

# SENIOR GAMES

## General Information

A non-refundable registration fee of \$6.00 will be charged to all participants registering for the Senior Games. Registration is requested by September 1st for Biking, Bowling, Golf, Swimming, Shuffleboard, 5K and Horseshoes. Registration is encouraged in advance for other events, but can be done on-site the day of the event.

### Registration Fee

Entitles Senior Games participants to:

- Participation in all Senior Games (some events have special fees)
- Awards to top three participants in each age category for each event
- T-Shirt to first 100 **pre-registered** participants

### Special Fees

Additional fee required for Golf paid at Elmbrook Golf Course. Additional fee of \$6/person for bowlers not enrolled in at least one other Games event. \$2 each for Miniature Golf at Wilderness Crossings to be paid on-site.

### Sign-In

All Senior Games participants should arrive 30 minutes prior to start time of their event. Upon registering participants will receive a numbered name tag, and itinerary for the day.

To download Game application, rules and final results go to [www.tcseniorcenter.com](http://www.tcseniorcenter.com)

### Awards

- Prizes awarded by age categories and will be available for pick up September 11th at the Senior Center.
- Biking, Bowling, Shuffleboard, Walk, 5K, Swimming, Wii Bowling, Miniature Golf and Horseshoe awards will be given out on-site.
- Participants are responsible to make arrangements with the Traverse City Senior Center to pick up awards.

### Triathlon

Back by popular demand! Combined times from 17.5 Mile Bike Race, 5K Run and 500 yd. swim will determine winners in the Senior Games Triathlon. Competitors must indicate their interest on registration form. Awards given in 10 year age increments for male and female. An overall winner in both male and female will also be awarded. Awards will be announced and distributed at the Omelette Shoppe social immediately following the Bike Race. All triathletes should plan to attend.

### Safety

In the interest of safety, emergency response personnel will be on call for the Senior Games. In the event that you may require medical attention, report to Senior Games personnel, Senior Center staff or one of the registration tables.

### Waiver of Liability

All participants must sign a Waiver of Liability form. The form will be at the registration tables. Refusal to sign the waiver will result in participants ineligibility for Senior Games.

### Wednesday, September 15th:

All participants should report 30 minutes prior to their event at designated location.

### Thursday, September 16th:

- **CYCLISTS** report to Bowers Harbor Park on Old Mission Peninsula by 8:30 a.m.
- **BOWLERS** report to Timber Lanes for lane assignments
- **GOLFERS** report to Elmbrook Pro Shop at pre-arranged tee time
- **SHUFFLEBOARDERS/Wii BOWLERS** report to Traverse City Senior Center at 9:00 a.m.
- **MINI-GOLFERS** report to Wilderness Crossings

### TRAVERSE CITY SENIOR CENTER

801 East Front Street  
Traverse City, MI 49686

Pre-Sorted Std.  
U.S. Postage  
PAID  
Traverse City, MI  
Permit No. 334



Traverse City, Michigan

## SEPTEMBER 15 & 16, 2010

### Fun Activities For Those 50+

- Bike Race
- 5K
- Swimming
- Golf
- Bowling
- Horseshoes
- Shuffleboard
- Field Events
- Wii Bowling
- Miniature Golf



**Brought to you by:**  
**Priority Health**  
**Traverse City Senior Center**  
**YMCA**

### Sponsors:

Priority Health  
Cherry Capital Cycling Club  
& Traverse City Track Club

### Partners:

Traverse City Senior Center  
YMCA  
Tendercare/Birchwood of Traverse City  
GT County Parks & Recreation  
Elmbrook Golf Course  
Timberlanes  
Wilderness Crossings

### Come to the Beach Bums Game for Senior Games Night

Friday, August 13th

Game Time: 7:05 p.m.

Gates Open 5:05 p.m.

Call Beach Bums for your tickets: 943-0100.

Wear a Senior Games T-shirt - Stop by our table & get your 2009 Games Fee waived!

To download Game application, rules and final results go to [www.tcseniorcenter.com](http://www.tcseniorcenter.com)

# SENIOR GAMES

## Registration Form

(This form may be photocopied)

Complete Registration Form and return the entire page to  
 Traverse City Senior Center,  
 801 E. Front St., Traverse City, MI 49686  
 One form for each participant, please.  
 No couples or partners on one form.

### Wednesday, September 15th

- 9:00 a.m. . . . . \*Wii Bowling
- 9:30 a.m. . . . . 1 Mile Walk
- 10:00 a.m. . . . . \*5K Run
- 10:00 a.m. . . . . \*Pickle Ball
- 12:00 a.m.-2:00 p.m. . . . Basketball Shoot Around
- 12:00 a.m.-2:00 p.m. . . . Football Throw
- 12:00 a.m.-2:00 p.m. . . . Frisbee
- 12:00 a.m.-2:00 p.m. . . . Softball Toss
- 12:00 a.m.-2:00 p.m. . . . Softball Throw
- 2:00 p.m. . . . . \*Swimming
  - 50 yd. Freestyle
  - 25 yd. Backstroke
  - 500 yd. Backstroke
  - 25 yd. Breaststroke

### Thursday, September 16th

- 8:00 a.m. . . . . Golf  
(Call 946-9180 for your tee time)
- 9:30 a.m. . . . . Putting/Chipping  
Elmbrook Golf Course
- 9:00 a.m. . . . . \*17.5 Mile Bike Race
- 9:30 a.m. . . . . \*Shuffleboard
- 10:00 a.m. . . . . \*Bowling  
(No extra charges if enrolled in at least one other event)
- 1:00 p.m. . . . . \*Horseshoes
- 2:00 p.m. . . . . Miniature Golf

#### TRIATHLON PARTICIPANT

Awards given in 10 year age increments for male and female. An overall winner in both male and female will also be awarded. Awards given at the Omelette Shoppe social following the Bike Race. All triathletes should plan to attend.

\* require advance registration by September 7th

For more information contact the Traverse City Senior Center at 231-922-4911 or lwells@tcseniorcenter.com

Name \_\_\_\_\_  
 County of Residence \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email \_\_\_\_\_  
 Male  Female   
 Birthdate (mm/dd/year) \_\_\_\_\_  
 Age on 9/9/10 \_\_\_\_\_  
 How did you find out about the Senior Games?  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Enclosed is a check made payable to  
**Traverse City Senior Center**  
 for the following:

REGISTRATION FEE: \$6.00 \$ \_\_\_\_\_

T-SHIRT SIZE: \_\_\_\_\_  
 FIRST 100 **PRE-REGISTERED**

BOWLER AVERAGE: \_\_\_\_\_

#### SPECIAL FEES:

Golf \$10/walk \$15/cart payable at the Event Location. Bowling \$6.00 if not registered in at least one other Games Event. Mini-Golf \$2.

TAX DEDUCTIBLE CONTRIBUTION (Thank You!): \$ \_\_\_\_\_

**TOTAL:** \$ \_\_\_\_\_

To download Game application, rules and final results go to [www.tcseniorcenter.com](http://www.tcseniorcenter.com)

# SENIOR GAMES

## Schedule of Events

Use this handy list reference during the Games, checking off **NOW** the events in which you wish to participate.

### Wednesday, September 15th, 2010

\*Advance registration due by Tuesday, September 7th to the Traverse City Senior Center.

- \*9:00 a.m.** **Wii Bowling** . . . . .   
(Traverse City Senior Center)
- 9:30 a.m.** **1 Mile Walk** . . . . .   
(Grand Traverse County Civic Center)
- \*10:00 a.m.** **5K Run** . . . . .   
(Grand Traverse County Civic Center)
- \*10:00 a.m.** **Pickle Ball** . . . . .   
(YMCA Racquet Club Dr. 933-9622)
- 12:00-2:00 p.m.** **Field Events:**  
(YMCA Racquet Club Dr.)
  - Basketball Shoot Around.** . . . . .
  - Football Throw** . . . . .
  - Frisbee.** . . . . .
  - Softball Toss.** . . . . .
  - Softball Throw** . . . . .
  - Swimming**  
(Grand Traverse County Civic Center)
    - 50 yard Freestyle.** . . . . .
    - 25 yard Backstroke** . . . . .
    - 500 yard freestyle** . . . . .
    - 25 yard Breaststroke** . . . . .
- \*2:00 p.m.**

### Thursday, September 16th, 2010

- \*8:00 a.m.** **Golf** . . . . .   
(Elmbrook Golf Course Call 946-9180 for Tee Time)
- 9:30 a.m.** **Putting/Chipping** . . . . .   
(Elmbrook Golf Course)
- \*9:00 a.m.** **17.5 Mile Bike Race** . . . . .   
(Bowers Harbor Park on Old Mission Peninsula by 8:30 a.m. A racers social will be held at the Omelette Shoppe after the race. Triathlon awards will be given at the Social)
- \*9:30 a.m.** **Shuffleboard** . . . . .   
(Traverse City Senior Center)
- \*10:00 a.m.** **Bowling** . . . . .   
(Timber Lanes, Garfield Avenue, Traverse City)
- \*1:00 p.m.** **Horseshoes** . . . . .   
(Traverse City Senior Center)
- 2:00 p.m.** **Miniature Golf** . . . . .   
(Wilderness Crossings)