

# Jacobson keeps busy, fit with Senior Games

By Kirk Kern

When Alan Jacobson was looking to retire after years of working as a postal carrier in Colorado, one of the things he was looking for in a community was a place that could suit his active lifestyle.

Mesquite fit that bill... and then some.

"Before I moved here, I looked at the Chamber of Commerce booklet and it mentioned the Senior Games," he said. "I'd never seen anything like that before."

And while that wasn't the only reason he chose to retire in Mesquite, it has certainly been a big part of his life here. He has competed in a number of different events since he moved to Mesquite in 2016.

He competes in pickleball, golf long drive, cycling, track and field, bowling and even ping pong.

Jacobson has always been an athlete, going back to his youth playing football, basketball and baseball while in school. He remained active during his working years playing rec league basketball, softball and competitive tennis.

"I was always a pretty good athlete," he said. "Never great, but pretty good."

As a Senior Games participant, Jacobson has upped his game. He's won his fair share of gold medals,

"I usually compete in eight or nine



events," he said.

He also doesn't shy away from competition. Some events, like the long drive, cycling or pickleball, come naturally for him. He's also a pretty fast runner, so the 50 meter dash something he can handle. But he also competes in the 1,500 meters, which is a shade under a mile.

"I'm not really a runner, distance-wise," he said. "It's a challenge. I'd never done it before. It takes a lot of courage to go out and expose yourself."

He's done pretty well, though, winning gold medals twice.

The event he has the most fun at is probably pickleball.

"Pickleball is very competitive," said Jacobson, who usually plays both men's and mixed doubles. "Everyone is pretty competitive, and they're all good. There's always going to be someone I know, so it's gonna get heated."

Jacobson had never even heard of pickleball until her moved to Mesquite. But he had played competitive tennis while in his 40s, so he thought he'd give it a try.

"It just seemed more fun, with the smaller court," he said. "A lot of peo-

ple involved are in it. There's more strategy involved in it too. It's fun when things click as a team."

In the long drive, Jacobson won the gold medal the first year he entered, by one yard.

Senior Games is only part of what keeps Jacobson active in his retirement. He plays golf four or five times a week and also plays pickleball two or three times a week.

In mid-August, he competed in the Senior Games bowling tournament, with his wife, Pam.

"Pam and I actually met bowling in 1987," he said.



## Watch for upcoming fun Mesquite Senior Games Events!

November - Golf - Closest to the Pin, a Long Drive contest, a Putting contest and a 9-Hole tournament.

December - Bowling tournament at the Virgin River Casino.

Go to [www.MesquiteSeniorGames.org](http://www.MesquiteSeniorGames.org) for the latest information and sign up to get our email updates.

Please note that event plans are conditioned on Local / State / National public health guidelines in place at that time.