

Presented by



NEW HAMPSHIRE SENIOR GAMES

Where Fun & Fitness Meet!

Senior Games May 16th - Sep 16th, 2026

Saturday May 16th, 2026

Road Race

Sat May 16th - 9:00am Start

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

1 Mile & 5K Road Race

USA Track & Field (USATF) rules

Registration Deadline May 9th

Sport Coordinator: Pam Erickson (207) 370-8076

SPORTS

20 different sports • This is a 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) • Bocce
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

Volunteers needed for:

Pickleball Aug 7, 8, 9 in Derry, NH

Track & Field Aug 23 in Manchester, NH

To learn more and register online



NH Senior Games



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