

# Valley-Wide Recreation & Park District

presents the 39th Annual



# OLDlympics

Competition for ALL Seniors

September 20 - October 8, 2024

(951) 927-6673

901 W. Esplanade Ave • PO Box 907 • San Jacinto, CA 92581

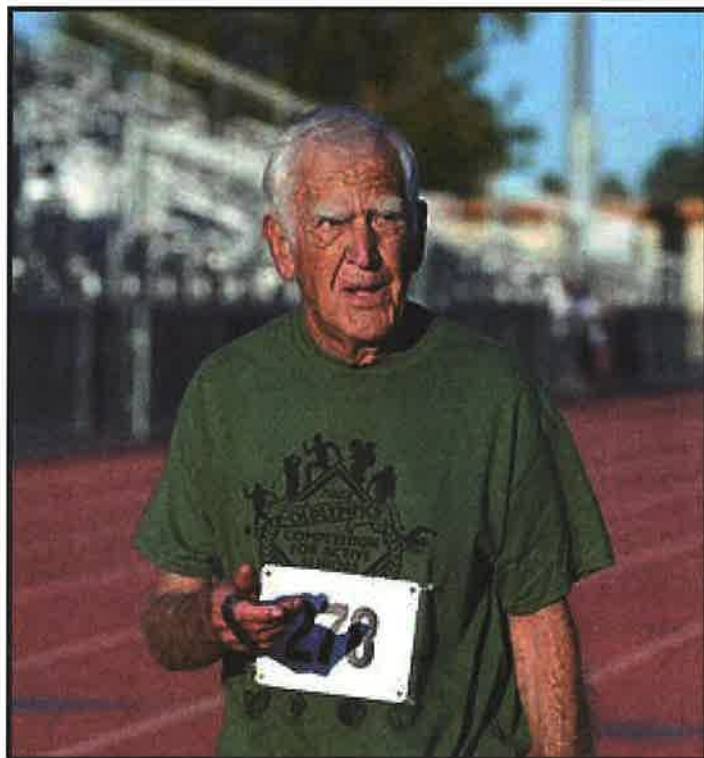
**Welcome** to the THIRTY-NINTH ANNUAL Valley-Wide Recreation OLDlympics!

You are never too old to compete and have fun. If you are 50 or older, then join us and participate in this 18 day competition with 20 events to choose from. To salute the winners and all participants there will be an Awards Banquet on Tuesday, October 8th. Winners who placed 1st, 2nd, and 3rd will receive medals.

The OLDlympics was created to provide an opportunity for seniors in our community to compete against their peers in regulated events that are traditional, relaxed and informal. We encourage all seniors to participate.

View the information sheet and pick your events. Entry deadlines vary by event, some events are space limited and those with the earliest registration will be selected to participate.

*Remembering our friend  
Jack Warneke*



HEMET COMMUNITY MEDICAL GROUP

MENIFEE VALLEY COMMUNITY MEDICAL GROUP

TEMECULA VALLEY PHYSICIANS MEDICAL GROUP

FAMILY SENIORS MEDICAL GROUP



EST. JUNE 19, 1883



Dr. Koka and Associates



FRIENDS OF VALLEY-WIDE FOUNDATION



## AWARDS BANQUET *Everyone Welcome*

If staying for dinner see price & deadline

**Date:** Tuesday, October 8.

**Location:** Valley-Wide Recreation, 901 W. Esplanade Ave., San Jacinto.

**Time:** Doors open at 3:00 pm, Awards at 3:30 pm, Dinner at 5:00 pm.

(All times are approximate)

**Price:** Dinner \$10.00 per person.

**Deadline to Register:** Oct. 5.

## BENCH PRESS

**Chairperson:** Steve Mull (951) 400-1693 **Co-Chair:** Dawna Mull

**Date:** Sat., Sept. 21, 9:30 am, check-in & warm up starts at 8:30 am.

**Location:** Valley-Wide Multipurpose Room, 901 W. Esplanade Ave., San Jacinto

**Age Brackets:** 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+

**Awards:** First, second & third (Men & Women).

**Deadline to Register:** Sept. 18.

## BILLIARDS (EIGHT BALL)

**Men's Chairperson:** Tom Sims (714) 393-3248 **Co-Chair:** Wes Riley (951) 467-9199

**Men:** 2-day elimination, 3 divisions. Limit 48, players over the limit will be used as alternates. 1 & 15 Eight Ball.

**Date:** Mon., Sept. 30, 9:00 am and Tues., Oct. 1 time TBA.

**Note:** All Players will advance to second day. **BCA Rules Prevail.**

**Location:** Mountain Shadows and Golden Village Palms

**Deadline to Register:** for Men Sept. 24.

**Women's Chairperson:** Edith Reed (951) 392-2131

**Co-Chair:** Millie Varia

**Women:** 1 division. Limit 32, players over the limit will be used as alternates.

**Date:** Wed., Oct. 2, 9:00 am. Check-in 8:30 am - 8:50 am.

**Location:** Golden Village Palms (across from Target), 3600 W. Florida Ave., Hemet.

**Format:** Double elimination, 8 ball. BCA rules prevail.

**Deadline to Register:** for Women Sept. 25.

**Note:** Draw or generate number as you check in. Women will play 8 ball.

**Awards:** First, second & third (Men & Women).

## BINGO

**Chairperson:** Gail Farnsworth (951) 923-5216

**Date:** Tues., Sept. 24, 10:00 am. Check-in starts at 9:30 am.

**Location:** Valley-Wide Multipurpose Room, 901 W. Esplanade Ave., San Jacinto

**Event:** 1st round 7 to 8 + games. 2nd round all winners play off for 1st, 2nd & 3rd. (Cards provided by event.)

**Awards:** First, second & third.

**Deadline to Register:** Sept. 20. Limit 72.

## BOWLING

**Chairperson:** Anne Cotnoir (951) 926-2188 **Co-Chair:** Greg Givens (951) 306-8917

**Date:** Sun., Sept. 29, 1:15 pm. Check-in starts at 12:00 pm.

**Location:** Bowlero of Hemet, 2850 W. Florida Ave., Hemet.

**Age Brackets:** 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+.

**Event:** Highest score over 3 games, plus handicap, handicap 100% of 210, High Book, League, or establish

**Awards:** First, second & third (Men & Women).

**Note:** In addition to entry fee, a per person cost of \$9.00 (CASH ONLY) for 3 games bowled will be collected at Bowlero of Hemet on day of event.

**Deadline to Register:** Sept. 20.

## CHAIR VOLLEYBALL

**Chairperson:** Elaine Hiott (253) 208-7067 **Co-Chair:** Karon Van Gilder

**Date:** Thurs., Sept. 26, 9:30 am. Check-in 9:00 am. Time frame of play will be determined by number of sign ups. Limit 60.

**Location:** Valle Vista Community Center 43935 E. Acacia Ave., Hemet.

**Event:** Round Robin. Best 2 out of 3 per round. 11 points per game.

**Format:** You will be assigned to a team at check-in, and you will stay with that team for the day. Each team will be a mix of men and women with beginners and intermediate players.

**Age Bracket:** Men and Women age 50 and over.

**Awards:** First, second & third place teams. Placement ties will have a playoff game.

**Deadline to Register:** Sept. 23.

Register by individual only - no team registration.

**Note:** This is recreation play, event will follow the California Senior Games Chair Volleyball (lite) play. To download rules: <http://www.debbiharper.com/resources/Chair-Volleyball/Chair-Volleyball-Rules-September-2011.pdf> Subsidiary rules will be posted at the event.

**NO PETS ALLOWED AT ANY EVENTS**

## CRIBBAGE

**Chairperson:** Mary Baptist 760-497-4624

**Date:** Sun., Oct. 6, 12:30 pm. Check in before 12:15 pm.

**Location:** Valley-Wide Multipurpose Room, 901 W. Esplanade Ave., San Jacinto.

**Event:** Singles tournament, total points. Bring boards and cards.

**Awards:** First, second, third & fourth.

**Deadline to Register:** Oct. 1.

Note: If uneven number, last person to register will sit out.

You must know how to play and count.

## "FUN-TATHLON" (6 Fun Events)

**Chairpersons:** Amanda Thomson

**Date:** Mon., Oct. 7, 8:30 - 10:30 am.

**Location:** Golden Village Palms (across from Target), 3600 W. Florida Ave., Hemet.

**Note:** Participants will engage in six (6) mini-events: Shuffleboard, Billiards, Lawn Bowling, Golf Putting, Dart Throwing and Horseshoes. Participants will earn points in all events by a grand total special scoring system. All games will have special short rules.

**Awards:** First, second & third highest Men & Women. Total points from all events with special scoring.

**Deadline to Register:** Sept. 28. No experience needed.

## GOLF

**Chairperson:** Missy Galloway (951) 652-2203

Limited Carts: Player must call Echo Hills (951) 652-2203 in advance with registration receipt number to reserve.

**Date:** Thurs., Oct. 3 (9 holes) OR Sat., Oct. 5 (18 holes). Can only pick 1 day.

**Check-in:** Starts at 6:30 am. Shotgun start 7:00 am. Both days.

**Location:** Echo Hills Golf Course, 545 E. Thornton Ave., Hemet.

**Format:** Men and Women, individual stroke play. 2 rounds, 9 holes – No handicap needed

**Awards:** First, second & third in each category. Lowest score total from both days.

**Age Brackets:** 50-59, 60-69, 70-79, 80-89, 90-99, 100+.

**Deadline to Register:** Sept. 30. Limit 36 per day.

**Note:** In addition to entry fee, there is a charge for green fees. \$10.00 per person with shared cart, or \$5.00 walk. *Extra donations greatly welcomed!* Green fees to be paid to golf course on event day. If golfing with someone, must indicate whom on the registration form. Snack bar available.

## HAND & FOOT

**Chairperson:** Joy Ready (714) 476-2230 **Co-Chair:** Laurie LeNormand (714) 624-2892.

**Date:** Thurs., Oct. 3, 1:00pm. Check in starts at 12:30pm.

**Location:** Valley-Wide Recreation Multipurpose Room, 901 W. Esplanade Ave., San Jacinto.

**Event:** 4 rounds will be played. Partners change after each round. Each round will be timed. Melds of 90, 120, 150, 180 Tables are filled at 12:50pm, after that it will be first come first serve.

**Awards:** First, second & third individual high score.

**Deadline to Register:** Sept. 26.

## HORSESHOES

**Chairperson:** Ray Casares (951) 282-7362 **Co-Chair:** Dan Breece (949) 510-8820

**Date:** Fri., Sept. 27, 8:30 am.

**Location:** Valley-Wide Recreation, 901 W. Esplanade Ave., San Jacinto.

**Awards:** First, second & third – All participants: 2 rounds of 20 shoe pitch. Count all.

**Deadline to Register:** Sept. 18.

## PICKLEBALL

**Chairperson:** Rosie Roper (714)-905-6403 **Co-Chair:** Jim Spiegel (951) 675-4243

**Co-Chair:** Kim Fix

**Co-Chair:** Maria Doest

**Date:** Sun., Sept. 22, 8:15 am. Check in 7:45 - 8:00, Play begins after check in

**Location:** Golden Village Palms (across from Target) 3600 W. Florida Ave, Hemet

**Events:** Men's Doubles & Women's Doubles

**Format:** You will draw for your player number, you will remain that number for the day. Different partner each round. Number of rounds will depend on number of participants. Play begins after draw.

**Age Bracket:** 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+.

**Awards:** First, second & third (Men & Women).

**Deadline to Register:** Sept. 16 – Limit 55 Men, 55 Women. Cap: 110

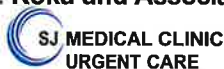
**Note:** Can't make event after registering, please call: Rosie (714) 905-6403



EST. JUNE 19, 1883

HEMET COMMUNITY MEDICAL GROUP | MENIFEE VALLEY COMMUNITY MEDICAL GROUP | TEMECULA VALLEY PHYSICIANS MEDICAL GROUP | FAMILY SENIORS MEDICAL GROUP

Dr. Koka and Associates



### NOTICE UNDER THE AMERICANS WITH DISABILITIES ACT

In compliance with the Americans with Disabilities Act (ADA), if you need accommodations to access information or participate in Valley-Wide Recreation and Park District public meetings, programs or services, please contact the ADA/Section 504 Coordinator, James Edwards, as soon as possible but no later than 48 hours before the scheduled event, at: PHONE: (951) 654-1505, EMAIL: JamesE@GoRecreation.Org, or 901 W. Esplanade Avenue, San Jacinto, CA 92582

## PINOCHLE

**Chairperson:** Ken Childress (909) 647-3075

**Co-Chair:** Nile Johnson (951) 404-8762

**Date – Single Deck:** Fri., Sept. 20, 1:00 pm. Check-in starts at 12:30 pm.

**Date – Double Deck:** Fri., Sept. 27, 1:00 pm. Check-in starts at 12:30 pm.

**Location – Single & Double Deck:** Valley-Wide Recreation Multipurpose Room, 901 W. Esplanade Ave., San Jacinto.

**Note:** Must have full tables, if not, last person(s) to register will sit out. Tables are filled at 12:50 pm, after that it will be first come first serve.

**Awards:** First, second & third.

**Deadline to Register:** Sept. 18. Limit 32 (Experienced players please).

## SCRABBLE

**Chairperson:** Shawna Mercer (951) 487-9234

**Date:** Sat., Oct. 5, 1:00 pm (approximately 4 hours).

**Location:** Valley-Wide Recreation Multipurpose Room, 901 W. Esplanade Ave., San Jacinto.

**Note:** If uneven number of participants attend, last person to register will sit out.

**Awards:** 4 championship & 4 consolation medals. Entrants paired by pre-selected numbering system. Guaranteed 2 games. Eight players with the highest scores will play a third game; rules will be posted.

**Deadline to Register:** Sept. 30. Limit 24.

## SHUFFLEBOARD

**Chairperson:** Alice Beers

**Co-Chair:** Brenda Rahn

**Co-Chair:** George Hayner (951) 440-5577

**Co-Chair:** Carol Blasingame

**Date:** Mon.-Thur Sept. 23 - 26

**Location:** Hemet Municipal, Weston Park, Hemet

**Format:** Any singles, games are 12 frames.

**Awards:** 4 championship & 4 consolation medals.

**Deadline to Register:** Sept. 16. Limit 96.

No lunch served. No open toe shoes.

**Note:** Must be available to play all 4 days if you advance.

## SWIMMING

**Chairperson:** Missy Galloway (951) 929-0047 **Co-Chair:** Keri Price (951) 927-6673

**Date:** Mon., Sept. 23, 9:00 am – NO DIVING.

**Location:** Valley-Wide Aquatic Center at Diamond Valley Lake, 1801 Angler Ave. Off Domenigoni Parkway at Searl Parkway.

**Events:** 25 and 50 yard Free-Style; 25 and 50 yard Breaststroke; 25 and 50 yard Backstroke; 75 yard Medley (Back, Breast, Free)

**Age Brackets:** 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+.

**Awards:** First, second & third for all races.

**Deadline to Register:** Sept. 18.

## TABLE TENNIS

**Chairperson:** Gabe Felipe (951) 487-9234

**Date:** Wed., Oct. 2

Singles: 10:00 am, check in 9:30 - 9:45 am.

Doubles: 1:30 pm, check in 12:45 - 1:00 pm.

Time frame of play will be determined by the number of players.

**Location:** Valle Vista Community Center, 43935 E. Acacia Ave., Hemet.

**Events:** Singles & Doubles, if enough register we will split Men & Women. Doubles, after check-in, names will be pulled for your partner.

**Format:** Double Elimination or Round Robin, (depending on # of sign ups).

**Awards:** First, second & third.

**Age Brackets:** 50-59, 60-69, 70-79, 80+.

**Deadline to Register:** Sept. 30. Limit Singles 40; Doubles 20.

**Note:** This is recreation play, general rules will be posted. Must be available to play the full event. No lunch served. Non-regulation tables.

## TENNIS

**Chairperson:** Keri Price (951) 927-6673

**Date:** Sat., Oct. 5 & Sun., Oct. 6.

**Location:** Valley-Wide Tennis Courts, 901 W. Esplanade Ave., San Jacinto.

**Events:** Men's Doubles, Women's Doubles and Mixed.

**Brackets:** There will be numerous brackets based on number of entrants. The brackets will have different levels, so even the less talented players will have a chance to win a medal. Chairperson will have the right to make any adjustments to age and game format in order to complete draw and allow for time restraints.

**Awards:** First, second & third

**Deadline to Register:** Sept. 25.

**Our Goal:** No fewer than 2 sets, no more than 3.

## TEXAS HOLD'EM

**Chairperson:** Julia Waltrip (951) 894-1468

**Date:** Fri., Oct. 4, 9:30 am, check-in starts at 9:00 am.

**Location:** Valley-Wide Recreation Multipurpose Room, 901 W. Esplanade Ave., San Jacinto.

**Eligible:** Men and Women, each player will receive 2500 in chips, 20 minute rounds, blinds double every 20 minutes. Starting blinds - small 25, big 50.

Example: Next 20 minutes small 50, big 100. Next 20 minutes small 100, big 200.

**No Limit:** Chairperson will announce at event when no limit will start.

**Awards:** First, second, third & fourth.

**Deadline to Register:** Oct. 2 – Limit 64.

## TOURNAMENT BLACKJACK

**Chairperson:** Julia Waltrip (951) 894-1468

**Date:** Wed., Sept. 25, 9:30 am, check-in starts at 9:00 am.

**Location:** Valley-Wide Recreation Multipurpose Room, 901 W. Esplanade Ave., San Jacinto.

**Eligible:** Men and Women, each player will start with 5,000 in chips each round; single deck. Top four players will advance each round. 20 minute rounds for the first three rounds. **Last two rounds will be 15 hands each.**

**Awards:** First, second, third & fourth.

**Deadline to Register:** Sept. 23. Limit 48.

## TRACK AND FIELD

**Chairperson:** Bob Summers (909) 374-4121

**Date:** Sat., Sept. 28, 7:00 am.

**Location:** Hemet High School Stadium, 41600 E. Stetson Ave., Hemet. This is an "All Weather Track." Only 3/16" spikes or tennis shoes permitted on track.

**Check-in:** 6:45 – 7:00 am

**Note:** All Running Events are in Meters (100 Meters = 109 Yards approx.)

Events – Tentative Schedule: Event schedule will be followed as closely as possible.

**7:00 am:** 3K Walk, 50 Meter Dash.

**8:00 am:** 3k Run, 100 Meter Dash

**9:00 am:** 1500 Meter Run, 400 Meter Run

**10:00 am:** 1500 Meter Walk, 200 Meter Dash, 800 Meter

**7:30 am:** No time restriction so you can make your race times. You can go back and forth between the following: Shot Put, Discus, Softball Throw, Basketball Shooting, Football Pass, Long/Standing Jumps & High Jump.

**Age Brackets:** 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90, 94, 95+.

**Awards:** First, second & third – in all events (Men & Women).

**Deadline to Register:** Sept. 24. Limit 120.

**Note:** It is your responsibility to manage your time of events.

Race start delays will be limited. No changing or adding events day of.

Valley-Wide Recreation & Park District

# OLDlympics

# Valley-Wide Recreation

# OLDlympics

## 2024 ENTRY FORM - 1 form per person

Mail your completed entry form with check to:

**OLDlympics**  
**P.O. Box 907, San Jacinto CA 92581**  
 Awards Ceremony October 8th - 3:30 pm • Banquet 5:00pm  
 at Valley-Wide Recreation in San Jacinto

The 39th Annual Awards Banquet is the highlight of the OLDlympics competition. We will honor all the winners and salute everyone who participated in the 2024 events. Since this is a catered event (Salisbury Steak, includes salad, beverage and dessert), the number of guests will have to be known in advance of the banquet. Please sign up by October 5th. Doors open at 3:00 pm, awards at 3:30 pm, dinner at 5:00 pm (all times are approximate). If attending award portion only, seating will be designated.

For more information call Keri (951) 927-6673

One (1) Event (1 Box) .....	\$5	_____
Up to 3 Events (up to 3 boxes).....	\$8	_____
Up to 5 Events (up to 5 boxes).....	\$10	_____
Up to 8 Events (up to 8 boxes).....	\$15	_____
Up to 10 Events (up to 10 boxes).....	\$18	_____
Unlimited Events.....	\$23	_____
Awards Banquet Meal (does not incl. T-Shirt)	\$10	_____
Guests Meal (does not incl. T-Shirt) .....	\$10	_____
Donations Accepted.....	\$	_____
<b>Note: Bowling Lane &amp; Golf Green fees</b>	<b>TOTAL</b>	_____
<b>to be paid in cash the day of event.</b>		

**PLEASE NOTE THAT EACH BOX COUNTS AS ONE (1) EVENT**

PLEASE PRINT • See each event for registration deadline. **No changing to new event after your event has occurred.**

Name: \_\_\_\_\_ Age as of 9/13/2024: \_\_\_\_\_ Sex: \_\_\_\_\_ Mobile Home Park: \_\_\_\_\_

Address: \_\_\_\_\_ #: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

T-Shirt Size (registration includes T-shirt):  S  M  LG  XL (Limited  XXL  XXXL) Email: \_\_\_\_\_

**Pick up shirt when you register.** Registration after 9/18/24 - shirt sizes limited

OFFICE USE ONLY: Participant has shirt:  YES  NO

- BENCH PRESS Body Weight: \_\_\_\_\_
- BINGO
- MEN'S BILLIARDS
- WOMEN'S BILLIARDS
- BOWLING  
Names bowling with: \_\_\_\_\_

- CHAIR VOLLEYBALL  Beginners  Intermediate (Mark one only)
- CRIBBAGE
- FUN-TATHLON
- GOLF:  Thurs., Oct. 3 (9 hole) or  Sat., Oct. 5 (18 holes)  
(mark 1 only)  
Names Playing with: \_\_\_\_\_

- HAND & FOOT
- HORSESHOES
- PICKLEBALL
- PINOCHLE:  Single deck  Double deck
- SCRABBLE
- SHUFFLEBOARD
- TOURNAMENT BLACKJACK

- SWIMMING:  25 yard Free  50 yard Free  
 25 yard Breaststroke  50 yard Breaststroke  25 yard Backstroke  
 50 yard Backstroke  75 yard Medley
- TABLE TENNIS -  Singles  Doubles
- TENNIS -  
 Doubles Partner: \_\_\_\_\_  
 Mixed Doubles Partner: \_\_\_\_\_
- TEXAS HOLD'EM
- TRACK & FIELD:  
 50 Meter Dash  100 Meter Dash  
 200 Meter Dash  400 Meter Run  
 800 Meter Run  1500 Meter Run  
 1500 Meter Walk  3K Walk  
 3K Run  Long Jump  
 Standing Long Jump  High Jump  
 Shot Put  Discus  
 Basketball- Shooting  Football Pass (men only)  
 Softball Throw (women only)

(NO changing or adding events day of) NOTE: All running events are on an all weather track. Only non-cleated shoes or 3/16" permitted. It is your responsibility to manage your time of events.

**PLEASE SIGN WAIVER & RELEASE ON OTHER SIDE >>>>>**



# VALLEY-WIDE RECREATION AND PARK DISTRICT INFORMATION TO PARTICIPANT REGARDING RISK OF INJURY

ADULT ACTIVITY/PROGRAM: 2024 OLDlympics

Any and all recreation activities involve the risk of injury. You, as the participant, must be aware of the particular risks involved in the activity that you have signed up for. For example, a softball player runs the risk of breaking an arm while diving for a ball, or being struck by a thrown ball; a calligraphy student may fall and break a bone while walking out of class or to their chair. In any event, participants must understand that all activities have the potential for an injury and Valley-Wide Recreation is not liable. Participants must understand and agree that they take part in the activity at their own risk.

## AGREEMENT, WAIVER AND RELEASE

In consideration for being permitted by the above district to participate in the above activity, I hereby waive, release and discharge any and all claims for damages for personal injury, death, or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said activity. This release is intended to discharge in advance the above district (its officers, employees, and agents) from any and all liability arising out of, or connected to in any way with, my participation in said activity, even though that liability may arise out of active or passive negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents and knowing those risks, I hereby assume those risks. It is further agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and to hold the above persons or entities free and harmless from any loss, liability, damage, cost or expense which they may incur as the result of my death or any injury or property damage that I may sustain while participating in said activity.

**I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE ABOVE DISTRICT, AND I SIGN IT OF MY FREE WILL.**

## WAIVER OF RESPONSIBILITY

**NOTE: Be sure to read and sign this important waiver:**

In consideration of the right to participate in the 2024 Valley-Wide Recreation OLDlympics, I do hereby, for myself, my heirs, executor or administrators, release and forever discharge any and all claims for damages and losses suffered by me as a result of my participation in or traveling to or from said events including the awards festivities, to be held at various locations throughout the Hemet/San Jacinto/Menifee area between September 20 through October 8, 2024. I certify for myself, my heirs, executors, or administrators, release and forever discharge any and all liability that may result from my participation against the sponsors, Promise Care, HCN Bank, Valley-Wide Recreation and Park District, Optum, Arrow Printing Inc., Royal Benefits Insurance Services, Dr. Koka & Associates SJ Medical Clinic/Urgent Care, Friends of Valley-Wide Foundation, Ramona Country Carvers, Desert Hills Memory Care, the locations of all events, including but not limited to Hemet Unified School District, Hemet High School, Bowlero of Hemet, City of Hemet, City of San Jacinto, Golden Village Palms, Echo Hills Golf Course, Mountain Shadows, all Valley-Wide Recreation locations, and/or any officers or agents of said groups, officials and any and all sponsors and their officers and agents thereof. I further understand that there are certain risks; and/or injuries may occur in the various sports and activities and that certain sports and activities require proper training and proper physical conditioning. Knowing the risks and conditions required for any sport and activity, nevertheless, I hereby agree to assume those risks and release and hold harmless all those persons or entities mentioned above. I hereby grant permission to utilize my photo in promotion of the event, should I appear in one. I certify that I have read and understand the above.

**X** Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_