November will be the last month to participate in the free virtual ARCHERY event encouraging seniors to be active during the Covid-19 Stay at Home Health Order. NMSO now has fourteen (14) individual sport activities, all modified to participate from home. Don’t forget to complete and agree to the LIABILITY WAIVER prior to getting started. Consult a physician before starting any physical fitness exercise. Remember to invite friends and family, over 50, to participate! Stay at Home Challenge participants will submit results monthly and be entered in a drawing for $100 Gift Card.

ARCHERY - DECEMBER Challenge Instructions

For this month, your challenge will once again be to

SHOOT INTO A PAPER CUP

Put a paper cup on each scoring section of your target.
Try to shoot arrow into the paper cup.
If you make it into the cup, count your score. If you do not make it into the cup, your score is zero.
Shoot twice per month from 20 yards, 5 ends.
Post scores on NMSO website by logging in. Put score in the TIME/HOUR box and in comment section.
Targets can be store bought or home made
Use hay bales, multiple layers of cardboard, shoot towards a berm or mound of dirt
For safety, use an adequate backstop for arrows and shoot in a safe direction
Don’t forget to warm up before shooting! Check out this website - https://worldarchery.org/files/how-warm-archery

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 - warm up, have fun, be safe, stay hydrated, wear sunscreen and proper attire!