



# 2021 Application for Olympia Lodging Tax Funds

Amount of Lodging Tax Requested: \$ 30,000

Organization/Agency Name: WASHINGTON STATE SENIOR GAMES

Federal Tax ID Number: 91-2073918

Event or Activity Name (if applicable): WASHINGTON STATE SENIOR GAMES

Contact Name and Title: JACK KILEY, PRESIDENT, BOARD OF DIRECTORS

Mailing Address PO BOX 1487 City OLYMPIA State WA Zip 98507

Phone 360-701-0009 Email Address JACK.KILEY@COMCAST.NET

Check all service categories that apply to this application:

- ☒ Tourism Promotion/Marketing
- ☒ Operation of a Special Event/Festival designed to attract tourists
- ☐ Operation of a Tourism Promotion Agency
- ☐ Operation of a Tourism-Related Facility owned or operated or non-profit organization
- ☐ Operation and/or Capital Costs of a Tourism-Related Facility owned by a municipality

Check which one of the following applies to your agency:

(Note: per Olympia's guidelines, only non-profit or public (government) agencies are eligible to apply for Lodging Tax funding)

- ☒ Non-Profit (Attach copy of current non-profit corporate registration with Washington Secretary of State)
- ☐ Public Agency

## CERTIFICATION

I am an authorized agent of the organization/agency applying for funding. I understand that:

- I am proposing a tourism-related service for 2021. If awarded, my organization intends to enter into a Municipal Services Contract with the City of Olympia; provide liability insurance for the duration of the contract naming the City as additional insured and in an amount determined by the City; and file for a permit to use City property, if applicable.
- The City of Olympia will only reimburse those costs actually incurred by my organization/agency and only after the service is rendered, paid for if provided by a third party, and a signed Request for Reimbursement form (or other form acceptable to the City) has been submitted to the City, including copies of invoices and payment documentation.
- My agency will be required to submit a report within 45 days of the completion of my event/activity documenting economic impact results in a format determined by the City.

Signature: Jack Kiley

Date: 4/27/21

Printed or Typed Name:

JACK KILEY

1. **Describe your tourism-related activity or event.**

- **If an event, list the event name, date(s), and projected overall attendance.**
- **Describe why tourists will travel to Olympia to attend your event/activity/facility.**

The Washington State Senior Games began in Thurston County in the mid-1990s. The purpose of the Senior Games is to provide an opportunity for senior men and women, all 50+, to compete in a wide variety of sports. The goal is to provide an incentive for many in the senior community to get off the couch, to get involved in programs that involve exercise and nutrition, and ultimately enjoy competition and camaraderie with their peers. Almost all of the twenty events are held in Thurston County locations, with a few sports in Mason and Pierce Counties.

In 2021 the Washington State Senior Games will be held at various times in July and early August. Most of our sports will be held July 23 – 25, in venues throughout Thurston County. We estimate a total attendance of approximately 5,000. Our proposed budget is approximately \$120,000. Funding comes from two sources: first, local governments, corporations and other organizations that have an interest in supporting the vision of the Senior Games; and second, the athletes themselves. In 2019 individual and team fees constituted approximately 42% of our total budget.

The senior populations we serve directly are all men and women over 50 years of age, probably in the mid-range of our social/economic classes. Approximately 60% of the athletes, along with families and friends, traveled more than 50 miles from Thurston County, coming from all parts of the State of Washington, as well as from Oregon, California, Idaho and British Columbia.

In 2021 the Senior Games will consist of twenty sports, many going on simultaneously. We expect approximately 2,000 senior men and women will compete and be joined by many family and friends. These competitors, and their accompanying friends and families, have above average disposable income. As a result they will stay in Olympia motels, eat in local restaurants, and enjoy the many and unique activities in Olympia and Thurston County. Our VCB – Experience Olympia and Beyond - has estimated our impact on the local economy at \$1.4 million.

The Washington State Senior Games is an all-volunteer organization with no paid staff. During the Games we utilize over 200 volunteers in order to adequately staff the many sports that are offered. Because this is the only *State* Senior Games in Washington, competitors will come to Olympia and the South Sound primarily because there are very few opportunities for senior participants to compete against their peers. It is our on-going mission that the annual Washington State Senior Games continue as one of *the* signature events in Olympia. In part we do this by continually focusing on keeping the Games in the Capitol City. Since these are the State games, our view is that they should remain in the State Capitol, though we have many requests to move certain events to larger sites in more populous areas, such as the

aquatic center in Federal Way (for swimming), or the Key Arena in Seattle (for basketball and before construction started).

Unfortunately, the costs to provide such a unique opportunity continue to escalate. School facilities that once were free or at minimal cost to organizations such as ours, continue to escalate, now costing thousands of dollars as public organizations look for every opportunity to generate revenue as part of their own budget challenges. Fees for officials and umpires mostly in team sports such as softball, volleyball, basketball and soccer continue to rise exponentially, due to the increased demand for their required services generated by other events at all age levels. Fees for necessary equipment (for everything from shot puts and javelins to portable toilets) as well as licenses required for certification in many individual sports continue to absorb a large part of the budget

## Supplemental Questions – You may use this form or a separate sheet of paper for answers

1. Describe your tourism-related activity or event.

- If an event, list the event name, date(s), and projected overall attendance.
- Describe why tourists will travel to Olympia to attend your event/activity/facility.

2.

<b>2021 Tourism-Impact Estimate and 2020 Annual Report</b> <i>(The 2020 Actual must be completed by groups who had an Olympia Lodging Tax Contract in 2020. The "actual" figures must be based on locally documented data and must not be estimates themselves. The City recognizes that there is a very high likelihood that your event was cancelled, if so please indicated "cancelled event" in 2020 Actual)</i>		
As a direct result of your proposed tourism-related service, provide:	2021 Estimate	2020 Actual
a. Overall attendance at your event/activity/facility	5500	CANCELLED
<b>Attendees who traveled 50 miles or More</b>		
b. Number of people who travel more than 50 miles for your event/activity	3,300	CANCELLED
c. Of the people who travel more than 50 miles, the number of people who travel from out of state or from another country	1,500	CANCELLED
<b>Attendees who stayed overnight</b>		
d. Of the people staying overnight, the number of people who stay in PAID accommodations (hotel/motel/bed-breakfast) in Olympia or Olympia area	750	CANCELLED
e. Of the people who travel more than 50 miles, the number of people who stay overnight without paying for accommodations (with family or friends) in Olympia or the Olympia area	1,500	CANCELLED
<b>Paid Nights</b> <b>One lodging night = one or more persons occupying one room for one night</b>		
f. Number of paid lodging room nights resulting from your event/activity/ facility <i>(example: 25 paid rooms on Friday and 50 paid rooms on Saturday = 75 paid lodging room nights)</i>	1,475	CANCELLED

**3. What methodology did you use to calculate the 2021 estimates? (Direct counts and informal surveys are preferred.)**

- ☐ Direct Count (Preferred)
- ☐ Indirect Count
- ☒ Representative Survey
- ☐ Informal Survey (Preferred)
- ☐ Structured Estimate
- ☐ Other (Please explain)

**4. What methodology did you use to calculate / document the 2021 actual numbers? (Direct counts and informal surveys are preferred.)**

- ☐ Direct Count (Preferred)
- ☐ Indirect Count
- ☒ Representative Survey
- ☐ Informal Survey (Preferred)
- ☐ Structured Estimate
- ☐ Other (Please explain)
- ☐ Event Cancelled due to CoVID Restrictions

**5. Is there a host hotel for your event?**

We do not have a host hotel.

**6. Describe the prior success of your event in attracting tourists.**

Our success is measured mostly by the number of participants and guests that we attract to be part of the Senior Games. It is also measured by the number of sports we offer and the venues we utilize throughout the South Sound. It is measured by the fact that upwards of 70 percent of the competitors return year after year in order to evaluate their training and progress against their peer age group. The Senior Games in Washington began in 1996 with five events and a few hundred competitors. Today, we offer twenty events and in 2019 attracted over 2,000 participants along with many family members and friends. Participants are among the most active in the senior community. Because they enjoy higher than average disposable income, they make significant "deposits" in the motels, restaurants and other service providers in the Olympia and South Sound communities.

**7. Describe your target tourist audience (location, demographics, etc.).**

Competitors must be 50 and over in order to participate and will be coming to various sites in the South Sound where our twenty events are located. They will be coming from all over the State of Washington, other states, and British Columbia (if the border is open).

**8. Describe how you will promote your event/activity/facility to attract tourists.**

Our promotion of the Washington State Senior Games will include the following:

- ☐ Send out save-the-date cards to all those who participated in the last three years.
- ☐ Five E-blasts are sent to the same mailing list highlighting the Games, sponsors, and urging seniors to register.
- ☐ Ads and stories in the Senior News, senior-oriented papers in Oregon and Idaho, and other publications in the Puget Sound area will highlight the Senior Games.
- ☐ We intend to send posters and flyers to Y's and Senior Centers around the state;
- ☐ We use social media including our Facebook page to publicize and promote the Senior Games;
- ☐ We send out press releases to statewide media.
- ☐ Our website includes all promotional material about the Games, together with an entry form that can be used to register.

**9. Describe how you will promote lodging establishments, restaurants, and businesses located in the City of Olympia.**

Lodging establishments in the City of Olympia will be listed in all of our promotional materials and on our website. We will have canvassed each of the establishments to determine the best possible rate we can offer our competitors and their family and friends. We will also make available to each participant and those that accompany them a copy of the Experience Olympia and Beyond Visitor Guide.

**10. Are you applying for Lodging Tax funds from another community (yes or no)?  
If yes, list the other jurisdiction(s) and amount(s) requested.**

No, not at this time. However let me inject a personal note. It is important to recognize that in 2019, in addition to Olympia's sponsorship, the Senior Games also received the following from other local governments:

- ☐ City of Lacey                      \$15,000
- ☐ City of Tumwater                \$18,000
- ☐ Thurston County                 \$ 10,000

With regard to the Senior Games in 2021, however, the Lodging Tax application process is significantly different.. For example because of my required rehab at Panorama I was not available to respond to the Tumwater timetable, and thus the Senior Games did not qualify for sponsorship. During this same period neither Lacey nor Thurston County has opened an application process for their 2021 Lodging Tax.

**11. What is the overall budget for your event/activity/facility? What percent of the budget are you requesting from Olympia Lodging Tax Fund?**

Our budget is estimated at \$122,000. Olympia Lodging Tax represents approximately 24% of the total budget.

**12. What will you cut from your proposal or do differently if full funding for your request is not available or recommended? [NOTE: Please be thorough with your answer. In balancing the number of requests with limited funds available, the Lodging Tax Advisory Committee relies on this information for decision-making.]**

If we project that it is impossible to raise enough revenue from our sponsor community, and because most of our costs are fixed, we will have to raise athlete fees in order to ensure that we present a professional experience that senior athletes have come to expect.

**13. Describe your plan to modify your event or request to comply with CoVID compliance requirements such as social distancing should they still be in place at the time of your event?**

Of course we are very aware of the consequences and requirements surrounding COVID-19. While as of today the Senior Games in July is a GO, we will be monitoring the recommendations of the CDC and the State Department of Health guidelines. We are reviewing alternatives that may be required including temperature checking, vaccination history, mask wearing during competition, disinfecting, and social distancing as they apply to the different sports we offer. In the event our staging of the Games cannot guarantee at that time the health and safeguarding of our athletes, officials, volunteers and guests, we reserve the right to cancel. Cancellation will immediately trigger a return of any reimbursement that we have received.

14. **Did you receive LTAC Funding for the City of Olympia's initial funding request completed in December 2020? If so why is additional funding being requested?**

No we did not.

## **Conclusion**

Your sponsorship of the Senior Games specifically addresses both improved health and quality of life by bringing an important local celebration – a family event - to Olympia and the South Sound. Our goal continues to be to make the Washington State Senior Games one of the foremost events held in the South Sound. Experience Olympia and Beyond, the local Visitor and Convention Bureau, estimates the local economic impact of the Senior Games to be in excess of \$1.4million.

We frequently search for the right words that succinctly capture our mission. Particularly this year we have heard from many senior athletes that are starving to get out and compete against their peers. This ardent desire of one of our senior competitors put it exactly right:

**"Thanks for providing the incentive for us to stay active."**



**Itemized budget:**

**2021 Proposed Budget  
Washington State Senior Games**

**Projected Revenue:**

Sponsorships	\$62,000
Athlete Fees	60,000
Donations	<u>1,000</u>
Total	\$123,000

**Projected Expenses:**

Personnel (salaries and benefits)	\$ ... 0
Administration	27,000
Marketing and Promotion	18,000
Professional/Consultant Fees:	14,000
Equipment	25,000
Venues/Officials	36,000
Travel/Dues to National Program	<u>2,000</u>
Total	\$122,000
Program Surplus	\$1,000

### Possible Uses of Olympia Lodging Tax: \$30,000

- ☐ Advertising, promotion and media consultant expenses
- ☐ Liability insurance, venue rentals, expenses for officials and judges
- ☐ Medals
- ☐ Registration processing
- ☐ Event guides, flyers, posters, sport signs
- ☐ Tents and throwing implements
- ☐ Expenses to National Senior Games Association



Secretary of State  
*Kim Wyman*

Washington Secretary of State  
Corporations and Charities Division  
801 Capitol Way South  
PO Box 40234  
Olympia, WA 98504-0234  
(360) 725-0377  
[corps@sos.wa.gov](mailto:corps@sos.wa.gov)

## Customer Receipt

### Payment Transaction:

Work Order #: 2020092800510481

Received Date: 09/28/2020

Total Paid: \$10.00

### Payment Details:

Cardholder Name / Payer Name	Payment Type	Identifying Number	Payment Date	Amount
JACK KILEY	MASTER CARD	5320	09/28/2020	\$10.00

### Transaction Details:

Name	UBI # / Registration #	Service Type	Amount	Processing Fee
WASHINGTON STATE SENIOR GAMES	601 816 978	ANNUAL REPORT	\$10.00	\$0.00

WASHINGTON STATE SENIOR GAMES  
PO BOX 1487  
OLYMPIA WA 98507-1487

DETACH BEFORE POSTING



STATE OF  
WASHINGTON  
Nonprofit Corporation

WASHINGTON STATE SENIOR GAMES  
2218 VISTA AVE  
OLYMPIA, WA 98501

TAX REGISTRATION - ACTIVE

ITY ENDORSEMENTS:  
OLYMPIA NONPROFIT BUSINESS #27212 - ACTIVE

REGISTERED TRADE NAMES:  
WASHINGTON STATE SENIOR GAMES

Issue Date: Sep 28, 2020  
Unified Business ID #: 601816978  
Business ID #: 001  
Location: 0001  
Expires: Sep 30, 2021

11

This document lists the registrations, endorsements, and licenses authorized for the business named above. By accepting this document, the licensee certifies the information on the application was complete, true, and accurate to the best of his or her knowledge, and that business will be conducted in compliance with all applicable Washington state, county, and city regulations.

*Vikki Smith*

Director, Department of Revenue

UBI: 601816978 001 0001

STATE OF WASHINGTON

Expires: Sep 30, 2021

WASHINGTON STATE SENIOR  
JAMES  
2218 VISTA AVE  
OLYMPIA, WA 98501

TAX REGISTRATION - ACTIVE  
OLYMPIA NONPROFIT BUSINESS  
#27212 - ACTIVE

aL0002

DETACH THIS SECTION FOR YOUR WALLET

*Vikki Smith*

Director, Department of Revenue

*12*



## WE'RE HERE FOR YOUR HEALTH

Kaiser Permanente is a proud sponsor of the Senior Games.

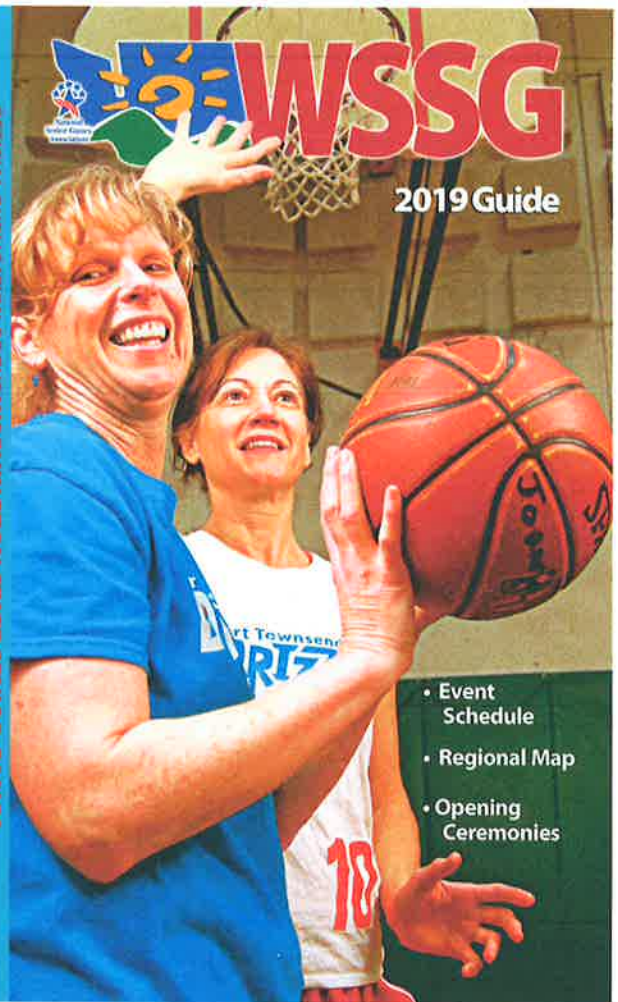
kp.org/wa

7000th Avenue  
Portland, Oregon 97205



KAISER PERMANENTE®

OFFICIAL PUBLICATION OF THE WASHINGTON STATE SENIOR GAMES



2019 Guide

- Event Schedule
- Regional Map
- Opening Ceremonies

# WSSG 2019

WASHINGTON STATE SENIOR GAMES

## Speaking to the hearts of older athletes

In 24 years of bringing senior athletes to the South Sound—more than 2,000 came last year—the Washington State Senior Games has hosted its share of dynamic speakers and sports superstars.

Last year, in partnership with Kaiser Permanente, our first-ever basketball "Fit Clinic" was led by WNBA point guard **Ivory Latta**, who fired up nearly 250 participants and guided them through stamina, defense and shooting drills.

Last year, the Games crossed a further milestone as athletes attendance topped 2,000 and we received a "Personal Best" visit from **Marc Rikter**, Chief Executive Officer of the National Senior Games Association.

Perhaps the all-time favorite sports celebrity—and certainly our biggest-ever reception draw—to deliver a WSSG keynote address was mountaineer **Jim Whittaker**, first American to



ascend Mt. Everest in 1963. Charming and as personable as your own best friend, Whittaker spoke for an hour and a half and received two standing ovations.

First woman to sled solo to the magnetic North Pole, **Helen Thayer**, whom National Geographic proclaimed "one of the greatest explorers of the 20th Century," honored us with two back-to-back keynote addresses at our WSSG Athlete Receptions.

... continued on page 9

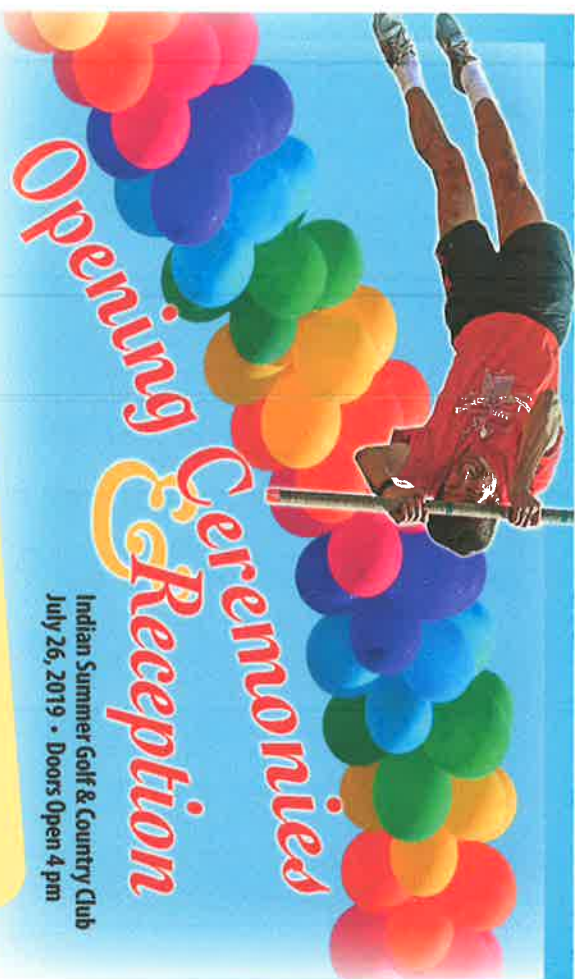
**Bill Iffrig** found fame at age 78 when his image appeared on the cover of Sports Illustrated, collapsed and huddling on the street as one of the victims of the 2013 Boston Marathon bombing. A world-class marathon runner and Lake Stevens, WA, resident, Iffrig recovered and returned to running, honoring the 2015 Washington State Senior Games by addressing our athletes at the podium, as well as competing in our 10K road race and carrying our Opening Ceremonies torch around Turnwater High School Stadium.

Photos: Ivory Latta.

From lower left, Jack Riley and Jim Whittaker (on right), Helen Thayer, Bill Iffrig (with torch) and Doug Woolen.







Indian Summer Golf & Country Club  
July 26, 2019 • Doors Open 4 pm

**FREE... but please RSVP by July 16:**  
**Go to: [WashingtonStateSeniorGames.com](http://WashingtonStateSeniorGames.com)**

A new video and special trophy presentation acknowledging the founders of pickleball—Joel Pritchard, Bill Bell and Barney McCallum—will be one of the highlights of the 2019 Opening Ceremonies!

- 4:00 Doors Open  
Cash Bar & Refreshments
- 4:30 Welcome - Introductions
- 5:00 Ralph Munro introduces  
New Pickleball Video  
Pritchard Cup Awarded
- 5:30 Hors d'oeuvre Buffet
- 6:15 Spirit of the Games Award
- 6:30 Torch Ceremony &  
National Anthem  
"Let the Games Begin"  
Public Officials Launch  
2019 Games with a BANG
- 6:45 Social mixer, fellowship
- 7:30 Doors Close

*Expect the very best for this year's Opening Ceremonies & Athletes Reception. The cool, shady grounds of Indian Summer Golf & Country Club provide a relaxed yet elegant backdrop for what promises to be a four-star event.*

*A revised torch and National Anthem ceremony combined with a unique Pickleball awards presentation will make the evening special. Athletes, friends and their families will be treated to rare, never-before-seen HD video footage of past years' events, including athletes in action and spontaneous interviews.*

*Catered by one of the area's finest kitchens, our sumptuous hors d'oeuvre buffet will delight your taste senses. Allow our "Olympics" styled room decorations and table talk remind you of how important it is to stay active—and to stay in touch with fellow athletes and competitors. Please RSVP today!*

2

## Pickleball: Born on Bainbridge Island

America in 1965 was about to go through changes. Martin Luther King and civil rights demonstrations, the Vietnam "conflict" and NASA's space program were all about to accelerate. The British musical invasion was in full swing, with the Beatles, Rolling Stones, Animals, Dave Clark Five and dozens more "mop top" bands replacing older teen idols like Frank Sinatra and Elvis Presley.

The year 1965 brought us Julie Andrews in both "Mary Poppins" and "The Sound of Music," Ian Fleming was in print with "The Man with the Golden Gun," and on the silver screen with "Goldfinger." The Ford Mustang, the miniskirt and the G.I. Joe doll all made debuts in 1965.

The summer of that very same year, on Bainbridge Island, a 13-year-old boy complained to his father that he and his friends had nothing to do.

"There's plenty for young kids to do," his father admonished him, "Go out and play a game. When we were kids your age, we invented things all the time. It's simple. Go out and invent something to play."

As it so happened, there was a badminton court beside the house. The boy's father, Joel Pritchard, helped his son, Frank, to lower the net, and find some ping-pong paddles to hit a plastic whiffle ball.

Thus was born the sport of pickleball. Resembling tennis but much slower, more "forgivable" and geared especially for couples' play, Joel Pritchard and his own adult friends, Bill Bell, Sr. and Barney McCallum, essentially stole the sport back from the boys. All summer long, the group kept hitting the plastic ball back and forth, refining the rules, making custom paddles, and trying all sorts of variations on service and volley play.

Joel Pritchard was a much-loved and influential politician then, serving in both the Washington State House of Representatives and Senate before representing Seattle's District 1 in the U.S. House of Representatives, and also becoming lieutenant governor in 1988. Friend, fellow politician and former Bainbridge Island resident Ralph Munro, remembers Pritchard and how he invited so many people throughout the 1960s to his tiny beach house to play a new sport with a crazy name.

"Joel was a charismatic guy," Munro says, "and by his enthusiasm, was essentially the first salesman for the sport. Then Barney McCallum, with his business background, really took pickleball to the next level."

Today, pickleball is the fastest growing sport in America. With more than 3 million active players and thousands of new courts being built in parks, playgrounds, schools and senior living facilities every month, pickleball is spreading rapidly among age brackets as well as other countries in the world.



3



## On the fence only once

**Shannon Houlihan** recalls the fateful day in 2014 when she hit the fence, literally, in her quest to maintain her multi-year win streak in the WSSG women's football throw.

The fence, in this case, was the silver cyclone one surrounding Tumwater Stadium, site of the 2014 Washington State Senior Games Track and Field competitions.

The reason Shannon faced the fence was because it was closed. She thought Track and Field took place on Sunday, when, in fact, the event had come and gone the day before.

The stadium stood empty. Quite like the feeling she had in her heart.

"I threw every year to honor my father," Shannon said in a recent interview. "Dan Houlihan was the one who taught me football, baseball, and inspired me to connect through sports. From the age of five on, I never went in the house for supper until after my dad and I had a game of catch."

Shannon knew what she had to do. With her friend, Hilary, at her side, she climbed the fence and marched to the football field, where to anyone observing, it must have appeared very unusual for a woman to be throwing a football to no one, while another woman marked the landing spots with an extra pair of shoes.

"I went to the Senior Games website the next day and saw that I would have won gold," Shannon said. "Dad would have been proud."

At a WSSG commissioners dinner later that year, Shannon shared her story. She didn't think it was strange, she said, or illegal to climb over a fence and initiate her own competition.



"Sports is about enthusiasm," she said. "You guys at the Games got me into this in the first place, and it was my fault for being a day late. I was just making it up to you."

Clearly, Shannon has made it up to the Games, and her dad, too, while going on to medal—officially this time—in both football and softball throw, earning four consecutive golds in football, and three golds, one silver in softball from 2015 to 2018.

Her enthusiasm has carried over to women's basketball as well, where in 2018 she organized and coached the West Coast Wild, the first-ever Olympia area senior women's team—and an instant "love/hate" rival to the previously unchallenged Port Townsend Drizzle.

"We bring out the best in each other," Shannon says of their rivalry.

Indeed, stories like Shannon's bring out the very best in all of us.

## George Rowswell: In a class of his own

Born in 1917 and living by the principles he taught his students and players since the 1940s, **George Rowswell**, beloved friend, mentor and senior competitor, earned his last gold medal in shot put at age 101 at the 2018 Washington State Senior Games.

George passed away in December of 2018. He had already been a teacher and sports coach before settling into a long-lasting and influential tenure as football, track coach and Phys Ed teacher at Lacey's North Thurston High School, beginning in 1955. He served as the North Thurston School District Athletic Director until his retirement, then spent many more years coaching discus and shot put, until his 90s.

George was inducted into both the Washington State and the National Track Coaches Halls of Fame. He made a career and a life out of helping others. Always of service, George once said that the greatest joy he got out of athletics and coaching was when a student returned, years later, to thank him for his influence and generosity.



## Meet Quentin McGuire: New softball commish carries love of the game



**Quentin McGuire** has a big heart for softball. Ever since his days as a 12-year-old babyboy for his uncle's team, scrapping against rivals on hot summer evenings at Renton's Liberty Park, Quentin has been connected to the rich and colorful American ritual known as recreational softball leagues.

This year, the "Kid" who, at 16, once sported a Brick Tavern uniform shirt on the diamonds around Cle Elum, is now the official and acting Softball Sports Commissioner for the Washington State Senior Games. Lew Keller, WSSG tournament workhorse and mainstay for more than a decade, will be around to advise and observe, but this year marks the beginning of McGuire's time at the helm.

Quentin says he was "a slight bit argumentative" as a

## Organizational Triumph: Dianne Foster's high performance on and off the field

If it takes one to know one, then it obviously takes a marathon runner to build and run a website that covers as much ground as the one for the Washington State Senior Games.

Mastering the WSSG website (as well as our huge registration database) is **Dianne Foster**, an information technology specialist in her workday world, but also a dedicated runner and athlete with 37 marathons salted away, including five first-place finishes of her beloved home-town Capitol City Marathon, the course upon which the first-ever US Women's Olympic Marathon Trials were configured in 1984.

"I won the very first Cap City Marathon," Dianne says, "which is one record no one can take away."

For example, she says, "unlike being the youngest girl to climb Mt. Rainier, at age 11, which got taken away the minute my younger sister, then 7, stepped on the peak after me."

Growing up in a hiking, climbing and skiing family prepared her for a lifetime of athletic challenges, including the heartbreak of seeing your own records get broken.

In addition to her loves of long-distance running and very demanding handbell musical performances—individual bells weigh up to 10 pounds—Dianne manages the WSSG website

throughout the year, logging in millions of bits of information with pinpoint accuracy.

"We get so many comments from visitors to our website," says Jack Kelley, president of the Washington State Senior Games. "Athletes are amazed that their times are posted within 24 hours, down to the hundredth second. Plus you can go to any year, far back as 2001, to instantly bring up the names and winning stats of every medalist in every sport. It's amazing."

Dianne is also a WSSG board member and track and field sports co-commissioner. An "info nerd" to the nth degree, she can be seen with her clipboard in hand on the day of the Senior Games meet, or near her beloved electronic scoreboard, transferring split-second winning times to both the website and medal podium staff.





# EVENTS / VENUES / MAP

## FRIDAY, JULY 26

- 9:00 am Hammer and Weight Implement Check-in
- 10:30 am Rock Climbing Event begins
- 11 am Hammer and Weight Throws Competition begins

## SATURDAY, JULY 27

- 8 am Baseball All athletes/events
- 8:30 am Powerwalk 1500 meter (on track)
- Softball 60+, 70+, 75+, 80+
- Base Walk 5K (on the track)
- Base Run 5K and 10K
- 10:00 am Baseball All divisions/events
- Track & Field See website for details\*
- 11:30 am Base Walk 1500 Meter

## SUNDAY, JULY 28

- 6:30 am Volleyball Check-in
- Softball 60+, 70+, 75+, 80+
- Swimming Warm-up
- 8:45 am Volleyball Captain's meeting
- 9:00 am Cycling 5x time trial
- Volleyball Team tournament
- 9:30 am Swimming See website for details\*
- 10:30 am Cycling 10K time trial
- 12:30 pm Cycling 40K road race

\*www.washingtonstateseniorgames.com/EventSchedule

## Opening Ceremony FREE TO ATTEND

Friday - July 26, 2019  
Indian Summer Golf and Country Club  
5900 Ironia Ln SE • Olympia, WA 98503  
Come, socialize with fellow athletes!  
See page 2 for more details.

**MUST RSVP BY 7/16/19,**  
[WashingtonStatesSeniorGames.com](http://WashingtonStatesSeniorGames.com)



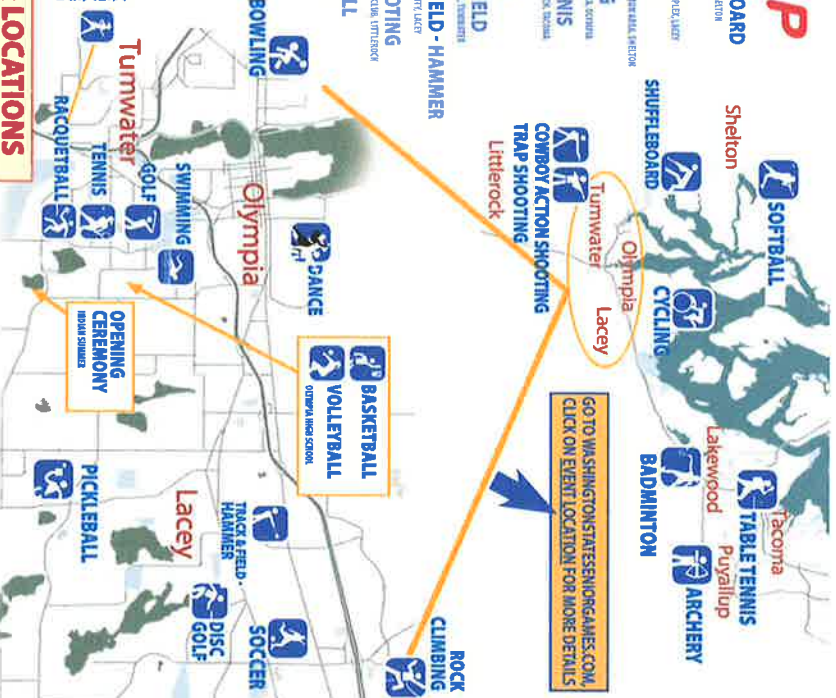
- ARCHERY** SPOONER ARCHERS CLUB & PACIFIC PUYALLUP
- BADMINTON** LAKEWOOD COMMUNITY CENTER
- BASKETBALL** OLYMPIA HIGH SCHOOL
- BOWLING** WESTSIDE LAKES, OLYMPIA
- COMBOY ACTION SHOOTING** EVERGREEN SPORTSMAN'S CLUB, LITTLESOCK
- CYCLING** BOSTON HARBOR, OLYMPIA
- DANCE** OLYMPIA CENTER
- DISC GOLF** WOODLAND CREEK COMMUNITY PARK, LACEY
- GOLF** TURNER VALLEY TOWNHOMES
- PICKLEBALL** MARINETTA COMMUNITY PARK, LACEY
- POWERWALK** TURNER VALLEY TOWNHOMES
- RACEWALK** TURNER VALLEY TOWNHOMES
- RACQUETBALL** TURNER VALLEY TOWNHOMES
- ROAD RUNNING** TURNER VALLEY TOWNHOMES
- ROCK CLIMBING** CENTRAL PARK, LACEY
- RUNNING** WESTSIDE LAKES, OLYMPIA

- SHUFFLEBOARD** LITTLE CREEK COUNTRY, SHELTON
- SOCCER** REGIONAL ATHLETIC COMPLEX, LACEY
- SOFTBALL** EVERGREEN SPORTSMAN'S CLUB, LITTLESOCK
- SWIMMING** EVERGREEN SPORTSMAN'S CLUB, LITTLESOCK
- TABLE TENNIS** WESTSIDE LAKES, OLYMPIA
- TENNIS** TURNER VALLEY TOWNHOMES
- TRACK & FIELD** TURNER VALLEY TOWNHOMES
- TRAP SHOOTING** EVERGREEN SPORTSMAN'S CLUB, LITTLESOCK
- VOLEYBALL** OLYMPIA HIGH SCHOOL

## MORE EVENTS: DATES & LOCATIONS

JULY 8	BALLROOM DANCE	OLYMPIA CENTER
JULY 9	TRAP SHOOTING	EVERGREEN SPORTSMAN'S CLUB, LITTLESOCK
JULY 12-13	TABLE TENNIS	WINTER LUTHERAN CHURCH, TACOMA
JULY 12-14	TENNIS	THE VALLEY TOWNHOMES
JULY 14	COMBOY ACTION SHOOTING	EVERGREEN SPORTSMAN'S CLUB, LITTLESOCK
JULY 17	GOLF	TURNER VALLEY TOWNHOMES, GOLF COURSE
JULY 20-21	SPRINTAL (4x, 6x, 7x, 7x, 8x)	MASON COUNTRY BEVERLY HILLS, SHELTON
JULY 21	ARCHERY	SPOONER ARCHERS, PUYALLUP
JULY 21	DISC GOLF	WOODLAND CREEK COMMUNITY PARK, LACEY
JULY 22-24	SHUFFLEBOARD	LITTLE CREEK COUNTRY, SHELTON
AUGUST 3-5	PICKLEBALL	GAHNER VISTA COMMUNITY PARK, LACEY
AUGUST 3-5	BOWLING	WESTSIDE LAKES, OLYMPIA
AUGUST 3-5	SOCCER	REGIONAL ATHLETIC COMPLEX, LACEY
AUGUST 4	BADMINTON	LAKEWOOD COMMUNITY CENTER

PLEASE GO TO: [WASHINGTONSTATSENIORGAMES.COM](http://WASHINGTONSTATSENIORGAMES.COM) TO REGISTER BY JULY 16.



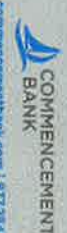
## Athlete Registration Deadline: July 16\*

\*With a few exceptions, please check your sport at  
[WashingtonStatesSeniorGames.com](http://WashingtonStatesSeniorGames.com).

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## Stretch your limits in three quick steps

### 1 Standing Back Bend

First, bring knees and thighs together, lock knees from behind. With chin down, eyes straight ahead, lengthen your spine and stand your tallest and straightest. Raise hands up overhead, then bend backwards as far as you comfortably can. Hold and breathe. Come back up straight, breathe, then bend over to touch your toes. Go as far as you can but keep your knees supple and unlocked to protect your hamstrings. Next, add a side-to-side standing stretch.

### 2 Standing Squat

Straighten spine, as in #1 above. Breathing in, bend knees and come down slowly, keeping your balance until you reach a non-painful "rest" position with thighs together, hands atop them and feet planted firmly, though heels will be, most likely, raised a few inches from the ground. Rest here, concentrating on both quad release and calf stretching. You may place a hand on a table or seat edge to help with balance.

### 3 Sitting Leg Stretch

Great exercise for whenever you can sit flat. Sitting on floor or ground, spread legs wide, raise head and straighten spine, then drop toward one knee, then the other, slowly. Reach out toward the toes of the foot you are dropping over.

Try a variation with bending one leg, placing the flat of that foot against the side of the opposite knee (see photo). Next, you may drop straight down between your knees, adjusting your back with your hands on the ground in front of you, shaking out your knees to allow for greater hamstring stretch.



## Injured athlete rehabs knee for free

Senior Games softball player **Joseph Beaulieu**, 75, has played sports all his life. A track-and-field star from his high school days in rural Raymond, Washington, he ran and finished the first Capitol City Marathon in 1982. In senior softball, he's played every year of the 24-year Senior Games history, and fielded nearly every position but pitcher. He currently takes the field for the Ancient Rainiers.

Two years ago, however, his right knee grew painful and immobile, a slow and accumulative worsening familiar to anyone suffering from arthritis. While surgery achieved its promised results, coverage for his full rehabilitation ran out before his knee was softball-ready.

Fortunately for Beaulieu, his coverage with Kaiser Permanente included a "Silver Sneakers" plan that allowed him free (that is, covered) access to participating health club franchise, where he continued his own rehab, mainly treadmill, leg presses and curls.

Kaiser has changed the name of their "silver" offering in our region, plus a few other details, but it is a good idea for anyone considering health care and Medicare Advantage coverage to ask their coverage provider about fitness center alliances or other perks you might require should you ever need a long "stretch" of rehab and recovery.

It can't hurt to ask. So don't wait until it does.



### Speaking to the hearts of older athletes .. from page 1

Since the Games began we've been inviting sports figures from near and far, famous or not, in our efforts to bring fresh voices and stories that matter to our athletes every year.

For instance, **Ralph Munro**, former Washington Secretary of State, will present the first-ever Pritchard Cup Award this year to honor excellence in pickleball, a sport founded by his friend, the late Joel Pritchard, on Bainbridge Island in 1965. Pickleball is now an international phenomenon, the world's fastest growing sport, with over 3 million players worldwide.

Ralph is long-time friends with **Joseph Beaulieu** (featured on opposite page), a local sports legend of a different light: Beaulieu was a key member of the team who petitioned, persisted and eventually persuaded the U.S. Olympic Committee to name Olympia as the host city of America's first Women's Olympic Marathon Trials in 1984.

**Angela French**, who competed against eventual Olympic gold medalist Joan Benoit at the trials, was another WSSG keynote speaker (along with retired Washington Supreme Court Chief Justice **Gerry Alexander**) a few years ago.

We come together this year to celebrate our legacy. We all have significant stories to tell. Indeed, our advancing age and our attitudes and efforts to stay healthy, vital and of service to each other—THAT is a story each one of us is proud to share—and continue. It is a story we celebrate each year through our participation and love of the Games.

WSSG President Jack Kiley, left, and Ralph Munro on the world's first pickleball court at the late Joe Pritchard's house, Bainbridge Island.



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# THREE WAYS TO WIN

## PLAY

The Senior Games can't help but bring out the best in you. As a result, you'll find the best in everyone you meet, including your competition. Every year we hear new tales of athletes forming dear and lasting friendships on the sidelines as well as the finish line. Whether you thrive on team or individual sports, the Games are definitely for you.

## EXCEL

The Senior Games provide the perfect venue for the serious athlete who wants to extend his or her winning streaks. Take your own measure by competing against the best in the state. If you medal (gold, silver, bronze) in even-numbered years, you qualify for the National Games, which rotates its location throughout the USA.

## VOLUNTEER

Volunteer and it's "no sweat" to be part of the Senior Games. You'll join with 200 other dedicated workers who help ensure that the Games run smoothly for the nearly 2,000 competitors every year. Volunteering is also a great way to "test the waters" and observe any sport that interests you.



## THANKS FOR THE ASSISTANCE WITH OUR PICKLEBALL PRESENTATION & VIDEO

Brianna Loper, Ralph Munro, Bill Bell III,  
Frank Pritchard, Barney McCallum,  
Brianna Kosowitz, Rick Chandler,  
Bainbridge Island Historical Museum,  
Betsy Kenney, Carol Stover, Anna Copley



The Washington State Senior Games, now in its 24th year of running the largest Olympic-style multi-sport event in Washington, will be held during summer, 2019 at various sites throughout the South Sound. Over 2,000 participants will take part in the next Washington State Senior Games. The Washington State Senior Games is an OPEN state and out-of-state participants are welcome.

The Washington State Senior Games is a registered 501 (c)(3) non-profit organization dedicated to providing a forum that initiates and encourages camaraderie through athletic competition and the Olympic spirit. The event assists in maintaining healthy lifestyles and promotes positive, healthy activities for the participants, their families and the communities where they live.

*If you wish to contribute to the future of this 50-and-over athletic event, send your tax-deductible donation to the following address:*

Washington State Senior Games  
P.O. Box 1487  
Olympia, WA 98507-1487



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