



## NORTH CAROLINA SENIOR GAMES

### VIRTUAL 5K & 10K SCORESHEET & PROCEDURES

#### Recommended Equipment

1. Comfortable running shoes.
2. Water Bottle
3. Timing device: Watch or Tracking app
4. Hat
5. Sunscreen

#### Course Selection

- Anywhere you like. Trail, park or greenway are just a few recommendations
- Considerations include terrain, hills and other features
- Review community safety regulations before going for your run
- Alter your time of day if your favorite course is crowded
- Be prepared for limited access to public restrooms
- Run single file, not two abreast
- Let someone know where and when you will be running and when you expect to be back

#### Scoring

Winners will be determined by the fastest times submitted for each race by gender and age group.

### SCORESHEET

	Write your time here so you will have them when you go to submit them on the NCSG website.
5k or 10k time (must run event for which you are registered)	