



**BAY AREA
SENIOR GAMES**

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For Immediate Release

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**FOURTH ANNUAL BAY AREA SENIOR GAMES
TO BE HELD APRIL 10 – 14, 2010**

*Athletes Will Compete in Eleven Sports at Stanford
A Senior Golf Tournament is added to the Roster*

PALO ALTO – December 1, 2009 – The Fourth Annual Bay Area Senior Games will be held April 10 - 14, 2010 at venues in Santa Clara and San Mateo Counties, organizers announced today. The Bay Area Senior Games, a legacy of the 2009 Summer National Senior Games are for athletes 50 and older. These men and women are shining examples of the benefits of an active, competitive lifestyle that embraces vitality and exemplifies the slogan of the 2009 Senior Games, "Long Live the Challenge."

"During last summer's successful 2009 Summer National Senior Games, many people contacted us to find out how they could get involved. The Bay Area Senior Games is our legacy and our commitment to exercise and health at any age", explained Anne Warner Cribbs, 1960 Olympian, President of the Local Organizing Committee for the 2009 National Senior Games, and now heading up the 2010 Bay Area Senior Games.

The Games will feature eleven competitions in Swimming, Track & Field, Cycling, Racquetball, Fencing, Golf, Soccer, 3 v 3 Basketball, Softball, Race Walking, Water Polo and Lawn Bowling. Water Polo, Soccer, Fencing and Lawn Bowling were demonstration sports at the 2009 National Senior Games and have been added to the program. In addition, a Bay Area Senior Games Golf Tournament will be played at Stanford Golf Course on Tuesday, April 13 and a Softball Tournament at Twin Creeks in Sunnyvale on April 13 and 14.



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The 2010 Bay Area Senior Games will again be centered at the world-class athletic facilities at Stanford University. The only sports not to be staged on campus are Cycling (Cañada Road, San Mateo County), Softball (Twin Creeks, Sunnyvale) and Lawn Bowling (Palo Alto Lawn Bowls) "We are very happy to welcome the Bay Area Senior Games back to Stanford", said Deputy Athletic Director Ray Purpur. "This event encourages Californians over 50 to keep fit and live healthy, a message the University wholeheartedly supports."

Inspired by the popular Peak Performance Lectures initiated at last summer's Games and the national conversation about health, aging and care, the inaugural annual Health & Peak Performance Conference will take place on Friday, April 9 also at Stanford. The day will feature lectures on fitness and performance, a luncheon and panel discussion with Olympians, and a pre-Games reception for athletes, sponsors and organizers.

Over 1300 California Senior Athletes, the most ever, participated in the 2009 Summer National Senior Games last summer. California has a very active athletic population. In 2010 eight regional Senior Games competitions will take place around the state, with the California State Championships, the qualifier for the 2011 Summer National Senior Games in Houston, set for June 5 - 27 in Pasadena. Sites for regional Senior Games include San Diego, Anaheim, Vacaville, Palm Desert, San Francisco Bay Area, Manteca and the first ever Winter Games scheduled for Dodge Ridge at Pine Crest. A complete list with contact information for all the California Senior Games may be found at www.californiaseniorgames.org

The Bay Area Senior Games is conducted under the auspices of the Bay Area Sports Organizing Committee (BASOC). The Bay Area Senior Games were held in 2006, 2007 and 2008 as "test events" for the 2009 Summer National Senior Games.

On line registration, opening December 15, 2009 for the 2010 Bay Area Senior Games is ongoing, up until April 5, 2010 at www.bayareaseeniorgames.org. Entry blanks are available by calling 650.323.9400 or download at www.bayareaseeniorgames.org.

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2010 Bay Area Senior Games Schedule

Saturday, April 10, 2010

Basketball (3 x 3) at Arrillaga Center for Sports and Recreation,
Stanford – 9:00 am start

Free Throw Contest directly following the games (approx. 3pm)

Swimming at Avery Aquatic Center, Stanford 8:00 am start

Soccer at El Camino Fields – 9:00 am start

Track & Field at Cobb Track, Stanford 9:00 am start

Fencing at Arrillaga Center for Sports and Recreation – 9:00 am start

Raquetball at Ford Center – 9:00 am start

Water Polo at Avery Aquatic Center, 9:00 am start

Sunday, April 11, 2010

Cycling at Canada Road (10 K Time Trial) 7:30 am start

RaceWalk at Cobb Field at Stanford, 1500 m 8:30 am start

Track & Field at Cobb Track, Stanford 9:00am start

Table Tennis at Ford Center, Stanford 9:00am singles, 12:00pm doubles

Soccer at El Camino Fields, Stanford – 9:00 am start

Raquetball at Ford Center – 9:00 am start

Water Polo at Avery Aquatic Center, 9:00 am start

Tuesday, April 13, 2010

Golf at Stanford Golf Course – 9:00 am start

Admission to all sports is free and open to the public.
Schedule subject to change.