

## **ROAD RACES**

### **5K Road Race (running)**

**In conjunction with cycling and running events at Lake Stanley Draper**

**Saturday, October 10**

**Entry Deadline: September 26**

**Check In: 8:15 am**

**Event Starts: 9:15 am**

**Lake Stanley Draper**

**8301 S.E. 104<sup>th</sup> St.**

Oklahoma City, OK 73165

405-799-0870

#### **EVENT DIRECTOR**

Kathleen Fitzgerald

[Kathleen.fitzgerald@OKSeniorGames.com](mailto:Kathleen.fitzgerald@OKSeniorGames.com)

(727) 776-1877

#### **FORMAT**

The run is an out and back 5 K course starting at the Lake Stanley Draper Marina heading north.

The course map can be downloaded from our website under Events, and Road Race.

### **10K Road Race (running)**

**Saturday, Oct 3**

**Entry Deadline, September 19**

**Check In at 7:30 am**

**Event Starts: 9:00 am**

**In conjunction with the St. John Tulsa Zoo Run (10K)**

6421 E. 36th St. N.

Tulsa, OK 74115

**Must be inside Mohawk Park Gates by 8:20 a.m. Gates Close!**

**<https://tulsazoo.org/run/>**

#### **EVENT DIRECTOR**

Sarah Bowen

[sbowen@tulsazoo.org](mailto:sbowen@tulsazoo.org)

## **FORMAT**

1. All age divisions will run simultaneously.
2. 3.1 mile and 6.2 mile paved surface courses will be used for the 5K and 10K.

## **SPORT RULES**

1. All road race events will be conducted in accordance with USA Track & Field (USATF) rules, except as modified herein. For a copy of these rules, please visit or contact:

USA Track & Field

132 East Washington Street, Suite 800

Indianapolis, IN 46204

(317) 261-0500

[www.usatf.org](http://www.usatf.org)

2. Race numbers must be worn and visible at all times.
3. Competitors must pass through the entire finish chute to qualify as an official finisher.

**2020 is a year in which to qualify for NSGA competition in  
Fort Lauderdale, Florida November 5 – 18, 2021.**

**For more information about national competition go to: [NSGA.com](http://NSGA.com)**

1. **ALL ATHLETES WHO COMPETE IN A 2020 QUALIFYING GAME QUALIFY TO COMPETE IN THE ROAD RACE EVENTS IN THE 2021 NATIONAL SENIOR GAMES.**
2. **Athletes PARTICIPATING in either the 5K or the 10K Road Race may compete in either or both events at the 2021 National Senior Games.**