

# WALKING COMPETITIONS!

**Saturday-Sunday, August 1-2**

at Howard Community College, Columbia

For men and women aged 50-plus | Registration opens March 16!



- These are USATF-sanctioned events.
- 1,500 race walk, 1-mile precision walk, and 1-mile 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 2026 Maryland Senior Olympics t-shirt.
- Fee: \$15 plus \$10 each additional event.
- Open to out-of-state walkers.
- Deadline to enter: July 27, 8 a.m.



For more information, registration, and to participate in other exciting 2026 Maryland Senior Olympics events, visit...

**[mdseniorolympics.org](http://mdseniorolympics.org)** or call **240-777-4930**.

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**QUALIFIER FOR THE 2027 NATIONAL SENIOR GAMES!**



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