



2009

# Summer Series at the Garden

A Tidewater Striders fun run event

Tuesday Nights in July

**Place:** The Norfolk Botanical Garden, on Azalea Garden Road, near the Norfolk International Airport.

**Registration:** *Event day registration only!* Registration opens at 5:30 PM. Free to all Tidewater Striders members, \$5.00 for non-members. **Tidewater Striders** memberships are available on-line at [www.TidewaterStriders.com](http://www.TidewaterStriders.com) for runners who wish to join the Tidewater Striders running club and run for free. **Please note:** There is a fee of \$1.00 per person to enter the Norfolk Botanical Garden.

**Fun Run Times:** All events will start at 6:30 PM. The Event Director reserves the right to shorten, postpone, or cancel the event due to lightning, storms, Garden conditions, or extreme heat (it is hot and humid in July, please exercise caution and remember that these are fun runs).

<u>Dates</u>	<u>Events</u>	<u>Description</u>
July 7	Countdown 4 Miler	Pick your start time and finish together
July 14	3 X 2K Relay	Randomly picked 3 person teams
July 21	Predict Your Time	No watches, heart monitors, or splits
July 28	<i>Memorial 5K*</i>	<i>Support the Memorial College Scholarship</i>

**Awards:** Random prizes and gift certificates from **Running Etc.** will be given at each event to registered runners and volunteers.



**Refreshments:** Food and liquid refreshments will be provided for registered runners who complete the events and for race volunteers. Non-participating family members may enjoy food and soft drink refreshments with a \$2.00 per person donation (events 1, 2, and 3).

\* **Memorial 5K:** On July 28<sup>th</sup> come out and support the Memorial Scholarship Endowment Fund with a \$10 donation. Post-race party will include DJ, food, adult beverages, and random prizes. A separate entry form is required (Memorial 5K race flyer). You can pre-register for this run and are encouraged to do so. *Look for the race flyer in the Rundown and on the Striders' website.*

**Summer Series Co-Directors:** Jean Phelan 681-0248, Dick Brothers 481-6155  
**Memorial 5K Co-Race Directors:** Rob Levinsky 857-6717, Mel Williams 531-9220,

- **Countdown 4 Miler**— The race clock will start at 60 minutes and begin counting down. You pick when you want to start the 3 to 4 mile run with the goal of crossing the finish line when the clock strikes zero. Everyone should finish together!
- **Random Relay**—Three person teams again this year. No need to worry about organizing a team, we will pick your new friends for you.



**Volunteers needed!**

*Photos by TriDuo.com*

[www.TidewaterStriders.com](http://www.TidewaterStriders.com)

