

Nursing home residents to go for the gold at WV Geri Olympics

Institute, WV – Nursing home resident athletes from across West Virginia will converge at the South Charleston Community and Recreation Center for the annual Geri Olympics on Friday, April 24. Events are free and open to the public and will run from 8:30 a.m. to 2:00 p.m.

The West Virginia Geri Olympics brings senior athletes from all over the state to compete in fun, safe sporting events that make everyone a winner. Events include basketball, horseshoe pitching, marksmanship, candle blowing, bowling, obstacle course racing, and wheelchair races.

“The Geri Olympics places emphasis on active living,” said Dr. Ted Muilenburg, Director of the WV Geri Olympics. “This event is a true demonstration of life and the benefits of staying active.”

First held over 20 years ago, Geri Olympics is the longest continuously sponsored competitive event for nursing home resident athletes in the United States. It has evolved into an international event using the West Virginia model. A team from West Virginia went to Prague, Czech Republic, last year to compete in the International Geri Olympics, bringing home numerous gold medals. Coordinators are currently raising funds to take the team on a return trip to defend their title in the 2010 International Geri Olympics.

With 150 athletes and 16 nursing homes scheduled to participate coming from as far as Morgantown and Lewisburg; this year the 2009 WV Geri Olympics will be one of the best ever held. Sponsoring partners include WV State University Extension Service, WV Dreamers, Sport Mart, Mylan Pharmaceuticals, Step by Step, Thomas Memorial Hospital, Central WV Convention and Visitors Bureau, Kanawha Valley Senior Services, WV Activity Professionals Association, Charles University, WV Bureau of Senior Services, South Charleston Community Center, Yeager Airport, WVSU Health and Human Performance, WV Therapeutic Recreation Association, Morgantown Rotary Club, WVSU Foundation Inc., and Nella's Inc.

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