



2023 Registration Packet

April 23 - 28

WHERE ATHLETES ARE FOREVER YOUNG

Registration: Online at www.montva.com/parks or mail completed forms with payment to **Montgomery County Parks and Recreation, 755 Roanoke St, Suite 1E, Christiansburg, VA 24073** by **March 31, 2023**

Complete all information (please print clearly) and sign the waiver.

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____ Email _____

Date of Birth _____ Age on Dec 31, 2023 _____ (Must be 50 years and above)

Gender _____ T-Shirt Size Small Medium Large XL 2X 3X

Opening Ceremony: Welcome and Catered Lunch
 Monday, April 24 at 12:00 pm
 Warm Hearth Tall Oaks Hall
 2387 Warm Hearth Drive
 Blacksburg, VA 24060

Participants must register.

I will not attend
 I will attend (Included with registration fee)
 I will bring a guest (\$15)
 Guest's Name _____

I request a vegetarian option Yes No
 Guest requests a vegetarian option Yes No

Emergency Contact

Name _____

Relationship _____

Telephone _____

Questions?
 Call **(540) 382-6975** or email
mcpr@montgomerycountyva.gov

Follow us on social media @mcparksrec

RELEASE OF LIABILITY

PHOTO AND FILM WAIVER: I understand that photographs or videos of me may be taken during the events and that my likeness may appear in news coverage, publications, and/or other publicity regarding the New River Valley Senior Games. No compensation will be made by the sponsors, and I give my consent to these conditions.
LIABILITY WAIVER: In consideration of the acceptance of my applications for registration in the New River Valley Senior Games, I hereby waive and release for myself, my heirs, executors, and administrators any and all rights and claims for injuries, damages, and/or losses of life, which I may have against the County of Montgomery, Virginia and its employees, the New River Valley Senior Games Committee, its members, supporters, or sponsors arising out of any and all activities connected with the New River Valley Senior Games. I acknowledge and understand the inherent risks involved with participating in the physical activities of the New River Valley Senior Games. By signing this waiver and release, I affirmatively declare and warrant that: I am physically healthy and able to participate, I have no medical condition that may limit or impair my safe participation in the games, I have received my physician's permission, if necessary, to participate, and I voluntarily assume all foreseeable risk associated with the physical activity involved with the New River Valley Senior Games.

Signature _____

Date _____

2023 NEW RIVER VALLEY SENIOR GAMES

Athlete's Name - Please Print

Badminton

- Singles
- Doubles*
Partner _____ Age _____
- Mixed Doubles*
Partner _____ Age _____

Basketball

- Free Throws Horse
- 3-on-3 (+\$10)
1. _____ 4. _____
2. _____ 5. _____
3. _____ 6. _____

- Billiards Bocce Ball
- Bowling (+\$5) Canasta
- Corn Hole Croquet
- Frisbee Horseshoes
- Riflery Shuffleboard
- Softball Hit & Throw Spongeball Tennis
- Wii Bowling

Golf

- Mini (+\$5)
- Captain's Choice (+\$45)
1. _____
2. _____
3. _____
4. _____

Pickleball

- Singles
- Doubles*
Partner _____ Age _____
- Mixed Doubles*
Partner _____ Age _____

Swimming

- 50yd Freestyle 50yd Backstroke
- 50yd Breaststroke 100yd Freestyle
- 200yd Freestyle

Track and Field

- 50yd Dash Half Mile Walk/Run
- Quarter Mile Walk/Run Mile Walk/Run
- Shot Put 5k Walk/Run
- Discus

*Partner must also register

Athlete Registration Fee

One Event: \$10 Two Events: \$15 Unlimited Events: \$20

Registration Deadline: March 31, 2023

Registration Questions: (540) 382-6975 or mcpr@montgomerycountyva.gov

2023 NEW RIVER VALLEY SENIOR GAMES

Item	Cost	Total
Athlete Fee - Select One		
One Event	\$10	
Two Events	\$15	
Unlimited Events	\$20	
Additional Event Fees		
Basketball - 3 on 3	\$10	
Bowling	\$5	
Golf - Captain's Choice	\$45	
Golf - Mini	\$5	
Opening Ceremony		
Athlete	Free	
Athlete's Guest	\$15	
Donation - Optional		
	Your additional donation helps the NRV Senior Games.	
	TOTAL	\$

Payment Information

Name _____

Phone _____

Email _____

Check

Cash

Registration Deadline: March 31, 2023

Make checks payable to Montgomery County Parks and Recreation.

Registration Questions: (540) 382-6975 or mcpr@montgomerycountyva.gov

2023 NEW RIVER VALLEY SENIOR GAMES

ENTRY INFORMATION

Eligibility

The 2023 New River Valley Senior Games are open to athletes age 50 years and above as of December 31, 2023, who reside in the New River Valley (NRV). The NRV is defined as the Town of Blacksburg, Town of Christiansburg, Floyd County, Giles County, Montgomery County, Pulaski County, the City of Radford, the Town of Wytheville, and Wythe County.

Additionally, athletes must complete the registration packet, sign the liability waiver, and submit all fees by the registration deadline to be eligible for any event.

Age Divisions

Competition for all events is in ten-year age groups for both men and women as follows: 50-59, 60-69, 70-79, 80+.

Age divisions are determined by the athlete's age as of December 31, 2023.

The right is reserved to combine age groups in any event due to insufficient entries or other conditions.

How to Enter

Online - Register at www.montva.com/parks

Mail - Send completed registration packets with payment to:

Montgomery County Parks and Recreation
755 Roanoke Street, Suite 1E
Christiansburg, VA 24073

In Person - Bring completed registration packets with payment to the Front Desk at Montgomery County Parks and Recreation at the above address during business hours (M-F, 8:30 am - 5 pm).

Athlete Amenities

All registered participants receive a NRV Senior Games t-shirt, participant packet, and admission to the Opening Ceremony Welcome and Catered Lunch on April 24, 2023.

Fees

Athlete Fee - The athlete fee is determined by the number of events a participant registers for.

One Event - \$10
Two Events - \$15
Unlimited Events - \$20

Event Fees - Certain events have an additional registration fee, including 3-on-3 basketball, bowling, captain's choice golf, and mini golf, as noted in the forms.

Opening Ceremony - Athletes who wish to bring a guest must pay an additional fee of \$15 to cover their guest's catered lunch.

Entry Guidelines

For doubles events, both partners must submit an individual registration packet with payment by the deadline.

The NRV Senior Games Committee strongly recommends that each participant consult their physician about participating in any physical activity.

Entry Deadlines

The deadline to register for all events is March 31, 2023 to ensure the NRV Senior Games Committee has adequate time to prepare.

Events receiving fewer than six entries will be canceled.

Refunds

There are no rain dates or refunds, except for additional fees paid for canceled activities.

2023 NEW RIVER VALLEY SENIOR GAMES

SCHEDULE & SPORT INFORMATION

Time of Events: All events start promptly at the scheduled times. Late arrivals will be disqualified.

Awards: Medals are awarded to all first, second, and third place finishers in each age division for each event.

Sunday, April 23, 2023

Time	Location	Event
11 am	Radford Recreation Center 200 George St Radford, VA 24141	Pickleball Form of indoor tennis using paddle and whiffle ball. Singles, doubles, and mixed doubles. Single elimination tournament. Equipment provided.
2 pm	Christiansburg Recreation Center 1600 N Franklin St Christiansburg, VA 24073	Billiards Double elimination tournament in eight-ball. 3-on-3 Basketball Double elimination tournament. Teams are coed and can include all age groups. Limit six players per team.

Monday, April 24, 2023

Time	Location	Event
8 am	Christiansburg Recreation Center 1600 N Franklin St Christiansburg, VA 24073	Check In Pick up packets and t-shirts.
9 am	Christiansburg Recreation Center 1600 N Franklin St Christiansburg, VA 24073	Basketball Free Throws Each athlete takes four rounds of five free throws for a total of 20 attempts. Horse Basketball A player is chosen to take the first shot; if the shot is made, the following players must make the same shot. If the shot is not made, the next player chooses the shot for the others to try. Any player that can't make the first successful shot gets the letter H. Once a participant spells HORSE they are eliminated. All participants keep playing and attempting new shots until one person is left.

2023 NEW RIVER VALLEY SENIOR GAMES

SCHEDULE & SPORT INFORMATION

Monday, April 24, 2023 (continued)

Time	Location	Event
9 am	Christiansburg Recreation Center 1600 N Franklin St Christiansburg, VA 24073	Riflery Each athlete fires five BB shots at a target placed at five meters. Five minute time limit.
10:30 am	Christiansburg Recreation Center 1600 N Franklin St Christiansburg, VA 24073	Frisbee Each athlete takes three competitive throws.
12 pm	Warm Hearth Village Tall Oaks Hall 2387 Warm Hearth Dr Blacksburg, VA 24060	Opening Ceremony Guest speaker and catered lunch. Lunch is free for athletes and \$15 for guests. Must preregister.
2 pm	Harkrader Sports Complex 1209 Buffalo Dr Christiansburg, VA 24073	Softball Hit & Throw Each athlete takes one practice hit, three competitive hits, one practice throw, and three competitive throws. The combined score in hitting and throwing events is used to determine the winner. Shot Put & Discus Each athlete takes three competitive throws.

Tuesday, April 25, 2023

Time	Location	Event
9 am	Radford Recreation Center 200 George St Radford, VA 24141	Shuffleboard Single matches consist of 12 frames. Winner is the player who scores the highest after 12 frames.
1 pm	Radford Recreation Center 200 George St Radford, VA 24141	Canasta Tournament will have four decks of cards with three games. Winner is determined based on highest score. No gender division.

2023 NEW RIVER VALLEY SENIOR GAMES

SCHEDULE & SPORT INFORMATION

Tuesday, April 25, 2023 (continued)

Time	Location	Event
1 pm	NRV Super Bowl 375 Arbor Dr NE Christiansburg, VA 24073	Bowling Singles competition consisting of three games. Scratch tournament with winner determined by highest score. \$5 extra fee.

Wednesday, April 26, 2023

Time	Location	Event
9:30 am	Radford High School 50 Dalton Dr Radford, VA 24141	Quarter Mile Walk, One Mile Walk, 50yd Sprint, Half Mile Run Competition begins at 9:30 am. Arrive early for time to warm up.
1 pm	Cox's Driving Range 3500 Prices Fork Rd Blacksburg, VA 24060	Mini Golf Tournament consists of one 18-hole round with shotgun start. Play starts at different holes. \$5 extra fee.
1 pm	Auburn Hills Golf Club 1581 Turnberry Ln Riner, VA 24149	Captain's Choice Golf Teams consist of four players. Youngest player determines team's age group. Athletes registering without a team will be placed on a team. Arrive one hour prior to start time for practice and line up. Prizes are awarded for longest drive and closest to pin on select holes. All rules of golf shall apply. \$45 extra fee includes green fee, range token, golf cart and boxed lunch.

Thursday, April 27, 2023

Time	Location	Event
9 am	Kiwanis Park 310 Kiwanis Ln SE Christiansburg, VA 24073	Bocce Ball Single elimination tournament. Athletes have 30 seconds to release their ball. Games have 12-point or 15-minute time limit. Horseshoes Single elimination tournament.

2023 NEW RIVER VALLEY SENIOR GAMES

SCHEDULE & SPORT INFORMATION

Thursday, April 27, 2023 (continued)

Time	Location	Event
12:00 pm	Kiwanis Park 310 Kiwanis Ln SE Christiansburg, VA 24073	Lunch Provided at picnic shelter. Registered participants only.
12:30 pm	Kiwanis Park 310 Kiwanis Ln SE Christiansburg, VA 24073	Cornhole Single elimination tournament. Athletes take turns pitching corn bags at the cornhole platform until one reaches 21 points. Corn bag in the hole: 3 points; Corn bag on the platform: 1 point
1 pm	Kiwanis Park 310 Kiwanis Ln SE Christiansburg, VA 24073	Croquet Single elimination tournament.

Friday, April 28, 2023

Time	Location	Event
8 am	Wytheville Community Center 333 Community Blvd Wytheville, VA 24382	5k Walk Held on the indoor walking track. 5k is equivalent to 3.1 miles
9 am	Wytheville Community Center 333 Community Blvd Wytheville, VA 24382	Swimming 50yd freestyle, 50yd backstroke, 50 yd breaststroke, 100yd freestyle, 200yd freestyle
9:30 am	Wytheville Community Center 333 Community Blvd Wytheville, VA 24382	Badminton Doubles and Mixed Doubles. Single elimination plays with consolation match. Matches decided on best of three games played to 15 points.
1 pm	Wytheville Community Center 333 Community Blvd Wytheville, VA 24382	Sponge-Ball Tennis Incorporates a smaller court with sponge-balls that slow the game down compared to regular tennis. Bring your own tennis racket. Wii Bowling Winner based on highest score.

2023 NEW RIVER VALLEY SENIOR GAMES

DIRECTIONS & FACILITY GUIDE

Auburn Hills Golf Club

1581 Turnberry Ln, Riner, VA 24149

From I-81 Take Exit 114 for VA-8 toward Christiansburg/Floyd. If traveling from south, turn right onto VA-8 S/Riner Rd; if traveling from north, turn left onto VA-8 S/Riner Rd. Turn left onto Turnberry Ln. Auburn Hills Golf Club is on the right.

From 460 Take Exit 1B onto I-81 S and follow the I-81 directions above.

Cox's Driving Range

3500 Prices Fork Rd, Blacksburg, VA 24060

From I-81 Take the VA-100 N exit (Exit 98) toward Dublin/Pearisburg. Turn left onto VA-100 N/Cleburne Blvd. Merge onto US-11 N toward Radford. Turn left onto VA-114 E/Peppers Ferry Rd. Continue to follow VA 114E. Turn left onto Prices Fork Rd. Cox's Driving Range is on the left.

From 460 Take the Prices Fork exit. Follow Prices Fork Rd/VA-114 S until you reach Cox's Driving Range on the right.

Christiansburg Recreation Center

1600 N Franklin St, Christiansburg, VA 24073

From I-81 Take Exit 114 for VA-8 toward Christiansburg/Floyd. If traveling from south, turn left onto W Main St; if traveling from north, turn right onto W Main St. Turn left onto Depot St. Turn left onto N Franklin St/US 460 BUS W. Turn left at Cambria St NW. Christiansburg Parks and Recreation is on the left.

From 460 Take Exit 3AB toward US-460 BUS. Keep right to take Exit 3A toward US 460- BUS E/Downtown. Merge onto N Franklin St. Turn right at Cambria St NW. Christiansburg Parks and Recreation is on the left.

Harkrader Sports Complex

1209 Buffalo Dr, Christiansburg, VA 24073

From I-81 Take Exit 114 for VA-8 toward Christiansburg/Floyd. If traveling from south, turn left onto VA-8 N/W Main St; if traveling from north, turn right onto VA-8 N/W Main St. Turn left onto Moose Dr NW. Turn left onto Buffalo Dr. Pass the bus entrance and follow the signs for "Recreation Fields" and "Harkrader Complex". Harkrader Sports Complex is ahead to the left.

From 460 Take Exit 3 B-A for N Franklin St. Continue straight onto N Franklin St. Turn right onto Depot St NW. Turn right onto College St. Take slight right onto Buffalo Dr (you will see a "Harkrader Complex" sign). Pass the bus entrance and follow the signs for "Recreation Fields" and "Harkrader Complex". Harkrader Sports Complex is ahead to the left.

Kiwanis Park

310 Kiwanis Ln SE, Christiansburg, VA 24073

From I-81 Take Exit 114 for VA-8 toward Christiansburg/Floyd. If traveling from south, turn left onto W Main St; if traveling from north, turn right onto W Main St. Turn right onto Roanoke St. Turn right onto Reading Rd. Turn left onto Kiwanis Ln SE. Kiwanis Park is straight ahead.

From 460 Take Exit 2 for US-11/US 460 BUS toward Christiansburg. Turn right onto US-11 S/US 460 BUS/Roanoke St. Turn left onto Reading Rd. Turn left onto Kiwanis Ln SE. Kiwanis Park is straight ahead.

NRV Superbowl

375 Arbor Dr NE, Christiansburg, VA 24073

From I-81 Use the right lanes for Exits 118 A-B-C toward US-11/US-460 Christiansburg/Blacksburg. Take Exit 118 B toward US-11/US-460 W Christiansburg/Blacksburg. Continue toward US-460 W Blacksburg. Take Exit 4B toward VA 114

2023 NEW RIVER VALLEY SENIOR GAMES

DIRECTIONS & FACILITY GUIDE

NRV Superbowl cont.

Peppers Ferry Rd/Radford. Turn right onto Arbor Dr NE and continue until you reach NRV Superbowl on the left.

From 460 If traveling from the west, take exit 4AB toward VA 114 Peppers Ferry Rd/Radford and take a right onto VA 114/Peppers Ferry Rd. If traveling from the east, the exit is 4B. Next turn right onto Arbor Dr NE and continue until you reach NRV Superbowl on the left.

Radford High School

50 Dalton Dr, Radford, VA 24141

From I-81 Take Exit 105 for VA-232 toward VA-605/Radford. If traveling from the south, follow VA-232; if traveling from the north, turn right onto VA-232 N toward Radford. Turn right onto Walter St and continue until you reach the Radford High School Parking lot on the left.

From 460 Take Exit 1B onto I-81 S and follow the I-81 directions above.

Radford Recreation Center

200 George St, Radford, VA 24141

From I-81 Take Exit 109 for VA-177/State Rte 600/Radford. If traveling from south, turn left onto VA-177/Tyler Rd; if traveling from north, continue onto VA-177/Tyler Rd. Turn left onto Hammett Ave. Turn right onto Noblin St. Turn left onto 2nd Ave. Turn right onto George St. Follow George St until it ends at Radford Recreation Center.

From 460 Take Exit 1B onto I-81 S and follow the I-81 directions above.

Warm Hearth Village - Tall Oaks Hall

2387 Warm Hearth Dr, Blacksburg, VA 24060

From I-81 Use the right lanes for Exits 118 A-B-C toward US-11/US-460 Christiansburg/Blacksburg. Take Exit 118 B toward US-11/US-460 W Christiansburg/Blacksburg. Continue toward US-460 W Blacksburg. Take Exit 5A-5B for US-460 BUS E/US-460 BUS W toward Blacksburg/Smart Rd. Keep right to continue on Exit 5A toward US-460 BUS E/Ind. Park Dr. Turn left onto Industrial Park Rd. Turn left onto S Main St. Turn right onto Hightop Rd. Turn right onto Farmview Dr. Continue onto Mabry Ln. Follow the road to the right across the Huckleberry Trail crosswalk onto Warm Hearth Dr. Turn left at the sign stating "Information Center". You will see a rock sign with "Village Center". Tall Oaks Hall is ahead on the left.

From 460 If traveling from east, take Exit 5A-5B for US-460 BUS E/US-460 BUS W toward Blacksburg/Smart Rd. Keep right to continue on Exit 5A toward US-460 BUS E/Ind. Park Dr. Turn left onto Industrial Park Rd. Turn left onto S Main St. If traveling from west, take Exit 5AB for 460 Business toward Blacksburg and merge onto S Main St. Once on S Main St, turn right onto Hightop Rd. Turn right onto Farmview Dr. Continue onto Mabry Ln. Follow the road to the right across the Huckleberry Trail crosswalk onto Warm Hearth Dr. Turn left at the sign stating "Information Center" You will see a rock sign with "Village Center". Tall Oaks is ahead on the left.

Wytheville Community Center

333 Community Blvd, Wytheville, VA 24382

From I-81 Take Exit 72 for I-77 N toward Bluefield/Charleston WVA. Take Exit 41 for Peppers Ferry Rd/VA-610. Turn right onto Peppers Ferry Rd. Turn left onto Community Blvd. Continue until you reach Wytheville Community Center on the left.

From 460 Take Exit 1B onto I-81 S and follow the I-81 directions above.

2023 NEW RIVER VALLEY SENIOR GAMES

ABOUT THE GAMES

NRV Senior Games Committee

The NRV Senior Games Committee is composed of the following organizations:

Christiansburg Parks and Recreation

Tammy Caldwell
(540) 382-2349, Ext. 2003
tcaldwell@christiansburg.org

Pam Peyton
(540) 382-2349, Ext. 2004
ppeyton@christiansburg.org

Floyd County Parks and Recreation

Jacob Agee
(540) 745-9363
jagee@floydcova.gov

Montgomery County Parks and Recreation

Amanda Terry
(540) 382-6975, Ext. 3
terryak@montgomerycountyva.gov

Radford Parks and Recreation

Lora Gordon
(540) 731-5517
lora.gordon@radfordva.gov

Wytheville Parks and Recreation

Justin Wadsworth
(276) 223-3523
justin.wadsworth@wytheville.org

About the NRV Senior Games

The NRV Senior Games are held annually in late April. Through a multitude of athletic and social events, participants have the opportunity to display their athletic ability and to exchange and share common ties and interests with their peers. The emphasis is on fellowship and socialization rather than competition.

The NRV Senior Games prepare individuals to compete in the Virginia Senior Games, where they have the opportunity to qualify for the National Senior Games. Athletes may participate in the Virginia Senior Games without participating locally.

Additional Resources

For information regarding the Virginia Senior Games:

Virginia Senior Games

(281) 220-1999
info@virginiaseniorgames.org
www.vaseniorgames.org

For information regarding the National Senior Games:

National Senior Games Association

PO Box 5630
Clearwater, FL 33758
(727) 475-1187
nsga@nsga.com
www.nsga.com

The committee rotates the host of the NRV Senior Games every year between these organizations.