

CITY OF McALLEN
PARKS & RECREATION DEPARTMENT

GOLDEN AGE OLYMPICS
ONE MILE RACE WALK

DIVISION: MEN & WOMEN

AGES: 55-59, 60-64, 65-69, 70-74, 75+

1. EACH WALKER WILL COMPLETE A ONE MILE RACE COURSE AROUND AN ATHLETIC TRACK (4 LAPS = ONE MILE).
2. WALKERS MUST WALK THE COURSE. RUNNING IS NOT ALLOWED. JUDGES WILL BE ON HAND TO MONITOR PARTICIPANTS.
3. A LIMITED NUMBER OF WALKERS WILL BE ALLOWED ON THE COURSE. RACE OFFICIALS WILL SEND RUNNERS IN HEATS BASED ON AGE AND GENDER DIVISIONS.
4. WALKERS WILL BE TIMED ON THE COURSE. TIMES WILL BE COMPARED WITH OTHER WALKERS IN THE SAME AGE AND GENDER DIVISION.
5. MEDALS TO 1ST, 2ND, & 3RD PLACE IN EACH AGE DIVISION.