



HAMPTON ROADS SUPER GRAND PRIX

T

Tidewater
Striders

C

Colonial
Road
Runners

P

Peninsula
Track Club

Feb 1	Strider Distance Series 15 Miler at Fort Monroe	T
Feb 15	Colonial Half Marathon	C
Mar 14	Fort Eustis 10K	P
Apr 4	Victory at Yorktown 10K	C
Apr 18	Run the DOG Street 5K	C
May 23	Elizabeth River Run 10K	T
July 25	Coast Guard Day 5K	P
July 28	Mel Williams Memorial 5K	T
Aug 1	Virginia Wesleyan Strider Mile	T
Aug 16	Dismal Swamp Summer 10 Miler	T
Aug 29	Jamestown Island Democracy Dash 10K	C
Sep 12	Mulberry Island Half Marathon	P
Oct 17	Tidewater Striders Cross Country Classic 5K	T
Nov 7	Yorktown Battlefield 10 Miler	P
Nov 21	Governor's Land 5K	C
Dec 5	Run with the Son for Haiti 5K	P

What is it?

A joint competition between the **Colonial Road Runners**, **Peninsula Track Club**, and **Tidewater Striders**, designed to encourage participation and competition in club running events throughout the entire metropolitan area.

Who can enter the series competition?

All **members** in good standing of the CRR, PTC and TS may participate. Runners must register with the Hampton Roads Super Grand Prix to be included in event scoring. Only races **AFTER** you register will be included in the series points (so register NOW).

How can I register?

Go to www.hrsupergp.com and look under the RULES section. You will find all the details of the scoring, awards, point systems and the registration link.

IT IS FREE.