

Road Races



Entry Regulations:

1. Men and women compete separately.
2. Competition will be in five year increments beginning with 50-54.

Format:

Competition will be 5K and 10K distance events.

Participants may enter both events.

Races are run concurrently.

For those participants entering both races, the time achieved for running the first half of the 10K race will be used as their 5K race time.

Race Walkers welcomed.

Sports Rules:

USA Track & Field rules apply