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SCW hosts several Senior Olympic games

Sun City West will host a number of the 1991 Senior Olympics sanctioned events, scheduled for this week throughout the Valley of the Sun.

On the schedule for the Northwest Valley community are:

- lawn bowling, Feb. 17-21;
- bicycling around a 55-acre commercial core, Feb. 23;
- eight-ball pool, Feb. 23;

- golf at Hillcrest Golf Course, Feb. 22;
 - road races, 8:30 a.m. and 11 a.m. Feb. 24.
- Road-race events will be a 5k and 10k run and a 5k fun walk, to start and end in the back parking lot of the R.H. Johnson Recreation Center near Meeker Mountain.

Del Webb Corp. will charter buses to the traditional

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■ OLYMPICS

From Page 1

opening ceremonies for the Senior Olympics.

The torch lighting and parade will be 9 a.m. Feb. 16 at Sun Angel Stadium, Arizona State University.

Reservations for free transportation can be made by calling 546-5103.

Senior Olympics events will be conducted throughout the Valley,

Feb. 15-March 3.

Included are aerobic dancing, archery, badminton, basketball, swimming and track and field.

"Team Sun Cities" sportswear is available for purchase at the Sun City West Recreation Center Administration Office, \$25 for a washable jacket and sweatpants, or \$15 each.

Sun City Westers Score High In National Senior Olympics

Sun City West was will represented at the U.S. National Senior Olympics held in Syracuse, NY June 28th - July 3rd.

Westers Don Gladding, Marion Mahoney and JoAnn Deiner all participated in the race walking competition with notable results.

Competing in the male 65-69 age group Gladding captured the gold medal in the 5000 meter race walk, and the silver medal in the 1500 meter race walk.

Mahoney won bronze medals in both the 5000 meter and the 1500 meter races, competing in the female 65-69 age group.

Deiner took the fourth place ribbons in both events, competing in the female 55-59 age group.

To be eligible to compete in the "Nationals," each applicant must have qualified in a State sponsored Senior Olympics event during the year, prior to the "Nationals." All three Westers had distinguished



Westers score big in National Sr. Olympics. L to r.: Marion Mahoney, Don Gladding and JoAnn Deiner.

themselves and qualified for the "Nationals" at the Arizona Senior Olympics held in February 1991.

A highlight of the Senior Sports Classic week was the "Celebration of Athletes," a parade of the athletes from every participating state.

Each state with the exception of Alaska and Hawaii was represented.

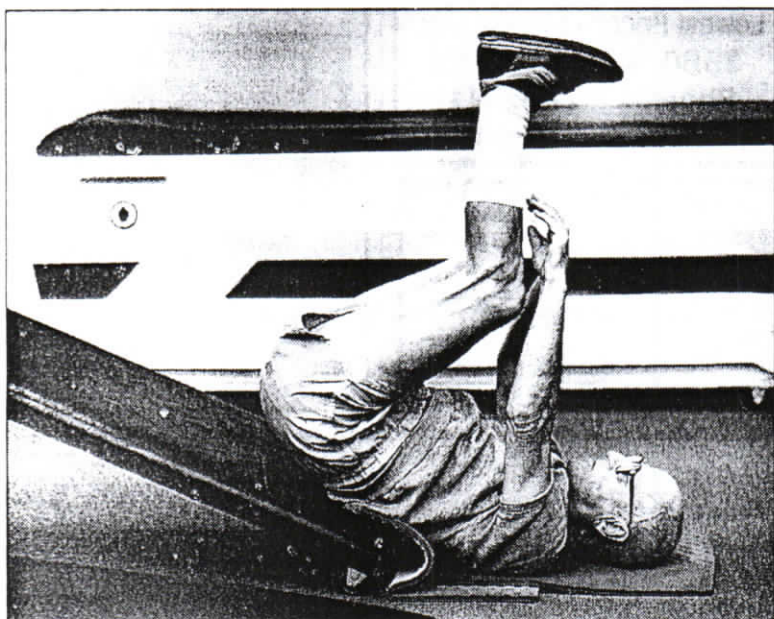
Bob Cousy, former NBA all star and a member of the basketball Hall of Fame, was parade guest of

honor and featured speaker.

The parade, held in the Carrier Dome, drew thousands of spectators.

Don and Marion and JoAnn became seriously involved in training and competing in race walking through the encouragement, training and guidance of JoAnn Taylor, Director of Life Force and the Dawn Walkers Club. The Dawn Walkers meet each morning at various locations throughout the Sun Cities to walk for fitness and health.

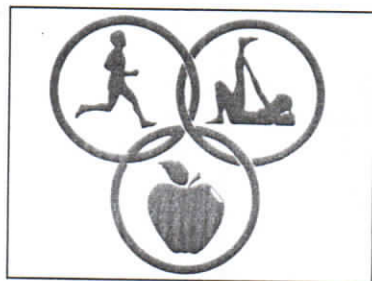
SCM



Staying in shape may involve a good deal of pain and sweat, but members of the R.H. Johnson Recreation Center in Sun City West enjoy a good workout. Mario Frontini (top photo), 64, takes a few licks at a punching bag; Charlie Visconti (above), 75, works hard on his abdominal muscles; and Alice Oldham (right), 71, who tries to exercise three times a week, works on biceps. Oldham says she works out to ease her arthritis, and Frontini says he has frequented the recreation center since it opened in 1980. The center is one of three at the northwest Valley retirement community. Residents pay a yearly fee of \$110 for access to the centers, which include swimming pools, billiards and bowling.

Photos by Cheryl Evans/The Arizona Republic

HEALTH & FITNESS WEEK '86



"Be Fit For Life"

March will be a month for fun and fitness with the second annual "Sun City West Health & Fitness Week," March 17-21. The theme of this year's program is "Be Fit For Life" and signifies the importance of total fitness in maintaining an active, full life. The many methods and approaches to maintaining total fitness will be the focus of a weeklong schedule of activities sponsored by DEVCO and coordinated by the community's 1986 Health & Fitness Committee.

All events are absolutely free and are open to Sun City West residents and their guests. Here's a sampling of what is to be offered. For complete information, pick up your "Be Fit For Life" program brochure at the Johnson Recreation Center office, the SCW Library or at DEVCO Headquarters.

"Be Fit For Life" Lecture Series

This year's lecture series will be hosted in Johnson Recreation Center's Social Hall and will feature an impressive line-up of noted health professionals.

Mon., March 17 1-3PM	"Being Fit for Life," Opening Lecture. Complimentary refreshments will be served.
Tues., March 18 2-3PM	"Arthritis Fitness Programs" Janie Dahl, physical therapist.
Wed., March 19 10-11AM	"Eating Your Way To Good Health" Karolyn Frye, Dietician, Boswell Hospital.
Thurs., March 20 3-4PM	"Laughter Is the Best Medicine" Carol Ciocca, Counselor and Educator and the Sun City West Laugh-In Club

Introductory Exercise Workshops

The 1986 Exercise Workshops are being hosted by community clubs as a means of introducing various activities to beginners. Those attending the workshops should come ready to actively participate. Workshops to be hosted include Energetics Exercise, bicycling, arthritis aquatic exercise, yoga, platform tennis, tennis, table tennis, Jazzercise, racquetball, "Sit and Befit" exercise program, weight training, water exercise, and a walking and Par course workout.

A special swimming session will be featured Tuesday, March 18 from 10AM to 12PM at Beardsley Pool by Northern Arizona University's Swim Team. A diving exhibition will be presented by the diving team along with swimming workshops.

Relay Team Triathlon

Last year more than 100 Sun City Westers formed 35 teams to participate in the community's first-ever Relay Team Triathlon. In the Sun City West team triathlon, one person walks or runs 2 miles, another person bikes 5 miles and another swims .07 mile (or six lengths of Beardsley Pool). These events are performed consecutively with an overall course time being computed to determine winners in three categories (male, female, mixed) and two divisions (A- run, bike, swim and B- walk, bike, swim). This year's event will be hosted at Beardsley Park on Friday, March 21. The official race start time will be 9AM.

All participants will be given a 1986 Health & Fitness Week t-shirt and trophies will be awarded to the top three teams in each category and division.

Entry forms are now available at the Johnson Center office and at DEVCO Headquarters. All entries must be received by Friday, March 14.

Form a team with family and/or friends and make plans to participate in this fun community event.

Closing Event

Sun City Westers are invited to come out and cheer for their neighbors as they compete in the Relay Team Triathlon on Friday, March 21. Following the event, Beardsley Park will come alive with a special program of live entertainment. Complimentary refreshments will also be served.

Mark those calendars and make plans now to "Think Fitness" March 17-21!

SUN CITY WEST HEALTH & FITNESS WEEK - MAY 4-11

"Come grow old with me . . . the best is yet to be." The poet Robert Browning wrote these words years ago and today Sun City Westers are proving the wisdom behind them. Health and fitness are at the forefront of life in this community, probably because they provide the key to sustaining the vitality of youth and the joy that can come from living life to the fullest. Although health awareness is something many practice every day, Westers will have a unique opportunity to learn more about this all-important topic with their neighbors and friends during May. The Del E. Webb Development Co. has been working with a committee of resident volunteers since December 1984 on developing Sun City West's first "Health & Fitness Week" in recognition of the National Health & Fitness Month. Sun City West's week is being themed "More Alive In '85" and will offer more than 15 special events during the week of May 4-11. These events will be absolutely free to Sun City West residents. Registration forms for the More Alive In '85 lecture series and exercise workshops are now available at the Sun City West Library, Johnson Recreation Center office, and the DEVCO Building. Get yours today and find out how you can receive a free athletic tote bag and bumper sticker just by attending 5 or more events during the week.

MR. & MRS. JACK LA LANNE KICK OFF WEEK

The week will begin on Saturday, May 4, with an opening "Fitness March" featuring the day's special guests Jack LaLanne, the "King of Fitness," and his lovely wife, Elaine, along with more than 25 community clubs. The march will begin in front of the Sundome Plaza at approximately 9 AM and will conclude in the rear parking area of Johnson Recreation Center, where the festivities will begin.

Following the march, Jack and Elaine will present a special outdoor fitness program. The show is free and open to Westers only. **Those attending must bring their own seating and should come ready to exercise.**

After the LaLanne Show, Westers will be invited to tour the recreation center where various clubs will be offering demonstrations. In addition, the day will feature performances by such local favorites as the Jazzercisers, the Synchronettes, the Westernaires, the Encore Round Dancers, the Western Square Dancers, the Rhythm Tappers and the Nani Komohana Tutus Hawaiian Dancers.

Mountain Bell will be hosting complimentary nutritious drinks prepared especially for the occasion. The Sun City West Lions Club will also be on hand to sell additional refreshments.

MORE ALIVE IN '85 LECTURE SERIES

Westers are encouraged to register now for four lectures which will be offered during the week. All lectures will be held in the rear parking area of Johnson Recreation Center, under a canopy, providing the series with an informal, refreshing atmosphere. Seating will be limited, so register early.

Resident Ed Hemphill, gerontologist, will open the series on Monday, May 6 at 10 AM with "**Capability Extension: Rediscovery, Restoration and Regeneration,**" a dynamic introduction to how exercise can help revive the vitality of the body.

"**Feeling Great While Losing Weight**" follows on Tues., May 7 at 10 AM with E. Kresent Thuringer, a noted dietician, offering her practical approach to diet and exercise.

Michael Cofield, psychologist, takes the podium on Wed., May 8 at 10 AM with "**You Are What You Feel,**" which will examine the mental aspects essential to physical well being.

"**Healthy Habits,**" a panel presentation, closes the series on Friday, May 10 at 10 AM and features the daily care of those parts of the body most likely to be neglected. The morning's speakers will be Alice Palmer, dermatologist; Edward DuBrow, pulmonary medicine; William Reese, podiatrist; and Sam Pallin, ophthalmologist.

Refreshments will be served during the May 10 presentation only.

COMMUNITY CLUBS SPONSOR EXERCISE WORKSHOPS

A group of community clubs have agreed to host 11 exercise workshops designed specifically for the beginner. Those wishing to participate, should register in advance to reserve a space. All workshops will be held at Johnson Recreation Center. The workshops scheduled to date are: **Energetic Exercise**, Mon., May 6 from 8-9 AM or Fri., May 10 from 8-9 AM at the Lawnbowling area; **Walking/Par Course**, Tues., May 7 from 7:30 - 8:30 AM at the Par Course; **Jazzercise**, Tues., May 7 from 8-9 AM or Thurs., May 9 from 9:15-10:15 AM at the Arts & Crafts Village; **Water Exercise**, Tues., May 7 from 3-4 PM at the pool; **Synchronized Swimming**, Tues., May 7 from 4-5 PM at the pool; **Yoga**, Wed., May 8 from 7:30 - 8:30 AM at the Arts & Crafts Village; **Handicapables** workshop for those with special physical limitations, Wed., May 8 from 9-10 AM at the pool; **Tennis and Platform Tennis**, Thurs., May 9 from 8-9 AM at the tennis courts; and **Racquet Ball**, Thurs., May 9 from 10:30-11:30 AM at the racquet ball courts.

RELAY TRIATHLON - FOR TEAMS OF NEIGHBORS & FRIENDS

If you swim, walk, jog or bike as your daily form of exercise, then you'll want to mark your calendar for Sat., May 11 — because that's the day when you can turn exercise into more fun than it's ever been.

In the "More Alive In '85 Relay Triathlon" you can form your own team of neighbors and friends. One person swims 243 meters (or 8 lengths of Johnson pool), another walks or jogs 2.2 miles, and another bikes 5 miles. All events are performed consecutively and then the times are totalled to get the team's overall time.

Free "More Alive In '85" t-shirts will be given to all participating team members and trophies will be awarded to winners in six categories. Entry categories are Men's, Women's and Mixed in two classes. Class A is for teams swimming, jogging and biking, and Class B is for teams swimming, walking and biking.

Entry forms with complete event information are available at the Sun City West Library, the recreation center office, or the DEVCO Building.



Jack LaLanne, at age 70, is a living example of how daily exercise and proper diet can preserve the vitality of the mind and body. His wife **Elaine** will join him in Sun City West on Sat., May 4 for the kick-off celebration at Johnson Recreation Center, beginning at 10 AM.



Nancy Dewhurst, Sun City West's own Jazzercise instructor, wears a smile that reveals the exuberance of this fun form of exercise. Some Jazzercisers will be performing on Sat., May 4 in addition to two workshops the club will be sponsoring during the week.



The 65-voice choral group, **the Westernaires**, will be performing their special Sun City West song on Sat., May 4 as part of the opening festivities.



(Front to back) **Bill Winterwerber, Russell Kane, Gus Davis, Dave Pritchard, Jane Winterwerber, Ed Goralewski and Dick Bradford**, all of the Sun City West Model Railroad Club, are showing the club's support for Health & Fitness Week. They're constructing a special float for the Fitness March on Sat., May 4, scheduled to start at 9 AM from Sundome Plaza.



For the opening showcase on Sat., May 4, the **Sun City West Synchronettes** will perform a captivating water ballet routine entitled "Let Us Entertain You." The group will also be hosting a special workshop later in the week for those interested in learning the basics of this water art.

Par course challenges Westers

By FRAN SMITH
Staff Writer

On the "par course" at Johnson Center in Sun City West you can be a starter, a sport or a champion, depending on how fit you are.

"Take it easy at first," Sam Pearl urged as he demonstrated exercises. "You can work up to more and more."

The place resembles a playground. There are swings. There's an inclined board that looks like a slide. There are posts to step on and bars to pull on. There's a modified game of hopscotch.

ALMOST ANYONE can play. After watching Pearl and co-instructor Jim Hudson show about 50 of the area's curious residents how to use the facilities, this reporter donned shorts and jogging shoes. About half way through the course, she decided she's a tad better than a "starter" and a tad less than a "champion." A "sport," maybe.

Adjacent to a quarter-mile track of soft artificial turf are 18 stations with diagrams and instructions for 18 exercises selected because they loosen and limber and stretch. They don't build. Those who follow them through, at whatever level they choose, are supposed to feel like skipping around the quarter-mile track when they're finished exercising.

Trudy Spencer, who's 71, finds using the par course "very exhilarating," she

said. "I go out as often as I can. I love it."

THE COURSE STARTS with the achilles stretch, which is simply the business of bracing against a post and stretching out the back of the leg, holding the position as long as it's comfortable.

At Station 2, participants sit with the legs straight out in front, hands grasping the sole of the foot and HOLD. The longer the better.

Next comes toe-touching from the standing position, at a station where those who are gung-ho can take off into all kinds of tangents. "Swing your hips around and around," Pearl said, demonstrating. "Now shake the kinks out of your hands. Rotate your head in circles to get the kinks out of your neck."

SEVERAL SPECTATORS noted that all that rotating would make them dizzy. Pearl advised them to rotate, then, "in the other direction" to clear up the dizziness.

The reporter found a new kink or two there, plus a bit of dizziness, but moved on to Station 4, anyway. There, the game is to stand against a post, again, but this time to lift one knee at a time to the chest and hold it up as long as comfortable, balancing on the opposite leg.

Pearl is up to 100 jumping jacks at Station 5. He said you should keep going until you're breathing a little

hard and feeling fresh blood surging about in your arteries. It didn't take quite 100 for the reporter to start feeling the surge of fresh blood.

THERE ARE SIX concrete "logs" at the sixth stop. The trick is to hop over them from one end to the other as many times as you think you can stand.

Concrete pedestals ranging in height from about 18 inches to 3 feet are set in a circle with hand-size posts in the middle at the next station. The deal is to step on and off of these pedestals, with one foot and then the next, up and down, up and down, until the leg muscles start really complaining.

The swings are next. They are circles for the hands, hanging on free moving chains. You hold on and, keeping the feet on the ground (or rather, the turf), swing the body in circles, first clockwise and then counterclockwise. Then you find another set of chains, higher, and swing in circles again, this time with the feet in the air. Kindergarteners would love it if they could reach the hand holds.

SEVERAL FITNESS Festival members enjoyed it. One woman said she liked stretching out her "old spine."

At the ninth station, you lie on your back, raise your legs and curl up your body. It's up and down, then scissors. Pearl does 30 of everything he does. Spectators groaned when they watched him. The reporter groaned after a half-

dozen raises and curls and scissors.

Dick Elliott, Fitness Festival chairman, got applause when he chinned the bars at the 10th stop.

The reporter and a few others skipped the chinning in favor of the cheerful-looking hop-kick that resembles can-can dancing on No. 11.

THERE'S A VAULT BAR next, a post set at about a 45-degree horizontal angle. Pearl showed how "easy" it is to throw both legs over it simultaneously while holding on with the hands. For most newcomers to the par course the vault looked like a good way to limber up the back muscles and wound the shins simultaneously.

Sit-ups are done on a wooden bench with an angled wooden "pillow" for the head and a wooden board to hold down the feet.

Push-ups are down, not on the ground or the floor, but on bars of varying heights.

AT NO. 15, participants sit on a bench with posts in front and raise their legs over the posts and back down again. It looks jolly enough, but it tightens and exercises lower stomach muscles and starts to pull after a few repetitions.

For the now limping reporter, the handwalk on parallel bars, at 16, was a joke. Pearl scooted right along. Elliott made it look like a piece of cake. "It takes practice," they said kindly to those who struggled there and failed.

Those inclined to beg for mercy by this time can almost kneel at No. 17. But there's no time to wail. What is done here is stretching the leg muscles again, one leg forward and the other back, over and over and HOLD.

SCW

Seniors trying to break par on 18-station health circuit

By Joseph R. LaPlante
Republic Staff

No matter how old they are or what kind of shape they're in, the residents of Sun City West have a place to exercise that is perfect for everyone. It is called a par course and it tells each person how much exercise he should perform.

The par course fitness circuit is a series of 18 exercise stations designed to improve flexibility, muscle strength and tone, and cardiovascular conditioning.

Located behind the R.H. Johnson Recreation Center, the recently opened course includes a quarter-mile track equipped with pacing lights that can push someone through a world-class, four-minute mile or a leisurely 24-minute jog.

"The padding on the track is just right for us," said George Steele, 72, who jogged 6 miles a day until he broke his hip.

The layout of the exercise stations is based on research by the National Athletic Health Institute. The circuit provides an exercise sequence that

ensures a safe and comfortable warm-up and stretching routine that works out all the major muscles and cools the body down slowly.

The stations include instructions for starting par, sporting par and championship par.

Achilles stretching is the first station, followed by a sit-and-reach exercise, toe touching, knee lifts, jumping jacks, log hops, step-ups and a dozen more.

Trudi Spencer, 70, has been doing yoga exercises every morning for several years and walks 12 to 15 miles a day. To her the step-ups are not particularly challenging, but they do help her warm up before she moves on the tougher exercises.

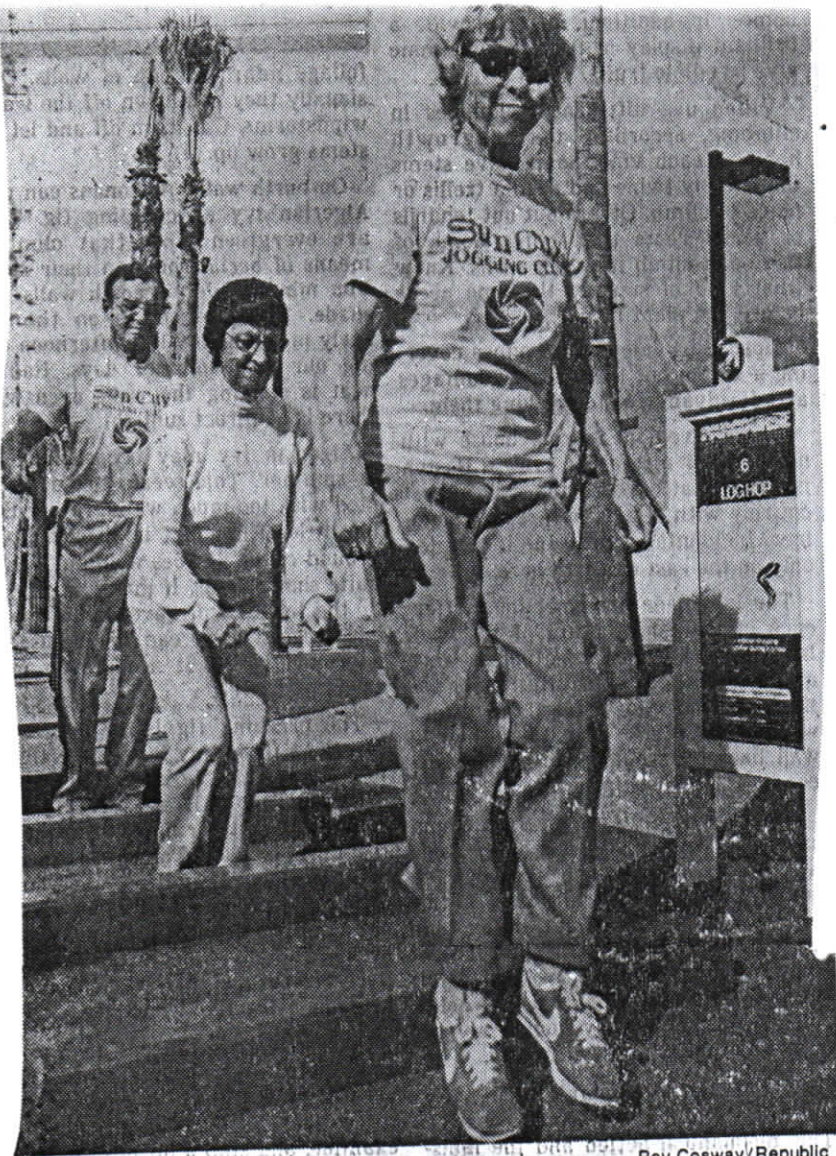
The course emphasizes speeding up the heart rate to exercise level and maintaining it for at least 20 minutes.

Yet to be installed at the facility are "pulse readers," which require the user to do no more than stick a finger

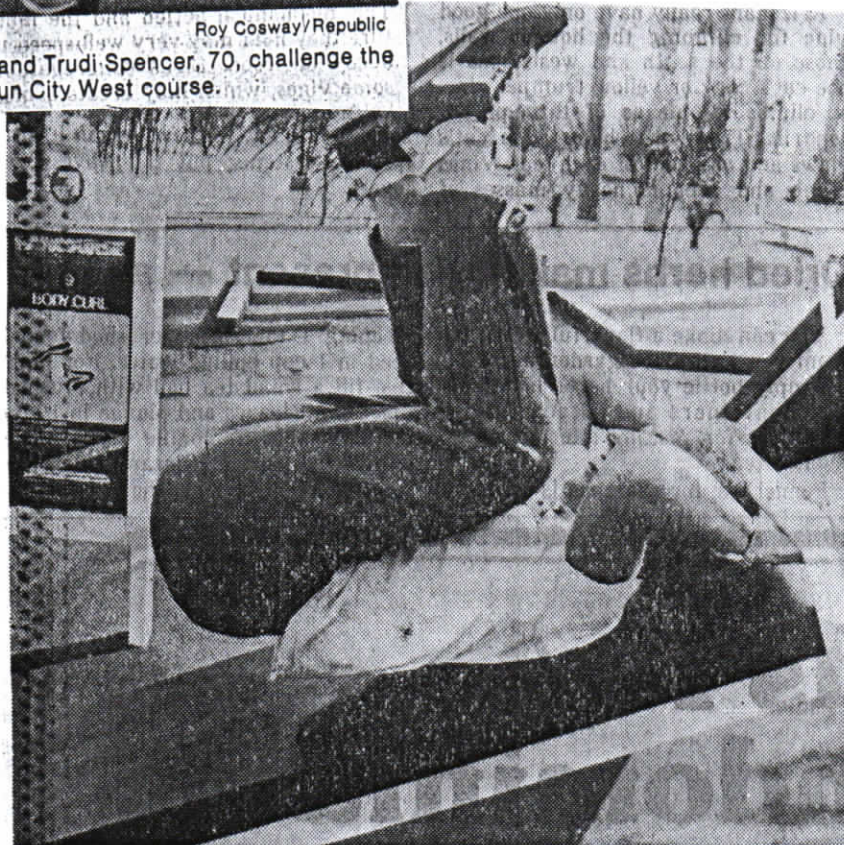
into a specially designed apparatus and wait for a reading of his heart rate on a digital screen.



George Steele, left, and Reg Arnold, both 72, master the leg stretch. Each participant can aim for starting, sporting or championship par.



Roy Cosway/Republic
Vince Haas, 70; Ann Snyder, 63, center, and Trudi Spencer, 70, challenge the log hop, one of 18 exercise stations at Sun City West course.



The body curl, tested here by Evelyn Arnold, 55, is one of the exercises designed to improve seniors' flexibility.

SCW



Fitness Festival goes wheeling

Helen Budde, right, Fitness Festival Committee Chairman, checks T-shirt which admits Dolores Kombrink to activities and lectures sponsored by the Sun City/Sun City West Fitness Festival.

Festival entrants will participate in a group bicycle ride at 2 p.m. Sunday. It will begin from the auxiliary parking lot at 111th Avenue and Thunderbird Boulevard. Two-wheelers will travel a 5-mile course while three-wheelers will cover 2 miles.

Although each event is optional, participants are encouraged to take part in as many as possible. Purpose of the festival is to provide a more enjoyable life through fitness.

Kings, exercises, music kick off SC-SCW festival

Music, the former Waltz King, speeches and introductory exercises Saturday kicked off the Third

Annual Sun City-Sun City West Fitness Festival.

A Sun Bowlful of fitness fans heard words and

names of citizens that have planned a full 17 weeks of exercises, talks and special events for both cities.

Highlights were a speech, "The Doctors Look at Fitness," by Rev. Edward Hemphill; demonstration of exercise equipment by Wayne King, Wayne King II and young grandson (the Waltz King, prince and progeny); introduction of VIPs of the festival; and exercises.

Dick Elliott, event chairman, introduced his committee. John Stoops of Sun City West, chairman of the special events, explained his Saturday morning swimming exercise and introduced his committee.

Health screening follow-ups, festival registration and filling out fitness records were explained to the audience.

Joe Ady, who will have charge of aerobic exercises in Sun City West, led

the crowd in a stand-up exercise session.

The festival got underway today with more aerobic exercises this morning, with Ady leading a group in Johnson Center.

Committee members working on the festival include Carlyn Ady, secretary; Marion Markey, treasurer; and Stoops, vice chairman.

Stoops' committee includes Marion Markey and Marty Whol.

Other area residents involved in the events include Alice Schmidt, Doris Osha, Charlotte Florio, Helen Budde, Sally Davison, Frederick Butz, Jim Hudson, Sam Pearl and Marie Schaefer. Mrs. Schaefer is an exercise instructor.

Exercise demonstrators were Ann Macek, Margaret Wangberg, Mrs. Ady and Ed Parks, Olga Satkovich, Louise Buchsard, Ruth Skeels and Eleanor Madin.



WAYNE KING



WAYNE KING II

Fitness call attracts 400 signees

By ERIC McMULLIN
Staff Writer

Monday was the first day for Sun Citians and Sun City Westers to register for the fitness project offered through the Arizona Governor's Council on Health and Fitness. Residents of the two communities responded with more than 400 pledges.

Bill Lewis, Sun City coordinator, and Leo Klein, Sun City West coordinator, were hard at work explaining and building enthusiasm for the project, the first offered for senior citizens.

The project, which runs from Nov. 1 to March 1, offers the chance to win awards in any or all of nine activities—aerobic exercise, bicycling, bowling, fitness walking, jogging, lawn bowling, racquetball, swimming and tennis.

BOB PANGRAZI, executive director of the Governor's Council, attended both kickoff ceremonies, at 11 a.m. in Johnson Center and 1:30 p.m. in the Sun Bowl. He said fitness should be an integral part of life and said exercise is great preventive medicine.

Pangrazi, an Arizona State University professor of physical education, said that when people do not exercise, bones degenerate. He likened it to astronauts who are handled gently after being exposed to weightlessness where there is no pressure or stress on the bones.

"If people exercise regularly, bones will remain strong. People don't have to let their bones degenerate; it's a matter of choice."

LEWIS WAS A little disappointed in the size of the crowd but Pangrazi said in his experience a crowd that size is a good sign. "Everyone here will spread the word and I think a lot of people already know about the program and didn't feel they needed to come out today." He said most of the registration would probably be accomplished through clubs, anyway.

Registration may be done at any United Bank office, the Rec Centers offices, or from 10 a.m. to noon this week at Lakeview or 10 a.m. to noon Saturday at the Fairway Fun Fair.

When registering, residents are given logs in which they keep a record of their activities. When participants have completed the requirements for an activity, the log, which is kept on the honor system, may be taken to any United Bank office.

EACH ACTIVITY has a total requirement and a maximum daily amount that can be credited to that total. The totals and daily amounts are: aerobic exercise, 40 hours—one hour; bicycling, 480 miles with more than five gears or 320 miles with five or fewer gears—12 miles with more than five gears or eight miles with five or fewer gears; bowling, 160 games—four games; fitness walking, 120 miles at at least three miles per hour—three continuous miles; jogging, 120 miles at at least five miles per hour—three continuous miles; lawn bowling, 160 games—two games; racquetball, 160 games—four games; swimming, 20 miles—one-half mile; and tennis, 80 hours—two hours.

SCM



More than 400 residents of Sun City and Sun City West lined up to register for the fitness program offered through the Governor's Council on Health and Fitness. This Sun Bowl

crowd heard the virtues of fitness and were encouraged to participate in the program which will begin Sunday and continue through March 1. (News-Sun Photo by Jim Painter)

SCW slates masters' 5-10,000 meter runs

Sun City and Sun City West runners, joggers and walkers will "Run in the Sun" Oct. 28, at SCW.

Officially sanctioned by the Amateur Athletic Union, this masters' event will take place on a specially-prepared flat dirt road, in SCW.

Sponsored by the Kiwanis Club of Sun City-Agua Fria and the Sun City

Jogging Club in cooperation with the Del E. Webb Development Co., the contest will be run at two separate distances — 5,000 and 10,000 meters. Individual races will be run for men and women.

Six age classes have been established — 30-39; 40-49; 50-59; 60-69; 70-79 and 80 and over. Participation is open to anyone,

Arizona resident or not.

REGISTRATION fee is \$5, if postmarked prior to next Monday, or \$7 thereafter.

Trophies and medals will be awarded in each age division for both men and women. Each participant will receive a "Run in the Sun" tee-shirt.

The 5,000-meter portion will start at 8 a.m., the

10,000-meter, one hour later. Check-in at the Sun City West library parking lot will be 7 a.m. on race day.

Kiwanis Club president Vincent Connor said, "During the last two years, there has developed in the community a new awareness of the value of aerobic exercise and the pursuit of organized physical activity.

"DURING the latter part of 1978, a physical fitness program was initiated with the assistance of representatives from the medical profession and from athletic organizations. Hundreds of residents participated.

"The formation of the Sun City Jogging Club was one of the results of this new emphasis on the importance of physical well being. Other groups also have been organized to pursue the same objective.

"Hence," Connor said, "Residents who two years ago wouldn't have had the slightest interest in any event like 'Run in the Sun' today are enrolling in this contest."

Executive committee for "Run in the Sun" includes Walt Carlson, chairman; Tom Anderson, vice chairman, representing the Citizenship and Services Committee of the Kiwanis Club of Sun City-Agua Fria; Marion Markey, president of the Sun City Jogging Club; and Jerry Svendson, Webb director of public relations.

Information is available by calling 933-4987.

THE NEWSLETTER

Sun City West

Del E. Webb Development Co. ★ Public Relations Dept. ★ P.O. Box 1705 ★ Sun City, Arizona 85372 ★ May, 1979

FIRST ANNUAL FITNESS FESTIVAL ATTRACTS 900

This edition of the Newsletter features the recently concluded 17-week First Annual Sun City Fitness Festival. We hope you find the story and pictures interesting, inspiring — and motivating. Enough so that you and a good many other present and future Sun City Westers will join in the fitness fun this fall when we sponsor a second annual Festival.

This edition also features you — Sun City West's future residents — so read on.

They came out of the Connecticut "deep freeze" for a week recently in Sun City West and the spring-like weather then enveloping the Valley of the Sun. Then they had to return, and admitted they hated the idea. But now JANICE and CHARLES JOHNSON of Six Helena Drive, Cromwell, Connecticut, are looking forward to mid-1979 when they expect to move into their Sun City West residence at 12511 Skyview Drive. And when inclement Connecticut weather keeps them from getting outside, they're writing to future neighbors "to get somewhat acquainted before we move in." They're trying to reach Sun City Westers who will be occupying Unit 10 lots 377-385, also 358-360. When the Johnson's came out for a "short week" they brought with them a daughter to visit Arizona State University at Tempe and Northern Arizona University at Flagstaff and see which she preferred to attend, having been accepted by both. You can be looking for the Johnsons in Sun City West about mid-July.

HUGO J. and BEATRICE KLUNGLER, JR. of Algonac, Mich. should now be getting settled into their Sun City West home at 17810 135th Drive. But they needed FOUR VISITS to a son stationed at Williams AFB near Chandler before they decided when it came to retirement they'd better settle across the valley and become Westers! A retiree from Metropolitan Life Insurance, Klungler likes to fish, bowl, play cards, dabble in the crafts and shoot golf. Bea, retired from a community college, likes the same hobbies and sports as Hugo, and also is fond of knitting and is an avid quilt fan. Both are looking forward to the Arizona sunshine and forgetting about Michigan's winter cold.

ED and IRENE CANNON of Glen Echo, Maryland, are beginning to get rather anxious as the time draws nearer for their arrival in Arizona to claim their new home at 18023 134th Avenue in Sun City West. And friends here have whet their appetites by keeping them appraised of construction progress. Now they're pinning to get here in time to enjoy some of the desert's spring flower show. And in Glen Echo, after 34 inches of snow, they had begun to wonder if they were going to see the streets again. Ed is an engineer/mathematician, and former chief of the mathematics division of the National Bureau of Standards. His hobbies are ham radio and riding his motorcycle, restoring old player pianos, studying Spanish and Italian, and tinkering.

(Continued on Page 4)

(Continued from Page 1)

Irene says he does some carpentry and is handy to have around the house. Irene is interested in civic affairs and planning, served on the town council a number of years and as postmistress. She also has done some drawing and cartooning for the town newspaper. She's an art enthusiast; likes to remodel houses, but finds housework and cooking dull. The Cannons are anxious to be good neighbors and helpful in any way they can. (Which sounds plenty good if you're looking for neighbors.)

Though its been only a matter of six months since first residents — one couple from California and another couple from Kansas — moved into their spanking new Sun City West homes, the new and growing city has become a center of buzzing activities involving its growing population. Sun City West newcomers have been busy organizing, participating in and operating social, entertainment, athletic, travel and even religious activities.

And when they're not forming new clubs and groups for activities right in Sun City West, they've been on bus trips to visit and shop in interesting Scottsdale; to tour metropolitan Phoenix; to attend Phoenix Suns basketball games; to tour Luke Air Force Base, largest fighter base in the free world; and gamble in Laughlin, Nevada; look over the desert and mountain areas of Arizona; to view the lakes and dams of the scenic Apache Trail; or to venture southwest to Tucson and Nogales and take a look at the Mexico border. There are a galaxy of Sun City West clubs and organizations with carefully-arranged meetings, so there is something going on every day. These include several bridge clubs, varied dancing clubs, canasta and pinochle, an art club and a Saturday Night Dance Club. One of the newest groups is the Sun City West Bicycle Club, which meets at 9 AM, Monday through Friday. It brings together as many as 50 cyclists who after breakfast set out on a one-hour ride through the community. A Luau and Hawaiian dinner were held recently at Sun City West's Crestview restaurant. Dancers highlighted the evening, along with the tasty Hawaiian dinner.

All meetings and club events now are held in the new Social Hall of the Johnson Recreation Center. Tours now depart from the Social Hall and Catholic and Protestant church services are held there until permanent places of worship are obtained.

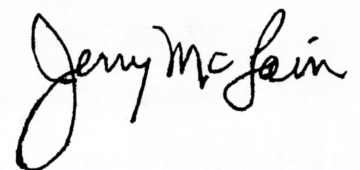
PORA, the Sun City West Property Owners and Residents Association, which has the largest membership of any Sun City West group, meets in the Social Hall, and the new Sun City West Sheriff's Posse is being organized there. The Social Hall can comfortably seat up to 700 for a meeting, and can be partitioned so that several clubs, groups and organizations can be accommodated simultaneously for meetings or social activities.

The Milwaukee Brewers of the American League attracted a large number of Sun City Westers to their exhibition games at Sun City Stadium. The Brewers lost a 3-2 heartbreaker to the Chicago Cubs in their final appearance in Arizona, then flew directly to New York for the season opener against the World Champion New York Yankees. And then 52,719 fans sat stunned in Yankee Stadium as the Brewers upset the Yankees 5-1 in the opener.

DON and MAYBELLE NELSON of Rosemead, California should be getting settled now in their Sun City West home at 13243 Castle Rock Drive after making plans since last November for the move. Don is an accountant as well as a tax counselor and Maybelle has for years been an Amway distributor. Don also served as controller for several large political committees in Southern California.

Now, folks, the spring weather in Sun City West, Phoenix and Southern Arizona couldn't be more ideal than right now — which means it's a great time for a visit. If you've seen Sun City, c'mon now and see Sun City West, a brand new city with a wealth of surprises! And if you can't come for a visit, watch for our June Newsletter and more about what's going on in Sun City West. And if you already are a future resident just waiting to occupy a new home, please let us hear from you concerning your plans.

Sincerely,



Jerry McLain

FITNESS FINDS A HOME IN

When it comes to fads, the retirement community of Sun City has always been slow to catch on. Mini-skirts passed it by with hardly a backwards glance. Frisbees flew over without landing.

But the new national pastime — fitness — seems to have found a home here. For the past 17 weeks Sun City has awakened to the sound of more than 900 of its resident-retirees jogging past its windows, cycling down its streets and stretching in unison in its grassy Sun Bowl amphitheater. It's all been part of the Sun City Fitness Festival, a four-month program that began in October with encouragement by ex-Olympian, ex-movie star Buster Crabbe and concluded with commendations by "Aerobics" author Dr. Kenneth H. Cooper, considered America's leading advocate of physical fitness.

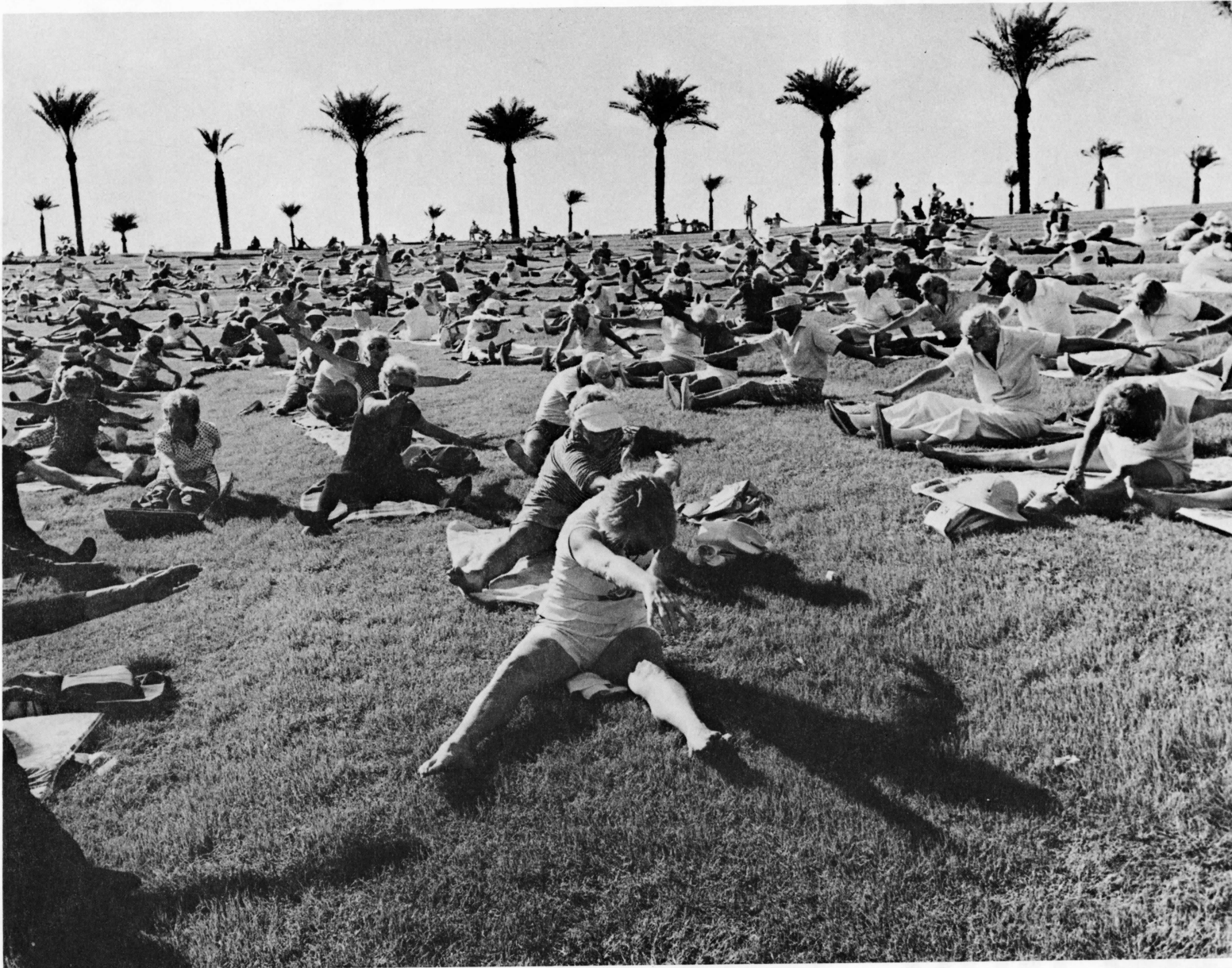
"We can delay the effect of aging," Cooper told a

Festival "commencement" class. "The human body is capable of thriving for well over a century. It's from choosing a life of inactivity and obesity that we cut that lifespan short."

"My chronological age is running ahead of all those more important ones. Physically, mentally and socially I'm as youthful as ever. There's two words for remaining prim and in your prime — positive attitude."

— Rose Schwartz, 78-year-old leader of Festival exercise seminars

Longer life is admittedly one of the attractions of the fitness craze, but in Sun City, fitness's greatest draw has



"Stretch" was the key word as participants in the Sun City Fitness Festival engaged in flexibility exercises, one of the requirements of Festival entrants. Strength exercises and

aerobic (cardiovascular) exercises also were part of the 17-week Festival program.

SUN CITY

been good health and the happiness that accompanies it.

To bear this out one needed only visit the Sun Bowl, where a 78-year-old former professional dance instructor drilled Sun Citians through a wide range of exercises once a week. After a solid hour of pulling, pushing and stretching, the predominant sentiment was "Geez, I feel great. I haven't felt this good in 40 years." The ex-dancer, Rose Schwartz, said her age is deceiving: "My chronological age is running ahead of all those more important ones. Physically, mentally and socially I'm as youthful as ever. There's two words for remaining prim and in your prime — positive attitude."

"One of the big breakthroughs in medicine in this century has to be the knowledge that heart disease can be reversed with proper exercise. The Fitness Festival got that point across to me. It's responsible for this turnabout in my life."

— Ray Simmons, 63-year-old Festival participant

Besides requiring a variety of exercises designed to improve flexibility, strength and aerobic capacity (heart and lung efficiency), the Festival demanded that participants engage in at least three supplemental activities from a list of about a dozen. The activities ranged from square dancing to racquetball to tennis to golf WITHOUT a cart. Participation in the supplemental activities centered around reaching a specific goal by the end of the 17-week program. Handball players, for example, were expected to be able to play a full hour of competitive singles by the end of the program. To encourage persons to try different activities, goals for beginners were set lower than those for long-time players.

A four-day speakers program preceded the Festival and featured such names as Dr. Edward Diethrich, the world-famous heart surgeon. Health screenings by the Phoenix-area Health Evaluation and Longevity Planning Foundation (HELP) were offered in the weeks before the Festival began.

The Festival's success, though probably best expressed in the happy faces at the Sun Bowl exercise sessions, also can be documented in the case of 63-year-old Ray Simmons.

A retired corporation executive from Spokane, Wash., Simmons went through the HELP screening and was deemed a disaster. Weight 225, blood pressure 180/105, high blood cholesterol, irregular heart beat, borderline diabetic. "And the doctors said I was getting worse," Simmons said.



Rose Schwartz, a 78-year-old former professional dance instructor, answers questions from Fitness Festival participants after a weekly exercise seminar at the Sun Bowl. She led the weekly sessions.

With doctors' supervision, Simmons undertook a routine designed to ease him back toward good health through a regular program of jogging, bicycling, swimming and good eating. "In the beginning it hurt like hell to run 100 yards," he said. "The fat bounced around and it hurt. If I could have seen myself I probably would have quit."

Luckily, Simmons didn't see a mirror for months. He now weighs 180, his blood pressure is 125/68, his cholesterol and glucose levels are normal and his heart never skips a beat. He's even become a regular competitor in local 10,000-meter runs. "And it's no miracle," he claimed. "I'm convinced that this is something anyone can do."

"The human body is capable of thriving for well over a century. It's from choosing a life of inactivity and obesity that we cut that lifespan short . . . but the body is remarkable in its ability to recover. So, even if we have had bad habits for many years, it's never too late to change."

— Dr. Kenneth Cooper, author of "Aerobics" and one of the nation's leading physical fitness advocates

"One of the big breakthroughs in medicine in this century has to be the knowledge that heart disease can be reversed with proper exercise. The Fitness Festival got that point across to me."

Cooper echoed those thoughts: "The body is remarkable in its ability to recover. So, even if we have had bad habits for many years, it's never too late to change."

FIRST SUN CITY FEST

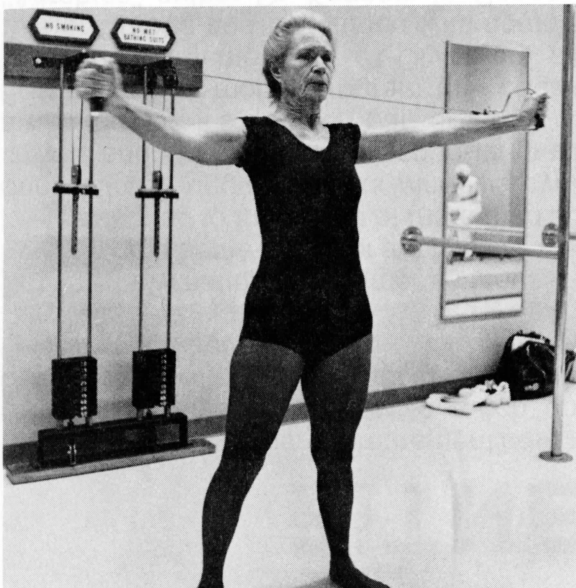
October 197

*"The greatest single advance
people will result from what th
himself, by proper exercise an*

— John Kn



January's Bike For Health Ride attracted hundreds of pedal-pushin' Sun Citians. Individuals completed either a six or 10-mile course.



*"Utilizing an exercise
program of walking,
jogging, swimming,
calisthenics and
stretching, a group of
men and women age 52
to 88 improved heart
function and breathing
capacity, lowered blood
pressure, lost fat, gained
muscle strength and
improved their ability to
relax. Some cases
suggested a reduction of
physiological age by as*



The weekly exercise seminars at the g were among the Festival's most popul days found hundreds of participants doin



ANNUAL FITNESS FESTIVAL

8-March 1979

*...ent in the health of the American
...individual is willing to do for
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...s, President of Rockefeller Foundation of Research

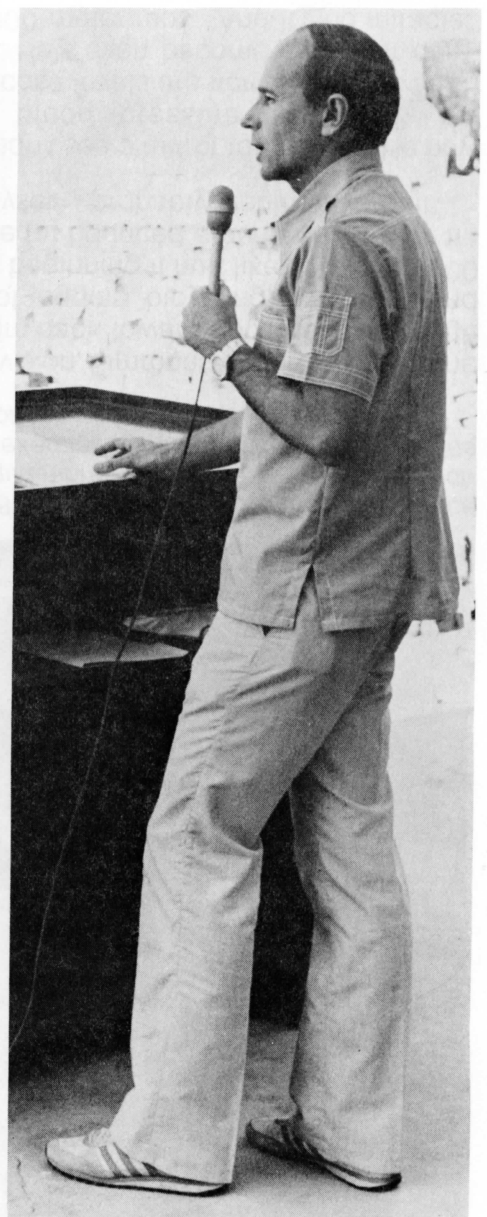


Members of the Sun City Jogging Club pace their way through a morning run. The popularity of the club — more than 150 members to date — helped spawn the idea for the Fitness Festival.



*...erraced Sun Bowl
...ents. Warm winter
...isthenics designed*

to improve strength, flexibility and aerobic (heart and lung) efficiency.



"Too many senior adults believe their need for exercise diminishes and eventually disappears as they grow older. They underrate their own abilities and capacities, overrate

FIRST ANNUAL SUN CITY FITNESS FESTIVAL

October 1978-March 1979

"The greatest single advancement in the health of the American people will result from what the individual is willing to do for himself, by proper exercise and proper diet."

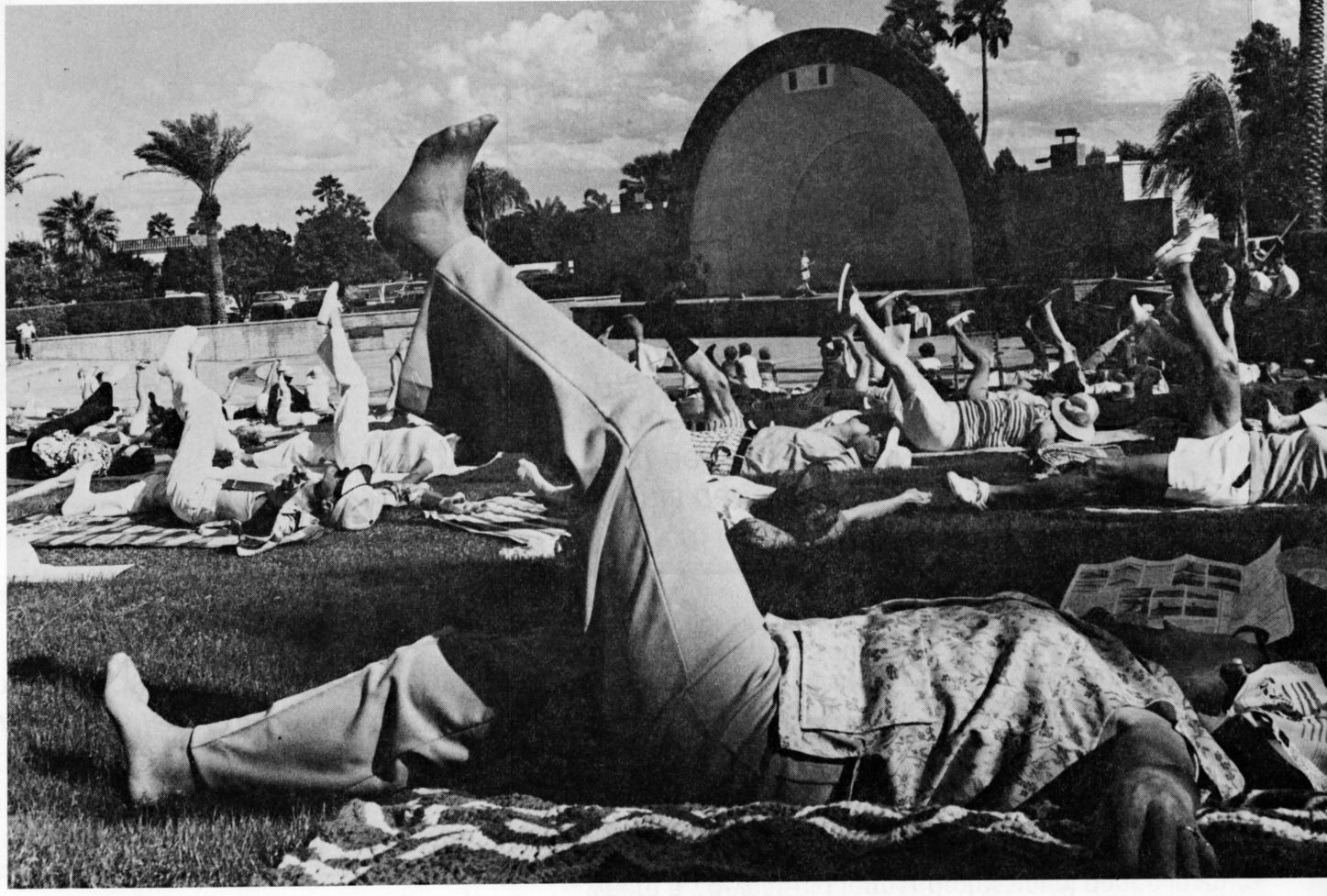
— John Knowles, President of Rockefeller Foundation of Research

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The weekly exercise seminars at the grass-terraced Sun Bowl were among the Festival's most popular events. Warm winter days found hundreds of participants doing calisthenics designed

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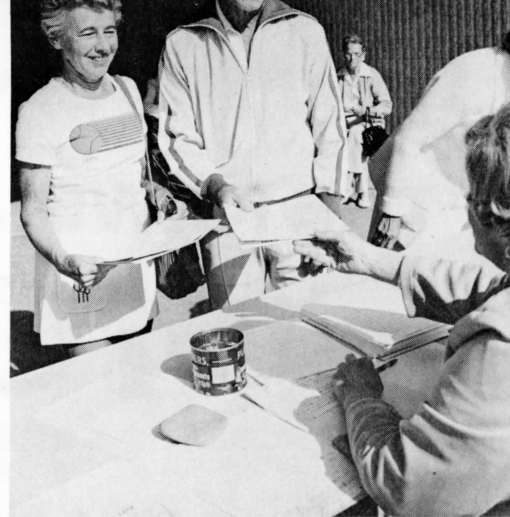
"Too many senior adults believe their need for exercise diminishes and eventually disappears as they grow older. They underrate their own abilities and capacities."

Fitness Festival committee member Helen Koshmider keeps trim with light weights in the Bell Recreation Center exercise room. Mrs. Koshmider has the figure of a woman half her age.

— Dr. Herbert A. deVries, University of Southern California's Andrus Gerontology Center



When December's Two Mile Fun Walk was completed, Festival participants cooled down, then enjoyed refreshments. The healthy snack included granola cookies and apple juice.



Two Festival participants take time out from tennis to turn in their completed log books. The Festival required participants to become active in one or more sports — tennis being one option.



Members of the Fitness Festival Committee pause to show off their monogrammed T-shirts. The committee is drawing up plans for a 1979-80 Fitness Festival.



The Festival drew the attention of Phoenix-area fitness enthusiasts and local television stations covered the event. Question: What are the benefits of exercise? Answer: You feel better, look better and live longer.

Flexibility was and simple s the weekly ex ing is espec strenuous ex



A pool-full and Festival

the benefits of high, regular exercise and by exaggerate the risks involved in vigorous exercise after middle age."

— President's Council on Physical Fitness and Sports

spoke at the Festival "commencement" ceremony in March. Cooper, one of the nation's leading advocates of physical fitness, urged graduates to continue their daily exercise pattern.



Monogrammed Fitness Festival T-shirts and certificates were issued to participants who satisfactorily completed the requirements of the 17-week event. A questionnaire indicated that participants were unanimous in feeling that the Festival was beneficial and should be held annually.



"Age is a matter of mind. If you don't mind, it doesn't matter."

— Mark Twain

Stressed throughout the Fitness Festival stretching was a frequent activity during exercise seminars at the Sun Bowl. Stretching is very important before proceeding to more exercise.



Walking — one of the most healthful activities for senior adults — was spotlighted in December as Festival participants got together for a Two Mile Fun Walk through Sun City.



Festival entrants participated in the February Swimming Demonstration and Exercise session at Sundial pool. Aquatics Instructor and committee member Lee Starr holds several state senior swimming records. He has taught more than 1,500 Sun City residents to swim.

“Too many senior adults believe their need for exercise diminishes and eventually disappears as they grow older. They underrate their own abilities and capacities, overrate the benefits of light, sporadic exercise and vastly exaggerate the risks involved in vigorous exercise after middle age.”

— President’s Council on Physical Fitness and Sports



Two Festival participants take time out from tennis to turn in their completed log books. The Festival required participants to become active in one or more sports — tennis being one option.



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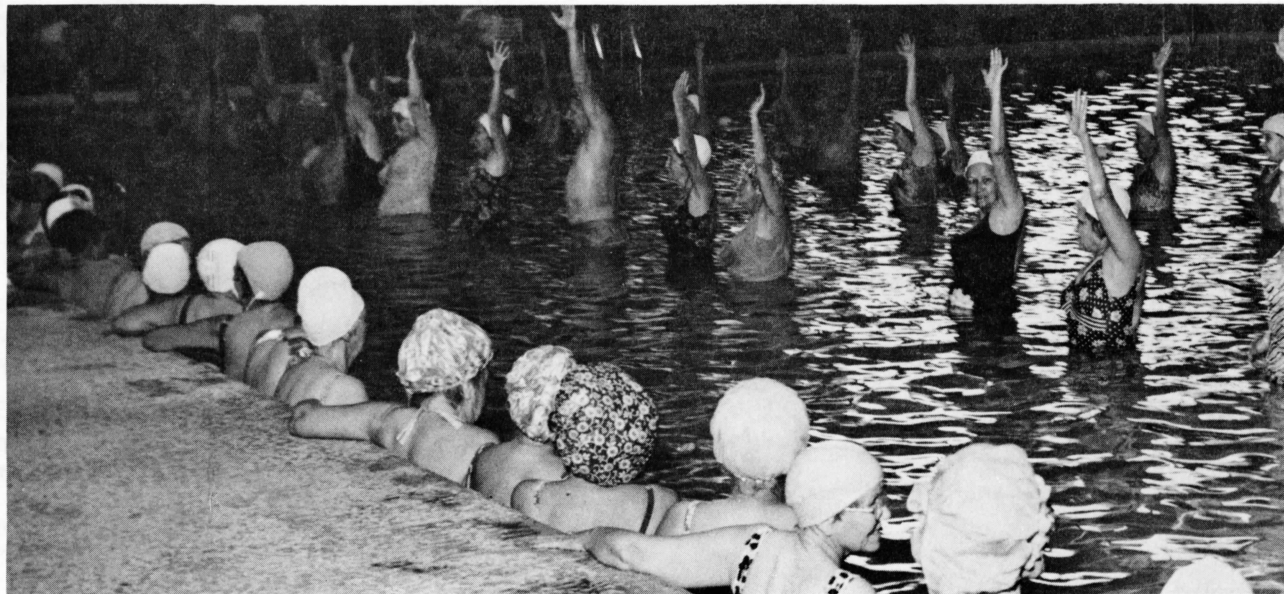
Flexibility was stressed throughout the Fitness Festival and simple stretching was a frequent activity during the weekly exercise seminars at the Sun Bowl. Stretching is especially important before proceeding to more strenuous exercise.

“Age is a matter of mind. If you don’t mind, it doesn’t matter.”

— Mark Twain



...tion of Phoenix... fitness...



Walking — one of the most spotlighted in December. Two Mile Fun Walk through...