



Virginia Amateur Sports, INC

711 5th Street NE, Suite C
Roanoke, Virginia 24016
Telephone: (540) 343-0987

www.CommonwealthGames.org

FOR IMMEDIATE RELEASE

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Contact: Charity E. Waldron
Director of Operations
(540) 343-0987

Two Time Olympic Gold Medalist Dr. Dot Richardson will be speaking at Friendship Living Center.

Dr. Dot Richardson will be coming to Roanoke to help kick off the 2015 Subway Commonwealth Games of Virginia. Dot has excelled in sports, academics, literature, and the medical field. Dr. Dot is known for changing the game of softball by helping the U.S. National Softball Team earn Gold medals in the 1996 and 2000 Olympic Games. She has also excelled in academics by earning degrees on her journey to becoming an orthopedic surgeon. Behind the scenes, she founded two non-profit organizations, was an ESPN commentator, and now is a coach of the game she grew up to love at Liberty University.

Richardson will make several appearances in the Roanoke Valley including a visit to Friendship Residents' Center – 397 Hershberger Rd, Roanoke, VA 24012. The event is sponsored in part by **Friendship and will take place on Friday, July 17th from 12:00PM-1:30PM.**

Russ Barksdale, President and CEO of Friendship said, "Friendship has a long history of supporting good healthy choices for our residents that include active lifestyles, great dining, and great physicians. What a privilege to have Dot present to our community. Our residents love and support college athletics and attend games and events during the year. Coach Frank Beamer comes to Friendship every year and we are excited to have Dot with all of her accomplishments speak to our community as well."

About Friendship:

Friendship opened its first building, in 1966 and has steadily grown since. Over the course of nearly 50 years, Friendship's evolution has included the addition of new and innovative services, ultimately creating a world-class retirement community where seniors' needs are individually met within a caring community that offers a full breadth and depth of on-site services. To learn more about Friendship, go to friendship.us.

The Subway Commonwealth Games is celebrating its 26th Anniversary with nearly 60 sports held in Roanoke, Salem, Botetourt, New River Valley and statewide. The Games have a local annual economic impact of close to \$2.5-3 million dollars. The Subway Commonwealth Games is open to Virginia residents of all ages and abilities. This event hopes to attract 10,000 athletes this year.

Go online now to register and to receive the full details of the Subway Commonwealth Games at:

www.CommonwealthGames.org

Member of the National Congress of State Games – learn more at www.stategames.org

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