



2024 NC Senior Games State Finals 5K & 10K Details

September 19, 2024
Bond Park – 801 High House Rd, Cary

The 2024 North Carolina Senior Games will host both a State Finals 5K and 10K race. The races will start at 9 AM. The start and finish will be at the Kiosk in the Spillway. Participant Check in will be at the Sertoma Amphitheater next to the Spillway.

While the course will have ample signage and volunteers to direct runners, it is important for all participants to know the course they are racing. Please review the new course map when available and run the course in advance.

This is a double out and back course that gives runners a tour of Bond Park. Both the 5K and 10K will run primarily on asphalt greenways.

This is a relatively fast and flat course and does not have road crossings outside the park. The 10K repeats the 5K course. Again, **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:

The start and finish will be at the Kiosk in the Spillway. Participant Check in will be at the Sertoma Amphitheater next to the Spillway. See map on the last page of this document for all the parking options.

Restrooms:

Restrooms can be found at the Boat House, Community Center & Kiwanis Shelter. Spectators, please give runners priority in the bathrooms before the race!

Check-in:

At the Sertoma Amphitheater (#1 on page 4 map) next to the Kiosk/Spillway area from 8:00 AM to 8:45 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 shoelaces). All chips must be returned at the conclusion of the race or participants will be assessed a \$5 fee!! Bib numbers must be always visible on the participants chest for back up timing.

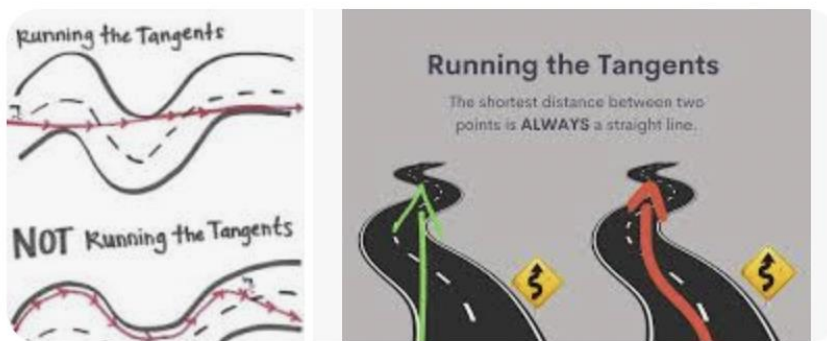
Course note:

The 10K will repeat the 5K course. The U-Turn at the completion of the first half will be determined on the day of the race based on the conditions. Please make sure you understand the set-up before you begin your race. The course will be hand measured with three side by side devices and on the tangent. "Running the tangents simply means running the shortest distance on a racecourse, which is how the course is measured. Although races often contain many turns and curves, tangents are straight lines."

Racecourse Animation:

5K: <https://www.plotaroute.com/route/2257012?units=miles>

10K: <https://www.plotaroute.com/route/2260089?units=miles>



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 the weather passes, please report to the finish line for additional instructions. Weather related information will be available on the NCSG website at www.ncseniorgames.org & 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 when registering for State Finals. Racejoy runner tracking will be available for those who would like to use it during the race. Please contact the race directors for details.

Headphones:

NOT allowed during the race. No Exceptions.

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. Please do not bring your pets to the venue.

Awards & race results & pictures:

Awards will be presented immediately following the race after the last runner has crossed the finish line. Results will be posted online by the evening of September 19 at www.FitandAble.net and on Facebook. Fit and Able will take pictures and post at www.facebook.com/FitandAble race day.

Please enjoy these photos from the NCSG 5k/10K race albums:

2023-

<https://runsignup.com/Race/Photos/Location/Venue2/NC/Cary/NorthCarolinaSeniorGames5KChampionship>

USATF/RRTC Position on GPS used by runners:

Effective June 6, 2014- GPS devices work by receiving signals from satellites. The quality of different GPS units can vary, but all of them can be affected by conditions such as buildings in urban environments or heavy overhead tree cover that interfere with reception of the satellite signals and can cause them to be inaccurate.

RaceJoy:

Try RaceJoy at NCSG! It's an app on Smart Phones that both runners and spectators can use to track your race progress. Runners will get audio course alerts and progress reports at each mile marker. Friends & Family at home can see where you are so they can get to the best spots to cheer you on. The best part is its FREE for all users!

North Carolina Senior Games 5K & 10K Map

NC Senior Games Site Map

