



Information: www.TidewaterStriders.com or call the race hotline at 627-RACE



Race Director: Dan Edwards 495-3551 or lionrun@aol.com

10K Awards

Runners: First 3 male and female and top 3 in each age group. Walkers (walking entire race) top 3 male and female walkers.

10K Age Groups

Male: 12 & under, 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over
Female: 12 & under, 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & over

Mile Run/walk Awards

Top 3 boys and girls age groups: 6 & under, 7-8, 9-10, 11-12, 13 & above; ribbons for all finishers.

10K Event Records		
1996	Tommy Holland	30:22
2008	Natalie Sherbak	35:12

Volunteers Needed! Contact Dick Brothers at 481-6155 or by e-mail at dbro427@aol.com—get a new race crew T-shirt and earn a pass for next year’s Turkey Trot and the gratitude of 1,800 runners.

Special Thanks To Our Sponsors

YMCA
of South Hampton Roads
Bagels & More - Pembroke

Print & Mail
4348 Holland Plaza Shoppes
Virginia Beach, VA



Krispy Kreme Doughnut Company
4901 Virginia Beach Blvd.
Virginia Beach, VA

Tidewater Striders Scholarship Fund

The objective of the Scholarship Award is to provide financial assistance to Tidewater area college bound high school running, track, and cross country athletes, and continuing assistance where appropriate to current college student athletes. Annual scholarship awards will be designated for the most deserving graduating high school seniors as recommended by the Scholarship Committee and approved by the Board of Directors.

For more information about Tidewater Striders scholarships or sending donations, contact the Scholarship Chairman:

Dan Edwards
1513 Beachview Drive
Virginia Beach, VA 23464
495-3551 or lionrun@aol.com

www.TidewaterStriders.com

Race Features

- Colorful 100% cotton T-shirts
- Random drawings for runners & volunteers
- Unique turkey trophies
- After race refreshments
- Traditional family fun

In Cooperation With:
Virginia Beach Department of Parks & Recreation

2009 Scholarship Recipients: \$11,500

Tom Bashara Scholarship

Bobby Peavey
Kellam High School
Georgetown University

Pamela Edwards Scholarship

Anne Reiner
Ocean Lakes High School
James Madison University

Tidewater Striders Scholarships

Charlie Celesia
Frank W. Cox High School
George Mason University

Caleb Doan
Ocean Lakes High School
University of Virginia

Conor Doan
Ocean Lakes High School
George Mason University

Katherine Sack
Kempsville High School
Florida State University

Taryn Schraeder
Bishop Sullivan High School
Virginia Tech