



STRIDER

MILE

a. 9.00.000

& Virginia Association USATF 1500 Meters Race Walk

(Logo Designed by Steve Speirs)

Runners: 1 Mile on the Track

Race Walkers: 1500 Meters on the Track

USATF Virginia Association & Eastern Regional

Open & Masters Race Walk Championship

Saturday, August 14th - 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

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

9am Random Relay - Included in all running
entries. Relay Team assignment by drawing
9:15 2nd RW Heat/Runner Awards
10 am Race Walk Awards

(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 422-6811 www.tidewaterstriders.com

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

Individual Competitors Entry Fees

Pre-Registration Fee(postmarked by August 7)

Check One: Runner _____ Walker _____

If a walker, are you an USATF Member? No__ Yes__
2010 USATF Membership # _____
USATF Racewalking Rules of Competition will be
followed.

	Strider Member	Non Strider
18 & Older	\$12	\$17
17 & Younger	\$9	\$14
Postmarked after August 7 & Race Day		
All Runners and Walkers: \$20		

Name (First - MI - Last) _____ Required Predicted 1 Mile (Runner)/1500M (walker) Time _____

Age _____ Gender M F Tidewater Strider Y N Phone Number _____ - _____ - _____

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