



DOÑA ANA
COUNTY
**SENIOR
GAMES
2018**

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Bulletin

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1-866-808-8064

Welcome to our new Senior Olympics office

As of Feb. 1, the new office location for Doña Ana County Senior Olympics will be in Downtown Las Cruces, 151 N. Church St., at the rear entrance of the municipal court building. This north rear door entrance sign reads "City of Las Cruces, 151 N. Church," and faces the Bank of the West parking lot. It is always locked, so to visit our office, please call 575-649-3167 to have someone open the door.

Parking for our office is either on Church Street or in the public parking lots near the municipal court building. Do not park in the Bank of the West parking lot, as you run the risk of having your car towed.

New office hours:

- 10 a.m.-3 p.m., Monday through Thursday
- Closed Fridays and all federal holidays

Mailing address:

Doña Ana County Senior Olympics, Inc.
P.O. Box 54, Las Cruces, NM 88004

Contact information:

575-649-3167 • dacso@outlook.com • www.donaanaseniors.com

DACSO BOARD MEMBERS

ELECTED EXECUTIVE COMMITTEE:

Paul Fetterhoff, *President*

Betty Burgess, *Assistant to President*

APPOINTED DIRECTORS:

Alexa Davis • Mike Fietze • Nancy Hastings
Mike Lewis • Charles Lucero • Jayne Milavec
Steve Phelps • Gary Tuttle • Jack Welch • Henry Young

HONORARY LIFETIME MEMBER:

Dee Harris

OFFICE STAFF:

Mike Simione, *Coordinator/registrar*
Natalie Mosley, *Assistant registrar*

2017 FRIENDS OF DACSO CHAMPIONSHIP

Gayle Welch • Jack Welch • Doug Bailey • Tina Bailey
Richard & Roberta Aros

MESSAGE FROM THE PRESIDENT

It's that time of year again for our senior athletes to begin dusting off their running shoes, finding their paddles, their clubs and other equipment. We are heading into our 39th annual Doña Ana County Senior Games, and I am so proud of the athletes and volunteers who make our games possible. We could not do this without the work and support of many of you.

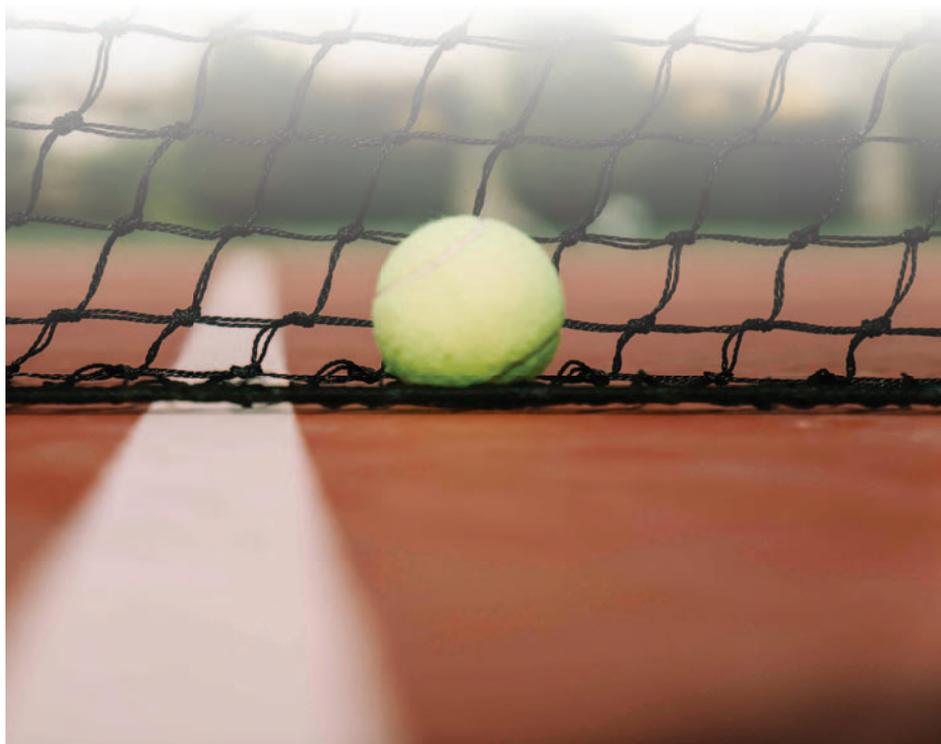
We invite and challenge all of you to come join us for the 2018 games, as we concentrate and prepare for the competitions ahead. I promise you will make new friends and discover abilities and talents you thought you had lost. Our contests are challenging, rewarding and, and most of all, fun. It is a great chance to experience new sports and talents with like-minded seniors in our community.

My friend and mentor, Dr. Robert Klass, quoted Nike last year with "Just Do It." This year, I would like to share the famous Olympic quote "Let the Games Begin!" Our athletes are ready to challenge themselves and others in 2018. Come and join us to challenge yourself and experience the joy of physical activity and camaraderie.

Sincerely,

Paul Fetterhoff

President, Doña Ana County Senior Olympics



KICKOFF & REGISTRATION

10 A.M. TO 12:30 P.M., SATURDAY, FEB. 17

Trails West Clubhouse, 1450 Avenida de Mesilla

This is a great time to chat with friends over refreshments, visit with event sport managers, and complete your registration and payment for the 2018 DACSO Games. Award presentations will be from 11-11:30 a.m.

OTHER WAYS TO REGISTER

BY MAIL: Fill out the form on pages 6 & 7 of this program up to two weeks before the date of your intended competition, and mail it with your check payable to:

Doña Ana County Senior Olympics, Inc.
P.O. Box 54, Las Cruces, NM 88004

IN PERSON: You are welcome to come to the office 10 a.m. to 3 p.m. Monday through Thursday with your completed registration form and payment. Please call Mike at 575-649-3167 upon arrival to be let inside the building, which is always locked.

BY EMAIL: Request a registration form be mailed to you by emailing Mike at dacso@outlook.com



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All faiths or beliefs are welcome.

2018-2019 SENIOR GAMES INFORMATION

2018 Doña Ana County Games:
Will be held March 5 to April 30 (see schedule on pages 8 & 9)

2018 New Mexico Senior Olympics Summer Games:
Will be held July 18-22 in Albuquerque, New Mexico.

The New Mexico Senior Olympics events are qualifiers for the 2019 National Senior Games in Albuquerque.

The dates for the 2019 Doña Ana County Games have not been set yet.

The dates and location of the 2019 NMSO Summer Games is yet to be determined.

The 2019 National Senior Games, presented by Humana, will be held June 14-25, 2019 in Albuquerque, New Mexico.

What is Doña Ana County Senior Olympics?

OUR PURPOSE

To enhance our existing 27 sport venues and create new ones as requested. Also, we seek to provide opportunities for men and women to explore and become more comfortable with living balanced lives through exercise and sport activities.

OUR VISION

To provide opportunities for men and women age 50 and above to become involved in sport activities within their own five-year age groups, thereby contributing to their own positive, physical, mental, social and emotional well-being.

OUR MISSION

To provide interesting sport activities to motivate mature men and women to continue year-round activities, enabling them to keep physically and mentally healthy.

2017 CYNDY ATEN AWARD

Prestigious award goes to a couple who advanced Senior Olympics

This Cyndy Aten award is presented to a volunteer who by his or her efforts, example and encouragement to others has advanced the spirit of service and success of the Doña Ana County Senior Olympic Games.

This is the first year since 2010, the year it was established, that this prestigious award is being presented to a couple rather than an individual.

Mike Simone, administrator for Doña Ana County Senior Olympics (DASCO) states, "it is fitting that this couple be

recognized together as both have contributed countless hours in service to Senior Olympics both in Doña Ana County and, as well as at the state level." Senior Olympics conducts safe and friendly competition in twenty-six sports for individuals age 50 and above. This couple has been active in the Senior Olympic organization for 19 years. He has been a member of the board during this time and has served as vice president for four years and president for two years. She has assisted him in this endeavor working both at the games and behind the scene. Together they have served as sports coordinators for swimming, track and field, 5K/10K runs and 3-on-3 basketball.

While he has been the on-scene person directing the sports, she has been the organizer and word-processing expert. He is the authority on rules and technical aspects; she is known for her organizational talents and friendly demeanor, always cheerful and

encouraging the athletes and other volunteers. Before each athlete was awarded his or her medal, she would record their time or distance on a label and attach it to the back of the medal, giving the person a record of their performance.

For three years, this couple conducted the New Mexico State Summer Games in swimming. At these events, they ran and organized all aspects of the two-day event for seniors from throughout the state. While running the events, he also competed as an athlete and earned several gold medals for his swimming prowess.

For several years, DACSO sold ads that were published in the annual Doña Ana County Senior Olympic supplement published by the Las Cruces Sun-News and the Las Cruces Bulletin. Both of them were always among the top sellers, thereby, helping DACSO reach its fundraising goals.

When asked what motivates their

volunteer services, he mentions that physical activity is beneficial to both mental and physical health for seniors. Both agree that making friends has been fun and witnessing the courage of many of the athletes has been inspiring. In short, this couple has been committed to improving the lives of seniors through Dona Ana County Senior Olympics. The DACSO executive committee says that "we enthusiastically endorse them for this award which is richly deserved." He is professor emeritus from New Mexico State University, Department of Kinesiology. She is a retired real estate office manager. Please join me in congratulating Jack Welch and Gayle Trantham-Welch, as the 2017 Cyndy Aten Award Honorees!

Paul Fetterhoff
President, Dona Ana County Senior Olympics

NMSO SENIOR OLYMPICS STATE GAMES OFFICIAL RULE BOOK REVISIONS

(Updated December 2017)

Please check with Mike in the Doña Ana County Senior Olympics office at 575-649-3167 with questions. For rule changes in the following sports, see the following pages.

- Archery, page 21
- Field, pages 50, 51, 52, 57
- Golf, page 74
- Power Walk, pages 83-84
- Basketball 3-point, page 86
- Basketball Free Throw, page 89
- Frisbee accuracy, page 91
- Road Race (5K & 10K), page 108
- Triathlon, page 128



In Memoriam

Dr. Robert (Bob) Klass, PhD.

President of Doña Ana Senior Olympics,
July 1, 2013 to Oct. 18, 2017

Born: April 27, 1947, Little Neck, New York

Died: Oct. 18, 2017, Las Cruces, New Mexico

Proud father of one son and two grandchildren

Gold medalist Senior Olympian in Badminton, Racquetball, Pickleball
University education and business man
Maya Angelou sums up a person like Bob this way: "People will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Rest in peace, Bob Klass, friend, amigo, chaver

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For more information contact Las Cruces Home Builders Association
Office 575.526.6126 or email events@lchba.com

BOWLING TEAM

- 0380 (M) 50+ 0386 (W) 55+
 0381 (M) 55+ 0387 (W) 60+
 0382 (M) 60+ 0388 (W) 65+
 0383 (M) 65+ 0389 (W) 70+
 0384 (M) 70+ 0415 (W) 75+
 0410 (M) 75+ 0416 (W) 80+
 0411 (M) 80+ Team Name and Captain _____
 0385 (W) 50+ _____

DANCE

- 0180 Country Western
 Partner _____
 0181 Polka
 Partner _____
 0182 Jitterbug
 Partner _____
 0183 Waltz - Ballroom
 Partner _____
 0184 Latin
 Partner _____
 0185 Line Dance
 (6-15 member team)*
 Team Name and Captain _____

 0186 Waltz - Western
 Partner _____

ESTIMATED WALK/RUN

- 0242 400m (est) Walk/Run
 0240 800m (est) Walk/Run

GOLF

- 0200 Golf - 18 Holes

HORSESHOES

- 0210 Horseshoes

HUACHAS

- 0402 Huachas

PICKLE BALL

- 0500 Singles
 0501 Doubles Partner
 Partner _____
 0502 Mixed Doubles
 Partner _____

ROAD RACE

- 0345 5K Road Race
 0346 10K Road Race

RACQUETBALL

- 0250 Singles
 0251 Doubles
 Partner _____
 0252 Mixed Doubles
 Partner _____

RACEWALK

- 0231 1500M
 0232 5K

SHUFFLEBOARD

- 0260 Singles
 0261 Doubles/Mixed
 Partner _____

SWIMMING

- 0420 50Y Backstroke
 0421 100Y Backstroke
 0422 200Y Backstroke
 0423 50Y Breaststroke
 0424 100Y Breaststroke
 0427 200Y Breaststroke
 0425 200Y Individual Medley
 0426 100Y Individual Medley
 0430 50Y Freestyle
 0431 100Y Freestyle
 0432 200Y Freestyle
 0433 500Y Freestyle
 0434 50Y Butterfly
 0435 100Y Butterfly

TABLE TENNIS

- 0300 Singles
 0301 Doubles
 Partner _____
 0302 Mixed Doubles
 Partner _____

TENNIS

- 0370 Singles
 0371 Doubles
 Partner _____
 0372 Mixed Partners
 Partner _____

TALENT**

- | | SOLO | GROUP |
|-------------|-------------------------------|-------------------------------|
| Comedy | 0321 <input type="checkbox"/> | 0331 <input type="checkbox"/> |
| Dance | 0324 <input type="checkbox"/> | 0334 <input type="checkbox"/> |
| Instrument | 0323 <input type="checkbox"/> | 0333 <input type="checkbox"/> |
| Reading | 0322 <input type="checkbox"/> | 0332 <input type="checkbox"/> |
| Vocal | 0320 <input type="checkbox"/> | 0330 <input type="checkbox"/> |
| Name of Act | _____ | |

FIELD

- 0190 Discus Throw
 0191 Javelin Throw
 0192 Shot Put
 0194 Standing Long Jump
 0195 Running Long Jump

TRACK

- 0339 50M Run
 0340 100M Run
 0341 200M Run
 0342 400M Run
 0343 800M Run
 0344 1500M Run

FUN & REC GAMES

- 0220 Soccer Accuracy Kick
 0221 Softball Distance Throw
 0222 Frisbee Distance
 0223 Frisbee Accuracy Throw

All (*) events require a roster
 All (**) events require a talent introduction form.

LIABILITY WAIVER**PLEASE READ, SIGN AND DATE THE LIABILITY WAIVER AND THE REGULATIONS AGREEMENT BELOW**

I hereby agree to indemnify and hold harmless Doña Ana County Senior Olympics Inc. and any of their agents or representatives: City of Las Cruces; New Mexico State University; Fairacres Fire Department; State of New Mexico Department of Transportation; Fraternal Order of Eagles; Catholic Diocese of Las Cruces; Trails West; B & J Archery; Good Samaritan Society - Las Cruces Village, Picacho Hills Golf Course. To the best of my knowledge and belief, I have no physical restrictions that would prohibit my participation in the events I have selected. The DACSO Board has my permission to have a physician, RN or EMT attend to me if it is deemed necessary during my participation in the DACSO Games. I also agree to observe all rules and regulations of the DACSO GAMES; to exercise good sportsmanship, and to follow all written or oral instructions given by game personnel. I agree that failure to do so will result in my disqualification or suspension from the DACSO Games for a specified period of time.

SIGNATURE _____

DATE _____

2018 DASCO Games Schedule of Events

DATE	DAY	EVENT	TIME	LOCATION	MANAGER	PHONE	E-MAIL
February 17, 2018	SAT.	KICKOFF - REGISTRATION		TRAILS WEST	MIKE SIMIONE	649-3167	dacsolascruces@gmail.com
March 13, 2018	MON.	8-BALL POOL - WOMEN	9 AM	MUNSON CENTER	CHARLES GARDNER	636-7887	lfmiller1965@yahoo.com
March 13, 2018	MON.	HORSESHOES	9 AM	MEERSCHIEDT			
March 14, 2018	TUE.	8-BALL POOL - MEN	9 AM	MUNSON CENTER	CHARLES GARDNER	636-7887	lfmiller1965@yahoo.com
March 17, 2018	FRI.	HUACHAS	9 AM	PAPEN CENTER	VIRGINIA BARBIER	575-622-2922	v7barbier@gmail.com
March 17, 2018	FRI.	TABLE TENNIS SINGLES/ DOUBLES/MIX.	12 PM	PAPEN CENTER	VICKIE AVERY & JERRY CLAESSEN	526-3662/526-9615	rewsavery@hotmail.com
March 18, 2018	SAT.	TRAP & SKEET SHOOT	8 AM & 10AM	BUTTERFIELD RANGE	BOB SHERMAN/ JOHN MOEN	526-1363	msherman@q.com
March 18, 2018	SAT.	SWIMMING	8 AM	NMSU POOL	JACK WELCH/KIRK COOPER	524-2160	johnwelc@nmsu.edu
March 27, 2018	MON.	BOWLING - TEAM	1 PM	WHITE SANDS BOWL	GARY TUTTLE	649-6356	gmtut708@gmail.com
March 28, 2018	TUE.	BOWLING - SINGLES	1 PM	WHITE SANDS BOWL	GARY TUTTLE	649-6356	gmtut708@gmail.com
March 29, 2018	WED.	RACQUETBALL	6 PM	MEERSCHIEDT CENTER	MARY & BOB SHERMAN	526-1363	msherma@q.com
March 30, 2018	THU.	BOWLING - DOUBLES	1 PM	WHITE SANDS BOWL	GARY TUTTLE	649-6356	gmtut708@gmail.com
March 30, 2018	THU.	GOLF	12:30PM	PICACHO HILLS CC	PETER ROTHE	932-9729	perothe@comcast.net
March 31, 2018	FRI.	BOWLING - MIXED DOUBLES	1 PM	WHITE SANDS BOWL	GARY TUTTLE	649-6356	gmtut708@gmail.com
April 1, 2018	SAT.	5K and 10K RUNS	8 AM	LA LLORONA PARK	PAUL FETTERHOFF	405-9892	nrunner@zianet.com
April 3, 2018	MON.	PICKLEBALL	10:30AM	MEERSCHIEDT	NANCY HASTINGS	541-5744	rnhastings@zianet.com
April 7, 2018	FRI.	TENNIS SINGLES	8 AM	LIONS PARK	CANDI GIUMMO	541-0514	kandigo@hotmail.com
April 8, 2018	SAT.	TENNIS - DOUBLES & MXD. DOUBLES	8 AM	LIONS PARK	CANDI GIUMMO	541-0514	kandigo@hotmail.com

2018 DASCO Games Schedule of Events

DATE	DAY	EVENT	TIME	LOCATION	MANAGER	PHONE	E-MAIL
April 8, 2018	SAT.	ARCHERY	8 AM	B & J's	BOB DUKE	575-640-4192	rjduke@zianet.com
April 8, 2018	SAT.	5K RACE WALK	8 AM	NMSU TRACK	BETTY BURGESS	644-0782	bettyburgess1948@yahoo.com
April 8, 2018	SAT.	400M & 800M EST. RACE WALK	9 AM	NMSU TRACK	HENRY YOUNG	496-1637	hank.young60@yahoo.com
April 8, 2018	SAT.	TRACK	9 AM	NMSU TRACK	BOB KLASS	303-719-3004	klasswear@aol.com
April 8, 2018	SAT.	1500 M RACE WALK	10 AM	NMSU TRACK	BETTY BURGESS	644-0782	bettyburgess1948@yahoo.com
April 15, 2018	SAT.	FIELD EVENTS	8 AM	NMSU	JOE MARTINEZ	312-9546	mr.wonderful227@yahoo.ca
April 21, 2018	FRI.	BASKETBALL FREE THROW / 3 POINT	06 PM	MEERSCHIEDT	FRED MARTINEZ	644-9906	alfredo.martinez@comcast.net
April 22, 2018	SAT.	CYCLING	8 AM	N. ARMORY FRONTAGE RD.	BOB KLASS	303-719-3004	klasswear@aol.com
April 22, 2018	SAT.	FUN & REC. EVENTS	9 AM	MESILLA PARK@ PAPAN	JAYNE MILAVEC	524-3722	amila4321@aol.com
April 22, 2018	SAT.	BADMINTON	01 PM	NMSU	WALLY HILL		hillco50@gmail.com
April 24, 2018	MON.	SHUFFLEBOARD - SINGLES	01 PM	ST. GENEVIEVE'S HALL	MIKE LEWIS	639-4544	t.mike.lewis@comcast.net
April 25, 2018	TUE.	SHUFFLEBOARD - DOUBLES	01 PM	ST. GENEVIEVE'S HALL	MIKE LEWIS	639-4544	t.mike.lewis@comcast.net
April 29, 2018	SAT.	AIR GUN - RIFLE & PISTOL	8 AM	THE EAGLES CLUB	CINDY POLLOCK	522-3180/644-1579	rteach@comcast.net
April 30, 2018	SUN.	AIR GUN - RIFLE & PISTOL	8 AM	THE EAGLES CLUB	CINDY POLLOCK	522-3180/644-1579	rteach@comcast.net
April 30, 2018	SUN.	DANCE & TALENT PRACTICE	10 AM	GOOD SAMARITAN	BETTY BURGESS	644-0782	bettyburgess1948@yahoo.com
April 30, 2018	SUN.	DANCE & TALENT SHOW	2 PM	GOOD SAMARITAN	BETTY BURGESS	644-0782	bettyburgess1948@yahoo.com
May 1, 2018	MON.	AIR GUN - RIFLE & PISTOL	8 AM	THE EAGLES CLUB	CINDY POLLOCK	522-3180/644-1579	rteach@comcast.net

*We are 39
years old
and Jack
Benny has
nothing on us!*

In the spring of 2019, Doña Ana County Senior Olympics will celebrate its 40th anniversary. Look for the story in 2019 that details the founding of DACSO and those involved.

Athlete's Oath

As a Senior Olympian, I pledge myself to the spirit of the Olympics.

The Spirit of Achievement, that I may reach my goals;

The Spirit of Competition, that I may win or lose with pride and honor.

The Spirit of Friendship, that I may be a true friend to those around me.



Lifelong learner doesn't shy from a challenge

2017 DEE HARRIS FEMALE ATHLETE OF THE YEAR

Virginia Barbier

Our 2017 Dee Harris Female Athlete of the Year was born in Artesia, New Mexico, where she spent her formative years as the last child in a family of 10 children. Our honoree describes herself as "a tomboy" who kept pace with her brothers in anything and everything they did. During her high school years, she participated in softball, volleyball and track.

Upon high school graduation, she married and traveled to U.S. Air Force bases in Ohio, Turkey and California. She describes herself as a lifelong learner.

While in California, she first took up the sport of racquetball. After leaving California, she moved to Colorado. There she spent 23 years as an office manager at Colorado School of Mines, while continuing to play racquetball.

She moved to Las Cruces upon her retirement and inquired at a local commercial sport center about teaming up with other people to play racquetball. She was told there were no women who played racquetball at their location. It was then our honoree became involved with pickleball. She took up the game with a passion. She not only plays the game bi-weekly, but also has volunteered to teach it weekly

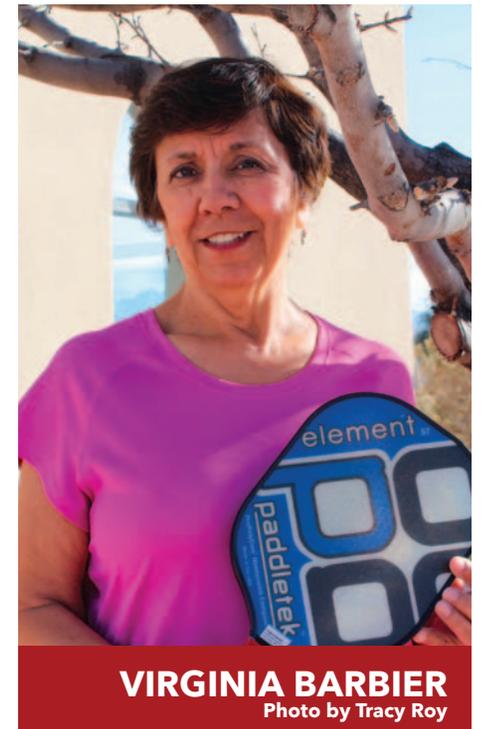
to beginners at a City of Las Cruces athletic facility, and to Las Cruces Public School teachers. In addition, she is the Doña Ana County Sports Event Manager for huachas.

She has competed at both the local and state levels in pickleball and is looking forward to qualifying in 2018 in pickleball, to play at the National Senior Games in Albuquerque in 2019.

In 2007, she became a breast cancer survivor. This experience has reinforced her motto of "Improve Your Personal Best." Her love for Senior Olympics has been strengthened through the people who have encouraged her to reach out to try new sports. Watch out table

tennis and shuffleboard, she's headed your way.

Now, please join me in congratulating and welcoming our 2017 Dee Harris Female Athlete of the Year, Virginia Barbier, a person who "loves life, and enjoys helping other people enjoy life."



VIRGINIA BARBIER
Photo by Tracy Roy

Physical therapist gives equal weight to fitness, camaraderie

2017 DEE HARRIS MALE ATHLETE OF THE YEAR

Ken Stebler

Our 2017 Dee Harris Male Athlete of the Year was born in Hollywood, California. He spent his formative years in northern Michigan, where he initially grew up with his grandparents, and later, his parents. Living with his grandparents had a profound effect on his future life.

He attended Marquette University in Milwaukee on an ROTC scholarship, where he began his studies in dentistry. When his grandma suffered a stroke, he switched majors to physical therapy. After graduation, he spent 10 years in the U.S. Army on active duty. His last assignment was at White Sands Missile Range where he discovered the beautiful Southwest.

After he left the Army, he

joined the National Guard. As a physical therapist, he works with special needs children in home settings, as well as with medically fragile children. He also works with geriatric patients through home health.

His interest in Senior Olympics was sparked four years ago by comments from one of his wife's physical therapy patients. This was the beginning of a change which has had dramatic effects in his life. He began walking and jogging with his wife to get fit. Then, his daughter, (one of five children), signed him up for a half marathon, which he completed by jogging and walking.

From that beginning, he participated in a total of 23 events, winning 23 medals at the 2017 DACSO Games, (nine of which were running events) and 12 events at the 2017 NM

Summer State Games in Albuquerque, (six of which were running events) where he won 12 medals. He also competes in all air rifle and pistol events at the local and state level. Ken set a new state record in the air rifle in 2017 at the state games in Albuquerque, scoring a 399/400.

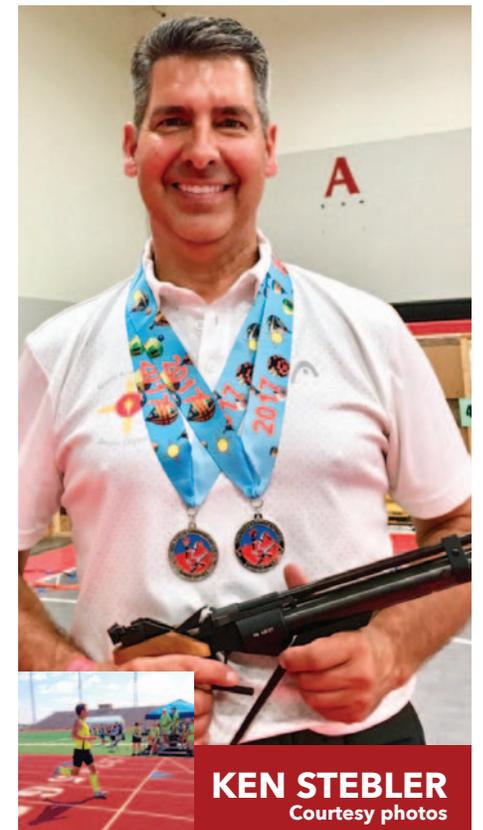
Our honoree firmly believes that the opportunity for camaraderie with and through other athletes is more important than the medals he has earned. He now runs three days per week, 7 to 10 miles per run. He brings to life the Senior Olympic motto of "You don't stop playing because you grow old, you grow old because you stop playing."

In addition to work and his program to maintain his physical well-being, he finds time to become involved with athletic endeavors in the community

which foster the spirit of helping others through physical activity, as opposed to just competition and medals.

Our 2017 Dee Harris Male Athlete of the Year sees Senior Olympics "as the opportunity to celebrate the gift of life, an opportunity to lift up and support others, and a door to better health." When asked what he enjoys about Senior Olympics, our honoree states "No matter who is doing what, there are people cheering you on, and this is GREAT." He also appreciates the well-organized events at both the local and state game level.

Please join me now in congratulating Ken Stebler, our 2017 Doña Ana County Senior Olympic Dee Harris Male Athlete of the Year Honoree!



KEN STEBLER
Courtesy photos

BY THE NUMBERS: 2017 Doña Ana County Games

- **244** - Total registered, comprised of 159 men and 85 women
 - **34 & 26** - Number of first-time participants, men and women, respectively
 - Participants came from Anthony (**3**), Deming (**5**), Fairacres (**1**), Hillsboro (**1**), Mesilla Park (**8**), Organ (**1**), Vado (**2**), White Sands Missile Range (**1**), and El Paso, Texas (**10**)
- Note: Individual sport results for ALL state sports and each athlete are available in the DACSO office

BY THE NUMBERS: 2017 state and national games

- **73** - Number of athletes from Doña Ana County participated in the state summer games in Albuquerque
- **191** - Number of medals brought home by Doña Ana County athletes from the state games
- **7** - Number of athletes from Doña Ana County, out of 239, who attended the National Senior Games in Birmingham, Alabama and who helped them bring home 148 medals overall

Stats that set the bar for the national games

NMSO encourages all athletes to study their fellow competitors distance, times, scores in your respective events so you can know where "the bar is set," in respect to you becoming a national qualifier during the state games in Albuquerque. On the NMSO website - www.nmseniorolympics.org - under the "records and results" tab, all results listed from 2007 to present.

Below is a list of all 2019 national qualifying sports and the qualifications for New Mexico "in-state" athletes.

- Archery, 1st-4th
- Badminton, 1st-4th
- Bowling, 1st-4th
- Cycling, 1st-4th
- Golf, 1st with min. performance
- Horseshoes, 1st-4th
- Pickleball, 1st-3rd
- Powerwalk, new
- Racewalk, 1st-4th
- Racquetball, 1st-4th
- Road race, 1st-4th
- Shuffleboard, 1st-4th
- Swimming, 1st-4th
- Table Tennis, 1st-4th
- Tennis, 1st-3rd
- Track & Field, 1st-4th
- Triathlon, compete in two in 2018
- Team tourney sports, 1st-3rd

Store owner has 24 gold medals in air-gun competitions

Harry Stryker

Mike Cook
Las Cruces Bulletin

Harry Stryker of Las Cruces has won 24 gold medals since 2010 in Senior Olympics air rifle and air pistol competitions.

Stryker, 64, is the owner of Strykers Shooting World, 415 S. Valley Drive in Las Cruces. He got interested in Senior Olympics air-gun competitions after a customer mentioned them, watching his first competition in 2009.

Stryker has been shooting guns since he was 11 years old, he said. His first was a Red Ryder BB gun.

But air rifles and pistols are quite different from other guns, he said.

"They're very high tech," Stryker said.

And expensive. Stryker invested \$3,600 in a quality air rifle, which he said is comparable to what an

Olympics Games athlete would pay for a similar weapon.

"I wanted to take all the excuses out," he said. If something went wrong during a shooting competition, Stryker said, he wanted to make sure "it's not the gun."

Air-gun competitions are scored electronically, Stryker said, as competitors aim for a one-millimeter dot in the center of a bullseye more than 30 feet away. Each score is always accurate, he said.

"There's no arguing with it," Stryker said.

A perfect score is 400 in air-gun competition is 400. Stryker has gotten as high as 397 and 399, he said.

"That danged perfect one keeps getting away from me," he said.

Stryker starts practicing for Senior Olympics competition in January each year, he said, for Doña Ana County Senior Olympics competitions in April and the state competition that follows

in July.

"It's a lot of fun."

Stryker used to compete not only locally but statewide. He now sticks to the local competition.

The competition is both low-key and high-tech, Stryker said. Some competitors own their own air guns, like Stryker, he said, and take the competitions seriously. Others, he said, borrow air rifles to participate and never practice. They often score in the 200-point range, Stryker said.

Stryker is a native of San Francisco, California. He came to Las Cruces in July 1995 after living in Seattle. He opened Strykers Shooting World eight years ago. He opened an indoor shooting range with six lanes in March 2013. Visit strykersshootingworld.com to learn more.

Mike Cook may be reached at mike@lascrucesbulletin.com.



HARRY STRYKER
Photo by Steve MacIntyre

Ranked No. 4 in the nation, pickleball champ practices six days a week

Laura Smart

Mike Cook
Las Cruces Bulletin

Pickleball may be the fastest growing sport in America. It's certainly popular with Laura Smart of Las Cruces.

Smart, 66, has been playing pickleball for three years and is now ranked number four nationally in the super senior division in the 65-69 age bracket by the national Pickleball Association (www.usapa.org). She's also an ambassador for the sport.

Just in case you're wondering, pickleball was started in Washington State in 1965. USAPA was organized in 1984. You can play pickleball in more than 4,000 locations around the country. The game is a combination of other sports, including badminton, tennis, racquetball and ping pong. It was apparently named after one of the co-founder's (former U.S. Rep. and Washington Lt. Gov. Joel Pritchard [1925-97]) dogs.

The event is popular with senior citizens because the court is smaller,

with less ground the cover, than other, similar sports.

Smart discovered the sport after a death in her family.

"I needed some joy," she said.

A friend recommended she give pickleball a try.

"Within a month, I was hooked," Smart said. "It's very addicting. You laugh a lot. It's great exercise."

Smart said she's also gained a whole new group of friends through the sport.

Places to play pickleball in Las Cruces include Meerscheidt Recreation Center, Picacho Hills Country Club and Apodaca Park, Smart said.

The City of Las Cruces has provided new courts and permanent nets at Apodaca Park, and Smart said she and other local pickleball players are hoping that site can be upgraded to eight courts, so it can host sanctioned pickleball tournaments.

Smart, who plays pickleball about six days a week on average, first competed in the sport at the New Mexico Senior Olympics in Roswell in 2015. She came home with a bronze medal, and competed in the nationals

that year in Birmingham, Alabama.

She now competes in pickleball singles as well as women's doubles and mixed doubles, and has joined the national pickleball circuit, with competitions coming up in Arizona and Texas.

Pickleball, she said, is growing incredibly quickly in popularity all over the United States.

"Mark my words," Smart said. "It will be an Olympic sport."

A native of West Jefferson, Ohio, Smart was a Delta Airlines flight attendant for 30 years before retiring in 2005.

"I have been just about everywhere," she said.

She and her husband, a retired tax attorney, moved to Las Cruces to join her brother-in-law in April 2007 after living in Dallas, Cleveland and Seattle.

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**PICKLEBALL CHAMPION
LAURA SMART**
Photo by Mike Cook

Actor, director strives for precision in air rifle, vocal performance

Les Boyce

Mike Cook
Las Cruces Bulletin

Lester Boyce has combined two very different activities to bring home gold and silver medals in the Senior Olympics. The 68-year-old participates in both pistol and air rifle shooting and in vocal performance.

He's been shooting air guns competitively since 2016 and won a silver medal in the sport. An actor and director at Las Cruces Community Theatre in the past, Boyce won a gold medal last year for his readings of Shel Silverstein poems.

Boyce got involved in Senior Olympics in 2016, some years after a friend had recommended it. At the time he first heard about it, Boyce wasn't old enough to participate (you must be at least 50 years old). But

when he saw a newspaper article on his friend two years ago, Boyce said he decided to learn more and give it a shot.

"I bought an air pistol," Boyce said. "I ran across an air rifle in an estate sale. These aren't your little backyard BB guns; they are precision machines. They cost two to three times more than a regular gunpower gun does."

Boyce said \$2,000 is not a lot to pay for a good air gun, and buyers can spend up to \$3,500 because of the weapon's complicated internal workings and precise triggers and sites.

Shooting is "an awful lot like playing golf," Boyce said. "You learn how to move, how to hold the rifle or pistol, control your breathing; there's a lot of concentration in it."

The center target that competitors shoot at from 10 meters (almost 33 feet) away is "probably 1/16 of an inch

in diameter," Boyce said. You can shoot standing up or from a sitting position, he said. One air-gun competitor he remembers was 95 years old, Boyce said, and used a walker.

Boyce has also competed in the Senior Olympics frisbee toss and the soccer kick.

A native of Albuquerque, Boyce has lived in Las Cruces since 1968, when he began attending New Mexico State University. Boyce has been a part of the NMSU Department of Plant and Environmental Science for 37 years and has been teaching in the soil fertility lab for the past 27 years. Boyce also has done fertility research on pecans since 1995 and has worked on chile diseases and fertility for several years as well.

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LESTER "LES" BOYCE
Courtesy photo

Chicago native is Senior Olympics champion race walker

Ann McPhee

Mike Cook
Las Cruces Bulletin

A native of Ohio, Ann McPhee began coming to Las Cruces from her home in the Chicago area each winter to build for Habitat for Humanity. She and her husband, Drew, came as one of the RV "caravanners" who travel to Las Cruces for several weeks each winter from around the country to help build homes for the Mesilla Valley Habitat for Humanity Program.

During the third annual visit, the McPhees liked the area so much they became Las Cruces residents.

Now 60, McPhee got interested in the sport of race walking about a year and a half ago.

She competed in the Doña Ana Senior Olympics 1500 and 5000 (5K) meter events at regionals last April and won gold medals in her age group. Then, last July, she competed at the state level for the first time, winning a silver medal in her age group in the

1,500-meter event.

McPhee said she had previously "dabbled in running," but wasn't good at it.

She wanted to do something different and researched race walking in this area. She found a local coach, Betty Burgess, a retired NMSU professor, who trains people in Doña Ana County interested in competing for the Senior Olympics. McPhee's first training session this year will be at Mayfield High School track in February.

Local and regional race walking events will be held April 7 at the NMSU track.

"Race walking is easy on the joints, yet keeps me active," McPhee said. "It fit the bill."

"As a retired physical therapist, I wanted something low impact that still was a challenge," she said.

McPhee used the training for race walking to prepare for a month-long trip walking through Spain on the Camino de Santiago last spring.

"The longest daily walks on the Camino were 20 miles, with a 24-pound

back pack," she said. "I felt the daily training in New Mexico of three to seven miles a day for race walking helped me prepare and prevent injuries while in Spain."

McPhee joined New Mexico Racewalkers. Visit nmracewalkers.org, find them on Facebook or call Lenny Krosinski at 505-250-2283 for more information and state-run training clinics.

In October 2016, McPhee finished third in her age group in the 3K race walking event at the Huntsman World Senior Games in St. George, Utah.

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ANN MCPHEE
Courtesy photo

State champion nabbed gold in dance, voice

Robert Chavez

Mike Cook
Las Cruces Bulletin

Robert "Suave" Chavez, 67, is a champion Senior Olympics competitor in single and group voice competition and, along with his girlfriend, Sandra Peterson, in dance.

They've been the state Senior Olympics polka champions for nearly seven years, Chavez said.

"Nobody's been able to beat us in New Mexico. We've got a whole bunch of gold medals (for polka dancing)," he said, along with gold, silver and bronze medals for wins in other dances, including the corrido, waltz and country swing.

Chavez said the couple never rehearse for dance competitions because they dance almost every weekend in Las Cruces and don't need the practice.

Chavez said he got interested in Senior Olympics competition after

watching Peterson compete in line dancing with The Enchanted Country Dancers. Peterson, he said, has won multiple gold medals in line dancing in state competitions.

"I was kind of inspired to compete by watching my girlfriend in her first competition," Chavez said. "Now she also does stand-up comedy."

Chavez also has won gold medals in Senior Olympics single and group voice competitions. He plans to compete in both events at the state competition this summer in Albuquerque.

In 2016, Chavez performed an original song, "My Favorite Book," in the state Senior Olympics talent competition in Roswell and won a silver medal. His music can be found on YouTube under "Suavechavez."

"I've been playing music since I was 14 years old," Chavez said. "I was honored to do a show at Music in the Park last year," he said. "When I perform at the Senior Olympics, I usually play guitar or piano."

In addition to dancing together, Chavez and Peterson often perform together as singer/guitarist and stand-up comedian.

Chavez often plays old country and 1950s music at assisted living centers in Las Cruces. He also has been a regular entertainer at the annual Franciscan Festival of Fine Arts.

By way of occupation, Chavez said he "was in computers when the internet first came out," and taught students how to create web pages using HTML and JavaScript.

"I was probably in the first five percent of people who started using the internet," he said.

Chavez came to Las Cruces from Albuquerque in 1988 to accept a job at Doña Ana Community College teaching electronics and computer information technology. He's since retired but continues to teach computer classes part-time at DACC.

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ROBERT CHAVEZ AND SENIOR OLYMPICS DANCING PARTNER AND GIRLFRIEND, SANDRA PETERSON
Courtesy photo

Former daycare owner took up athletics at father's suggestion

Betty Beltran

Mike Cook
Las Cruces Bulletin

Betty Beltran has been a Senior Olympian for the past three years.

She used to compete in the shotput but gave that up. She continues as a competitor in the Senior Olympics softball throw and soccer kick.

"I always get a gold (medal)," Beltran said. "I am usually the only woman competing in my age group. I would like to see more participation, especially among women."

"It's fun," Beltran said. "There's no pressure. It would be nice to have a little competition."

In addition to active competition, Beltran has also served as a Senior Olympics coordinator in a variety of sports for the past four years.

A native of Clinton, Iowa, Beltran, 62, moved to Las Cruces 33 years ago.

She had her own local daycare business for nearly 30 years, taking care of children four days a week.

"The kids, they make you laugh," Beltran said. "They keep you on your toes."

Beltran got involved in Senior Olympics at the urging of her father, Lloyd, and to help keep her active.

"He's a wonderful example," Beltran said.

He first got her involved in shotput. But, in her daycare business, Beltran said she couldn't risk a shoulder injury.

"I enjoyed it, but I never got the technique down," she said.

She's looking forward to this spring's Doña Ana County Senior Olympics competition, the state finals in Albuquerque in July and the national games, which will be in Albuquerque in 2019.

"My dad and I were like the only father-daughter participants," she said. "For a while, I was just known as Lloyd's daughter. Now, people just know me as Betty."

Beltran's husband, Al, also participates in Senior Olympics, she said.

"It's just fun," Beltran said. "I am honored to be a representative of Senior Olympics."

She said she'd like to see more parents and children compete together in Senior Olympics.

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BETTY BELTRAN
Photo by Steve MacIntyre

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