



2018 State Finals 5k & 10K Runs

The 2018 North Carolina Senior Games will host both a 5K and 10K race. **The races will start at the same time and will share the finish line at the Ropes Course Shelter next to ball fields 5 & 6.** While the course will have ample signage and volunteers to direct runners, it is important for the all participants to know the course they are racing. Please review the map and run the course in advance.

Here are a few details: Due to construction in the park the course is changed from previous years. The new course has an out and back leg. Both the 5K and 10K will run on a variety of surfaces including, asphalt, dirt, and mulch. On the back side of the Pine Cone Trail there are earthen steps with rail road tie edges. The steps are not in the same cadence you would find on standard rising steps. I am 5'4" and I need to take a stride on each step. I cannot reach from one to the next in a single stride. These steps go up for about 50 meters and then down for about 50 meters. They are not steep but you do have to get a rhythm when running them. Last year we had rain on race day which makes the mulch soft and spongy.

The 5K loop has 4 road crossings. The 10K repeats the 5K course and has 8 road crossings. The road crossings will be marked with signage and staffed by volunteers. Please be sure to look for traffic when crossing any road.

We highly recommend you run the course in advance.

See you at the race!

Alisa and Travis

NCSG Event Managers

Fit and Able Productions, Inc.



PARKING:

Driving Directions to Bond Park are linked on the State Finals page of the NCSG website and [also linked here](#). **As noted on the course map parking for participants is available at:** at the Ropes Course Shelter next to ball fields 5 & 6. Other options include: Boat House, Community Center or Senior Center and in Ball Field lots.

CHECK IN at the Ropes Course Shelter next to ball fields 5 & **from 7:30 AM to 8:30 AM**

Photo ID must be provided to check in. Chip timing will be utilized. At check in, each runner will receive a race number and a timing chip (for the shoe laces). All chips **must** be returned at the conclusion of the race or participants will be assessed a \$5 fee!!

Race Time: 9:00 AM - Both Men & Women- 5K and 10K

WEATHER - The race will continue rain or shine and will only be delayed in the case of severe weather and/or lightning. If severe weather occurs during the event, the race director reserves the right to postpone the continuation of the race. Runners are advised to seek shelter immediately. When weather passes please report to the finish line for additional instructions. Weather related information will be available on the NCSG website & by a recorded message at 919-851-5456.

CELL PHONES – For immediate information during the race, carry your cell phone and provide a number where you can receive text messages to the race director at FitandAbleCoach@gmail.com . Please include your name and State Finals in the email.

HEADPHONES are NOT allowed during the race.

SPECTATORS: - Please stay off the course as much as possible. Also, did you know adult spectators make great volunteers? You are there already! Please let us know if you would like to volunteer. As with all Senior Games events, pets are not permitted.

RESTROOMS - Restrooms can be found at the: Ropes Course - Shelter next to ball fields 5 & 6, Community Center, Senior Center, Kiwanis Shelter, Boat House. Spectators, please give runners first shot at the bathrooms before the race!

AWARDS & RACE RESULTS & PICTURES: Awards will be presented immediately following the race.

Results will be posted online by the evening of October 1 at www.FitandAble.net and on Facebook.

Fit and Able will take pictures and post at www.facebook.com/FitandAble the day of the race

Please enjoy these photos from the 2017 race:

https://www.facebook.com/pg/FitandAble/photos/?tab=album&album_id=1450483298339235