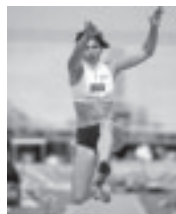




# Welcome



The registration system has generated an account number for you:

(Your mailed version will have your actual account number here)

Please use this number to login when you use online registration.  
(More information about online registration is on the next page)

Congratulations on qualifying for the 2009 Summer National Senior Games presented by Humana. Your dedication and hard work have put you in a position to participate in the largest multi-sport event in the world for men and women over the age of 50. You should be proud of that accomplishment.

We have been working since well before the 2007 National Games to make sure that the time you spend in the San Francisco Bay Area is the best it can be. The enclosed materials are your starting point for a national championship experience on the field of play as well as for a great Northern California cultural experience. We hope you will enjoy both to the limit. We are committed to providing the best "competitive conditions possible" and a great time in the California sun. We are very pleased to tell you that we are offering on-line registration for the Games. You will find instructions on how to proceed in the enclosed materials and at [www.nsga.com](http://www.nsga.com). We strongly encourage you to use this very easy system to register for the Games. You'll be glad you did.

The 2009 Senior Games Local Organizing Committee has secured support for the Games from virtually every corner of the San Francisco Bay Area. You will be thrilled by the venues and activities at Stanford University, San Francisco, San Jose, Palo Alto and everywhere around the Bay.

The AstraZeneca Athlete Village will be a great place to spend your free time by visiting with our generous sponsors, grabbing a bite to eat, sending an email home to friends, shopping at our Farmers' Market or just enjoying the fabulous weather of the San Francisco Peninsula.

Be sure to keep checking [www.nsga.com](http://www.nsga.com) for the latest Games updates. You'll find everything from the best hotel deals and training tips to event merchandise and competition schedule changes there. Good luck with your preparations. We look forward to your visit.

Philip H. Godfrey  
President & CEO  
National Senior Games Association

Anne Warner Cribbs  
President & CEO  
2009 Senior Games Local  
Organizing Committee

# Registration

## Registration Information

There are two ways to register:

1. **Mail-in:** Remove and complete the registration form in this mailer and mail to:

2009 National Senior Games  
P.O. Box 54892  
New Orleans, LA 70154-4892

\* This address is for registration forms only. The NSGA, 2009 National Senior Games, Inc. (LOC) and Capital One Bank cannot be responsible for lost or misdirected mail.

2. **Online:** Follow the 'How to Register Online' instructions on this page, in the right column.

## Registration Questions

If you have questions about which events you are qualified for, please contact your state coordinator. For questions regarding registration call the LOC at (650) 323-9404 or email [registration@2009seniorgames.org](mailto:registration@2009seniorgames.org).

## Individual and Team Sport Registration

Fees: Entry Fees are non-refundable. Fees must accompany your registration form and be paid in full.

## Mail-in Processing Fee

While we understand that some athletes need to mail-in their registration forms, we are trying to encourage as many as possible to use our new on-line registration system. We're doing so for several important reasons which are: 1) Use of the on-line system will bring many new and exciting benefits to the users. 2) Use of the system will make communications with you easier. 3) We are doing as much as we can to be sensitive to environmental issues and reducing the amount of paper used by the Games. 4) Use of the new system also helps in our efforts to keep the registration fee as low as possible

	Online Registration	Mail-in Form
Individual Sport Fees		
One sport:	\$115	\$150
Two sports:	\$140	\$175
Golf Competitors add:	\$35	\$35
Team Sport Fees		
Basketball team fee:	\$575	\$610
Softball team fee:	\$1,175	\$1,210
Volleyball team fee:	\$875	\$910

## Demonstration Sports: **Online Registration Only.**

(Price is per person)

Soccer	\$60
Sailing	\$60
Rowing	\$60
Fencing	\$60
Water Polo	\$60
Equestrian	\$60

## Deadline

Registration must be completed online or postmarked by February 27, 2009. Registration from February 28 until April 15 will be assessed a late fee as follows:

\$50 – Individual Registration  
\$200 – Team Registration

Teams: It is the team captain's responsibility to submit the proper fees – team fees may not be sent individually. It is also the captain's responsibility to notify the LOC of any corrections to their roster. Roster corrections must be reported to the LOC before April 15, 2009. Final rosters will be mailed to the captain after registration closes.

## How to register online

1. Go to [www.nsga.com](http://www.nsga.com) and click the link for online registration.
2. Use the 'Have an account' section on the left side of the log-in page. Enter the account number provided to you on the cover of this booklet. The system will then prompt you with the next step to complete your account. You will use this same account number every time you log in.
3. Once logged in, read the directions on the home page about how to register. The system will only allow you to register for events for which you are qualified.

## Partners

The partner you qualified with will automatically be stored in the system as your partner. According to the rules, you may not change partners unless you have a medical waiver. Please contact the NSGA if you need to change partners for medical reasons.

## Teams

- The team captain of your qualifying team is the only one who can register your team.
- The qualified team roster from the state level will already be in the system and linked to your team name.
- If you need to change the captain or the team name, please contact the LOC.
- After the captain has registered the team, the captain can view and edit the team members by going to the 'My Registration' tab.

## Golf Registrants

After you complete your registration for golf, your status will show as PENDING (not automatically CONFIRMED as it will for any other sport). This is necessary because we must limit the total number of golfers in the event. Your golf status will be updated as soon as registration closes. We will then notify you via email and you can always check your status on the 'My Registration' tab of the system.

# Significant Rules Changes

## Summary of Significant Rules Changes

Following is a summary of the significant changes to the qualifying procedures and rules of competition governing the 2009 Summer National Senior Games presented by Humana.

For more information about Qualifying Rules, Entry Regulations, Sport Format, or Sport Rules please refer to the complete 2009 Summer National Senior Games Rule Book which can be downloaded from [www.nsga.com](http://www.nsga.com).

You may also request a registration handbook, which includes the rules book, by sending a check or money order for \$7.50 (includes shipping and handling) to NSGA, P.O. Box 82059, Baton Rouge, LA 70884.

## Qualifying Procedures

Language has been added to clarify Rule R regarding defaults during competition. Athletes or teams that default during competition will not be allowed to advance to championship play and will not be eligible for awards unless there is a verified medal reason or a good faith effort to compete was made. When a team/athlete defaults during championship or consolation play their award spot will be left open and subsequent places will not be moved up.

## Bowling

A rule clarifying the roll-off tie-breaker procedure has been added. After the roll-off, if there is a tie between any of the top 3 places, a one-game playoff will be held to determine which player receives the higher medal. No tie breaker will take place for 4th-8th place. If a tie occurs, both will receive the same place and the next place will be left open.

## Golf

1. Range finders of all kinds are prohibited.
2. If a caddie is not walking, the player will be penalized one stroke for each hole at which the breach occurs. Between holes, the penalty applies to the next hole. The third breach will result in disqualification.
3. In the event of a tie between 1st, 2nd or 3rd place the USGA tie-breaking procedure of matching scorecards will be implemented. The player with the best score on the last nine holes will win the higher medal. If players have the same score for the last 9 holes, the last 6 holes will be compared, then 3 holes and finally the 18th hole.

## Softball

1. The strike zone mat size changed to 21 inches wide by 28 inches long. Together with home plate it shall form a rectangle measuring 21 inches by 35 inches.
2. Women's age division 75+: Twelve (12) players now constitute a team—previously it was eleven (11). You must have a minimum of eleven (11) to start the game and an out will be recorded each time the 12th position appears in the batting order, until the position is filled. Players may leave and re-enter the game unlimited times without penalty, but batting order must remain the same. A team can bat up to 20 players, but all players must be listed on the roster and lineup card.
3. When a team is playing an opponent with a higher classification, as determined by tournament officials, the lower classified team shall have 5 runs added to their score at the beginning of the game at the discretion of the softball sport director. There is no longer the choice of 5 runs or competing with an extra outfielder.
4. Women 65+, 70+, 75+: May use a courtesy runner as many times as needed and players can be courtesy runners as many times as needed per inning (all other divisions may still only use a player once as a courtesy runner per inning).

## Track & Field

1. All athletes who compete in hammer throw or triple jump at 2008 NSGA qualifying games will qualify for the 2009 Summer National Senior Games.
2. Discus weight for women 80+ was lowered to .75kg in accordance with USATF Rules.

## Volleyball

A format change will re-seed teams into Gold, Silver, and Bronze Playoff Brackets after pool play occurs. Double elimination will be conducted in all playoff brackets, with 1st-8th place in each age-division receiving awards.

# 2009 Demonstration Sports

## EQUESTRIAN

Venue Stanford Red Barn, 100 Electioneer Rd.  
Dates August 13 - 14  
Format Dressage  
Age Divisions 50-59, 60+  
Medals Awarded 1st - 3rd in each event

## FENCING

Venue Treasure Island YMCA, San Francisco  
Dates August 7 & 8 (8th to finish by 3pm)  
Format 3 Women's and 3 Men's events—Foil, Epee, Sabre 56 Max participants in each event.  
First round—pools of 6 for seeding only, all participants advance to the Direct Elimination Round. (Note: if the 60 plus age group has less than 12 entries, there will be a combined first round for seeding and separate age appropriate Direct Elimination Rounds.  
Age Division 50-59 years and 60 Plus  
Medals Awarded 1st - 3rd in each event

## LAWN BOWLING

Venue Palo Alto Lawn Bowling Facility, 474 Embarcadero, Palo Alto 94301  
Dates August 3 -7  
Format Men's Pairs, Women's Pairs, Teams  
Minimum Number of Games: 4 -5 Games  
Age Divisions No age divisions. Minimum age is 50.  
Medals Awarded 1st - 3rd in each event

## ROWING

Venue Lake Merritt, Oakland  
Dates August 2  
Format One day regatta. Six lane 1000 meter race course. Heats if necessary and finals.  
Event Descriptions Men and women races in the following events 1x, 2x, 4+, and 8+. Lightweight 1x only  
Age Divisions All competitors must be over 50 (except cox). D(50-54), E(55-59), F(60-64), G(65-69), H(70+). Standard US Rowing handicap system will be used if age groups need to be consolidated  
Medals Awarded 1st - 3rd in each event

## SAILING

Venue San Francisco Bay  
Dates August 7  
Format Laser and Vanguard 15  
Age Divisions M/W 50-54, 55-59, 60+  
Medals Awarded 1st - 3rd in each event

## SOCCER

Venue Maloney and other Stanford Soccer Fields  
Dates August 2 - 7  
Format Groups of four teams, all advancing to a double elimination bracket.  
Minimum Number of Games: 5  
Age Divisions M/W 50+, M/W 55+: 32 each;  
M/W 60+: 16 each;  
M/W 65+, M70+: 8 each  
Medals Awarded 1st - 3rd in each event

## WATER POLO

Venue Avery Aquatic Center, Stanford Campus  
Dates August 1 - 5  
Competition Format Group play assigned due to # of teams, semi-final and final matches  
Minimum Number of Games: 4  
Number Allowed on Roster: 15  
Age Divisions 50+, 55+, 60+  
Medals Awarded 1st - 3rd in each event

*Registration for all Demonstration Sports will be **online only**. Demo sport registration will open online in **November 2008**, at **[www.2009seniorgames.org](http://www.2009seniorgames.org)**.*

# Official Travel Information

## **Specially-priced Official National Senior Games Hotels**

Anthony Travel is proud to serve as The Official Travel Partner of the National Senior Games Association and The Official Travel Provider of the 2009 Summer National Senior Games.

Participants and fans receive exclusive rates for National Senior Games hotels when making reservations through Anthony Travel. Rates and availability are subject to change—to ensure the best price and selection, reservations should be made as soon as possible.

The Official Host Hotel for the 2009 Summer National Senior Games is the *Crowne Plaza Cabana* (Palo Alto).

*To make your reservation or for more information, please visit AnthonyTravel.com and search NSGA or call (800) 736-6377 to speak with an Anthony Travel sports travel expert.*

## **Stanford University campus housing available exclusively through Anthony Travel. Closest accommodations to AstraZeneca Athlete Village! Limited time offer available until January 12, 2009.**

For a limited time only, Stanford University campus housing options are available only through Anthony Travel. Stay on campus and be within a one mile radius of the Stanford University venues, AstraZeneca Athlete Village and Celebration of Athletes. Enjoy the camaraderie and experience the excitement of the athletic community while staying in campus housing!

Campus housing available for \$130 per night includes:

- Room with one extra long, full size bed - linens provided
- Private bath with shower
- Air-conditioned
- Breakfast on campus
- All taxes

Please note: Two person occupancy maximum per room. An additional fee of \$15 per night is available for second occupant's breakfast. Parking is available for \$5.50 a car per night.

*The campus housing option is available until January 12, 2009, and is only offered through Anthony Travel. To make your reservation, please visit AnthonyTravel.com and search NSGA or call (800) 736-6377.*

## **Specially-priced airline information**

A 5% airfare discount on American Airlines is available for event participants, families and friends traveling to the Bay Area for the Senior Games through Anthony Travel. Guests may utilize the discount when traveling from all markets where American Airlines, American Eagle, American Connection Service and all oneworld Alliance Partners provide service for the U.S., Canada, Puerto Rico, U.S. Virgin Islands, Bahamas, Bermuda, the Caribbean, Europe, Pacific, Mexico and Latin America point of sale only.

*For more information regarding the discounted airfare, please visit AnthonyTravel.com and search NSGA, call (800) 736-6377 or e-mail NSGA@AnthonyTravel.com.*

Reservations on American Airlines and American Eagle can also be made directly with the airline by phone (800) 433-1790 or by visiting the American Airlines website at [www.AA.com](http://www.AA.com) and use the promotion code: STARFILE A1279AA.

This discount is not valid for use in conjunction with any other discounted fare, i.e. senior, child, military/government, non-discountable excursion fares, zone fares, internet fare specials and cannot be used retroactively for tickets already purchased.

AAdvantage members may accrue mileage on American Airlines for tickets purchased through this program. Electronic and monetary upgrades to Business or First are allowed after ticketing.

## **Specially-priced car rental information**

Training, equipment, registration, travel arrangements and so much more! Let Anthony Travel check one thing off your list. Anthony Travel sports travel experts understand what you need to travel to your competition and compete at the highest level. Anthony Travel has partnered with Avis, Budget, Enterprise and National/Alamo to secure discounts off the published fare for Senior Games guests that reserve car rentals through Anthony Travel.

*For more information regarding the discounted reservations, please visit AnthonyTravel.com and search NSGA, call (800) 736-6377 or e-mail NSGA@AnthonyTravel.com.*

## **2011 Summer National Senior Games Sweepstakes**

Win a trip to the 2011 Summer National Senior Games in Houston!

When you make your hotel, airfare or car rental reservations with Anthony Travel, you will be automatically entered to win\*:

- Roundtrip airfare for one (1) person within the 48 contiguous states
- Hotel accommodations for one (1) person for four (4) nights
- One (1) car rental for four (4) days
- Registration fees for one (1) participant for the 2011 Summer National Senior Games

No purchase necessary. Void where prohibited. To enter by mail, please send a self-addressed, stamped envelope to:

Anthony Travel  
2011 Summer National Senior Games  
8111 LBJ Freeway, Suite 1345  
Dallas, Texas 75251

\* *Contest commences July 1, 2008, and ends August 15, 2009. Grand prize consists of roundtrip airfare for one (1) person, hotel accommodations for one (1) person for four (4) nights, one (1) car rental for four (4) days and registration fees for one (1) participant for the 2011 Summer National Senior Games.*

*For more information, please visit:  
AnthonyTravel.com and search NSGA.*

# 2009 Official Lodging Amenities

Visit [AnthonyTravel.com](http://AnthonyTravel.com) for updates.

Amenities information is subject to change without notice. Anthony Travel is not responsible for changes to this information as it is out of our control.

	Rate Per Night (excluding tax)	Certain rooms sleep up to	Sleeper Sofa*	Rollaway Beds*	Suites*	Indoor Pool	Outdoor Pool	Interior Corridor Access	Restaurant	Lounge	Fitness Facility	Laundry Facility	Allow Pets	Breakfast	Refrigerator*	Microwave*	Coffee Maker	Hair Dryer	Iron	Newspaper	Airport Shuttle	Onsite Parking (listed rates per night per car)	Valer	Check-In Time	Check-Out Time
<b>Official Host Hotel</b>																									
Crowne Plaza Cabana—Palo Alto	\$160	4	X	X	X	no	X	U	X	X	X	no	F	X	X	no	X	X	X	X	no	\$10	\$15	3pm	noon
<b>Stanford University</b>																									
Campus Housing	\$130	2	no	no	no	no	X	no	no	no	no	no	no	C	X	X	no	no	no	no	no	\$5.50	no	3pm	11am
<b>Burlingame</b>																									
San Francisco Airport Marriott	\$115	4	X	X	X	X	no	X	X	X	X	X	F	X	U	no	X	X	X	X	X	\$18	\$25	3pm	noon
<b>Palo Alto</b>																									
Courtyard by Marriott Palo Alto—Los Altos	\$119	5	X	X	X	no	X	X	B	X	X	X	no	F	U	U	X	X	X	X	no	C	no	3pm	noon
Crowne Plaza Cabana	\$160	4	X	X	X	no	X	no	X	no	X	F	F	no	X	no	X	X	X	X	no	\$10	\$15	3pm	noon
Dimah's Garden Hotel	\$179	4	X	no	X	no	X	X	X	X	X	no	X	no	X	X	X	X	X	X	no	C	no	3pm	noon
Four Seasons Hotel Silicon Valley	\$175/\$225	4	no	no	X	no	X	X	X	X	X	no	X	no	U	U	X	X	X	X	no	\$12	\$22	3pm	noon
Sheraton Palo Alto Hotel	\$109/\$129/\$199	4	no	F	no	no	X	X	X	X	X	X	X	no	X	no	X	X	X	X	no	\$10	\$15	3pm	noon
<b>Redwood City</b>																									
Good Nite Inn, Redwood City	\$63	4	X	no	no	no	X	X	no	no	X	no	no	X	U	no	no	no	no	no	no	C	no	3pm	11am
Sofitel San Francisco Bay	\$135	4	no	X	X	no	X	X	X	X	X	X	X	no	Y	U	X	X	X	X	SF	C	\$10	3pm	noon
<b>San Jose</b>																									
Holiday Inn Silicon Valley	\$139	4	no	X	X	no	X	X	X	X	X	X	no	X	U	U	X	X	X	X	SJ	C	no	3pm	noon
LaQuinta Inn San Jose Airport	\$89	4	no	no	no	no	X	X	no	no	X	X	X	X	no	X	X	X	X	no	SJ	C	no	3pm	noon
San Jose Marriott	\$115	4	X	F	X	no	X	X	X	X	X	X	no	X	U	no	X	X	X	X	no	no	\$25	3pm	11am
Wyndam San Jose Hotel	\$99	4	U	C	X	no	X	no	X	X	no	no	no	F	X	no	X	X	X	X	SJ	C	no	3pm	noon
<b>San Mateo</b>																									
Hilton Garden Inn San Mateo	\$105/\$159	4	X	no	X	no	X	no	X	no	X	no	no	X	X	X	X	X	X	X	SF	C	no	3pm	noon
San Mateo Marriott	\$115	4	U	F	X	no	X	X	X	X	no	no	no	no	no	X	X	X	X	X	SF	\$14	\$18	3pm	noon
<b>Santa Clara</b>																									
Billmore Hotel & Suites Santa Clara	\$115	4	X	no	X	no	X	U	X	X	no	no	no	U	U	X	X	X	X	X	SJ	C	no	3pm	noon
Econo Lodge Santa Clara	\$82	4	no	no	no	no	no	no	no	no	no	no	no	C	X	X	X	X	no	no	no	C	no	2pm	11am
Santa Clara Marriott	\$115	4	no	X	X	no	X	Y	no	X	X	X	F	no	U	U	X	X	X	X	no	\$9	\$18	3pm	11am

\* Additional fees may apply C = Complimentary (Continental Breakfast / Parking) U = Upon Request F = Fee Will Apply B = Breakfast Only SJ = San Jose International Airport SF = San Francisco International Airport

# 2009 Official Lodging to Venue Distance Grid

Official Host Hotel	San Jose International Airport	San Francisco International Airport	Stanford University	Twin Creeks Sports Complex	Port of Redwood City	Treasure Island YMCA	St. Francis Yacht Club	Lake Merritt Boating Center	Palo Alto Lawn Bowling Club	Canada Rd. and Highway 92	300 San Jose	Palo Alto Municipal Golf Course	Harding Park	Supreme Court 1
Crowne Plaza Cabana-Palo Alto	14	24	2	9	11	40	40	39	4	19	21	5	37	6
<b>Stanford University</b>														
Campus Housing	16	21	1	12	7	36	39	36	2	15	27	2	34	10
<b>Burlingame</b>														
San Francisco Airport Marriott	33	2	23	28	15	18	18	24	21	12	42	20	15	27
<b>Palo Alto</b>														
Courtyard by Marriott Palo Alto-Los Altos	13	13	5	9	11	40	40	39	4	21	20	5	37	6
Crowne Plaza Cabana	14	24	2	9	11	40	40	39	4	19	21	5	37	6
Dinah's Garden Hotel	13	25	3	9	11	40	40	39	4	19	21	4	38	6
Four Seasons Hotel Silicon Valley	15	20	3	11	6	35	35	34	2	17	25	2	32	9
Sheraton Palo Alto Hotel	16	20	1	12	6	35	35	35	1	16	26	4	32	11
<b>Redwood City</b>														
Good Nite Inn, Redwood City	20	13	8	16	3	29	29	35	9	10	30	8	26	15
Softtel San Francisco Bay	25	11	10	20	5	26	26	33	11	8	33	11	23	17
<b>San Jose</b>														
Holiday Inn Silicon Valley	1	33	18	6	20	47	49	40	15	30	9	14	46	8
LaQuinta Inn San Jose Airport	2	32	17	5	18	47	47	39	13	29	11	12	44	6
San Jose Marriott	4	36	23	10	23	50	52	43	18	33	6	17	49	11
Wyndam San Jose Hotel	2	34	18	7	21	47	49	40	16	31	10	14	46	9
<b>San Mateo</b>														
Hilton Garden Inn San Mateo	27	9	14	23	9	24	24	29	15	6	37	14	21	21
San Mateo Marriott	27	9	18	22	9	25	25	31	15	5	37	14	22	21
<b>Santa Clara</b>														
Biltmore Hotel & Suites Santa Clara	3	31	15	4	18	47	47	40	13	28	12	12	44	6
Econo Lodge Santa Clara	8	31	15	5	18	47	47	44	13	28	14	12	44	4
Santa Clara Marriott	5	31	15	7	17	45	46	40	12	27	13	10	43	5

## Athlete Venues\*

<b>Stanford University</b>	Archery	Racquetball	Track & Field
	Badminton	Road Race	Volleyball
	Basketball	Shuffleboard	Equestrian (D)
	Golf	Swimming	Soccer (D)
	Horseshoes	Table Tennis	Water Polo (D)
	Race Walk	Tennis	

## Twin Creeks Sports Complex

Softball

## Port of Redwood City

Triathlon

## Treasure Island YMCA

Fencing (D)

## St. Francis Yacht Club

Sailing (D)

## Lake Merritt Boating Center

Rowing (D)

## Palo Alto Lawn Bowling Club

Lawn Bowling (D)

## Canada Rd. and Highway 92

Cycling

## 300 San Jose

Bowling

## Palo Alto Municipal Golf Course

Golf

## Harding Park

Golf

## Supreme Court 1

Racquetball

(D) = Demonstration Sport

\* Venues subject to change

Numbers in the grid = Distance in miles

# Special Events

## 2009 Summer National Senior Games Special Event Schedule

Saturday	August 1	Flame Arrival Ceremony, presented by AstraZeneca
Sunday	August 2	California Wine Tasting & Cheese Sampling
Monday	August 3	Dine Around Palo Alto
Tuesday	August 4	Festival Italia
Wednesday	August 5	Beer Tasting
Thursday	August 6	Novelty Ice Cream Party
Friday	August 7	South of the Border Fiesta
Saturday	August 8	Celebration of Athletes, presented by AstraZeneca
Sunday	August 9	Taste of California Cuisine
Monday	August 10	Dine Around Palo Alto
Tuesday	August 11	Real Texas BBQ
Wednesday	August 12	Novelty Ice Cream Party
Thursday	August 13	Tastes of the Pacific Rim
Friday	August 14	California Wine Tasting & Cheese Sampling
Saturday	August 15	Farewell Party

---

## Official Sponsors of the 2009 Summer National Senior Games

### Presenting Sponsor

**HUMANA**<sup>®</sup>  
*Guidance* when you need it most

---

### Gold Medal Sponsors

**AstraZeneca** 

 **Catholic Healthcare West**

 **STANFORD**  
HOSPITAL & CLINICS  
*Stanford University Medical Center*

---

### Silver Medal Sponsors

**euflexxa**<sup>™</sup>  
HIGHLY PURIFIED HYALURONAN