

# The Seashore Nature Trail 50K at First Landing State Park

Saturday, December 19, 2009

Race starts at 7:30 AM



**ENTRY FEE:** \$75 before November 29; \$90 from November 30 to December 19. Entry fee for Tidewater Striders members who have a Golden Runner membership is \$35 before November 29, and \$50 from November 30 to December 19. *Golden runners must register by mail.* Eighteen (18) is the minimum age to enter.

**LIMITED NUMBER OF PARTICIPANTS:** The race field is limited to the first 250 registered runners and to the first 25 registered Tidewater Strider Golden Runners, after which the regular registration fee applies to Golden Runners.

**REGISTRATION:** Register by mail or online. For mail registration, complete the form on the reverse side. For online registration, go to [www.active.com](http://www.active.com). If the race registration quota is not filled, runners may register at packet pick up on Friday, December 18 or on race day starting at 6:30 AM.

**COURSE:** This 50K (31.07 mile) race is run on the trails of First Landing State Park in Virginia Beach, with a total of about one mile at the start and finish on a paved road. The two-loop course is lined with trees and follows hard-packed dirt trails through a variety of ecosystems. The main trail is mostly flat, while side trails are slightly hilly with some tree roots to negotiate in certain sections. Wooden bridges are also found on several trails.

**FLUIDS AND FOOD:** Fluids and carbohydrate food will be provided both prior to and after the race. Three aid stations on the course, each passed multiple times, will provide fluids, sports drinks, and carbohydrate snacks.

**TIME LIMITS:** The race starts at 7:30 AM with a time limit of 9 hours. Sunrise is about 7:05 AM. All runners should have completed the race in 9 hours, by 4:30 PM. Sunset is about 4:45 PM.

**HOST HOTEL:** The Virginia Beach Resort Hotel and Conference Center (2800 Shore Drive), an all-suite hotel with balconies facing the Chesapeake Bay, is the host hotel ([www.virginiabeachresort.com](http://www.virginiabeachresort.com)). Rates are \$79 per room per night for two persons. To get this rate, you must contact the hotel at (757) 481-9000 and ask for the Tidewater Striders room rate. Rooms must be booked by November 20, 2009 to get this discounted rate.

**DIRECTIONS TO HOST HOTEL AND RACE START:** From I-64, take Northampton Boulevard (Route 13) to the Shore Drive exit; turn right and continue on Shore Drive approximately 3 ½ miles. The host hotel is on the left just past the intersection with Great Neck Road (make a U-turn to get back to the hotel). The parking area for First Landing State Park is also on the left about 1 mile beyond the hotel at the blinking stop light. Please car pool if possible. There is a \$5 parking fee per vehicle at First Landing State Park on race day.

**PACKET PICK-UP:** To avoid the race day rush, please pick up your race packet on Friday, December 18 at the Virginia Beach Resort Hotel and Conference Center between 4:00 and 8:00 PM. Alternatively, you may pick up your race packet on race day morning at First Landing State Park beginning at 6:30 AM.

**AWARDS:** The following awards will be presented: (1) First three *overall* male and female finishers; (2) First three *masters* (age 40 and above) male and female finishers; (3) First three *senior* (age 50 and above) male and female finishers. Top overall finishers are ineligible for masters and senior awards; top masters finishers are ineligible for senior awards.

**T-SHIRTS AND RUNNING GEAR:** A short-sleeve technical shirt will be provided to all participants. Please note your t-shirt size on the registration form. An item of ultra-running gear will be presented to all finishers. The race logo, used on shirts and running gear was designed by Steve Speirs.

**INCLEMENT WEATHER OR NATIONAL SECURITY:** The Race Director and the Tidewater Striders reserve the right to modify or cancel events as needed in the interest of safety or access restrictions to the venue. No refunds can be given in the event of modification or cancellation.

**TRAIL RACE ETIQUETTE AND RACE REQUIREMENTS**

1. Stay on the designated trails for the course.
2. Numbers must be worn and visible on front of body at all times during the race
3. Pacing by unregistered runners is not allowed.
4. Littering may be grounds for disqualification.
5. The trail is open to other runners, walkers, and cyclists. Be courteous.
6. No dogs are allowed to accompany runners.
7. If you can, please carry your own water container to avoid use of cups and possible littering.
8. If need be, stop to help others in need.
9. In places of heavy two-way running traffic, keep to your right as far as possible.
10. Please carry any trash (cups, food wrappers, etc.) with you to trash bags on the course. Leave the park cleaner than you found it.

**ADDITIONAL INFORMATION:** Contact the race director: Mel Williams, (757) 531-9220, [profrunner@aol.com](mailto:profrunner@aol.com).  
*Many Thanks to the professionals at First Landing State Park for their cooperation in the use of the beautiful trail system for this initial 50K trail race.*

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**THE SEASHORE NATURE TRAIL 50K at FIRST LANDING STATE PARK**  
(NO REFUNDS, EXCHANGES OR TRANSFERS. INCOMPLETE APPLICATIONS WILL NOT BE PROCESSED.)

CHECKS PAYABLE TO: TIDEWATER STRIDERS. GOLDEN RUNNER NO. \_\_\_\_\_  
MAIL ENTRY TO: MEL WILLIAMS, 2406 BAY OAKS PLACE, NORFOLK, VA 23518

(PLEASE PRINT) (PLEASE PRINT) (PLEASE PRINT) (PLEASE PRINT) (PLEASE PRINT)

Name (First, MI, Last) \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age on 12/19/09 \_\_\_\_ Sex: M\_\_ F\_\_ Tidewater Strider? Y\_\_ N\_\_ Email \_\_\_\_\_

T-shirt size: \_\_\_\_ S \_\_\_\_ M \_\_\_\_ L \_\_\_\_ XL Predicted finish time: \_\_\_\_ Hr \_\_\_\_ Min

Regular Entry: \_\_\_\_ \$75 prior to November 29; \_\_\_\_ \$90 November 30 to race day, December 19

Golden Runner: \_\_\_\_ \$35 prior to November 29; \_\_\_\_ \$50 November 30 to race day, December 19

**WAIVER: MUST BE SIGNED**

I have read the section on *Trail Race Etiquette and Race Requirements* and acknowledge that violations may be grounds for disqualification. I understand that running and/or walking a trail 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 on body temperature, including excess heat and humidity or frigid conditions and cold rain; 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, First Landing State Park, the City of Virginia Beach, the State of Virginia, 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 foregoing to use any photographs, motion pictures, recording or any other record of this event for legitimate purposes. I understand that this is a trail race conducted under the rules of the RRCA and USTAF, is not intended for baby joggers, skates, roller blades, and dogs on leashes, and I will abide by these guidelines.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date