

[View in browser](#)



October's Masters news

The World Masters Games 2021 Kansai has been postponed

The IMGA World Masters Games Kansai 2021 are being postponed due to the global pandemic Covid-19.

After careful discussions with all parties involved the conclusion of postponement of the Games has been reached. Like everybody, we are very disappointed there will be no World Masters Games in May next year.

Now, we focus on looking into the best possible options for rescheduling the event.

We hope to be able to bring you more news in the nearest future.

[READ MORE](#)

The 2025 World Masters Games are awarded to Taiwan!



We're delighted to announce that we have awarded the 2025 World Masters Games to Taipei and New Taipei city in Taiwan.

Taiwan will look to build on the continued growth of Masters sport in the region as it welcomes the eleventh edition of the Games in 2025.

[READ MORE](#)



Worth thinking about...

"The best things in life are the people we love, the places we've been, and the memories we've made along the way."



Throwback: Malmö 2008

We recently celebrated the 12 year anniversary of the first ever European Masters Games in the beautiful Swedish city of Malmö.

Malmö 2008 set the precedent for future European Masters Games, and the Masters community have since enjoyed a further three incredible European Masters Games events.

[VIEW HIGHLIGHTS >](#)

It's never too late to get serious about running

Jeannie Rice and Gene Dykes are going after the running record books at 70+ years old.

Discover their achievements, motivations, training techniques and much more.

[READ MORE](#)



Three great breakfast ideas for busy athletes

Need inspiration for quick yet healthy breakfast ideas when you're on the go?

Sports dietitian, lifelong swimmer, and US Masters Swimming coach, Michele Tuttle, shares three simple recipes for busy masters athletes.

[READ MORE >](#)

Brian's bike keeps him on the straight and narrow despite health bumps

For some, cycling offers an accessible way of keeping fit. For 15-time Masters Games medallist Brian Jacobsen, it's a pursuit he's adamant has kept him alive.

Prepare to be inspired by Brian's incredible story.



[READ MORE >](#)



What athletes should know about hydration

How much do you know about the importance of hydration?

U.S. Masters Swimming's Jennifer Thayer and Mark R Yoder delve into the detail of how proper hydration can improve athletic performance and your health.

[LEARN MORE >](#)

Join our dedicated Facebook Group...

This is our 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 >](#)



International Masters Games Association
Maison du Sport International
Avenue de Rhodanie 54
1007 Lausanne
Switzerland

You received this email as a member of the IMGA Masters community
You can unsubscribe here

© 2019 International Masters Games Association