



*Having fun, playing hard, full of life.*

### CALLING ALL SWIMMERS

Please join us for the Iowa Senior Olympics June 5-8, 2003 in Des Moines. All swimmers age 50 and older can participate in the games. Swim all 12 swimming events. For a \$25 entry fee you can participate in the swim plus more than 40 other events.

For the triathletes among you, combine the 5K-run, the 400-yard freestyle and the cycling time trial for a great staged triathlon.

While you're in Des Moines, attend the World Pork Expo at the Iowa State Fairgrounds - it's all happening the same weekend. Come for a swim, stay for the pork!

Registration forms available now online at [www.iowaseniorgames.org](http://www.iowaseniorgames.org) or request one: Susan Skinner - 515/226-2898, or email [skinnners@home.wdm.k12.ia.us](mailto:skinnners@home.wdm.k12.ia.us) Thanks.