

“Over 80” Award – 2016 – Leann Fredrickson, Aberdeen

Getting this award is indeed Awesome!!! Mary Kay has always been my inspiration I have been participating in the South Dakota Senior Games for over 20 years. We started coming to the Senior Games when Dale played Softball with the Aberdeen team. My favorite events being the jumps and walks. It was fun to see the Triple Jump added! In 2016, at ae 80, I entered 14 events (3 jumps, 3 race walks, shot put, 2 basketball throws, 2 shuffleboard, bean bag, races and softball throw). I received Gold in all 14 events. We always enjoyed the Banquets and all the Senior Game friends that we could get together with year after year. Sitting with former Governor and Mrs. Frank Farrar is a memory I will never forget. Pat was an inspiration, too.

I walk a mile a day and shall participate in the SD Senior Games as long as I can!

From...Leann