

ROAD RACES

5K Road Race (running)

In conjunction with cycling events at Lake Stanley Draper

Saturday, October 10, 2020

Entry Deadline: September 26, 2020

Check In: 8:15 am

Event Starts: 9:15 am

Lake Stanley Draper

8301 S.E. 104th St.

Oklahoma City, OK 73165

405-799-0870

EVENT DIRECTOR

Kathleen Fitzgerald

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

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

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

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.**