

Central Ohio Senior Olympics

at the **Arnold Active Living Festival**

March 5 and March 7, 2010

Hyatt Regency	<i>and</i>	Greater Columbus
Hotel Ballroom		Convention Center
350 North High Street		400 North High Street,
Columbus, Ohio		Columbus, Ohio

Five events: 50+ Dancesport Challenge, table tennis, pickleball, 5K run, and fencing (demo only)

Registration Form

(You may use this form to pre-register by mail, or at each event.)

The Central Ohio Senior Olympics is returning, after a period of inactivity, with five events at the **Arnold Active Living Festival**

where competitors and spectators age 50 and better can

1. Watch and compete in five Senior Olympics sports
2. Enjoy all-day dance lessons from seven local dance studios
3. and learn how mild exercise can help them Defeat the Diseases of arthritis, diabetes, heart disease, and Parkinson's.

Flexible scheduling will allow attendees to enjoy all three activities, dance, Senior Olympics events, and one or more of the "Defeat the Disease" presentations,

Central Ohio Senior Olympics

at Arnold Active Living Festival, March 5 and March 7, 2010 in Columbus

Five select Central Ohio Senior Olympic events will be held March 5 and March 7, in conjunction with the Arnold Active Living Festival.

Table Tennis: Friday, March 5

- 9am—noon: Open play and warm-up: Registration and check-in at Hyatt Regency Hotel Ballroom
- 930am: Registration opens for competitive matches: Room E-170 (across from Hall E, at the north end of the Greater Columbus Convention Center)
- 1pm—5pm: Senior Olympics competition matches. Room E-170 (across from Hall E, at the north end of the Greater Columbus Convention Center)

Pickleball: Friday, March 5

- 9am—noon: Open play and warm-up: Registration and check-in at Hyatt Regency Hotel Ballroom
- 12 noon—5pm: Competitive matches: Competitor check-in at Hyatt Regency Hotel Ballroom. Matches played in adjacent Battelle Grand.

5K Run: Sunday, March 7

- 730am—9am: Registration and check-in: Hall F, Greater Columbus Convention Center
- 915am: Race begins. Starting on N. High Street, outside Hall F, at the north end of the Greater Columbus Convention Center

Fencing: Friday, March 5

- Fencing will be a demonstration event only this year. It will consist of a Veteran Epee Exposition – for fencers over 50 years old, by invitation only.
- 5pm: Veteran Epee Matches, on the 2nd Floor Concourse of Hyatt Regency Hotel.

Dance: Friday, March 5 (Separate registration form required, available at <http://www.arnoldsportsfestival.com>. Click on Active Living Festival, then on 50+ Dancesport Challenge.)

- 10am—5pm: Free dance lessons by Central Ohio dance studios, Hyatt Regency Hotel Ballroom north foyer.
- 9am—11am: Competitor registration and check-in, Hyatt Regency Ballroom
- 11am—5pm: Competition in Hyatt Regency Ballroom (same dance floor as Ohio Star Ball)
- 7pm—11pm: Friday Night Dance, open to the public, in Hyatt Regency Ballroom. (Separate \$10 ticket available at participating dance studios and at the door.)

Central Ohio Senior Olympics—REGISTRATION FORM

For Table Tennis, Pickleball and 5K Run ONLY. . Separate registration form required for dance. Fencing is an invitation only demo sport this year.

(Paid competitors receive T-shirt and 1-day entry to Arnold Fitness EXPO events.)

Please PRINT. Use a separate form for each person. This form may be copied.

Name _____ MI _____ Last Name _____
Street Address _____
City _____ State _____ ZIP _____
Home Phone _____ E-mail _____
Sex (circle one) Male Female Date of Birth _____
T-Shirt size (circle one) S M L XL XXL
Emergency Contact: Name _____
Phone _____

You may register for 1, 2 or all 3 events.

1 event: \$25.00 (circle one) Table tennis, Pickleball, or 5K Run.
(Includes T-shirt and 1-day entry to Arnold Fitness EXPO.) _____

2 events: \$30.00 (circle two) Table tennis, Pickleball, or 5K Run.
(Includes T-shirt and 1-day entry to Arnold Fitness EXPO.) _____

3 events: \$35.00 Table tennis, Pickleball, and 5K Run
(Includes T-shirt and 1-day entry to Arnold Fitness EXPO.) _____

Read and sign waiver on back. Your registration will NOT be processed unless the waiver is signed.

Make checks payable to: Lorz Communications, Inc.

Mail (1) registration form, (2) check and (3) signed waiver to:

Central Ohio Senior Olympics
c/o Lorz Communications, Inc.
1331 South High Street
Columbus, OH 43207

For further information, please contact Mike Lorz, 614 443-1877, or at mlorz@rrcol.com

Central Ohio Senior Olympics

LIABILITY WAIVER

I, the undersigned, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages of any kind or nature, which I may hereafter acquire against the Central Ohio Senior Olympics, the Arnold Active Living Festival, and their representatives, sponsors, staff, volunteers, venue providers and assigns, for all claims of damage, demands and actions whatsoever, in any manner, as a result of my participation in the Central Ohio Senior Olympics games. I, or any representative of my estate, shall also indemnify and hold all those hereby released against and from any claims which arise out of or are connected with my participation.

I also attest and verify that I am physically fit and have trained sufficiently for participation in the events I have chosen to enter. The Central Ohio Senior Olympics have my permission to have a physician attend to me if it is deemed necessary during my participation in the events.

Furthermore, I hereby give and grant the Central Ohio Senior Olympics, its successors and those acting under its permission, and upon its authority, my consent for all purposes for the reproduction and / or use of photographs of me by the photographer 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 photographer, his 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.

Signature

Date

***Have Fun. Learn and Compete! Get a T-shirt.
Win Medals or Trophies. See "the Arnold!"***

(Registrations received after Feb. 25, 2010 may receive T-shirts by mail after the competitions.)