

Ⓢ THE OFFICIAL PUBLICATION OF THE 2008 NATIONAL VETERANS GOLDEN AGE GAMES Ⓢ



This koala bear is on display as a special exhibit at the Indianapolis Zoo.

There's More to Life than Racing.

When you need to take a break from chasing the gold, there's plenty of opportunities for some fun at the Golden Age Games in Indianapolis.

While there is nothing like the thrill of competition, it's also nice to take the time to just relax, unwind and recharge your batteries. To help you do that, a number of fun and engaging activities have been planned during the Games. From a friendly game of Bingo to touring the most famous racetrack in the world, there's sure to be something for you.

On Wednesday, August 20th, please stop by and enjoy the music of DJ Brad Gillum at the NFL themed dance immediately following Opening Ceremonies. The dance will be held in the 500 Ballroom on the first floor of the Indiana Convention Center and Lucas Oil Stadium. The Indianapolis Colt's Cheerleaders will be joining us – come by, have your picture taken and partake in the food and beverages!

Make sure to bring something red, white and blue to wear to the patriotic dance, Thursday, August 21st from 8– 11 p.m. in

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Closing Ceremonies Dinner Seating Limited

In commemoration of an unforgettable week in Indianapolis, Closing Ceremonies will be held on Sunday, August 24th from 7 p.m. – 9 p.m. in the Sagamore Ballroom at the convention center. As we bid farewell to the 22nd National Veterans Golden Age

Games, a dinner will be served prior to the ceremonies at 5 p.m. with the doors opening at 4 p.m. Seating is limited, so athletes (and up to one guest) planning to attend the dinner **MUST** sign up at check-in on the first day of registration.

Transportation

Continuous shuttle bus service will operate daily between hotels (except Westin) and the convention center starting between 5:30 a.m. and 6 a.m. and running until midnight. All event and activity busses will depart

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There's More to Life than Racing (continued from frontpage)

the 500 Ballroom in the Convention Center. Enjoy the the music of the Ari West Band and join the line dancers of Heritage Place for some time on the dance floor.

Who doesn't have a good time at BINGO? Bingo will be held on Friday, August 21 from 7– 9 p.m. in Hall D on the first floor of the Convention Center. In order to win the great prizes at Bingo, you must have your bib with you. After Bingo, enjoy the music of DJ Kathy Thompson in the 500 Ballroom until 11 p.m. Get in the Indianapolis spirit and be sure to wear your favorite racing team's clothing.

On Saturday, August 23rd, join us for an evening at the world-class Indianapolis Zoo. Enjoy a barbeque dinner before watching the dolphin show which starts at 7 p.m. Walk around the Zoo and enjoy the exhibits. Dinner will be served in three shifts (4:30, 5:30 and 6:30 p.m.). Seating capacity is limited to 400 per shift and is based on a first-come, first-served basis. We

encourage competitors to eat at either the 4:30 or 5:30 shift in order for you to be ready for the dolphin show. For those individuals driving to the Zoo, parking will cost \$5 per vehicle. The last bus departs the Zoo at 9 p.m. More information regarding meals times and transportation will be available at the Activities Registration Desk during the Games. Please take notice that anyone who is registered for the 2 p.m. Indianapolis Motor Speedway Tour on Saturday afternoon will be going directly to the Zoo from the Speedway for the first dinner shift.

The granddaddy of all racetracks is only minutes away, and you're invited to tour the historic 2.5 mile oval. Browse through the Hall of Fame Museum, which is one of the most highly visible museums in the world. It's devoted to the history of automobiles and auto racing. This activity is limited to registered participants only, and occurs on Friday, August 22nd from 10 a.m. – 12 p.m. and again at 2 – 4 p.m. Two more tours will occur

on Saturday, August 23rd from 10 a.m. – 12 p.m. and again at 2 – 4 p.m. Buses will depart from the convention center one-half hour prior to the Indianapolis Motor Speedway tours.

Finally, each competitor will receive a pass to the White River State Park at the Activities table at Registration. The pass includes tickets to five world-class attractions within walking distance from one another. These include the Eiteljorg Museum of American Indians and Western Art, IMAX Theater, Indiana State Museum, Indianapolis Zoo and the White River Gardens. Please feel free to attend any or all of these activities when time permits in your schedule. Details will be available at Registration regarding purchasing additional tickets.

As you can see, there's more planned for you than racing after that Gold. Please try to attend any or all of these activities, as you'll have a much more rewarding Golden Age Games experience. See you soon! •

The Work Behind the Scenes

As always, there are a myriad of people behind the scenes working hard to make sure the Games are a successful and enjoyable event. The Indianapolis Local Organizing Committee (LOC) has been directed by Tom Mattice, Medical Center Director, and spearheaded by Linda Jeffrey and Tom Brown, co-coordinators. The LOC has also included a host of subcommittee chairs, co-chairs and members, who have all worked for more than a year to ensure that your week at the Games is filled with memories and great venues.

The administration team, has worked hard to ensure that the information for your competition is complete.

Many hours have been spent gathering information from your forms and entering them into the database.

The transportation, equipment and events teams have worked non-stop, to make sure you get to your events promptly and safely, and that the events will be set up properly. These are difficult jobs indeed, but the members of these committees will tell you that all the hard work is worth it when they watch you compete without a hitch.

There are many other committees whose work is just as critical to ensuring you have a fantastic time at the Games, and helping those of you who want to take your competition to an even higher level. Look for highlights in future newsletters.

So, pack your athletic gear, sunscreen, and all your clothes and medical supplies, and prepare for the best National Veterans Golden Age Games ever! See you in Indy as you Race for the Gold! •

Transportation

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promptly as scheduled from the West Maryland Street entrances in front of the convention center. Transportation schedules will be provided in registration packets as well as posted at hotels and the convention center. Please monitor schedules closely as they are subject to changes.

To help ensure participants do not miss their scheduled events, competitors should be at the bus location 30 minutes prior to scheduled departure times. Competitors in wheelchairs and others needing special assistance should be at the departing location 45 minutes prior to scheduled departure time.

Volunteers at the hotels and the convention center will be able to answer your transportation questions. •



FLYING TO INDIANA?

Carry On Items

Make your Air Travel Trip better using 3-1-1 for carry-ons

- 3oz. or less (by volume) of liquid
- Place in: 1 quart-size, clear, plastic zip-top bag
- 1 bag per passenger

Liquids including water, juice, or liquid nutrition or gels for passengers with a disability or medical condition are allowed in any amount. However, if medically necessary items exceed three ounces or are not contained in a one-quart, zip-top plastic bag, you must declare to one of the security officers at the checkpoint for further inspection.

Transportation from the Airport

Each participant should count on being greeted as they arrive in the airport baggage claim lobby. Volunteers will be there to assist in retrieving luggage and ensuring it has the appropriate color tag for the corresponding hotel destination. Once our guests are ready, they will be escorted to waiting buses. During the 20 - 25 minute ride to spectacular "Downtown Indy", a volunteer will be available to answer questions and ensure a safe arrival to their destination.

We look forward to your visit to our city and are here to make your stay a special one.

Travelers with Disabilities and Medical Conditions

Medication

All medications in any form or type (i.e. pills, injectables or inhalers and associated supplies; i.e. syringes, sharps disposal containers, pre-loaded syringes, pen infuser etc.) are allowed through the security checkpoint once they have been screened.

Normally these medications/supplies will be X-rayed. However, you may request a visual inspection before the screening process begins to avoid X-ray inspection.

If you are concerned or uncomfortable about going through the metal detector with your insulin pump, notify the TSA security officer that you are wearing an insulin pump and would like a full-body pat-down and visual inspection of your pump instead. Advise the security officer that the insulin pump cannot be removed because it is inserted with a catheter under the skin.

It is not necessary to remove hearing aids or exterior component of a cochlear implant at the security checkpoints – it is best to wear them through the metal detector.

Oxygen

Passengers requiring oxygen are responsible for making arrangements for supplemental oxygen onboard the

aircraft. You may not bring oxygen on board the aircraft.

You must also make arrangements for the oxygen canisters to be removed from the airport gate area immediately after you leave the gate area to board the aircraft.

Contact your local VA home oxygen representative or local carrier to make arrangements for supplemental oxygen to be set up in Indianapolis

Assistive Devices and Mobility Aids

TSA Security officers will need to see and touch your prosthetic device, cast or support brace as part of the screening process, but they will not ask nor require you to remove your device.

You have the option of requesting a private screening at any time during the screening of your prosthetic device and may have a companion assist you into the private screening area and remain throughout the process.

All walkers, crutches, canes and other mobility aids that can fit through the X-ray machine must undergo X-ray screening (with exception of white collapsible canes). All walkers and any attached basket, pickets or compartments will be physically inspected.

Veterans History Project

We need your story! The Veterans History Project (VHP) collects and preserves the remembrances and stories of American war veterans and the civilian workers who supported them. These collections of first-hand accounts are archived at the Library of Congress for use by researchers and to serve as inspiration for generations to come.

This project is to honor you, our nation's veterans, by creating a lasting legacy of your military experience. Regardless of your branch or period of service, age, military career or experience, we need you to come and tell your story. Share your adventures with us and help make our nation's history come alive!

Please come and share your story during the 22nd National Veterans Golden Age Games in Indianapolis. Make an interview appointment at the VHP registration table during Registration. Interviews will be conducted in the Conference Room West, located in the Maryland Street Lobby of the convention center between the hours of 8 a.m.-noon and 1 p.m. to 5 p.m. from Tuesday, August 19 through Friday, August 22nd.

You will receive a copy of your 45 minute interview on DVD. Then your remembrances will become part of the Library of Congress official historical records. In appreciation, you will also receive a VHP tote bag and a one of a kind VHP Challenge Coin.

Hospitality

Experience classic Hoosier hospitality at its finest as volunteers welcome you at the airport and downtown Indianapolis! For assistance during the Games, be sure to stop by any one of the information tables located at the convention center, the Lucas Oil Stadium or at the hotel where you will be staying. At these tables you may pick up a copy of the "Victory Lane" daily newsletter, information about our wonderful city, competition and event schedules, or speak with a volunteer. In addition, playing cards and board games will be available for you to check out during the week. Enjoy the city of Indianapolis and good luck in all of your events! •

The Indianapolis Airshow



The United States Air Force F-22A "Raptor" Demonstration Team will be making a rare appearance at the Indianapolis Air Show.

Indianapolis will not only be hosting the 2008 National Veterans Golden Age Games, the city will be presenting its 12th Annual Air show at the same time from August 22 through August 24. The Indianapolis Air Show is one of the largest, outdoor events in Indianapolis and will feature a world-class line-up of the best aerobatic performers and warbirds available. Highlights of the airshow include a rare appearance by the USAF

F-22A "Raptor" Demo Team (one of only 25 places in the world they will appear), the U.S. Army Golden Knights parachute demonstration team, wingwalking and aerobatic shows, among exhibits of classic aircraft and modern warbirds. Tickets start at \$17 for adults and \$8 for children over 6. The airshow opens daily at 8 a.m.. More information can be found at the airshow website, www.indyairshow.com, or by calling (317) 335-7252. •

Health Information

The Roudebush VA Medical Center Team would like to welcome you to the 2008 National Veterans Golden Age Games.

On registration day we will have a table for medical check in. We will ask you if there has been any change in your medical condition since your application. You will then sign a final release form and move on through the registration process!

We want you and your supporters to have a wonderful experience. In order to ensure a safe and healthy games, please read the information, tips and suggestions provided here.

There will be a triage center (or nursing support center) located at the Hilton hotel. This will be for non-urgent needs for participating veterans that may occur during the National Veterans Golden Age Games. The Prosthetics Department will be working with the Medical Team to meet any needs that may arise during your stay.

If you are not staying at the Hilton, you may call the triage center if you have any questions or concerns. Make sure to look for contact information as well as more detailed information upon arrival to the Games as well as in the daily newsletter.

We wish you all the best of luck in your events and we're honored to be a part of this experience. You are all gold medal winners in our eyes!

Indiana in August is hot! Make sure to wear appropriate clothing, sunscreen and drink plenty of water during outdoor activities.



In order for you to be prepared, the Medical Team would like to remind you to provide the following tips.

1. Bring all the necessary medications. Any medication refills will require a trip to the local VA to see a provider.
2. Make sure batteries are working in any medical devices like diabetic testing devices or hearing aids.
3. Wheelchairs and any assistive equipment should be in good condition.
4. For severe allergies, we strongly recommend a medical alert necklace or bracelet be worn during your visit.
5. If you have special wound dressing needs, ostomy supplies or urinary drainage needs, please bring your supplies with you.
6. Be sure family members have insurance information with them. In

the unlikely event they would need medical attention, they will need proof of insurance.

7. It is hot in Indiana in August. Be sure you remember to use sunscreen, bring sun glasses or wear a hat to protect your face
8. Drink plenty of fluids. Water is the best! Drinks with a lot of sugar and caffeine do not keep you hydrated.
9. Dress according to the weather in cool cotton light colored shirts and pants. Dark colors draw heat to you.
10. When you are awaiting your turn in outdoor events stay in shaded areas. Spectators should stay in shaded areas too!
11. Make sure to eat breakfast! This is the most important meal of the day!

It's Your Choice

Seven hotels in the immediate Indianapolis downtown area will be housing our veterans instead of one, thus MasterCard/Visa "meal cards" will be issued to each veteran participant upon their arrival at their designated hotel. Not only will this be more convenient for you, but can you imagine trying to coordinate breakfast, lunch, and dinner across seven hotels spread throughout a major metropolitan city? Whew!

These meal cards will be used to buy all of your meals at any restaurant you wish. Purchases with these cards are restricted to restaurant and meal type transactions only. Volunteers will be standing by at each hotel to provide the MasterCard/Visa "meal-cards" to each competitor upon their arrival.

Upon receiving the cards you will receive a map, directions, and a listing of over 100 restaurants in the

immediate downtown area. Combinations of chain restaurants that you are familiar with, along with unique Indy eating establishments are available—all within walking distance of your hotel.

In addition, special discounts and dietary required meals will be available at selected restaurants. Volunteers and your coaches will be available throughout the week for assistance. •

Where You're Staying

Some brief information about the seven hotels that will be housing over 700 participants in the downtown Indianapolis area. Use the numbers to find the hotel's location on the map located on the last page.

1 Westin Hotel

50 South Capitol Avenue

Phone: (317) 262-8100

Check-In: 3 p.m. Check-Out: Noon

Connected via covered sky-bridge to the Indiana Convention Center and Circle Centre Mall. The hotel is also only a short walk from attractions like the Lucas Oil Stadium, Conseco Field House, Victory Field and the NCAA Hall of Champions. The Westin Indianapolis is proud of its guest amenities, which include a concierge service, an indoor pool, a Westin WORKOUT® Gym, as well as wireless high speed internet access in all public areas. *Parking options: Self-Parking: \$25 (no in and out privileges), Valet Parking: \$28/overnight (in and out options).*

2 Hilton Indianapolis

120 West Market Street

Phone: (317) 972-0600

Check-In: 3 p.m. Check-Out: Noon

This property is easily accessible to various venues for sports enthusiasts, as well as multiple diverse tourist attractions. For your convenience the hotel offers a beauty shop, gift shop, pool, fitness room, news stand and convenience shop. *Parking is \$22 a day for self parking and \$25 a day for valet parking.*

3 Omni Severin

40 West Jackson Place

Phone: (317) 634-6664

Check-In: 3 p.m. Check-out: Noon

The four-diamond Omni Severin Hotel is connected to Circle Centre Mall and the convention center. The Omni has a complimentary 24-hour full service fitness center and indoor heated pool. *Parking options: No onsite self-parking. Valet parking (approx. \$25 for 24 hours per car with in/out privileges).*

4 Embassy Suites

110 West Washington Street

Tel: 1-317-236-1800

The Embassy Suites is connected to the Circle Center Mall and the convention center via the skywalk. All suites have a bedroom and spacious living room. The suites are equipped with a refrigerator, microwave, coffee maker, full size iron & ironing board, hair dryer, high-speed internet access and voice mail. Suites include a full cooked to order breakfast each morning and two hour Manager's reception each evening. In addition, the Embassy Suites has a full fitness room and indoor pool for relaxing after a busy day at the Games. *Self parking is \$20 a day.*

5 Hilton Garden Inn Downtown

10 East Market Street

Tel: 317-955-9700

Check-In: 2 p.m. Check-Out: Noon

The hotel is attached to the convention center. The hotel guestrooms offer 10 foot ceilings and large picture windows with city views and a variety of amenities including: complimentary high-speed internet access, complimentary local calls, HBO, iron and ironing boards, and large desks with comfortable, ergonomic chairs. The Hilton Garden Inn also has a pool and fitness room to get ready for your next event! *Self parking: \$14 in Chase Tower Visitors and Valet parking \$22 at Market St. Entrance.*

6 Hampton Inn Downtown

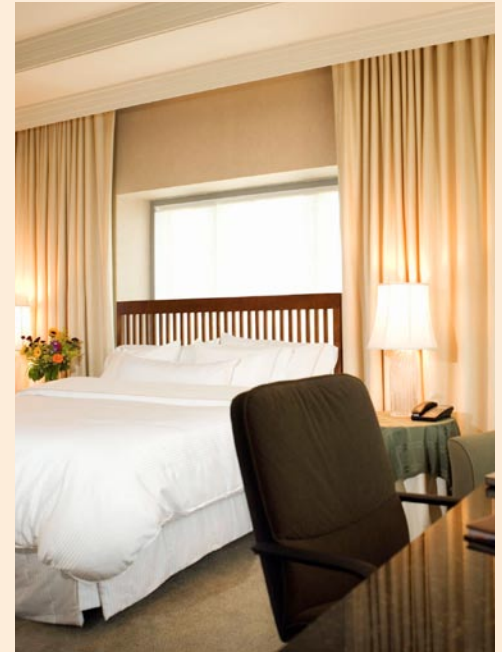
105. S. Meridian Street

Indianapolis, IN 46225

Phone: 317-261-1200

Check-in: 3 p.m. Check-out: 11 a.m.

This beautiful hotel housed in the historic Chesapeake building is across the street from the Circle Center Mall and is just a short walk from the



convention center. A complimentary continental breakfast bar is available every morning. The hotel provides valet parking, free local calls, free in-room high-speed Internet access, in-room movies, and on-site laundry room. You can work out in our well-equipped exercise room or work in our business center. *Self- and valet parking are \$13 per day.*

7 Crowne Plaza

123 W. Louisiana St.

Phone: (317) 631-2221

Check-In: 4 p.m. Check-Out: Noon

Crowne Plaza at Historic Union Station is housed in "America's 1st Union Station" and is best known for its 26 authentic Pullman train car guest rooms. This historic site is located close to the convention center and Circle Center Mall. Enjoy their indoor pool and whirlpool for your relaxing pleasure. This historic hotel is also equipped with high speed internet and wireless data access. *Parking options: Self parking options: \$25 (no in and out privileges, valet parking: \$ 25 (in and out).*

Places to Eat

With the Mastercard/VISA “Meal Card,” you have the opportunity to choose from a wide variety of cuisines and restaurants throughout downtown Indianapolis. Listed below is a sampling of some of the more popular eateries. The choice is yours! Please refer to the map located on the last page to see where the restaurants are located.

- 1 Au Bon Pain**
 26 Monument Circle
 (317) 226-93000
 French/Bakery/Deli
 Atmosphere: Fast Food

- 6 Houlihans**
 111 W Maryland St
 (317) 266-8711
 American, Seafood and Steak-house
 Atmosphere: Casual



11 McCormick & Schmicks
 110 N Illinois St
 (317) 631-9500
 American Seafood
 Atmosphere: Business Casual



2 Ruth's Chris Steak house
 45 S Illinois St
 (317) 633-1313
 American Steak House
 Atmosphere: Fine Dining

- 7 Morton's the Steakhouse**
 41 E Washington St
 (317) 229-4700
 Steakhouse
 Atmosphere: Fine Dining

- 12 Dick's Bodacious Bar-BQ**
 50 N Pennsylvania St
 (317) 916-9600
 Barbecue
 Atmosphere: Casual

- 3 Bertolini's**
 49 W Maryland St # 118
 (317) 638-1800
 Italian
 Atmosphere: Business Casual




8 Hard Rock Cafe
 49 S Meridian St
 (317) 636-2550
 American, Burgers
 Atmosphere: Casual

- 13 Champion's Sports Bar**
 350 W Maryland St
 (317) 405-6111
 American Pub Fare
 Atmosphere: Casual



4 P.F. Changs
 9 W Maryland St # 226
 (317) 974-5747
 Chinese/Japanese
 Atmosphere: Casual

- 9 Slippery Noodle Inn**
 372 S Meridian St
 (317) 631-6974
 American, Barbeque, Italian
 Atmosphere: Casual



14 Rock Bottom Brewery
 10 W Washington St
 (317) 681-8180
 American
 Atmosphere: Casual

- 5 Alcatraz Brewing Co.**
 49 W Maryland St # 104
 (317) 488-1230
 American/Pub
 Atmosphere: Casual



10 TGI Friday's
 501 W Washington St
 (317) 685-8443
 American, Burgers, Steaks
 Atmosphere: Casual

- 15 Vito's on Penn**
 20 N Pennsylvania St
 (317) 636-2200
 Italian
 Atmosphere: Casual

- 16 Patachou On the Park**
 225 W Washington St
 (317) 632-0765
 American
 Atmosphere: Casual



Blake Street

North Street

Indiana Avenue

Central Canal

North Street

Veterans Memorial Plaza

One Way

Michigan Street

Senate Avenue

Capital Avenue

Illinois Street

Meridian Street

Indiana World War Memorial

University Park

Delaware Street

Alabama Street

One Way

Blake Street

Military Park

New York Street

Ohio Street

Ohio Street

Central Canal

Indiana State Museum

IMAX Theater

Eiteljorg Museum

White River State Park

Visitors Center

Indianapolis Zoo

Indiana State Capitol

2

5

Market Street

Monument Circle

City Market

10

Washington Street

4

11

15

1

14

7

One Way

2

8

12

3

5

4

6

6

Washington Street

One Way

Maryland Street

13

16

2

Circle Center

8

3

5

4

6

6

Convention Center

Georgia Street

3

Jackson Place

Louisiana St.

Union Station

9

West Street

South Street

South Street

West Street

Merrill Street

Merrill Street

Kentucky Avenue

West Street

Missouri Street

Capital Avenue

Illinois Street

Meridian Street

Madison Avenue

Pennsylvania Street

Delaware Street

McCarty Street

