



5K Road Race

1. The 5K Road Race is part of the Triple Crown 5K Series. It is part of the LA Bridge Run (Lewiston/Auburn).
2. The course is USATF certified. Moderately flat run over many bridges including a railroad pedestrian bridge. The race is along the Androscoggin River in both Lewiston and Auburn.
3. Register through MSG for this event. (extra fee required)
4. Medals will be awarded to the top three in each event in each age category
5. This is a National Senior Games event

LA Bridge Run August 29th 9:00AM
Rollodrome 12 Riverside Drive Auburn