HORSESHOES Stay at Home Challenge
New Mexico Senior Olympics, Inc.

You are invited to participate in a free virtual event to encourage seniors to be active during the Covid-19 Stay at Home Health Order. NMSO offers fourteen (14) individual sport activities, all modified to participate from home. Participants must complete and agree to the Liability WAIVER prior to getting started. Stay at Home Challenge participants will submit results monthly and be entered in a drawing for $100 Gift Card. Consult a physician before starting any physical fitness exercise.

HORSESHOES Monthly Challenge Instructions

Horseshoes Challenge is four months, August – November
Pitch 20 shoes per game; 5 games per week.
Can be thrown over multiple days in that week.

Pitching Distance:
- Women 50-74 = 30 Ft
- Men 50-69 = 40 Ft
- Non-Ambulatory: Men and Women, all ages, will be 20 Ft
- Women 75+ = 20 Ft
- Men 70+ = 30 Ft

Scoring:
- Each Ringer = 3 pts; Each Leaner = 1 pt

Submit Total on a Monthly Basis

HOW to get Started and Report RESULTS

❖ Sign up and agree to the Liability Waiver at www.nmseniorolympics.org
❖ Participate and log your scores or times for one full month
❖ Each month submit challenge results virtually via our website at www.nmseniorolympics.org
❖ OR submit results via email, fax, phone, or text - deadline is the 5th of each month by noon.
❖ Results must include name, sport, gender, age, county, month, times and/or scores
   - Results are public and will be posted on our website
❖ All challenges are based on the honor system
❖ Check NMSO website monthly for results and Gift Card Winner Announcement
❖ Repeat the following month

Remember have fun, be safe, stay hydrated, and wear proper attire!