



For Immediate Release
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*California announces Flag bearers for 2023 Summer National Senior Games
in Pittsburgh, Pennsylvania*

California Senior Games Association (CSGA) is proud to announce the two 2023 Flag Bearers who will carry California's flag at the 2023 Summer National Senior Games in Pittsburgh, Pennsylvania at the Celebration of Athletes on July 14, 2023. Over 520 Athletes from California will travel to Pittsburgh to compete in the 2023 Games, having qualified at either the San Diego Senior Games State Championships or the Encore Games "a second chance to qualify" for California athletes.

Swimmer Alan Bernard, explains, "I began swimming competitively with the AAU team in my hometown of Greensboro, NC, when I was ten years old. For the next ten years, I spent my summers in AAU swimming, and fall and winters in YMCA, high school (state champion in the 200- and 400-yard freestyle my junior and senior years), and college swimming (Yale, where I swam against Stanford in the first-ever cross-country dual meet). Then, like most of the swimmers of that era, I took a forty-year break from swimming.

Inspired by Dara Torres in the 2008 Olympics, I decided to return to the pool. Since 2010, I've taken advantage of opportunities to travel to beautiful places, compete at national and international meets, and make wonderful new friends. Pittsburgh will be my fifth National Senior Games competition. I love the Senior Games format, where the meet runs for four hours and we have time to sightsee and visit friends the rest of the day. I look forward to seeing old friends and making new ones!"

Suzette Lee, from Simi Valley, competing in Track and Field (and also at the May Softball Championships) reports, "I'm attending my fourth National Senior Games competing in Women's Softball and Track & Field. Born in St. Croix, U.S. Virgin Islands, I have been active in sports all my life, playing softball in my 20s and taking up sprinting in my 50s. After a hamstring injury sidelined my running, I transitioned to throwing events. Semi-retired from a career in accounting, I participate in lots of different sports and am active with local clubs. I served as Meet Director for the Southern California Striders Track Club meet in 2022. I share my love of sports with my husband, James, who is also a Senior Games Athlete. My other hobbies include doing jigsaw puzzles, scrapbooking, and reading romance novels."

We are delighted that Suzette and Alan will be representing California – their stories tell of their commitment to senior athletics, their love of sport and competition. Suzette and Alan represent the hundreds of Senior Athletes who will be enjoying the friendship and camaraderie of the over 13,000 athletes in Pittsburgh. We wish them all well – they are great examples of our motto, "Competition never gets old" explained Anne Warner Cribbs, Chair, California Senior Games Association, www.californiaseniorgames.org.