert. Its modern downtown core contrasts with Old

Town Albuquerque, dating to the city's 1706 founding as a Spanish colony. Old Town is filled with historic adobe buildings, such as San Felipe de Neri Church, five museums, and shops selling Native American handicrafts. These and many other fascinating places await the athletes that compete in this beautiful city.

Albuquerque's Summer Temps:

June	88 high	62 low
July	90 high	66 low
August	87 high	65 low


Games Management Team

If you've been around the Arizona Senior Olympics for a few years, you've heard about the group referred to as the GMT (Game Management Team). This is the group that meets throughout the year to plan the Annual ASO Games. Without the GMT, there would be no games! This dedicated group of people each take on the responsibility of two sports. They work with the Sport Commissioner, who actually runs the event – such as Track and Field or Swimming etc. They act as a resource for the Commissioner and as a liaison between the Commissioner and the ASO office. Throughout the year, they are in contact with their Commissioner to work on promotion of the event, seeing that a facility is secured, obtaining the necessary equipment and supplies and seeing that volunteers and officials are obtained. They are present at the event at the beginning and end to help with

set up and takedown and to see that results are recorded and transmitted to the office.

We are now recruiting for members of the GMT. The time commitment is August through March. Meetings are held twice monthly and take about three hours with travel. During the games, the time spent on each of the two sports averages about four hours.

If you are looking to volunteer for something that will require an interest in helping others stay active and healthy; a willingness to drive to lively, fun meetings; and a desire to use your skills to make the ASO Games the best in the nation, then you are GMT material! Please call Irene at the ASO office to learn more about becoming a GMT member. Call 602-274-7742 Tuesday through Thursday from 9 a.m. to 4 p.m. We're counting on you. Call today!



Puzzle Answers

FROM PUZZLES ON PAGE 17

King Crossword

answers

O	V	E	R		U	T	A	H		D	V	D
D	I	R	E		P	E	S	O		I	O	U
D	I	A	G	N	O	S	I	S		A	L	E
			A	U	N	T		P	E	L	T	S
A	D	D	I	N			D	I	C	E		
R	U	I	N		P	E	A	C	O	C	K	S
A	K	A		D	O	N	N	E		T	I	E
B	E	T	H	E	S	D	A		B	I	L	E
		R	I	C	E			B	A	C	O	N
H	A	I	T	I		B	E	A	R			
E	B	B			D	I	A	P	H	R	A	G
A	B	E			E	D	G	E		E	V	E
D	E	S			R	O	S	E		L	E	T

Even Exchange

answers

1. Flake, Flame

2. Barney, Barley

3. Loner, Loser

4. Gaggles, Giggles

5. Saute, Sauce

6. Cherry, Sherry

7. Humor, Rumor

8. Resort, Retort

9. Saber, Sober

10. Nickel, Nicked

SCRAMBLERS

solution

1. Wander; 2. Trifle;

3. Enfold; 4. Simper

Today's Word

MARTINI

Weekly SUDOKU

Answer

1	3	4	8	5	6	7	2	9
8	5	9	7	1	2	3	6	4
7	2	6	3	4	9	1	8	5
5	8	2	6	9	3	4	7	1
9	4	1	5	2	7	8	3	6
6	7	3	4	8	1	5	9	2
2	1	8	9	7	4	6	5	3
3	9	7	1	6	5	2	4	8
4	6	5	2	3	8	9	1	7