



ROAD RACE - 5K and 10K

Subject to change, including adjustments due to COVID19

You can participate in ANY 10K in Indiana.

5K Road Race will be Thursday, June 6, 2024 6:00 PM

This is a FUNDRAISER event! Bring the whole family to participate in the 5K Run/Walk.

Athletes ages 50 and over will receive qualification entry to the National Senior Games and medals per five-year age increments.

5K Race has its own additional medal categories.

Race is \$20 – sign up here <https://runsignup.com/indiana-state-games5k>

GENERAL INFORMATION:

The following age divisions will apply to both men and women for all individual 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, 2024. No onsite registration is allowed.

ENTRY REGULATIONS

1. Athletes qualified in either the 5K or the 10K road race may compete in both events.
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.

MEDALS

Medals are not awarded at the 10K event from the Indiana State Games. You will receive the medal directly from the race you participate in if they award medals.

Medals will be awarded directly after the completion of the 5K Road Race on June 6, 2024.

Medals will not be mailed.

RULES

See NSGA rules that apply.

QUESTIONS

Contact IndianaStateGames@gmail.com or call 812-297-9568 text or please leave a message.