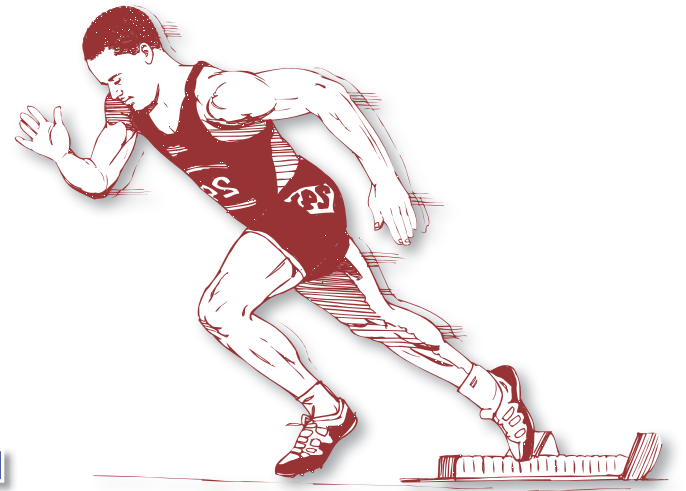
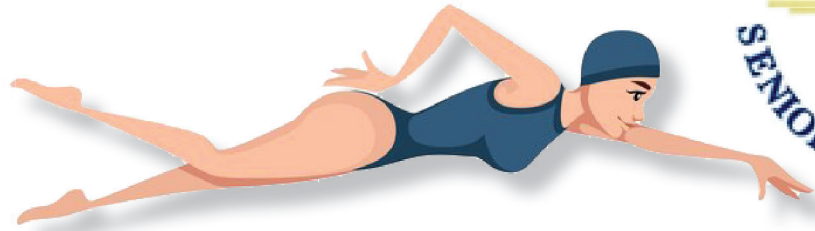


DOÑA ANA COUNTY



2024

SENIOR GAMES



March 9 - May 1, 2024

New Mexico Senior Olympics

Ernesto Ramos State Summer Games

June 12th-16th, 2024
Las Cruces, NM

Congratulations
Doña Ana Senior Olympics!

We wish you great success at your local games.

We hope to see you at the State Summer Games!!





- ◆ Largest multi-sport event for Seniors 50+
- ◆ Athletes compete in 5-year age divisions
50-54, 55-59, 60-64...95+
- ◆ Open registration-no pre-qualifying required
\$60.00 registration entry fee for 1-5 sports

DISCOUNT AVAILABLE
REGISTER EARLY

\$20 off

*Registration must be received by March 22nd

REGISTRATION ONLINE or PAPER FORM
Visit
www.nmseniorolympics.org

PO Box 2690 * Roswell, NM 88202 * 1-888-623-6676 * 575-623-5777 * www.nmseniorolympics.org * nmso@nmseniorolympics.org

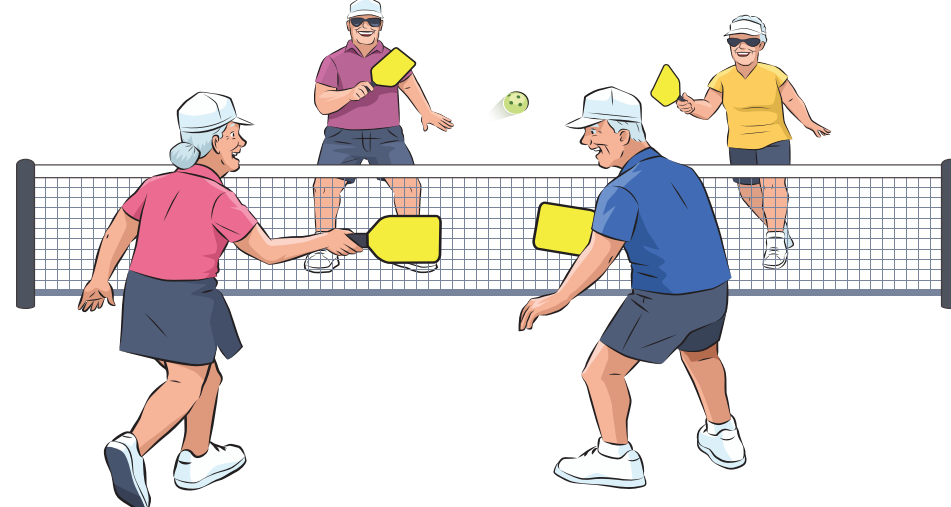
GOOD LUCK TO ALL ATHLETES AT THIS YEAR'S SENIOR GAMES!



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Cover Photo:
Left photo - Gary Tuttle with an award for his 27 years of volunteering with the local games.

Center Group - local athletes that participated in the State Senior Games this year.
Front row - Anton Milavec, Jayne Milavec, Betty Burgess.
Back Row - Bob Distlehorst, Georgiana Hernandez, Martha Hedgecoke, Alex Burr

Right Photo - Female and Male Dee Harris Award winners for 2023. This award is presented to the athlete, who by their efforts and examples have made outstanding contributions toward enhancing the quality of life of seniors in Dona Ana County. The winners are Bess Hobson and Alex Burr.

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THE LAS CRUCES
Bulletin

<p>SOUTHWEST REGIONAL GROUP PUBLISHER Belinda Mills</p> <p>MANAGING EDITOR Algernon D'Ammassa</p>	<p>REPORTER Justin Garcia Elva Osterreich</p> <p>DESIGN Matthew Meerbott Christy Anchondo</p>	<p>ADVERTISING Eve Holguin Lauri Champion</p> <p>CIRCULATION Becky Jimenez</p>
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DACSO Contact Information

Doña Ana County Senior Olympics is located at 2211 North Main St. Suite 12, Las Cruces, NM 88001 in the Pioneer Building. The closest cross street is Madrid Avenue. As you proceed north on Main through the Madrid intersection, stay in the left lane to make a U-turn near the MMJ Pawn shop/Oban Ct. Immediately on your R as you go south on N. Main St you will see a tall sign stating Pioneer Building 2211. Turn in to this parking lot and enter the main door, DACSO is the first office on the right, with a sign in the window, Suite 12.

WEBSITE: dacso-nm.org
OFFICE HOURS: The office is currently open on Wednesdays from 11 a.m.-1 p.m. and staffed by one of the officers of the board to assist in registration for the local games.
MAIL: 2211 NORTH MAIN ST., SUITE 12, LAS CRUCES NM 88001
PHONE: 847-274-7455 **EMAIL:** dacso2211@outlook.com

DACSO 2023 Board Members

OFFICERS:
 President - Betty Burgess, Assistant to the President - Bess Hobson, Vice President - Jayne Milavec, Immediate Past President - Paul Fetterhoff, and Treasurer - Georgiana Hernandez, Secretary - Ann McPhee

BOARD OF DIRECTORS:
 Bob Sherman, Megin Smelser, Cathy Short, Zach Gonzalez, and Robert Distlehorst

2023 Friends of DACSO

Doña Ana County Senior Olympics takes this opportunity to express its thanks to various businesses and individuals for their financial or other support during the 2023 year.

BUSINESSES: The Bulletin, Las Cruces Fraternal Order of the Eagles, Pioneer Building, City of Las Cruces, New Mexico State University Golf Course, Catholic Diocese of Las Cruces, B & J Archery, WSMR, Roadrunner Lanes Bowling Center, and Las Cruces Public Schools.

INDIVIDUALS: Jayne and Anton Milavec, Jack Welch, Ann Mcphee, Tom Johnson, Ed Helsel, Steve Olimb, Henry Young, Elden Heiden, Johnnie Aldrich, James McCollum, Betty Burgess, Robert Distlehorst, Gary Tuttle, Allison Smith, Brenda Coker, Luis Rios, Bruce Ball, Georgiana Hernandez, Jeff Lambert, Mike Hooser, Richard Kaupp, Klaus Kemmer, Nancy Gordon, Joann Blasberg, Frank Carril, Jerry Teufel, Douglas Bogart, Don Richards, Sheryl Hite-Verdugo and Robert Nichols.

MESSAGE FROM THE PRESIDENT

Spring is coming and so are the Doña Ana County Senior Games. Our Board of Directors encourage all 50+ Seniors to join us in committing to a healthy lifestyle through exercise, fun, sports/activities and a little friendly competition. We are an 'Open County', meaning any US Citizen may participate in our Games if they have reached 50 years of age by December 31, 2024.

Our Goal for the 2024 Local Games is to increase the number of participants from last year's Games from 200 to 300 athletes and we strongly believe that reaching our Goal is possible. The DACSO Games begin on March 9 with Swimming and finish with Golf on May 1. However, it's not too late to begin preparing for your Events, many of which have scheduled practice times before the competition



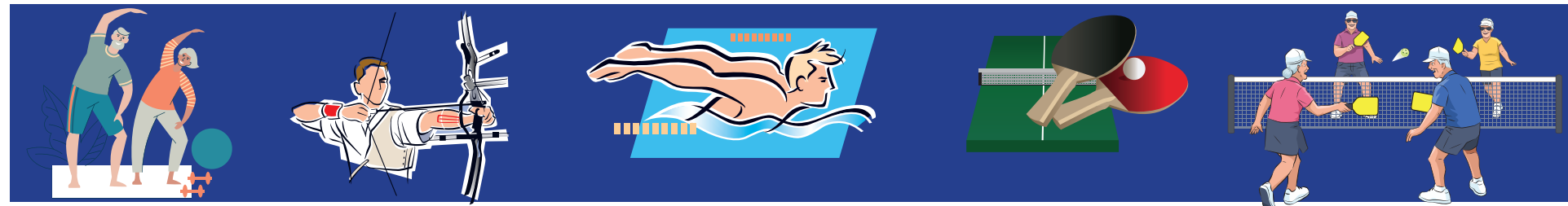
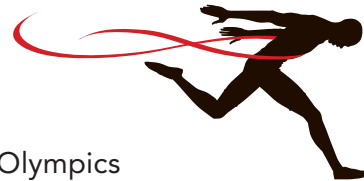
date(s). Therefore, you will want to take advantage of receiving instruction from our exceptional Event Managers.

All 1st, 2nd, and 3rd place winners in each 5-year male or female age group in each Event will be awarded medals for their competitive excellence following their Event Competition. So, if you earned a medal, please don't leave the venue without it!

We would love for you to join our incredible family of Senior Athletes as we inspire our community to become more active and just "Keep on Moving"!

Betty Burgess

President, Doña Ana County Senior Olympics



What is Doña Ana County Senior Olympics Mission and Vision?



OUR MISSION

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



OUR VISION

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

OTHER WAYS TO REGISTER

➔ ONLINE:

Go to [http://dacso.fusesport.com/registration/1915/website/](http://dacso.fusesport.com/registration/1915/) Follow the instructions for registration, you will need an email address, credit/debit card and be asked to create a password for return or future use. If you registered in 2023 you may add to that registration.

➔ IN PERSON:

Come by the office on Monday or Wednesday starting Feb. 21, 2024, from 11 a.m. to 1 p.m. for assistance in online registering. You will need a credit card and your email address. If you have a partner for a sport you will need their name, DOB and email to partner with them online. Fusesport will send them an email invitation to join also.



Spring is coming and so are the Doña Ana County Senior Games

KICKOFF & REGISTRATION

SATURDAY, MARCH 2, 2024

10 a.m. to 12 p.m.

Munson Senior Center
975 S. Mesquite St.

This is a great time to chat with friends over light refreshments, visit with your sport's event manager and have help registering for the local Doña Ana County Senior Games. Registration will be online through Fusesport at <http://dacso.fusesport.com/registration/2142/website/> You may register on your own with an email address and credit card. PLEASE NOTE THERE WILL BE NO REFUNDS FOR THE 2024 DACSO GAMES.

2024 DACSO Games Schedule of Events

DATE	DAY	EVENT	TIME	LOCATION	LAST DAY TO REGISTER	MANAGER	PHONE	EMAIL
MAR 9	SAT.	SWIMMING	8 AM WARM-UP, 9-11AM EVENT	NMSU INDOOR POOL	3/2/24	MICHELLE MASON	575-646-4229	mmason10@nmsu.edu
MAR 16	SAT.	5K AND 10K ROAD RACE	7:30-11:30 AM	LA LLORONA PARK	3/9/24	PAUL FETTERHOFF	575-405-9892	1nmrunner@gmail.com
MAR 18-19, (20 if needed)	MON. TUES. WED.	PICKLEBALL	8 AM – 12 PM	MEERSCHIEDT REC CENTER	3/11/24	JAYNE MILAVEC	575-405-7876	jaynemilavec@gmail.com
MAR 22	FRI.	TABLE TENNIS	11 AM – 3 PM	FRANK O'BRIEN PAPAN CENTER	3/15/24	BESS HOBSON	575-405-6615	besshobson@gmail.com
MAR 18, 19, 22	MON. TUES. FRI.	BOWLING	1-4 PM	WHITE SANDS MISSILE RANGE ALLEY	3/11/24	SANDRA BLAIR/VICKI COBURN	575-649-6866 sandra.blair.6866@gmail.com	575-644-8662 girlmissy7120@gmail.com
MAR 25, 26, 27	MON. TUES. WED.	SHUFFLEBOARD	9 AM – 4 PM	ST. GENEVIEVE HALL	3/18/24	CHERYL YOUNG	575-496-7879	nmppl70@gmail.com
APR 4, 5	THURS FRI.	AIR GUN	10 AM – 5 PM	EAGLES CLUB	3/28/24	BOB DISTLEHORST	575-202-4061	nmbob45@gmail.com
APR 6	SAT.	ARCHERY	8 AM – 1 PM	B&J LANE	3/30/24	BOB DUKE	575-640-4192	rjduke@zianet.com
APR 6	SAT.	TRACK	8 AM – 2 PM	CENTENNIAL HS	3/30/24	PAUL FETTERHOFF	575-405-9892	1nmrunner@gmail.com
APR 6	SAT.	FIELD	8 AM – 2 PM	CENTENNIAL HS	3/30/24	ZACH GONZALEZ	575-805-0229	runbluebirdrun@gmail.com
APR 6	SAT.	POWER WALK	8 AM – 2 PM	CENTENNIAL HS	3/30/24	BETTY BURGESS	575-644-0782	bettyburgess1948@yahoo.com
APR 6	SAT.	ESTIMATED WALK/RUN	8 AM – 2 PM	CENTENNIAL HS	3/30/24	HENRY YOUNG	575-496-1637	chaphy65@gmail.com
APR 13	SAT.	FUN & REC	8-11 AM	PARK @ PAPAN CENTER	4/6/24	JAYNE MILAVEC	575-405-7876	jaynemilavec@gmail.com
APR 13	SAT.	CORNHOLE	11 AM – 12 PM	PARK @ PAPAN CENTER	4/6/24	JAIME FLORES	575-993-8634	jm-flores@hotmail.com
APR 13	SAT.	HUACHAS	10-11 AM	PARK @ PAPAN CENTER	4/6/24	PAUL FETTERHOFF	575-405-9892	1nmrunner@gmail.com
APR 13	SAT.	SHOOTING (TRAP & SKEET)	9 AM – 1 PM	BUTTERFIELD RANGE	4/6/24	BOB SHERMAN RICK RICHARDSON	575-526-1363 575-642-2847	Frrichar@gmail.com (RICK RICHARDSON)
MAY 1	WED.	GOLF	9 AM – 2 PM	NMSU GOLF COURSE	4/22/24	RON BEGEMANN	DON DUTTON 619-587-0793 575-496-9835	dedutton51@gmail.com begemannron@gmail.com

2024 DOÑA ANA COUNTY SENIOR GAMES INFORMATION

Welcome to the 2024 Dona Ana County Senior Games! We are pleased to have had 200 athletes compete last year and look forward to seeing more in 2024! Dona Ana County Senior Olympics is committed to a program of sports and recreational events to promote healthy and active lifestyles for all seniors age 50 and above. Our programs encourage both the athlete and the beginner to participate within their own 5-year age category starting from 50-54 and going up to 90+. Senior Olympics in Dona Ana County is a volunteer group, with support coming from your modest registration fees. We offer 16+ events with opportunities for singles, doubles and mixed doubles play. When participating in any of our events, each person is covered by an athlete insurance policy. Your age group for competition is the age you are on December 31 of the registration year. For more information call Betty Burgess at 575-644-0782. If you are playing doubles or a partnered sport, you will need the name, birthdate and email of your partner. Your team age is determined by the youngest partner's age as of December 31, 2024. **Example:** if you turn 50 on September 1, 2024, you are considered 50 for the full year of 2024, and eligible for the spring 2024 games.

There will be NO REFUNDS for the 2024 DACSO games. With this new registration system, you will need an email address, to create a password and be able to pay via credit/debit card.

The Local Senior Games are held in Las Cruces from March 9 to May 1, 2024. No qualifications are needed-just be 50 y.o. by December 31, 2024. **We will follow New Mexico State Game Rules.**

- **THE SWIMMING ORDER OF EVENTS WILL BE:** 200 Free, 100 Fly, 50 Breast, 200 IM, 100 Back, 50 Free, 200 Breast, 100 IM, 200 Back, 100 Free, 50 Fly, 100 Breast, 50 Back, 200 Fly, 500 Free
- At the time of this printing, **BOWLING** requires picture ID to enter the White Sands Missile Range base – Check with the event manager on updates.
- **ARCHERY WILL ALLOW ONE OF THE FOLLOWING:** Recurve (with sights), Compound Fingers (with sights), Compound Release (with or without sights), Barebow Recurve (no sights), and Barebow Compound (no sights).
- **THE TRACK ORDER OF EVENTS ARE:** 8am – 5000M Power walk, 9am - 100M run, 1500M run, 50M run, 400M est walk, 400M run, 10am – 1500M Power walk, 800M run, 800M est walk.
- **THE FIELD ORDER OF EVENTS ARE:** 9am - Standing Long Jump, Running Long Jump, 10am - High Jump, 11am - Shotput, Discus, Javelin.
- **THE AIR GUN EVENT INCLUDES:** Pistol-standing, Pistol-benchrest, Rifle-standing, Rifle-benchrest.
- **FUN & REC EVENTS INCLUDE:** Soccer Accuracy Kick, Softball Distance Throw, Frisbee Distance, Frisbee Accuracy Throw.
- **CORNHOLE** continues this year with open doubles only.

PRICING: Registration \$20, each Event \$5, Fun & Rec is \$5 for each of the 4 events (NEW this year), the extra fees for golf are \$48, targets for Trap or Skeet are \$10 and Bowling \$6/day.

THE LIABILITY WAIVER YOU WILL BE SIGNING IS THE FOLLOWING: I hereby agree to indemnify and hold harmless the Doña Ana County Senior Olympics, Inc. and any of their agents or representatives: City of Las Cruces, Fairacres Fire Department, Fraternal Order of Eagles, Catholic Diocese of Las Cruces, B & J Archery, NMSU Golf Course, WSMR (Roadrunner Lanes Bowling Center), and Las Cruces Public Schools. 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 grant full permission to all the foregoing to use my likeness or any photograph of me participating in these events without obligation or liability to me. I understand there are no refunds for 2024. I also agree to observe all rules and regulations of the DACSO Games, to exercise good sportsmanship, and to follow all oral and written 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.



Pickleball Player and Advocate, Cathy Short



Always smiling Cathy Short fell in love with playing pickleball just last year. This love of the sport led her and pal, Robyn Trujillo, to compete in the 2023 Doña Ana County Senior Olympics. They walked away with medals in the 65-69 age group.

Cathy, devoted mother and grandmother, along with golfing enthusiast husband Joe, raised 3 grown children that always included sports in their lives. They now have 2 young grandchildren with another on the way! Over the years, this active family has participated in pickleball, golf,

yoga, running, swimming, hockey, frisbee golf and soccer. Cathy strives to play pickleball 3 to 4 times a week and frequents the gym to do yoga and weight training.

Cathy is an enthusiastic advocate for more pickleball courts in Las Cruces to accommodate the rapidly growing sport. She has officiated in soccer and taught pickleball and cornhole. Her current pickleball student is her 6 year old grandson! She is a board member of both the Doña Ana County Senior Olympics and Sonoma Ranch East HOA.



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2025 NATIONAL SENIOR GAMES

July 24 - August 4, 2025

The National Senior Games
Pittsburgh, PA

National Senior Games Association
www.nsga.com

Runner and Local Business Owner, Zach Gonzalez



Turning 50 last year, Zach Gonzalez just qualified to compete in the 2023 Doña Ana County Senior Olympic Games. He won a gold medal in the 50-54 age group for the 1500 meter race and plans to compete again this year saying that competing in races helps with his goals.

Zach is a father of two. He and his wife, Michelle, also an avid runner, own Bluebird Running Company at 136 Water Street in Las Cruces where they sell sports shoes and paraphernalia. Using their passion for running, they originally sold their merchandise from a trailer, traveling to sports events throughout New Mexico. Eventually it evolved into the shop they currently own.

As a 5 year resident of Las Cruces, Zach has become a dedicated member of the community. Besides promoting local races, he is a board member of the Las Cruces Running Club, and the Doña Ana County Senior Olympics. He also promotes the Bigger Than The Trail organization that uses trail running to advocate for mental health; and also gathers old sports shoes and trophies to donate to organizations for recycling.

Zach will serve as Field Event Manager in the upcoming 2024 games.



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.

DOÑA ANA COUNTY SENIOR OLYMPICS, INC.



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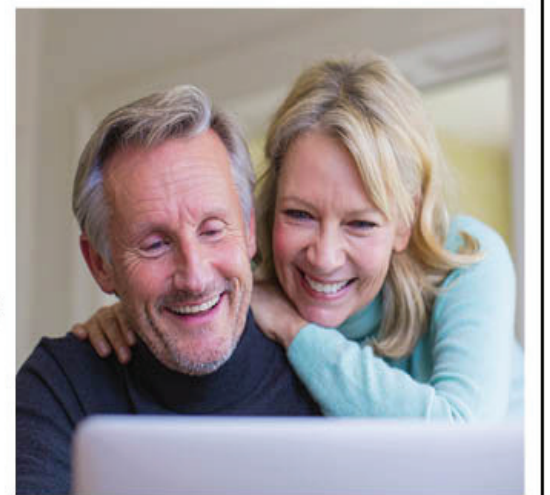
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