



**WESTMORELAND COUNTY PARKS AND RECREATION
NEWS RELEASE**

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Westmoreland County Senior Games, May 7-17

The 2013 Westmoreland County Senior Games will take place May 7-17 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 to participate in the events.

A few of the events include: bicycling, bocce, bowling, golf, horseshoes, shuffleboard, swimming and track and field. Many of the events will divide athletes into age brackets: 50-59, 60-69, 70-79, 80-89, and a new age bracket this year, 90 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. 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 an official Senior Games t-shirt, and a free picnic lunch will be provided at Mammoth Park for athletes on Thursday, May 9 and Monday, May 13.

For over 31 years, the Westmoreland County Senior Games has grown considerably and attracts many new athletes every year. The slogan for the games has been "Bring a Friend for Fun and Fitness." 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, and one does not have to be a super athlete to participate. These events are more about staying active and having fun!

The Westmoreland County Senior Games are sponsored by Excelsa Health, Amber House at Harmon House Care Center, Key Care Home Health and Hospice, Greensburg Care Center, Senior Helpers, United Healthcare, Gulisek Construction, SuperValu, SeniorLife, UPMC For You Advantage Plan, and Wholistic Health Center.

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.