

*April 21 - April 28
2017*

NEW RIVER
VALLEY
*Senior
Games*

Ages 50 years & older

**Registration Deadline:
April 6, 2017**

Blacksburg Parks & Recreation
Senior Center
725 Patrick Henry Drive
Blacksburg, VA 24060



The New River Valley 2017 Senior Games has been organized by the Blacksburg Parks & Recreation Department with Participants from Blacksburg, Christiansburg, Floyd, Giles, Pulaski, Montgomery County, Radford and Wytheville. Games are open to citizens 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 interests, and meet other senior individuals. The emphasis is not so much on competition as it is on the fellowship and socialization characteristics of the Senior Games. We ask that you join us in putting safety first, and have fun!

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. **Additional fees will be added to select events as noted.**
- We strongly recommend that each participant consult his or her physician about participating in any physical activity program.
- All registered participants are invited to the Opening Day Luncheon April 21st at 12 noon. Guests may attend for an additional fee. All 1st, 2nd, and 3rd place winners will receive a ribbon.
- Late registrations (after April 6th) will be accepted only if there is space available.

COMPETITION LEVELS:

Age category is determined by participant's age on December 31, 2017. You must be at least 50 years old to participate. The standard competition level by age categories, for both women and men, will be:

50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94 95+

TIME OF EVENTS:

All events will start promptly at the scheduled times. We ask that you arrive at least 15 minutes prior to the start. **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:

- Blacksburg Parks & Rec, Joy Herbert, 961-1134, jherbert@blacksburg.gov,
- Montgomery County Parks & Rec, Kemvia Adams-Bush, 382-6975, adamsbushj@montgomerycountyva.gov
- Christiansburg Parks & Rec, Tammy Caldwell or Pam Peyton, 382-2349, tcaldwell@christiansburg.org, ppeyton@christiansburg.org
- Floyd Recreation Authority, Dustin Hollandsworth, 540-745-9363, fcparks@swva.net
- Radford Parks & Rec, Audrey Caldwell or Jackie Stephens, 540-731-5517,
- Audrey.Caldwell@radfordva.gov or Jacqueline.Stephens@radfordva.gov.
- Wytheville Parks & Rec, Crystal Hylton, 276-223-3517, crystalh@wytheville.org or Joshua Neal, 276-223-3518, joshuan@wytheville.org

Nellie's Cave Park

1900 Grissom Lane, Blacksburg, VA 24060

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

Radford Parks and Recreation

200 George Street, Radford, VA 24141

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.

Radford Parks and Recreation

200 George Street, Radford, VA 24141

From Radford Memorial Bridge

Turn right onto Main Street. Turn left onto Walker Street, travel 5 blocks and turn left onto 6th Street. Turn right at the yield sign onto Park Road. At the bottom of the hill the road forks, take the left fork across the creek and come up the hill until you see a yellow and blue sign that says Thomas R. Trigg Recreation Park, take a left turn onto George Street and follow that road to the top of the hill.

Wytheville Parks and Recreation

Wytheville Community Center

333 Community Blvd., Wytheville, VA 24382

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

From Interstate I-81 Southbound from Christiansburg take Exit 73

> Stay straight off exit onto Main Street

> Proceed on Main through two traffic lights, last one is #8 (signals are numbered)

> Turn right into the Wytheville Community College Entrance across from Hardees

> Around the **circle** and turn right in to the parking lot (middle entrance in to the building)

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

Christiansburg Recreation Center to Harkrader Sports Complex:

Start out going south on N Franklin St/US-460 BR E toward Akers Farm Rd.

Turn right onto Depot Street West.

Turn slight right onto College Street.

Turn slight right onto Buffalo Drive.

1209 Buffalo Drive (Harkrader Sports Complex) is on the right.

Directions to 2017 Senior Olympic Game Locations

Blacksburg Community Center

725 Patrick Henry Drive, Blacksburg, VA 24060

From North Main Street, right onto Patrick Henry Drive, Blacksburg Community Center will be on the right approximately 1/4 mile end at 725 Patrick Henry Drive, Blacksburg. The Aquatic Center (625 Patrick Henry Drive, Blacksburg) is beside the Community Center.

Christiansburg Parks & Recreation

1600 N Franklin Street, Christiansburg, VA 24073

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-460BR W. Make a U-Turn onto US-460 BR E/N Franklin Street. End at 1600 N Franklin Street, Christiansburg.

Cox's Putting Range

3500 Prices Fork Road, Blacksburg, VA 24060

Blacksburg, take Route 460 West toward Blacksburg, exit onto Prices Fork Road/VA-412W. Continue to 3500 Prices Fork Road, Cox's on the right.

NRV Superbowl

375 Arbor Drive, Christiansburg, VA 24073

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

Draper Valley Golf Course

2800 Big Valley Drive, Draper, VA 24324

Directions: From Interstate I-81 Southbound from Christiansburg take Exit 89 B

>Turn right off ramp onto US-11 N

>Take the first left by church onto Honaker Rd. (go 2.5 miles)

>Take right onto Big Valley Drive (club house entrance will be on your right)

Directions: From Interstate I-81 Northbound from Wytheville take Exit 86

>Turn left off the ramp and go over the bridge

>Take right onto E Lee Hwy and Honaker Rd. (go 4.7 miles)

>Take a left onto to Big Valley Rd in Draper (club house entrance on your right)

Schedule, Location and Rules of Events

(Please keep this for future reference)

Friday, April 21

All Friday events are held at the Blacksburg Community Center

BASKETBALL FREE THROWS

9 a.m. Competition will be separate for men and women with age categories. Each participant will shoot 4 rounds of 5 free throws each, equaling a total of 20 free throw attempts.

RIFLERY

9 a.m. Competition will be separate for men and women with age categories. Each participant will fire 5 BB shots in 5 minutes at a target at 5 meters.

HORSE BASKETBALL

9 a.m. Participants 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. Competition will be separate for men and women with age categories.

OPENING DAY LUNCHEON

12 noon. Free for all participants

Additional \$5 fee for non-registrants/guests.

FRISBEE

1 p.m. Competition will be separate for men and women with age categories. Each participant will be given three competitive throws.

CORN HOLE

1 p.m. Corn Hole Toss is similar to horeshoes except you use wooden boxes called corn hole platforms and corn bags instead of horseshoes and metal stakes. Contestants take turns pitching their corn bags at the corn hole platform until a contestant reaches the score of 21 points. Single elimination tournament in men's and women's divisions with age categories.

Sunday, April 23

Christiansburg Recreation Center

3 ON 3 BASKETBALL

2 p.m. Competition will be a double-elimination tournament for teams of combined men and women in all age categories. All 3 players must register. **Additional fee \$6.00**

Monday, April 24

DISCUS & SHOT PUT—

9 a.m. Harkrader Sports Complex.

Two separate events. Competition will be separate for men and women with age categories. Each participant will be given 3 competitive throws.

SOFTBALL, HIT & THROW—

9 a.m. Harkrader Sports Complex.

Competition will be separate for men and women with age categories. Softball Hit—each competitor will have 1 practice hit and 3 competitive hits. Softball Throw—each competitor will have 1 practice throw and 3 competitive throws. The combined score in the hitting and throwing events will determine the winners.

CANASTA

1 p.m. Radford Parks and Recreation Center. Tournament will be played with no gender divisions and with four decks of cards. Three games will be played, winner based on highest score.

Tuesday, April 25

SHUFFLE BOARD

9 a.m. Radford Parks and Recreation Center. Single matches will consist of 12 frames. The winner will be the player who scores the highest number after the specified number of frames.

WALK & RUN

1 p.m. Radford High School track. Competition will be in men and women divisions with age categories. Events will be 1/4-mile and 1 mile walk. A 50-yard sprint and 1/2-mile run. Event starts promptly at 1pm so come early to warm up.
Inclement weather location: Radford Recreation Center track.

BOWLING

1:30 p.m. NRV Superbowl. Competition will be single in men's and women's divisions-with age categories, consisting of three games. Scratch tournament, with highest score determining winners.

Additional cost is \$4.50 (bowling shoes are free.)

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 physician's permission, if necessary, to participate.
- ◆ I voluntarily assume all foreseeable risk associated with physical activity incidents 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 _____



Badminton

- Singles
- Doubles-Partner's Name/Age: _____
- Mixed Doubles-Partner's Name/Age: _____

- Spongeball Indoor Tennis**

LUNCHEON :

Sponsored by the Blacksburg Parks & Rec Dept.

- Catered Lunch Friday April 21
FREE FOR PARTICIPANTS— MUST REGISTER
- Guest catered Lunch \$5.00 per guest—
Guest Name _____

Total For All Events/Lunch.....\$ _____

Make checks payable to: Town of Blacksburg

Mail To: Blacksburg Parks & Recreation
Attn: Joy Herbert
725 Patrick Henry Drive
Blacksburg, VA 24060

Wednesday, April 26

MINI-GOLF

9 a.m. Cox’s Putt-A-Round. Competition will consist of Tournaments separate for men’s and women’s divisions with age categories. Each tournaments will be one 18-hole round. With a shot-gun start, all players start at different holes.

Additional fee \$5 per person.

GOLF - Captain’s Choice Tournament

1 p.m. Draper Valley Golf Course. Teams will play in the youngest player’s age group of the foursome. Practice balls are provided. (Allow 1 hour prior to start time for practice at driving range). The restaurant will offer a lunch special! Prizes will be given to the teams for the longest drive and closest to the pin.

Additional \$26.00 cost per person which includes green fees, golf cart and practice balls.

Rain Date: Tuesday, May 2, 1 p.m.

Thursday, April 27

All events are held at Nellie’s Cave Park

HORSESHOES

9 a.m. Single elimination tournament in men’s and women’s divisions with age categories.

BOCCE BALL

9 a.m. Single elimination tournament. Participants will have 30 seconds to release their ball. Games will have a 12 point or 15 minute time limit. Men’s and women’s divisions with age categories.

CROQUET

1 p.m. Single elimination tournament in men’s and women’s divisions with age divisions.



Friday, April 28

All events are held at Wytheville Parks and Recreation Center

5K WALK

8 a.m. Indoor Walking Track. 3.1 miles.

BADMINTON

9 a.m. 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. Men's and women's divisions and age categories.

SPONGEBALL INDOOR TENNIS

1 p.m. If you like regular tennis, you will enjoy this scaled down version of the game. It incorporates a smaller court with sponge balls that slow the game down. Bring your own tennis racquets.

Wii BOWLING

1 p.m. Competition will be in the men's and women's divisions with age categories. Winner based on highest score.

**REGISTRATION FORM
NEW RIVER VALLEY SENIOR OLYMPIC GAMES
April 21—April 28, 2017— For ages 50 & up
Registration ends April 6, 2017**

NAME: _____
Last First Middle

STREET ADDRESS: _____

CITY _____ STATE _____ ZIP _____

PHONE #s: (home) _____ (other) _____

DATE OF BIRTH: _____ AGE (as of Dec. 31): _____

GENDER: M _____ F _____

Please ✓ the activities you will be participating in:

Registration Fee: One Event..... \$4.00
 Two Events.....\$8.00
 Three or More Events.....\$12.00

Walk —1/4 mile walk —1 mile walk
 Run —50 yard sprint —1/2 mile run
 5K Walk
 Discus
 Shot Put

Basketball Free Throws
 3-on-3 BasketballAdd \$6.00
 Horse Basketball

Softball Hit & Throw
 Riflery
 Canasta
 Frisbee

Mini-Golf.....Add \$5.00
 Golf.....Add \$26.00

Croquet
 Horseshoes
 Bocce Ball
 Corn Hole
 BowlingAdd \$4.50
 Wii Bowling
 Shuffle Board

