

ROAD RACES

5K Road Race (running)

In conjunction with cycling and running events at Lake Stanley Draper

Saturday, September 21

Entry Deadline: September 7

Check In: 7:10 am

Event Starts: 8:10 am

Lake Stanley Draper
8301 S.W. 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.
The course map can be downloaded from our website under Events, and Cycling.

10K Road Race (running)

Saturday, Oct 5

Entry Deadline, September 21

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 (on leave until Sept. 1)

sbowen@tulsazoo.org

FORMAT

1. All age divisions will run simultaneously.
2. USATF Certified 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.

2019 is NOT a year in which to qualify for NSGA competition.