



Michigan  
Senior  
Olympics

# POWER WALK

## 1500M & 5K

**SUNDAY,  
AUGUST 18, 2019**

**Location: Oakland University**

**2200 N. Squirrel Rd., Rochester, 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+**

**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)

