



## FOR IMMEDIATE RELEASE

Date: June 28, 2016

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### **Competition at Any Age: 89-Year Old Figure Skater Competes in the Virginia Commonwealth Games**

At the end of the weekend Ray Carmines had three gold medals hanging around his neck as he posed for pictures at the Richmond IceZone with family and friends, decorated helmet still sitting atop his head and a grin spread across his face. At 89 years old, Carmines competed in this year's Virginia Commonwealth Games figure skating event held June 4-5 in Richmond, VA, an event sanctioned by both the United States Figure Skating Association and the Ice Skating Institute of America.

Along with nearly 300 other participants from across the state, Carmines skated in numerous events in pursuit of a medal, including his favorite, the Team Entertainment/Production category. Stealing the show, Carmines took to the ice playing iconic Robin Williams roles, such as Jack and Patch Adams, in a themed tribute performance to the late actor. Those who know him best know that the Production category is one that Carmines begins to talk about and look forward to in January. Over the years he has donned costumes for roles anywhere from Elvis to a disco dancer, always mindful to coordinate his helmet with the theme. For Carmines' granddaughter, Lindsey Martin, 24, her favorite memory is getting to see her grandfather skate in a sizable afro wig and tweed jacket in one of his many appearances in the Games over the years.

Off the ice the Virginia native can be found crabbing in the Tidewater area or traveling the world in pursuit of the best skiing locales, always remembering to send a postcard back home to family along the way. And while Ray Carmines' dedication to sport and an active lifestyle extend beyond figure skating, his continued participation in the Commonwealth Games embodies what makes the opportunity to participate so unique—a sport for any athlete, at any age. The all-encompassing goal of the Commonwealth Games seeks to ensure that everyone can experience the powerful benefits that sport promotes, from overall health to healthy competition in a team environment.

Martin fondly regards Carmines' enthusiasm for the Virginia Commonwealth Games as a means of staying young at heart. That is why when Martin recalls a time when her grandfather discussed perhaps having to give up figure skating, she laughs. Carmines reasoned at the time that he was winning too many gold medals and might need to retire from the competition. But it is not always about how many medals are being won.

Each year during the Commonwealth Games the benefits of physical fitness and healthy lifestyles through sports education, training and competition are what keep competitors like Ray Carmines coming back.

This year's 27<sup>th</sup> Annual Virginia Commonwealth Games Main Games weekend is being held at Liberty University, July 22-24, where athletes from across the state of Virginia have the opportunity to join thousands of other athletes of all ages and skill levels to compete in sports at Liberty's world-class facilities.

For more information and images please visit: [www.commonwealthgames.org/news](http://www.commonwealthgames.org/news).

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