



**Michigan  
Senior  
Olympics**



# 5K & 10K

**AUGUST 13 & 15, 2019**

**Location: Oakland University**

**2200 N. Squirrel Rd., Rochester Hills, MI 48309**

**Age Groups: 50-54, 55-59, 60-64, 65-69, 70-74,  
75-79, 80-84, 85-89, 90-94, 95-99, 100+**

**5K - Tuesday, August 13th**

**10K - Thursday, August 15th**

**How to Register: Please call 248-608-0252 or visit  
our website at [www.michiganseniorolympics.org](http://www.michiganseniorolympics.org)**

**REGISTRATION DEADLINE: JULY 19, 2019**

Michigan Senior Olympics is a 501 (c) 3 non-profit organization.

This sport is governed by the National Senior Games Association. For official rules visit: [www.nsga.com](http://www.nsga.com)