



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

~~~~~ Please visit us on the web at [www.riotsg.org](http://www.riotsg.org) ~~~~~





Name \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_ Age \_\_\_\_\_  
 (Please Print) Last First (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  
 \_\_\_ Singles \_\_\_\_\_ Age \_\_\_\_\_

**Saturday, May 19**  
**ROAD RACE - 5K RUN - \$20.00**  
 Pete Sepe Pavillon • Hugh Cole Rd • Warren, RI  
 Start 9:00 AM

**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, May 26**  
**SWIMMING - \$30.00**  
 Roger Williams University • Route 114 • Bristol, RI  
 Start 10:00 AM  
**Order of Events - Select 6**  
 \_\_\_ 200 YD Freestyle      \_\_\_ 500 YD Freestyle  
 \_\_\_ 50 YD Backstroke      \_\_\_ 100 YD Breaststroke  
 \_\_\_ 100 YD Butterfly      \_\_\_ 50 YD Butterfly  
 \_\_\_ 50 YD Breaststroke      \_\_\_ 200 YD Backstroke  
 \_\_\_ 100 YD Freestyle      \_\_\_ 100 YD IndiMedley  
 \_\_\_ 200 YD IndiMedley      \_\_\_ 200 YD Breaststroke  
 \_\_\_ 100 YD Backstroke      \_\_\_ 50 YD Freestyle  
 \_\_\_ Fun Relays - Deck Entry

**Saturday, June 2**  
**CYCLING - \$30.00**  
 TBD • Tiverton, RI  
 Start 10:00 AM  
 \_\_\_ **5K**      \_\_\_ **10K**

**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)

**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

**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, July 21**  
**SAILING - \$45.00 - BOAT & 3 PERSON CREW**  
 Bristol Yacht Club • 99 Poppasquash Road • Bristol, RI  
 Check in 11:30 PM      Start 1:00 PM  
 \_\_\_\_\_ M \_\_\_ F \_\_\_ Age \_\_\_\_\_  
 \_\_\_\_\_ M \_\_\_ F \_\_\_ Age \_\_\_\_\_  
 \_\_\_\_\_ M \_\_\_ F \_\_\_ Age \_\_\_\_\_

**Saturday, Fall Date TBD**  
**BADMINTON - \$25.00 - Open to All Ages**  
 Barrington Middle School or Barrington High School  
 Start TBD

**Saturday, Fall Date TBD**  
**TABLE TENNIS - \$25.00 - Open to All Ages**  
 East Side YMCA • 438 Hope St • Prov, RI  
 Start TBD  
 Singles \_\_\_\_\_ M \_\_\_ F \_\_\_ Age \_\_\_\_\_  
 Doubles \_\_\_\_\_ M \_\_\_ F \_\_\_ Age \_\_\_\_\_  
 Partner \_\_\_\_\_ M \_\_\_ F \_\_\_ Age \_\_\_\_\_