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For Immediate Release

Community Walk Added to 2011 Bay Area Senior Games
Everyone's invited to Join the Community Walk

September 3, 2010- Palo Alto, CA.....The 2011 Bay Area Senior Games, designated as the 2011 California State Championships, announced the addition of a Community Walk to be held April 3, 2011, beginning at 8:30 a.m. at Stanford. The Community Walk will be held in cooperation with the Lifelong Fitness Alliance.

Dr. Walter Bortz says, "Taking a walk is more valuable than acres of pharmacies. I encourage everyone within eye shot to take the walk with us."

Anne Warner Cribbs, President and CEO of the 2011 Bay Area Senior Games explains, "We are delighted to include a community walk in the 2011 Bay Area Senior Games. We hope that everyone, no matter what age, interested in health and fitness will join us. And for those wanting to compete in future Senior Games, this walk can be the first step."

The walk is open to all for a \$5.00 entry fee, organizers request that participants register at www.lifelongfitnessalliance.org

The walk will start at 8:30a.m., with participants meeting at Pac 10 Plaza on Nelson Road, just outside Sunken Diamond. The walk will be 30 – 60 minutes on a route around the Stanford athletic facilities. It will not involve any street closures.

The 2011 Bay Area Senior Games/California State Championships, March 26-April 3 for male and female athletes over age 50. Sports include– Track & Field, Swimming, Cycling, Golf, Softball, Table Tennis, Racquetball, Basketball (3 v 3), Soccer, Fencing, Lawn Bowling, Race Walking, Tennis, Road Race, Volleyball, Badminton, Bowling, Archery, Triathlon, and Water Polo – will be held at Stanford University venues and other selected locations in the San Francisco Bay Area. The 2011 State Championships are a program of the California State Senior Games Association.

Register on line at www.bayareaseniorgames.org or call 650.323.9400 x 18 for an entry blank.

Lifelong Fitness Alliance is a non-profit organization that offers a community-wide walking program to promote regular exercise and good nutrition, and help improve overall health and well being. *Stepping Strong* is a ten-week walking and wellness program developed in collaboration with AARP. The program benefits many people who are sedentary and become motivated by the ambassador-led and pedometer-based group program. Visit the new website at www.lifelongfitnessalliance.org.