

**"You don't stop playing because you grow old,  
You grow old because you stop playing."**

*George Bernard Shaw*



**New River Valley**

# Senior Games

Billiards | 3-on-3 Basketball | Party Bridge | Basketball Free Throws  
Riflery | Softball Hit & Throw | Shot Put | Frisbee | Shuffleboard  
Swimming | Bowling | Walk & Run | Golf, Captain's Choice  
Mini Golf | Duplicate Bridge | Croquet | Bocce Ball | Horseshoes  
Badminton | Horse Basketball | 5K Walk | Corn Hole | Wii Bowling  
Canasta | **NEW EVENT** - Spongeball Indoor Tennis

Montgomery County Parks & Rec

**GO PLAY**

[montgomerycountyva.gov/parks](http://montgomerycountyva.gov/parks)

(540) 382-6975

ages 50 years and older

**April 30 - May 5, 2016**

registration deadline is March 21

no late registrations will be accepted



The New River Valley (NRV) Senior Games are being organized by Montgomery County Parks & Recreation. With participants from Blacksburg, Christiansburg, Floyd, Giles, Pulaski, 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 and 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 Games.

The NRV Senior Games prepare people 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, 6038 Cold Harbor Road, Mechanicsville, VA, 23111, ((804) 730-9447), or Virginia Amateur Sports, Inc., 711-C 5th Street, NE, Roanoke, VA 24016, ((540) 343-0987) The Virginia Senior Games will be held May 18-21, 2016 in Newport News, Virginia. This is a qualifying year for the 2017 National Senior Games.

#### **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 by the registration deadline. A registration fee of \$8.00 will be charged for participation in one event, \$11.00 for participation in 2 events and \$15.00 for participation in 3 or more events additional fees will be added to select events as noted.
- Senior 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 or a hat (see registration form) and a participant packet which will be available beginning April 30 at event site.
- **NO LATE REGISTRATIONS WILL BE ACCEPTED.**
- There must be a minimum of 6 participants for each event to be held
- There will be no rain dates for events except Golf, Captain's Choice Tournament. There will be no refunds - except for additional fees paid - if the activity is cancelled due to rain.

**Competition level:** Age category is determined by participant's age on Dec. 31, 2016. 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+

**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:**

##### **Montgomery County Parks & Recreation:**

Kemvia Adams-Bush, (540) 382-6975, adamsbushkj@montgomerycountyva.gov

Leigh Anne Stover, (540) 382-6975, stoverla@montgomerycountyva.gov

##### **Blacksburg Parks & Recreation:**

Joy Herbert, (540) 961-1134, jherbert@blacksburg.gov

##### **Christiansburg Parks & Recreation:**

Tammy Caldwell: (540) 382-2349 tcaldwell@christiansburg.org

Pam Peyton: (540) 382-2349 ppeyton@christiansburg.org

##### **Aquatic Center, Christiansburg:**

Bill Beecher: (540) 381-7665 wbeecher@christiansburg.org

##### **Floyd Recreation Authority:**

Dustin Hollandsworth, (540) 745-9363, fcparks@swva.net

##### **Radford Parks & Recreation:**

Audrey Caldwell, (540) 731-5517, audrey.caldwell@radfordva.gov

Jackie Stephens, (540) 731-5517, jacqueline.stephens@radfordva.gov

##### **Wytheville Parks & Recreation:**

Crystal Hylton, (276) 223-3517, crystalh@wytheville.org

Rick Showalter, (276) 223-3515, ricks@wytheville.org

Joshua Neal, (276) 223-3518, joshuan@wytheville.org

## Date, Time, Place, Description and Cost of Event

### *Saturday, April 30*

- 8 a.m.-12 p.m.**      **Check In:** All Saturday events will be held at Auburn Elementary School. Pick up packets, T-shirts, etc.
- 9 a.m.**              **Party Bridge:** Tournament will be played with no gender divisions, **both partners must be registered.**
- 9 a.m.**              **Basketball Free Throws:** Competition will be separate for men and women with age categories. Each participant shall shoot 4 rounds of 5 free throws each equaling a total of 20 free throw attempts
- 9 a.m.**              **Horse Basketball:** 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.
- 10:30 a.m.**        **Frisbee:** Competition will be separate for men and women with age categories. Each participant will be given three competitive throws.
- 10:30 a.m.**        **Rockwall:** An opportunity for you to challenge yourself on the rockwall. Staff will be available to assist you with the challenge.
- 12 p.m.**            **Opening Ceremonies: Coach Jeff Beeler** - guest speaker
- 12:30 p.m.**        **CATERED LUNCH** This lunch is free for game participants. *Must check box on registration form if you plan to have lunch.* Cost of lunch **for guest:** \$10 per person
- 2 p.m.**              **Softball Hit & Throw:** 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 hitting and throwing events will determine the winners.
- 2 p.m.**              **Shot Put & Discus:** Each competitor will be given three competitive throws.

### *Sunday, May 1*

- 1:30 p.m.**        **Billiards Men and Women:** Christiansburg Recreation Center. Competition will be a double elimination tournament in eight-ball.
- 2 p.m.**              **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. *Additional cost: \$7*

## *Monday, May 2*

- 8 a.m.**        **5K Walk:** Wytheville Community Center. Indoor Walking Track. 3.1 miles.
- 9 a.m.**        **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. Men's and women's divisions and age categories.
- 12 p.m.**       **Lunch at Wytheville Community Center — \$8, must check box on registration form.**
- 1 p.m.**        **Wii Bowling:** Wytheville Community Center. Competition will be in the men's and women's divisions with age categories. Winner based on highest score.
- 1 p.m.**        **Spongeball Indoor Tennis:** Wytheville Community Center. If you like regular tennis, you will enjoy this scaled down version of the game. Spongeball Tennis incorporates a smaller court with sponge balls that slow the game down. Come try this new event offered this year by the Wytheville Parks and Recreation department. **Bring your own tennis racquets.**

## *Tuesday, May 3*

- 9 a.m.**        **Shuffleboard Men and Women:** Radford Parks and Recreation. Single matches will consist of 12 frames. The winner will be the player who scores the highest number after the specified number of frames.
- 9 a.m.**        **Riflery:** Radford Parks and Recreation. Competition is firing 5 BB shots in 5 minutes at a target at 5 meters.
- 12:30 p.m.**   **Swimming:** Christiansburg Aquatic Center. Competition will be separate for men and women with age categories. Events are 50 yd breaststroke, 50 yd freestyle, 100 yd freestyle, 200 yd freestyle, 50 yd back stroke. Events start Promptly at 12:30 p.m., so come early to warm up.
- 1 p.m.**        **Walk and Run:** Radford High School track. Competition will be in men's and women's divisions with age categories. 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 1 p.m., so come early to warm up. Inclement weather location: Radford Recreation Center track.*

## *Wednesday, May 4*

- 9:30 a.m.**    **Bowling:** NRV Superbowl. Competition will be singles in men's and women's divisions-with age categories, consisting of three games. Scratch tournament, with highest score determining winners. *Additional cost : \$5, bowling shoes are free.*
- 1 p.m.**        **Golf, Captain's Choice Tournament:** Wytheville Golf Course. All rules of golf shall apply. Teams will play in the youngest player's age group of the foursome. If you are a single, please register and you will be placed on a team if a spot is available. Practice balls are available \$3 - pay at golf course. (Allow 1 hour prior to start time for practice at driving range) Restaurant will offer a 10 percent discount off lunch or dinner, excluding alcohol. Closest to the pin, longest drive—Prizes will be awarded on selected holes. *Additional cost: \$30 per person, includes green*

- 1 p.m.**                    **Mini Golf:** Cox's Putt Putt. Competition will consist of tournaments separate for men's and women's divisions with age categories. Each tournament will be one 18-hole round with shotgun start. Players will start at different holes. *Additional cost: \$5 per person.*
- 1 p.m.**                    **Canasta:** Radford Parks and Recreation Department. Tournament will be played with no gender division and with four decks of cards. Three games will be played, winner based on highest score.

***Thursday, May 5***

- 9:30 a.m.**                **Bocce Ball:** Nellie's Cave Park. Single elimination tournament. Participants will have 30 seconds to release their ball. Games will have a 12 point or 15 minute time limit.
- 9:30 a.m.**                **Horseshoes:** Nellie's Cave Park. Single elimination tournament in men's and women's divisions with age categories.
- 11:30 a.m.**                **Lunch:** Nellie's Cave Park. Pack a lunch and join us at the shelter. Drinks provided.
- 12:30 p.m.**                **Croquet:** Nellie's Cave Park. Single elimination tournament in men's and women's age divisions.
- 12:30 p.m.**                **Corn Hole:** Nellie's Cave Park. Contestants take turns pitching their corn bags at the corn hole 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.
- 12:30 p.m.**                **Duplicate Bridge:** Blacksburg 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.

**PLEASE NOTE: LATE ARRIVALS TO EVENTS WILL BE DISQUALIFIED.**

**Rain dates: Must be pouring or if poor conditions prohibit play.  
Golf: Wednesday, May 11, 1 p.m.**



# Senior Games



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sponsored by Montgomery County Parks and Recreation  
(540) 382-6975 | [mcpr@montgomerycountyva.gov](mailto:mcpr@montgomerycountyva.gov)

**REGISTRATION FORM, PLEASE PRINT**

**Return by March 21, 2016**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone # (home) \_\_\_\_\_ (other) \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ As of December 31, 2016 (must list age to participate)

Gender: M \_\_\_\_\_ F \_\_\_\_\_

\*\*\*There must be a minimum of 6 participants for each event\*\*\*

**PLEASE CHECK THE ACTIVITIES YOU WILL BE PARTICIPATING IN:**

Registration Fees

- One Event \$8
- Two Events \$11
- Three or More Events \$15

Walk & Run:  1/4 mile walk  1 mile walk  50 yard sprint  1/2 mile run

Mini Golf...Add \$5  3-on-3 Basketball...Add \$7  Bowling...Add \$5

Golf, Captain's Choice .....Add \$30.....Name/Age of other 3 Team Participants:

Badminton Single

Badminton Doubles-Partner's Name/Age: \_\_\_\_\_

Badminton Mixed Doubles-Partner's Name/Age: \_\_\_\_\_

Swimming:  50 yd freestyle  50 yd backstroke  50 yd breaststroke  100 yd free style  200 yd free style

Discus  Billiards  Riflery  Bocce Ball  Frisbee

Shot Put  Table Tennis  Horseshoes  Croquet  Frisbee Golf

Basketball Free Throws  Shuffleboard  Softball Hit & Throw  Spongeball Tennis

Corn Hole  Wii Bowling  5K Walk  Horse Basketball  Canasta

Duplicate Bridge (Partner) \_\_\_\_\_  Party Bridge (Partner) \_\_\_\_\_

CATERED LUNCH - Saturday, April 30 - FREE FOR PARTICIPANTS—MUST REGISTER

GUEST CATERED LUNCH.....\$10 per person —Guest Name \_\_\_\_\_

LUNCH - Monday, May 2 - \$8 per person

All participants will receive a T-shirt **OR** a hat (additional \$5 for hat). Please indicate which one you would prefer:

Shirt — Size: \_\_\_\_\_  Hat—additional \$5

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_ XXXL \_\_\_\_\_

If you would like both a shirt and a hat it will be an additional \$10.

**TOTAL FOR ALL EVENTS/LUNCH.....\$ \_\_\_\_\_**

Make checks payable to: **MCPR**

Mail To: **Montgomery County Parks & Recreation**  
**755 Roanoke Street, Suite 1E**  
**Christiansburg, VA 24073**

**Waiver and Release of Liability**  
**All registrants must sign this form.**

The staff and volunteers of the New River Valley Senior 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 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 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 Games Steering Committee, its members, supporters, or sponsors arising out of any and all activities connected with the New River Valley Senior Games. I acknowledge and understand the inherent risks involved with participating in the physical activities of the New River Valley Senior 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 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 Games.

No compensation will be made by the sponsors and I give my consent to these conditions.

Signature \_\_\_\_\_ Date \_\_\_\_\_

## **Direction to 2016 Senior Game Locations**

### **Auburn Elementary School 1760 Auburn School Dr., Riner, VA 24149**

Off I-81, take exit 114 and turn toward Riner/Floyd. Drive approximately 5 miles and the Elementary School will be on your right, behind the Riner Volunteer Fire Department and Auburn High School (take Auburn School Dr. all the way back).

### **Wytheville Parks and Recreation-Wytheville Community Center 333 Community Blvd, Wytheville, VA 24382**

From Interstate 81, take exit 73 onto US-11 S.E Main Street, After the second red light continue until you see the Wytheville Community College sign and turn right, follow drive to top of hill and Community Center is on the left (located beside Wytheville Community College).

### **Radford Parks and Recreation Department 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 is a round-a-bout, yield and keep bearing to the right until you see Second Avenue. Continue on Second Avenue 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.

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 1900 Grissom Ln, Blacksburg, VA 24060**

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

### **Cox's Putting Range 3500 Prices Fork Road, Blacksburg, VA 24060**

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-114E. Turn Left onto Prices Fork Rd. 3500 Prices Fork Rd. is on the Left. From 460, take Prices Fork road. Turn Right onto Prices Fork Rd/VA-112 W. Continue to follow Prices Fork Rd.; 3500 Prices Fork Rd. is on the right.

### **Blacksburg Community Center 725 Patrick Henry Dr, Blacksburg, VA 24060**

From North Main Street, turn right onto Patrick Henry Drive. Blacksburg Community Center will be approximately 1/4 mile on the right.

### **Christiansburg Parks and Recreation 1600 N Franklin St, Christiansburg, VA 24073**

Take 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. End at 1600 N. Franklin Street, Christiansburg.

### **Christiansburg Aquatic Center 595 N Franklin St, Christiansburg, VA 24073**

### **NRV Superbowl**

#### **375 Arbor Dr, Christiansburg, VA 24073**

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 Rd./VA-114 exit 4B, toward Radford. Slight right onto VA-114 S/Peppers Ferry Rd. NW. Turn right onto Arbor Dr., ending at 375 Arbor Drive, Christiansburg.

### **Wytheville Golf Course**

#### **1325 W Lee Hwy, Wytheville, VA 24382**

Take Exit 73 from Interstate 81 onto US-11 SE Main Street. Turn right onto W. Lee Hwy. Drive approximately 2 miles and the Golf Course will be on the left.

**GO PLAY**

[montgomerycountyva.gov/parks](http://montgomerycountyva.gov/parks)

Montgomery County Parks and Recreation  
755 Roanoke St., Suite 1E  
Christiansburg, VA 24073

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