



32nd Annual 50+ / Senior Olympics Program



March - May 2010



City of Santa Fe, New Mexico

200 Lincoln Avenue, P.O. Box 909, Santa Fe, N.M. 87504-0909

David Coss, *Mayor*

Councilors:

Rebecca Wurzbarger, Mayor Pro Tem, Dist. 2

Patti J. Bushee, Dist. 1

Chris Calvert, Dist. 1

Rosemary Romero, Dist. 2

Miguel M. Chavez, Dist. 3

Carmichael A. Dominguez, Dist. 3

Matthew E. Ortiz, Dist. 4

Ronald S. Trujillo, Dist. 4

Welcome to the 2010 local 50+ Senior Olympics!

Distinguished 50+Citizens:

I would like to express my sincere hope for a healthy and happy new year to you. Santa Fe is marking the 400th Year Anniversary of its founding through December 2010. As we commemorate this significant milestone, I invite you to participate in the many events planned for our community. With your health in mind, the City of Santa Fe, Division of Senior Services, in collaboration with the New Mexico Senior Olympics, is proud to sponsor the 2010 50+ Senior Olympics. We strongly encourage all eligible Santa Feans, city and countywide, to participate in our local events. Your participation in these activities can promote and inspire you to maintain year-round physical fitness. It is our goal to enhance the physical and mental well-being of our older adults by offering you an opportunity to develop new friendships, accomplish your personal fitness goals, and inspire all citizens to become or remain active every day.

Congratulations to last year's Senior Olympians. I invite new participants, 50 years of age and older to join the program this year. For more information and to register, you may contact the Division of Senior Services located at 1121 Alto Street 505-955-4721.

Also, plan to participate in the 2010 State Games to be held in Las Cruces from July 26th to August 1st, 2010. I wish you the best of luck and thank you for participating in the local and State competitions.

To your good health,

David Coss, Mayor
City of Santa Fe

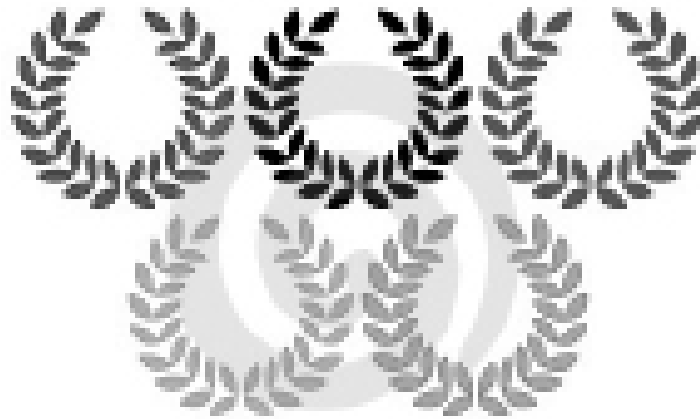
SANTA FE 50+ SENIOR OLYMPICS COMMITTEE



ANN ACEVES
BARBARA COHEN
TIM DOLLAR
BRUCE KIDMAN
ARLENE MAYER
JOYCE MONTOYA
KARIN ROTH
DAVID SOVERANEZ
ROBERTA VAN WELT
PAUL ZISMAN

TABLE OF CONTENTS

Letter from Mayor	
50+ Senior Olympics Committee	
Purpose	
General Rules	1-2
Code of Conduct	3-4
Acknowledgements	5
Senior Olympics Stars	6
Event Schedules	7-9
Notes	10
Official Entry, Agreement & Release Form	11-12



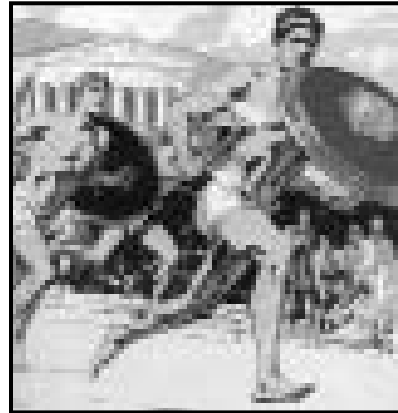
The purpose of the Santa Fe 50+ Senior Olympics is:

1. To provide senior citizens, age 50 and over, motivation and *an opportunity to participate in competitive athletic and recreational events* that will result in their positive mental, physical, social and emotional well-being.
2. To maintain and improve the health and wellness of older adults.
3. To provide an opportunity for positive socialization for participants, their families, guests and volunteers.
4. To celebrate the vitality of life through example and to create an awareness of opportunities which exist for a joyful and fulfilling life at any age.
5. To provide an *opportunity to participate at the State level each year and National Senior Games on odd years.*

FITNESS - FRIENDS - FUN = WINNERS!

GENERAL RULES AND INFORMATION

This is only a brief list of rules. Please refer to the New Mexico Senior Olympics Rule Book for a complete listing. The City of Santa Fe complies with the Americans with Disabilities Act.



Registration

Registration forms are available at the MEG center. Participants may register in person or by mail.

The address is: City of Santa Fe, Division of Senior Services
Attn: 50+ Senior Olympics
P. O. Box 909
Santa Fe, NM 87504-0909

Registration begins January 11, 2010, and ends February 26, 2010. **The registration fee is \$20.00 for 50+ Olympians who will receive a City of Santa Fe 50+ Senior Olympics t-shirt or \$12 for those who do not need a t-shirt.** Registration forms will not be processed unless it is submitted with the fee. Payment by check is preferred. Please make checks payable to **City of Santa Fe. There is an additional fee for participating in the following events: Bowling and Golf, payable at the event sites.** Horseshoe and Archery participants will provide their own equipment.

Deadline

All registrations are due by 5:00 p.m., February 26, 2010. Late or incomplete registrations will be considered on an individual basis.

Eligibility

The Santa Fe 50+ Senior Olympics is an event open to all people living in the Santa Fe County area who are at least 50 years of age by the date of their local event.

In addition, each 50+ Senior Olympics participant must correctly complete a registration form, turn it in by the deadline and pay the required fee.

New Mexico residents from other counties may enter our 50+ Senior Olympics, if such events are not available in their counties. However, no such person may deprive residents in our area from qualifying for the New Mexico Senior Olympics.

Attendance

It is the responsibility of the participant to note the time and date of each event and **arrive ½ hour prior** to event start time. Participants should be **prepared to spend the day, if necessary**, at his/her event. To insure fairness to all, participants will not be allowed to compete before the scheduled event date and time, unless prior arrangements are made with the event manager and, only under extenuating circumstances. Participant must have knowledge of sports and some skill.

Age Divisions

In singles events, participants may not play up or down in age, but must play in their own age groups. Age categories are:

50 to 54 years old	65 to 69 years old	80 to 84 years old	95-99 years old
55 to 59 years old	70 to 74 years old	85 to 89 years old	100+ years old
60 to 64 years old	75 to 79 years old	90 to 94 years old	

Age division for team competition is determined by the youngest member of the team. Age division for doubles and mixed doubles will play down to the age of the youngest partner as of the first day of state competition.

Events

An “event” is defined as a single contest in a particular sport. Example: Bowling Singles, Bowling Doubles and Bowling Mixed are 3 separate events. If a participant does not have any competition in their age category, an exhibition will be necessary to qualify. This provision pertains to both team and individual sports. The exhibition will be decided by the Event Manager. Participants who register for team, doubles, and/or mixed doubles are responsible for getting their own partners for these events. Only sign up if you definitely plan to participate.

At State Senior Olympics you may not enter more than ten (10) events.

Responsibilities of participants

Locations and Dates of Santa Fe 50+ Senior Olympics Events

The Santa Fe 50+ Olympics events will be held during the months of March, April and May, 2010. All events and locations are listed on the calendar located in this program.

Volunteers

Volunteers play a vital role in the 50+ Senior Olympics. Assistance is needed for computer data entries, record keeping, fund-raising, public relations and other administrative tasks. Please call the 50+ Senior Olympics Office, if you can help, at 955-4725.

Awards

First, second and third place winners are awarded medals at the conclusion of their events by the Event Manager.

Release and Liability

Each participant is required to sign a release of liability form before entering any 50+ Senior Olympics Event.

EVERYONE IS A WINNER IN 50+ SENIOR OLYMPICS!

CODE OF CONDUCT

POLICIES AND PROCEDURES GOVERNING DISRUPTIVE BEHAVIOR OF PARTICIPANTS AT THE SANTA FE 50+ OLYMPICS

The following are policies and procedures to be followed in dealing with disruptive behavior on the part of participants and/or guests who are served through programs administered by the 50+ Senior Olympics.



Alcoholic Beverages and Other Substances

No alcoholic beverages or illegal substances will be allowed on the premises of any owned or operated 50+ Olympics event.

Should alcoholic beverages or other illegal substances appear on the premises, the person responsible for the infraction will be asked to leave the facility immediately by the person in charge. Should the staff person meet resistance, he/she is to call for a police escort. Expected time of response by police may be 25 to 30 minutes.

Should a participant and/or guest arrive obviously under the influence which results in disruptive behavior, the staff person in charge is to request the person causing the problem to leave the premises immediately. Should resistance be met, staff is not to attempt to physically remove that person, but is to call for a police escort. A 20 to 25 minute interval between placing the call and police response can be expected.

Weapons

Weapons (guns, knives, blackjacks, mace and/or tear gas, etc.) have no place at the 50+ Senior Olympics Programs. Should staff become aware that a participant and/or guest has a weapon in his/her possession at such a site, the violator of this policy will be asked to leave immediately. If resistance is met, under no circumstances should any person attempt to physically remove the participant or guest. Instead, call 911 and an immediate response may be expected. The police will escort the person carrying the weapon away from the premises.

Fighting

Should a fight occur between participants/guests or volunteers or should violence be perpetrated against an advisory board member, either a physical encounter or a verbal exchange, which would, in board member's estimation, constitute a fight, the Event Manager in charge should verbally stop the violence. However, under no circumstances, should any person physically separate the person(s) involved in an attempt to break up a fight. The person in charge of the facility should call 911 and report a fight. An immediate response can be expected.

Smoking

Smoking is restricted to designated smoking areas. Should a staff member become aware that a participant and/or guest is smoking in a non-designated smoking area, the violator(s) will be asked to smoke only in designated areas and will be verbally cautioned against further incidences. If resistance is met, staff is not to attempt to physically remove that person, but is to call for a police escort.

Harassment of Other Participants, Board Members and/or Volunteers Including, But Not Limited to Racial Slurs/Verbal Abuse/Sexual Harassment

Should any participant, guest or volunteer verbally abuse another participant, guest, volunteer or board member or staff person through the use of racial or ethnic slurs, abusive language or sexual harassment, the incident must be documented in writing. The report must be submitted to the staff member in charge or to the Local Coordinator, whichever is appropriate, within 24 hours of the occurrence and will include the name and address of the violator and the time and location of the incident. Such documented complaints will result in the violator's suspension from the program for one (1) year and possibly any other Senior Services-sponsored activities.

Should a suspension ultimately result, the aggressor will be so informed, in a letter sent by registered

Violations, Penalties and the Appeals Process

Infractions of the above stated policies and procedures may result in immediate suspension from the 50+ Senior Olympics events for up to 1 year. Incidents will be documented in writing by the staff person in charge and submitted to the 50+ Senior Olympics Advisory Committee and/or the Advisory Board of Directors with a copy to the State Director within 24 hours of the occurrence on weekdays and within 2 working days, if the incident occurs on a weekend. The written report will include the name and address of the individuals involved, the time and location of the incident, as well as a detailed description of what happened.

The violator shall be informed by letter of his/her suspension from the 50+ Senior Olympics events for not less than one week or no longer than one year. The suspension letter will be co-signed by the appropriate directors and the local coordinator. This letter will be sent by registered mail to the person in question. The letter of suspension shall explain the participant's right to the appeals process, if that person desires to contest the disciplinary action. The name and address of the appropriate person with whom the appeal should be initiated shall be included in the letter and a request for a hearing should be sent to this person within 14 days of receipt of the suspension letter.

Telephone Abuse/Harassment of Board Members/Volunteers by Clients/Participants

On occasion, it happens that staff persons receive angry and abusive telephone calls from clients/participants. The person receiving such phone calls should simply ask the caller to telephone again when he/she is less angry and then hang up the telephone. Under no circumstances should any person get into a shouting match with an angry caller or respond to the caller in a rude manner.

Registration Fees

There is a \$20.00 non-refundable fee per person with t-shirt, \$12.00 without t-shirt. to participate in the City of Santa Fe and Santa Fe County local level 50+ Senior Olympics events.

Registration fees are payable to the City of Santa Fe.

ACKNOWLEDGEMENTS

Y MUCHAS GRACIAS

We would like to take this opportunity to thank the following organizations and individuals for their cooperation and assistance with our Santa Fe 50+ Senior Olympics activities.



50+ Senior Olympics Sponsors and Venue Providers

Santa Fe Public Schools
Santa Fe High School
County Extension Service
Fraternal Order of Eagles Aerie, #2811
Fort Marcy Complex
Santa Fe County Sheriff's Department
Genoveva Chavez Community Center
City of Santa Fe Parks Department
City of Santa Fe Recreation Department
Marty Sanchez Links de Santa Fe
Division of Senior Services
Division of Senior Services Nutrition Staff
City of Santa Fe Paramedics
Cities of Gold, Pojoaque
Candyman
Century Bank
Christus St. Vincent Hospital

50+ Senior Olympics Event Managers

Bill Black - Air Gun
Jerry Bower - 8-Ball Pool
Bruce Kidman - Field
Arlene Mayer - Basketball Free Throw
Ben Mendoza - Shuffleboard
Joyce Montoya - Badminton, Tennis, Volleyball
Tom Dollar - Table Tennis
Jesus Aranda - Archery
Dick Roth - Swimming
Karin Roth - Cycling
David Soveranez - Bowling
Larry Montoya - Raquetball
Ruben Lovato - Track
Barbara Cohen - Horseshoes
Paul Zisman - Talent Show

LET US TAKE A MOMENT TO REMEMBER...
those Olympians who went to their Eternal Reward during the past year.
May they rest in Peace.

OUR STARS, SANTA FE OLYMPIANS!



March 2010

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	1	2	3 <u>Raquetball</u> GCCC	4 <u>Raquetball</u> GCCC	5 <u>Raquetball</u> GCCC	6
7	8	9 <u>BB Free Throw</u> 9:00 AM Fort Mancy <u>Air Rifle</u> 9AM-4PM SF Ext. Bldg	10 <u>Air Pistol</u> 9AM-4PM S.F. County Ext. Building Roden Road	11	12	13
14	15	16	17	18	19	20
21	22	23 <u>Bowling</u> 1:00 P.M. Singles Cities of Gold	24 <u>Bowling</u> Cities of Gold	25 <u>Bowling</u> Cities of Gold	26 <u>Bowling</u> Cities of Gold	27
28	29	30	31			

APRIL 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 <u>Shuffleboard</u> 1:00 - 5:00 Fort Mancy PRACTICE	7 <u>Shuffleboard</u> 11:00 - 3:00 Fort Mancy PRACTICE	8 <u>Shuffleboard</u> 1:00 - 5:00 Fort Mancy PRACTICE	9 <u>Shuffleboard</u> 1:00 - 3:00 Fort Mancy PRACTICE	10 <u>Swimming</u> GCCC 8:00 am-12:00 pm
11	12	13	14	15 <u>Shuffleboard</u> 8:00 - 5:00 Fort Mancy	16 <u>Shuffleboard</u> 8:00 - 5:00 Fort Mancy	17
18	19 <u>Badminton</u> GCCC 8:30 AM	20 <u>Badminton</u> GCCC 8:30 AM	21 <u>Archery</u> 10:00 AM Archery Range Paul Marty Sanchez Links	22 <u>Table Tennis</u> 8:00 AM Fort Mancy <u>Tai Chi</u> demonstration GCCC	23 <u>Tai Chi</u> demonstration GCCC	24
25	26	27	28	29 <u>Horseshoes</u> Singles 9AM - Women 1PM - Men MEG Senior Center	30 <u>Horseshoes</u> Doubles 9AM MEG Senior Center	

MAY 2010

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

						1
2	3	4	5	6	7	8
9	10	11	12	13 <u>Tennis</u> 9:00 A.M. MEG	14 <u>Tennis</u> 9:00 A.M. MEG <u>Cycling</u> 7:00 AM-12:00 PM	15 <u>Tennis</u> 9:00 A.M. MEG
16	17	18	19 <u>Golf</u> 9:00 A.M. Marty Sanchez Links	20 <u>Field Events</u> 8:00 A.M. Santa Fe High	21 <u>Track Events</u> 8:00 A.M. Santa Fe High	22
23	24	25	26	27	28 <u>Talent Show</u> 1:00 P.M. Eagles	29

[illegible]

Age as of December 31, 2010 _____

Receipt No. _____

Check No. _____

*Please Remove this
page and return it to:*

City of Santa Fe, Division of Senior Services
P.O. Box 909, Santa Fe, NM 87504-0909

CITY OF SANTA FE 50+ SENIOR OLYMPICS LOCAL GAMES

2010 OFFICIAL ENTRY FORM

PLEASE PRINT

NAME _____ PHONE _____ CELL _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

EMAIL _____

DO YOU LIVE WITHIN CITY OF SANTA FE LIMITS? ☐ YES ☐ NO

NEW SANTA FE 50+ OLYMPIAN? ☐ YES ☐ NO

MALE ___ FEMALE ___ COUNTY OF RESIDENCE _____ DATE OF BIRTH _____

IN CASE OF EMERGENCY PLEASE CONTACT:

NAME _____ RELATION _____ PHONE _____

REGISTRATION FEES

There is a \$20.00 non-refundable registration fee per person with t-shirt, \$12.00 without t-shirt for participants in the City of Santa Fe and Santa Fe County local level 50+ Senior Olympics events. There is an additional fee for participating in bowling and golf, payable at the event sites. Fees are payable to: City of Santa Fe.

50+ SENIOR OLYMPICS WAIVER

In consideration of my being accepted in this event, I, the undersigned, intending to be legally bound, do hereby, for myself, my heirs, my personal representatives and assigns, waive release, and forever discharge any and all rights and claims for damages which I may have or may hereafter occur to me against the City of Santa Fe, County of Santa Fe and/or any Santa Fe 50+ Senior Olympics sponsor or their officers, agents, representatives, successors and/or assignees or any other corporations or individuals associated with the Santa Fe Senior Olympics from any and all damages, claims, injuries or actions sustained or suffered in connection with my association or entry in or arising out of my participation in said events. If in doubt as to my physical condition to engage in any event, I have been advised to seek the advice of a competent physician, and to abide by his advice. I attest and verify that I have full knowledge of the risks involved in any event, and that I am physically fit and sufficiently trained to participate in this event. Further, I grant full permission to any and all the foregoing to use my likeness participating in any event without obligation or liability to me.

AGREEMENT TO ABIDE BY RULES AND REGULATIONS

I agree to abide by all rules and regulations of the Santa Fe 50+ Senior Olympic Games, to observe all rules of play, to exercise good sportsmanship and follow all written or oral instructions given by authorized personnel of the local Games. I agree that failure to do so act may result in my disqualification or suspension from the local Games.

Entrant's Signature (in full) _____

Entrant's Name (print) _____ Date _____

2010 OFFICIAL ENTRY FORM

(please print)

Athlete's name _____ T-Shirt Size _____

Please (x) mark the event(s) you wish to enter. (Refer to Schedule of Events)
FOR EVENTS THAT REQUIRE A PARTNER, YOU MUST FIND YOUR OWN.

★AIR GUN

- 101 Pistol Benchrest
- 102 Rifle Benchrest
- 103 Pistol Standing
- 104 Rifle Standing

ARCHERY

- 105 Recurve
- 106 Compound bow-Finger
- 107 Compound bow-Release

BADMINTON

- 108 Singles _____
- 109 Doubles
Partner _____
- 110 Mixed Doubles
Partner _____

BASKETBALL

- 111 ★Freethrow

BOWLING

- 112 Singles _____
- 113 Doubles
Partner _____
- 114 Mixed Doubles
Partner _____
- 115 ★◆Team name
(Required)

CYCLING

- 116 ★1 Mile
- 117 5 km (3.1 miles)
- 118 10 km (6.2 miles)
- 119 20 km
- 120 40 km

★EIGHT BALL POOL

- 121 Eight Ball Pool

GOLF

- 122 Golf (18 holes)

HORSESHOES

- 123 Horseshoes (Singles)
- 124 Horseshoes (Doubles)

RACQUETBALL

- 125 Singles
- 126 ★Doubles
Partner _____

RACEWALK

- 127 400M
- 128 1500M
- 129 5K

SHUFFLEBOARD

- 130 Singles
- 131 Doubles (May be mixed sexes)
Partner _____

SWIMMING

- 132 50 Y Back
- 133 100 Y Back
- 134 200 Y Back
- 135 50 Y Breast
- 136 100 Y Breast
- 137 200 Y Breast
- 138 50 Y Fly
- 139 100 Y Fly
- 140 100 Y I M
- 141 200 Y I M
- 142 50 Y Free
- 143 100 Y Free
- 144 200 Y Free
- 145 500 Y Free

TABLE TENNIS

- 146 Singles
- 147 Doubles
Partner _____
- 148 ★Mixed Doubles
Partner _____

TALENT SHOW

- 149 Vocal
Accompanist _____
- 150 Comedy
- 151 Reading
- 152 Dance
- 153 Instrumental

TENNIS

- 154 Singles
- 155 Doubles
Partner _____
- 156 Mixed Doubles
Partner _____

TRACK & FIELD

- 157 Discus
- 158 Shotput
- 159 ★Long Jump Standing
- 160 100 M
- 161 200 M
- 162 400 M
- 163 800 M
- 164 ★800 M Est.
- 165 Javelin
- 166 Long Jump Running
- 167 1500 M Run
- 168 5 K Run
- 169 10 K Run
- 170 50 Y Dash

TRIATHLON

- 163 Triathlon _____

IT IS IMPERATIVE FOR PARTICIPANT(S) TO HAVE THE SKILLS
AND KNOWLEDGE OF RULES AND SCORING FOR THE
SPORT(S) FOR WHICH HE OR SHE IS REGISTERING.

Footnotes:

★Not eligible for National Events

◆Roster required

If interested in the following
events, please check off:

STATE TEAM TOURNAMENTS

- ☐ Basketball ☐ Volleyball
- ☐ Softball