

5 KM and 10 KM RUN

All participants must be at least 55 years of age by December 31 of the year of the Games.

AGE CATEGORIES / EVENTS:

AGE	EVENTS	NUMBER OF PARTICIPANTS PER PROVINCE/TERRITORY
55+	Women and Men (5 km)	Unlimited
55+	Women and Men (10 km)	Unlimited
65+	Women and Men (5 km)	Unlimited
65+	Women and Men (10 km)	Unlimited
TOTAL NUMBER OF PARTICIPANTS PER PROVINCE/TERRITORY = Unlimited		

RULES INFORMATION:

- These runs may be set-up on the streets of the Host city, within the confines of a city park or on a regular track for ease of monitoring.
- If conducted on the streets or on an irregular path in a park or similar location, the course is to be marked every Km.
- Marshals must be positioned so that all runners are always in visual contact with at least one marshal. It is suggested that all marshals be equipped with a walkie-talkie or cell phone so that emergency personal can be called in immediately if required.
- Water stations should be set-up along the course.
- A medical examination within two months prior to the games is strongly recommended.
- The two races **MUST** be held on separate days. The 10 Km race may be cancelled if there is insufficient interest from participants.
- These runs will be counted as medal events.