

SENIOR GAMES

50 Years Young



The **BLACK RIVER REGULATORS** are proud to host the **Senior Games** on July 29. *Please* come out and support the Cowboy Action Shooting segment this year. Don't stand around the corral kicking the meadow muffin – fill out your form and get it in today. Popa Cork will be the Match Director for the games.

Where else can you attend a two-day shoot for \$42? Okay, Little Big Match is cheaper, but \$42 is still a small tariff for a two-day shoot. Attend the regular Black River match on Saturday, July 28 for the usual \$10, enjoy the camping and camaraderie Saturday night, and then shoot the Senior Games on Sunday for \$32 (if you do the early bird registration you save ten bucks). This is a real bargain folks compared to what other states charge!

- The purpose of the Puget Sound Senior Games is to keep seniors healthy and productive. Participation in the Senior Games is a year-round effort to enhance wellness. Our mission is to promote health and fitness throughout the year for people from 50 years of age to 100+ through participation, competition and education.
- We encourage all seniors to *get off the couch* and exercise your body and your mind. Join us for fun, fellowship and some friendly competition. Sign up with a friend and start training today at your local YMCA, health club, fitness center, or in your own home.
- The Puget Sound Senior Games is a registered **non-profit organization** that relies on individual and corporate financial contributions.

You only have to be 50+ years young to register (or if you turn 50 anytime in 2012), and we need to get our numbers **up** this year. Only you can help us do that. Come enjoy the fun. Click here for the entry form: <http://www.pugetsoundgames.com/EntryForm.htm>

OKIE

Okie Sawbones
Senior Games Commissioner, Cowboy Action Shooting
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