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Register now for the '20th Annual Gulf Coast Senior Games'

Some of the best senior athletes from across the state will gather in Sarasota County and Manatee County next month for the 20th Annual Gulf Coast Senior Games. Athletes competing can qualify for the Florida Senior Games State Championships which will be held in December.

Registration for the Gulf Coast Senior Games, formerly the Sarasota County Games For Life, is now open. The games take place February 17–22 and at venues throughout Sarasota and Manatee County. The two counties have joined forces to make the Senior Games even bigger and better. Sarasota County, in conjunction with Manatee County, will hold this event each year to promote and maintain health and wellness and to enhance the quality of life for Sarasota and Manatee County's mature population, 50 years and older.

Throughout this year's event, athletes will find more competition and a wider variety of settings in which to compete. Events offered at this year's Senior Games include archery, badminton, basketball, bocce, bowling, cribbage, cycling, golf, horseshoes, lawn bowling, racquetball, a 5K run, shuffleboard, swimming, table tennis, tennis and track and field.

Athletes can register online at www.parksonline.scgov.net or pickup a registration form at any Sarasota County Recreation Center or register in person at Twin Lakes Park, 6700 Clark Road, Sarasota during regular business hours. An entry fee of \$12 entitles each participant to an event t-shirt. There is an additional fee of \$3 per event to compete.

For more information contact the Sarasota County Call Center at 941-861-5000 and ask about the 20th Annual Gulf Coast Senior Games.

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