



MARYLAND SENIOR OLYMPICS

INFORMATION & REGISTRATION GUIDE

MDSENIOROLYMPICS.ORG



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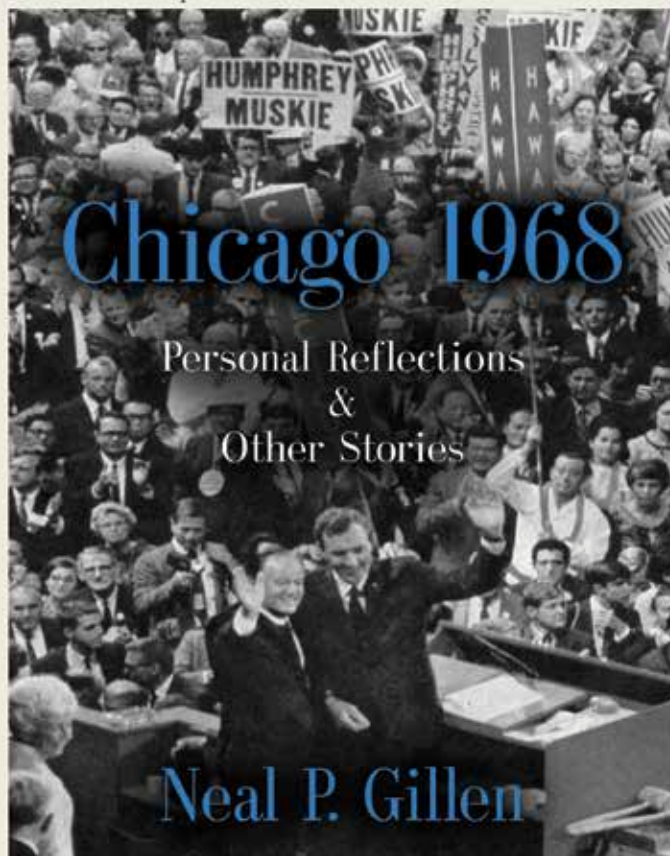


"An insiders eyewitness to history – Neal Gillen provides a special perspective & key insights into one of the most tumultuous times in American politics – 1968 and the Democratic Convention. Gillen's lens provides an important behind-the-scenes look at what was happening during this fateful week."

Peter D. Hart, NBC-Wall Street Journal pollster since 1989 and 40 senators and 30 governors since 1971.

Historians
view it
as the week
that changed
politics & the
Democratic
Party.

Clearly, a
political
nightmare
of epic
proportions.



The undoing of
a powerful
political party.

A week
of mayhem
in the streets
of Chicago
that moved
blue-collar
voters to the
Republican
Party and
Richard Nixon.

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MARYLAND SENIOR OLYMPICS

c/o Holiday Park Senior Center
3950 Ferrara Drive
Wheaton, Md. 20906

www.mdseniorolympics.org

CONTACT US

Phone: 240-777-4930

Email: info@mdseniorolympics.org

DIRECTORY

Stacy Sigler, Montgomery County Recreation Liaison

SOCIAL MEDIA

Facebook: www.facebook.com/mdseniorolympics

Twitter: www.twitter.com/mdsrolympics

YouTube: www.youtube.com/mdseniorolympics

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THANK YOU TO OUR HOSTS, PARTNERS AND SPONSORS!

MONTGOMERY COUNTY RECREATION, NATIONAL SENIOR GAMES ASSOCIATION,
MONTGOMERY PARKS (M-NCPPC), HOWARD COUNTY RECREATION & PARKS

City of Gaithersburg, Parvilla Cycle & Sport, Brunswick Zone Normandy Lanes, Asbury Methodist Village, Kentlands Community Foundation, Severna Park Racquetball & Fitness Club, Frederick Horseshoes Pitcher Association, Leisure World of Maryland, LifeBridge Health, MCG Laytonsville Golf Course, Oriole Archers, Ginger Cove and West River Wickets, Baltimore Disc Golf, Inc., Old Post Rifle and Pistol Club, Carroll County Gun Club



WELCOME!

In 2019, Maryland Senior Olympics features 28 events, including two new additions!

Since 1980 the **Maryland Senior Olympics** has helped individuals aged 50 and above stay active and healthy. This year will be no different! MSO athletes participate for the love of staying active, the camaraderie of the games and their own personal achievement. Our motto is "To Participate Is to Win."

MSO events take place from **May 1 through October 7** at venues in counties all over Maryland. Athletes will compete and qualify by age group. Introduced in our 2018 season and back again this year — Air Gun and Power Walking. New for the 2019 season — Trap Shooting and Wii Bowling! See all of the details in our Events section.

This guide will help you understand the Maryland Senior Olympics and register for this year's events, whether you are an individual or team. For individual sports you can register online or by mail-in forms. For team sports registration will be by mail-in only. You should have everything here you need to register. If not, visit our website at www.mdseniorolympics.org, e-mail us at info@mdseniorolympics.org or call **240-777-4930**.

PARTICIPATION

The Maryland Senior Olympics Commission requests that every participating athlete consult his or her physician to evaluate their physical condition and determine your safe level of competition. Participants may enter as many sports as their schedule will allow. Here's what you need to know:

AGE GROUPS

Gender and age group 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, 95-99 and 100-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, 2019.

TEAM SPORTS COMPETITION

Maryland Senior Olympics offers three team sports: 3-on-3 half-court basketball, softball and volleyball in the following age groups: 50-54, 55-59, 60-64, 65-69, 70-74, 75-plus and, 3-on-3 basketball only, 80+. The youngest member of the team as of Dec. 31, 2019 will determine the age division. Indicate all team members, non-playing coaches and bench personnel on team roster. Roster substitutions should be made prior to the registration deadline.

No online registration, register by mail-in form only. In addition to the team roster please include a team member registration form for everyone on the roster.



REGISTRATION

When registering you will pay for the highest event fee then each additional event will be \$5. Deadline to register is two weeks prior to the first event of each scheduled sport or when capacity is reached. There is a \$10 processing fee for each mail-in registration and a \$5 processing fee for each online registration. There is a \$10 non-Maryland resident fee (not charged for team and \$15 events). For mail-in registration, fill out the forms in the back of this guide and mail them to us with a check or money order. For online registration, go to www.mdseniorolympics.org. Payment is by credit card or PayPal account.

When registering for *partnered events* you will need to have your partner's full name and date of birth.

GENERAL INFORMATION

Things you need to know as a competitor and participant in the Maryland Games.

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. 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.

REFUND POLICY

Refunds (less a \$15 processing fee) must be requested in writing no later than two weeks prior to your first event. No refunds will be issued after that date.



RULES AND EQUIPMENT

MSO follows NSGA rules, visit www.mdseniorolympics.org to view. Participants are required to provide their own equipment for the events entered with some exceptions, contact us for details.

EVENT CHECK-IN

Every athlete must check-in with the event coordinator 30 minutes prior to each sport at the event location. 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.

AWARDS

Gold, silver and bronze 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 also receive medals. Ribbons are given to fourth-, fifth- and sixth-place finishers. Awards will be presented at the event site or may be picked up by appointment at the Maryland Senior Olympics office. No awards will be mailed.

Track meets and training programs all year round
www.pvtc.org
703-481-3530
A club for all ages, all paces, and all ways

NSGA EVENTS

MSO offers these National Senior Games Association-sanctioned events.

ARCHERY

SEPT. 29, 10 AM

Men, Women: Barebow Compound, Barebow Recurve, Compound Fingers, Compound Release, Recurve
\$30 first event, \$5 each additional

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

BADMINTON

SEPT. 7, 9 AM

Singles, Doubles, Mixed Doubles
\$30 first event, \$5 each additional

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

BASKETBALL (3 ON 3)

AUG. 25 (WOMEN AND MEN), 9:00 AM

\$100 per team, \$10 per team member
Mail-in registration only

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

BASKETBALL SKILLS

AUG. 25 (WOMEN AND MEN), 11:30 AM – 1:30 PM

Floor, Foul and Free shot
\$15 for all three

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

BOWLING

AUG. 26 (SINGLES) & AUG. 27 (DOUBLES)

SINGLES: 50-69, 9 AM, 70+ 1 PM

DOUBLES: MEN'S/WOMEN'S, 9 AM; MIXED, 1 PM

\$30 first event, \$5 each additional; \$8 lane fee per event

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

CYCLING 5K AND 10K TIME TRIALS

MAY 1 (10K) & JUNE 5 (5K), 6PM

\$15, \$5 each additional

Race starts on Queen Anne Bridge Road just south of Davidsonville Elementary School on MD 214 (Central Avenue), Davidsonville, Md. 21035

GOLF

OCT. 7, 9:30 AM

MEN, WOMEN: GOLF, CHIPPING, PUTTING

\$15 first event + \$50 golf fee (includes green fee, cart, lunch), \$5 each additional

Laytonsville Golf Course
7130 Dorsey Rd., Gaithersburg, Md. 20882

HORSESHOES

SEPT. 7, 9 AM (MEN, WOMEN)

\$15

Maryvale Park
506 W. Patrick St., Frederick, Md. 21702

PICKLEBALL

AUG 17 (WOMEN'S/MEN'S DOUBLES); AUG. 18 (MIXED DOUBLES/SINGLES), 9 AM, SINGLES 2 PM

\$40 first event, \$5 each additional

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

RACQUETBALL

SEPT. 4 (SINGLES) & SEPT. 5 (DOUBLES), 9 AM

\$30 first event, \$5 each additional

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

RUNNING 5K RACE

AUG. 31, 8 AM KENTLANDS/LAKELANDS 5K

Register at: kentlandsfoundation.org/annual-5K
267 Kentlands Blvd., Gaithersburg, Md. 20878

RUNNING 10K RACE

OCT. 6, 8 AM | THE HERMAN & WALTER SAMUELSON CHILDREN'S HOSPITAL AT SINAI RACE FOR OUR KIDS

Register at www.raceforourkids.org
The Maryland Zoo in Baltimore



SHUFFLEBOARD

SEPT. 7, 9 AM

Singles, Open Doubles
\$30 first event, \$5 each additional

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

SOFTBALL

SEPT. 5-6 (MEN'S) & SEPT. 7-8 (WOMEN'S), 9 AM

\$100 per team, \$5 per team member

Mail-in registration only

Olney Manor Regional Park

16601 Georgia Ave., Olney, Md. 20832

SWIMMING

SEPT. 14, 8 AM WARM-UPS, 9 AM START

\$30 first event, \$5 each additional (6 max)

Germantown Indoor Swim Center

18000 Central Park Circle, Boyds, Md. 20841

ORDER OF EVENTS:

- | | |
|------------------------|-------------------------|
| 1. 400-Yard IM | 9. 50-Yd Butterfly |
| 2. 50-Yd Backstroke | 10. 200-Yd Freestyle |
| 3. 200-Yd Breaststroke | 11. 100-Yd Butterfly |
| 4. 100-Yd Freestyle | 12. 100-Yd IM |
| 5. 200-Yd Butterfly | 13. 200-Yd Backstroke |
| 6. 50-Yd Breaststroke | 14. 100-Yd Breaststroke |
| 7. 200-Yd IM | 15. 50-Yd Freestyle |
| 8. 100-Yd Backstroke | 16. 500-Yd Freestyle |

TABLE TENNIS

JULY 27, 9 AM

Singles, Doubles, Mixed Doubles

\$30 first event, \$5 each additional

Potomac Community Center

11315 Falls Rd., Potomac, Md. 20854

TENNIS

SEPT. 27-29, 9 AM

Singles, Doubles, Mixed Doubles (2 max)

\$30 first event, \$5 each additional

Olney Manor Regional Park

16601 Georgia Ave., Olney, Md. 20832

TRACK & FIELD

AUG. 10-11, 9 AM

See detailed track and field event schedule on pages 8 and 9.

\$40 first event, \$5 each additional

Howard County Community College

10901 Little Patuxent Parkway, Columbia, Md. 21044

TRACK & FIELD WALKING EVENTS

You can register for more than one! Take a look at the track and field schedule to see when the walking events are held to make sure you can do more than one.

\$15 first event, \$5 each additional

Race Walk – 1500m

Although it is a foot race, it is different from running in that one foot must appear to be in contact with the ground at all times. This is assessed by race judges.

Precision Walk – 1 mile

You tell us what time you will walk a mile in. Medal placement based on the closest finish to the submitted time.

Power Walk – 1500m

Power walking or speed walking is the act of walking with a speed at the upper end of the natural range for the walking gait. To qualify as power walking as opposed to jogging or running, at least one foot must be in contact with the ground at all times.

VOLLEYBALL

AUG. 24 (WOMEN AND MEN), 9 AM

\$100 per team, \$10 per team member

Mail-in registration only

Meadowbrook Athletic Complex

5001 Meadowbrook Ln., Ellicott City, Md. 21043





STATE EVENTS

MSO offers these fun participatory events. They aren't part of the NSGA but you can win MSO medals.

AIR GUN

OCT. 3 (& 4 IF NECESSARY), 9 AM

\$15

Associated Gun Clubs of Maryland
11518 Marriottsville Rd, Marriottsville, MD 21104

BILLIARDS (8-BALL)

MAY 9 (& 10 IF NECESSARY), 9 AM, MEN, WOMEN

\$15

Margaret Schweinhaut Senior Ctr.
1000 Forest Glen Rd., Silver Spring, Md. 20901

BOCCE

JULY 25 (SINGLES) & 26 (DOUBLES), 9 AM

Singles, Doubles, Mixed Doubles

\$15

Asbury Methodist Village
201 Russell Ave, Gaithersburg, MD 20877

CROQUET

SEPT. 28 & SEPT. 29

Register at www.westriverwickets.com or
www.gingercove.com

Ginger Cove
4000 River Crescent Dr., Annapolis, Md. 21401
West River Wickets
120 Owensville Rd., West River, Md. 20778

DISC GOLF

JUNE 22, DRUID HILL OPEN

Register at discgolfsce.com

Druid Hill Park
Greenspring Ave., Baltimore, Md. 21217

LA MILLA DE MAYO

MAY 4, 5:30 PM

Register at www.mcrrc.org
Race start: Girard Business Center
220 Girard Street, Gaithersburg, MD 20877

LAWN BOWLING

SEPT. 21, 10:30 AM

Singles, Doubles, Triples
\$15 first event, \$5 each additional

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

TRAP SHOOTING

OCT. 5, 9 AM

\$40 (includes targets, ammunition)

Carroll County Gun Club
129 West Liberty Road
Eldersburg, MD 21784

WII BOWLING

MAY 29, (& 30 IF NECESSARY), 9 AM

\$15

Margaret Schweinhaut Senior Ctr.
1000 Forest Glen Rd., Silver Spring, Md. 20901



TRACK AND FIELD | SATURDAY, AUG. 10

Schedule and event breakdown. Times are subject to change based on weather and participation. Check your email, our website and at sign-in on the day of your event for potential time changes.

TIME	EVENT
9 AM	Hammer throw (men 70-79, followed by weight throw)
9 AM	Running long jump with standing long jump to follow (women, all ages)
9:30 AM	Javelin throw (men 80-plus)
10 AM	1500-meter run (men, all ages)
10:30 AM	Javelin throw (men 70-79)
10:30 AM	100-meter dash trials (if necessary)
10:45 AM	Running long jump (men 80-plus, followed by standing long jump)
11 AM	Hammer throw (men 50-59, followed by weight throw)
11 AM	1500-meter run (women, all ages)
12:30 PM	1500-meter race walk (men and women)
12:30 PM	Running long jump (men 70-79, followed by standing long jump)
12:30 PM	Javelin throw (men 50-59)
1 PM	Hammer throw (women, all ages, followed by weight throw for all ages)
1:30 PM	Javelin throw (men 60-64)
1:30 PM	100-meter dash (men, oldest to youngest)
2 PM	Running long jump (men 60-69, followed by standing long jump)
2 PM	Javelin throw (men 65-69)
2 PM	100-meter dash (women, oldest to youngest)
2:30 PM	50-meter dash (men, oldest to youngest)
2:45 PM	50-meter dash (women, oldest to youngest)
2:45 PM	Hammer throw (men 80-plus, followed by weight throw)
3:30 PM	Running long jump (men 50-59, followed by standing long jump)
3:30 PM	Javelin throw (women, all ages)
3:30 PM	400-meter dash (men, oldest to youngest)
3:45 PM	400-meter dash (women, oldest to youngest)
4:30 PM	Hammer throw (men 60-69, followed by weight throw)

TRACK AND FIELD | SUNDAY, AUG. 11

Schedule and event breakdown. Times are subject to change based on weather and participation. Check your email, our website and at sign-in on the day of your event for potential time changes.

TIME	EVENT
9 AM	Triple jump (men 80-plus)
9 AM	Shot put (men 70-79)
9 AM	Discus throw (men 50-59)
10 AM-2 PM	Football, Frisbee and softball throws (men and women), open pit
10 AM	800-meter run (men, all ages)
10:15 AM	Shot put (men 50-59)
10:30 AM	High jump (men, all ages)
10:30 AM	Triple jump (men 70-79)
10:30 AM	Discus throw (men 60-69)
10:45 AM	800-meter run (women, all ages)
11:30 AM	Shot put (men 60-69)
11:30 AM	1500m Power Walk (men and women, all ages)
Noon	High Jump (women, all ages)
Noon	Discus throw (men 70-79)
12:30 PM	Shot put (women 50-69)
12:30 PM	200-meter dash (men, oldest to youngest)
1 PM	200-meter dash (women, oldest to youngest)
1 PM	Triple jump (women, all ages)
1 PM	Pole vault (men and women)
1:30 PM	Shot put (women 70-plus)
1:30 PM	Discus throw (women 50-69)
1:30 PM	1-mile precision walk (men and women)
2 PM	Triple jump (men 60-69)
2:30 PM	Shot put (men 80-plus)
2:30 PM	Discus throw (women 70-plus)
3 PM	Triple jump (men 50-59)
3:30 PM	Discus throw (men 80-plus)



CALL FOR AWARD NOMINATIONS

2019 MARYLAND SENIOR OLYMPICS HONOR AWARDS

We are in search of deserving recipients for the 2019 Maryland Senior Olympics Honor Awards (see below). Nominations are requested, along with supporting details, and must be received by September 3, 2019 to be considered. Send nominations to info@mdseniorolympics.org or mail to 3950 Ferrara Dr., Wheaton, MD, 20906. The 2019 Awards Ceremony will be held Saturday, October 26 at a location to be determined.

HALL OF FAME

For outstanding service, significant achievement and consistent dedication to the perpetuation of the Maryland Senior Olympics exemplified by, but not limited to, the following attributes which may not necessarily be present in each candidate:

- Many years MSO involvement
- National Senior Games participation
- MSO medal achievement
- National Senior Games medal achievement
- Multiple sport participation

ROBERT G. ZEIGLER SERVICE AWARD

In recognition of outstanding service and dedication to the Local, State or National Senior Games movement exemplified through the following actions:

- Many years consistent service
- Promotional involvement at the State or National Senior Games Association
- Corporate In-kind or financial support of the Maryland Senior Olympics

MSO CITATION

In appreciation for outstanding service by an individual or a team, distinguished contributions and support on behalf of the Maryland Senior Olympics exemplified through the following actions:

- Many years of consistent service
- Participation in Games organization and/or participation
- Promotional support of the Maryland Senior Olympics



2018 AWARD RECIPIENTS MSO HALL OF FAME



PETER CHEN
SHARON GOOD
GLORIA HONG
TERRY LOGAN
MARGOT PETTIJOHN*

*Awarded posthumously

2018 ROBERT G. ZEIGLER SERVICE AWARD RECIPIENT TED WROTH

2018 MSO CITATION RECIPIENTS WALLY DASHIELL LEE RICHARDSON



2019 INDIVIDUAL REGISTRATION FORM

NEW PARTICIPANTS – ENCLOSE A COPY OF A VALID DRIVER'S LICENSE OR MVA IDENTIFICATION.

PLEASE PRINT CLEARLY. FILL OUT AND SUBMIT BOTH SIDES. REGISTRATION CLOSING TWO WEEKS PRIOR TO EACH EVENT OR WHEN CAPACITY IS REACHED.

FULL NAME:

STREET ADDRESS:

CITY:

COUNTY:

STATE:

ZIP:

BIRTH DATE (MO/DAY/YR):

PHONE:

E-MAIL:

EMERGENCY CONTACT:

RELATIONSHIP:

PHONE:

GENDER:

MALE ☐

FEMALE ☐

STATUS:

RETURNING ATHLETE ☐

NEW ATHLETE ☐

Were you a professional or Olympic athlete? YES ☐ NO ☐ Sport/Events:

PLEASE VISIT THESE SITES TO REGISTER FOR...

▪ **5K RACE:** kentlandsfoundation.org/annual-5k

▪ **CROQUET:** westriverwickets.com or gingercove.com

▪ **10K RACE:** raceforourkids.org

▪ **DISC GOLF:** dgscene.com

PARTICIPANT DUES

	FEES	NO. OF ITEMS	AMT.
Participation in 1 Event (event with the highest fee)	\$15 \$30 \$40	one	\$
Each Additional Event	\$5		\$
Team Member, Team: _____	\$5 \$10		\$

ADDITIONAL/OPTIONAL COSTS

COMPLETE ALL THAT APPLY TO YOU

	FEES	NO. OF ITEMS	AMT.
Non-Maryland resident	\$10	one	\$
10-Pin Bowling for Each Event	\$8		\$
Golf Fee (with cart)	\$50	one	\$
YOUR TAX-DEDUCTIBLE ADDITIONAL DONATION IS GREATLY APPRECIATED!			\$
Mail-In Registration Fee	\$10		\$10

SEE REFUND POLICY ON PAGE 4

TOTAL \$

[FREE! YOUR MSO SOUVENIR T-SHIRT! CIRCLE YOUR SIZE: S M L XL 2XL 3XL]

DID YOU...?

- Complete BOTH sides of the individual athlete registration form?
- SIGN the liability waiver on the back of this form?
- Include a copy of your driver's license or MVA identification? (new athletes only)

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: \$

DATE REGISTERED

2019 INDIVIDUAL REGISTRATION CONTINUED...

INDIVIDUAL ATHLETE REGISTRATION This form is for individual participants only. There is a separate form for team roster and registrations. You must also fill out this form to list the individual events you wish to compete. Please complete each column of the form for each event you are entering, including your best time or distance for all swimming, and track and field events.

MEDICAL INFORMATION

Athletes please list or attach a summary of all medical conditions, allergies, surgeries, medications, etc.

EVENT REGISTRATION AN "EVENT" IS DEFINED AS ONE ACTIVITY. IE, TENNIS SINGLES AND DOUBLES ARE TWO ACTIVITIES.

AGE GROUP	EVENT DATE (NO DUPLICATES)	EVENT FULL NAME (E.G., BOWLING, SINGLES, ETC.)	BEST TIME/ DISTANCE	DOUBLES PARTNER'S NAME & DOB

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

ENCLOSE CHECK OR MONEY ORDER AND MAIL TO:

Maryland Senior Olympics c/o Holiday Park Senior Center | 3950 Ferrara Drive | Wheaton, Maryland 20906

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, Montgomery County 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 2019 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 above. 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:



2019 TEAM ROSTER FORM

TEAM NAME: _____

REGISTRATION DEADLINE IS TWO WEEKS PRIOR TO EVENT.

TEAM CAPTAIN: _____

ALL TEAM MEMBERS FILL OUT A REGISTRATION FORM (REVERSE SIDE).
ATTACH ALL REGISTRATION FORMS TO TEAM ROSTER (THIS FORM).

PHONE: _____

SPORT: (CIRCLE ONE) BASKETBALL \$100 (+\$10 each team member) SOFTBALL \$100 (+\$5 each team member) VOLLEYBALL \$100 (+\$5 each team member)

AGE GROUP*: 50-54 ☐ 55-59 ☐ 60-64 ☐ 65-69 ☐ 70-74 ☐ 75-PLUS ☐ 80-PLUS** ☐ SEX: MEN ☐ WOMEN ☐

*AGE OF TEAM WILL BE DETERMINED BY THE AGE OF THE YOUNGEST PLAYER, AS OF DEC. 31, 2019. **80-PLUS FOR BASKETBALL ONLY.

NAME—LAST, FIRST (PLEASE PRINT)	PHONE	EMAIL	STATE	BIRTH DATE
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) FOR OFFICE USE ONLY Date received: _____

Check No. _____

Check Amount: \$ _____

ENCLOSE CHECK/MONEY ORDER TO: Maryland Senior Olympics c/o Holiday Park Senior Ctr | 3950 Ferrara Dr | Wheaton, MD 20906.



2019 TEAM MEMBER REGISTRATION FORM

NEW PARTICIPANTS - ENCLOSE A COPY OF A VALID DRIVER'S LICENSE OR MVA IDENTIFICATION.

IF YOU ARE REGISTERING FOR INDIVIDUAL SPORTS AS WELL, PLEASE USE THE INDIVIDUAL REGISTRATION FORM AND INCLUDE TEAM MEMBER FEE WITH THAT PAYMENT. YOU DO NOT NEED TO FILL OUT THE FORM BELOW.

FULL NAME:

TEAM(S):

STREET ADDRESS:

CITY:

COUNTY:

STATE:

ZIP:

BIRTH DATE (MO/DAY/YR):

PHONE:

E-MAIL:

EMERGENCY CONTACT:

RELATIONSHIP:

PHONE:

GENDER:

MALE ☐

FEMALE ☐

STATUS:

RETURNING ATHLETE ☐

NEW ATHLETE ☐

Were you a professional or Olympic athlete? YES ☐ NO ☐ Sport/Events:

PARTICIPANT DUES	FEES	ITEMS	AMT.
Participation in Team Sport Event	\$5 \$10		
<i>YOUR TAX-DEDUCTIBLE ADDITIONAL DONATION IS GREATLY APPRECIATED!</i>	-	-	
SEE REFUND POLICY ON PAGE 4			
TOTAL			\$

ENCLOSE CHECK/MONEY ORDER TO:

Maryland Senior Olympics c/o Holiday Park Senior Ctr | 3950 Ferrara Dr | Wheaton, MD 20906

[FREE! YOUR MSO SOUVENIR T-SHIRT! CIRCLE YOUR SIZE: S M L XL 2XL 3XL]

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I, the undersigned participant, shall and will save and keep harmless and indemnify the Maryland Senior Olympics Commission LTD, Montgomery County 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 2019 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 above. 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:

X

DATE:

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Wandagean Abiera
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Glen Allen
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Jeff Andrews
Lynne Andrews
Elaine Angleberger
Jennifer Arthur
Zondra Ayton
Fuziah Ayub-O'Neill
Alethea Bageant
Edgar Bailiff, Jr
Raymond Baker
George Ballas
Lillian Banks
Daniel Bankus
Sally Barcus
Roger Barlow
Thomas Barna
Ralph Barocas
Sandra Barrett
Christopher Barritt
Cynthia Bartolomeo
Dennis Bass
Francis Bass
Faye Battle
Marcus Battle
Tracey Battle
Cherie Beall
Diane Benedetta
Joseph Benedetta
Margaret Bennett
Millard Bennett
Nancy Berger
Nathan Betnun
Barbara Bitgood
Martine Bohn
Jerome Bookin-Weiner
Deborah Borda
James Borell
Philip Bowers
Michael Boyle
Marsha Bradley
Pam Bradley
Mary Brady
Debbie Brajevich
Nancy Brajevich
Deborah Brandon
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Angelia Brooks
Jean Brooks
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Leo Buscher
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Carmen Campbell
Hugh Campbell
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William Chadwick
Gail Chambers
Bruce Chandler
Sharon Chaney
Ben Chang
Marguerita Cheng
David Cheung
Jill Childers
Lily Chua
Colin Church
Gloria Clarke
Michael Clarke
Emilie Class
Kevin Cline
Ronald Clontz
Sandra Clontz
Tom Coblentz
Jo Cohen

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Linda Conover
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John Cook
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Dennis Crawford
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David Cromer
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Sherry Cummings
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Carol Ann Cuneo
Sharon Cuneo
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Kentlands/Lakelands 5k
August 31, 2019

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For 25 years, the Kentlands Community Foundation has hosted the Kentlands/Lakelands 5K Run, Walk and Kids Fun Runs, an event that has grown to be the largest 5K event in Montgomery County. A Labor Day Weekend community tradition, this year's race will be held on Saturday August 31, 2019.

The event has grown consistently over the years in partnership with the City of Gaithersburg, local businesses and hundreds of volunteers, and brings over 1100 registered runners and more than 4000 participants, friends, and family members to the Kentlands Market Square Plaza area.



Prices increase as the race day gets closer so sign up now!

<https://kentlandsfoundation.org/annual-5k/>

