

# Idaho Senior Games



**2017**

**Registration**

**Booklet**

# Welcome to your 28<sup>th</sup> Annual Idaho Senior Games!

“Promoting Healthy Idaho Lifestyles”

August 3 - September 17, 2017

**2017 Official Registration Booklet**

**[www.idahoseniorgames.org](http://www.idahoseniorgames.org)**

The Idaho Senior Games has been an important part of active seniors' lives since 1989. Idaho Senior Games is a social and recreational experience designed to encourage health and fitness of men and women age 50 and over on all levels of fitness. We encourage participation and gold, silver, and bronze medals are awarded to the top three participants in each age category in each event. There are more than 50 events, with competition in 11 different age categories.

Idaho Senior Games is a member of the National Senior Games Association. All events and activities are coordinated by the Idaho Senior Games Board of Directors, staff and volunteers. We are dedicated to putting on the best State Senior Games in the country. Do not hesitate to contact one of the Idaho Senior Games coordinators if you have any questions or concerns. Your Coordinator for the 2017 Idaho Senior Games is:

**Mike Thornton**

**PO Box 45464 Boise, ID 83711**

**[idahoseniorgamesinfo@gmail.com](mailto:idahoseniorgamesinfo@gmail.com)**

**(208) 861-8000**

## **Important Dates:**

Registration – May 1 – August 3

Registration ends – Thursday, August 3<sup>rd</sup>

\*Softball Registration ends - Tuesday, September 5<sup>th</sup>

Celebration BBQ & packet pickup – Thursday, August 3<sup>rd</sup> at Julia Davis Park

Softball Draft Party – Wednesday, September 13<sup>th</sup>

**ONLINE Registration - [www.idahoseniorgames.org](http://www.idahoseniorgames.org)**

## **MAIL-IN Registration :**

- Complete and mail forms postmarked by Thursday, August 3<sup>th</sup> (Softball: September 5<sup>th</sup>).
- A **\$10 late fee** will be assessed to registrations received from August 4 up until the day before the event for all sports except Softball.
- There will be no “day of” registrations.

**Mail forms and payment to: Idaho Senior Games, PO Box 45464, Boise, ID 83711**

## Registration Fees

This year's sports have been broken down into 2 levels of participation – Gold & Silver.  
Silver registration may participate in 2 Silver level sports.  
Gold registration may participate in 1 Gold level and 1 Silver level or 2 Gold level sports.

<b>Regular registration May 1 – August 3</b> \$40 (Gold) \$30 (Silver)
Breakdown of Gold and Silver sports is on the individual registration form.
For sports with doubles, all partners must also be registered.

## Eligibility

All athletes must be 50 years of age as of December 31, 2017 to be eligible to compete.

## Age Group Divisions

Age divisions are: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+  
All athletes must participate in their own age group except in tournament doubles, mixed doubles and team events when the youngest player's age will determine the age group.

## Rules

Recognized official rules for each event will be followed. See individual sport listings in this booklet or consult the National Senior Games rulebook ([www.idahoseniorgames.org](http://www.idahoseniorgames.org)) for specific rules. Idaho Senior Games officials reserve the right to combine age groups if less than four participants sign up in any age group. Medals will still be awarded to the top three participants in each age group.

## Scheduling Limitations

Some strenuous events are scheduled and overlap with other events due to time limitations; therefore athletes must make a choice. Please recheck your times, as events will not be delayed due to scheduling conflicts. If your event overlaps with another event and you are late, you will risk disqualification. It is the athlete's responsibility to check schedule at check-in desks and report at designated starting times.

## Registration Help

Get the help you need to register online or complete the manual forms on May 27, from 10 a.m. – 1 p.m. at Julia Davis Park in the Ag Pavilion across from the zoo.

## Celebration BBQ and Packet Pick-up!

Thursday, August 3<sup>rd</sup> – 5:00 - 7:00pm  
Julia Davis Park, 70 S. Capitol Blvd., Boise  
Across from the tennis courts

## Come meet our sponsors!

Your Games registration includes one BBQ dinner and official Senior Games T-shirt  
Additional dinner tickets available for \$10

# Thank you Idaho Senior Games Sponsors!

We appreciate your support of the 2017 Idaho Senior Games! Your help opens new opportunities for seniors locally and across the country to compete and participate in healthy Idaho lifestyles. For information on how your company can benefit the Idaho Senior Games,

## Presenting Sponsor



## Platinum Sponsor



## Gold Sponsors



## Silver Sponsors



## Bronze Sponsors



## Ribbon Sponsors and Friends



## 2017 IDAHO SENIOR GAMES: SCHEDULE OF EVENTS

### Friday, August 4th

8:00 a.m.	Swimming Warm-Up	Borah Pool 801 Aurora, Boise
8:30 a.m.	Swimming - Competition	Borah Pool 801 Aurora, Boise

### Saturday, August 5th

8:00 a.m.	Track & Field	Timberline High School 701 E Boise Ave, Boise
9:00 a.m.	Archery	Elk Bugle Lane
9 a.m.	Cycling - 5k Time Trial	Kuna S. Cole Rd. & Hubbard/10 Mile Creek Rd
10 a.m.	Cycling - 40k Road Race	
1:00 p.m.	Table Tennis	Crunch Fitness / Idaho Athletic Club 875 S. Plaza Drive, Eagle

### Sunday, August 6th

9:00 a.m.	Cycling - 10k Time Trial	Kuna S. Cole Rd. & Hubbard/10 Mile Creek Rd
10 a.m.	Cycling - 20k Road Race	

### Thursday, August 10th

8:00 a.m.	Golf	Boise Ranch Golf Course 6501 S. Cloverdale Rd. Boise
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### Saturday, August 12th

9:00 a.m.	Bocce Ball	Municipal Park 500 S. Walnut, Boise
9:00 a.m.	Basketball	Ft. Boise Community Center 700 N. Robbins Rd., Boise
9:00 a.m.	Shuffleboard	Meadow Lake Village Meridian
9:00 a.m.	Triathlon	Black Canyon Park 5555 E. Black Canyon Hwy, Emmett

### Sunday, August 13th

9:00 a.m.	Shuffleboard	Meadow Lake Village Meridian
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<b>Friday, August 18th</b>		
8:00 a.m.	Pickleball - Men's Singles Women's Doubles (all levels)	Settlers Park 3245 N. Meridian Rd., Meridian 83646
<b>Saturday, August 19th</b>		
8:00 a.m.	Pickleball - Mixed Doubles (all levels)	Settlers Park 3245 N. Meridian Rd., Meridian 83646
9:00 a.m.	10k Run/Walk	Boise Greenbelt at Glenwood & Marigold Boise
9:15 a.m.	5k Run/Walk	
11:00 a.m.	Billiards	The Pocket 1487 N. Curtis Rd., Boise
1:00 p.m.	Bowling	Emerald Lanes 4860 W. Emerald, Boise
<b>Sunday, August 20th</b>		
8:00 a.m.	Pickleball - Women's Singles Men's Doubles (all levels)	Settlers Park 3245 N. Meridian Rd., Meridian 83646
1:00 p.m.	Bowling	Emerald Lanes 4860 W. Emerald, Boise
<b>Friday, August 25th</b>		
6:00 p.m.	Tennis	Julia Davis Park Boise
6:00 p.m.	Racquetball	Crunch Fitness / Idaho Athletic Club 2999 N. Lake Harbor Lane, Boise
<b>Saturday, August 26th</b>		
8:00 a.m.	Tennis	Julia Davis Park Boise
9:00 a.m.	Badminton	Ft. Boise Community Center 700 N. Robbins Rd., Boise
9:00 a.m.	Racquetball	Crunch Fitness / Idaho Athletic Club 2999 N. Lake Harbor Lane, Boise
<b>Sunday, August 27th</b>		
8:00 a.m.	Tennis	Julia Davis Park Boise
<b>Wednesday, September 13</b>		
7 -9 p.m.	Softball Draft Party	Drink Bar and Waterfront Grill 3000 N. Harbor Lane, Boise
<b>Saturday and Sunday, September 16th &amp; 17th</b>		
8:00 a.m.	Softball	Willow Lane Athletic Complex 623 Willow Lane, Boise

# 2017 Idaho Senior Games – Individual Athlete Registration Form #1



\_\_\_\_\_  
Last Name, First Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
E-mail Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip

\_\_\_\_\_  
Phone

Gender:  Male  Female

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Age

\_\_\_\_\_  
Emergency Contact Name

\_\_\_\_\_  
Relationship

\_\_\_\_\_  
Phone

Have you participated in the Idaho Senior Games before?  Yes  No

**Sub-Total From Form #2** \$ \_\_\_\_\_

Your registration fee includes ISG T-Shirt and BBQ.

**T-Shirt Size** (check one)

S  M  L  XL  XXL

**Additional Items**

Celebration BBQ Dinner @ \$10 ea \$ \_\_\_\_\_

Golf Lunch @ \$10 ea \$ \_\_\_\_\_

T-shirts @ \$10 ea \$ \_\_\_\_\_

Size/s: \_\_\_\_\_

**Tax Deductible Donation, thank you!** \$ \_\_\_\_\_

**\*Late Registration Fee: \$10** (after 8.03.17 to day before event; Softball: after 9.05.17) \$ \_\_\_\_\_

**Pay with check to:** **TOTAL** \$ \_\_\_\_\_

Idaho Senior Games, PO Box 45464, Boise, ID 83711

**Pay with credit/debit card**

Card type:  Visa  MasterCard  Discover

**Name on card**

\_\_\_\_\_  
**Card number**

\_\_\_\_\_  
**Expiration date**

\_\_\_\_\_  
**Security Code (on back)**

## Release and Waiver of Liability

The IDAHO SENIOR GAMES provides many recreational activities to the public. IDAHO SENIOR GAMES participants understand that recreational activities do involve inherent risks which are beyond the control of the Idaho Senior Games and their staff, volunteers, and members. I, the undersigned, do understand that upon using the facility and/or services that I hereby assume all risks for the behavior, actions, and safety for myself while involved in the activities. Therefore, I assume full responsibility for personal injury to myself or for loss or damage to my personal property and expenses thereof that are caused by my actions or the actions of my family participating in said activities.

I hereby agree that in the consideration of the IDAHO SENIOR GAMES allowing me to participate in IDAHO SENIOR GAMES activities, except for the negligent or intentional actions of IDAHO SENIOR GAMES staff, I do hereby waive liability, release, forever discharge and covenant not to sue the IDAHO SENIOR GAMES, its officers, agents, and employees of, from, and for any and all claims, demands, rights and causes of actions of whatever kind of nature, arising out of all known and unknown, foreseen and unforeseen bodily and personal injuries, damage to property and the consequences thereof, including death, resulting from my voluntary participation in or in any way connected with IDAHO SENIOR GAMES activities.

I have read and understand this agreement and release of liability, and do voluntarily agree to sign. I also give the IDAHO SENIOR GAMES permission to utilize pictures of me and/or my family in IDAHO SENIOR GAMES marketing, promotions, and print media.

While on the premises of any IDAHO SENIOR GAMES facility or enrolled in any IDAHO SENIOR GAMES programs, I agree to act with Caring, Honesty, Respect and Responsibility.

Refunds may be given for family or medical emergencies only. A \$5.00 administrative fee will be charged for all refunds.

Participant Signature \_\_\_\_\_

Date \_\_\_\_\_



# 2017 Idaho Senior Games - Individual Athlete Registration Form #2



Check each box for the sports you'll participate in, write-in the subtotal at bottom, then carry the sub-total to the "Check Out" box on Form #1 and complete your registration form.

**Silver Sports**  
**Registration May 1 – August 3    \$30**

Archery

Badminton  
 Singles    Doubles    Mixed Doubles  
 Partner Name: \_\_\_\_\_

Billiards 8-Ball

Bocce Ball: Doubles  
 Partner Name: \_\_\_\_\_

Bowling  
 Singles    Doubles    Mixed Doubles  
 Partner Name: \_\_\_\_\_

Shuffleboard  
 Singles       Doubles  
 Partner Name: \_\_\_\_\_

Table Tennis  
 Singles    Doubles    Mixed Doubles  
 Partner Name: \_\_\_\_\_

**Stand Alone Sports**  
**Additional fees for all other sports.**

Golf  
 \$60 – 18 holes, cart, lunch  
 \$45 – 18 holes, lunch  
 \$30 – (With Boise Ranch Pass)  
 18 holes, cart, lunch  
 \$20 – (With Boise Ranch Pass)  
 18 holes, lunch  
 \$10 – Non-playing person to attend lunch

Softball Metal Bat Draft Tournament:  
 Individual Fee: \$30; \$10 late fee after 09.05.17  
 (Note: Fill out Draft Registration Form #4 below)

Triathlon: \$20

**Gold Sports**  
**Registration May 1 – August 3    \$40**

5K Run / Walk                       10K Run / Walk

Basketball (fee includes all 3 events)  
 Free Throw    Hot Shot    3-on-3 Team  
*\*Complete team options on Form #3, next page*

Cycling (fee includes all 4 events)  
*\*See website for changes in race times.*  
 5k TT    10k TT    20k RR    40k RR

Pickleball - Experienced Players  
 USAPA # (required) \_\_\_\_\_  
 Singles    Doubles    Mixed Doubles  
 Partner Name: \_\_\_\_\_ USAPA # \_\_\_\_\_

**NEW!**  
**Ability Level Pickleball Tournament for new players**  
 Doubles Only:  Men    Women    Mixed  
 I need a partner (No USAPA# needed)  
 I have a partner \_\_\_\_\_

Racquetball  
 Singles    Doubles    Mixed Doubles  
 Partner Name: \_\_\_\_\_

Swimming\*

Tennis  
 Singles    Doubles    Mixed Doubles  
 Partner Name: \_\_\_\_\_

Track & Field\*

*\* If you checked Basketball, Swimming, or Track & Field, please complete appropriate section of Form #3 on next page.*

**Please Note:**

- Silver registration may participate in 2 silver level sports.
- Gold registration may participate in 1 gold level and 1 silver level or 2 gold level sports at no additional fee.
- Stand Alone sports are NOT Gold or Silver.
- Each additional sport is \$10.

**SUBTOTAL:** Please carry your subtotal to Form #1 and complete your registration form.  
 \$ \_\_\_\_\_

# 2017 Idaho Senior Games - Individual Athlete Registration Form #3



For those who checked Basketball, Swimming or Track & Field on the previous page (Form #2), please complete the appropriate section below.

## BASKETBALL - Please indicate team preference below.

Age group  50 - 59  60+

I would like to be added to a team.

I am a member of a team. My team captain is \_\_\_\_\_

## SWIMMING - Please choose a maximum of 6 events

- |  |  |
|--|--|
| <input type="checkbox"/> Breaststroke 50 yds       | <input type="checkbox"/> Individual Medley 400 yds |
| <input type="checkbox"/> Breaststroke 100 yds      | <input type="checkbox"/> Backstroke 50 yds         |
| <input type="checkbox"/> Breaststroke 200 yds      | <input type="checkbox"/> Backstroke 100 yds        |
| <input type="checkbox"/> Butterfly 50 yds          | <input type="checkbox"/> Backstroke 200 yds        |
| <input type="checkbox"/> Butterfly 100 yds         | <input type="checkbox"/> Freestyle 50 yds          |
| <input type="checkbox"/> Butterfly 200 yds         | <input type="checkbox"/> Freestyle 100 yds         |
| <input type="checkbox"/> Individual Medley 100 yds | <input type="checkbox"/> Freestyle 200 yds         |
| <input type="checkbox"/> Individual Medley 200 yds | <input type="checkbox"/> Freestyle 500 yds         |
| <input type="checkbox"/> Individual Medley 400 yds |  |

## TRACK & FIELD - Please choose a maximum of 6 events

- |   |  |
|---|--|
| <input type="checkbox"/> Javelin            | <input type="checkbox"/> 1500m Run       |
| <input type="checkbox"/> Standing Long Jump | <input type="checkbox"/> 5000m Race Walk |
| <input type="checkbox"/> Pole Vault         | <input type="checkbox"/> 50m Run         |
| <input type="checkbox"/> Long Jump          | <input type="checkbox"/> 1500m Race Walk |
| <input type="checkbox"/> High Jump          | <input type="checkbox"/> 100m Run        |
| <input type="checkbox"/> Shot Put           | <input type="checkbox"/> 400m Run        |
| <input type="checkbox"/> Softball Throw     | <input type="checkbox"/> 800m Run        |
| <input type="checkbox"/> Triple Jump        | <input type="checkbox"/> 200m Run        |
| <input type="checkbox"/> Football Throw     | <input type="checkbox"/> Discus          |

# 2017 Idaho Senior Games Metal Bat Softball Draft Tournament: Form #4



Please complete this form so that you can be drafted on Wednesday, September 13th at the Drink Bar and Waterfront Grill, 3000 N. Harbor Lane, Boise.

Player \_\_\_\_\_  
Last Name First Name

Phone # \_\_\_\_\_ Email Address: \_\_\_\_\_

Date of Birth \_\_\_\_\_

Please check the Division you want to be drafted in below. [Note: Players who are 60+ may choose to play in the 50+ Division.]

Age 50+       Age 60+

**Please rate yourself as follows:**

**Batting:**     Right       Left

**Throwing:**     Right       Left

**Please rate your skill level:** (Circle)    **1**    **2**    **3**    **4**    **5**  
Beginner      Average      Advanced

Coordinator:

Mike Thornton  
(208) 861-8000  
idahoseniorgamesinfo@gmail.com