

ELIZABETH RIVER RUN
ERR
TIDEWATER STRIDERS



COURSE: Flat & fast with spectacular views of the Elizabeth River. Enjoy the sights and sounds of the riverfront while running through picturesque Olde Towne Portsmouth and the Naval Hospital. Course start and finish for both 10k & mile is near the traffic circle directly in front of Portsmouth Pavilion.

ENTRY FEE: \$30-\$45 for 10k and \$15-\$25 for mile (price dependent on date of registration).

AWARDS 10k top 3 overall female and male finishers in the following categories: Overall, Masters, 19 & under, 5-year age groups 20-69 and 70+, and walkers. Youth age groups for mile as well. Team competition All clubs and groups welcome. Will be age graded results, Award for 1st place team. Contact orangerunning@yahoo.com if interested

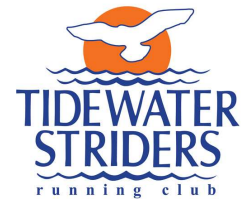
MORE INFORMATION <http://tidewaterstriders.com/races> or orangerunning@yahoo.com 757-735-3685

SAT. MAY 25, 2019

Portsmouth
Pavilion

Mile 7:45

10k 8:15



REGISTRATION

<https://runsignups.com/Race/VA/Portsmouth/ERR10kmileraces>

PACKET PICKUP

Fri May 24 Running Etc
VB 3 -7pm

Sat 7- 8am Portsmouth
pavilion

AMENITIES & POST -RACE FESTIVITIES

Quality race shirts and
finishers medals, Party
inside Pavilion with
music food &
beverages and local
craft Beer.