

WALKING
Sponsored by Comfort Keepers

Date and Time: Saturday, March 14 (after Road Race 5K)
5000 Meter 10:00 AM
Check-in between 9:15 - 9:45 AM
1500 Meter 11:30 AM
Check-in by 11:15 AM
Site: Bartow High School Stadium
1270 South Broadway, Bartow 33830
Event Managers: Jerry Welch 863-224-2613
Emmanuel Dones 863-393-3603
Ralph Price 863-370-2821

1. Walkers may not use the official race walk stride. A power walk or normal walking stride must be used.
2. **A map of the 5000M street course and Walking Additional Rules are available at www.polkseniorgames.org/sports.**
3. Power Walking is an “open” event at the Florida Senior Games. See page 9.