



Virginia Senior Games

Henrico County, VA ♦ May 10-13, 2017 ♦ (804) 652-1411
www.virginiaseniorgames.org ♦ Email: VSG@henrico.us



Sport	<i>Road Races</i>
Events	5K and 10K
Dates & Times	5K: Thursday, May 10, 8:00 a.m.; 10K: Friday, May 11, 8:00 a.m.
Location	Dorey Park 2999 Darbytown Road Henrico, VA 23231
Contact Person	Kyle Setterlund Phone: (804) 652-1414 Email: set003@henrico.us
Format of Event	<ol style="list-style-type: none">1. In the 5K and the 10K, all age divisions will run simultaneously.2. Awards will be presented for 1st through 3rd place for each event within each age division and gender. <p>The organizer reserves the right to change the format for any age division based on entry numbers, space restrictions, or any other circumstances.</p>
Rules	<p>All road race events will be conducted in accordance with USA Track and Field (USATF) rules, except as modified herein. For a copy of these rules, please write or call: USA Track & Field 132 East Washington St., Suite 800 Indianapolis, IN 46204 (317) 261-0500 www.usatf.org</p> <ol style="list-style-type: none">1. Only one starting line shall be used.2. Runners will be placed on starting line by age or alphabetically by last name.3. Because of the nature of the course, distance markers will not be located throughout. Course marshals and volunteers will be located throughout the course reading off split times.4. No lead vehicle will be provided.
Awards	Gold, Silver, and Bronze Medals will be given for Men's and Women's Divisions in each age category (50-54; 55-59; 60-74; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95-99; 100+). All medal winners will be recognized immediately following competition.
Entry Regulations	<ol style="list-style-type: none">1. Athletes may register for one or both events2. Participants must run each event separately. <p>Individuals age 50 or older by December 31 of the competition year are eligible to participate, if properly registered. The Virginia Senior Games are considered "open"</p>



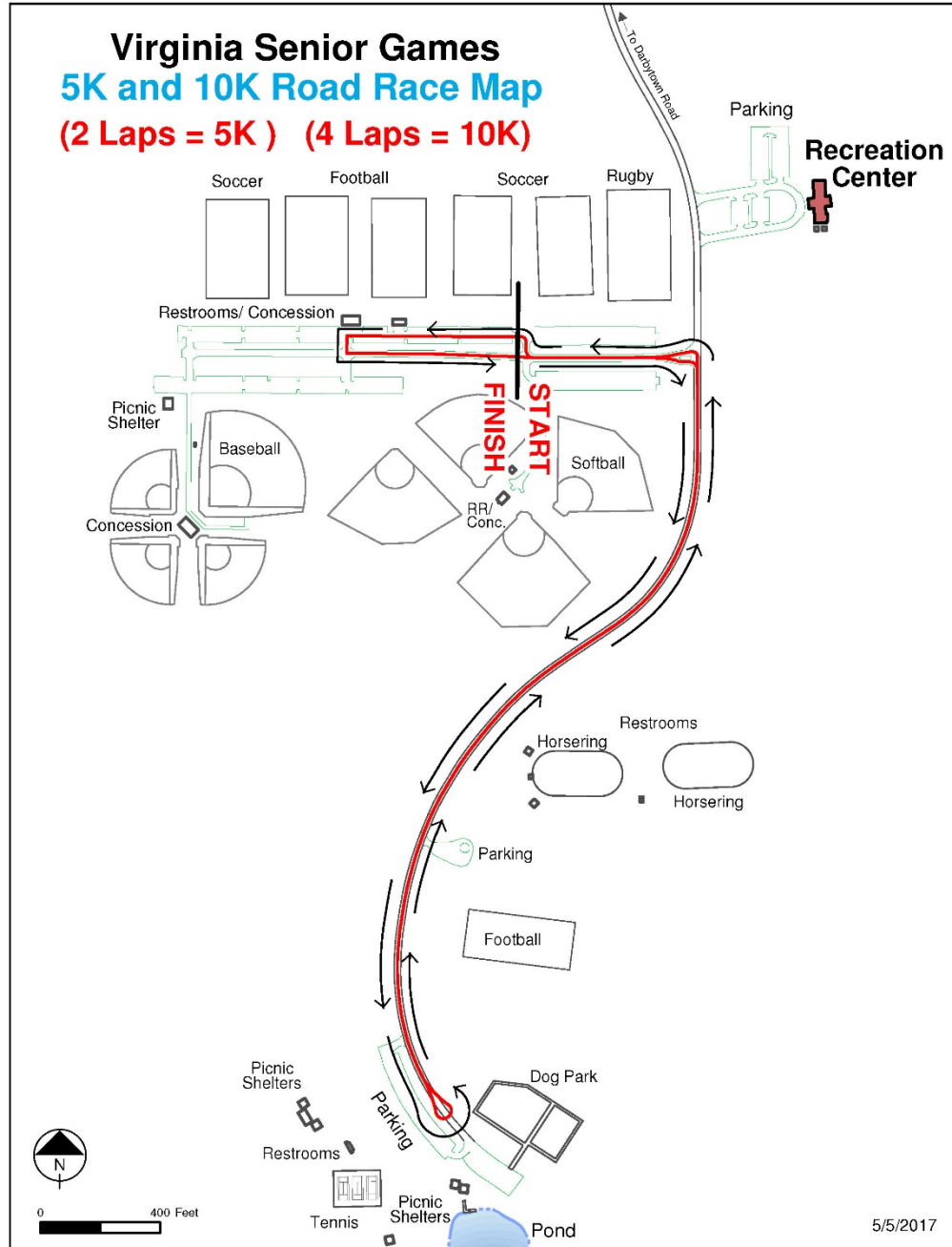
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games, meaning participants from other states are permitted and encouraged to compete in the Virginia Senior Games. The Senior Games strongly recommends that each participant consult his or her physician in regard to practice and participation in this program or any similar physical activity program.

Course Map



Equipment

Timed with time machine and overhead clock



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Athlete Check-In Information:

Stop by Athlete Check-in to receive your information packet, t-shirt, participant bag, and name tag.

Deep Run Recreation Center
9900 Ridgefield Parkway
Henrico, VA 23233
(804) 652-1430

Tue, May 9 4-6 pm
Wed, May 10..... 7 am-2 pm
Thu, May 11 7 am-2 pm
Fri, May 12 7 am-noon & 5-7 pm
Sat, May 13 7-11 am