

Striders Compete In The National Senior Games

Recently 16 Striders traveled to Ft. Lauderdale and competed in the National Senior Games. We came home with 30 medals and multiple Senior Games Records. Kathy Bergen set four new age group records, and Linda Cohn and LaTonya Glass broke existing records as well.

With many of our teammates also earning ribbons for placing fourth through eighth in their events, the Striders were well represented on the medal stands.

We had an informal gathering on a Sunday evening at our hotel where we met a few of our newest members and learned some interesting things about teammates that we have known for years. As you can see in the photo it was truly a team bonding experience.



Each of us had qualified individually to go to National Senior Games, but it was great to really feel like a member of the Striders at this important meet.