

# The Warm-Up

THE GAMES ARE OCTOBER 4 - 16, 2010

SPRING EDITION 2010



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## President's Message

What is it that makes the Huntsman World Senior Games so great? Could it be the wonderful community, St. George, Utah, where they take place? Is it possible that it's the army of volunteers who pitch in, year after year, helping to keep things going? What about the sponsors who give so generously and make the Games a reality? Is it our mission to foster worldwide peace, health and friendship that makes these Games what they are?



The answer to all of these questions is a resounding "YES!"

But without you, each one of our wonderful, amazing, incredible, inspiring athletes, we would have no need to even do what we do. You make the Games what they are. Thank you for making these Games great. I can't wait to see you all again this year in October.

*John H. Morgan Jr.  
President and Founder*

## Message from the CEO



One of our hallmarks of success has been the international presence at the Games. From the very beginning, we've attracted athletes from around the world. At any given venue you could find yourself competing against an athlete from Asia, Europe, North or South America or even the Caribbean. In 2009 I had the opportunity to visit Barbados, Brazil, Venezuela and China, encouraging athletes the world over to live an active, healthy lifestyle and, of course, to come and share in the amazing event that is the Huntsman World Senior Games. I continue to extend that invitation to all I meet. Come and be a part of this fantastic event! You'll make friends, feel better and never regret the decision! I'll see you here in October!

*Kyle M Case  
Chief Executive Officer*

## Huntsman World Senior Games Friendship Volleyball Tour to China

From the beginning the mission of the Huntsman World Senior Games has been to foster worldwide peace, health and friendship. In 2010 we are adding a new program to help us continue to strive for these ideals. It is called the Huntsman World Senior Games Friendship Volleyball Tour.

July 24 - August 8, 2010, we are taking a maximum of 12 volleyball teams (age 50 and up) to China to play against Chinese senior volleyball teams. We will play in three cities, Qingdao, Weifang and Tai'an. We'll

sightsee in each of these cities and spend a few days in Beijing to experience the history and culture of China's capital as well.

"This is an incredible opportunity to see China and get some volleyball in while you're at it," said Kyle M Case, Games CEO. "I just returned from a recruiting trip to China, and this tour will be an unforgettable experience."



Visitors enjoy the Great Wall of China outside Beijing.

For information on how you can be a part of the Tour, including itinerary and price, visit [www.seniorgames.net/friendshiptour](http://www.seniorgames.net/friendshiptour).

## Important Dates to Remember

- Mid May - Handbooks Mailed Out
- January 1 - Team Registration Open
- August 1 - Early Bird Deadline (Save \$20)
- March 1 - Individual Registration Opens
- September 1 - Final Registration Deadline

Huntsman World Senior Games

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Proud Member Of



### Birthdays Cancer Screening Guidelines

On your birthday each year, get a cancer screening. Contact your doctor for the tests that are right for you. Celebrate each birthday with good health.

#### All Ages:

- Skin self-exam 3 to 4 times a year
- Skin exam by health care provider yearly

**18-39:** (Add to previous tests)

#### WOMEN

- Breast self-exam monthly
- Breast exam by health care provider every three years
- Pap test and pelvic exam yearly.

#### MEN

- Testicular self-exam monthly

**40 and over:** (add to previous tests)

#### WOMEN

- Mammogram yearly

#### MEN and WOMEN

- Cancer-related checkup yearly

**50 and over:** (add to previous tests)

#### MEN:

- PSA test and digital rectal exam yearly

#### MEN and WOMEN:

- Stool blood test yearly AND sigmoidoscopy every five years
- OR colonoscopy exam every five to ten years

I'd like to support the work of the Huntsman Cancer Institute with my tax deductible gift of:

\$25  \$50  \$100  Other \_\_\_\_\_

Check enclosed  Visa  MC

Discover  AMEX

\_\_\_\_\_  
Credit Card Number      Exp. Date

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Address

\_\_\_\_\_  
State,      Zip Code

Please make check payable to Huntsman Cancer Foundation and mail to HWSG, 1070 W 1600 S A-103, St. George, UT 84770 USA

## REGISTRATION FEES

The total Registration fee continues to be \$69 (\$89 if paid after August 1st) plus the applicable sport fee listed below. Registration opens March 1st and closes September 1st.

### Archery

3D --Per Event ..... 10

Target--Per Event ..... 10

### Badminton

Singles ..... 6

Doubles--Per Person ..... 6

Mixed Doubles--Per Person ..... 6

### Basketball

FT & 3 Pt Shoot ..... 5

Hot Shot ..... 5

3-on-3--Per Person ..... 18

5-on-5--Per Person ..... 22

NSWBA Women's Clinic (Optional) .. 75

### Bowling

Singles ..... 15

Doubles--Per Person ..... 15

Mixed Doubles--Per Person ..... 15

Team--Per Person ..... 15

Strictly Scratch Singles ..... 15

### Bridge

Session 1 ..... 10

Session 2 ..... 8

### Chess

Per Person ..... 5

### Cowboy Action Shoot

Per Person ..... 51

### Cycling

Hill Climb ..... 14

Criterium ..... 14

Time Trial ..... 14

Road Race ..... 14

### Golf

Medal Golf--36 Holes (2 Days)..... 95

Social Golf--18 Holes--Per Session... 55

Skills Contest--Per Event..... 5

### Horseshoes

Singles ..... 3

Doubles--Per Person ..... 3

### Lawn Bowls

Singles ..... 5

Pairs--Per Person ..... 5

Triples--Per Person ..... 5

### Mountain Biking

Hill Climb ..... 10

Down Hill ..... 10

Cross Country ..... 10

### Pickleball

Singles ..... 5

Doubles--Per Person ..... 5

Mixed Doubles--Per Person ..... 5

Masters/Legends Doubles--PP ..... 5

### Racewalking

1500 M ..... 10

3K ..... 10

5K ..... 10

### Racquetball

Singles ..... 15

Doubles--Per Person ..... 15

### Road Races

5K ..... 7

10K ..... 7

Half-Marathon ..... 7

### Shooting - Trap & Sporting Clays

Trap -- Per Event ..... 20

Sporting Clays ..... 60

Skeet..... 20

5-Stand ..... 20

### Soccer-**NEW**

Per Person --Per Team ..... 15

### Softball

Per Person - Per Team..... 10

### Square Dance

Per Person ..... 10

### Swimming

Per Event (9 Maximum) ..... 5

### Table Tennis

Singles ..... 7

Rated Singles ..... 7

Doubles--Per Person ..... 7

Mixed Doubles--Per Person..... 7

Random Draw Doubles--PP..... 7

### Tennis

Singles ..... 10

Doubles--Per Person ..... 10

Mixed Doubles--Per Person .... 10

Social Round Robin ..... 15

### Track & Field

Per Event ..... 5

### Triathlon

Individual ..... 15

Team--Per Person Per Event .... 7

### Volleyball

Per Person--Per Team ..... 25

### Walking Tours

Per Tour ..... 4

## Online Registration

In 2009, the Huntsman World Senior Games offered Online Team Registration for the first time ever. Over 85% of our teams took advantage and registered over the Internet.

This year Team Registration is not only available online, but it is available right now. Dozens of teams have already registered.

It's easy to register your team using our online system. Team captains or managers visit [www.seniorgames.net](http://www.seniorgames.net), mouse over Register and click on Register Today. Next click on the Team Registration link. From there it's simple to set up a new team account.

Since there are so many changes in teams from year to year (i.e., team managers/captains, team age divisions, team numbers, etc.), team managers/captains need to set up new team accounts each year.

Each team is assigned a unique team number that they **must** pass on to their team members. Team members use this unique number when they register as individuals for the Games.

Once the account is created, managers can log back into their account and monitor their roster's progress as it will automatically fill in as their team members register.

Online Individual Registration is scheduled to open on March 1, 2010, a full three months ahead of previous years.

## Check It Out...

### Soccer Added to 2010 Line-up

The Games is adding another brand new sport to the line-up this year: Soccer. See the schedule on the back for event dates.

### Track & Field Team Championship

Bring your Track & Field Team or Club to compete for the Huntsman World Senior Games Track & Field Team Championship. Scoring events for the Championship are Track & Field, 10K and 5K Road Races, Half Marathon and Racewalking.

### Shooting

You asked for more, so we delivered. We've added Skeet and 5-Stand to the Shooting event and increased the number of clays in Trap to 100.

### Bridge

An additional session has been added to Bridge, allowing for even more competition. See the schedule on back for details.

### Women's Basketball Clinic & Date Changes

On Monday, October 4, we'll hold a skills clinic for women basketball players, put on by the National Senior Women's Basketball Association. To accommodate this, the Women's Basketball competition will be held on Tuesday & Wednesday, October 5 & 6.

### PartnerFinder & TeamFinder

Looking to join a team sport at the Games? Maybe you need a doubles partner? Check out the website ([www.seniorgames.net](http://www.seniorgames.net)) under the Sports Tab to access PartnerFinder or TeamFinder to make a connection.

### Huntsman World Senior Games

### Friendship Volleyball Tour

July 24 - August 8, 2010, we are taking teams to China to play volleyball and tour. Players must be 50 and over. Check out [www.seniorgames.net/friendshiptour](http://www.seniorgames.net/friendshiptour) for more details.

### Opening Ceremonies

This year's Opening Ceremonies is Tuesday, October 5, at 7 p.m. at the Hansen Stadium on the Dixie State College Campus.

### Concert and Celebration

The Concert & Celebration takes place in the Dixie State College Burns Arena on Tuesday, October 12, at 7 p.m.

### Fifth Annual Global Cup

This year's Global Cup - World Senior Volleyball Championship features the very best men's volleyball teams representing various countries from around the world. The action takes place at the Dixie Center from Oct. 11 - 14.

### NSGA Qualifying Year

2010 is a qualifying year for the Summer National Senior Games to be held in 2011 in Houston, Texas. Good luck, athletes!

### Hall of Fame

Nominations for the Huntsman World Senior Games Hall of Fame are due March 31. Download a form at [www.seniorgames.net](http://www.seniorgames.net).

### The Challenge

To those who have participated in The Challenge in years past, thank you. It's been a fun ride. However, The Challenge will be discontinued this year.

### International Festival

The International Festival is Friday-Saturday, October 15-16, this year. Don't miss the fun.

## RESERVE YOUR LODGING NOW!

The following establishments have been supporters of the Games. Please consider them first when arranging your stay.

Ambassador Inn .....	877-373-7900	Hilton Garden Inn.....	877-782-9444
America's Best Inn & Suites.....	800-718-0297	Holiday Inn Express.....	800-HOLIDAY
America's Best Value Inn.....	877-688-8383	Holiday Inn Resort Hotel.....	800-457-9800
Best Western Abbey Inn.....	888-222-3946	LaQuinta Inn.....	888-788-2457
Best Western Coral Hills.....	800-542-7733	Motel 6.....	435-628-7979
Budget Inn and Suites.....	800-929-0790	Ramada Inn.....	800-713-9435
Chalet Motel.....	888-628-6272	Red Cliffs Inn & Suites.....	800-733-8338
Comfort Inn at Convention Center.....	877-424-6423	Red Mountain Resort .....	800-407-3002
Comfort Suites.....	800-245-8602	Sun Time Inn.....	800-237-6253
Country Inn and Suites.....	435-251-9600	Super 8.....	435-673-6161
Courtyard By Marriott.....	800-290-4387	Temple View RV Resort.....	800-776-6410
Crystal Inn.....	800-662-2525	TownePlace Suites.....	800-257-3000
Fairfield Inn.....	435-673-6066	Wingate by Wyndham.....	435-673-9608
Hampton Inn.....	800-892-1203		

# HUNTSMAN

## Gold Medal Sponsors



## Silver Medal Sponsors



## Bronze Medal Sponsors



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## Schedule - 2010 Huntsman World Senior Games (2-1-2010)



Sport / Event	Mon 10/4	Tues 10/5	Wed 10/6	Thurs 10/7	Fri 10/8	Sat 10/9	Sun 10/10	Mon 10/11	Tues 10/12	Wed 10/13	Thurs 10/14	Fri 10/15	Sat 10/16
Archery	3D		TARGET										
Badminton													
Basketball Shoot			WOMEN			MEN Hot Shot		MEN FT/3Pt					
Basketball 3x3 - Men													
Basketball 3x3 - Women	CLINIC												
Basketball 5x5 - Men													
Bowling													
Bridge													
Chess													
Cowboy Action Shooting													
Cycling													
Golf - Medal Golf													
Golf - Social Golf													
Horseshoes													
Lawn Bowls													
Mountain Biking													
Pickleball													
Racewalking	3000m	1500m	5000m										
Racquetball													
Road Races	10 K			5 K / 1/2 Mara									
Shooting-Trap & Sport Clays													
Soccer													
Softball - Men	60+ / 65+							50+ / 55+ / 70+					
Softball - Men								74+ / 79+					
Softball - Women													
Square Dance													
Swimming													
Table Tennis													
Tennis													
Track & Field													
Triathlon													
Volleyball-Men					55+ / 65+ / 73+			55+ / 65+ / 73+			50+ / 60+ / 70+ / 76+		
Volleyball-Women					50+ / 60+ / 70+ / 73+			50+ / 60+ / 70+ / 73+			55+ / 65+		
Walking Tours													
Ceremonies / Concert													
Global Cup Volleyball													
Health Testing													
West Din Dance / Int'l Festival													