



# Vital Times!

The Newsletter of the Vermont Senior Games Association  
An Affiliate of the Vermont Governor's Council on Physical Fitness and Sports



Volume 1 No. 2

Spring 2011

## VERMONT ATHLETES HEAD TO HOUSTON FOR NATIONAL GAMES

By Don Kjelleren— Board President

Vermont is sending a team of twelve athletes to compete in the 2011 Summer National Senior Games championships, to be held from June 16 – 30, 2011 in Houston, Texas. Motivated by the games motto *Long Live the Challenge*, our athletes will compete for the gold in six different sports. Even though the number of athletes representing Vermont at the 2011 games is modest, we have high expectations for their representing us well, as measured by their anticipated success! The names of the Vermont athletes are listed below.



The NSGA National Championships presented by Humana are held in odd-numbered years; this is the 13<sup>th</sup> time the games are being held. Competitors qualify at their state games during the even-numbered years. Individuals and teams compete in 18 different sports in five-year age brackets, starting at age 50, to become the national champions. A major draw to the National games is the fellowship the competitors enjoy; regardless of what place an athlete attains everyone is an Olympian. The Houston games are forecasted to be the largest ever attended— 15,000 athletes are expected to compete. The next national games are scheduled to be held in Cleveland, Ohio in 2013. The VSGA is very excited about these games as Cleveland is only a one day's drive from Vermont, and with our 2011 and 2012 games' growth we anticipate sending a large team to these games.

If you see or know any of the following athletes, please join the VSGA in wishing them well— not only that they will have a great time, and a safe trip, but that they bring home the gold.

- Bill Keogh – Burlington – 3 on 3 Basketball
- Michelle Immler – Brattleboro – Tennis Doubles
- Muriel Rowland – Perkinsville – Shuffleboard Doubles
- Robert Rowland – Perkinsville - Shuffleboard Doubles
- Donald Kjelleren – Shelburne – Bicycling
- Samuel Messiter – Pawlet – Track and Field

(Continued on page 3)

### INSIDE THIS ISSUE:

Vermont Athletes Head to Houston for Nationals.....	1	Meet Your Sports Coordinators.....	7
President's Message .....	2	Registering for the 2011 State Games .....	8
Memories of Our Friend Ardis Smith .....	3	We Have a Winner! (of the naming contest) .....	9
VSGA Adds Games to the State Championships .....	4	The Health Corner .....	10
2011 Summer Schedule of Events.....	5	VSGA Board of Directors and Committees .....	11
2011 Sport Coordinators Contact Information .....	6	Beginning of Registration Forms Section .....	14

## PRESIDENT'S MESSAGE

By Don Kjelleren— Board President

“Start your engines,” “Play ball,” “Let the games begin” are familiar words that are used to start major sporting events. The VSGA has not coined any such memorable words, but we are ready to start



our exciting and fun filled major sporting event: the 2011 Vermont State Senior Games Championships. I encourage everyone who reads this newsletter that is aged 50 and older to participate. Everyone is invited, so please invite your family and friends, and spread the word. With new sports, new venues, and a renewed effort to make these the best Vermont games ever, we promise every athlete will have a memorable experience, and maybe a once in lifetime opportunity to become a Vermont State champion!

This newsletter is devoted to providing the 2011 games and registration information. Vermont Systems has made it possible to give you for the first time the option of registering on line. Once you are in the system, future registrations will be easy. I encourage you to give serious consideration to registering on line.

We wish the Vermont athletes going to the June NSGA Summer Games National Championships in Houston the very best of luck. We hope they have a great time, a safe trip, and bring home some gold!

Much of the success of our games depends on volunteers. We welcome the help of spouses, families, and anyone interested in helping with the games. If you have some time and are interested in volunteering please contact the sports coordinator of your choice or let Barbara Jordan know of your

availability. We are also looking for additional persons to serve on our Board of Directors. We are particularly in need of someone with promotional and publicity experience, but welcome anyone (no age limitation) who is interested in serving as a board member. Please contact me (302) 985-2766 or Bob Willey (802) 879-0186 to discuss.

Most organizations depend on people and finances for their success. The VSGA is no different. The good news is we are extremely fortunate to have an experienced hard working, dedicated, committed cadre of sports coordinators, officers and board members. We currently have adequate funding to maintain a modest program, but this is not what we are focused on. It is the Board's commitment to significantly grow the VSGA to better serve the health and well-being needs of Vermont's aged 50+ community. To do this we are in need of additional funding. We are asking athletes (on the registration forms) to consider making a contribution. We welcome and appreciate any amount small or large. For those readers who are in business, please consider having your company become a sponsor. Both cash and in-kind sponsorships are welcomed. Contact me if you are interested or know someone who might like to be a VSGA sponsor.

We are always looking for better ways to serve, so please let us know if you have any comments, suggestions, or ideas for making the VSGA a bigger and better organization.

Have a wonderful and healthy summer— I am looking forward to seeing you all at the Vermont Senior Games. ✨

---

### ABOUT THIS NEWSLETTER:

The Vermont Senior Games Association newsletter will be published 3 times a year. Copies will appear on our website: [www.vermontseniorgames.org](http://www.vermontseniorgames.org). Comments and articles are welcome! Also, if you, or someone you know, would like to receive a copy, please contact us at [vsga.communications@gmail.com](mailto:vsga.communications@gmail.com) (or the phone number/postal address on the back cover).

# MEMORIES OF OUR FRIEND ARDIS SMITH

By Betsy Orselet

As you may know, long time Vermont Senior Games advocate Ardis Smith passed away on April 9<sup>th</sup>. Ardis spent her entire life working in the recreation field with people of all ages from the very young to the very old. She gave tirelessly of herself to help others find ways to live more healthy and meaningful lives.

Ardis Smith has a long history of leadership in the Vermont recreation scene. From 1972-74, Ardis served as President of the Vermont Recreation and Parks Association. From 1987-1992, she served as President of the Green Mountain Senior Games and she served as Coordinator of the State Games for many, many years, a role she continued to play last September at the age of eighty-nine.

It is often said that at the end of the day, it is the relationships you have established that far outweigh any professional accomplishments. Ardis Smith was the face of the Green Mountain Senior Games from the very beginning of the organization and for the next twenty eight years. She left many wonderful impressions and memories with the people she worked and played with over these years. Some of them are expressed below:

\* \* \* \* \*

“Ardis was ‘One in a Million!’ Although small in stature, she was a giant in all her endeavors. While I was president of Green Mountain Senior Games for six and one half years, she was always there, as close as an e-mail or phone call to discuss our plans and problems. Her perspective of the past and vision for the future were outstanding. I recall her telling me about when she was just a girl helping her father put chains on the family car to get up that steep Weston hill on a cold, snowy, winter day. That



was Ardis! She always found a way to get up whatever hill she faced, wherever it was, regardless of how many projects she was juggling.

She resisted the computer age, liking a hard copy of messages from the National Senior Games Association office or anyone else. She liked the pace of past state senior games, when there was time to sit and visit with seniors who showed up to participate. She longed for opening ceremonies at all-state games to be smooth and well attended. She will be looking down with appreciation when that finally happens.

Ardis was a wonderful friend. I will always have the greatest admiration and respect for her determination and organizing skills. Ardis was one of those unforgettable people who you meet in your life’s journey.”

*From John Pelton,  
Past-President of the Green Mountain Senior Games  
(Continued on page 4)*

---

## **Vermont Athletes, etc. (Continued from page 1)**

- Barbara Jordan\* – South Burlington – Track and Field
- Flo Meiler – Shelburne – Track and Field
- Dudley Bell – East Burke – Racquetball Doubles
- Malcolm Boright – Williston – 3 on 3 Basketball
- Sam Shearer – Essex – 3 on 3 Basketball
- Bob Willey\* – Essex Junction – 3 on 3 Basketball ☒

\*Vermont opening ceremony flag bearers

# VSGA ADDS GAMES TO THE 2011 STATE CHAMPIONSHIPS

By Don Kjelleren

The Board of Directors Games Committee is excited to report that they have almost doubled the number of competitive games the VSGA will be offering in 2011 compared to recent years. These games fall into two categories: 1. National Games, sometimes referred to as Medal Sports, are the same games held at the NSGA summer games national championships. The VSGA will now hold all these games every year as part of our State Championships. (On even years winners of these games also qualify for the odd-year NSGA National Championships.) 2. Vermont Games, which are those games specific to Vermont that are offered in addition to the NSGA list of summer games. These games are also played for state championships.

The new National games we will hold are Archery, Horseshoes, Triathlon, and Volleyball. In addition, several sports such as bicycling and racquetball will now be held every year— not just on qualifying years. For the first time the VSGA is offering state championships in the Vermont games. As of this writing the following are being offered: Bocce, Candlepin Bowling, Pickle Ball, Precision Walk and Weight Lifting. We are also hoping to add Line Dancing and Concept 2 Rowing. In 2012 we look

forward to offering our first winter games,

It is through the hard work of the Games Committee chaired by Barbara Jordan and Bill Nedde, and the advocacy and commitment of the sports coordinators (see their names and contact info elsewhere in this newsletter) that the VSGA has been able to accomplish this significant growth. With new venues and other games enhancements we are promising to present the highest quality and most fun filled games of any state in the NSGA.

Registration forms for almost all our upcoming games can be found in this newsletter. If you have any questions, or would like to volunteer, please contact the appropriate sports coordinator.

We remain quite interested in adding Softball and Shuffleboard to our National Games. Also, we are particularly interested in adding woman's teams in each of the team sports. If you are interested in any of these, please contact Barbara Jordan. We are also very interested in adding to the list of Vermont Games. We welcome your suggestions, as well as anyone who would be responsible as a sports coordinator to head up a new sport.

Everyone aged 50 and older is invited to

*(Continued on page 11)*

---

## **Memories, etc.** *(Continued from page 3)*

\*\*\*\*\*

"I met Ardis in 1978 when I first started teaching at Green Mountain College in Poultney VT. I was very active in the VT Recreation and Parks Association (VRPA) at the time and would interact with Ardis at the various meetings and workshops. I always found her to be very professional and willing to speak her mind. Ardis was a great asset to my learning curve regarding small town politics. My true involvement with Ardis came with the establishment of the Green Mountain Senior Games. We both served on the original steering committee and worked very closely during the initial years of the games. Ardis was a tremendous advocate of the games. She had a passion for making sure that the games were a success and highly participated in by all Vermont seniors. She

was an excellent ambassador for the games and served as the official spokesperson during those early years. She was always prepared and willing to put in the long hours that were needed to conduct the games. Ardis served as a professional role model for many of the Green Mountain College students who served as the volunteer leaders of the games. She was truly an inspiration to all of us, given her enthusiasm and dedication to the profession."

*From Bob Riley, former professor of therapeutic recreation at Green Mountain College and past president of VRPA.*

\*\*\*\*\*

"I had the privilege of working with Ardis on the Green Mountain Senior Games every September

*(Continued on page 8)*

# 2011 SUMMER SCHEDULE OF EVENTS

By Barbara Jordan

Our goal is to offer all of these events in 2011. If you'd like to learn more about a sport, or volunteer to help at an event, please contact one of our Games Committee Chairs. The schedule will be updated on the Vermont Senior Games website at [www.vermontseniorgames.org](http://www.vermontseniorgames.org) as more dates are confirmed.

**Vermont is an "open" state; our events are open to all persons 50 years old and over.**

## VERMONT SENIOR GAMES 2011 STATE CHAMPIONSHIP EVENTS

DATE	SPORT	COORDINATOR	LOCATION
March 26, 2011	Table Tennis	Ron Lewis	Rutland
April 23, 2011	Table Tennis	Bruce Kline	Shelburne
May 24, 2011	Candlepin Bowling	Rick Battista	N. Star Bowl, Wilmington
June 23, 2011	Road Race (5K & 10K)	Rayne Herzog	Shelburne Health & Fitness
June 29, 2011	Volleyball	Glen Cuttitta	Colchester H.S.
July 9-10, 2011	Tennis	Allyson Bolduc	Burlington Tennis Club
July 16, 2011	Triathlon	Rayne Herzog	Shelburne Beach
July 23, 2011	Cycling	Don Kjelleren	Ferrisburg
July 23, 2011	Horseshoes	Linus Kinner	Milton Recreation Park
August 6-7, 2011	Archery	Ron Pelkey	St. Albans
August 12, 2011	Pole Vault	Kurt Fischer	Charlotte
August 13-14, 2011	Bocce	Zander Ponzo	Oakledge Park, Burlington
August 13, 2011	Precision Walk	Barbara Jordan	South Burlington H.S.
August 13, 2011	Track & Field	Barbara Jordan	South Burlington H.S.
September 10-11, 2011	Bowling	Glenn Enos	Spare Time Lanes, Colch'er
September 11, 2011	Racquetball	Paul Reinhardt	Patrick Gym at UVM
September 11, 2011	Swimming	Gerry Cournoyer	Patrick Gym at UVM
September 26, 2011	Golf	Stan Wilbur	Vermont Nat'l CC
September 30, 2011	Basketball	Bob Willey	Castleton State College
November 5, 2011	Weight Lifting	Bret Kernoff	Burlington YMCA
TBA	Badminton	Ian Govette	TBA
TBA	Concept 2 Rowing	Meredith Haff	TBA
TBA	Line Dancing	Marilyn Sheldon	TBA
TBA	Pickleball	Janice Lange	TBA
TBA	Skiing	Ann Taylor	TBA (winter, 2012)

**CONTACT:**

**Co-Chairs of the Games Committee**

Barbara Jordan 802-658-4486 [barbarajordan@moomail.net](mailto:barbarajordan@moomail.net)

Bill Nedde 802-578-2680

## 2011 SPORT COORDINATORS CONTACT INFORMATION

By Barbara Jordan

VERMONT SENIOR GAMES — SUMMER 2011 SPORT COORDINATORS — NATIONAL SPORTS			
SPORT	COORDINATOR	ADDRESS	E-MAIL/PHONE
Archery	Ron Pelkey	275 Nason St. St Albans, 05478	ron@pelkeysarchery.com 802-524-2582
Badminton	Ian Govette	2442 Spear St. Charlotte, 05445	igovett@gmail.com
Basketball	Bob Willey	1 St. James Pl. Essex Jct, 05452	robtwilley@aol.com 802-879-0186
Bowling	Glenn Enos	PO Box 53 Hinesburg, 05461	enos@gmavt.net 802-482-2510
Cycling	Don Kjelleren	425 Juniper Ridge Rd. Shelburne, 05482	dkjelleren@aol.com 802-985-2766
Golf	Stan Wilbur	13 Bliss Rd. Tinmouth, 05773	wilburs@greenmtn.edu 802-446-3953
Horseshoes	Linus Kinner	270 Cold Spring Camp Rd Milton 05468	linuskinner@yahoo.com 802-893-2542
Pole Vault	Kurt Fischer	2467 Ferry Rd Charlotte, 05445	kaf2303@yahoo.com 802-425-2303
Racquetball	Paul Reinhardt	286 Old Hollow Rd No. Ferrisburgh, 05473	paul.reinhardt@uvm.edu 802-425-3929
Road Race (5K & 10K)	Rayne Herzog	Shelburne Athletic Club 166 Athletic Drive Shelburne, 05482	rayne@racevermont.com 802-316-7142
Swimming	Gerry Cournoyer	Patrick Gym, UVM Burlington, 05405	gerry.cournoyer@uvm.edu 802-656-7702
Table Tennis	Bruce Kline	43 Trillium Lane Starksboro, 05487	brucekline@gmavt.net 802-453-2140
Table Tennis	Ron Lewis	1211 Forest Dale Rd. Brandon, 05733	vtpoet@gmail.com 802-247-5913
Tennis	Allyson Bolduc	252 Autumn Hill Rd. So. Burlington, 05403	ambolduc1@gmail.com 802-863-4902
Track & Field	Barbara Jordan	30 Brewer Pkwy. South Burlington, 05403	barbarajordan@moomail.net 802-658-4486
Triathlon	Rayne Herzog	Shelburne Athletic Club 166 Athletic Drive Shelburne, 05482	rayne@racevermont.com 802-316-7142
Volleyball	Glen Cuttitta	PO Box 55 Colchester, 05446	gcuttitta@colchestervt.gov 802-264-5641

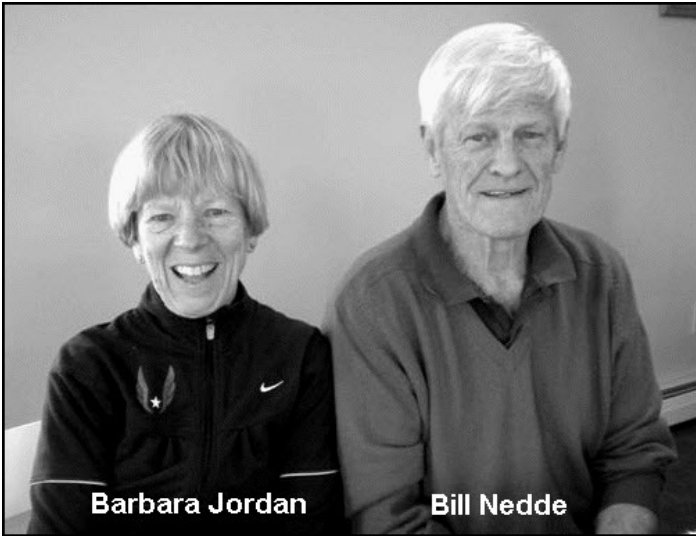
This is a partial list (**National** Sports only). See the next page for a table of the 2011 **Vermont** Sports Coordinators.

# MEET YOUR SPORT COORDINATORS

By Barbara Jordan and Bill Nedde, Co-Chairs of the Game Committee

## Barbara Jordan – SC for Track and Field

[barbarajordan@moomail.net](mailto:barbarajordan@moomail.net) or (802)-658-4486



Barbara Jordan

Bill Nedde

So, what's a Sports Coordinator (SC), anyway? Sports Coordinators are advocates for the sport in which they have unique expertise, contacts, and

considerable experience. They play a very important role in the success of the Senior Games and the State Championships for each sport. As such, they are given the responsibility for all aspects of organizing and conducting their sport. They are part of the Games Committee that Bill Nedde and I co-chair.

This year we have recruited 15 Sport Coordinators for Medal Sports (those that compete in the National Senior Games/Senior Olympics) and 6 Coordinators for 6 new Vermont Sports.

Sports coordinators have also organized and conducted the state Track and Field meets for the past 6 years. The track and field meet draws the largest number of competitors and truly represents "the Senior Olympics". This year we are adding the Precision Walk and a separate Pole Vault Competition (with Kurt Fischer as SC). See all the registration forms, sign up, and WALK, RUN, THROW and/or JUMP with us at South Burlington High

*(Continued on page 10)*

### VERMONT SENIOR GAMES – SUMMER 2011 SPORT COORDINATORS — VERMONT SPORTS

SPORT	COORDINATOR	ADDRESS	E-MAIL/PHONE
Bocce	Zander Ponzo	481 St. Paul St. Burlington, 05401	<a href="mailto:zponzo@uvm.edu">zponzo@uvm.edu</a> 802-658-0240
Candlepin Bowling	Rick Battista	PO Box 1611 Keene, NH 03431	603-724-1841
Concept 2 Rowing	Meredith Haff		
Line Dancing	Marilyn Sheldon	44 Oles Drive Rutland, 05701	802-773-5049
Pickleball	Janice Lange	208 Colchester Rd. Essex Jct., 05452	<a href="mailto:janicellang@comcast.net">janicellang@comcast.net</a> 802-878-5256
Precision Walk	Barbara Jordan	30 Brewer Pkwy. South Burlington, 05403	<a href="mailto:barbarajordan@moomail.net">barbarajordan@moomail.net</a> 802-658-4486
Skiing	Ann Taylor	1847 North Ave. Burlington, 05408	<a href="mailto:ataylor@ski@aol.com">ataylor@ski@aol.com</a> 802-862-2288
Weight Lifting	Bret Kernoff	165 Crescent Rd. Burlington, 05401	<a href="mailto:bret@vermontpowerlifting.com">bret@vermontpowerlifting.com</a> (802) 865-2747

# REGISTERING FOR THE 2011 STATE GAMES

By The Games Committee

One of the goals of the Games Committee is to make registering for the VSGA State Championships as easy as possible. With the incorporation of modern technology, coupled with the individual sports coordinators efforts, we have added additional ways to register. We will offer up to four ways for you to learn when and where the sport of your choice will be held, and then give you a choice of ways to register for your game(s).

## 1. The VSGA newsletter –

The newsletter will include games schedules, sports coordinator names and contact information, and most registration forms for upcoming events. You will be able to fill out the form and mail it with a check made out to the VSGA covering the registration fee to the address specified on the form. If your registration form is not here, go to the website (see below) or call the sports coordinator (their names and contact information are listed in this newsletter). If you need two registration forms that are back-to-back, you may need to photo-copy one of them. Or...

## 2. Go to the VSGA website –

[www.vermontseniorgames.org](http://www.vermontseniorgames.org). Locate the current newsletter and look up the sport of your

interest, print out the registration form, and proceed as in #1 above. Or....

## 3. Go to the VSGA website –

[www.vermontseniorgames.org](http://www.vermontseniorgames.org) Locate the link to register on line, click on it, and follow the instructions. This method of registering will use a credit card for the payment of the registration fee. A confirmation of the registration may be downloaded or printed. There will be no additional charge for this easy way to register. If you register in 2012 or later your info will already be in the system, making registering even easier. On-line registration is being provided by **Vermont Systems** located in Essex Junction, VT. Or...

## 4. Promotional flyers –

Some, but not all, sports coordinators will prepare and distribute promotional flyers for their sport. These flyers will contain a registration form. Use these in the same manner as a newsletter or downloaded registration form (#1 and #2 above.) These flyers may be available in health clubs, sporting goods stores, places where the sport is conducted, and other such locations. ☒

## Memories, etc. (Continued from page 4)

for the 15 years I taught at Green Mountain College. The experiences our students were given in helping with the games when they were held on that campus were 'priceless!' And I personally will always cherish the memories I hold of those times. She was an amazing lady!"

*From Carol Hartshorn, Retired Professor*

\*\*\*\*\*

"The things that stand out for me about Ardis are her commitment to the games, her willingness to help whenever needed, and the amount of time she put in...I'm sort of taking on part of her job now and I'm swamped! I will honor her memory by carrying out her enthusiasm for the Vermont Senior Games."

*From Barbara Jordan,  
Current Sports Coordinator for the VT Senior Games*

\*\*\*\*\*

"I've had the pleasure to work with Ardis Smith ever since I got involved with the Vermont Senior Games in 1990. No matter what time of day or evening I called, she was always available to answer my questions. Ardis will always be remembered for handling the many events for the Vermont Senior Games, almost by herself at times. I will forever remember Ardis as my inspiration to keep going in sports and fitness no matter what age I am. Ardis will be dearly missed by all who had the privilege of working with her."

*From Flo Meiler,  
20+ years Senior Games athlete*

(Continued on page 9)

# WE HAVE A WINNER! (OF THE NEWSLETTER NAMING CONTEST)

By Betsy Orselet

You may have noticed the new name on the front cover of this newsletter. We announced a "Name the Newsletter Contest" in the last issue of the newsletter and everyone was invited to submit up to three names.

Nineteen people entered the contest and we had a total of 25 names suggested. Several people were asked to choose their top three names from the full list. Their selections were compiled and we came up with the three highest scoring submissions. They were *Vital Times*, *Fit After Fifty*, and the *Vermont Senior Games Gazette*.

At the May meeting of the Board a vote was taken and *Vital Times* was resoundingly selected as the winner. Congratulations to Sam Messiter for submitting the winning name. Sam received a \$25 gift certificate towards any Vermont Senior Games event registration.

Thank you to all our contributors: Barbara Jordan, Betsy Orselet, Bruce Kline, Chris Simpson, Diana Carlisle, Don Kjelleren, Ginny Richburg, Joe Perreault, Larry Myer, MaryLou Bell, Nancy Drucker, Peggy Lipscomb, Sam Messiter, Stephanie Quaranta, Steve Foley, and Verna (Thomas, I think). As promised, the names of all contestants were put into a raffle and Bruce Kline came out winner of a \$10 gift certificate good towards any Vermont Senior Games event registration.

May the *Vital Times* thrive for years to come! If you look closely you will notice that the "V" and the "T" are bigger than the other letters to represent the abbreviation for Vermont, in addition to being a clever description of what the Vermont Senior Games are all about.

And thank you, Sam Messiter!✂

---

## **Memories, etc. (Continued from page 8)**

\*\*\*\*\*

"Ardis was an amazing woman. Most of us around today only knew her for her untiring work in organizing the Green Mountain Senior Games for so many years. I was fortunate enough to know her when she was the Recreation Director at the Brattleboro Retreat back in the 1960's and I would visit her there during my trips to southern Vermont when I was the Recreation Field Advisor for the Vermont Board of Recreation. Ardis was somewhat of a pioneer in the therapeutic recreation movement even before it was called that.

As a young professional she was then and remained until the very end an unusually energetic person, highly opinionated about how things should be done, always interested in going to national meetings to make contacts and make her presence known, willing to do all of the work from the most boring and routine to the most demanding. Witty and quick spoken, she was always fun to be with in a meeting; no meeting she was involved in ever lasted very long because she always had to move on to something else.

The truly amazing thing about Ardis was that she remained so intensely involved in the recreation

field after her retirement. Most of us move on to other things, but she stayed with it not only in the senior games but in other activities as well. She was a square dance caller for a number of years, she coordinated the senior meals program for a region of southern Vermont, and she led social recreation activities for senior centers in the area.

Ardis was always particularly devoted to seeing that other people were properly recognized for their contributions. There must be dozens of people in Vermont who have an award hanging on their wall or in their file cabinet that was the result of Ardis' caring."

*From George Plumb,  
Past President of the Green Mountain Senior Games  
and the Vermont Recreation and Parks Association*

\*\*\*\*\*

This collection of comments describes a life well lived. Thank you to all the contributors. A celebration of Ardis' life will be held on Saturday, May 21 at 11 a.m. at the Old Parish Church in Weston, Vt. A reception will be held following at the Weston Playhouse. We look forward to seeing some of her Senior Games friends there and hearing more stories about good times spent with Ardis.✂

## THE HEALTH CORNER

By Don Kjelleren

Have you ever sat down and made a list of all the things you wished you had, owned, could do, or be? Try it, and did your list include such things as being rich, having a low golf score, the best spouse in the world, a great meal, trip, gold medal in your sport, lots of friends, etc. etc.? Analysis of such lists shows that every item on your list will fall into one of three categories: Happiness, longevity and independence. The older we get the more important these become as we seek healthy aging, a quality lifestyle and well-being. There is one thing that can affect these desires— our health! Certainly, we will not enjoy happiness if we are not well, or longevity and independence if we are suffering from serious illnesses. Unfortunately, far too many of us do not have good health. Over 70% of premature chronic disease and death are life-style caused. Much of our daily ailments such as colds can be attributed to our behavior.

Now the good news— we can do something about obtaining, improving and/or maintaining good health. If you haven't already, consider making a lifestyle behavioral change that makes being physically fit one of your "ways of life." We are regularly inundated with the fact that being

physically fit results in a long list of health benefits. It is up to each of us to accept the personal responsibility to do the things that will result in our becoming and maintaining physical fitness. They are daily exercise, having the proper diet and nutrition, and obtaining 7-9 hours of sleep a night.

For many of us these are *Vital Times*, as we age it is more important than ever to be physically fit— especially if we wish to have happiness, longevity and independence. The Vermont Senior Games suggest you set a goal based on participation in one of our sports offerings. Then use obtaining physical fitness as the way to attaining that goal. For example, maybe you played a sport in high school or college and would like to play basketball, swim, or try track and field events once again. Perhaps you have never participated in organized sports in the past, but now would like to try one of the many sports offered by the VSGA. Make this a goal, contact the sports coordinator for some ideas on how to train and get involved. What a great way to become physically fit! Yes, these are *Vital Times* ! Why wait any longer to enjoy healthy aging, a quality lifestyle and well-being?✘

---

### **Meet Your SCs, etc. (Continued from page 7)**

School. Please contact me at the above phone number or e-mail address for questions and additional info.

### **Bob Willey – SC for BASKETBALL**

[robtwilley@aol.com](mailto:robtwilley@aol.com) or (802) 879-0186

If you are a senior age 50 and over and enjoy being active and fit, then join us for a day of 3-on-3 half-court basketball on September 30, 2011 at Castleton State College. Check-in at the registration desk starts at 8 am and the games will start at 9 am. Games are scheduled by age groups 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, and 80 and Over, following the National Senior Games NCAA Rules.

We will use two gymnasiums at Castleton State. In the main gym, four simultaneous half-court

games will be played, with a minimum of three games for each team. (More if you wish!) The games will be officiated by professional referees and electronic time clocks will display scores and time.

Gym 2 will be used for practice at one end before and during the games, and the other end will be used for the Spot Shooting competition. You are welcome to fit in Spot Shooting between games or after lunch. Generally, the competition finishes by 1 pm. Then take a short walk to the CSC Cafeteria for a wonderful lunch.

After lunch, you can finish Spot Shooting, and end the day with the awards ceremony. Gold, silver, and bronze medals will be awarded by age group for games and spot shooting. You can expect the day's activities to be finished by 2:30 - 3 pm. If you have

*(Continued on page 12)*

# VSGA BOARD OF DIRECTORS AND COMMITTEES

By Don Kjelleren— Board President

The duty of your board members is to prepare for and attend regularly scheduled VSGA board meetings, serve on at least one standing committee, devote time and effort for committee work and other assignments, be an advocate for the mission and vision, and above all be committed to expend time and effort in making the VSGA a significant contributor to the health and well-being of the Vermont aged 50+ community.

We are extremely fortunate to have a fifteen-member board that is bound to these principles. With the enthusiasm, experience, and commitment of each board member, the VSGA will prosper and grow in significant proportions.

Adults of any age and from any residence in Vermont are welcome to serve as a member of the board of directors. If you feel you would like to contribute to the success of the VSGA by being a board member please contact Bob Willey – Chair of the Nominations Committee, or any board member to discuss your interest.

## Board Members

Dudley Bell	Allyson Bolduc
Rayne Herzog	Libby Irwin
Barbara Jordan	
Donald Kjelleren – President	
Margaret Lipscomb	Melissa Mendelsohn
Kim Mihan – Vice President	
Bill Nedde	
Betsy Orselet – Secretary	
Tom Raub	Ann Taylor
Stan Wilbur – Treasurer	
Robert Willey	



## Standing Committees

The standing committees do the work of the VSGA. Board members serve as the chair of each of the committees, but any Vermont adult may serve on a committee. If you are interested in doing so, please contact Don Kjelleren, or the committee chair of the committee you are interested in. Our standing committees are:

GAMES – Barbara Jordan and Bill Nedde, Co-chairs. Responsible for the competitive games.

FINANCIAL – Stan Wilbur, Treasurer. Responsible for VSGA finances and budgeting.

Fund-raising sub-committee – Melissa Mendelsohn, Chair. Responsible for obtaining sponsors and outside funding.

NOMINATIONS AND BY-LAWS – Bob Willey, Chair.

INTERNAL COMMUNICATIONS – Peggy Lipscomb, Chair. Responsible for the VSGA newsletter and other internal communications.

EXTERNAL COMMUNICATIONS – Chair is needed. Responsible for website, media contacts, press releases, etc.

NON COMPETITIVE GAMES COMMITTEE – Kim Mihan, Chair. Responsible for year- round programs and activities.

AWARDS/RECOGNITION – Betsy Orselet, Chair. Responsible for ceremonies, awards.

ADMINISTRATIVE – Don Kjelleren, Chair. The members of this committee are the four VSGA officers and the Games Committee co chairs. ☒

**VSGA Adds Games** (Continued from page 4) compete in our 2011 games. Vermont is an “open” state; athletes from all states are welcome to participate.

Whether or not you become the 2011 state

champion, everyone that participates is an Olympian and is guaranteed to find fellowship and have fun. Register today, and make participation in the 2011 VSGA state championships one of the highlights of your summer. ☒

**Meet Your SCs, etc. (Continued from page 10)**  
any questions or need more information, please contact me at the above e-mail or phone number.

Directions to Castleton State College: go online to [www.castleton.edu](http://www.castleton.edu); click Castleton Area for Directions. From Main Street turn onto South Street, drive short distance, find a parking lot, then walk to the Glenbrook Gymnasium, complex 15 on the campus map (right off South St).

### **Don Kjelleren – SC for BICYCLING**

[dkjelleren@aol.com](mailto:dkjelleren@aol.com) or (802) 985-2766



Whether you are a serious bicycle racer or just enjoy riding you will find our July 23, 2011 Bicycle Race Day and Vermont State Championships to be a great fun experience and a memorable day!

Partnering with the Green Mountain Bicycle Club, we have moved the race course to Ferrisburg, where we will now hold the event annually. This will be a greatly improved, safer and faster race course. We will include Vermont's fastest 1 mile time trial, a 5K and 10K time trial, and a 15 mile road race. Trophies will be awarded to the fastest male and female in two age groups for the 1 mile TT, and also for the male and female racers (again in two age groups) with the least combined time for the four races. (Stage race format.) Medals will be awarded to the male and female 1st, 2nd and 3rd place finishers by five year age groups for the 5K and 10K time trials and the road race. Gold medal winners

are 2011 State of Vermont bicycle champions. Anyone aged 50 and older by 12/31/11 may compete.

As a long-time bicycle racer and a past National Champion, I can guarantee you will really enjoy this event. Register today-- see the Bicycle registration form in this newsletter or you may register on line. You may also find more information and a course map on our web site at [www.vermontseniorgames.org](http://www.vermontseniorgames.org). Please contact me at the above phone number or e-mail address for questions and additional info.

### **Rick Battista – SC for CANDLEPIN BOWLING**

(603) 724-1841

Candlepin bowling is primarily a New England sport. It originated in Worcester, Mass. in 1880 and remains popular in Mass., northern New England, and parts of Canada. Its popularity peaked during the 1960's and 1970's with a large number of alleys, leagues, and tournament bowling events. Since the 1980's the overall interest in candlepin bowling, along with the number of alleys, has dropped significantly. There is now only a small fraction of the number of alleys by comparison, with only four left in Vermont.

I started candlepin bowling in the 1960's, and in the 70's I bowled on television and in many tournaments. Recently I have revitalized my interest and have organized a candlepin competition. I am very excited about offering this new sport for the VSGA state championships. I feel candlepin bowling is a lot of fun, challenging and good exercise.

I invite any and all 50+ persons, regardless of your level of experience, even if you never before bowled candlepins, to the VSGA candlepin bowling tournament at the North Star Bowl in North Wilmington on May 24 at 2:00 p.m. The owner of North Star Bowl has been very generous and helpful in making this competition possible. It has a great restaurant, and we want to make this an enjoyable social event, so "fun, fitness, fellowship," and food! Don't hesitate to phone me at the number above if you have any questions.

*(Continued on page 13)*

*Meet Your SCs, etc. (Continued from page 12)*

**Zander Pondo – SC for BOCCE**

[zpondo@uvm.edu](mailto:zpondo@uvm.edu) or (803) 658-0240



As the president of the Burlington Bocce Club (BBC), I am very pleased to be offering Bocce for the first time as a Vermont Senior Games State Championship. The Burlington Bocce Club was started in 2007 as a joint venture between myself, personnel from the Burlington Department of Parks and Recreation, and members of the Burlington Bosnian-American community. Currently we have about 50 members. The BBC partnered with Burlington's Department of Parks and Recreation in building and maintaining three bocce courts at Oakledge Park in Burlington, which is where we will hold the bocce tournament on August 13 and 14.

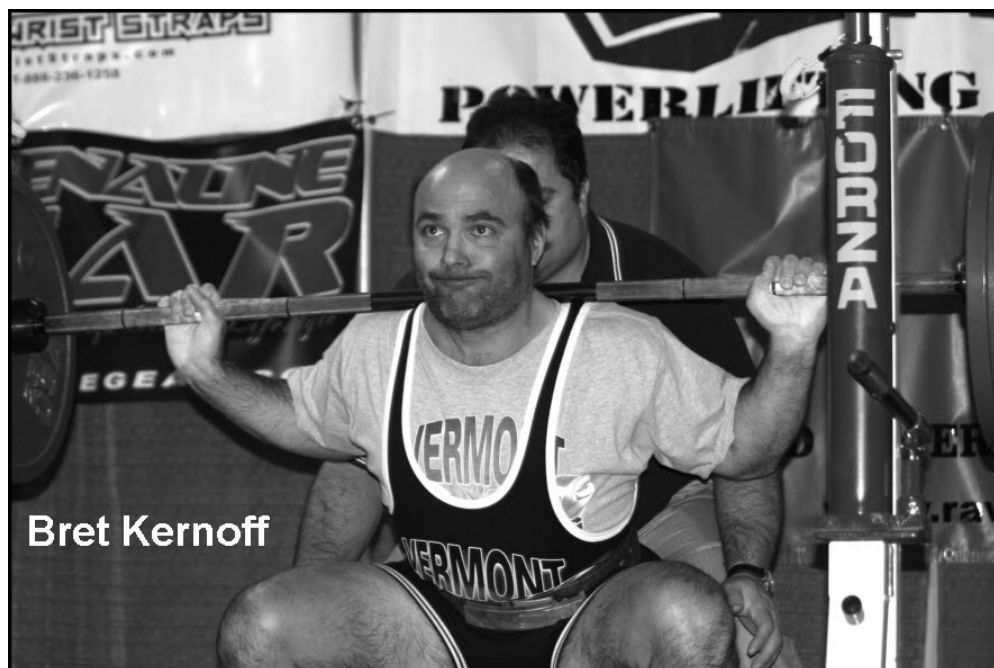
I invite any and all 50+ persons interested in bocce to participate in the Senior Games Championships. For those who are not experienced or have little knowledge of bocce, I will hold a training session prior to the tournament. If you are interested or have any other questions please contact me at the above e-mail or phone number. We always have a lot of fun, so please register and join us for a great time.

**Bret Kernoff – SC for WEIGHTLIFTING**

[bret@vermontpowerlifting.com](mailto:bret@vermontpowerlifting.com)

or (802) 865 -2747

My organization, Vermont Powerlifting, is celebrating its fifth anniversary this year. Based in Burlington, we are the largest organizer of powerlifting competitions in New England, and promote meets in Vermont, New Hampshire, and Massachusetts. For the VSGA meet we will offer the squat, bench press, dead lift and strict curl in 5 year age groups in ten weight classes. Weight classes in each age group include: 132, 148, 165, 181, 198, 220, 242, 275, 308 and Super Heavy Weights!



We look forward to seeing 50+ lifters compete at this inaugural VSGA event. It will be held at the Greater Burlington YMCA weight room on November 5th. Please contact me at the above phone number or e-mail address if you have any questions. Get strong ... not old!☒



**ONE THE NEXT PAGE THE REGISTRATION FORMS BEGIN!**

**THEY ARE IN ALPHA ORDER BY SPORT NAME.**

If your registration form is not here,  
go to the website [www.vermontseniorgames.org](http://www.vermontseniorgames.org)  
for a copy you can print,  
or call the sports coordinator.

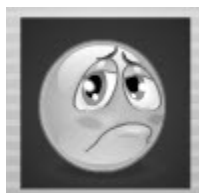
(Their names and contact information are listed in this newsletter.)

**OR REGISTER ON-LINE!**

If you need two registration forms that are back-to-back,  
you may need to photo-copy one of them.

Remember... Vermont is an “open” state.  
Our events are open to all persons 50 years old and over.

Please observe registration deadlines so you won't be disappointed!



**VERMONT SENIOR GAMES**  
**VERMONT STATE ARCHERY CHAMPIONSHIPS**

**Two day competition — Saturday and Sunday, August 6<sup>th</sup> and 7<sup>th</sup>**

**Practice starts at 11 a.m. — Tournament starts at 11:30 a.m.**

**Pelkey's Archery, 275 Nason Street in St. Albans, VT**

Tournament format will be a 900 American Round with 30 arrows at 60, 50 and 40 yards each day. Age groups for seniors will be by ten years, i.e. 50 -59, 60-69, 70-79, etc. Total fee for tournament is \$42. You can register on line at [www.vermontseniorgames.org](http://www.vermontseniorgames.org) or send registration form to Ron Pelkey at 275 Nason Street, St. Albans VT 05478. Please include your check payable to *Vermont Senior Games Association*.

**Registration must be received by July 29<sup>th</sup>.**

Please check (v) Equipment Class below: (one only)

Recurve bow with sight (Olympic style) \_\_\_\_\_ Compound bow no sight (Barebow) \_\_\_\_\_

Recurve bow no sight (Traditional) \_\_\_\_\_ Compound bow sight, fingertab/glove (Compound fingers) \_\_\_\_\_

Compound bow sight, release (Compound release) \_\_\_\_\_

---

PLEASE PRINT CLEARLY

NAME \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

ADDRESS – Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_ Cell \_\_\_\_\_

Date of Birth (m/d/y) \_\_\_\_\_ Age as of 12/31/11 \_\_\_\_\_

Registration . . . . . \$42

(Optional) gift to VSGA . . . . . \_\_\_\_\_

**TOTAL** . . . . . \_\_\_\_\_

Please fill in, read and sign the following liability waiver:

Emergency contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

I, the undersigned participant, hereby agree to indemnify, save and hold harmless the Vermont Senior Games Association, VSGA Board of Directors, all contributing companies and agencies, or any of their agents or representatives for my health, safety or any injury resulting from my participation in the Senior Games. I have prepared myself for the events that I have entered by practice prior to the Senior Games. To the best of my knowledge and belief I have no physical restrictions that would prohibit my participation in the events I have selected at the Games.

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

**Must be signed to participate.**

For more information about the tournament or instruction in archery please contact Ron Pelkey at (802)524-2582 or [ron@pelkeysarchery.com](mailto:ron@pelkeysarchery.com)



# VSGA VERMONT STATE BASKETBALL CHAMPIONSHIPS

Friday September 30, 2011 at Castleton State College

REGISTRATION FORM – Please print clearly

**Online Registration – Go to  
<http://vermontseniorgames.org>**

NAME \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

ADDRESS: Street \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_ Cell \_\_\_\_\_

Date of Birth (m/d/y) \_\_\_\_\_ Age as of 12/31/11 \_\_\_\_\_ This is your VSGA age.

Team Name \_\_\_\_\_ Team Captain \_\_\_\_\_

Registration fee is \$32 which includes a minimum of (3) 3-on-3 half court games, spot shooting, professional referees, electronic scoreboards, medals, and lunch in the CSC cafeteria. For MAIL registrations received after September 20, 2011, add \$8. For ONLINE registrations made after September 23, 2011, add \$8.

Fee Calculation:	Registration Fee - \$32 each player	_____
	Mail Registration after Sep 20th - add \$8	_____
	Online Registration after Sep 23rd - add \$8	_____
	My donation to grow the VSGA (optional)	_____
	<b>TOTAL FEE</b>	_____

1. Attach a check for your total made out to the Vermont Senior Games Association. Mail your check with this form to Bob Willey, 1 St James Place, Essex Junction, Vermont 05452, or give both to your Captain who will send with the team roster. Make a copy for your records.
2. For questions or additional information contact Bob Willey 802-879-0186 [robtwilley@aol.com](mailto:robtwilley@aol.com). Or 877-883-8757 x3003, [bobw@vermontsystems.com](mailto:bobw@vermontsystems.com), Cell 802-324-7365.

Please fill in, read, and sign the following Liability Waiver.....

EMERGENCY CONTACT \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_ PHONE \_\_\_\_\_

I, the undersigned participant, hereby agrees to indemnify, save, and hold harmless the Vermont Senior Games Association, VSGA Board of Directors, all contributing companies, and agencies, or any of the agents or representatives for my health, safety, or any injury resulting from my participation in the Senior Games. I have prepared myself for the events that I have entered by practicing prior to the Senior Games. To the best of my knowledge and belief, I have no physical restrictions that would prohibit my participation in the events that I have selected. The Vermont Senior Games Association Board of Directors has my permission to have a physician attend me if it is deemed necessary during my participation at the Games.

\_\_\_\_\_  
Mail & Online - Signature required to participate

\_\_\_\_\_  
Date

# VSGA BICYCLE RACE DAY AND VERMONT STATE CHAMPIONSHIPS

Saturday July 23, 2011 in Ferrisburg, VT - first race at 9:00 a.m.

Go west on Little Chicago Road from Route 7 in Ferrisburg

— then follow signs to parking and race course —

Go to [www.vermontseniorgames.org](http://www.vermontseniorgames.org) for rules and more details

REGISTRATION FORM – Please print clearly

NAME \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

ADDRESS-Street \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_ Cell \_\_\_\_\_

Date of birth (m/d/y) \_\_\_\_\_ Age as of 12/31/11 \_\_\_\_\_ This is your racing age.

Basic fee is \$20 which includes the 1 mile time trial and the 5k Time Trial. Add \$3 for each additional race you wish to enter. Add \$10 to basic fee for registration made after July 15, 2011. Add \$15 to basic fee for registration up to 8:30 a.m. the day of the Race Day. One mile TT 9 a.m.; 5K TT 10 a.m.; 10K TT 11 a.m.; RR at 1 p.m. Check-in no later than 30 min. before race.

1. Fee Calculation:	Basic Fee (\$20)	_____
	10K TT (\$3)	_____
	25K Road Race (\$3)	_____
	(Optional) My gift contribution to grow the VSGA	_____
	TOTAL	_____

- Attach a check for your total made out to the Vermont Senior Games Association. Mail your check with this form to Don Kjelleren, 425 Juniper Ridge, Shelburne, VT 05482. Make a copy for your records.
- See the VSGA web site for race cancellation notice. Rain date is July 24. (Light rain will not be cause for cancellation of race; heavy rain, thunder and lightening will.)
- For additional information contact Don Kjelleren 802 985-2766 or [dkjelleren@aol.com](mailto:dkjelleren@aol.com)

Please fill in, read, and sign the following Liability Waiver.....

EMERGENCY CONTACT \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_ PHONE \_\_\_\_\_

I, the undersigned participant, hereby agrees to indemnify, save, and hold harmless the Vermont Senior Games Association, VSGA Board of Directors, all contributing companies, and agencies, or any of the agents or representatives for my health, safety, or any injury resulting from my participation in the Senior Games. I have prepared myself for the events that I have entered by practicing prior to the Senior Games. To the best of my knowledge and belief, I have no physical restrictions that would prohibit my participation in the events that I have selected. The Vermont Senior Games Association Board of Directors has my permission to have a physician attend me if it is deemed necessary during my participation at the Games.

\_\_\_\_\_  
Signature (Must be signed to participate)

\_\_\_\_\_  
Date

Bicycle racing is a strenuous sport, therefore The Vermont Senior Games Association (VSGA) strongly recommends that participants consult their doctor prior to practice, preparation, and competition in the Senior Games bicycle racing event. Furthermore the VSGA reminds each bicycle racer that bicycling may be a dangerous sport. It is the responsibility of each racer to make sure their bicycles are in safe working condition. Brakes, tires, etc. should be checked and fixed or replaced prior to racing. Also, each racer is reminded that safety is a personal responsibility.



# VERMONT SENIOR GAMES

## VERMONT STATE BOWLING CHAMPIONSHIPS

September 10th and 11th at 9:00 am

(Check-in required at least 20 minutes prior to event)

Spare Time Lanes, 215 Lower Mountain View Drive, Colchester, VT 05446

Format: 3 strings of bowling with total pinfall determining the winners. Medals will be given for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in each five year men's and women's age divisions for singles. In doubles (including mixed) the younger partner's age will determine the age group. Open to all seniors 50 years old as of 12/31/2011.

There is a \$20 registration fee for each event entered. Cost of rental shoes, lunch or snacks purchased at the alley is not included. You can register on line at [www.vermontseniorgames.org](http://www.vermontseniorgames.org) or by sending the registration form to Glenn Enos, PO Box 53, Hinesburg, VT 05461 . Please include your check payable to Vermont Senior Games Association. **Registration must be received by September 3rd!!**

---

PLEASE PRINT CLEARLY

NAME \_\_\_\_\_ M \_\_\_\_ F \_\_\_\_

ADDRESS -Street \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_ Cell \_\_\_\_\_

Date of Birth (m/d/y) \_\_\_\_\_ Age as of 12/31/11 \_\_\_\_\_

Registration fee \$20 Singles \_\_\_\_\_

Registration fee \$20 Doubles \_\_\_\_\_

(Optional) gift to the VSGA \_\_\_\_\_

**TOTAL** \_\_\_\_\_

*Please fill in, read and sign the following liability waiver:*

Emergency contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone( ) \_\_\_\_\_

I, the undersigned participant, hereby agree to indemnify, save and hold harmless the Vermont Senior Games Association, VSGA Board of Directors, all contributing companies and agencies, or any of their agents or representatives for my health, safety or any injury resulting from my participation in the Senior Games. I have prepared myself for the events that I have entered by practice prior to the Senior Games. To the best of my knowledge and belief I have no physical restrictions that would prohibit my participation in the events I have selected at the Games.

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

**Must be signed to participate.**

For additional information contact Glenn Enos, Coordinator, at [enos@gmavt.net](mailto:enos@gmavt.net) or (802) 482-2510.

For venue information contact Rick Hubbard (802) 655-2720, Spare Time Lanes (next to Costco - Exit 16 East off I89)

# VERMONT SENIOR GAMES

## VERMONT STATE CANDLEPIN BOWLING CHAMPIONSHIPS

Tuesday May 24<sup>th</sup>, 2011 at 2:00 pm

(Check-in required at least 20 minutes prior to event)

North Star Bowl 179 Rt. 100, North Wilmington, VT 05363

Format: 3 strings of Candlepin bowling with total pinfall determining the winners. Medals will be given for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in each five year men's and women's age divisions. Open to all 50+ competitors.

There is a \$20 registration fee for this event. Cost of rental shoes, lunch or snacks purchased at the alley is not included. You can register on line at [www.vermontseniorgames.org](http://www.vermontseniorgames.org) or by sending the registration form to Rick Battista at: PO Box 1611, Keene NH 03431. Please include your check payable to Vermont Senior Games Association. **Deadline for registration is 6:00 pm May 18<sup>th</sup>!!**

---

PLEASE PRINT CLEARLY

NAME \_\_\_\_\_ M \_\_\_ F \_\_\_

ADDRESS -Street \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_ Cell \_\_\_\_\_

Date of Birth (m/d/y) \_\_\_\_\_ Age as of 12/31/11 \_\_\_\_\_

Registration fee (\$20) \_\_\_\_\_

(Optional) gift to the VSGA \_\_\_\_\_

**TOTAL** \_\_\_\_\_

*Please fill in, read and sign the following liability waiver:*

Emergency contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone( ) \_\_\_\_\_

I, the undersigned participant, hereby agree to indemnify, save and hold harmless the Vermont Senior Games Association, VSGA Board of Directors, all contributing companies and agencies, or any of their agents or representatives for my health, safety or any injury resulting from my participation in the Senior Games. I have prepared myself for the events that I have entered by practice prior to the Senior Games. To the best of my knowledge and belief I have no physical restrictions that would prohibit my participation in the events I have selected at the Games.

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

**Must be signed to participate.**

For additional information contact Rick Battista, Coordinator (603) 724-1841.

# 2011 VERMONT STATE SENIOR GAMES GOLF CHAMPIONSHIPS

Monday, September 26<sup>th</sup> at 9:00 a.m.

Vermont National Country Club, 1227 Dorset Street, South Burlington, Vermont

Participants must be 50 years of age on or before 12/31/11. Pairings will be assigned by the committee in 5 year age brackets. Please be at the course and registered by 9:30 am. A shotgun start will be at 10:00am. Gold, Silver and Bronze medals will be awarded based on gross score for each 5 year age bracket. Ties will be decided in accordance with National Senior Games Rules.

Registration Fee, which includes golf, cart and range, is \$67. A box lunch may be ordered for an additional \$15. Registrations must be received by Monday, September 12<sup>th</sup>, 2011. Any additional details will be sent out after all reservations are in.

Register on line at [www.vermontseniorgames.org](http://www.vermontseniorgames.org) or send the registration form to Stan Wilbur at: 13 Bliss Rd. Tinmouth, VT 05773. Please include your check payable to Vermont Senior Games Association.

---

PLEASE PRINT CLEARLY

NAME \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_  
ADDRESS -Street \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
E-mail \_\_\_\_\_ Phone \_\_\_\_\_ Cell \_\_\_\_\_  
Date of Birth (m/d/y) \_\_\_\_\_ Age as of 12/31/11 \_\_\_\_\_

Registration fee. . . . . \$67

Box lunch (\$15) . . . . . \_\_\_\_\_

Turkey \_\_\_ Ham \_\_\_ Roast Beef \_\_\_

(Optional) gift to the VSGA . . . . . \_\_\_\_\_

**TOTAL** . . . . . \_\_\_\_\_

Please fill in, read and sign the following liability waiver:

Emergency contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

I, the undersigned participant, hereby agree to indemnify, save and hold harmless the Vermont Senior Games Association, VSGA Board of Directors, all contributing companies and agencies, or any of their agents or representatives for my health, safety or any injury resulting from my participation in the Senior Games. I have prepared myself for the events that I have entered by practice prior to the Senior Games. To the best of my knowledge and belief I have no physical restrictions that would prohibit my participation in the events I have selected at the Games.

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

**Must be signed to participate.**

For directions and information on the course go to [www.vermontnational.com](http://www.vermontnational.com)

Questions? Contact Stan Wilbur at (802) 446-3953 or [wilburs@greenmtn.edu](mailto:wilburs@greenmtn.edu)

# VERMONT SENIOR GAMES HORSESHOE CHAMPIONSHIP TOURNAMENT

To be held at the Horseshoe Courts at Milton Recreation Park, 43 Bombardier Road, Milton, VT

Saturday, July 23 at 12 noon with rain date of Saturday, July 24

**Tournament Type:** The tournament will be round robin. (Bring your own legal shoes or shoes will be provided.)

**Competition Categories:** Men and women Singles with 5 year age divisions starting at 50 years old as of 12/31/2011. Gold, Silver, and Bronze medals will be awarded in each age group.

**Registration:** Registration fee is \$20. You can register on line at [www.vermontseniorgames.org](http://www.vermontseniorgames.org) or by sending the registration form to Linus Kinner, 270 Cold Springs Camp Road, Milton, VT 05468. Please include your check payable to Vermont Senior Games Association. **Registration must be received by July 13th!!**

---

PLEASE PRINT CLEARLY

NAME \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

ADDRESS -Street \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_ Cell \_\_\_\_\_

Date of birth (m/d/y) \_\_\_\_\_ Age as of day of tournament \_\_\_\_\_

Fee calculation: Registration fee (\$20) \_\_\_\_\_

(Optional) gift to the VSGA \_\_\_\_\_

**TOTAL** \_\_\_\_\_

*Please fill in, read and sign the following liability waiver:*

Emergency contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone ( ) \_\_\_\_\_

I, the undersigned participant, hereby agree to indemnify, save and hold harmless the Vermont Senior Games Association, VSGA Board of Directors, all contributing companies and agencies, or any of their agents or representatives for my health, safety, or any injury resulting from my participation in the Senior Games. I have prepared myself for the events that I have entered by practice prior to the Senior Games. To the best of my knowledge and belief I have no physical restrictions that would prohibit my participation in the events I have selected at the Games.

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

***Must be signed to participate.***

For additional information contact Linus Kinner, Coordinator, at [linuskinner@yahoo.com](mailto:linuskinner@yahoo.com) or (802) 893-2524.

# VERMONT SENIOR GAMES

## 2011 VERMONT STATE POLE VAULTING CHAMPIONSHIP MEET

Friday, August 12<sup>th</sup>, 9:00 a.m. at 2467 Ferry Road, Charlotte, VT

Rain date: Saturday, August 13<sup>th</sup> at 3 p.m.

Directions - From Burlington, south on Route 7 to traffic light in Charlotte. Turn right on Ferry Rd. Go 2 1/2 miles, look for a red mail box and sign on the left that says SENIOR POLE VAULTING.

Anyone aged 50 or older by 12/31/11 is eligible to compete in five year age groups; USATF Masters rules will apply. ALL REGISTRATIONS MUST BE RECEIVED BY AUGUST 8<sup>th</sup>.

If you are registered for the Track and Field Meet, your fee is \$3 as an additional event. If this is your only event, the fee is \$20. (The reason for this as a separate event is because South Burlington High School does not have pole vaulting facilities.)

You can register on line at [www.vermontseniorgames.org](http://www.vermontseniorgames.org) or send the form to Kurt Fischer, 2467 Ferry Road, Charlotte, VT 05445. Please include your check payable to *Vermont Senior Games Association*.

---

PLEASE PRINT CLEARLY

NAME \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_  
ADDRESS – Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
E-mail \_\_\_\_\_ Phone \_\_\_\_\_ Cell \_\_\_\_\_  
Date of Birth (m/d/y) \_\_\_\_\_ Age as of 12/31/11 \_\_\_\_\_ Age group (e.g. 50-54, 55-59 etc.) \_\_\_\_\_

Registration fee if entered in T&F meet (\$3) . . . . . \_\_\_\_\_

Registration fee if not entered in T&F meet (\$20) . . . . . \_\_\_\_\_

(Optional) gift to the VSGA . . . . . \_\_\_\_\_

**TOTAL** . . . . . \_\_\_\_\_

Please fill in, read and sign the following liability waiver:

Emergency contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

I, the undersigned participant, hereby agree to indemnify, save and hold harmless the Vermont Senior Games Association, VSGA Board of Directors, all contributing companies and agencies, or any of their agents or representatives for my health, safety or any injury resulting from my participation in the Senior Games. I have prepared myself for the events I have entered by practice prior to the Senior Games. To the best of my knowledge and belief I have no physical restrictions that would prohibit my participation in the events I have selected at the Games.

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

**Must be signed to participate.**

For more information contact Kurt Fischer, Certified USATF Pole Vault coach and official at [kaf2303@yahoo.com](mailto:kaf2303@yahoo.com) or (802) 425-2303.

**VERMONT SENIOR GAMES**  
**ONE MILE PRECISION WALK**

**Saturday, August 13<sup>th</sup>, 10:45 a.m. at South Burlington High School**

The high school is at the corner of Dorset St. and Kennedy Drive – exit 14E from I89. The walk will start at 11:30, participants must check in by 11:00. Anyone 50 or older by 12/31/11 may participate. There will be no separate age groups— medals will be awarded to the top three men and the top three women who come closest to their predicted time for walking one mile (four times around the track). No watches may be worn! Registration fee for the walk is \$10. A box lunch is available for an additional \$10. All registrations must be received by August 8<sup>th</sup>. **No late registration.** NOTE: for the sake of the track surface, Nordic or other walking poles will not be allowed at this event. Also, no watches, headphones, or iPods.

You can register online at [www.vermontseniorgames.org](http://www.vermontseniorgames.org) or send the registration form to: Betsy Orselet at 721 Main Street, Colchester VT 05446. Please include your check payable to *Vermont Senior Games Association*.

---

PLEASE PRINT CLEARLY

NAME \_\_\_\_\_ M \_\_\_\_ F \_\_\_\_  
ADDRESS – Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_  
E-mail \_\_\_\_\_ Phone \_\_\_\_\_ Cell \_\_\_\_\_  
Date of Birth (m/d/y) \_\_\_\_\_ Age as of 12/31/11 \_\_\_\_\_ Enter your predicted time \_\_\_\_\_

Registration fee . . . . . \$10  
Box lunch . . . . . \_\_\_\_  
(Optional) gift to the VSGA . . . . . \_\_\_\_  
**TOTAL** . . . . . \_\_\_\_

Please fill in, read and sign the following liability waiver:

Emergency contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

I, the undersigned participant, hereby agree to indemnify, save and hold harmless the Vermont Senior Games Association, VSGA Board of Directors, all contributing companies and agencies, or any of their agents or representatives for my health, safety or any injury resulting from my participation in the Senior Games. I have prepared myself for the events that I have entered by practice prior to the Senior Games. To the best of my knowledge and belief I have no physical restrictions that would prohibit my participation in the events I have selected at the games.

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

**Must be signed to participate.**

For further information contact Barbara Jordan at (802)658-4486 or [barbarajordan@moomail.net](mailto:barbarajordan@moomail.net)

# VERMONT SENIOR GAMES

## 2011 VERMONT STATE RACQUETBALL CHAMPIONSHIPS

Sunday, September 11<sup>th</sup>. Patrick Gym at University of Vermont

97 Spear Street, Burlington (Take exit 14 West from I89)

**Warm-up at 8:00 a.m., Singles at 9:00 a.m., Doubles at 12:00 noon**

Balls will be provided. Goggles are mandatory unless you wear protective glasses. Age groups and the type of tournament will be determined by the number of participants registered. Doubles competitive age will be that of the younger partner. The basic fee is \$17 plus an additional \$3 for each event entered. You can register on line at [www.vermontseniorgames.org](http://www.vermontseniorgames.org) or send the registration form to Dorothy Slack at 34 Eastman Farm Rd. Burlington VT 05408. Please include your check payable to *Vermont Senior Games Association*. **Deadline for receipt of registration is Friday, September 2<sup>nd</sup>.**

---

PLEASE PRINT CLEARLY

NAME \_\_\_\_\_ M \_\_\_ F \_\_\_

ADDRESS – Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_ Cell \_\_\_\_\_

Date of Birth (m/d/y) \_\_\_\_\_ Age as of 12/31/11 \_\_\_\_\_

Name of doubles partner \_\_\_\_\_ Age as of 12/31/11 \_\_\_\_\_

Registration fee ..... \$17

Singles ..... \_\_\_\_

Doubles ..... \_\_\_\_

(Optional) gift to the VSGA ..... \_\_\_\_

**TOTAL** ..... \_\_\_\_

Please fill in, read and sign the following liability waiver:

Emergency contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

I, the undersigned participant, hereby agree to indemnify, save and hold harmless the Vermont Senior Games Association, VSGA Board of Directors, all contributing companies and agencies, or any of their agents or representatives for my health, safety or any injury resulting from my participation in the Senior Games. I have prepared myself for the events that I have entered by practice prior to the Senior Games. To the best of my knowledge and belief I have no physical restrictions that would prohibit my participation in the events I have selected at the Games.

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

**Must be signed to participate.**

For information contact Paul Reinhardt at (802) 425-3929 or [paul.reinhardt@uvm.edu](mailto:paul.reinhardt@uvm.edu)

**Waiver and Release Form - Read carefully before signing.**

In consideration of the acceptance by sponsor of my entry in this event, I hereby waive any liability the sponsor may have arising out of my participation in this event. Furthermore, I acknowledge, agree and represent that I have read the rules and regulations of the event, and as a participant, I understand the nature of the activity required to participate in this event and the risks and dangers presented by such activity, including, but not limited to, serious bodily injury, permanent disability, paralysis and death, or the loss of personal property ("Risks"), and that I am participating in this event voluntarily and entirely at my own risk. These Risks may be caused by my own actions or inactions, the actions or inactions of others participating in this event, the condition of the facilities or premises in which the activity takes place, or the negligence or willful misconduct of Vermont Senior Games Association, VSGA Board of Directors, Herzog Enterprises, LLC, RaceVermont.com, Shelburne Health & Fitness, Shelburne Recreation Department, Town of Shelburne, Town of Charlotte, and all sponsors of this race (collectively, the "Released Parties"). I fully accept and assume all such Risks and all responsibility for losses, costs and damages I incur as a result of my participation in this event.

I hereby release, discharge, and covenant not to sue the Released Parties, and if applicable, owners and lessors of the premises on which the event takes place from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence or willful misconduct of the Released Parties or otherwise, including negligent rescue operations; and I further agree that if, despite this waiver and release of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Released Parties, I will indemnify, save and hold harmless each of the Released Parties from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim.

If any portion of this waiver and release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release shall remain in full force and effect and the offending provision or provisions severed herefrom.

I hereby authorize RaceVermont.com, its representatives and employees the right to take photographs of me and my property in connection with participation in this event. I hereby grant to RaceVermont.com, its affiliates and its successors and assigns, a non-exclusive, transferable, royalty-free license, with the right to sublicense, to copyright, use and publish such photographs in print and/or electronic media.

I hereby agree that RaceVermont.com may use such photographs with or without my name and for any lawful purpose, including, but not limited to, publicity, illustration, advertising and website content.

I have prepared myself for the event(s) that I have entered by practicing prior to the Senior Games. To the best of my knowledge and belief, I have no physical restrictions that would prohibit my participation in the events that I have selected. The Vermont Senior Games Association Board of Directors has my permission to have a physician attend me if it is deemed necessary during my participation at the Games. PLEASE attach to this form pertinent medical information, facts, special medication, allergies, etc. to ensure your health and safety.

By signing this release, I acknowledge and agree that I fully understand its content, that such content cannot be modified or amended orally, that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Signed: \_\_\_\_\_

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

Dated: \_\_\_/\_\_\_/\_\_\_

PLEASE attach to this form pertinent medical information, facts, special medication, allergies, etc. to ensure your health and safety.

**2011 Vermont State  
5K/10K Run  
Championships  
Thursday, June 23, 2011  
Race start is at 5:30 p.m.**



No refunds, transfers or credits will be given for unattended races.  
Each racer should print this form, fill it out (neatly please) and mail to:  
Racevermont.com  
c/o Shelburne Health & Fitness  
166 Athletic Drive, Shelburne, VT 05482  
Phone: 802-985-4410  
email: ute@racevermont.com

Online Registration Powered by activeNETWORK

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

Gender: \_\_\_\_\_ Date of Birth \_\_\_\_\_

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

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

Daytime Phone: (\_\_\_\_\_) \_\_\_\_\_

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

In case of emergency, please contact: \_\_\_\_\_  
\_\_\_\_\_ at (\_\_\_\_\_) \_\_\_\_\_

I am participating in the 5K Race (\$25)

I am participating in the 10K Race (\$25)

T-shirt Fee(s): \_\_\_\_\_ T-shirt Size: \_\_\_\_\_  
\$20 per shirt Unisex S, M, L, XL

Race Fee \$ \_\_\_\_\_ Total Paid \$ \_\_\_\_\_  
(Please make checks payable to Racevermont.com)

**Pre-Registration closes at 11:59 pm on Monday, June 20, 2011. Race Day Registration will be an additional \$5.**



# VERMONT SENIOR GAMES

## VERMONT STATE SWIMMING CHAMPIONSHIPS

Frank Forbush Pool, UVM ☒ September 11<sup>th</sup> 2011 ☒ Warm-ups 7:30 a.m -8:30 ☒ Meet 8:30-noon  
Patrick Gym at The University of Vermont 97 Spear Street, Burlington, VT (Take exit 14 West from I89)

**Fees:** Registration is \$20 plus \$3 for each event. **Registration:** Registration will open August 1<sup>st</sup> through Sept. 1<sup>st</sup>.

### EVENTS (Please check)

___ 100 IM	___ 100 free
___ 200 free	___ 100 back
___ 50 back	___ 100 breast
___ 50 breast	___ 500 free
___ 100 fly	___ 50 fly
___ 50 free	-----15 minute break
-----15 minute break	___ 200 IM

Please mail registration to: Dorothy Slack at 34 Eastman Farm Road, Burlington VT 05408 or register on line at [www.vermontseniorgames.org](http://www.vermontseniorgames.org) Please include your check payable to Vermont Senior Games Association.

---

### PLEASE PRINT CLEARLY

NAME \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

ADDRESS: Street \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_ Cell \_\_\_\_\_

Date of birth (m/d/y) \_\_\_\_\_ Age as of 12/31/11 \_\_\_\_\_

Registration fee \$20

Events entered @\$3. \_\_\_\_\_

(Optional) gift to the VSGA \_\_\_\_\_

**TOTAL** \_\_\_\_\_

*Please fill in, read and sign the following liability waiver:*

Emergency contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

I, the undersigned participant, hereby agree to indemnify, save and hold harmless the Vermont Senior Games Association, VSGA Board of Directors, all contributing companies and agencies, or any of their agents or representatives for my health, safety or any injury resulting from my participation in the Senior Games. I have prepared myself for the events that I have entered by practice prior to the Senior Games. To the best of my knowledge and belief I have no physical restrictions that would prohibit my participation in the events I have selected at the Games.

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

**Must be signed to participate.**

Contact information: Gerry Cournoyer - [Gerry.cournoyer@uvm.edu](mailto:Gerry.cournoyer@uvm.edu) Phone: 802-656-7702

# VERMONT SENIOR GAMES

## 2011 VERMONT STATE TENNIS CHAMPIONSHIPS

Burlington Tennis Club – 12 ½ East Terrace Drive, Burlington VT – Outdoor clay courts.

**Saturday and Sunday, July 9<sup>th</sup> and 10<sup>th</sup>, at 9 a.m.**

Basic registration fee is \$17 with an additional \$10 per person for singles and/or \$5 per person for doubles. Each person should bring one new (unopened) can of balls for his or her first match. Age groups and tournament type will be determined by the number of entries. Draw and start times will be available July 7<sup>th</sup>.

Open to all players aged 50 or over by 12/31/11. Doubles competitive age will be that of the younger partner. Tournament format will depend upon number of participants.

You can register on line at [www.vermontseniorgames.org](http://www.vermontseniorgames.org) or send the registration form to Jeanne Hulsen, Athletic Director, Burlington High School, 52 Institute Rd., Burlington VT 05408. Please include your check payable to *Vermont Senior Games Association*. **Deadline for receipt of registration is Tuesday, July 5<sup>th</sup>.**

---

### PLEASE PRINT CLEARLY

NAME \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_  
ADDRESS – Street \_\_\_\_\_ City \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_  
E-mail \_\_\_\_\_ Phone \_\_\_\_\_ Cell \_\_\_\_\_  
Date of Birth (m/d/y) \_\_\_\_\_ Age as of 12/31/11 \_\_\_\_\_ NTRP (or skill level) \_\_\_\_\_  
Name of doubles partner \_\_\_\_\_ Age as of 12/31/11 \_\_\_\_\_ NTRP \_\_\_\_\_

Registration fee . . . . . \$ 17  
Singles . . . . . \_\_\_\_\_  
Doubles . . . . . \_\_\_\_\_  
(Optional) gift to the VSGA . . . . . \_\_\_\_\_  
**TOTAL** . . . . . \_\_\_\_\_

Please fill in, read and sign the following liability waiver:

Emergency contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

I, the undersigned participant, hereby agree to indemnify, save and hold harmless the Vermont Senior Games Association, VSGA Board of Directors, all contributing companies and agencies, or any of their agents or representatives for my health, safety or any injury resulting from my participation in the Senior Games. I have prepared myself for the events that I have entered by practice prior to the Senior Games. To the best of my knowledge and belief I have no physical restrictions that would prohibit my participation in the events I have selected at the Games.

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

**Must be signed to participate.**

Tournament coordinators: Jeanne Hulsen, Kristin Hartley, Allyson Bolduc

For information contact Jeanne at [Jhulsen@bsdvt.org](mailto:Jhulsen@bsdvt.org). Jeanne/Kristin at Burlington Tennis Club: (802) 863-3439

# VERMONT SENIOR GAMES

## 2011 VERMONT STATE TRACK AND FIELD CHAMPIONSHIPS

Saturday, August 13<sup>th</sup>, 8:00 a.m. at South Burlington High School

The high school is at the corner of Dorset St. and Kennedy Drive, exit 14 E from I89. Anyone aged 50 or older by 12/31/11 is eligible to compete. Competition will be in five year age groups; USATF Masters T&F rules will apply. All registrations must be received by August 8<sup>th</sup>. NO LATE REGISTRATION – no day of meet registration! Basic registration fee (includes box lunch) is \$25 with \$3 additional fee for each event entered. You can register on line at [www.vermontseniorgames.org](http://www.vermontseniorgames.org) or send the form to Janice Lange at 208 Colchester Rd. Essex Jct. VT 05452. Please include your check payable to *Vermont Senior Games Association*.

**NOTE: we will offer a Track and Field Clinic at Rice High School in South Burlington on August 2, 3 ,and 4, from 6 - 8 PM. Contact Barbara Jordan (see bottom of this form) for more information about this.**

**Please check (v) all events you plan to enter.**

Schedule: 8:00 am bib # pick-up and declaration for all running events.

9:00 100 meters _____	<u>Field events:</u> check-in at event.	
9:30 1500 meters _____	Shot Put _____	High Jump _____
10:00 400 meters _____	Discus _____	Long Jump _____
10:30 800 meters _____	Javelin _____	Triple Jump _____
11:00 200 meters _____		

PLEASE PRINT CLEARLY

NAME \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

ADDRESS – Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_ Cell \_\_\_\_\_

Date of Birth (m/d/y) \_\_\_\_\_ Age as of 12/31/11 \_\_\_\_\_ Age group (e.g. 50-54, 55-59 etc.) \_\_\_\_\_

Registration fee . . . . . \$ 25

Number of events entered @ \$3 ea. . . . . \_\_\_\_\_

(Optional) gift to the VSGA . . . . . \_\_\_\_\_

**TOTAL** . . . . . \_\_\_\_\_

Please fill in, read and sign the following liability waiver:

Emergency contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

I, the undersigned participant, hereby agree to indemnify, save and hold harmless the Vermont Senior Games Association, VSGA Board of Directors, all contributing companies and agencies, or any of their agents or representatives for my health, safety or any injury resulting from my participation in the Senior Games. I have prepared myself for the events I have entered by practice prior to the Senior Games. To the best of my knowledge and belief I have no physical restrictions that would prohibit my participation in the events I have selected at the Games.

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

**Must be signed to participate.**

For more information contact Barbara Jordan at [barbarajordan@moomail.net](mailto:barbarajordan@moomail.net) or (802) 658-4486.

**Waiver and Release Form - Read carefully before signing.**

In consideration of the acceptance by sponsor of my entry in this event, I hereby waive any liability the sponsor may have arising out of my participation in this event. Furthermore, I acknowledge, agree and represent that I have read the rules and regulations of the event, and as a participant, I understand the nature of the activity required to participate in this event and the risks and dangers presented by such activity, including, but not limited to, serious bodily injury, permanent disability, paralysis and death, or the loss of personal property ("Risks"), and that I am participating in this event voluntarily and entirely at my own risk. These Risks may be caused by my own actions or inactions, the actions or inactions of others participating in this event, the condition of the facilities or premises in which the activity takes place, or the negligence or willful misconduct of Vermont Senior Games Association, VSGA Board of Directors, Herzog Enterprises, LLC, RaceVermont.com, Shelburne Health & Fitness, Shelburne Recreation Department, Town of Shelburne, Town of Charlotte, and all sponsors of this race (collectively, the "Released Parties"). I fully accept and assume all such Risks and all responsibility for losses, costs and damages I incur as a result of my participation in this event.

I hereby release, discharge, and covenant not to sue the Released Parties, and if applicable, owners and lessors of the premises on which the event takes place from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence or willful misconduct of the Released Parties or otherwise, including negligent rescue operations; and I further agree that if, despite this waiver and release of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Released Parties, I will indemnify, save and hold harmless each of the Released Parties from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim.

If any portion of this waiver and release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release shall remain in full force and effect and the offending provision or provisions severed herefrom.

I hereby authorize RaceVermont.com, its representatives and employees the right to take photographs of me and my property in connection with participation in this event. I hereby grant to RaceVermont.com, its affiliates and its successors and assigns, a non-exclusive, transferable, royalty-free license, with the right to sublicense, to copyright, use and publish such photographs in print and/or electronic media.

I hereby agree that RaceVermont.com may use such photographs with or without my name and for any lawful purpose, including, but not limited to, publicity, illustration, advertising and website content.

I have prepared myself for the event(s) that I have entered by practicing prior to the Senior Games. To the best of my knowledge and belief, I have no physical restrictions that would prohibit my participation in the events that I have selected. The Vermont Senior Games Association Board of Directors has my permission to have a physician attend me if it is deemed necessary during my participation at the Games. PLEASE attach to this form pertinent medical information, facts, special medication, allergies, etc. to ensure your health and safety.

By signing this release, I acknowledge and agree that I fully understand its content, that such content cannot be modified or amended orally, that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Signed: \_\_\_\_\_

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

Dated: \_\_\_\_/\_\_\_\_/\_\_\_\_

PLEASE attach to this form pertinent medical information, facts, special medication, allergies, etc. to ensure your health and safety.



**2011 Vermont State Senior Sprint  
Triathlon Championships**  
(400 yard swim, 15.8 mile bike, 3.1 mile run)  
**Saturday, July 16, 2011**  
**Race start is at 8:00 a.m.**

No refunds, transfers or credits will be given for unattended races.  
Each racer should print this form, fill it out (neatly please) and mail to:

Racevermont.com  
c/o Shelburne Health & Fitness  
166 Athletic Drive, Shelburne, VT 05482  
Phone: 802-985-4410  
email: ute@racevermont.com

Online Registration Powered by **activeNETWORK**

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

Gender: \_\_\_\_\_ Date of Birth \_\_\_\_\_

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

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

Daytime Phone: (\_\_\_\_\_) \_\_\_\_\_

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

In case of emergency, please contact: \_\_\_\_\_

\_\_\_\_\_ at (\_\_\_\_\_) \_\_\_\_\_

- I am doing the entire race on my own. (\$40)
- I am part of a team of 2 or 3 (\$60) and I am doing the
  - swim
  - bike
  - run

**Please make sure all members of the team fill out an application and submit them together.**

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

Race Fee \$ \_\_\_\_\_ Donation to VSGA \$ \_\_\_\_\_  
Individual \$40 / Team \$60 Optional

T-shirt Fee(s): \_\_\_\_\_ T-shirt Size: \_\_\_\_\_  
\$20 per shirt Unisex S, M, L, XL

Total Paid \$ \_\_\_\_\_  
(Please make checks payable to Racevermont.com)

**This race is limited to 200 racers. Pre-Registration closes at 11:59 pm on Wednesday, July 13 or when the race fills. Register by June 30 to order a commemorative wick-tech shirt. Race Day Registration (if available) will be an additional \$10.**

**Please support our sponsors,  
as they support us!**



*Owned by Dairy Farmers  
Since 1919*



**Let's Build Something Together™**

THE VERMONT SENIOR GAMES ASSOCIATION  
425 Juniper Ridge  
Shelburne, VT 05482  
(802) 985-2766  
dkjelleren@aol.com  
www.vermontseniorgames.org

PRSR STD  
U.S. POSTAGE **PAID**  
MONTPELIER, VT  
PERMIT NO. 358

---

# *THE VERMONT SENIOR GAMES ASSOCIATION*



FUN, FELLOWSHIP, AND FITNESS



## MISSION STATEMENT

The Vermont Senior Games Association is a not-for-profit 501(c)(3) organization and member in good standing of the National Senior Games Association that hosts year-round sports and fitness competitions and non-competitive physical fitness oriented programs, activities, and education for the aged 50+ community incorporating the concepts of fun, fellowship and fitness.

---

### **ADDRESS UPDATES OR NEWSLETTER CANCELLATIONS:**

Please keep the VSGA in the loop if your postal address, e-mail address, or phone number changes. This will prevent you from missing any newsletters or e-mail announcements. If you no longer wish to receive this newsletter, please let us know, that, too, at [vsga.communications@gmail.com](mailto:vsga.communications@gmail.com) (or the phone number/postal address at the top of this page). It will help the VSGA spend its limited resources in the best possible way. Thank you.