

Presented by



MARTIN'S POINT[®]
HEALTH CARE



NEW HAMPSHIRE SENIOR GAMES

Where Fun & Fitness Meet!

Senior Games May 17th - Sep 14th, 2025

Saturday May 17th, 2025

Road Race

Sat May 17th - 9:00am Start

Sanford Springvale YMCA 1 Emile Levasseur Dr, Sanford, ME 04073

1 Mile, 5K & 10K Road Race

USA Track & Field (USATF) rules

Registration Deadline May 10th

Sport Coordinator: Karen Reardon (207) 370-8076

SPORTS

19 different sports • This is a Non-Qualifying year for National Games
Men & Women • Age 35+ in some sports • Winners in 5yr age groups
Advance registration required • Medals awarded to top 3 places

Archery • Badminton • Basketball (3-on-3)
Bowling 10-Pin • Candlepin Bowling • Cornhole • Cycling
Disc Golf • Golf • Pickleball • Power Walk
Race Walk • Racquetball • Road Race • Shuffleboard
Swimming • Table Tennis • Tennis • Track & Field



NH Senior Games

Volunteers needed for:

Pickleball Aug 8, 9, 10 in Derry, NH

Track & Field Aug 24 in Manchester, NH

To learn more and register online



www.nhseniorgames.org • Ph: 603-488-0229 • info@nhseniorgames.org