

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 9th 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.

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

Wednesday, September 14th:

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

Thursday, September 15th:

- **CYCLISTS** report to Bowers Harbor Park on Old Mission Peninsula by 8:30 a.m.
- **BOWLERS** report to Lucky Jack's 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.

Awards

- Prizes awarded by age categories and will be available for pick up September 19th at the Senior Center.
- Biking, Bowling, Shuffleboard, Walk, 5K, Swimming, Wii Bowling 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.
- Participants wanting to have awards mailed to them need to include an additional \$5 with registration fee.

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.

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 14 & 15, 2011

Fun Activities For Those 50+

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



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

Come to the
Beach Bums Game
for Senior Games Night
Friday, August 26th
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 2011 Games Fee waived!

Partners:

Traverse City Senior Center
YMCA
Tendercare/Birchwood of Traverse City
GT County Parks & Recreation
Elmbrook Golf Course
Traverse City Track Club
Tendercare/Birchwood Nursing Center
Lucky Jack's

To download Game application, rules and final results go to 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 14th

- 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
- 1:00 p.m.-2:00 p.m. . . . Basketball Shoot Around
- 1:00 p.m.-2:00 p.m. . . . Football Throw
- 1:00 p.m.-2:00 p.m. . . . Frisbee
- 1:00 p.m.-2:00 p.m. . . . Softball Toss
- 1:00 p.m.-2:00 p.m. . . . Softball Throw
- 1:00 p.m. *Swimming
 - 50 yd. Freestyle
 - 25 yd. Backstroke
 - 500 yd. Freestyle
 - 25 yd. Breaststroke

Thursday, September 15th

- 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

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 9th

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 9/14/11 _____
 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 \$ _____
 Participants who registered for the 2010 17.5 Mile Bike race
 need not pay fee for 2011 as event was cancelled in 2010.
 Any fee submitted will be considered a donation. Thank you.

T-SHIRT SIZE: _____
 FIRST 100 **PRE-REGISTERED**

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.

TAX DEDUCTIBLE CONTRIBUTION (Thank You!): \$ _____
 Optional Award Mailing Fee: \$5.00
 (for those who want their award mailed to them)
TOTAL: \$ _____

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 14th, 2011

*Advance registration due by Tuesday, September 9th 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**
(Traverse City Senior Center 922-4911)
- 1:00-2:00 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
- *1:00 p.m.**

Thursday, September 15th, 2011

- *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**
(Lucky Jack's, Garfield Avenue, Traverse City)
- *1:00 p.m.** **Horseshoes**
(Traverse City Senior Center)