

# Cincinnati Recreation Commission

## 2011 Southwest Ohio Senior Olympics Annual Athletic Competition for women and men ages 50 and older April 2 - May 22, 2011

**Celebration of Athletes  
Saturday, May 22nd**

**Hosted by the Barrington of Oakley  
Guest Speaker Rickey Bell**

**Free**

**2pm Program and Awards with Refreshments to follow  
Please call 352-4012 to reserve your space today.**

Join us this year to help celebrate you "The Athlete" relive all of your greatest Senior Olympic achievements. We will recognize new athletes and honor those who are 90+ years of age. A presentation will include photos, Champions Club Award and a motivational speaker. Rickey Bell will share his spirited life story; it will inspire and amaze you! Wine, cheese and other refreshments will be served. Reservations are required, family and friends are all welcome!

### **Celebrating 31 years of Athletic Competition**

Back in 1980, we don't think the original 67 athletes who competed in the First Southwest Ohio Senior Olympics ever thought that this program would celebrate 30 years. With the Council on Aging and the University of Cincinnati, 10 events were offered to those first 67. Now in 2011, we offer 16 sports and more than 65 events to over 700 athletes each spring. The Senior Olympics has become a celebration of health, success and of course competition. Now there are always the jokes, aches and pains and of course training but in return we see teamwork, accomplishment, friendship, and so much more. The athletes are a family and some of the most wonderful and inspiring people you will ever meet. We have athletes who are excited to be 50 and we have the ones in their 90's who wouldn't miss the events for the world. We have Put the Plus in 50+, Made Champions Everyday, shown the world that Age is an Attitude, and Made 2009 Our Time to Shine. Through all of the organizers, we have never lost our vision: To encourage and promote healthy lifestyles and the joy of movement among people in Ohio 50 years and older through athletic competition and educational activities. In 2011, we hope that you will join us in our 31st of the Southwest Ohio Senior Olympics.

### ***The Torch has been passed***

My name is Blake Brown and I'm your new Senior Olympic Coordinator! I spent last year learning the ropes from Dina and have already had the pleasure of meeting many of you. I have been with the Cincinnati Recreation Commission for 14 years and have worked in many divisions. I love sports, fitness and people, which is what Senior Olympics is all about.

Lucky me,

I look forward to the challenge. If you are wondering about Dina she is still very much involved and will be at many of the events.

### ***Here's what's inside!***

#### **Table of Contents:**

Schedule of Events	pg. 2 & 3
How to Register	pg. 4
Personal Info Form	pg. 5
Registration Form	pg. 6
Team Roster Form	pg. 7
Team Guidelines	pg. 8
Directions to Events	pg. 9 & 10
State & National Games Information	pg. 11

# 2011 Southwest Ohio Senior Olympics



## Schedule of Events

Participants must arrive at least 30 minutes before each event to check in, receive pairings and warm up.

**All event fees listed are in addition to the entry fee and must be paid at the site.**

**Any event having 12 or fewer athletes registered will be cancelled with 5 days notice.**

**No Refunds. All Athletes Registered will be notified.**

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>	<u>Additional Info</u>	<u>Fees</u>
Sat, Apr 2	10am	<b>Basketball</b> Free Throw and Spot Shot 3 on 3 games will immediately follow the spot shot.	College Hill Recreation Center 5545 Belmont Avenue 45224	Team captains must use the roster provided and will be notified of game schedule.	
Tues, Apr 5	10am	<b>Rowing</b>	Cincinnati Recreation Commission Rowing and Fitness Center 925 Riverside Drive 45202	(In the boathouse below Montgomery Inn)	
Fri, Apr 8	9am	<b>Badminton</b>	Haffey Field House 1599 West Street Reading, Ohio 45215	Men and Women Doubles Mixed Doubles and Singles will follow You must provide your own racquet. No White Shirts	\$3.00
Sat, Apr 9	9am	<b>Volleyball, WOMEN ONLY</b> (see Men only below)	College Hill Recreation Center 5545 Belmont Ave 45224	Team captain must use the roster provided and will be notified of game schedule.	
Mon, Apr 11	5:30pm 6pm	<b>Table Tennis</b> Check in and Warm Up begins All Doubles & Mixed Doubles begins -- <b>All Singles will immediately follow Doubles.</b>	Pleasant Ridge Montessori 5945 Montgomery Rd 45213	Provide your own paddle. No white or yellow shirts. USATT rules apply.	
Mon, Apr 11- Fri, Apr 22		<b>Tennis</b>	Colonial Racquet Club 1575 Goodman Ave 45224	Players will be notified of match times in advance. You may play up to two matches in one day. Each player/team must provide their own racquets and a new can of USTA-approved balls.	\$12.00/Court
Wed, Apr 13	10am	<b>Shuffleboard</b> Men & Women (Indoor)	Lincoln Recreation Center 1027 Linn Street 45202		
Sat, Apr 16	9am	<b>Volleyball, MEN ONLY</b> (see Women only above)	College Hill Recreation Center 5545 Belmont Ave 45224	Team captain must use the roster provided and will be notified of game schedule.	
Sat, Apr 16	9am	<b>Run for Shelter 5K Road Race</b> 	Oakley Recreation Center 3882 Paxton Ave. 45209	Separate Registration Fee Required. Call: (513) 352-4012 for instructions or Email: kim@runforsheltercincy.org	
Wed, Apr 20	10am	<b>8-Ball Pool</b> 	Bocca Billiards 749 St. Rt. 28 Milford, OH 45150		\$6.00
Mon, Apr 25	9am or Noon	<b>Bowling, Singles</b>	Colerain Bowl 9189 Colerain Ave 45251		\$5.50

# 2011 Southwest Ohio Senior Olympics

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<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>	<u>Additional Info</u>	<u>Fees</u>
Tues, Apr 26	9am Noon	<b>Bowling, Doubles</b> Doubles - Men & Women Mixed Doubles	Colerain Bowl 9189 Colerain Ave 45251		\$5.50
Sat, Apr 30	8am	<b>Toyota 10K Road Race</b>		Call 721-PIGS (7447)	Seperate Reg. Fee.
Sun, May 1	6:30 am	<b>Flying Pig Marathon</b>		Call 721-PIGS (7447)	Seperate Reg. Fee.
Sun, May 1	8am 9am	<b>Swimming – Short Course</b> Warm up Begins Events Begin	Mason Community Center 6050 Mason-Montgomery Rd. 45040		
Wed, May 4	8am 9am- 1:30pm Noon 1pm	<b>Golf</b> 18-holes Chipping 9-holes 9-holes - Solo Rider Division	Glenview Golf Course 10965 Springfield Pike 45246		\$35.00 (cart included)  \$12.75 walk/\$19.25 cart \$19.25 cart  You must complete the Golf Entry information on the registration form. Tee times will be mailed to you.
Sat, May 7	9am	<b>Cycling, 1 mile, 5K, 10K</b>	Mt. Airy Forest Colerain Ave. Entrance 45223	No fixed-gear bicycles. Approved cycling helmets required.	
Wed, May 11	10am	<b>Horseshoes</b> All Men and Women	Moose Lodge 8944 Colerain Avenue 45251	You must bring your own horseshoes.	
Sat, May 14	9am	<b>Cycling, 20K</b> All Men and Women	Mt. Airy Forest Colerain Ave. Entrance 45223	No fixed-gear bicycles Approved cycling helmets required.	
Sat, May 21	9-11:30 11-Noon 1pm	<b>Track and Field</b> Open Pit-Field Events High Jump Track Events	LaSalle High School 3091 North Bend Road 45239		
Sun, May 22	2pm	<b>Celebration of Athletes Closing Social</b>	Barrington of Oakley 4855 Babson Place (Madison Rd. at Redbank) 45227		FREE



**Call 352-4012 to reserve your Spot!**

# 2011 Southwest Ohio Senior Olympics • General Information

## How to Register

1. Complete BOTH sides of the registration form.
2. Sign the Liability Waiver/Media Release
3. Make check or money order for total amount owed (do not include on-site fees) to:  
Cincinnati Recreation Commission.
4. Send your registration and fees to:  
CRC- Senior Olympics  
805 Central Avenue, Suite 800  
Two Centennial Plaza  
Cincinnati, Ohio 45202
5. Allow enough time for your registration to arrive in the Senior Olympics office no later than **March 25, 2011.**

## Eligibility Requirements

- Age:** All athletes must be 50 years of age by December 31, 2011  
Proof of age may be required when you check in for your event.
- Categories:** There will be separate categories for men and women in 5-year age increments as follows: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+. The Senior Olympic staff reserves the right to combine age groups for individual events when necessary.
- Awards:** Gold, silver and bronze medals will be presented to the 1st, 2nd and 3rd place finishers, male and female, in each age group for each event.  
**Please note... medals will not be mailed out after the games.**  
**You must receive your medal at the conclusion of your event.**

## Friendly Reminders

- Registration forms and fees are due postmarked no later than **March 18, 2011.**  
***We will accept late registrations until March 25, 2011 for an additional \$5.00.***
- **Fees are non-refundable**
- **Any event having 12 or fewer athletes registered will be cancelled with 5 days notice.**
- **No onsite registration for events.**
- **You must accept the T-shirt size that you order.**
- Volleyball and Basketball team captains must complete their roster and send it in by the date indicated for their sport. It is the responsibility of the captain to assure that each team member has completed a registration form and paid the fees in order to be eligible to participate.
- Doubles players must list their partner's name on his/her registration form in the space available. Confirm your entry with your partner before registering.
- Please limit yourself to 8 Track and Field events.
- Please limit yourself to 8 Swimming Events
- Medals will not be mailed; you must accept them in person at the conclusion of your event.
- If you have any questions please call the Senior Olympics information line Monday – Friday during business hours at 513-352-4012.

# 2011 Southwest Ohio Senior Olympics • Personal Information

Please Print Clearly!

Name: \_\_\_\_\_  
Last First MI

Check if applies: ( ) New Address ( ) New Athlete How did you hear about Senior Olympics? \_\_\_\_\_

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

City

State

Zip

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

Phone: \_\_\_\_\_  
Home Phone Other Phone

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ ( ) Male ( ) Female

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

## Fees

Registration Fee	Postmarked by March 18	\$20.00	\$ _____
Late Registration Fee	Postmarked by March 25	\$25.00	\$ _____
T-shirt - Uni-sex Sizes	( )S ( )M ( )L ( )XL ( )XXL ( )XXXL		\$ FREE
SPECIAL! 30th Anniversary collared shirt (while supplies last! limited qty/sizes)		\$5.00	\$ _____
Uni-sex Sizes	( )S ( )M ( )L ( )XL ( )XXL ( )XXXL		
Voluntary Donation (Athlete Scholarship Fund)			\$ _____
	<b>TOTAL</b>		\$ _____

### Please make checks payable to: Cincinnati Recreation Commission

Mail all completed and signed forms with entry fee to: Cincinnati Recreation Commission  
Attn: Senior Olympics  
805 Central Avenue, Suite 800  
Cincinnati, Ohio 45202

## Liability Waiver / Media Release

### The entry form is not complete until you have read and signed this waiver

In consideration of the granting of the request to enter the Senior Olympics, I, for myself, my heirs, executors and administrations waive and release any and all claims of damages I may have against the Cincinnati Recreation Commission, its agents and employees: sponsors, their agents, officers and officials, for any care rendered to me by their employees or agents during my participation in the Senior Olympics of 2010; and any and all participating sponsors and supporters for all claims of damage, demands, actions whatsoever, in any manner, as a result of my participation in said Senior Olympics. I attest and verify that I am physically fit and have sufficiently trained for the competition of this/these event(s) and a licensed medical doctor has verified my physical condition.

Furthermore, I hereby give and grant to the Cincinnati Recreation Commission, its successors and assignees and those acting under its permission and upon its authority, my consent for all purposes to the sale, reproduction and/or use of photographs/media of me (with or without the use of my name) by the photographers and in all forms of media and in all manners, including editorials, advertising, trade, display, art and exhibition.

In giving this consent, I release the photographers, his/her nominees and designees from liability for any violation of any personal or proprietary right I may have in connection with such sale, reproduction or use of my photographic likeness.

Print Name \_\_\_\_\_ Signature \_\_\_\_\_

# 2011 Southwest Ohio Senior Olympics - Official Event Registration Form

Please read all instructions carefully and complete both sides of this form.

Please use BLUE INK and write neatly. Place an **X** in the boxes of those events you wish to enter.

**Events with an (\*) require an additional fee to be paid by each athlete at the time of competition.**

## No Onsite Registration

### Badminton\*

- Singles
- Men's Doubles  
Partner \_\_\_\_\_
- Women's Doubles  
Partner \_\_\_\_\_
- Mixed Doubles  
Partner \_\_\_\_\_

### Basketball

- Free Throw
- Spot Shot

### Bowling\*

- Singles 9am } Choose
- Singles 12pm } Only One
- Men's Doubles  
Partner \_\_\_\_\_
- Women's Doubles  
Partner \_\_\_\_\_
- Mixed Doubles  
Partner \_\_\_\_\_

### Cycling

- 1 Mile
- 5 Kilometers
- 10 Kilometers
- 20 Kilometers

### Eight Ball Pool\*

### Horseshoes

### Road Races\*

Additional registration & fee required.  
Call (513)352-4012 for info.

- 5K - *Run for Shelter* - Run
- 5K - *Run for Shelter* - Run-Walk
- 10K - *Toyota 10K* - Run
- 10K - *Toyota 10K* - Run-Walk
- Marathon - *Flying Pig* - Run
- Marathon - *Flying Pig* - Run-Walk

### Rowing

### Shuffleboard

### Swimming

You may choose up to 8 events

- 200 yd Freestyle
- 50 yd Butterfly
- 200 yd Backstroke
- 100 yd Breaststroke
- 50 yd Freestyle
- 100 yd IM
- 50 yd Backstroke
- 100 yd Butterfly
- 100 yd Freestyle
- 50 yd Breaststroke
- 100 yd Backstroke
- 500 yd Freestyle

### Table Tennis

- Singles
- Men's Doubles  
Partner \_\_\_\_\_
- Women's Doubles  
Partner \_\_\_\_\_
- Mixed Doubles  
Partner \_\_\_\_\_

### Tennis\*

- Singles
- Men's Doubles  
Partner \_\_\_\_\_
- Women's Doubles  
Partner \_\_\_\_\_

### Track & Field

You may choose up to 8 events

- 100M Dash
- 200M Dash
- 400M Run
- 800M Run
- 1500M Run
- 1500M Racewalk
- Discus
- Javelin
- High Jump
- Long Jump- Run
- Long Jump- Stand
- Shot Put
- Football Throw
- Softball Throw

### Golf Entry Information\*

Greens fees must be paid at Glenview Golf Course upon check in.

- 9 Holes - Golf Cart       Yes (\$19.25)       No (\$12.75)
- 9 holes - Solo Rider Division (\$19.25)
- 18 Holes - Golf Cart required (\$35.00)
- Chipping

Names of those with whom you wish to play \_\_\_\_\_

#### Preferred Tee Time\*

\*We can't guarantee requested times but we will do our best to accommodate you.

**Team Events:** The youngest player as of December 31, 2011 determines the age group of your team. Entry in these events is by team only. However, each individual must complete a games entry and pay the appropriate fees. A team name and age group is required (ex. Tigers 60-64). Team captains must complete the official roster included in this packet for their team.

- Men's 3 on 3 Basketball      Team Name \_\_\_\_\_      Captain's Name \_\_\_\_\_
- Women's 3 on 3 Basketball      Team Name \_\_\_\_\_      Captain's Name \_\_\_\_\_
- Men's Volleyball      Team Name \_\_\_\_\_      Captain's Name \_\_\_\_\_
- Women's Volleyball      Team Name \_\_\_\_\_      Captain's Name \_\_\_\_\_

**6**

**Attention Players: Please contact your Team Manager before sending in this registration form.**

# *2011 Southwest Ohio Senior Olympics*

## *Team Roster*

**TO BE COMPLETED BY TEAM CAPTAINS ONLY!**

**All Rosters are due to the Senior Olympics Office by the following dates:  
Basketball Due 3/21/11 -- Volleyball Women Due 3/25/11 -- Volleyball Men Due 4/1/11**

**Please mail to: Cincinnati Recreation Commission, Attn: Senior Olympics,  
805 Central Avenue, Cincinnati, Ohio 45202**

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

Age Group (circle one):    50-54    55-59    60-64    65-69    70-74    75-79    80+

Event (circle one):            Basketball                    Volleyball

Team Captain: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Day phone: \_\_\_\_\_ Evening phone: \_\_\_\_\_

Basketball:                    10 player maximum with 1 out-of-state player (exceptions 70+, 75+, & 80+)

Volleyball:                    15 player maximum with 4 out-of-state players

Age divisions for all teams will be determined by the age of the youngest team member as of December 31, 2011.

	Name	Age	Phone	Shirt #	Office Use
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					

**Please Print Clearly!**

**\*Please complete other side**

# *2011 Southwest Ohio Senior Olympics*

## **Team Guidelines**

- 1 Team rosters must be completed correctly, signed by the team captain and returned to: Cincinnati Recreation Commission, ATTN: SENIOR OLYMPICS, 805 Central Avenue, Cincinnati, Ohio 45229 by the following dates:  
Basketball 3/21/11 -- Volleyball Women 3/25/11 -- Volleyball Men 4/1/11
- 2 Teams must be of all one gender.
- 3 All players must complete a registration form and pay all applicable fees to be eligible for team play.
- 4 All team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel.
- 5 Age divisions for all team competition will be determined by the age of the youngest team member as of December 31, 2011.
- 6 Teams must provide their own equipment including practice balls, scoring bases, bats and numbered uniform shirts.
- 7 Athletes may compete with only one team per sport.

## **Format**

If team numbers are conducive, teams will be divided into pools within their age division. Within each pool a single round robin tournament will be played. At the conclusion of the round robin, winners will advance and play a single elimination tournament. If entries are not conducive, a double elimination tournament will be played within the age divisions.

**The Southwest Ohio Senior Olympics reserves the right to combine age groups in the event that there are too few entries in any one age group. Medal rounds may be played first before inter-age group play begins. We cannot guarantee any certain number of games due to the uncertainty of team registration.**

If you would like to request a copy of the rules for a specific team sport please call 513-352-4012.

### **Captains please read the following:**

I have read the Guidelines above and agree to abide by the rules set forth by the governing body of the Southwest Ohio Senior Olympics and the National Senior Games Association.

Signature: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

**\*Complete other side with team information and roster**

# ***2011 Southwest Ohio Senior Olympics Event Directions***

## **Badminton – Haffey Field House 1599 West St. Reading, OH, 45215 \*NEW\***

From North; Take Shepherd LN. Exit. Turn left onto Mangham Dr. Turn left onto Shepherd LN. Turn left onto Smalley RD. Smalley Rd. becomes W. Columbia Ave. Turn left onto Riesenberga Ave. Turn right onto Bernard AVE. Turn right onto West ST. 1599 West ST.

From South; Take Shepherd LN. Exit. Turn right onto Shepherd LN. Turn left onto Smalley RD. Smalley RD. becomes W. Columbia AVE. Turn left onto Riesenberga AVE. Turn right onto Bernard AVE. Turn right onto West ST. 1599 West ST.

## **Basketball & Volleyball - College Hill Recreation Center, 5545 Belmont Avenue, 45224**

From North - Take I-75 South to the Ronald Reagan Highway/Galbraith Road (Rt. 126) Exit # 10. When you get to the end of the exit ramp you need to turn left and follow the signs for 126. Stay in the Right hand lane. There will be an exit ramp off of Galbraith Road for Ronald Reagan Highway/ Rt. 126. Turn right onto the ramp. Follow Rt. 126 West until the Hamilton Ave. Exit. When you get to the end of the exit ramp, turn left to go south on Hamilton Avenue (Rt. 127). Continue on Hamilton Ave for about 2.5 miles until the intersection of Belmont Ave. Make a hard right onto Belmont. The Center will be on the left-hand side at 5545 Belmont Avenue.

From South - Take I-75 North to the Ronald Reagan Cross County Highway Exit #10A. Take the 126 West exit. Follow Rt. 126 West until the Hamilton Ave. Exit. When you get to the end of the exit ramp turn left to go south on Hamilton Avenue (Rt. 127). Continue on Hamilton Ave for about 2.5 miles until the intersection of Belmont Ave. Make a hard right onto Belmont. The Center will be on the left-hand side at 5545 Belmont Avenue.

## **Bowling - Colerain Bowl 9189 Colerain Avenue, 45251**

From I-275 (east or west): Take the Colerain Avenue exit and head south. The bowling alley is approximately two miles from the exit and on your right.

## **Cycling - Mt. Airy Forest, Colerain Avenue, 45223**

I-74 west, Colerain Avenue exit, turn left off the exit and go north on Colerain up the big hill. Turn left into the main entrance, then left inside the park. From I-275, take the Colerain Ave exit and go south at least 5 miles on Colerain. Turn right into the park, then bear left. Go to the large circle with the shelter in the center. The cycling course is marked.

## **Eight Ball Pool – Bocca Billards 749 State Route 28 Milford, OH 45150 \*NEW\***

I-275 exit 57 Milford/Blanchester go 1 block south on Route 28 Bocca will be on the left.  
749 State Route 28

## **Golf – Glenview Golf Course, 10965 Springfield Pike, 45246**

I-75 to Exit 15, Sharon Road Exit. Turn towards Glendale (traveling west) onto Sharon Road. Travel approximately 2 miles to Springfield Pike and Turn Left. The Golf Course the course is on the right.

## **Horseshoes – Moose Lodge, 8944 Colerain Avenue, 45251**

From I-275 (east or west): Take the Colerain Avenue exit and head south. The Moose Lodge is approximately 2 1/5 miles down on the left. Turn left at the light at Target and follow the road back to the Moose Lodge

## **Rowing - CRC Rowing and Fitness Center, 925 Riverside Drive, 45202**

Take I-75 or I-71 downtown to Pete Rose Way. Follow Pete Rose Way east and it will become Riverside Drive. Montgomery Inn is on the right. The center is in the lower part of the building with the entrance facing the river.

# ***2011 Southwest Ohio Senior Olympics Event Directions***

## **Shuffleboard – Lincoln Recreation Center, 1027 Linn Street, 45203**

Take I-75 South to the Ezzard Charles Dr. Exit. At the light at the end of the exit, turn left, and go back over I -75. Continue on Ezzard Charles Dr. until you come to the light at Ezzard Charles and Linn Street. Turn right onto Linn Street. Go 1 block and the center will be on your right. At the end of the center is a driveway that leads to the rear parking lot. There is an entrance from the rear of the building.

## **Swimming – Mason Community Center, 6050 Mason-Montgomery Rd, Mason, Ohio, 45040**

From Interstate 75 - Take the Tylersville Road/Mason, Exit 22 and proceed EAST on Tylersville Road into Mason. Continue past the WLW radio tower and US Route 42. Turn LEFT at the intersection of Tylersville Road and Mason-Montgomery Road. The Mason Community Campus will be on your RIGHT – past the Mason Middle School. Signs will direct you to the Community Center.

From Interstate 71 (North) - Take the Fields-Ertel/Mason-Montgomery Road Exit 19 and turn LEFT onto Mason-Montgomery Road. Continue NORTH on Mason-Montgomery Road, approximately 4 miles. Pass through the Mason-Montgomery Road/Tylersville Road intersection. The Mason Community Campus will be on your RIGHT – past the Mason Middle School. Signs will direct you to the Community Center.

From Interstate 71 (South) - Take the Fields-Ertel/Mason-Montgomery Road Exit 19 and turn RIGHT onto Mason-Montgomery Road. Continue NORTH on Mason-Montgomery Road, approximately 4 miles. Pass through the Mason-Montgomery Road/Tylersville Road intersection. The Mason Community Campus will be on your RIGHT – past the Mason Middle School. Signs will direct you to the Community Center.

## **Table Tennis – Pleasant Ridge Montessori School, 5945 Montgomery Road, 45213**

I-71 North to the Ridge Avenue North Exit, Exit 8C. Turn Right onto Ridge Avenue. Turn left onto Woodford Road. Turn left onto Montgomery Rd/US-22/OH-3. The School will be on the right and there is parking in the rear of the building. You will enter from the back near the gymnasium.

I 71 South to the Ridge Ave/Kennedy Ave Exit, Exit 8. At the light at the end of the exit turn left onto Highland Avenue. At the next light turn right onto Ridge Avenue. Turn left onto Woodford Road. Turn left onto Montgomery Rd/US-22/OH-3. The School will be on the right and there is parking in the rear of the building. You will enter from the back near the gymnasium.

## **Tennis - Colonial Racquet Club, 6650 Hamilton Ave, 45224**

Take Cross County Highway to the North College Hill-Mt. Healthy Exit. Go south on Hamilton Ave. The building is behind IGA and Walgreens.

## **Track & Field - La Salle High School, 3091 North Bend Road, 45239**

Take I-74 North to the North Bend Road Exit#14. Turn Right at the end of the exit. Continue until the light at North Bend Road. Turn right at the light. Continue on North Bend for approximately 1 mile, the school will be on your right. The track is located behind the school.

## **5K Run for Shelter - Oakley Recreation Center, 3882 Paxton Avenue, 45209 \*NEW\***

Oakley Recreation Center is in the back east Corner of the Hyde Park Plaza, next to BIGG's Supermarket. The main entrance to Hyde Park Plaza is located on Paxton Ave.

## **Celebration Event - Barrington of Oakley, 4855 Babson Place, 45227 \*NEW\***

Take I-71 North or South to the Redbank Road Exit. Turn Right onto Madison Road. Venue is 1 block south on the left.

# *Ohio Senior Olympics 2011 State & National Games*

State Games will be summer of 2011 in Cleveland, Ohio.  
National Senior Games will be held in Houston, TX. June 16-30, 2011.

On-line registration is now available to Ohio's qualified athletes who want to register for the 2011 National Games. Venue information and other details about the events will be shared when it is available through the electronic newsletter, so don't forget to sign up!

You can also check the Ohio SeniorOlympics web site for updates as they become available. (see below)

Senior Olympics is amateur athletic competition for men and women ages 50 and older. The State Games are held every year, in rotating sites around the state. The Ohio Senior Olympic games are open to all athletes - both residents of Ohio and those athletes from out of state. The state games are hosted by the regional games around the state, in a two year cycle. The state games held in even numbered years (2010, 2012, etc.) act as the qualifying competition for The National Senior Games/Senior Olympics, which are held in the next odd numbered year (2011, 2013, etc.).



**Register for the State Games Online at  
the Ohio Senior Olympics Website:**

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

**Senior Olympics Info Line: (513) 352-4012 • Fax# (513) 352-1605**  
**Senior Olympics Email: [seniorolympics@cincinnati-oh.gov](mailto:seniorolympics@cincinnati-oh.gov)**  
**CRC Website Address: [www.cincyrec.org](http://www.cincyrec.org)**

# Cincinnati Recreation Commission

805 Central Avenue • Suite 800 • Cincinnati, Ohio • 45202  
Senior Olympics Info Line: (513) 352-4012 • Fax# (513) 352-1605  
Senior Olympics Email: seniorolympics@cincinnati-oh.gov  
www.cincyrec.org/seniorolympics

PRESORTED  
STANDARD  
U.S POSTAGE PAID  
CINCINNATI, OH  
PERMIT # 4675

Southwest Ohio  
Senior Olympics

*Celebrating*

31 Years of

Athletic

Competition

1980-2011



**April 2 - May 22, 2011**

**Program and Registration**

***THANK YOU to our SPONSORS:***

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