



2014

INFORMATION & REGISTRATION GUIDE



To Participate Is to Win!



2014 Maryland Senior Olympics Hall of Fame and Awards Reception



Oct. 25, 2014

1 p.m.

Vollmer Center, Baltimore

Celebrate the new inductees to the MSO Hall of Fame and recipients of the 2014 honor awards at a lunch reception for all our participating athletes. Awards to be presented and criteria:

Hall of Fame

For outstanding service, significant achievement and consistent dedication to the perpetuation of MSO exemplified by, but not limited to, the following attributes: Minimum of 15 years of MSO involvement, multiple sport participation and medal achievement; participation in National Senior Games and medal achievement.

Robert G. Zeigler Service Award

In recognition of outstanding service and dedication to local, state or national Senior Olympics movement exemplified through a minimum of 10 years consistent service; promotional involvement at the state or national levels and corporate In-kind or financial support of Maryland Senior Olympics.

MSO Citation

In appreciation for outstanding service, distinguished contributions and support on behalf of MSO exemplified through the minimum of 10 years of consistent service, participation in Games organization and/or participation, and promotional support of the Maryland Senior Olympics.

How to Be Nominated

To avoid overlooking deserving recipients for the 2014 Maryland Senior Olympics Honor Awards, nominations are requested, along with supporting biographical information, by Sept. 1, 2014. Please send nominations to:

Robert G. Zeigler, 10 South Shaffer Dr., New Freedom, Pa 17349.

Maryland seniors, qualify for the 2015 National Senior Games!

RACE for our KIDS

Presented by the Sinai Hospital Auxiliary

10K Race — Sunday, September 21, 2014

This USATF-certified 10K course travels throughout the beautiful Mt. Washington neighborhood and includes rolling hills. Participant amenities include \$4,100 in cash prizes, chip timing, a long-sleeved technical shirt and a catered post-race party. All proceeds benefit the Herman & Walter Samuelson Children's Hospital at Sinai. Register online before July 1 and receive a \$5 discount.

We are proud to host Maryland Senior Olympics 10K runners.



raceforourkids.org



The Herman & Walter Samuelson
Children's
HOSPITAL AT SINAI



Welcome!

In 2014, MSO will have 23 sports in almost 100 events with a stronger emphasis on low-impact activities.

The 2014 Maryland Senior Olympics is our 34th year of playing a significant role in raising physical fitness awareness for the senior population, aged 50 and above. Since partnering with several parks and recreation agencies around the state since 2008, MSO has not only expanded that reach into the seniors community, but made some major strides in positioning the Games for the years ahead. We've also added new sponsors, new events and opened new doors to a broader population of participants. And once again, online registration will be available to all athletes!

This year, we are offering 23 sports in nearly 100 events. One of MSO's goals was more low-impact activities for those who are not overly competitive and just want to be a participant. Over the past two years, we've added cornhole, bocce, disc golf and croquet.

Another goal for this year was stability of venues. There are only two changes—golf, which is returning to Laytonsville Golf Course in Montgomery County, and pairing cornhole with the horseshoes event at the Kent Island Elks Lodge in Stevensville.

Of course, 2014 means an opportunity to qualify for the 2015 National Senior Games in Bloomington, Minneapolis, and St. Paul, Minn., where we expect Maryland to continue its long history of athletic excellence on the national level. At the 2013 National Games in Cleveland, Maryland brought home 126 total medals, 35 of them gold!



This guide will help you understand MSO and register for this year's events, whether you are an individual or team. Events are broken down to gender and age-group competitions. You also have everything here you need to register—if not, drop us an e-mail or a phone call!

We expect over 1,500 athletes representing all 24 local Maryland jurisdictions at this year's Games. Our motto is, "To Participate Is to Win!" Join us for all the fun. •

How to Register

Getting entered into the Maryland Senior Olympics is fast and easy—register the old-fashioned way or online. Your choice!

MSO offers two ways to register—traditional mail-in forms and online.

Thanks to our partners at FuseSports and our friends at the National Senior Games Association, Maryland athletes have a fast, easy and convenient way of registering and paying quickly online. All you need is a Paypal account for payment and follow the easy instructions below:

- 1.) Go to <https://maryland.nsga.com>
- 2.) You will have two options on the main registration page:

Option A: Register with an existing National Senior Games Association Account. You simply click on the *Athletes Log in and Register* button and login with your account number and password;

Option B: Register as a new participant. If you don't know your NSGA account details, please choose this option, even if you have competed in the Maryland Senior Olympics before. Simply click on the *New to the Games* button and fill out your personal details.

3.) After completing your registration with Maryland Senior Olympics and you would like to register for another state or local games, go to: <http://www.nsga.com/register-national.aspx>

Important Information:

Forgot Your Password? If you know your NSGA registration/ac-

count number, you will be given the option to have your password sent to your e-mail of record. To do this, simply click on the *Athletes Log in and Register* button then select *Forgot Your Password?* Click here, then simply enter your e-mail address or registration number and then click the *Send Email* button.

For Team Registration

Team Captains—Go to <https://maryland.nsga.com> and register your team. You can either register and pay on behalf of each team member or invite them to register and pay the team member fee online. If the captain chooses to register his/her entire team, he/she will need to know demographics (name, birth date, full address, email, emergency contact information, etc.) of each member and pay their fee. If the captain wishes to just register the team and send out invites for his/her players to join his/her specific team, he/she will need to know their email address.

Team Members—You can join a team, but the team must first be registered by your team captain. To find your team, search for your captain's name or team code/number (which was created by your captain).

Be sure you read all of the instructions carefully and complete all required information during the online registration process. •



Participation

Everything you need to know as a competitor and participant in the 2014 Maryland Senior Olympics.

The Maryland Senior Olympics Commission requests that every participating athlete consult his or her physician to evaluate their physical condition and determine one's safe level of competition. To assist in this endeavor, the Commission rates the various events within the Maryland Senior Olympics as high and medium risk. Participants may enter as many events as their schedule will allow.

High-Risk Participation

These events require an extensive level of physical fitness and training. Do not engage in these events unless:

- 1.) You are already actively participating in an event of this nature on a regular basis (a minimum of three times a week for at least one year);
- 2.) Your doctor's consent has been given if you have been diagnosed as having high blood pressure, heart disease, respiratory conditions or orthopedic disorders.

High-risk events are all aquatic events, badminton singles, all cycling events, racquetball, tennis (singles), all team sports, and all track and running events—100-, 200-, 400-, 800- and 1500-meter events, along with the 5k and 10k long-distance races.

You can participate in just two high-risk events per day, except in swimming and track and field.

Medium-Risk Participation

These events require less extensive physical conditioning, but have some risk due to their highly competitive nature. Do not engage in an event of this caliber unless:

- 1.) You have been actively involved in a similar event for the past six months;
- 2.) You have your doctor's consent if you have been diagnosed as having high blood pressure, heart disease, respiratory conditions, or orthopedic disorders.

Medium-risk events are archery, badminton doubles, basketball floor and foul shooting, billiards, bowling, golf, horseshoes, lawn bowling, shuffleboard, table tennis, tennis (all doubles), and all field events—discus, high jump, javelin, pole vault, running long jump, shot put, standing long jump, triple jump, and race walks.

Team Sports Competition

Three team sports are included in the Maryland Senior Olympics: 3-3 half-court basketball, softball, and volleyball. All team

sports competitions are divided into six age groups: 50-54, 55-59, 60-64, 65-69, 70-74 and 75-plus. The youngest member of the team as of Dec. 31, 2014, will determine the age division. No roster substitutions will be permitted after the registration deadline.

All team members, non-playing coaches and bench personnel must indicate all team and individual events that you are registering for on the original registration form.

Team captains must complete and sign the Maryland Senior Olympics Team Roster Form.

Event Check-In

You will be provided with general information and gratuity distribution. In addition, every athlete must check-in with the event coordinator 30 minutes prior to each event at the event location.

Note: Any athlete not reporting to an event on time may be disqualified. There will be no switching of events on the day of competition. Participating in an event that you are not pre-registered for will result in disqualification.

Open Pit Events

Participants may compete at any point during the scheduled time of an open-pit event, thus allowing them to compete in other scheduled events around the same time periods.

For example, typical open-pit events are the softball, football and Frisbee throw competitions with a 4-hour window for you to walk-up and participate. Depending on the time, you might experience delays at an open-pit event. Medals will be distributed at the completion of the event's time allotment. •

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Events

The sports, locations/venues, dates, times and risk for each event of the 2014 Maryland Games. Times are subject to change. See the Venues and Locations page for the site addresses.

NSGA Events Qualify for the 2015 National Senior Games in Minnesota by finishing in the top 4 of one of these great events.

Sport	Event	Location	Date	Time	Risk
Archery	Men, women	Genesee Valley Outdoor Learning Ctr.	Sept. 28	10 a.m.	Medium
Badminton	Singles, doubles,	Bauer Drive Community Center	Sept. 6-7	9 a.m.-5 p.m.	High
Basketball	All ages, 3-on-3	St. Frances Academy	Sept. 13	9:30 a.m.	High
Bowling	Singles, ages 50-69	Brunswick Normandy Lanes	Sept. 8	9 a.m.	Medium
Bowling	Singles, ages 70 and above	Brunswick Normandy Lanes	Sept. 8	1 p.m.	Medium
Bowling	Men's and women's doubles	Brunswick Normandy Lanes	Sept. 9	9 a.m.	Medium
Bowling	Mixed doubles	Brunswick Normandy Lanes	Sept. 9	1 p.m.	Medium
Cycling	10k time trial, all ages	Davidsonville, Md.	June 4	6 p.m.	High
Golf	Men, women, all ages	Laytonsville Golf Course	Sept. 24	9 a.m.	Medium
Horseshoes	All ages, singles	Kent Island Elks Lodge No. 2576	Sept. 27	9 a.m.	Medium
Racquetball*	Singles, men and women	Severna Park Racquetball Center	Sept. 10	9 a.m.	High
Racquetball*	Doubles, men and women	Severna Park Racquetball Center	Sept. 11	9 a.m.	High
Running#	5k race	Kentlands 5k	Aug. 30	8 a.m.	High
Running#	10k race	Lifebridge Race For Kids	Sept. 21	8 a.m.	High
Shuffleboard	All men's, women's play	Leisure World	Sept. 14	9 a.m.	Medium
Softball	Men and women	Olney Manor Regional Park	Sept. 4-7	8:30 a.m.	Medium
Swimming	All men's, women's events	Germantown Indoor Swim Center	Sept. 20	9 a.m.	High
Table Tennis	Singles, doubles, all ages	Old Court Middle School, Pikesville	Sept. 20	9 a.m.	Medium
Tennis	Men and women, all ages	Olney Manor Regional Park	Sept. 11-14	8:30 a.m.	High
Track and Field	Men, women, all ages	Johns Hopkins/Eastern High Campus	Aug. 16-17	8, 10 a.m.	Medium-High
Festival of Athletes	All MSO participants	Johns Hopkins/Eastern High Campus	Aug. 16	Noon	
Volleyball	Women, all ages	Howard County MAC	Aug. 23	9 a.m.	High
Volleyball	Men, all ages	Howard County MAC	Aug. 24	9 a.m.	High
Hall of Fame/Awards Reception		Vollmer Center, Baltimore	Oct. 25	1 p.m.	

*—Indicates more specific times to be determined upon draw; #—Indicates race start times; check-in begins at 6:30 a.m.

State Events MSO offers these fun participatory events. They don't qualify for the National Games but you can win MSO medals.

Sport	Event	Location	Date	Time	Risk
Billiards	Men, women, all ages	Top Hat Pool Hall	Sept. 10	11 a.m.	Medium
Bocce	Men, women, all ages	D'Alesandro Park, Little Italy	Sept. 17	10 a.m.	Medium
Cornhole	Doubles, mixed doubles	Kent Island Elks Lodge No. 2576	Sept. 27	10 a.m.	Medium
Croquet	Men, women, all ages	Annapolis and West River, Md.	Sept. 27-28	9 a.m.	Medium
Disc Golf	Men, women, all ages	Druid Hill Park	Aug. 16	10 a.m.	Medium
Lawn Bowling	All ages, singles, doubles	Leisure World	Sept. 13	9 a.m., 1 p.m.	Medium
Lawn Bowling	All ages, triples	Leisure World	Sept. 14	9 a.m., 1 p.m.	Medium



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Track and Field

The track and field events will be held Aug. 16-17 at Johns Hopkins University Eastern School Campus. Here's the schedule, event breakdown and health risks. Check the MSO website and at sign-in on the day of your event for potential time changes. Note: Athletes may enter only one of the 1-mile walk events:

Event	Date	Time	Risk
1-Mile Recreational Walk (men and women)	Aug. 17	11:30 a.m.	Medium
1-Mile Precision Walk (men and women)	Aug. 17	1:30 p.m.	Medium
1,500 Race Walk (men and women)	Aug. 16	12:30 p.m.	Medium
50-Meter Dash (men, oldest to youngest)	Aug. 16	2:30 p.m.	High
50-Meter Dash (women, oldest to youngest)	Aug. 16	2:45 p.m.	High
100-Meter Dash (men, oldest to youngest)	Aug. 16	1:30 p.m.	High
100-Meter Dash (women, oldest to youngest)	Aug. 16	2 p.m.	High
200-Meter Dash (men, oldest to youngest)	Aug. 17	12:30 p.m.	High
200-Meter Dash (women, oldest to youngest)	Aug. 17	1 p.m.	High
400-Meter Run (men, oldest to youngest)	Aug. 16	3:30 p.m.	High
400-Meter Run (women, oldest to youngest)	Aug. 16	3:45 p.m.	High
800-Meter Run (men and women)	Aug. 17	10 a.m. and 10:45 a.m.	High
1,500 Run (men and women)	Aug. 16	10 a.m. and 11 a.m.	High
High Jump (men and women)	Aug. 17	10:30 a.m. and noon	Medium
Running Long Jump (women, all ages)	Aug. 16	9 a.m.	Medium
Running Long Jump (men, 80+)	Aug. 16	10:45 a.m.	Medium
Running Long Jump (men, 70-79)	Aug. 16	12:30 p.m.	Medium
Running Long Jump (men, 60-69)	Aug. 16	1:45 p.m.	Medium
Running Long Jump (men, 50-59)	Aug. 16	3 p.m.	Medium
Standing Long Jump (men and women, follows Long Jump)	Aug. 16	See Above	Medium
Triple Jump (women, all ages)	Aug. 17	1 p.m.	Medium
Triple Jump (men 80+)	Aug. 17	9 a.m.	Medium
Triple Jump (men 70-79)	Aug. 17	10:30 a.m.	Medium
Triple Jump (men 60-69)	Aug. 17	2 p.m.	Medium
Triple Jump (men 50-59)	Aug. 17	3 p.m.	Medium
Discus (women, all ages)	Aug. 17	3 p.m.	Medium
Discus (men, 50-59)	Aug. 17	9 a.m.	Medium
Discus (men, 60-69)	Aug. 17	10:30 a.m.	Medium
Discus (men, 70-79)	Aug. 17	Noon	Medium
Discus (men 80+)	Aug. 17	1:30 p.m.	Medium
Shot Put (women, all ages)	Aug. 17	1:30 p.m.	Medium
Shot Put (men, 70-79)	Aug. 17	9 a.m.	Medium
Shot Put (men 50-59)	Aug. 17	10:30 a.m.	Medium
Shot Put (men, 60-69)	Aug. 17	Noon	Medium
Shot Put (men, 80+)	Aug. 17	3 p.m.	Medium
Football, Frisbee and Softball Throw	Aug. 17	10 am-2 p.m.*	Medium
Hammer Throw (women, all ages)	Aug. 16	12:30 p.m.	Medium
Hammer Throw (men, 70-79)	Aug. 16	8 a.m.	Medium
Hammer Throw (men 50-59)	Aug. 16	10:30 a.m.	Medium
Hammer Throw (men, 80+)	Aug. 16	2:15 p.m.	Medium
Hammer Throw (men, 60-69)	Aug. 16	3:45 p.m.	Medium
Javelin (women, all ages)	Aug. 16	2:45 p.m.	Medium
Javelin (men, 80+)	Aug. 16	9:30 a.m.	Medium
Javelin (men, 70-79)	Aug. 16	10:30 a.m.	Medium
Javelin (men, 50-59)	Aug. 16	12:30 p.m.	Medium
Javelin (men, 60-69)	Aug. 16	1:45 p.m.	Medium
Pole Vault (all participants)	Aug. 17	1 p.m.	Medium
Weight Throw (women, all ages)	Aug. 16	1:45 p.m.	Medium
Weight Throw (men, 70+)	Aug. 16	9:30 a.m.	Medium
Weight Throw (men, 50-69)	Aug. 16	Noon	Medium

Swimming

The swimming event will be held Sept. 20 at the Germantown Indoor Swim Center. Here's the schedule, event breakdown and health risks. Warm-up from 8-8:50 a.m. The event opens at 9 a.m. and should be completed by 3 p.m. Check the MSO website and at sign-in on the day of your event for potential time changes. Note: You can enter only 6 events:

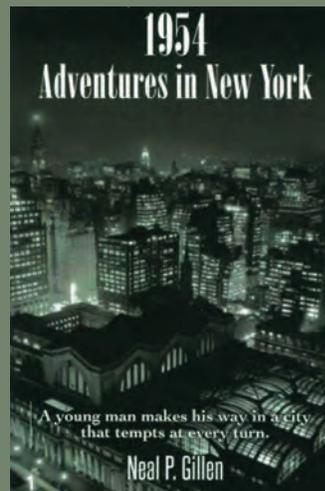
Event	Time	Risk
100-Yard Freestyle	9 a.m.	High
200-Individual Medley	Immediately following	High
50-Yard Breaststroke	Immediately following	High
50-Yard Freestyle	Immediately following	High
100-Yard Butterfly	Immediately following	High
200-Yard Backstroke	Immediately following	High
200-Yard Breaststroke	Immediately following	High
200-Yard Freestyle	Immediately following	High
50-Yard Backstroke	Immediately following	High
100-Yard Breaststroke	Immediately following	High
50-Yard Butterfly	Immediately following	High
100-Yard Backstroke	Immediately following	High
100-Yard Individual Medley	Immediately following	High
500-Yard Freestyle	Immediately following	High



MARYLAND SENIOR OLYMPIAN AND COMMISSION MEMBER

Neal P. Gillen

Author of "Sugar Time," "Capitol Punishment," "Dinner in Bordeaux," "Kitty's Rules," "Slamming the Close," "The Night Clerks," "Altar Boy" and more, presents...



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General Information

From rules to age groups to equipment, everything you need to know as a competitor in MSO.

Please Read Carefully

The 2014 Maryland Senior Olympics marks 34 years of playing a major role in helping raise physical fitness awareness for the senior population, aged 50 and above. Along the way, the Maryland games have a deep legacy in the development of the National Senior Games and remains one of the country's top state programs, providing numerous national champions in team and individual sports. Around 1,500 athletes will compete in 23 sports and nearly 100 events in this year's Maryland Senior Olympics.

This packet is designed to provide all the essential information you need to register and compete in the 2014 Maryland games.

Registration

Again this year, all Maryland Senior Olympics events will be open to out-of-state residents aged 50 years and older. The top four Maryland finishers will qualify to compete in the 2015 National Senior Games in Minnesota. Any out-of-state participants that place in the top four will also qualify for Nationals, meaning a Maryland resident cannot be bumped from qualifying by an out-of-state participant. Maryland residency is defined as anyone who resides in the State of Maryland or owns property in Maryland.

To register for the 2014 games, athletes must return a completed application, signed liability release and appropriate fees—all part of this registration kit. Participation in some events is limited. Incomplete registrations will be returned.

There is no on-site registration for an event. Additional registration forms may be photocopied or obtained by visiting our website at www.mdseiorolympics.org, or by contacting the Maryland Senior Olympics office at 410-396-2920.

All new athletes must attach a copy of a valid state-issued driver's license or MVA ID or proof of eligibility. All athletes must have their driver's license or MVA ID with them at all times during the competition. Providing incorrect information will result in disqualification.

Individual, Team Registration

This packet includes all the necessary forms for participating in the 2014 Maryland Senior Olympics. There is one set of forms for individual sports such as tennis, horseshoes, badminton, and track and field. There are separate forms if you have a team entering the Games. You must complete these forms fully or they will be returned and you risk losing your place in an event.

The Maryland Senior Olympics individual participant fees for 2014 are: One event is \$25, with each additional event \$5 each. Deadline for registration is 30 days prior to your first event start date. Registration after this date will be \$60 per person on a space-available basis. No registration will be accepted after two weeks before the event.

Additional costs for golf, 5k and 10k running, croquet and

10-pin bowling will be assessed separately. The 5k and 10k races are registered through separate agencies—see the Registration Form for details. Team registration is \$100 for 3-on-3 basketball, \$200 for softball and \$175 for volleyball. Captains must complete the Team Registration Form with all names, addresses, birth dates and contact information. All members of the team must have a valid driver's license on-site to participate in the team events.

Gender and Age Groups

Competitions will be conducted in men's and women's divisions in each of the following age groups: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94 and 95-plus. If participant numbers are insufficient,

age groups may be combined for competition purposes. However, medals will be awarded within each division and age category. For all competitions, your age group is determined by your age as of Dec. 31, 2014.

Cancellation and Rain Dates

MSO officials reserve the right to cancel any event due to insufficient registration and/or combine age groups if fewer than five people sign up in an age group. If an event is canceled, every effort will be made to contact all persons affected prior to the start of the Maryland Senior Olympics. In the event of inclement weather or unusual and extenuating circumstances, MSO officials reserve the right to cancel or postpone events to a later time or date.

Awards

Medals will be presented to the first-, second-, and third-place Maryland finishers in each age group for each event. Out-of-state finishers that place in the top three will also receive medals. Ribbons will be given to fourth-, fifth-, and sixth-place finishers. Ties will be broken by standards governing each individual and team competition. Awards will be presented immediately following each event at the event site or may be picked up at the Maryland Senior



Olympics Offices, 2601 A East Baltimore St., Baltimore, Md. 21224. It is the responsibility of the participant to pick up awards. No awards will be mailed out.

Additionally, the MSO Hall of Fame and Honor Awards luncheon is back—Oct. 25, 1 p.m., at the Vollmer Center in Baltimore. The reception recognizes new members to the MSO Hall of Fame, along with the Robert G. Zeigler Service Award for outstanding service and dedication to the Senior Olympics movement locally and nationally, and the MSO Citation Award for outstanding contributions and support to the Maryland Senior Olympics.

Rules and Equipment

Participants are required to provide their own equipment for the events entered, except where specified in an event's special instructions. For the 2014 Rules from the National Senior Games Association, visit our website at www.mdseniorolympics.org. In the meantime, here are some of the more notable changes for this year:

Out-of-State Athletes—In basketball, softball and volleyball, there are no longer rules limiting the number of out-of-state athletes on rosters; however, roster changes shall be allowed only as permitted under Teams stipulation listed below. Captains must declare team residency at the time of registration, subject to NSGA approval.

Doubles Partners—Athletes whose doubles partners are unable to compete may be replaced after the official registration deadline for valid medical reasons only. Determining valid change requests are at the discretion of the NSGA and may be made after the advertised registration deadline. The new partner must have qualified in the sport they wish to enter, at a qualifying state game.

Teams—Team roster participants who are unable to compete may be replaced after the official registration deadline for valid



medical reasons only. Determining valid change requests are at the discretion of the NSGA and may be made after the advertised registration deadline. The new team member or partner must have participated in the sport they wish to enter, at a qualifying state game.

Banned Substance

Policy—Has been added for governing the determination of participation for athletes found to be using banned drugs.

Basketball—Out-of-state roster limitations have been removed. The 3-point line has been adjusted to 19 feet 9 inches for men and women. Rules governing format, substitutions, game-stalling, inbounding, defending regarding the check line, fouls, free throws and uniforms are modified.

Bowling—Participants may enter in all three events (singles, doubles and mixed doubles) provided they have qualified in all three events.

Food and Drinks

You are welcome to bring your own food. The participants are responsible for their own meals. Sometimes there are food vendors at the events, like track and field. But play it safe: bring your own liquids. There are usually places to eat near the venue sites.

Refund Policy

Half of the registration fee and all of the additional fees will be refunded if registration is withdrawn in writing at least two weeks prior to participant's first competition date. No requests can be honored after that date.

Stay Informed

The Maryland Senior Olympics is available on the web at www.mdseniorolympics.org, as well as Facebook at www.facebook.com/mdseniorolympics and Twitter @mdsrolympics. You can also email us at info@mdseniorolympics.org or call 410-396-2920. •





Venues and Locations

Your guide to the events, venues and locations of the 2014 Maryland Senior Olympics:

Archery

Genesee Valley Outdoor Learning Center
1717 Rayville Rd.
Parkton, Md. 21120

Badminton

Bauer Drive Community Center
14625 Bauer Dr.
Rockville, Md. 20853

Basketball

St. Frances Academy
501 E. Chase St.
Baltimore, Md. 21202

Billiards

Top Hat Cue Club
8809 Satyr Hill Rd.
Parkville, Md. 21234

Bocce

D'Allesandro Park (Little Italy)
902 Stiles St.
Baltimore, Md. 21202

Bowling

Brunswick Normandy Lanes
8419 Baltimore National Pike
Ellicott City, Md. 21043

Cornhole

Kent Island Elks Lodge No. 2576
2525 Romancoke Rd
Stevensville, Md., 21666

Croquet

Ginger Grove
4000 River Crescent Dr.
Annapolis, Md. 21401
and
West River Wickets
120 Owensville Rd.
West River, Md. 20778
Registration: www.westriverwickets.com

Cycling 10k

Davidson Elementary School
962 W. Central Ave.
Davidsonville, Md. 21035
Registration: <http://bit.ly/1iX2p44>

Cycling 10k Time Trial Returns!

After a 4-year absence, the cycling 10k event is returning! Thanks to Parvilla Cycles in Edgewater, Maryland Senior Olympians can qualify for the 2015 National Senior Games at a time trial Wednesday, June 4, at 6 p.m. in Davidsonville.

This event is for the 10k only; there is no trial for the 5k. Cost: \$5 per contestant. You can register online at the Parvilla Cycles website at:

<http://bit.ly/1iX2p44>

Racers may park at the Davidsonville Elementary School parking lot at 962 W. Central Ave., Davidsonville 21035. The time trial will be held about 400 yards from the Rt. 214 intersection.

Following the competition, racers are invited to Parvilla Cycles for refreshments, located at 3200 Solomons Island Rd., Edgewater 21037.

Good luck, Senior Olympians!

Disc Golf

Druid Hill Park
Greenspring Avenue
Baltimore, Md. 21217
To register: www.pdga.com

Golf

Laytonsville Golf Course
7130 Dorsey Rd.
Gaithersburg, 20882

Horseshoes

Kent Island Elks Lodge No. 2576
2525 Romancoke Rd
Stevensville, Md., 21666

Lawn Bowling

Leisure World
3701 Rossmoor Blvd.
Silver Spring, Md. 20906

Racquetball

Severna Park Racquetball
and Fitness Center
8514 Veteran's Hwy.
Millersville, Md. 21108

Running 5k Race

Kentlands/Lakelands 5k Run
Kentlands Community
267 Kentlands Blvd.
Gaithersburg 20878
Registration:
www.kentlands.org/5K

Running 10k Race

Lifebridge Race For Kids 10k
Sinai Hospital
2401 W. Belvedere Ave.
Baltimore, Md. 21215
www.racefourkids.org

Shuffleboard

Leisure World
3701 Rossmoor Blvd.
Silver Spring, Md. 20906

Softball

Olney Manor Regional Park
16601 Georgia Ave.
Olney, Md. 20832

Swimming

Germantown Indoor Pool
18000 Central Park Cir.
Boysd, Md. 20841

Table Tennis

Baltimore Table Tennis Club
Old Court Middle School
47 Old Court Rd.
Pikesville, Md. 21208

Tennis

Olney Manor Regional Park
16601 Georgia Ave.
Olney, Md. 20832

Track & Field

Johns Hopkins University
Eastern High Campus
1101 E. 33rd St.
Baltimore, Md. 21218

Volleyball

Meadowbrook Athletic Complex
5001 Meadowbrook Ln.
Ellicott City, Md. 21043



2014 Individual Registration Form

New participants must enclose a copy of a valid driver's license or MVA identification.

Please print clearly. You must fill out and submit both pages of this Individual Form.

Full Name: _____ Nickname: _____

Street Address: _____

City: _____ State: _____ Zip: _____ County: _____

Birth Date (month/day/year): _____ Phone: _____ e-Mail: _____

Emergency Contact: _____ Relationship: _____ Phone: _____

Gender: Male [] Female [] Status: Returning Athlete [] New Athlete []

Were you a professional or Olympic athlete? Yes [] No []

Event or sport/team _____ Awards: _____

👉 To register for croquet, visit www.westriverwickets.com or www.gingercove.com

👉 To register for the 5k race, please visit www.kentlands.org/5K/

👉 To register for the 10k race, visit www.racefourkids.org

Participant Dues (choose only one)	Fees	Number of Events	Amount
Participation in 1 Event	\$25	one	\$
Each Additional Event	\$5		
Late Registration* (Less 2 weeks before event)	\$60		\$
* Indicates late registration allowed only if space permits in that event.			
Additional/Optional Costs (complete all that apply to you)	Fees	Number of Events	Amount
10-Pin Bowling Fee for Each Event	\$7		\$
Golf fee (with cart)	\$39		\$
		Number of Shirts	
2014 MSO souvenir t-shirt (size: S___ M___ L___ XL___ 2XL___ *)	\$10- \$15*		\$
Your Tax-Deductible Additional Donation Is Greatly Appreciated!			\$
Mail-In Registration Fee	\$10		\$
	Total		\$
Checklist. . . <input checked="" type="checkbox"/> Did you complete BOTH pages of the individual athlete registration form? <input checked="" type="checkbox"/> Check the "risk level" of each event (only TWO <u>high-risk events</u> per day, except swimming, and track and field)? <input checked="" type="checkbox"/> SIGN the liability waiver on the second page of this form? <input checked="" type="checkbox"/> Enclose a check or money order payable to: Maryland Senior Olympics (do not send cash)?			

FOR OFFICE USE ONLY Date received: _____ Check No. _____ Check Amount: \$ _____ No. of Events _____



2014 Team Registration Form

New participants must enclose a copy of a valid driver's license or MVA identification.

This form is for teams wishing to participate in basketball, softball and volleyball competitions. There is a separate form for individual sports registrations. Even though many athletes participate in individual sports for the Maryland Senior Olympics and National Senior Games, the team sports differ widely.

First, each team captain must apprise his/her players of the risk levels for basketball (medium to high), softball (medium) and volleyball (high). Secondly, athletes must carefully address any medical conditions or medications against the higher-paced team sports compared to some of the individual sports.

Here's other information you need to know about team sports activities and this form:

- ✓ Completely fill out the roster form on the next page and please print clearly;
- ✓ Even though you might be entered in an individual sport, you must still be on a team roster to be eligible to play;
- ✓ Be sure to choose which sport your team is entering and the age group;
- ✓ List your medical information. Use an extra piece of paper, if necessary. This data is for your safety in case of emergency;
- ✓ Make sure your captain has read and signed the Liability Waiver, and that his/her players are aware of the agreement.
- ✓ The deadline for entry is 30 days prior to your event, otherwise there is a late-fee penalty of \$60—if a position is open.

Enclose Check or Money Order and Mail to:

Maryland Senior Olympics
P.O. Box 12129
Baltimore, Maryland 21281

Incomplete entries will be returned. Fully complete the Team Roster Form on the next page.

Medical Information

Please list on the line below or attach a summary of all medical conditions, allergies, surgeries, medications, etc.

Liability Waiver

The Maryland Senior Olympics Commission LTD strongly recommends that participants consult their physicians regarding practice, preparation, and competition in the Senior Olympics program. You must read and sign the following in order to participate in the Maryland Senior Olympics:

I, the undersigned participant, shall and will save and keep harmless and indemnify the Maryland Senior Olympics Commission LTD, and all other sponsors, volunteers or any of their agents or employees from and against any and all liability and claims which I may have and/or persons through me may have, such as a spouse or children, for damages of any kind or nature, including but not limited to personal injuries or death caused in whole or in part by the negligent acts of omission or commission by said indemnities acting independently or jointly in the sponsorship, conduct or operation of the 2014 Maryland Senior Olympics.

I have prepared myself for the event(s) which I have entered by practicing prior to the Maryland Senior Olympics. To the best of my knowledge and belief, I have no physical restrictions which would prohibit my participation in the events that I have selected. The Maryland Senior Olympics Commissions LTD has my permission to have a physician attend me if deemed necessary during my participation in the Maryland Senior Olympics.

I have read and understand all the information contained in the official form and the Risk Criteria as listed in the Maryland Senior Olympics registration form, which must be met in order to compete in the 2014 Maryland Senior Olympics. Fraudulent statements on this application will result in disqualification.

The Maryland Senior Olympics Commission LTD reserves the right to photograph participants for publicity purposes.

Signature of Participant: _____ **Date:** _____

Fully Complete the Team Roster Form on the Next Page



2014 TEAM ROSTER FORM (Please Print Clearly)

Team Name: _____ Team Captain: _____ Phone: _____

SPORT: (circle one) Basketball \$100 Softball \$200 Volleyball \$175 | Team Sports Require Additional \$5 Per Player Online Administration Fee.

AGE GROUP*: (circle one) 50-54 55-59 60-64 65-69 70-74 75-plus SEX: (circle one) Men Women

**Age of team will be determined by the age of the youngest player, as of Dec. 31, 2014.*

	Name—Last, First (please print)	Address—Street, City, State, Zip, County	Birth Date	Signature	Phone and e-Mail	MSO T-Shirt \$10-\$15* each S, M, L, XL, 2XL*
Captain						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
NP						
NP						

NP = Non-Playing Personnel (maximum of three)

Each participant must present a valid driver's license or MVA identification at check-in of their events.

FOR OFFICE USE ONLY Date received: _____ Check No. _____ Check Amount: \$ _____

21st Annual

Kentlands/Lakelands 5k Race, Walk and Kids Fun Runs

Saturday, Sept. 3, 2014 | race starts at 8 a.m.



Registration now open at www.kentlands.org

This USATF-certified 5k course winds through the award-winning and scenic New Urbanist neighborhoods of the Kentlands and Lakelands of Gaithersburg, Md., featuring two water stops and live entertainment along the course. Not only is it the area's largest 5k race, but the event allows its charitable host, the Kentlands Community Foundation, to make a big impact on the lives of local residents in need. More than 200 Maryland Senior Olympics members are expected to participate and once again MSO is a beneficiary. Join the fun—register today!



Maryland Senior Olympics
 P.O. Box 12129
 Baltimore, Md. 21281
www.mdseniorolympics.org

Place
 Postage
 Here

Or Current Resident

The Games are calling

Minnesota is proud to host the 2015 National Senior Games.
 The land of 10,000 lakes is also home to nationally-acclaimed arts and theater, fine dining, dazzling shopping and spectacular summers.
 And soon, 12,000 inspirational athletes.

For more information: 952-278-8513
seniorgames@2015goldengamesmn.org

2015 National Senior Games
 Presented by Humana
 Bloomington/Minneapolis/St. Paul **Minnesota**
July 3 - 16, 2015