

FOR IMMEDIATE RELEASE

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West Valley Senior Games to be held Nov. 21

The second annual West Valley Senior Games is scheduled for Saturday, Nov. 21, at Friendship Park, 12325 W. McDowell Rd, in Avondale. The event is coordinated by the Luke West Valley Recreation Committee.

A variety of athletic events will be held for ages 50 and older and is endorsed by the Arizona Senior Olympics. Registration is \$15 per person, per event and accepted through Nov. 13.

Events include men's competitive 3-on-3 basketball; men's, women's and coed bocce, men's and women's singles and coed competitive horseshoes; men's and women's singles, mixed doubles and competitive pickle ball; men's and women's competitive push/press weightlifting; and men's and women's softball. A free one-mile fun walk will also be held.

Team and individual categories for some events and competitions are in age groups of 50+, 60+ and 70+. "Olympic" medals will be awarded.

All participants will receive an event t-shirt and lunch. Admission to the public is free.

For more information or to register as a participant, visit

www.westvalleyrecreation.com or call Ruth at 623-333-2413.

The Luke West Valley Recreation Committee is a recreation alliance including Luke Air Force Base, Maricopa County Parks, Villa de Paz Recreation Association and the cities of Glendale, Avondale, Buckeye, El Mirage, Goodyear, Peoria, Surprise, Litchfield Park and Tolleson.

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