

# **RUN ERR** **30<sup>th</sup> ELIZABETH RIVER RUN**

Name: \_\_\_\_\_

Female: \_\_\_\_\_ Male: \_\_\_\_\_

Birth Date & Year: \_\_\_\_\_ Age: \_\_\_\_\_

Email: \_\_\_\_\_

Race messages will be sent via email

Telephone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ ZIP: \_\_\_\_\_

T-SHIRT SIZE: S M L XL XXL  
(Please circle one)

**RACE WAIVER: Please read carefully. MUST BE SIGNED!**

I know that running a road race is a potentially hazardous activity. I should not enter to run unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely complete the run. I assume all risks associated with participating in this event including but not limited to falls, contact with other participants, the effects of weather, including heat and humidity, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration for acceptance of my entry, I for myself and for anyone entitled to act on my behalf, agree to indemnify the Tidewater Striders, Portsmouth Museum Foundation, City of Portsmouth, Virginia, sponsors, volunteers, race management, from any and all claims or liabilities of any kind arising from my participation in this event. I will abide by all the guidelines set by race management, including but not limited to, that baby joggers, headphones, skates and animals are not permitted during my participation in this event. I agree that my entry fee is not refundable or transferable for any reason. I also grant permission to all of the foregoing to use any photographs, motion picture, recordings or any other record of this event for any legitimate purpose.

\*Race Director reserves the right to accept or deny any entry.

\*NO REFUNDS! NO TRANSFERS! NO EXCEPTIONS!

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

(Parent signature required if under 18 years of age)

**PLEASE SELECT AN EVENT AND A DIVISION**

**ELIZABETH RIVER RUN 10K**

\_\_\_\_\_ **10K RUN DIVISION**

\_\_\_\_\_ **10K WALK DIVISION**

\$18 \_\_\_\_\_ Tidewater Strider member postmarked by 4/15

\$20 \_\_\_\_\_ Non-Strider members postmarked by 4/15

\$25 \_\_\_\_\_ All participants postmarked 4/16 to 5/10

\$30 \_\_\_\_\_ All participants postmarked 5/11 to 5/24  
Registrants after 5/10 are not guaranteed a T-shirt.

**ERR 10K TEAM COMPETITION-**

Teams must submit individual applications together. Applications must be received by May 16<sup>th</sup>.

**TEAM NAME:** \_\_\_\_\_

\_\_\_\_\_ Military 3-person teams- from same command

\_\_\_\_\_ Corporate 3-person teams- from same company

\_\_\_\_\_ All Male 3-person teams

\_\_\_\_\_ All Female 3-person teams

\$60 \_\_\_\_\_ Postmarked by 4/15

\$75 \_\_\_\_\_ Postmarked 4/16 to 5/10

\$90 \_\_\_\_\_ Postmarked 5/11 to 5/16. NOTE: Team entries will not be accepted if postmarked after 5/16 or on race day.

**CRAWFORD STREET MILE**

\_\_\_\_\_ Crawford Street Mile

\$10 \_\_\_\_\_ Postmarked by 5/10

\$15 \_\_\_\_\_ Postmarked after 5/10 & race day

**CHILDREN'S MUSEUM FUN RUN**

\_\_\_\_\_ Children's Fun Run

\$10 \_\_\_\_\_ Postmarked by 5/10

\$15 \_\_\_\_\_ Postmarked on/after 5/11 & race day

# RUN ERR



CRAWFORD STREET MILE

CHILDREN'S MUSEUM FUN RUN

SATURDAY MAY 23, 2009

PORTSMOUTH, VA

# **RUN ERR!!**

## **30<sup>th</sup> ELIZABETH RIVER RUN**

**SATURDAY, MAY 23**

**A TIDEWATER STRIDER GRAND PRIX EVENT**

Come join in the fun as we celebrate the 30th ELIZABETH RIVER RUN 10K. Now in its 30<sup>th</sup> year, ERR has always been a runner's favorite. The ERR course is flat and fast with spectacular views of the Elizabeth River.

### **ERR 10K RUN & WALK DIVISION 8:15am**

Enjoy the sights and sounds of the riverfront as you traverse along the river on the seawall. Take in the sights of the Naval Medical Center Portsmouth's river front grounds. Go back in time as you pass the legendary PORTSMOUTH LIGHTSHIP, the historical monuments and homes of "Olde Towne" Portsmouth.

The ERR 10K will start and finish on Crawford Street near the Ntelos Pavilion at Harbor Center. The course will remain open for 2 hours. ERR 10K athletes will receive a T-shirt, "goodie" bag, and entry to the post race festivities at the Pavilion at Harbor Center.

Run Division awards will recognize the top 3 overall winners along with the top three in each age group. The Walk Division in the 10K will recognize the top three overall male & female.

### **TECHNICAL T-SHIRT**

**ALL PRE-REGISTERED 10K COMPETITORS WILL RECEIVE A TECHNICAL T-SHIRT!**

### **TEAM COMPETITION- ERR 10K RUN DIVISION**

Grab some friends and sign up to compete and have fun in the ERR 10K Run Division. Three (3) person teams will compete in the Military, Corporate, All Female and All Male categories. All team members' times will count. First place team in each division will receive individual awards.

All Team members must sign up. Team members' entries must be submitted together. Team entries are not accepted after May 16<sup>th</sup>.

### **CRAWFORD STREET MILE 8:00am**

Be a part of the fun by running or walking a mile in Olde Towne Portsmouth. Each participant receives a T-shirt and entry to the post race party.

### **CHILDREN'S MUSEUM FUN RUN 10:00am**

Children ages 6 months to 6 years can run like Mom and Dad for 30 yards. Each child will receive a T-shirt and race bib number.

### **POST RACE FESTIVITIES**

All athletes are invited to the party at the Ntelos Pavilion at Harbor Center. Music, food, refreshments and adult beverages will be shared while you brag about the day's exploits.

### **VOLUNTEERS NEEDED!**

Volunteers are needed to help put this event on. No experience needed. All volunteers receive a T-shirt and are invited to the post race festivities. Please e-mail Rich Hildreth at [rmhildreth@jve.hrcoxmail.com](mailto:rmhildreth@jve.hrcoxmail.com).

### **CHILDREN'S MUSEUM OF VIRGINIA**

A portion of race proceeds will benefit the renovation of the Children's Museum of Virginia. The Children's Museum provides hands-on experiences for children of all ages, including a planetarium, train collections, art moves, and much more. It's easy to contribute. Just add your tax deductible donation to the race entry fee check or make a separate check payable to the "Children's Museum of Virginia". Funds will be controlled by the Portsmouth Museums Foundation Inc.

### **PACKET PICK-UP & RACE DAY REGISTRATION**

Thursday May 21 5pm to 7pm Running Etc.- Norfolk  
Friday May 22 3pm to 7pm Running Etc.- VA Beach  
Saturday May 23 6:30am to 7:45am Ntelos Pavilion  
(Please check dates & times at [www.tidewaterstriders.com](http://www.tidewaterstriders.com))

### **DIRECTIONS TO NTELOS PAVILION**

From VB & Norfolk—Take I-264 to Downtown Tunnel. After tunnel, take exit #7; bear right to Crawford St.  
From Chesapeake - Take I-464N to Downtown Tunnel. After tunnel, take exit #7, Bear right to Crawford St.  
From Suffolk & NC- Take I-264E, take Exit #7B, to Crawford St.  
From Peninsula/Richmond- Take I-664S through MMM Tunnel to I-264E. Take Exit 7-B, to Crawford St.

### **PARKING-**

Please plan on arriving early Saturday. Road closures will begin at 7:30 am.  
1800 parking spaces in city garages are within quarter of a mile of the start/finish line. NO PARKING CHARGE on weekends.

### **TIMING**

ERR 10K participants will be timed utilizing the Winning Time Chip System. Basis for scoring will be gun time. Please pick up your chip on race morning at the Ntelos Pavilion.

Crawford Street Mile will be manually timed.

### **CERTIFIED COURSE :**

Certification Code: VA-06012-RT. The ERR 10k course has been certified by USA Track & Field.

### **ERR PHOTOS**

The wonderful photographers of TRIDUO.COM will be out on the course taking photos of you on race day. You can view the photos at [www.triduo.com](http://www.triduo.com). Photos are available for purchase.

### **REGISTRATION**

#### **ONLINE REGISTRATION:**

Sign up online at [www.active.com](http://www.active.com).

**PAPER APPLICATIONS:** Paper applications are available at [www.tidewaterstriders.com](http://www.tidewaterstriders.com). Please mail applications with check made payable to the "Tidewater Striders" to:

Tidewater Striders  
2217 Bayberry Street  
Virginia Beach, VA 23451

### **RACE INFORMATION**

ONLINE: [www.tidewaterstriders.com](http://www.tidewaterstriders.com)

EMAIL: [sagedy@juno.com](mailto:sagedy@juno.com)

### **GOLDEN RUNNERS & VOLUNTEER RACE PASSES**

Golden Runners and Volunteer Race Pass users must register by May 1, 2008. Thank you for your cooperation

## **"THANK YOU" TO OUR SPONSORS:**

