



### Almost 900 Senior Athletes Compete in 4<sup>th</sup> Bay Area Senior Games

The stormy weather had little effect on the almost 900 senior athletes competing in the 4<sup>th</sup> Bay Area Senior Games held April 10-11 at Stanford. Participating in 14 sports from basketball to swimming, track & field, soccer and more, these athletes, aged 50 and over, played through cold and wind and heavy rain, affirming their commitment to an active and healthy lifestyle.

“The senior athletes from the Bay Area and beyond are simply amazing,” said Anne Warner Cribbs, President of the Bay Area Senior Games. “They come in all shapes and sizes but what they have in common is profound understanding of the benefits and joy sports can bring to your life at any age.”

This year’s Bay Area Senior Games comes 8 months after the Bay Area hosted the first National Senior Games on the west coast. That event drew 10,000 senior athletes who competed in 24 sports over 15 days. The team from California was the largest with more than 1,600 athletes competing. And the California athletes played hard, bringing home almost 400 medals for the golden state.

The Bay Area Senior Games are one of 8 regional games and the California state championship taking place in 2010. Stanford University’s world-class athletic facilities were the principal venue with three exceptions: cycling, lawn bowling and softball. “We are grateful to Stanford and Ray Purpur, Stanford’s Deputy Director of Athletics, for their support and for making the outstanding competitive venues at Stanford available to our athletes. Stanford fully understands the importance of athletics for everybody, regardless of age, and maintains a leadership position in research and services for baby boomers and adjacent generations,” added Anne Cribbs.

Local athletes, undaunted by the weather, competed with gusto and had a ball.

“It was a wonderful weekend even with the rain. We laughed hard, played hard, and wore our medals proudly. It’s the BEST!!!” Jennie (Swimming, Water Polo)

“My whole life I have been unathletic; physical education was my only bad grade in school. To find, in my 60’s, that there is a sport that I can play and be reasonably adequate at is a wonderful discovery.” Melody (Fencing)

“Count us in for next year!” Bob (Softball)

This year, with the sponsorship of Del Monte Foods, the Bay Area Senior Games inaugurated a Health and Peak Performance Conference one day prior to the competition. Four speakers and a panel of Olympians presented information on the physical, emotional and social aspects of athletics and aging. Among the speakers was Nick Eriksson from 23andMe, a local genetic testing company, who provided an update on the Senior Games Genome Project. This project, in partnership with the California Senior Games, has created the largest database of genetic information on athletes over 50 in the world and shows promise for use in research on health and aging.

Anne Cribbs also serves as chair of the California Senior Games and she has an ambitious vision for the future. “I want to see a Senior Games event in every county in California in the next 5 years. For the almost 10 million Californians age 50 and over, the games provide a model for something we can each do to address the challenges of health care costs. Taking personal responsibility for remaining active and fit can have a big impact on how we deal with aging and increase the enjoyment of our lengthening life span.”

Planning is underway for the 2011 Bay Area Senior Games next Spring. Results from the 2010 Games and details for the 2011 Games will be posted at [www.bayareaseniorgames.org](http://www.bayareaseniorgames.org).