

RACE WALKING COMPETITIONS!

Saturday-Sunday, June 28-29

at Howard Community College, Columbia

For men and women aged 50-plus | Registration is underway!



- These are USATF-sanctioned events.
- 1,500 race walk, 1-mile precision walk, and 1,500 and 5k power walk events.
- Age group competition (50-54, 55-59, 60-64, etc.) for men and women.
- Win Maryland gold, silver, and bronze medals. Ribbons for 4th-6th place.
- Each registrant receives a free 2025 Maryland Senior Olympics t-shirt.
- Fee: \$15 plus \$5 each additional event.
- Open to out-of-state walkers.
- Deadline to enter: June 23, 8 a.m.



For more information, registration, and to participate in other exciting 2025 Maryland Senior Olympics events, visit...

mdseniorolympics.org or email us at info@mdseniorolympics.org

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“TO PARTICIPATE IS TO WIN!”



PRESENTED BY:

