



MARYLAND SENIOR OLYMPICS

2026

INFORMATION & REGISTRATION GUIDE





2027 NATIONAL SENIOR GAMES

PRESENTED BY HUMANA



JUNE 30 - JULY 11, 2027

30 SPORTS + SPECIAL EVENTS

Represent Maryland on the National Stage!

[NSGA.COM](https://nsga.com)





2026 MARYLAND SENIOR OLYMPICS

EVENTS SCHEDULE

April 26	10k Road Race
May 6	Cycling 10k Time Trials
May 28-31	Pickleball
May 31	Triathlon
June 3	5k Cycling Time Trials
June 15	4-Player Team Bocce
June 27	Table Tennis
June 28	Disc Golf
July 11	Horseshoes
July 12	Badminton
Aug. 1-2	Track & Field, Walking Events
Aug. 8	Pistol Shooting
Aug. 9	Shuffleboard
Aug. 15	3v3 Basketball, Shooting Skills
Aug. 17-18	Bowling
Aug. 29	Men's Volleyball
Aug. 30	Women's Volleyball
Sept. 5	5k Road Race
Sept. 5	Bocce (Frederick)
Sept. 9-10	Racquetball
Sept. 14	Golf
Sept. 17-19	Tennis
Sept. 19	Softball
Sept. 26	Archery
Sept. 26	Swimming
Oct. 3-4	Billiards
Oct. 4	Cornhole
Oct. 5	8v8 Soccer (men's, women's)
Oct. 9	Bocce (Gaithersburg)
Oct. 10	Powerlifting
Oct. 23	Wii Bowling
Oct. 31	Trap Shooting

MARYLAND SENIOR OLYMPICS

PO Box 6655
 Columbia, MD 21045
mdseniorolympics.org

CONTACT US

Phone: 240-777-4930

Email: info@mdseniorolympics.org



THANK YOU TO OUR HOSTS, PARTNERS AND SPONSORS!

- MONTGOMERY COUNTY RECREATION
- NATIONAL SENIOR GAMES ASSOCIATION
- MONTGOMERY PARKS (M-NCPPC)
- HOWARD COUNTY RECREATION & PARKS
- AETNA

Asbury Methodist Village, Associated Gun Clubs of Baltimore, City of Gaithersburg, Community College of Baltimore County, Crofton Bowling Centre, Dill Dinkers Finksburg and Columbia, Eutaw Forest Archers, Frederick Bocce Club, Frederick Horseshoe Pitchers Association, Fredrock is Frederick County Disc Golf, Howard Community College, Kentlands Community Foundation, Kinetic Multisports, Lake Presidential Golf Course, Montgomery County Road Runners Club, Parvilla Cycle & Multisport, Severna Park Racquetball & Fitness Club.

MARYLAND SENIOR OLYMPICS STATE COORDINATOR

Stacy Sigler, Montgomery County Recreation

SOCIAL MEDIA

- Facebook: facebook.com/mdseniorolympics
- YouTube: youtube.com/mdseniorolympics
- Instagram: instagram.com/mdseniorolympics
- Flickr: flickr.com/photos/mdseniorolympics



WELCOME SENIOR OLYMPIANS!

Congratulations to those who have participated in MSO events, and welcome to those considering doing so. Seeing old friends and meeting new ones in your sport of choice is a unique experience. In the Maryland Games, you are participating in one of the largest senior events in the Mid-Atlantic and among the best in the nation. All of us work together with the goal of providing a memorable experience.

Since our beginning in 1980, when 300 athletes competed at Towson State College (now Towson University) under the leadership of our dedicated founder, Dr. Robert Ziegler, the Maryland Senior Olympics has expanded the number of sports offered and the number of participants.

With 2026 being a qualifying year, your performance can make you eligible for the National Senior Games in Tulsa, Oklahoma, next year, where approximately 13,000 seniors will participate in over two weeks of competition. In 2025, 2,398 seniors participated in MSO's 30 sporting events at 21 different venues, and 520 Maryland athletes participated in the 2025 National Senior Games in Des Moines, Iowa.

Our successful growth is due to our volunteers, event coordinators, Montgomery County Recreation and other Maryland county and city recreation departments, our generous sponsors, and you, the participants who make it all happen. Thank you for participating, and good luck in your events

The Maryland Senior Olympics Commission

Neal P. Gillen, *Chair*
David Schardt, *Vice Chair*
James Pearce, *Treasurer*
Pamela Gulley, *Secretary*

Carmen Campbell, *Past Chair*
Henry Dahlen, *Past Chair*
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Lou Ann Berryhill

Jack Berryhill
Gloria Hong
John Noble
David Robinson

Myron Segal
Daryl Stone
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We proudly support the Maryland Senior Olympics

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WHAT YOU NEED TO KNOW ABOUT MSO



With more than 30 sports events, MSO offers an activity for everyone aged 50 and above. All our sports are for men and women, taking place between April 26 and Oct. 31 at venues throughout Montgomery, Howard, Anne Arundel, Prince George's, Carroll, Frederick, Charles, Baltimore, and Kent counties. New this year: Pistol shooting and an additional bocce event to our lineup of sports.

This year's Maryland Senior Olympics is an official qualifier for the 2027 National Senior Games in Tulsa, Oklahoma. Athletes aged 50 and above have the chance to qualify in their events this season. In addition, the National Senior Games offer 20 sports that do not require qualification, including billiards, bocce, cornhole, disc golf, flag football, powerlifting, target shooting and more. Visit www.nsga.com for details.

Since 1980, MSO has led the way in promoting active, healthy lifestyles for seniors. And while we are recognized as one of the top state games in the country, you do not have to be an elite athlete to get involved. Our participants return year after year for the challenge, the friendships, and the joy of staying active. Remember, our motto is, "To Participate Is to Win!" We would love to see you this season. Spectators are welcome at all of our events, so bring your cheering section.

Continue reading for participation, event details and to register. Visit our website at mdseniorolympics.org for more information and links to online registration. Have questions? Reach us at info@mdseniorolympics.org or call **240-777-4930**.



PARTICIPATION

Participants are encouraged to consult their physicians regarding practice, preparation, and competition in the Senior Olympics program. They may enter as many sports as their schedule allows.

There are no pre-qualifying events to participate in our sports, you need only to meet the age requirements.

We do not organize sport-specific training but can assist connecting you with other senior players.

AGE GROUPS

Gender and age group competitions are conducted in men's and women's divisions in each of the following age groups: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99 and 100-plus. If participant numbers are insufficient, age groups may be combined for competition purposes. However, gold, silver, and bronze medals plus 4th-6th-place ribbons are awarded within each division and age category. For all competitions, your age group is determined by your age as of Dec. 31, 2026.

TEAM SPORTS COMPETITION

MSO team sports: 3-on-3 half-court basketball, softball, 8v8 soccer, bocce, and volleyball in the following age groups: 50-54, 55-59, 60-64, 65-69, 70-74, 75-plus, and 80-plus in 3-on-3 basketball, softball and volleyball, and 85-plus in 3-on-3 basketball. The youngest member of the team as of Dec. 31, 2026, will determine the age division. Indicate all team members, non-playing coaches and bench personnel on the team roster.



REGISTRATION & PROTOCOLS

You can register for the Maryland Senior Olympics online. Our individual and team events vary in price, so check the details of each sport in this guide. After you register for one sports event, each additional activity will be \$5 and \$10 for track and field and walking events. Registration for all of our sports is underway with the 10k road race, triathlon, and 5k run registering separately. Check those sports for details.

Deadlines to enter a sport vary, and are indicated with each sport's details. You will only be permitted to register in the age group determined by your date of birth as of Dec. 31, 2026. All athletes pay a \$5 processing fee. All MSO events are open to non-Maryland residents, who pay an extra \$10 fee, which is not charged for team or state events. To link directly to our online registration, visit our website. Payment is through Stripe, via a Stripe account or credit card.

Add our email address **info@mdseniorolympics** to your contact list to help ensure you receive important communications from us.

PARTNERED EVENTS

You will need your partner's full legal name and date of birth to invite them. Both athletes complete an individual registration for partnered events. The youngest player of the pair determines which age group you will compete in.

Once linked with your partner, the system will automatically move your pair to the correct age group if necessary. Falsifying your date of birth will disqualify you. Athletes are responsible for finding their partners. We encourage you to use the team partner finder through NSGA at nsga.com/tpf.

TEAM SPORTS

Individuals need to first join a team.

Captains: Register your team and provide the email addresses of your team members, and they will be invited to register with your team. If you are also a player, register as a captain and a player. You may register the entire team by providing all details.

Team members: Register online through the email invite or enter the team name/code to join your team.

MSO LIFETIME MEMBERS

Please reach out to our office for assistance in your registration process.

CANCELLATION AND RAIN DATES

MSO officials reserve the right to cancel any event due to insufficient registration and/or combine age groups if fewer than five people sign up in an age group. In the event of inclement weather or unusual and extenuating circumstances, MSO officials reserve the right to cancel or postpone events to a later time or date.

REFUND POLICY

Refunds (less a \$15 processing fee) must be requested in writing no later than two weeks prior to your first event. No refunds will be issued after that date. In the event of rescheduling, the Maryland Senior Olympics Commission will maintain a flexible policy on refunds if you cannot participate on the rescheduled date.

RULES AND EQUIPMENT

MSO follows National Senior Games Association rules. Visit mdseniorolympics.org to view the 2027 National Games Rulebook on our home page and 2026 Events tab. Participants must provide their own equipment for the events entered, with some exceptions. Contact us for details.

EVENT CHECK-IN

Every athlete must check in with the event coordinators 30 minutes before each sport at the event location. Any athlete not reporting to an event on time may be disqualified. Events will not be substituted on the day of the competition. You will be disqualified for participating in an event where you are not pre-registered.

AWARDS

Gold, silver, and bronze medals will be presented to first-, second-, and third-place Maryland finishers in each age group for each event. Out-of-state finishers who place in the top three also receive medals. Ribbons are given to 4th- through 6th-place finishers. Awards will be presented at the event site or may be picked up by appointment at the Maryland Senior Olympics office. No awards will be mailed.



MSO offers these National Senior Games Association sanctioned events. Visit the NSGA or MSO websites to view rules and qualifying procedures for each sport. All events are for men and women.

ARCHERY

SEPT. 26, 9AM

Barebow compound, barebow recurve, compound fingers, compound release, recurve

Fee: \$30 + \$20 target fee

*Eutaw Forest Archers
3550 Ella Ave.
Waldorf, 20603*

Deadline to enter: Sept. 18

BADMINTON

JULY 12, 10AM

Singles, doubles, mixed doubles

Fee: \$30 first event,
\$5 each additional.

*Wheaton Community Center
11701 Georgia Ave.
Wheaton, 20902*

Deadline to enter: July 6

BASKETBALL (3V3)

AUG. 15 (men, women), 9AM

Fee: \$175 per team plus \$5 per team member.

*Meadowbrook Athletic Complex
5001 Meadowbrook Ln.
Ellicott City, 21043*

Deadline to enter: Aug. 3

BASKETBALL SKILLS

AUG. 15 (men, women)

11AM – 1PM

Floor, foul and free shot

Fee: \$15 first event,
\$5 each additional.

*Meadowbrook Athletic Complex
5001 Meadowbrook Ln.
Ellicott City, 21043*

Deadline to enter: Aug. 14



BILLIARDS (8-BALL)

OCT. 3-4, 10AM

Singles, open doubles

Fee: \$15 first event, \$5 additional.

*Schweinhaut Senior Center
1000 Forest Glen Rd.
Silver Spring, 20901*

Deadline to enter: Sept. 18

BOWLING

Ed Lanehart Bowling Tournament

AUG. 17 (singles)

9AM, ages 50-69

1PM, ages 70-plus

AUG. 18 (doubles)

9AM, men and women

1PM, mixed doubles

Fee: \$15 plus \$5 each additional event; \$13.50 lane fee per event.

*Crofton Bowling Centre
2115 Priest Bridge Dr.
Crofton, 21114*

Deadline to enter: Aug. 10

CORNHOLE

OCT. 4, 9AM

Singles, doubles, mixed doubles

Fee: \$15 first event,
\$5 each additional.

*Schweinhaut Senior Center
1000 Forest Glen Rd.
Silver Spring, 20901*

Deadline to enter: Sept. 28

CYCLING TIME TRIALS

MAY 6 (10k)

JUNE 3 (5k)

6PM both days

Fee: \$30 first event or \$35 for both activities.

*962 Central Ave.
Davidsonville, 21035*

Deadline to enter: Day of race

DISC GOLF

JUNE 28, 10AM

18 holes, singles play

Fee: \$15

*Emmitsburg Disc Golf Course
E. Eugene Myers Community Park
201 W. Lincoln Ave.
Emmitsburg, 21727*

Deadline to enter: June 22

GOLF

SEPT. 14, 9AM

18 holes, singles play

Fee: \$15 first event plus \$52 golf fee (includes green fee, cart, and range balls).

Golf Chipping, Putting Skills

Fee: \$5 each

*Lake Presidential Golf Course
3151 Presidential Golf Dr.
Upper Marlboro, 20774*

Deadline to enter: Sept. 4



TRACK AND FIELD | SATURDAY, August 1

Schedule and event breakdown. Times subject to change based on weather and participation. Check your email, our website and at sign-in on the day of your event for potential time changes. This is a USATF-sanctioned meet.

TIME	EVENT
8 AM	*Hammer throw, weight throw to follow (men 70+)
8 AM	Running long jump, standing long jump to follow (women, all ages)
9 AM	5k power walk (men and women, all ages)
9:30 AM	Javelin throw (men 80+)
10 AM	1,500-meter run (men, all ages)
10 AM	*Hammer throw, weight throw to follow (women, all ages)
10:30 AM	Javelin throw (men 70-79)
10:45 AM	Running long jump, standing long jump to follow (men 80+)
11 AM	1,500-meter run (women, all ages)
12:30 PM	*1,500-meter race walk (men and women, all ages)
12:30 PM	Running long jump, standing long jump to follow (men 70-79)
12:30 PM	Javelin throw (men 50-69)
1:30 PM	100-meter dash finals (men, oldest to youngest)
2 PM	Running long jump, standing long jump to follow (men 50-69)
2 PM	100-meter dash finals (women, oldest to youngest)
2 PM	*Hammer throw, weight throw to follow (men 50-69)
2 PM	Javelin throw (women 50-69)
2:30 PM	50-meter dash finals (men, oldest to youngest)
2:45 PM	50-meter dash finals (women, oldest to youngest)
3:30 PM	400-meter dash (men, oldest to youngest)
3:45 PM	Javelin throw (women 70+)
4 PM	400-meter dash (women, oldest to youngest)

* Indicates not a National Senior Games event.



TRACK AND FIELD | SUNDAY, August 2

Schedule and event breakdown. Times subject to change based on weather and participation. Check your email, our website and at sign-in on the day of your event for potential time changes. This is a USATF-sanctioned meet.

TIME	EVENT
8 AM	Shot put (men 80+)
8 AM	Discus throw (men 50-59)
9 AM	High jump (men 50-69)
9 AM	Triple jump (women, all ages)
9 AM	Discus throw (men 80+)
9:30 AM	Shot put (men 70-79)
10 AM	800-meter run (men, all ages)
10 AM – 2 PM	*Football, Frisbee and softball throws (open pit, men and women)
10:30 AM	High jump (men 70+)
10:30 AM	Discus throw (men 70-79)
10:30 AM	Triple jump (men 70+)
10:30 AM	Shot put (men 60-69)
10:45 AM	800-meter run (women, all ages)
11:30 AM	1-mile power walk (men and women, all ages)
11:30 AM	High jump (women, all ages)
NOON	Shot put (women 50-69)
NOON	Triple jump (men 50-69)
NOON	Discus throw (women 70+)
12:30 PM	200-meter dash finals (men, oldest to youngest)
1 PM	200-meter dash finals (women, oldest to youngest)
1 PM	Shot put (women 70+)
1 PM	Pole vault (men and women, all ages)
1 PM	Discus throw (women 50-69)
1:30 PM	*1-mile precision walk (men and women, all ages)
2 PM	Shot put (men 50-69)
3 PM	Discus throw (men 60-69)



PICKLEBALL

MAY 28 (all singles play)
MAY 29 (women's doubles)
MAY 30 (men's doubles)
May 31 (mixed doubles)
8AM all days

Age/skill divisions: I (4.0),
 II (3.5 and above) and
 III (3.0 and below)
 IV (2.5)

Doubles play—higher skill player
 and the lower-aged player.

Fee: \$50 first event plus
 pickleballbrackets.com admin fee.

Register at:
 pickleballbrackets.com

Locations:
Dill Dinkers Columbia
 9179 Red Branch Rd.
 Columbia, 21045

Dill Dinkers Finksburg
 2950 Dede Rd.
 Finksburg, 21048

**Deadline to enter: May 11, or
 until the tournament is full.**

POWERLIFTING

OCT. 10, 9AM
 Squat, bench press, deadlift

Fee: \$15 first event, \$5 each
 additional.

Wellness and Athletic Center
 CCBC Essex Campus
 7201 Rossville Blvd.
 Rosedale, 21237

Deadline to enter: Oct. 2

ROAD RACE 5K

SEPT. 5, 8AM
 Kentlands/Lakelands 5k

Register at:
 kentlands.org/kentlands-5k
 267 Kentlands Blvd.
 Gaithersburg, 20878

Fee: \$35, price increases June 8.

\$3 discount code: Senior26
<https://bit.ly/2026mso5krun>

Deadline to enter: Day of race



SHUFFLEBOARD

AUG. 9, 9AM
 Singles, open doubles

Fee: \$30 first event,
 \$5 each additional.

Bauer Drive Community Center
 14625 Bauer Dr.
 Rockville, 200853

Deadline to enter: July 31

SOCCER 8V8

OCT. 5 (men, women)
9AM

Fee: \$200 plus \$5 per player.

North Potomac Community Center
 13850 Travilah Rd.
 Rockville, 20850

Deadline to enter: Sept. 28

SOFTBALL

SEPT. 19, 9AM
(Men, women)

Fee: \$125 per team,
 \$5 per team member.

Olney Manor Regional Park
 16601 Georgia Ave.
 Olney, 20832

Deadline to enter: Sept. 4

ROAD RACE 10K

APRIL 26, 8AM
 Pike's Peek 10k

Register at:
 pikespeek10k.org

Shady Grove Metro Station
 Redland Road
 Derwood, 21217

Deadline to enter: Day of race



SWIMMING*

**SEPT. 26, 8AM (warm-ups)
9 AM (start)**

Fee: \$30 first event,
\$5 each additional (6 max).

*Germantown Indoor Swim Center
18000 Central Park Cir.
Boys, 20841*

ORDER OF EVENTS

- 1.) 400-yard IM
- 2.) 50-yard backstroke
- 3.) 200-yard breaststroke
- 4.) 100-yard freestyle
- 5.) 200-yard butterfly
- 6.) 50-yard breaststroke
- 7.) 200-yard IM
- 8.) 100-yard backstroke
- 9.) 50-yard butterfly
- 10.) 200-yard freestyle
- 11.) 100-yard butterfly
- 12.) 100-yard IM
- 13.) 200-yard backstroke
- 14.) 100-yard breaststroke
- 15.) 50-yard freestyle
- 16.) 500-yard freestyle

**This meet is not sanctioned by USMS*

Deadline to enter: Sept. 18

TABLE TENNIS

JUNE 27, 9AM

Singles, doubles, mixed doubles

Fee: \$30 first event,
\$5 each additional.

*Potomac Community Center
11315 Falls Rd.
Potomac, 20854*

Deadline to enter: June 15

TENNIS

SEPT. 17-19, 9AM

Singles, doubles, mixed doubles

Fee: \$30 first event,
\$5 each additional.

*Olney Manor Regional Park
16601 Georgia Ave.
Olney, 20832*

Deadline to enter: Sept. 3

TRACK & FIELD*

AUG. 1-2, 8AM

Detailed track and field event
schedule on pages 8-9

Fee: \$50 first event,
\$10 each additional.

*Howard Community College
10901 Little Patuxent Pky.
Columbia, 21044*

**This is a USATF-sanctioned meet*

Deadline to enter: July 27

TRIATHLON

MAY 31, 9AM

Rock Hall Sprint Triathlon

Register at: <https://bit.ly/msotriathlon>

*Rock Hall Landing Marina
21096 W. Sharp St.
Rock Hall, 21661*

VOLLEYBALL

AUG. 29 (men)

AUG. 30 (women)

9AM both days

Fee: \$200 per team,
\$5 per team member.

*Meadowbrook Athletic Complex
5001 Meadowbrook Ln.
Ellicott City, 21043*

Deadline to enter: Aug. 20

WALKING EVENTS

AUG. 1-2

See detailed track and field event
schedule on pages 8-9.

Fee: \$15 first event,
\$10 each additional.

RACE WALK* – 1500m

Although this is a foot race, it's
different from running in that one
foot must appear to be in contact
with the ground at all times. This
is assessed by race judges.

PRECISION WALK* – 1-MILE

You tell us the time you will walk
a mile. Medal placement is
based on the closest finish to the
submitted time.

POWER WALK – 1-mile & 5k

Power walking or speed walking
is the act of walking with a speed
at the upper end of the natural
range for the walking gait. To
qualify as power walking as
opposed to jogging or running, at
least one foot must be in contact
with the ground at all times.

Deadline to enter: July 27

** Indicates not a National Senior
Games event.*



MARYLAND STATE EVENTS



MSO offers these fun participatory events. They aren't part of the National Senior Games, but you can win MSO gold, silver, and bronze medals, plus ribbons for finishing 4th- through 6th-place.

TEAM BOCCE

JUNE 15, 9AM

4-player teams

Fee: \$40 per team
(\$10 per player).

*Cedar Lane Park
5081 Cedar Ln.
Columbia, 21044*

Deadline to enter: June 8

BOCCE

*Bocce is an open sport in the
2027 National Senior Games.*

SEPT. 5, 9AM

Singles, open doubles

Fee: \$15 first event,
\$5 each additional.

*Baker Park
121N. Bentz St.
Frederick, 21701*

Deadline to enter: Aug. 26

BOCCE

*Bocce is an open sport in the
2027 National Senior Games.*

OCT. 9, 9AM

Singles, open doubles

Fee: \$15 first event,
\$5 each additional.

*Asbury Methodist Village,
201 Russell Ave.
Gaithersburg, 20877*

Deadline to enter: Oct. 1

HORSESHOES

JULY 11, 9AM

Fee: \$15

*Maryvale Park
506 W. Patrick St.
Frederick, 21702*

Deadline to enter: July 2



PISTOL SHOOTING

AUG. 8, 9AM

Fee: \$15

*Associated Gun Clubs
of Baltimore
11518 Marriottsville Rd.
Marriottsville, 21104*

Deadline to enter: Aug. 7

RACQUETBALL

SEPT. 9 (singles)

SEPT. 10 (doubles)

9AM both days

Fee: \$30 first event,
\$5 each additional.

*Severna Park Racquetball
and Fitness Club
8514 Veteran's Hwy.
Millersville, 21108*

Deadline to enter: Sept. 2

TRAP SHOOTING

OCT. 31, 9AM

Fee: \$15 + \$10 target fee

*Associated Gun Clubs
of Baltimore
11518 Marriottsville Rd.
Marriottsville, 21104*

Deadline to enter: Oct. 30

WII BOWLING

OCT. 23, 10:30AM

Singles play

Fee: \$15

*White Oak Community Center
1700 April Ln.
Silver Spring, 20904*

Deadline to enter: Oct. 19

An advertisement for Getwright Performance Training. It features a logo at the top consisting of stylized blue and orange letters 'G' and 'W'. Below the logo, the text reads "GETWRIGHT PERFORMANCE TRAINING" in blue, followed by "Experienced & Professional Personal Training" in orange. At the bottom, the website "www.getwrightpt.com" and phone number "301-706-0001" are listed. On the right side of the ad, there is a photograph of a man in a white t-shirt with "STRETCH READY" printed on it, performing a physical therapy or stretching exercise on another person's arm.



CALL FOR MSO AWARD NOMINATIONS

2026 MARYLAND SENIOR OLYMPICS HONOR AWARDS

We are searching for deserving recipients for the 2026 Maryland Senior Olympics honor awards. Nominations are requested, along with supporting details, and must be received by Sept. 16, 2026 to be considered. No self-nominations. The nomination form is available on our website, or you can send nominations to info@mdseniorolympics.org or mail to P.O. Box 6655, Columbia, Md. 21045.

The MSO Awards Ceremony will be held Nov. 15 at North Potomac Community Center in Rockville.

HALL OF FAME

For outstanding service, significant achievement and consistent dedication to the perpetuation of the Maryland Senior Olympics exemplified by, but not limited to, the following attributes that may not be present in each candidate:

- Many years of involvement with MSO;
- National Senior Games participation;
- MSO and National Senior Games medal achievement.

ROBERT G. ZEIGLER SERVICE AWARD

In recognition of outstanding service and dedication to the local, state or National Senior Games movement exemplified through the following actions:

- Years of consistent service;
- Promotional involvement at the state or National Senior Games Association;
- Corporate in-kind or financial support of the Maryland Senior Olympics.



The MSO Class of 2025 Hall of Famers, from left, Pam Jones (bowling), Neal Gillen (swimming and administration), and Rose Green (track and field).

MSO CITATION AWARD

In appreciation for outstanding service by an individual or a team, distinguished contributions and support on behalf of the Maryland Senior Olympics exemplified through the following actions:

- Years of consistent service;
- Participation in the MSO organization and/or participation;
- Promotional support of the Maryland Senior Olympics.



Barb Ship, MSO Citation Award for swimming administration.

GEORGE HUSON AWARD

This award is presented to a MALE athlete who participates for multiple years in multiple MSO sports while demonstrating sportsmanship, achievement (medaling/or placing in sporting event), good attitude, good effort, and promotion of MSO.

CARMEN CAMPBELL AWARD

This award is presented to a FEMALE athlete who participates for multiple years in multiple MSO sports while demonstrating sportsmanship, achievement (medaling/or placing in a sporting event), good attitude, good effort, and promotion of MSO.

REGINALD C. GRIER AWARD

This new award is presented to the outstanding track and field athlete to honor MSO Hall of Famer Reggie Grier for his 40-plus years of service to MSO.

Join the fun in Gaithersburg
at the 33rd Kentlands/Lakelands

5k Run, Walk, & Kids Fun Runs

———— Saturday, Sept. 5 ————



**SIGN UP
EARLY
FOR THE
BEST DEAL!**

Since 1994, the Kentlands Community Foundation has hosted the Kentlands/Lakelands 5k. It has grown to be the largest 5k road race in Montgomery County.

In partnership with the City of Gaithersburg, local businesses, and hundreds of volunteers, the event brings together more than 1,100 registered runners and 3,000 participants, friends, and family members to the beautiful Kentlands and Lakelands communities and the amazing variety of merchants along Main Street and the Kentlands Market Square.

This event serves as the Maryland Senior Olympics 5k event. Those age 50-plus can use the promo code "Senior26" for \$3 off their entry to the first 300 seniors, but hurry! Entry fees increase as the race day approaches.



Senior Olympics Qualifier
kentlands.org/kentlands-5k

VOLUNTEERS, WE WANT YOU!

MSO offers a wide range of volunteer opportunities. Our volunteers contribute in various ways, making your contribution essential and critical to our athletes' experience and success. Whatever your interest or expertise, we have a role for you!

Our volunteers help with everything from check-in and distributing t-shirts and medals to administrative and logistical support. They also play crucial roles as messengers, runners, timers, judges, referees, and scorekeepers. We welcome medical staff and physical and massage therapists. As our event lineup evolves and athlete participation increases, so does our need for your valuable assistance.

You decide how long you stay and which events you wish to volunteer. We offer a variety of indoor and outdoor events in 30 sports. Whether you're interested in a specific event, want to volunteer close to home, or desire to travel to an event, the choice is yours. You have the power to shape your volunteering experience.

Have a kid in your life needing SSL hours? We can help.

MSO volunteers are fed and given an awesome volunteer t-shirt!

Review our events to see where you would like to help. Visit www.mdseniorolympics.org for volunteer details, including the complete list of needs and how to sign up. We look forward to working with you!

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