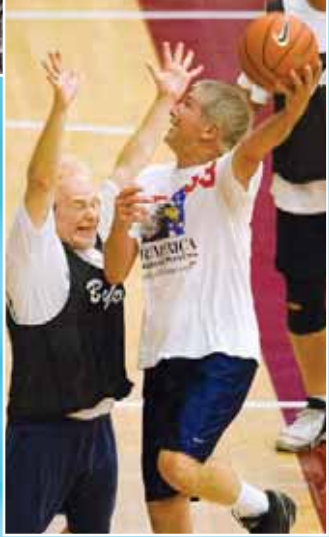
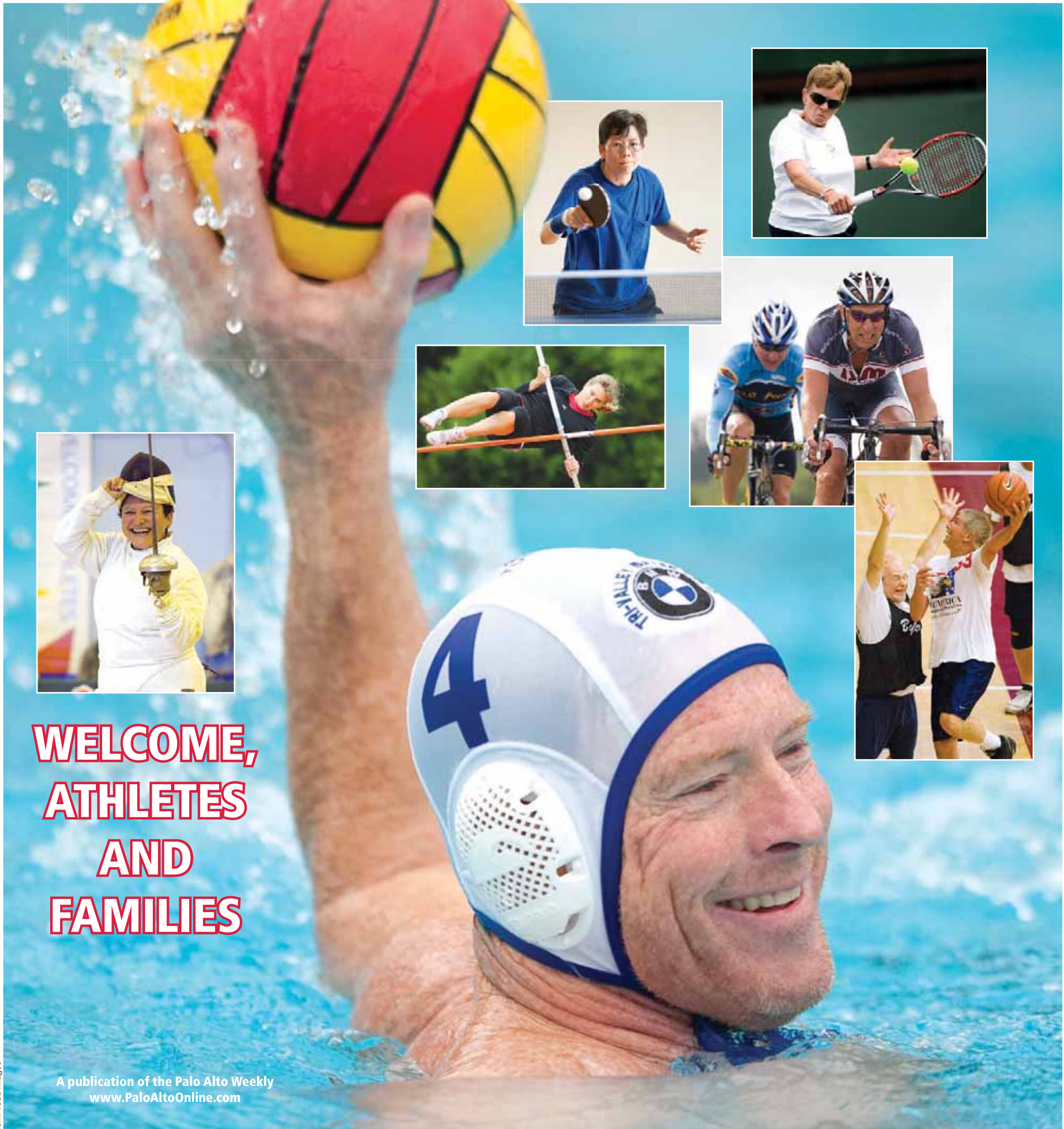


2011 California State Championships SENIOR GAMES

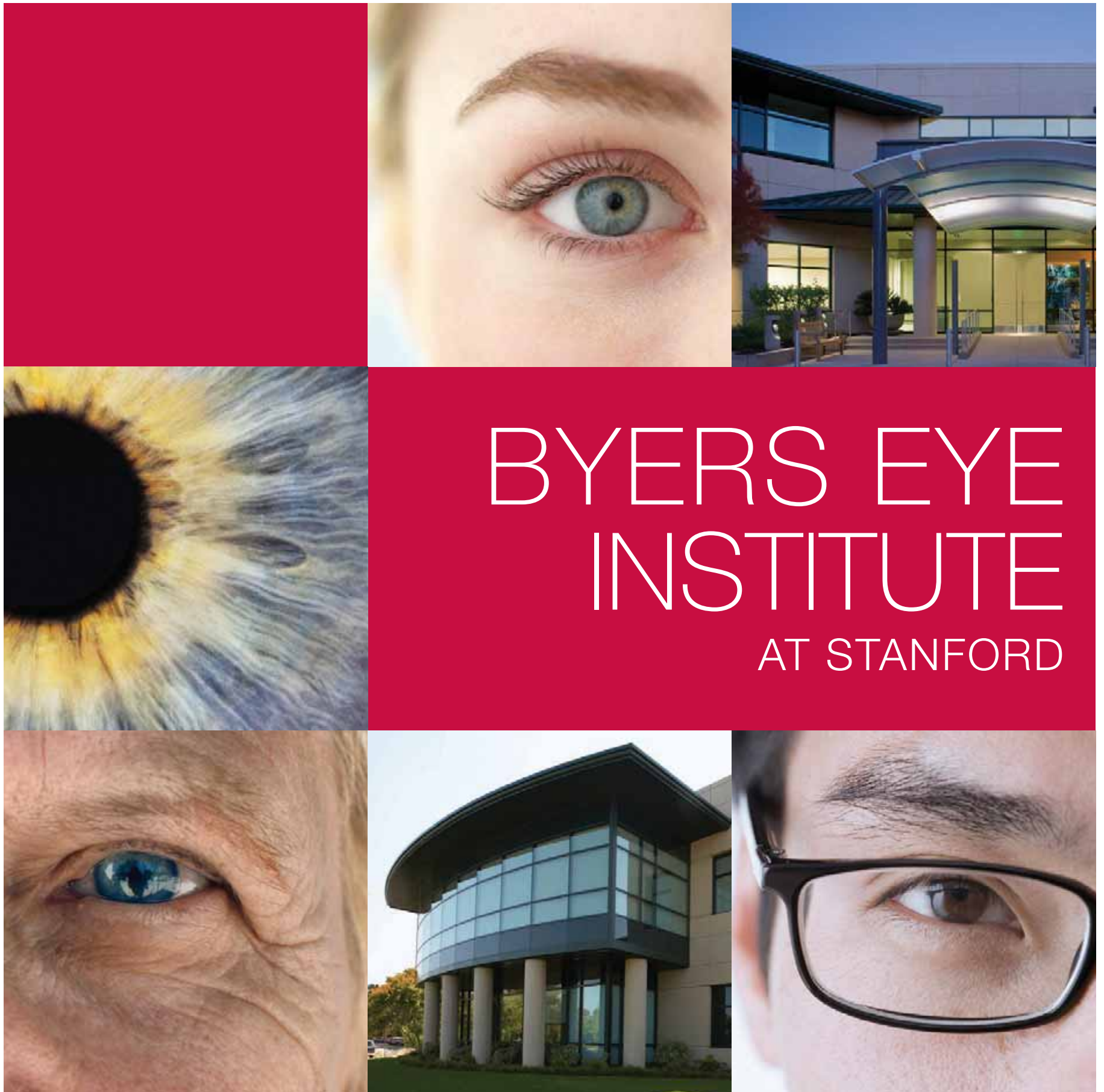


Stanford University • March 26 – April 3



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Senior athletes kick off state championships

About 1,900 competitors expected for Bay Area Senior Games, March 26 to April 3

Seeking to inspire people of all ages to live more active, healthy and fulfilling lives, the 2011 Bay Area Senior Games will kick off on Saturday, March 26, at Stanford University.

Games organizers, along with the university and the City of Palo Alto, are preparing for the arrival of about 1,900 senior athletes for the nine-day event.

Competitors will test their mettle in 24 sports, including rugby, water polo, archery, feats of strength, golf and lawn bowling. This year, the competition is also serving as the California State Senior Games Championships.

Spectators are welcome at all sporting events, ac-

ording to organizers. Admission is free.

“The Games promote healthy, active lifestyles for adults over the age of 50. We aim to provide excellent conditions for seniors who seek a competitive environment along with the camaraderie of other athletes,” according to the California Senior Games Association, which is chaired by 1960 Olympian Anne Warner Cribbs.

In addition to competitive sports, the Games will include the all-day Health and Peak Performance Conference in the Stanford Arrillaga Family Sport Center on Saturday, March 26, and a community walk on Sunday, April 3, starting at 8:30 a.m. at Stanford’s Pac 10 Plaza.

Opening ceremonies for the Games will take place on Saturday, March 26, at 5:30 p.m. at Stanford’s Steu-

ber Field and include a torch relay using a 2.5-pound solar torch. Palo Alto Mayor Sid Espinosa will be on hand to welcome the athletes.

Olympian Willie Banks will take the Athlete’s Oath of Participation.

Palo Alto venues that will be used for the Games include the Palo Alto Lawn Bowls, Palo Alto Municipal Golf Course, Palo Alto YMCA, the Palo Alto Bowl and Rinconada Park tennis courts. Other Bay Area venues include Cañada Road and the Half Moon Bay Horseshoe Club.

More information about the Games is available at www.bayareaseniorgames.org. ■

—Palo Alto Weekly staff

Experts discuss how to achieve peak performance

All-day conference will cover aging, health and fitness

From the biomechanics of sports to the impact of what people eat, local experts will share their knowledge on aging and fitness at the Health and Peak Performance Conference at the Bay Area Senior Games on Saturday, March 26, from 8:30 a.m. to 5 p.m.

Laura L. Carstensen, director of the Stanford Center on Longevity, will be the keynote speaker.

“The missing dialogue in our national debate on health care is personal responsibility,” said Anne Warner Cribbs, 1960 Olympian and CEO of the Bay Area Senior Games. “At this conference we will offer information and discussion to empower our choices and fuel our vision for living a long and healthy life.”

The topics are: A Long Bright Future (Laura Carstensen); Physiology of Aging: How Much is Preventable with Physical Activity? (Anne Friedlander); Athlete Nutrition (Clyde Wilson); Aging and the Immune System (Dr. Eswar Krishnan); Biomechanics of Sport (Rebecca Schultz); Brain/Body Synergy (Michael Merzenich); Senior Games Genome Project (Anne Warner Cribbs); Olympian Panel: Q & A (Anne Warner Cribbs, Barbra Higgins, Willie Banks). The conference will conclude with a reception.



John Todd Images

Sports Medicine Institute in Palo Alto. He teaches classes at Stanford University with titles such as “Food Facts, Fads and Pharmacology” and “An Eminently Sensible Intro to Nutrition: Separating Facts from Fads.”

“The body is a machine much more complex than any sports car ever built, and just like a sports car, needs all its parts to work together,” Wilson said. “The different parts of nutrition supply different parts of our body, which is why understanding balanced eating, not diets or supplements, is the basis of both health and performance.”

Registration for the conference is \$30 and includes continental breakfast, lunch and admission to the Athlete Reception at 5 p.m. People can register by calling 650-323-9400. Walk-ins will be accepted, but lunch will not be available. ■

2011 Bay Area Senior Games Schedule (Subject to change)		
Sport	Day/Start Time	Venue
Archery	Sat., March 26 11 am Sun., March 27 8 am	Stanford Archery Corner
Basketball	Sat., March 26 9 am	Ford Center, Stanford
Fencing	Sat., March 26 2 pm Sun., March 27 10 am	Arrillaga Center for Sports and Recreation, Stanford
Rugby	Sat., March 26 9 am	Steuber Rugby Stadium, Stanford
Swimming	Sat., March 26 8 am	Avery Aquatic Center, Stanford
Soccer	Sat., May 21 8 am Sun., May 22 8 am	El Camino Fields, Stanford
Water Polo	Sat., March 26 9 am Sun., March 27 9 am	Avery Aquatic Center, Stanford
RaceWalk	Sun., March 27 8 am	Cobb Track, Stanford
Table Tennis	Sun., March 27 9 am singles; 12 pm doubles	Ford Center, Stanford
Track & Field	Sun., March 27 8:30 am	Cobb Track, Stanford
Lawn Bowling	Mon., March 28 9 am Tues., March 29 9 am Wed., March 30 9 am	Palo Alto Lawn Bowls, Embarcadero Road, Palo Alto
Feats of Strength	Mon., March 28 10 am	Harder Arena, Castro Valley
Golf	Mon., March 28 practice round Tues., March 29 9 am	Palo Alto Municipal Golf Course
Badminton	Sat., April 2 8 am	California Badminton Academy, Fremont
Bowling	Sat., April 2 11 am Sun., April 3 1 pm	Palo Alto Bowl, El Camino Real, Palo Alto
Cycling	Sat., April 2 Time trials 7:30 am Sun., April 3 Road Race 7:30 am	Cañada Rd/Hwy 92, San Mateo
Racquetball	Sat., April 2 9 am Sun., April 3 9am	YMCA, Page Mill Road, Palo Alto
Softball	Sat., April 2 9 am Sun., April 3 9 am	Twin Creeks Softball Complex, Sunnyvale
Tennis	Sat., April 2 9 am Sun., April 3 9 am	Rinconada Courts, Palo Alto
Volleyball	Sat., April 2 9 am	Cubberley Community Center, Palo Alto
Community Walk	Sun., April 3 8:30 am	Pac-10 Plaza (Nelson Rd.), Stanford
Horseshoes	Sun., April 3 9 am	Half Moon Bay Horseshoe Pits, 400 Wavecrest Road
Road Race	Sun., April 3 8:30 am	Stanford Run Course, Pac-10 Plaza (Nelson Rd.)
Race Walk 5K	Sun., April 3 9:30 am	Pac-10 Plaza (Nelson Rd.), Stanford



John Todd Images

One speaker, Clyde Wilson, believes everyone can achieve more of their goals by paying attention to their health.

Wilson is the founder of the Center for Human Nutrition and Exercise Science at the

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Stanford Park Hotel
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Tuesday, May 3rd
10:00am - 12:45pm

MENLO PARK (PM)

Stanford Park Hotel
100 El Camino Real
Tuesday, May 3rd
6:00pm - 8:45pm

SUNNYVALE/MT. VIEW

The Grand Hotel
865 W El Camino Real
Wednesday, May 4th
10:00am - 12:45pm

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Wednesday, April 27th
6:00pm - 8:00pm

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Athlete profile: Daniela Barnea

Sport: Swimming

Age: 65

Occupation: Foreign language tutor for the Palo Alto Unified School District

Challenge: "To stay in a range of health and fitness that allows me to train daily, improve my personal times and challenge the fastest records in my age group."

Education: B.A. Graphic Design, The Bezalel Academy of Art and Design, Jerusalem, Israel

Family: Husband Steve; son Jon (31); daughters Mishkie (28) and Shelley (25)

Residence: Palo Alto

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DestinationPaloAlto.com

by Marsha Felton

Daniela Barnea was born a fitness junkie. Growing up, if there was a way to be active she was doing it. When she turned 15, she joined the Jerusalem YMCA swimming team. The team competed throughout Israel; at this age, Barnea was more interested in camaraderie than competition.

After high school, Barnea took a break from swimming and played basketball in a women's league. It was not until years later and oceans away that she heard her true calling as a competitive athlete.

Barnea moved to California in the 1970s where she and her husband raised three children, enrolled in various sports. Their favorite was swimming. Being around the pool so often with her children inspired her to pull out her old Speedo, put on her swim cap and goggles, and jump in again herself. The rest is history. She joined a Masters team and made a name for herself as a star breaststroker and butterflyer.

After Barnea underwent major surgery in 2005, she thought it would be very difficult to get back into competing. She surprised herself and gradually achieved better times and even a world record. At some swim meets, Barnea competes against women much younger because they are seeded according to time rather than age.

Today, Barnea trains either in the pool or at the gym every day.



Courtesy Daniela Barnea

Her workout regime includes cross training, weight training, yoga and Pilates. In 2009, her first National Senior Games, she broke National records for six swim competitions. In 2010, Barnea became a FINA world record holder in the 200 butterfly and was named All American for placing first in more than 20 events in one season, some of which were Pacific and National records for the 65-69 age group.

On March 26 at Stanford at the 2011 Bay Area Senior Games/California

State Senior Games Championships, Barnea will compete against women ages 65-69 in the 50 breast, 50 fly, 100 breast, 100 fly and 200 im (individual medal).

Barnea attributes her determination to her passion to stay healthy as she ages and owes her success to the motivation and support that she receives from her loving family, friends and coaches. She believes that exercise of every kind can enhance people's quality of life physically, emotionally and socially, and hopes her example will inspire others to stay active, make healthy choices and set new goals as they age. ■

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Athlete profile: Ira Glick

by Marsha Felton

Dr. Ira Glick plays basketball because he “loves it” and because it helps him to stay healthy — mentally and physically. He began playing as a youth in New York and has never stopped, regularly playing regardless of his schedule or where he is in the world.

His international experiences include: In 1991, when Glick was playing at the Pan Am Maccabi Games in Uruguay, the Minister of Health asked him to lecture to the country’s psychiatrists.

In 2003, in India as a Fulbright scholar, Glick gave daily medical lectures throughout the country. He found a basketball court at a Jesuit University and was asked by the coach to teach the university’s point guards, which he did for three days in 100-plus degree heat.

Last year, while lecturing in Casablanca, Glick sought out a basketball game. After much effort, his guide found a large gymnasium. Young Arab and African guys threw him a ball to shoot hoops on his own.

After they watched him shoot, they asked him to scrimmage. Two hours later, they ended up trading jerseys. On the way out, Glick learned they were players on Morocco’s top professional basketball team.

In the U.S. Glick may be the only physician who has played basketball games against two

hard-core prison teams. While at Cornell, he played with NYC’s 92nd St. Y team at Sing Sing; with the UCSF Medical Center team, Glick played at San Quentin. He made it out, “despite being out-played.”

For the March 26 basketball competitions at Stanford at the 2011 Bay Area Senior Games/California State Senior Games Championships, Glick is co-captain with Jim Newman of the 3 v 3 men’s team that started in the 1960s, the “Nor Cal Sharks.” With many of the same players, such as Tony “Bones” Davis, they now compete — and most often win gold — in the men’s 70-plus age group at Senior Olympic Games in California and other locations, including the biennial National Senior Games.

Glick recently played pickup with some NBA team players in the Bay Area and has consulted for the National Basketball Association, hired by NBA commissioner and friend David Stern. He is recognized as one of the fathers of the field of sports psychiatry and authored the 2010 article “Sport Psychiatry: A new frontier in a challenging world.”

After decades of playing basketball, Glick said: “It makes me feel good just to be out there, like I’m making the most of the one life I have.”

It’s been heard in pickup basketball games from an opposing defender when he’s on the court, “Who’s guarding that guy?” ■



Courtesy Ira Glick

Sport: Basketball

Age: 75

Occupation: Professor of Psychiatry at Stanford School of Medicine and Stanford University Medical Center

Challenge: To continue to hang-in-the-air and do reverse, double-pump layups

Education: Dickinson College; N.Y. Medical College; Psychiatric Training, Mt. Zion Hospital and Hillside Hospital

Professional affiliations: UCSF, Cornell University Medical College, Stanford Medical School

Family: Wife Juannie Eng; daughter Rachel (44); son Jonathan (40); son Brandon (20); and daughter Olivia (16)

Residence: San Francisco

For the latest information about the Senior Games, visit www.BayAreaSeniorGames.org

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