

32nd Annual



Billards * Pickleball * 3 on 3 Basketball * Party Bridge

Basketball Free Throws * Riflery * Softball Hit & Throw

Shot Put * Discus * Frisbee * Shuffleboard * Swimming * Bowling

Walk and Run * Golf, 18 Holes * Mini Golf * Duplicate Bridge

Croquet * Bocce Ball * Horseshoes * Badminton * Table Tennis

NEW EVENTS:

Horse Basketball * Frisbee Golf * 5K Walk * Corn Hole * Wii Bowling

Ages 50 Years and Older

April 25 – 30, 2010

Registration Deadline is April 2, 2010

NO late registrations will be accepted

The New River Valley Senior Olympic-Games are being organized by Town of Wytheville Parks and Recreation Department. With participants from Blacksburg, Christiansburg, Floyd, Giles, Pulaski, Pulaski County, Montgomery County, Radford, and Wytheville, games are open to all residents 50 years of age or older. Through a multitude of athletic and social events, participants have the opportunity to display their athletic ability, exchange and share common ties and interests with other senior individuals. The emphasis is not so much on competition as it is the fellowship and socialization characteristic of Senior Olympic-Games.

The NRV Senior Olympic-Games prepare persons to participate in the Virginia Senior Games at the state level, giving them the opportunity to qualify for the National Games. The local games are conducted by the rules of the state games, and one can participate in the Virginia Senior Games without participating locally. Registration forms and information for the Virginia Senior State Games can be obtained from the Virginia Recreation & Park Society, 6372 Mechanicsville Turnpike, Mechanicsville, Virginia, 23111, (804-730-9447), www.virginiaseniorgames.org. The Virginia Senior Games will be held in Richmond May 6-9, 2010 in the Greater Richmond Area with support from Hanover County, County of Henrico, Goochland County, Louisa County, Chesterfield County and the City of Richmond.

Registration

- To be eligible to enter any event, a participant must be 50 years of age or older, complete a registration form, sign a liability waiver and submit the necessary registration fees. **A registration fee of \$5.00 will be charged for participation in one event, \$8.00 for participation in 2 events and \$12.00 for participation in 3 or more events. Additional fees will be added to select events as noted.**
- Senior Olympic Games strongly recommends that each participant consult his or her physician about participating in any physical activity program.
- All registered participants will receive a t-shirt and a participant packet which will be available beginning April 26 at the Wytheville Community Center.
- NO LATE REGISTRATIONS WILL BE ACCEPTED.

Competition level Age category is determined by participant's age on December 31, 2010. The standard competition level by age categories, for both men and women will be:

50-54 55-59 60-64 65-69 70-74 75-79 80- 84 85-89 90-94 95+ (unless otherwise noted in event description)

Time of Events All events will start promptly at the scheduled times. Late arrivals will be disqualified.

Awards Awarded to the top three finalists in all events and completion levels.

First: **Gold** Second: **Silver** Third: **Bronze**

For more information Contact:

Wytheville Parks & Recreation

Kenny Sayers, 276-223-3518, kennys@wytheville.org Rick Showalter, 276-223-3515, ricks@wytheville.org
Crystal Hylton, 276-223-3517, crystalh@wytheville.org Todd Wolford, 276-223-3520, jasonw@wytheville.org
Joshua Neal, 276-223-3519, joshuan@wytheville.org

Radford Parks & Recreation:

Audrey Caldwell, 731-5517, acaldwell@radford.va.us Jackie Stephens, stephensj@radford.va.us

Christiansburg Parks & Recreation:

Tammy Caldwell: 382-2349 tcaldwell@christiansburg.org Pam Peyton: 382-2349 ppeyton@christiansburg.org

Blacksburg Parks & Recreation:

Joy Herbert, 961-1134, jherbert@blacksburg.gov

Montgomery County Parks & Recreation:

Kemvia Adams-Bush, 382-6975, adams-bushkj@montgomerycountyva.gov

Floyd Recreation Authority:

Cheryl Whitlock-Allen, 745-9363, vallen@swva.net

Pulaski Senior Center:

Barbra Tate, 994-8627, bbarnett@pulaskitown.org

Pulaski County:

Anthony Akers, 540-674-1513 ext 103, aakers@pulaskicounty.org

Date, Time Place, Description and Cost of Event

Sunday, April 25

- 1:30-3:00pm** **Billiards Men:** Christiansburg Recreation Center. Competition will be a double elimination tournament in eight-ball.
- 3:30-5:00pm** **Billiards Women:** Christiansburg Recreation Center. Competition will be a double elimination tournament in eight-ball.
- 2:00pm** **Pickleball:** Christiansburg Recreation Center. Singles, Doubles and Mixed Doubles. Form of indoor tennis played with paddle and waffle ball. Competition will be a single elimination tournament. Equipment provided. Must designate partners at time of registration. You may only play with one partner in each category—one partner in doubles and one partner in mixed doubles. You will be placed in the age bracket of the youngest partner.
- 2:00pm** **3 on 3 Basketball:** Christiansburg Recreation Center. Competition will be a double elimination tournament for teams of combined men and women in all age categories. All 3 players must register. Extra Fee: \$4.50

Monday, April 26

- 9:00-11:45am** **Party Bridge:** Wytheville Community Center. Tournament will be played with no gender divisions and partners selected by drawing number on day of event.
- 9:00-11:45am** **Basketball Free Throws:** Wytheville Community Center. Each participant shall shoot 4 rounds of 5 free throws each equaling a total of 20 free throw attempts.
- 9:00-11:45am** **Horse Basketball:** Wytheville Community Center. Participant will shoot and if shot is made the following player must make the same shot or receive a letter. Player not making shot will receive letter until eliminated. Play continues until one person is left.
- 9:00-11:45am** **Riflery:** Wytheville Community Center. Competition is firing 5 BB shots in 5 minutes at a target at 5 meters.
- 11:00am-12:00pm** **Check In:** Wytheville Community Center. Pick up packets, T-shirts, etc.
- 12:00-12:30pm** **Opening Ceremonies: Wytheville Meeting Center.**
- 12:30-1:30pm** **CATERED LUNCH Wytheville Meeting Center. This lunch is free for all Senior Olympic-Games participants. Must check box on registration form. Cost of lunch for guest: \$5.00 per person**
- 2:00-4:30pm** **Softball Hit & Throw:** Al Jennings Field, Wytheville. Softball Hit- Each competitor will have 1 practice hit and 3 competitive hits. Softball Throw- Each competition will have 1 practice throw and 3 competitive throws. The combined score in hitting and throwing events will determine the winners. *Rain Date: May 4, 9:00am.*
- 2:00-4:30pm** **Shot Put & Discus:** Al Jennings Field, Wytheville. Each competitor will be given three competitive throws. *Rain Date: May 4, 11:00am.*
- 2:00-4:30pm** **Frisbee:** Wytheville Community Center. Each participant will be given three competitive throws.

Tuesday, April 27

- 8:00-11:00am** **5K Walk:** Wytheville Community Center. Indoor Walking Track. 3.1 miles.
- 9:00-10:30am** **Shuffleboard Men:** Radford Parks and Recreation. Winner based on highest score.
- 10:45am-12:00pm** **Shuffleboard Women:** Radford Parks and Recreation. Winner based on highest score.
- 12:30-2:30pm** **Swimming:** Wytheville Community Center. Events are 50 yard breaststroke, 50 yard sprint, 100 yard free style, 200 yard free style.
- 1:00 –3:00pm** **Frisbee Golf:** Randolph Park, Pulaski. Frisbee golf is a game in which individual players throw a Flying disc similar to a Frisbee into a basket or at a target. The object of the game is to traverse a course from beginning to end in the fewest number of throws of the disc.
Rain Date: May 4, 1:00pm
- 1:30-4:30pm** **Bowling:** NRV Superbowl. Competition will be singles consisting of three games. Scratch tournament, with highest score determining winners.
Additional cost is \$4.50. Bowling shoes are free.

Wednesday, April 28

- 11:00am-12:00pm** **Walk and Run:** Radford High School track. Events will be ¼ mile and 1 mile walk. The run will be a 50 yard sprint and a ½ mile run. *Events start Promptly at 11:00am so come early to warm up. Inclement weather location: Radford Recreation Center track.*
- 10:00am** **Golf, 18 Holes:** Draper Valley Golf Course. All rules of golf shall apply. *Additional cost: \$25.00* per person which includes green fee and golf cart. Tee times will be assigned.
Rain Date: May 6, 10:00am.

Thursday, April 29

- 9:30-11:00am** **Mini Golf:** Cox's Putt Putt. Each tournament will be one 18-hole round with shot-gun start, all players will start at different hole. *Additional cost: \$5.00 per person. Rain Date: May 3, 9:30am.*
- 9:30-11:00am** **Corn Hole:** Nellie's Cave Park. Cornhole or Corn Toss is similar to horseshoes except you use wooden boxes called cornhole platforms and corn bags instead of horseshoes and metal stakes. Contestants take turns pitching their corn bags at the cornhole platform until a contestant reaches the score of 21 points. A corn bag in the hole scores 3 points, while one on the platform scores 1 point. *Rain Date: May 3, 9:30am.*
- 11:15am-12:15pm** **Lunch:** Nellie's Cave Park. Pack a lunch and join us at the shelter. Drinks provided.
- 12:30-5:00pm** **Duplicate Bridge:** Wytheville Community Center. Tournament will be played with open pairs in two divisions- North-South and East-West with no gender divisions, **both partners must be registered.**
- 12:30pm** **Croquet:** Nellie's Cave Park. Single elimination tournament. *Rain Date: May 3, 12:30pm.*
- 12:30pm** **Bocce Ball:** Nellie's Cave Park. Single elimination tournament. *Rain Date: May 3, 12:30pm.*
- 2:30-5:00pm** **Horseshoes:** Nellie's Cave Park. Single elimination tournament in men's and women's divisions with age categories. *Rain Date: May 3, 2:30pm*

Friday, April 30

- 9:00am-1:00pm** **Badminton:** Wytheville Community Center. Singles, Doubles and Mixed Doubles. Single elimination play with consolation match. Each match will be decided on a best of 3 games played to 15 points. Must designate partners at time of registration. You may only play with one partner in each category—one partner in doubles and one partner in mixed doubles. You will be placed in the age bracket of the youngest partner.
- 10:00am-12:00pm** **Wii Bowling:** Wytheville Community Center. Winner based on highest score.
- 12:00-1:00pm** Lunch — \$5.00 *Must check box on registration form.*
- 2:00-5:00pm** **Table tennis:** Wytheville Community Center. Singles competition will be a single elimination tournament.

PLEASE NOTE: LATE ARRIVALS TO EVENTS WILL BE DISQUALIFIED.

Rain dates – MUST BE POURING!!!!

Mini Golf: Monday, May 3, 9:30am
Corn Hole: Monday, May 3, 9:30am
Croquet: Monday, May 3, 12:30pm
Bocce Ball: Monday, May 3, 12:30pm
Horseshoes: Monday, May 3, 2:30pm
Softball Hit & Throw and Frisbee: Tuesday, May 4, 9:00am
Shot Put and Discus: Tuesday, May 4, 11:00am
Frisbee Golf: Tuesday, May 4, 1:00pm
Golf: Thursday, May 6, 10:00am

REGISTRATION FORM, PLEASE PRINT. Return by April 2, 2010.

Name: _____

Address: _____

Phone # (home) _____ (other) _____

Date of Birth: _____ Age: _____ As of December 31, 2010: Must list age to participate.

Gender: M _____ F _____

PLEASE CHECK THE ACTIVITIES YOU WILL BE PARTICIPATING IN:

Registration Fee

One Event \$5.00

Two Events \$8.00

Three or More Events \$12.00

Walk & Run: ¼ mile walk 1 mile walk 50 yard sprint 1 mile run

Mini Golf.....Add \$5.00 Golf.....Add \$25.00

3-on-3 Basketball.....Add \$4.50 Bowling.....Add \$4.50

Badminton

Single

Doubles-Partner's Name/Age: _____

Mixed Doubles-Partner's Name/Age: _____

Pickleball

Single

Doubles-Partner's Name/Age: _____

Mixed Doubles-Partner's Name/Age: _____

Swimming: 50 yard sprint 50 yard breaststroke 100 yard free style 200 yard free style

Discus Billiards Riflery Bocce Ball Frisbee

Shot Put Table Tennis Horseshoes Croquet

Basketball Free Throws Shuffleboard Softball Hit & Throw

Duplicate Bridge (Partner) _____ Party Bridge

NEW EVENTS Frisbee Golf Corn Hole Wii Bowling 5K Walk Horse Basketball

CATERED LUNCH Monday, April 26 FREE FOR PARTICIPANTS—**MUST REGISTER**

GUEST CATERED LUNCH.....\$5.00 per person —Guest Name _____

CATERED LUNCH Friday, April 30.....\$5.00 per person

TOTAL FOR ALL EVENTS/LUNCH.....\$ _____

All participants will receive a T-shirt. Please indicate shirt size:

S _____ M _____ L _____ XL _____ XXL _____ XXXL _____

Make checks payable to: Wytheville Parks & Recreation

Mail To: Wytheville Parks & Recreation

Attn: Crystal Hylton

333 Community Blvd

Wytheville, VA 24382

Reminder to include all completed and signed forms along with payment:

Registration Form

Waiver Form

Transportation Form (if applies)

Waiver and Release of Liability

All registrants must sign this form.

The staff and volunteers of the New River Valley Senior Olympic-Games are committed to creating a healthy and safe environment for all participants, staff and spectators. We request that every participant consult his/her physician regarding preparation for your participation in the New River Valley Senior Olympic-Games.

Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____

Allergies _____

Medication(s) _____

Emergency Contact

Name _____

Relation _____ Telephone _____

In consideration of the acceptance of my application for registration in the New River Valley Senior Olympic-Games, I hereby waive and release for myself, my heirs, executors, and administrators any and all rights and claims for injuries, damages, and/or losses of life, which I may have against the New River Valley Senior Olympic-Games Steering Committee, its members, supporters, or sponsors arising out of any and all activities connected with the New River Valley Senior Olympic-Games. I acknowledge and understand the inherent risks involved with participating in the physical activities of the New River Valley Senior Olympic-Games. By signing this waiver and release, I affirmatively declare and warrant that:

***I am physically healthy and able to participate**

***I have no medical condition that may limit or impair my safe participation in the games.**

***I have received my physicians permission, if necessary, to participate.**

***I voluntarily assume all foreseeable risk associated with physical activity incident to the New River Valley Senior Olympic-Games.**

I understand that photographs or videos of me may be taken during the events that my likeness may appear in news coverage, publications, and/or other publicity regarding the New River Valley Senior Olympic-Games. No compensation will be made by the sponsors and I give my consent to these conditions.

Signature _____ Date _____

TRANSPORTATION

Transportation will be provided from some areas listed below. You must register if you want to use transportation provided. Please check mark the box that applies and mail with your registration form.

Monday, April 26

- From Blacksburg Community Center.
Depart 7:30 am and Return 5:30 pm.
- From Christiansburg Recreation Center. (max 20)
Depart 7:30 am. Return 5:30 pm.

Wednesday, April 28

- From Montgomery County Government Center
Depart 8:30 am. Return 4:00 pm.

Directions to 2010 Senior Olympic-Game Locations

Wytheville Parks and Recreation

Wytheville Community Center

From I-81 North (Bristol/Abingdon): Take Exit 72 to I-77 Exit 41

From I-81 South/I-77 North (Roanoke or Hillsville/Galax): Take Exit 72 to I-77 Exit 41

From I-77 South (Bluefield): Take Exit 41

Then, from all directions: Peppers Ferry Road to Community Boulevard, left turn in front of Comfort Suites

Al Jennings Field, Wytheville

Take directions to the Wytheville Community Center. Exit Parking lot going toward college. At stop sign, take right. Field at bottom on hill on left.

Radford Parks and Recreation: From Interstate 81

Take the Radford University Exit 109, drive on Tyler into the city limits. When you reach the third stop light make a left turn onto Hammett Avenue. Turn right on Noblin Street, travel three blocks. Make a left turn onto Second Avenue. You will see a yellow and blue sign that says Thomas R. Trigg Recreation Park where you will make a right turn onto George Street, follow that road to the top of the hill.

Nellie's Cave Park:

From North Main Street in Blacksburg, take right onto Country Club Drive, right onto Grissom Lane and follow to the end of the street.

Christiansburg Parks and Recreation:

Exit 114, toward Christiansburg/Floyd. From North turn left onto VA-8 NW Main street, (from South turn right), Turn left onto N Franklin Street/us 460 BR W. Make a U-Turn onto US-460 BR E/N Franklin Street. End at 1600 N Franklin Street, Christiansburg.

NRV Superbowl

From Interstate I-81 Exit onto 118 A-B-C toward US-11/Christiansburg/US 460 Blacksburg. Merge onto US 460 W Via Exit 118 B toward US-11/Christiansburg/Blacksburg. Take the Peppers Ferry RDVA—114 exit 4 B, toward Radford. Turn slight right onto VA-114 S/Peppers Ferry RD NW. Turn right onto Arbor Dr. ending at 375 Arbor Drive, Christiansburg,

Cox's Putting Range

Take the VA-100 N exit, EXIT 98, toward DUBLIN/PEARISBURG. Turn LEFT onto VA-100 N/CLEBURNE BLVD. Merge onto US-11 N toward RADFORD. Turn LEFT onto VA-114 E/PEPPERS FERRY BLVD. Continue to follow VA-114 E. Turn LEFT onto PRICES FORK RD. 3500 PRICES FORK RD is on the LEFT. From 460—Take the PRICES FORK RD. Turn RIGHT onto PRICES FORK RD/VA-412 W. Continue to follow PRICES FORK RD. 3500 PRICES FORK RD is on the RIGHT.

Draper Valley Golf Course

Merge onto US-11 N/LEE HWY via EXIT 89B toward PULASKI. Turn LEFT. Turn LEFT onto HONAKER RD. Turn RIGHT onto BIG VALLEY DR. 2800 BIG VALLEY DR is on the RIGHT.

Radford High School

Take the VA-100 N exit, EXIT 98, toward DUBLIN/PEARISBURG. Turn LEFT onto VA-100 N/CLEBURNE BLVD. Merge onto US-11 N toward RADFORD. Turn LEFT onto US-11/E MAIN ST. Turn RIGHT onto DALTON DR. 50 DALTON DR is on the LEFT.

Randolph Park

Coming from Interstate 81, take Exit 98 North on Route 100 towards Dublin. At the first stop light, (surrounded by various fast food restaurants), make a left onto Alexander Road. Randolph park is approximately one mile on the right. Traveling on Route 100 South