

# NEWS RELEASE



**For immediate release**

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## **Touchmark residents take gold in Idaho Senior Games** *Racquetball and Track represented at 2013 Event*

Meridian, IDAHO — A retirement community might not be the first place you think of when you think of training for a sporting event. But that is exactly where two Touchmark at Meadow Lake Village residents prepared for the 2013 Idaho Senior Games. The Touchmark campus has a comprehensive Health & Fitness Center and personal trainers that offer yoga, Zumba® Gold and strength training, all of which lend themselves to preparing for the competitive Senior Games.

Residents Chad Bolender and Pat Fujii participated in this year's games and relied on Touchmark's nearly 100 acres of walking paths, golf course and fitness center to stay active.

During this year's Idaho Senior Games competition, Fujii participated in the track and field events and took home seven gold medals. Fujii also competed at the National Senior Games earlier this summer, where she received a bronze medal in the triple jump. She believes it is never too late to start an exercise routine. "Start slowly; select an interest and try it, even in a chair, if needed, and progress from there. You will make friends who are in the same boat you are!" said Fujii.

Chad Bolender played handball for 25 years but retired from the sport due to injury. As a substitute, Bolender began playing racquetball and has been playing the sport for more than 15 years. Over time, he came to prefer racquetball to handball due to the pace of the game. He plays doubles twice per week and has previously won gold medals at the Idaho Senior Games.

This year, he was the oldest competitor and played four games with only minutes between each one. While he did not win any of the games (the last game's score was 14 - 15), he earned a gold medal, because he was the only competitor in his age bracket. Bolender also earned a bronze in the 70-year-old age bracket.

The Idaho Senior Games kicked off in early August, and events conclude Sept. 1. For a full list of event results, visit [www.idahoseniorgames.org](http://www.idahoseniorgames.org).

### **About Touchmark at Meadow Lake Village:**

At approximately 100 acres, Touchmark at Meadow Lake Village is an award-winning, full-service retirement community offering a range of homes and lifestyle options. More information is available at [Touchmark.com](http://Touchmark.com).

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TOUCHMARK *at Meadow Lake Village*

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