

The 10th Annual Tidewater Striders' Memorial Scholarship 5K Run/5K Walk

Tuesday, July 28, 2009

Registration – 5:00PM; 5K Walk – 6:00PM; 5K Run – 6:30 PM; Raffle Prizes – 7:15PM



This is a Tidewater Strider Grand Prix Event!

Race proceeds will go to the Pamela Edwards Memorial Scholarship Endowment Fund for one of the college scholarships the Tidewater Striders award each year to deserving youth members.

ENTRY: A \$10 contribution to the Scholarship Fund provides your race entry and one (1) ticket for great raffle prizes. Contribution of \$20, \$25, or \$50 gets you three, five or twelve raffle tickets, respectively. Additional raffle tickets will be available on the same schedule: 1 for \$10, 3 for \$20, 5 for \$25, and 12 for \$50. Golden Runners and Race Pass users may run for free, but must purchase raffle tickets to participate in the raffle. **Note: There is a fee of \$1 per person for entry into Norfolk Botanical Garden.**

REGISTRATION: Preregistration forms must *be received* no later than **25 July**; we recommend mailings be postmarked no later than **July 22**. See mailing address on registration form. Race day registration starts at 5PM. You may also preregister online at www.tidewaterstriders.com. Use link on race schedule.

*****NOTE: PREREGISTRATION GETS YOU ONE ADDITIONAL RAFFLE TICKET*****

COURSE: Scenic, flat, fast and certified Norfolk Botanical Garden 5K course, with splits each mile and one water stop. The registration, start, finish, results and raffle will be in the parking lot adjacent to the Baker Hall Visitor Center.

RAFFLE: Thanks to our many generous sponsors, the raffle contains many significant prizes with a total value over \$5,000. Prizes include: Strider Golden Runner Memberships; complimentary entries to local and regional major road races; gift certificates from running and athletic establishments, local restaurants, sports therapy professionals, home professional services, and many more. The list of raffle prizes is updated periodically on www.tidewaterstriders.com. There will be a **Barter Zone** available for raffle prize recipients who wish to negotiate an exchange with others.

NOTE: RAFFLE STARTS AT 7:15PM. MUST BE PRESENT TO WIN!

RESULTS: There are no trophies or awards, but top finishers will be recognized, including:

5K Walk: Top 5 Female and Top 5 Male finishers overall, and the Youngest and Oldest finishers.

5K Run: Top 3 Female and Male overall, and Top 3 Female and Male finishers in 5-year age groups.

POST-RACE: Great post-race refreshments along with music.

For more information, please contact: Race Director: Rob Levinsky, (757) 668-9269, rob.levinsky@chkd.org

Co-race directors and raffle prizes: Jim Dare, (757) 622-8882, Jim.Dare@itt.com ; Mel Williams, (757) 531-9220, profrunner@aol.com .

The Pamela Edwards Memorial Scholarship Endowment Fund has been established to support an endowed scholarship to honor her memory. As part of the Tidewater Striders Scholarship Awards Program, each year the Fund will provide an award of \$2,000 or more to a college or university student athlete based on academic and athletic achievement, community service, and club involvement. In the past eighteen years, this scholarship program has awarded more than \$80,000 to deserving student athletes.

Note: The Tidewater Striders is a 501(c)3 corporation; contributions to the Pamela Edwards Memorial Scholarship Endowment Fund are tax deductible to the extent of existing law.

Many Thanks to the Norfolk Botanical Garden and To All of Our Generous Prize Donors and Sponsors !! Raffle prize contributors will be recognized at the race and in *The Rundown*. Please see the poster in the finish line area, as well as the September issue of *The Rundown*, for the final list of contributors and the names of Tidewater Striders who helped secure raffle prizes.

10th Annual Tidewater Striders' Memorial Scholarship 5K Run/5K Walk
(NO REFUNDS, EXCHANGES OR TRANSFERS. INCOMPLETE APPLICATIONS WILL NOT BE PROCESSED.)

CHECKS PAYABLE TO: TIDEWATER STRIDERS.

GOLDEN RUNNER NO. _____

MAIL ENTRY TO: JIM DARE, 3514 NORWAY PLACE, NORFOLK, VA 23509

5K RUN _____ 5K WALK _____

(PLEASE PRINT)

(PLEASE PRINT)

(PLEASE PRINT)

(PLEASE PRINT)

(PLEASE PRINT)

Name (First, MI, Last) _____

Street Address _____

City _____ State _____ Zip _____

Age _____ Sex: M__ F__ Tidewater Strider? Y__ N__ Email _____

Entry Contribution: _____ \$10 _____ \$20 _____ \$25 _____ \$50 [Preregister and get 1 extra ticket]
1 Ticket 3 Tickets 5 Tickets 12 Tickets

(Remember: This is a low overhead race. All entry and raffle tickets contributions are tax deductible to the extent of existing law and go directly to the Pamela Edwards Memorial Scholarship Endowment Fund as part of the Tidewater Striders Scholarship Program.)

I understand that running and/or walking a road race is a potentially dangerous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and/or walking in this event, including but not limited to, falls, contact with other participants, the effects of the weather including heat and humidity, traffic and the condition of the roads or trails, and all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Tidewater Striders, the City of Norfolk, The Norfolk Botanical Garden, The Norfolk Botanical Garden Society, race officials, volunteers, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event. I grant permission for all of the forgoing to use any photographs, motion pictures, recording or any other record of this event for legitimate purposes. I understand that this is a road race conducted under the rules of the RRCA and USTAF, is not intended for baby joggers, head phones, skates, roller blades, and dogs on leashes, and I will abide by these guidelines.

Signature

Date

Signature (Parent if under 18)