

WINTER
2023

THE NEW HAMPSHIRE SENIOR GAMES *Newsletter*



Granite State Senior Games, Inc. | 603-488-0229 | 497 Hooksett Road Unit 252 | Manchester, NH 03104-2632

It was a very good season

We were happy this year to welcome hundreds of participants, athletes aged 45 and up to athletes as young as 35, to take part in the 35th annual New Hampshire Senior Games (NHSG).

Pickleball, track and field, disc golf, tennis and many others went off in fine style. The venues all were run in a professional manner, all catered to the athletes' needs.

To the athletes, THANK YOU for your commitment to living a healthy and active lifestyle. You are an inspiration for many and hopefully your efforts will convince others to join you in future New Hampshire Senior Games events.

To the spectators, THANK YOU for supporting the athletes and providing motivation to keep them going. It's your voices and applause that bring smiles to the faces of the athletes after they've given their all during competition.

We look forward to seeing you all here again in our upcoming seasons!

Glenn Graham, Chair of the GSSG would like to personally thank everyone who made the 2022 New Hampshire Senior Games possible,

"We at the Granite State Senior Games, Inc. would like to thank everyone who helped make our 2022 New Hampshire Senior Games a success. We could not have done it without every single one of the great athletes, sponsors, and volunteers of all ages. We also would like to thank spectators, friends and families for supporting all the athletes. We're looking forward to an exciting 2023 with National Senior Games in Pittsburgh and our annual state games in New Hampshire Senior Games."

Glenn Graham

Glenn Graham
Chairman of the Board
Granite State Senior Games, Inc.

New Hampshire Senior Games 2022 TRACK & FIELD AWARDS Best Age Graded Performances By Discipline

Women

Sprinting 50M

Result: 8.35
Age Graded %: 92.78
Name: Claire DeLombaert
Age: 62
State: CT

Running 5000M

Result: 23:34.80
Age Graded %: 90.78
Name: Dawn Ebbetts
Age: 69
State: NH

Walking 1500m PW

Result: 10:36.76
Age Graded %: 76.28
Name: Hannah Nedzbala
Age: 73
State: NH

Jumping/Pole Vault

Result: 4' 6"
Age Graded %: 138.38
Name: Florence Meiler
Age: 88
State: VT

Throwing Shot Put

Result: 16' 10"
Age Graded %: 91.94
Name: Florence Meiler
Age: 88
State: VT

Men

Sprinting 50M

Result: 6.92
Age Graded %: 92.78
Name: Claire DeLombaert
Age: 62
State: CT

Running 5000M

Result: 18:26.47
Age Graded %: 82.89
Name: Francis Burdett
Age: 57
State: MA

Walking 1500m PW

Result: 9:49.18
Age Graded %: 84.13
Name: John Micavich
Age: 80
State: NH

Jumping/Pole Vault

Result: 8' 6"
Age Graded %: 87.48
Name: Stephen Prouty
Age: 77
State: MA

Throwing Discus

Result: 116' 5"
Age Graded %: 94.44
Name: Roger Busch
Age: 81
State: CT

*Congratulations to all of these athletes,
and all the athletes that competed at the
2022 Granite State Senior Games!*



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Smiles All Around



*Come out again next year and
enjoy a healthy sense of pride in a
job well done, at the 2023 New
Hampshire Senior Games.*

Outstanding Volunteerism Recognition

Granite State Senior Games, Inc. would like to thank and recognize Don and Ann Cloutier for their efforts in helping to make the 2022 pickleball season one of the best ones yet. Without their ambition to wake up at 5am to finish the pickleball court, painting ALL of the lines, we might not have had a court to compete on. Thank you Don and Ann, we look forward to seeing you both in the 2023 New Hampshire Senior Games!

2023 National Senior Games - Pittsburgh, Pennsylvania

Many of you qualified to attend the National Senior Games in Pittsburgh, New Hampshire. This prestigious event will showcase thousands of elite athletes competing in more than twenty different sports, and it will show off Pittsburgh's many outstanding venues. Details and registration info can be found online: www.nsga.com.

You do not need to wait for an email notification, you may register now for all sports because the registration database knows your qualification status. You can find extensive Pittsburgh 2023 registration information here: <https://nsga.com/registration/>

It is strongly recommended that you make your hotel registrations as soon as possible as demand is always greater than the number of available rooms at the most preferred hotels!

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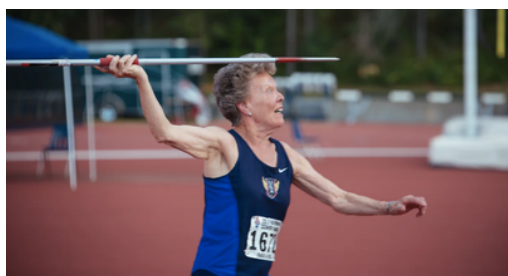


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Athlete Accomplishments

Record Setting Flo Meiler

Flo Meiler of Vermont does everything, including setting world records! Flo Meiler, 88 years old, is a former tennis player and water skier who came to master track and field in her late 50s. Her athleticism led her to be named the 2022 Masters Track & Field Athlete of the Year by USA Track & Field, earn over 800 medals and set over 30 US and world records. She pole vaults, throws the javelin, discus, shot put and hammer, sprints, hurdles, and runs the steeple chase, and certainly proves that it is never too late. Flo is getting ready to attend the National Senior Games in May where she will pole vault!



Flo Meiler (88) of Vermont

An Incredible Encounter!

The Senior Games are all about people who enjoy the fun and challenge of competitive sports and so many of our fine competitors are truly inspirational.

One athlete remembers meeting just such a competitor, Willie, that demonstrated exceptional physical abilities during a two-day New York Senior Games Track and Field event. Willie was busy doing “man” style pushups and was asked why. She responded with “That’s nothing - watch this.” and proceeded to do ten one-arm pushups with each arm! To further emphasize her exceptional abilities, she stated that she could also do fingertip one-arm pushups. Truly amazing was the fact that Willie was in her 70’s. To further astonish, Willie has continued on to be a world class weight lifter in her 80’s. Go Willie, Go!

Do you have friends who would enjoy learning more about the New Hampshire Senior Games? We welcome calls and emails. 603-488-0229 | info@nhseniorgames.org www.nhseniorgames.org

USA Pickleball Hall of Fame



*GSSG Board Member
Joseph Santoro of
Wolfeboro*

New Hampshire's very own Joeseeph Santoro of Wolfeboro was elected to the to the USAPA Hall of Fame board of directors. Joseph's name was placed in nomination as one of the candidates to become a member of the Board of Directors of the International Pickleball Hall of Fame and was was elected unanimously to the position. Congratulations Joe!



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Granite State Senior Games Board of Directors

Chair: Glenn Graham, Goffstown; **Secretary:** Monica Blair, Bow; **Treasurer:** Douglas Garner, Rindge.
Directors: Lee Hess, New Boston; Janet Horvath, Auburn; Robert Jeffers, Strafford; Dick Matthews, Exeter; Joseph Santoro, Wolfeboro; Mary Francis Stewart, Bow.

To inquire about volunteer opportunities, member activities or the availability of membership on the Board of Directors, please call 603-488-0229 or email info@nhseniorgames.org



The 2022 gold medal winners from the New Hampshire Senior Games disc golf challenge held at the Hollows North Disc Golf course in Manchester on July 9, 2022.

(From left to right: Paul Lusky, Nancy Damboise, Lisa Soucy, and Joe Damboise)

Thank You, Sponsors of the 2022 New Hampshire Senior Games:

Presenting Sponsor

Martins' Point Health Care

Silver Medal Sponsor

John Castelot Financial Planner
Riverwoods Group

Bronze Medal Sponsor

Northeast Delta Dental
Bemer NH Independent Distributors
Havenwood Heritage Heights

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Quick facts about the New Hampshire Senior Games:

- Donations to the nonprofit 501(c)(3) GSSG are tax deductible
- There are many opportunities all year long, to volunteer
- Openings exist on the Board for go-getters!
- Athletes age 35 and up may take part in some NHSG competitions
- Check out our website for the latest information!
www.nhseniorgames.org

Our mission is to organize healthy physical challenges for those age 50+ in New Hampshire. Present that group with related activities that enhance well being. Promote the development of fitness and active lifestyle in maturity.

Who is Eligible to Participate in NHSG?

New Hampshire is an "open" state which means our games are open to residents and non-residents alike to participate in our summer games. Competition in men's and women's categories feature five-year age groups starting at 35-39 for some sports, with Gold, Silver and Bronze medals awarded. Athletes starting at 50-54 may qualify for the National Senior Games.