

CITY OF SACRAMENTO  
NEWS RELEASE



DEPARTMENT OF PARKS AND RECREATION

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FOR IMMEDIATE RELEASE

**Senior Athletes to Kick-off the 2007 Sacramento Senior Games Registration Period  
by Testing their Skills Against City Officials and Members of the Public:  
Chavez Park, March 28**

**Sacramento, California, March 23, 2007**— Sport and exercise helps seniors maintain their ability to live independently; and reduces the risk of high blood pressure, colon cancer, and diabetes. The Sacramento Senior Games have long been the preeminent sports competition for this region's senior athletes. On **Wednesday, March 28**, the Department of Parks and Recreation's 50+ Wellness Program is hosting a friendly **Senior Games Sports Challenge** in Cesar Chavez Park to kick-off the registration period for the 2007 Sacramento Senior Games.

The 2007 Sacramento Senior Games, scheduled to take place on the 5th and 6th of May, are the first step for area seniors to qualify for the National Senior Games. The 2007 Sacramento Senior Games will feature 11 sports competitions: archery, ballroom dance, basketball, race walk, racquetball, soccer, swimming, table tennis, track, trap shooting, and Olympic-style weightlifting. The public can visit <http://www.seniorgamessac.org/> to obtain information on the various sports competitions as well as registration materials.

The **Senior Games Sports Challenge** will feature dedicated, senior athletes testing their Table Tennis and Basketball (free throws) skills against City officials and members of the public—all ages.

"I am 80 years old and a regular participant in the Sacramento Senior Games. This is because I eat properly and exercise regularly. I encourage people to come down to Chavez Park to help kick-off the registration period," said Byng Forsberg, who recently squared-off against Governor Arnold Schwarzenegger in a friendly game of table tennis. Byng is one of the senior athletes who will participate in the Challenge.

Residents can sign-up for the Challenge prior to Wednesday by contacting Kimberly Metcalf at, (916) 808-1593. They can also come to Chavez Park between 11am and 1pm on Wednesday.

The media is invited to attend/participate in the Challenge.

**Event Details**

**Event:** Sacramento Senior Games Sports Challenge  
**Date:** Wednesday, March 28, 2007  
**Time:** 11:10am (Opening Remarks)  
11:10am to 1pm (Free Throw/Table Tennis Challenge)  
**Location:** Cesar Chavez Park, 910 I Street  
**Participants:** Senior Athletes, City Officials, Members of the Public

Media inquiries about the Senior Games Sports Challenge can be forwarded to Hindolo Brima, Public Information Officer, Department of Parks and Recreation, (916) 622-8066.

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