



CAL STATE SENIOR GAMES

HOSTED BY

SAN DIEGO
Senior Games



Road Race Run & Walk

SEPTEMBER 7-8, 2019

7:30am - 10:00am

Location:

Lake Miramar
10710 Scripps Lake Drive
San Diego, CA 92121

Entry fee is **\$35** per person
Deadline - August 31, 2019

Includes:

- Medals for 1st, 2nd & 3rd place in each age division
- T-Shirt and Restaurant Passport
- Entry to Celebration of Athletes, September 20, 2019
Balboa Park (RSVP required)

Registration Opens June 1, 2019

Register first at:
SDSeniorGames.org



For More Information - SDSeniorGames.org
Commissioner Gary MacDonald (619) 850-9427 or coachgmac@cox.net

**2019 CALIFORNIA STATE CHAMPIONSHIPS
ROAD RACE, RACE WALK, POWER WALK COMPETITONS
SATURDAY & SUNDAY, SEPTEMBER 7 & 8, 2019
THE 5K RACES WILL BE SATURDAY, THE 10K'S WILL BE SUNDAY**

VENUE

LAKE MIRAMAR – SAN DIEGO, CA

[COMPETE IN 5 YEAR AGE GROUPS . . . AGES 50 AND UP, MEN/WOMEN]

ENTRY DEADLINE SATURDAY AUGUST 31, 2019

RACE PARTICULARS

THE 5K RACES WILL BE SATURDAY SEPT. 7

7:30 am COMBINED START OF ROAD RACE, RACE WALK & POWER WALK
8:30 am AWARDS

THE 10K RACES WILL BE SUNDAY SEPT. 8

7:30 am COMBINED START OF ROAD RACE, RACE WALK & POWER WALK
9:00 am AWARDS

THE 'COURSE' AT LAKE MIRA MAR IS ESSENTIALLY FLAT. SURFACE IS ASPHALT.
THE 5K'S WILL BE AN 'OUT AND BACK' ABOUT A PORTION OF THE LAKE.
THE 10K'S WILL BE A FULL LOOP OF THE LAKE, PLUS APPROX 1 MILE TO MAKE THE
10K DISTANCE.
CHECK IN AND FINISH LINE WILL BE NEAR THE BATHROOMS, ADJACENT TO THE
PARKING LOT

NOTE: ALL COMPETITORS MUST WEAR A RUNNING TOP/T-SHIRT SHORTS & SHOES

REGISTRATION CLOSSES AUG. 31, 2019 -NO DAY OF REGISTRATION!!

QUESTIONS - CONTACT US AT www.sdseniorgames.org