

Jan. 30, 2012

Media contact: Curt Preisser, 941-861-5884 or 941-650-2883, cpreisse@scgov.net

Project contact: Jonathan Poyner, 941-346-3207 or jpoyner@scgov.net

Stay in shape with Sarasota County's Senior Beach Walks

Walking on the beaches of Sarasota County is a great way to stay in shape and enjoy the spectacular views of the Gulf of Mexico. Sarasota County Parks and Recreation is encouraging seniors to join in this fun activity on America's No. 1 Beach, Siesta Beach, 948 Beach Road, Siesta Key, and at Nokomis Beach, 100 Casey Key Road, Nokomis. The Senior Beach Walks start Feb. 1.

Every Wednesday in February and March, seniors age 50 and over are invited to meet new friends, enjoy getting in shape and win prizes. All registered participants receive a punch card to keep track of their walks. After they complete four beach walks, participants receive a Sarasota County Parks and Recreation T-shirt.

Registration begins at 8 a.m. at Siesta Beach and Nokomis Beach and there is a one-time registration fee of \$1. A prize drawing takes place at 9:30 a.m. each week.

For more information, contact the County Call Center at 941-861-5000 and ask about the Senior Beach Walks.

-end-