

Piedmont Senior Games just the beginning Bailey says

By RANDY PETTITT
Chronicle Sports Editor

While most of us think of retirement as years of sitting back, taking it easy and getting out of shape, Edith Bailey says it could be a whole different story.

"I can't think of a better time to start exercising and worrying about being physically fit," said Bailey, the coordinator of this week's Piedmont Plus Senior Games.

"I'm sure a lot of people are too busy to exercise very much while they are still working," she said.

"But retirement could be the beginning of physical fitness for a

whole lot of people. It's really never too late to start."

Bailey's message strikes particularly close to home this week, as the Piedmont Plus Senior Games is in full swing in various sites around Winston-Salem.

The Senior Games, which are open to any Davie, Forsyth, Stokes, Surry and Yadkin County resident over the age of 55, are qualifying events to the state level of competition held this summer.

Bowling and the One-mile walk are among the most popular events according to Bailey, but the games offer table tennis, horse shoes, billiards, track and field, tennis, golf

and bicycling among others.

Bailey said that a pair of 90-year-old participants are expected in this year's events, while past years have brought several participants 70 years and older.

Opening ceremonies for the fourth annual Piedmont Plus Senior Games were held yesterday at Winston-Salem State University. The golf tournament begins this morning at the Winston Lake Golf Course, while Northside Lanes hosts the bowling competition at 1:30 p.m.

Crystal Towers will host shuffleboard at 9 a.m., while the swimming events begin at Wake Forest

University at 11 a.m.

On Friday, the games conclude with tennis at Wake Forest University running throughout the day, along with bicycling at 9 a.m. and running events on the Wake Forest track at 11 a.m.

Though registration for the games has already past, Bailey said that the program goes on all year.

"We have groups of people who get together and run or play certain sports," she said.

"They also have social gatherings and take trips. It's just a group of people who are determined to continue exercising despite their age. They are still young at heart."

LOCAL SPORTS

Roadrunners to hold sign-ups this Saturday

By RANDY PETTITT
Chronicle Sports Editor

The Winston-Salem Roadrunners Track Club will hold sign-ups for boys and girls ages 8-18 on Monday, May 2, at 6 p.m. at the Winston-Salem State University track.

The Roadrunners, who participate in the summer TAC/NC/USA Jr. Olympics, ask that parents attend the first practice to receive vital information on the summer program.

The club will sponsor the TAC/NC/USA Sectional meet this year. It will be held June 4 at the WSSU track.

The top four qualifiers in the sectional meet will advance to

state competition, held June 24-25 in Raleigh.

This is the 16th season for the Roadrunners Track Club, which is under the direction of Coach Virgil Simpson. The Roadrunners have helped several members land track scholarships as such schools as Appalachian State, N.C. State, WSSU, Norfolk State, Kansas State and several others.

Those interested in participating, are asked to contact Simpson at 722-5517.

City/County Meet

The annual All Forsyth County Track and Field Championship will conclude today at North Forsyth High School.

Yesterday, participants from the various eight high schools held the field events and semifinals of all the running events.

The finals of the running events get under way at 6 p.m.

Among the expected show-downs, will be a rematch between Sonny Weeks of Reynolds and Mount Tabor's Julius Reese in the 100 and 200-meter dashes.

Parkland's Scott Fletcher is favored to capture the 110-high hurdles, but will skip the 200-meter dash to participate in three other events.

Reynolds boys, who are 8-0, and the Mount Tabor girls are slight favorites to win the team competitions.

Parkland, North Forsyth and

Carver and East Forsyth are expected to challenge.

Tiny Viking Sign-ups

The Tiny Viking Football Organization has announced that they will begin sign-ups next Saturday, May 7, for next season.

Boys and girls ages 7-15 who are interested in playing football, cheerleading or performing as majorettes and dancing boots are asked to register at the Mineral Springs School parking lot.

Those interested are asked to bring a non-returnable, court-issued original birth certificate, proof of grade promotion in school, proof of a recent physical exam and a registration fee.

Winston Lake AAU From Page B3

son must leave the game and called a two-shot technical foul on the Twin City team for the use of an illegal player.

After a time out, Winston Lake briefly had six players on the court as the ball was being inbounded, and subsequently was whistled with another technical.

By then, Yanceyville had built a seven-point lead and hung on to a 111-102 win despite strong inside play from Figgins, Bryant and Donnie Seale.

Winston Lake finished 2-2 in the 19-and-under tournament, and played without reserves Fred Johnson, Anthony Ingram and Sherman McCoy, all three of whom were injured.

Hollingsworth would not comment on why Thompson missed three of the four games, only saying that it was for "disciplinary reasons."

The Winston Lake 15-and-under team dropped their first two games and were quickly eliminated in their tournament. The 15s, coached by Luther "Ticky" Burden, was considered to be one of the

smallest and youngest teams in the state AAU tournament.

In the first game, Winston Lake's 15-and-under squad hung tough in the early going before dropping a decision to the Raleigh Stars. Teddy Allen, who finished with 10 points, was the only Twin City player in double figures.

In the second game, Winston Lake trailed Smokey Mountain 54-53 and was fouled with no time left on the clock.

Both free throws rolled out, though, and the Winston Lake YMCA-sponsored team was out of the tournament.

Burden said that despite the two losses, the tournament was a learning experience.

"Most of the teams we face had several players who were standouts at the jaycee level," said Burden.

"Our team only has two guys who have had junior varsity experience. With that in mind, I think we held our own pretty well."

Correction -- Last week the Chronicle incorrectly stated that

Charlotte had dominated the AAU 17-and-under tournament in the last five years.

In fact, Winston-Salem won the title in both 1983 and 84.

The '83 Patterson YMCA-sponsored team, which featured Brian Howard, Greg Seales, Robert Hill and Ronnie Christian, won the state title and finished

fifth in the nation.

The 1984 team, featuring Howard and Jeff Denny, also won the AAU state 17-and-under state crown.

They finished eighth in national competition.

The teams were coached by Ed "Buck" Joyner and Norman Brown. The Chronicle regrets the error.

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