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## Your Monthly Masters Update

**Registration for Pan American Masters Games 2020 is NOW OPEN.**

**If you want to compete in Olympic venues and experience one of South America's most iconic cities, consider [registering for Rio](#) today.**

In other news...

Winter World Masters Games success, an 82-year-old Australian Parkour enthusiast and an Irish hockey player who feels her Masters team is "more like an extended family."

See below for some of our favourite stories from the Masters community.

### Worth thinking about...

"Ageing is not lost youth but a new stage of opportunity and strength."

– Betty Friedan



### Register now for Rio 2020

From 4 - 13 September 2020, Masters athletes have the opportunity to participate in another unique sporting event.

With cheering spectators, world-class venues, and life-long friendships waiting to be made, the 2020 Pan American Masters Games promises to be another unforgettable experience for Masters athletes.

[LEARN MORE >](#)

### "It's a special kind of friendship – it's more like an extended family."

For Irish Masters International Claire Bell, the women she shares the pitch with are more than just teammates.

Here, the World Cup winner delves into the details of the special comradery that breeds Irish success.



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## Masters spirit shines in Innsbruck

The 2020 Winter World Masters Games came to a triumphant close in January.

Over 3,000 athletes rubbed shoulders with ex-Olympians and tested their talent at old Olympic Venues such as Patscherkofel and Olympiaworld.

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## Laced up the skates at 58 to win Masters silver

Okotoks figure skater Dave Sargent and his skating partner Kelly Clements won the silver medal at the 2020 Winter World Masters Games in Austria.

Read how Dave got back onto the ice after a lengthy time off...



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## Join our dedicated Facebook Group...

We wanted to provide a single, managed online space for Masters athletes to connect before, during and after events.

Join our dedicated Facebook group and connect with the rest of the community.

[JOIN NOW >](#)

## 82-year-old Australian is literally jumping over buildings

'Arlene Advocat used to watch in awe videos of people doing parkour, a sport known for its gravity-defying jumps from city buildings.

But never at the time did she consider that she, at the age of 82, would be able to try it for herself.'



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