

23rd National Veterans Golden Age Games

the Quest for Southern Gold



June 1-5 2009
Birmingham, Alabama

Now in its 23rd year, the National Veterans Golden Age Games (NVGAG) continues to be the largest and most popular sports and recreation event in the world for military veterans age 55 and older. In addition to the competition, which is open to experienced, world-class senior athletes as well as those who are competing for the first time, the Games offer a wealth of media stories about senior health, fitness, sports and the event itself. The competitors' military service spans several military wars and conflicts including World War II, the Korean War, Vietnam and the Gulf War, in addition to peacetime service.

To further underscore that life begins at 55 for the participants of the NVGAG, a partnership with the National Senior Games (a member of the U.S. Olympic Committee), offers veterans a larger, more competitive opportunity to reach maximum potential of their skills. Although 2009 is not a qualifying year, it provides veterans an opportunity to improve their competitive edge in preparation for the 2010 Games. NVGAG competitors have become serious athletes at the National Senior Games as Marilyn Hilliard became the first NVGAG competitor to medal when she took home the silver medal in horseshoes at the 2007 National Senior Games competition, losing only one game for the championship.

Today, military veterans in their 50s, 60s, 70s, 80s and beyond, are not just letting life pass them by – they are stronger, healthier and participating in sports on an elite, competitive basis. At the National Veterans Golden Age Games, gold, silver and bronze medals are presented in true Olympic fashion, with lots of fanfare and celebration. Their accomplishments are incredible and their military experiences even more so!

Sports

- ◆ More than 675 national competitors
- ◆ Events for ambulatory, wheelchair and visually impaired competitors
- ◆ Categories for males and females
- ◆ Wide variety of sports and activities (Swimming, bicycling, golf and more)
- ◆ World-class senior competitors and first-time senior athletes

Military/Patriotism

- ◆ Competitors from WWII (the Greatest Generation!)
- ◆ Military heroes from the Korean War and Vietnam
- ◆ Women veterans
- ◆ War-injured competitors
- ◆ Veterans who stood at democracy's door for the freedoms we enjoy today!
- ◆ Competition by age groups

Health

- ◆ Health benefits for senior Americans
- ◆ Baby boomers are entering their 60s and turning to fitness and sports competition
- ◆ Education and training for competition for a lifetime of health
- ◆ Wellness for wheelchair users and the visually impaired

Feature/Human Interest

- ◆ Veterans overcoming odds
- ◆ Volunteers at the Games
- ◆ Planning the event at the local level with community support
- ◆ Special events and ceremonies
- ◆ Celebrity visitors
- ◆ Corporate sponsors
- ◆ Reunions of armed forces comrades



Hosted by The Birmingham VA Medical Center