

Nancy E. Dobie, Chairwoman Rhode Island Ocean Tides Senior Games, Inc. 38 Sullivan Lane Bristol, RI 02809 (401) 253-1425 Rhodytides@aol.com

Dear Friends,

The Rhode Island Ocean Tides Senior Games, Inc. will be hosting its annual Senior Games starting in March and concluding in September. We hope you will consider supporting us by helping to sponsor our Senior Games.

Rhode Island Ocean Tides Senior Games follows the guidelines of the National Senior Games Association. We promote, encourage, organize and conduct programs, activities and sporting events for senior men and women, 40 and over, in Rhode Island and surrounding states. Our organization motivates seniors to lead a healthy and active life. Athletes will compete in the following events:

Swimming 5K Road Race 5K & 10K Cycling Time Trials Triathlon

Basketball, Men's
Track & Field /Race Walk
Golf
Badminton
(*New sports added yearly)

Bowling, 10-Pin Bowling, Duck Pin Sailing Table Tennis

The Senior Agenda Coalition of Rhode Island, a 501(c)(3) tax exempt organization, serves as the fiscal agent for Rhode Island Ocean Tides Senior Games, Inc. We are also members of the The Gray Panthers of Rhode Island and the Rhode Island Forum on Aging.

One of our Board members will be contacting you to solicit your sponsorship. Please consider supporting our games. Thank you kindly.

Sincerely,

Nancy E. Dobie



RHODE ISLAND OCEAN TIDES SENIOR GAMES, INC.

5th ANNUAL

March - October 2012

		Male	Female
2.			

Welcome to all our New 40 year old athletes Age

BOOK GANDO			•	11gc	_
Carriell		(PLEASE PRINT))	Age as of Dec 31, 202	.2
				Please check entered sports	s:
Name: Last		First	M Initial	☐ BOWLING - DUCK PIN ☐ BOWLING - 10 PIN	
Date of Birth				ROAD RACE - 5K	
Month	Day	Year		BASKETBALL - MEN'S	5
Address:	Street			☐ SWIMMING	
				☐ CYCLING 5K - 10K	
City	State	Zip		☐ TRACK & FIELD	
Phone:				☐ GOLF ☐ SAILING	
E-mail:				☐ TRIATHLON	
Is this your 1st year participati	ng? yes	no		☐ BADMINTON	
, , , , ,	<u> </u>			☐ TABLE TENNIS	
T-Shirts: Indicate size below	v/one t-shirt p	er registrant			
Small Medium	Large	X-Larg	ge XX	X-Large XXX-Large	
Family Pets: CAT	DOG O	ther			_
			P	Pet Names	
Release of Liability (must be s	igned)				
Senior Games, Inc., for myself	, my heirs, my or Games, Inc any injury I sus s and indemnif	personal represen , its directors, volustain in participating y RI Ocean Tides	tatives, and assunteers, agents ng in the RI Oc Senior Games,	Inc., its directors, volunteers,	
	ermanent disab			Inc., involves physical exertion k of injuries which may result from	
Signature:				Date	
FEES: ***Please Note: Registr	ation fees are n	on-refundable. Sec	e reverse side fo	r event dates and details.	
BOWLING - DUCK PIN		BOWLING - 10 PI		ROAD RACE - 5K \$20.	00
BASKETBALL - MEN'S	\$25.00	SWIMMING	\$30.00	CYCLING 5K - 10K \$30.	
TRACK & FIELD	\$30.00	GOLF	\$100.00	SAILING (boat & crew of 3) \$45.	00
BADMINTON	\$25.00	TABLE TENNIS	\$25.00		
TRIATHLON - Contact (Christina Savoi	e 401-841-7355 or	christina.savoie	e@navy.mil	
<u> </u>		es Senior Games, ie, 38 Sullivan Lai		02809	

For additional entry forms and more information, please visit us at WWW.riotsg.org

Tel: 401-253-1425

rhodytides@aol.com

Name (Please Print) Last	First M — F — Age (as of Dec. 31, 2012)				
Tuesday, March 27 BOWLING - DUCK PIN - \$15.00 Dudek Bowling Lanes • 417 Child Street • Warren, RI Scratch Play Start 10:00 AM Singles Age Doubles/Partner_(Linked) Tuesday, April 3 BOWLING - 10 PIN - \$15.00 AMF Cranston Lanes • 1450 Elmwood Ave • Cranston, RI Scratch Play Start 10:00 AM	Saturday, June 9 TRACK & FIELD - \$30.00 Brown University • Elmgrove Ave (East Side) • Providence, RI Start 10:00 AM 50 Meter Hammer 800 Meter High Jump 100 Meter Long Jump 1500 Power Walk Triple Jump 400 Meter Shot Put 1500 Meter Discus 200 Meter Javelin Fun Relay 3000 Meter Softball Throw 5000 Meter				
Singles Age Saturday, May 19 ROAD RACE - 5K RUN - \$20.00 Pete Sepe Pavillon • Hugh Cole Rd • Warren, RI Start 9:00 AM	Monday, July 9 GOLF - \$100.00 SCRATCH SCRAMBLE PLAY Agawam Hunt CC • 15 Roger Williams Ave • East Prov, RI Check in 8:00 AM Shot Gun Start 9:00 AM Foursome:				
Saturday, May 26 BASKETBALL (Men) - \$25.00 Roger Williams University • Route 114 • Bristol, RI					
3 on 3 Team Play Start 10:00 AM Team Name	Saturday, July 21 SAILING - \$45.00 - BOAT & 3 PERSON CREW Bristol Yacht Club • 99 Poppasquash Road • Bristol, RI				
Saturday, May 26 SWIMMING - \$30.00 Roger Williams University • Route 114 • Bristol, RI Start 10:00 AM Order of Events - Select 6	Check in 11:30 PM Start 1:00 PM				
200 YD Freestyle 500 YD Freestyle 50 YD Backstroke 100 YD Breaststrok 50 YD Butterfly 50 YD Breaststroke 200 YD Backstroke 100 YD Freestyle 100 YD IndiMedley 200 YD Breaststroke 200 YD Breaststroke	BADMINTON - \$25.00 - Open to All Ages Barrington Middle School or Barrington High School Start TBD				
— 100 YD Backstroke — 50 YD Freestyle — Fun Relays - Deck Entry	Saturday, Fall Date TBD TABLE TENNIS - \$25.00 - Open to All Ages				
Saturday, June 2 CYCLING - \$30.00 TBD • Tiverton, RI Start 10:00 AM 5K10K	East Side YMCA • 438 Hope St • Prov, RI Start TBD Singles M _ F _ Age Doubles M _ F _ Age Partner M _ F _ Age				
Sunday, July 29 TRIATHLON - 1/3 Mile Swim, 10 Mile Cycling, 3 Mile Run (Ages 18+) - Newport Naval Station • Newport, RI Contact Christina Savoie at 401-841-7355 or christina.savoie@navy.mil (see front for online registration information)					