



For Immediate Release

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**GOLD MEDALS AWARDED IN CYCLING EVENTS
AT TWELFTH ANNUAL BAY AREA SENIOR GAMES**

PALO ALTO – MAY 18, 2018 – Bay Area Senior Games Cycling Races awards Gold, Silver and Bronze Medals to competitors in Senior Divisions – Women’s divisions 55 - 59, 60 – 64, 75 - 79 and Men’s divisions 50 – 54, 55 – 59, 60 – 64, 65 -69, 70 – 74, 75 – 79, 80 – 84 and 85 plus.

The Cycling events are part of the Twelfth Annual Bay Area Senior Games –taking place from April 14 – May 27, 2018 at venues in Santa Clara, Alameda and San Mateo Counties, The Bay Area Senior Games, are for athletes – men and women, age 50 and older.

Medal Winners – 5K Time Trials

Women’s 55 – 59

First Place GOLD- Suzanne Cordes 9.11.60
Second Place SILVER- Christina DeBono 9.11.80

Women’s 60 - 64

First Place GOLD- Elizabeth Benishin 8.59.92
Second Place- SILVER – Cecily Majerus 9.01.14

Women’s 65- 69

First Place GOLD –Norma Hilton 10.20.80

Men’s 55 – 59

First Place GOLD – Rick Cordes 8.24.11
Second Place SILVER – John Behring 9.15.80
Third Place – BRONZE – Joseph Ols 10.17.30

Men’s 60 – 64

First Place GOLD – Cory Roay 8.44.08
Second Place SILVER – John Suarez 8.55.13
Third Place BRONZE – Bob Grove 9.05.74
Fourth Place – Hector Garcia 10.55.14

Men’s 65 - 69

First Place GOLD – Ethan Thorman 8.46.64
Second Place SILVER – Frank Masterson 8.55.74
Third Place – BRONZE – Bill Morse 8.56.08
Fourth Place – Glenn Fetsch – 9.12.39

Men’s 70 - 74

First Place GOLD – Jack Kelso 8.50.74
Second Place SILVER – Rick Valbuena 10.20.99
Third Place – BRONZE – Alan Kizuka 10.28.83

Men’s 75 – 78

First Place GOLD – Jim Zahradka 11.44.15

Men’s 80 – 84

First Place GOLD – Robert Paganini 10.39.55
Second Place SILVER – Phil Van Horn 10.55.89
Third Place – BRONZE – James Underwood
10.56.89

Men’s 85 – 89

First place GOLD – Ray Houlihan 27.31.52



Medal Winners – 40 K Road Race, Wednesday, May 16, 2018

Women's 55 – 59

First Place GOLD- Suzanne Cordes

Women's 60 - 64

First Place GOLD- Elizabeth Benishin

Second Place- SILVER - Cecily Majerus

Women's 65- 69

First Place GOLD –Norma Hilton

Men's 55 – 59

First Place GOLD – Dave Bush

Second Place SILVER – Rick Cordes

Third Place – BRONZE – John Behring

Fourth Place – Joseph Ols

Men's 60 – 64

First Place GOLD – Walt Flom

Second Place SILVER – Robert Grove

Third Place BRONZE – Cory Roay

Men's 65 - 69

First Place GOLD – Ethan Thorman

Second Place SILVER – Frank Masterson

Third Place – BRONZE – Glenn Fetsch

Fourth Place – Bill Morse

Men's 70 - 74

First Place GOLD – Rick Valbuena

Men's 80 – 84

First Place GOLD – Robert Paganini

Second Place SILVER – Phil Van Horn

Women's 55 – 59

First Place GOLD- Christina De Bono 18:13

Women's 60 - 64

First Place GOLD- Elizabeth Benishin 18:01

Second Place- SILVER - Cecily Majerus



Women's 65- 69

First Place GOLD –Norma Hilton 19:37
Second Place- SILVER – Sara Stearns 23:09

Women's 75- 79

First Place GOLD –Barbara Gicquel 21:27

Medal Winners – 10K Time Trial – Thursday May 16, 2018

Women's 55 – 59

First Place GOLD – Christinna De Bono 18:13

Women's 60 – 64

First Place GOLD – Norma Hilton 19:37
Second Place SILVER – Sara Stearns 23:09

Women's 75 – 79

First Place GOLD – Barbara Gicquel 21.27

Men's 55 – 59

First Place GOLD – Dave Bush 15:23
Second Place SILVER – Kurt Bickle 15:42
Third Place – BRONZE – John Behring 18:39

Men's 60 – 64

First Place GOLD – Cory Roay 17:53
Second Place SILVER – Hector Garcia 21:57

Men's 65 - 69

First Place GOLD – Bill Morse 16:49
Second Place SILVER – Frank Masterson 17:08
Third Place – BRONZE – Glenn Fetsch 18:07
Fourth Place – Brian Claes 18:17

Men's 70 - 74

First Place GOLD – Alan Kizuka 18:12
Second Place SILVER – John Petrakis 18:55

Men's 80 – 84

First Place GOLD – James Underwood 21:32
Second Place SILVER – Phil Van Horn 21:55
Third Place – BRONZE – Robert Paganini 22:01



Fourth Place – Ken Green – 24:36

Men's 85 – 89

First Place GOLD – Ray Houlihan -1:05:33

Medal Winners – 20K Road Race – Thursday May 16, 2018

Women's 60 - 64

First Place GOLD- Elizabeth Benishin

Women's 65- 69

First Place GOLD –Norma Hilton

Second Place- SILVER – Sara Stearns

Women's 75- 79

First Place GOLD –Barbara Gicquel

Men's 55 – 59

First Place GOLD – Kurt Bickle

Second Place SILVER – John Behring

Men's 60 – 64

First Place GOLD – Cory Roay

Men's 65 - 69

First Place GOLD – Frank Masterson

Second Place SILVER – Glenn Fetsch

Third Place – BRONZE – Brian Claes

Men's 70 - 74

First Place GOLD – John Petrakis

Men's 80 – 84

First Place GOLD –Robert Paganini

Second Place SILVER – Phil Van Horn

Third Place – BRONZE – James Underwood

Fourth Place – Ken Green

“ Senior cyclists enjoyed two days of competitive cycling – 5K & 10K Time Trials and 20K and 40K Road Races on beautiful rolling terrain at the coast. We love the course and it will be a great addition to the future Senior Games events. All enjoyed a day of spirited and friendly competition – demonstrating this year's slogan '*Competition never grows old*', explained Tom Simpson, 2018 Bay Area Senior Games Cycling Race Director.



The 2018 Bay Area Senior Games Continues until May 27

Sports Completed:

Badminton - April 14

Archery - April 21 & 22

Table Tennis – April 29

Water Polo – April 28 & 29

Golf –May 3

Volleyball – May 5

Pickleball – May 5 & 6

Cycling – May 16 & 17 – Pescadero

Sports Coming Up:

Soccer – May 19 & 20 – Greer Park, Palo Alto

Swimming – May 20 – Rinconada Pool, Palo Alto

Track & Field – May 27 – College of San Mateo

Road Race – May 27 - College of San Mateo

RaceWalk – May 27 - College of San Mateo

PowerWalk – May 27 - College of San Mateo

Volunteers are welcome and can register at www.bayareaseniorgames.org

Admission to watch all sports is free and open to the public.

The Bay Area Senior Games are part of the California Senior Games Association. In 2018 seven regional Senior Games competitions are taking place around the state. Sites for regional Senior Games include San Diego, Palm Desert, Pasadena, San Francisco Bay Area, Sonoma, Inland Empire and Visalia. A complete list with contact information for all the Senior Games competitions in California may be found at www.californiaseniorgames.org

The Bay Area Senior Games are conducted under the auspices of the Bay Area Sports Organizing Committee (BASOC) and the California Senior Games Association. The Bay Area Senior Games were held in 2006, 2007 and 2008 as “test events” for the 2009 Summer National Senior Games, that hosted 10,500 athletes and in 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017 and 2018 will continue the tradition as a “legacy” event of the 2009 Summer National Senior Games.

The California Senior Games Association’s mission is to promote healthy lifestyles for seniors through education, fitness and the spirited competition of sports, while inspiring everyone to embrace health and appreciate and enjoy the value of sports related exercise.