



37th annual

# Gulf Coast Games for Life – Senior Games

## Target Shooting | Saturday, Jan. 31, 2026 | 9 a.m.



### 16 events to choose from:

- Archery
- Bag Toss (Corn Hole)
- Basketball Shooting
- Bowling
- Cycling
- Golf
- Pickleball
- Race Walk/Power Walk
- Racquetball
- 5K Road Race
- Rowing and Paddle
- Shuffleboard
- Swimming
- Table Tennis
- Target Shooting
- Track and Field



Register online at [SarasotaCountyParks.com](http://SarasotaCountyParks.com) or scan the QR code.

## Knight Trail Park | 7750 Target Trail, Nokomis

- The Gulf Coast Games for Life is a multi-sport event program for amateur athletes ages 50 and over.
- Events take place in Sarasota County, Manatee County and the City of North Port.
- One-time registration fee of \$13. Entry fee of \$4 per event. Bowling, Golf, Pickleball and 5K Road Race have a facility fee.
- Three ways to register: online at [SarasotaCountyParks.com](http://SarasotaCountyParks.com), call 941-861-PARK (7275) or use the mail-in form in the Gulf Coast Games for Life booklet located at Sarasota County, Manatee County and the City of North Port government buildings.
- The 2026 Gulf Coast Games for Life is a qualifier for the Florida Senior Games, to be held in December 2026.

**Registration deadline: Saturday, Jan. 17, 2026**

