



Virginia Senior Games

Henrico County, VA ♦ May 12-16, 2020 ♦ (804) 652-1411
www.virginiaseniorgames.org ♦ Email: VSG@henrico.us



Sport	<i>Road Race</i>
Events	5K
Dates & Times	Thursday, May 14, 8:00 a.m.
Location	Pole Green Park 8996 Pole Green Park Ln Mechanicsville, VA 23116
Contact Person	Name Dan Smith Phone: (804) 365-4693 Email: dcsmith@hanovercounty.gov
Format of Event	<ol style="list-style-type: none">1. All age divisions will run simultaneously.2. Awards will be presented for 1st through 3rd place 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:</p> <p>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. 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.3. 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; 60-64; 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	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" 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.



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Course Map



Equipment

Timed with time machine

Athlete Packet Pick-Up

Packet Pick-Up is where athletes can pick up their **information packet, VSG 2020 t-shirt, participant bag, and name tag**. Multiple pick-ups are permitted.

Athletes **DO NOT** need to pick up packets prior to their events in order to participate. However, shipping charges will apply to athletes who are not onsite to pick up their registration packets or medals and would like them later.

BELMONT RECREATION CENTER

1600 Hilliard Rd, Henrico, VA 23228, (804) 652-1410

Tue, May 12 4:00pm-6:00pm

Wed, May 13 7:00am-2:00pm

Thu, May 14 7:00am-2:00pm

Fri, May 15 7:00am-6:00pm

Sat, May 16 7:00am-10:00am