



# CAL STATE SENIOR GAMES

HOSTED BY

**SAN DIEGO**  
*Senior Games*



## Road Race Run

**SEPTEMBER 11-12, 2021**  
Saturday 5K - Begins at 7:30am  
Sunday 10K - Begins at 7:30am

### Location:

Lake Miramar  
10710 Scripps Lake Drive  
San Diego, CA 92121

Entry fee is **\$35** per person  
Plus Sport fee **\$5** per person  
Deadline - September 1, 2021

### Includes:

- Medals for 1st, 2nd & 3rd place in each age division
- T-Shirt

**Registration Opens June 15, 2021**

*Register first at:*  
**SDSeniorGames.org**

*For More Information - [SDSeniorGames.org](http://SDSeniorGames.org)*

Commissioner Gary MacDonald (619) 850-9427 or [coachgmac@cox.net](mailto:coachgmac@cox.net)



**2021 CALIFORNIA STATE CHAMPIONSHIPS**

**ROAD RACE**

**SATURDAY & SUNDAY, SEPTEMBER 11 & 12, 2021**

**THE 5K RACE WILL BE SATURDAY, THE 10K WILL BE SUNDAY**

***VENUE***

**LAKE MIRAMAR – SAN DIEGO, CA**

[COMPETE IN 5 YEAR AGE GROUPS . . . AGES 50 AND UP, MEN/WOMEN]

**ENTRY DEADLINE SATURDAY SEPTEMBER 4, 2021**

**RACE PARTICULARS**

**THE 5K RACES WILL BE SATURDAY SEPT. 11**

7:30 am      START OF ROAD RACE

8:30 am      AWARDS

**THE 10K RACES WILL BE SUNDAY SEPT. 12**

7:30 am      START OF ROAD RACE

9:00 am      AWARDS

THE 'COURSE' AT LAKE MIRA MAR IS ESSENTIALLY FLAT. SURFACE IS ASPHALT.

THE 5K WILL BE AN 'OUT AND BACK' ABOUT A PORTION OF THE LAKE.

THE 10K WILL BE A FULL LOOP OF THE LAKE, PLUS APPROX 1 MILE TO MAKE THE  
10K DISTANCE.

CHECK IN, START AND FINISH LINE WILL BE NEAR THE BATHROOMS, ADJACENT TO  
THE PARKING LOT

**NOTE: ALL COMPETITORS MUST WEAR A RUNNING TOP/T-SHIRT SHORTS & SHOES**

**REGISTRATION CLOSSES SEOT. 4, 2021 -NO DAY OF REGISTRATION!!**

**QUESTIONS - CONTACT US AT [www.sdseniorgames.org](http://www.sdseniorgames.org)**