

Georgia Golden Olympics Newsletter

December 2013

2014 Georgia Golden Olympics Dates Set

Congratulations and thank you to everyone who competed in the 2013 Georgia Golden Olympics. The 2013 results can be found on the Georgia Golden Olympics website:

www.georgiagoldenolympics.org

The 2014 dates are set. The games will be held September 17-20, 2014 in Warner Robins, Georgia and again will be hosted by the Warner Robins Recreation Department. The schedule and registration form will be available by May 1 and online registration will begin on May 1 as well. This info can be found on the website on the above date.



Dave Hinderliter lights the torch at Parade of Athletes.

Exercise: 7 benefits of regular physical activity

You know exercise is good for you, but do you know how good? From boosting your mood to improving your sex life, find out how exercise can improve your life.

By Mayo Clinic Staff

Want to feel better, have more energy and perhaps even live longer? Look no further than exercise. The health benefits of regular exercise and physical activity are hard to ignore. And the benefits of exercise are yours for the taking, regardless of your age, sex or physical ability. Need more convincing to exercise? Check out these seven ways exercise can improve your life. For more details see [Mayo Clinic](http://www.mayoclinic.com)

Need a TAX DEDUCTION FOR 2013?

If you need additional tax deductions for 2013, you still have time to make a tax deductible contribution to the Georgia Golden Olympics. GGO is a 501(c)(3) organization and is funded by contributions from friends, organizations and others who have an interest in the health and well being of older adults. Make your contribution now and be listed on the 2014 Corporate, Platinum, Gold, Silver, Bronze, Torch or Friends level in the printed materials for the 2014 event as well as the Georgia Golden Olympics website. Thank you in advance for your support of and assistance to the Georgia Golden Olympics.

CONTRIBUTION LEVELS: Friend: \$25+ Torch: \$100+ Bronze: \$500+ Silver: \$1000+ Gold: \$2500+ Platinum: \$5000+ Corporate: \$10,000+

Please mail contributions to: Georgia Golden Olympics, PO Box 958, Winder, GA 30680 and make checks payable to Georgia Golden Olympics.

Barney Ochs Sportsmanship and Ruth Gaylor Spirit Award Winners

Congratulations to Dorothea Cox from Conyers, GA and to Richard Rowan from Griffin, GA. Ms. Cox won the Barney Ochs Sportsmanship Award and Mr. Rowan won the Ruth Gaylor Spirit Award at the 2013 GGO. These awards are given annually to those athletes that embody these characteristics in competition at the local and state level.
Congratulations!!!!

REMEMBER: Qualify for the 2015 National Senior Games in St. Paul, Minneapolis and Bloomington, MN at the 2014 Georgia Golden Olympics.

Questions or comments? E-mail us at goldenolympics,ga@gmail.com or call 770-867-3603