WESTMORELAND COUNTY PARKS AND RECREATION
NEWS RELEASE
*** FOR IMMEDIATE USE ***
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Westmoreland County Senior Games May 8 - 18

The 30th anniversary of the Westmoreland County Senior Games will take place May 8-18 at Mammoth Park and several other central Westmoreland area locations. Any person 50 years of age or older is eligible to participate in any of the thirty-two events. Westmoreland County residency is not required.

A few of the events include: bicycling, bocce, golf, horseshoes, shuffleboard, shotput, swimming and track and field. Many of the events will divide athletes into four age brackets: 50-59, 60-69, 70-79, and 80 plus. Some events such as bicycling, canoeing, and swimming are high impact (challenging), while other events such as bocce, shuffleboard, and darts are low impact activities. Custom medals are awarded to the top three finishers in each event and age bracket.

Registration for the Senior Games costs only ten dollars. All pre-registered participants will receive a free t-shirt, and a free picnic lunch will be provided at Mammoth Park for athletes on Thursday, May 10 and Monday, May 14.

For over twenty years, the Westmoreland County Senior Games has grown by leaps and bounds. The slogan for the games has been "Bring a Friend for Fun and Fitness." The senior population has taken that to heart as the Senior Games have had more athletes than ever in recent years. The ultimate goal of the games is to encourage an active lifestyle and continued participation in recreational activities beyond age 50. The Games are more about fun and fitness than serious competition. "Most of the seniors that participate in the Games are not drawn to it for the competition," said Matt Bruno, Program Coordinator for Westmoreland County Parks and Recreation. "It's about staying active and having a good time! A lot of people think that they have to be a super athlete to come to the Games. That is not true at all."

The Westmoreland County Senior Games are sponsored by Excela Health, Amber House at Harmon House Care Center, Key Care Home Health and Hospice, 1480 WCNS, SuperValu, United Healthcare, Senior Helpers, Gibson-Thomas Engineering, John Gulisek Construction, Wholistic Health Center, and New Stanton Waterjet Cutting.

To receive a registration booklet, call the Westmoreland County Bureau of Parks and Recreation at (724) 830-3950, or download one online by visiting the County Parks' website at www.co.westmoreland.pa.us/parks.