



**STRIDER MILE**

**& Virginia Association USATF 3000 Meter Race Walk**  
(Logo Designed by Steve Speirs)

**Runners: 1 Mile on the Track**

**Race Walkers: 3000 Meters on the Track**

**USATF Virginia Association & SE Regional**

**Open & Masters Race Walk Championship**

**Saturday, August 15<sup>th</sup> - 6:45-7:45 am Check In**

**Tallwood High School**

**1668 Kempsville Road, Virginia Beach 23464**

**These are Tidewater Strider Running & Walking  
Grand Prix Events; A Golden Runner Race**



**Awards**

**Runners:** Top 3 Overall M/F, Top 3 Master M/F Top 3 in Following A/G M/F: 6&under, 7-8, 9-10, 11-12, 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

**Random Relays:** Top 2 Teams, M/F. **Walkers:** Top 5 Overall M/F and USATF walker members are eligible for top 3 places awards in A/Gs. Walkers do NOT need to be USATF members to compete in race walk heats. However, since walking heats are sanctioned, Only USATF members are eligible for A/G medals. USATF membership info at [www.usatf.org](http://www.usatf.org)

6:30 am Track Open for warmups  
6:45-7:45 Checkin/Registration  
7:45 1<sup>st</sup> RW Heat  
8:15 1<sup>st</sup> Running Heat; subsequent heats  
Every 10 min

9am Random Relay - Included in all running entries. Relay Team assignment by drawing  
9:15 2<sup>nd</sup> RW Heat/Runner Awards  
10 am Race Walk Awards, followed by:  
Strider Picnic at Lake Christopher

(TEAR/CUT HERE AND MAIL)

**Make Checks Payable to the Tidewater Striders and mail to: 211 - 66th Street, Virginia Beach, VA 23451  
(No Refunds, Exchanges or transfers, Incomplete applications will not be processed)**

**Race Director:** Steve Durrant - [sdurrantrdh@cox.net](mailto:sdurrantrdh@cox.net) 422-6811 [www.tidewaterstriders.com](http://www.tidewaterstriders.com)

Online race registration via: <http://www.active.com>

**Individual Competitors Entry Fees**

**Pre-Registration Fee** (postmarked by August 8)

Check One: Runner \_\_\_\_\_ Walker \_\_\_\_\_

If a walker, are you an USATF Member? No\_\_ Yes\_\_

USATF Membership # \_\_\_\_\_

USATF Racewalking Rules of Competition will be followed.

	Strider Member	Non Strider
18 & Older	\$12	\$17
17 & Younger	\$9	\$14
<b>Postmarked after August 8 &amp; Race Day</b>		
All Runners and Walkers: \$20		

Name (First - MI - Last) \_\_\_\_\_ Required Predicted 1 Mile (Runner)/3000M (walker) Time \_\_\_\_\_

Age \_\_\_\_\_ Gender \_\_\_\_\_ Tidewater Strider \_\_\_\_\_ Phone Number \_\_\_\_\_  
M F Y N

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

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

Golden Runner No \_\_\_\_\_ E-mail Address \_\_\_\_\_

I understand that running and racewalking are potentially dangerous activities on a track. I should not enter the race 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 risk associated with running in this even including but not limited to falls, contact with other participants and the effect of weather including heat and humidity; and all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Tidewater Striders, RRCA, USATF, Virginia Association USATF, the City of Virginia Beach, the Virginia Beach Public School System, TriDuo.com, 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, recordings or any other record of this event for legitimate purposes. I understand that this is a race conducted under the rules of the RRCA and USATF and is not intended for baby joggers, head phones, skates, roller blades, and dogs on leashes, and I will abide by these guidelines.

Signature (Parent if under 18)

Date