



## ROAD RACE - 10K

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**DATE** Saturday, August 4, 2018

**TIME** 7:00 AM (CDT)

**LOCATION** Evansville, IN

YMCA Warm-up Run

Downtown Evansville – Riverside Dr.

This is an annual city event and part of the Warm-up run for the Evansville Half Marathon.

Athletes must register for BOTH the Indiana State Games and the YMCA Warm-Up 10K Race. Site fee for race is \$20. [Register for 10K Race Here.](#)

### GENERAL INFORMATION:

The following age divisions will apply to both men and women for all individual, doubles and relay competitions: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95-99; and 100+. Age divisions for competition will be determined by the age of the athlete as of December 31, 2018. No onsite registration is allowed.

### QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners or athletes meeting this sport's NSGA minimum performance standards in competition at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.
2. Athletes who reside in a state that does not offer the 5K and/or 10K Road Race event may qualify by meeting the "limited" event qualifying criteria in Rule D.

### ENTRY REGULATIONS

1. Athletes may enter only the event(s) in which he/she has qualified.
2. Individuals who want to qualify in the 5K and 10K Road Race must run the events separately. You cannot use your 5K split time from a 10K race to qualify for the 5K.
3. A 5000 meter and 10000 meter track event cannot be used as a qualifying event for the 5K and 10K road race, respectively.
4. Athletes qualified in either the 5K or 10K road race may compete in both events.

**PACKET PICKUP**

Packet will be available up to one hour prior to race start time. Indiana State Games table will be set up in vendor location. Packet will be available through the end of the race. Award Ceremony for Indiana State Games at completion of entire 10K Race. Medals will not be mailed.

**Medals:**

Medals are given to 1<sup>st</sup> (Gold), 2<sup>nd</sup> (Silver), 3<sup>rd</sup> (Bronze) in each age group. The Indiana State Games allows and encourages athletes from out of state to participate. Medals awarded at completion of race once all times have been turned in. The definition of an athlete's state of residence is that state in which the person resides for at least six months out of the year. Medals will not be mailed.

**Rules:**

See NSGA rules that apply.

**QUESTIONS**

Contact [IndianaStateGames@gmail.com](mailto:IndianaStateGames@gmail.com) or call 812-297-9568 text or please leave a message.