

42nd Annual Turkey Trot

Thursday, November 28, 2019

One Mile & 10K Runs



Thanksgiving Day

Race Day Schedule

Packet PickUp &
Registration Opens: 7:00 AM
Registration Closes: 8:45 AM
1-Mile Run / Walk 8:15 AM
10K Run 9:00 AM

10K Certified Race Course

Special Race Shirts, Finisher Medals & Youth Discounts

Location: 10K: Tidewater Strider Grand Prix

Packet Pick Up & Registration (Wed & Thu) & Awards Ceremony at Mt. Trashmore YMCA at **4441 South Boulevard, Virginia Beach, VA 23452**. Conveniently located just off I-264, take the south Independence Blvd exit, turn left onto Edwin Dr, and then left onto South Blvd.

The 10K race will begin at the YMCA located on South Blvd and run down to Presidential, onto Colonial Pkwy, Palace Green, Cumberland, Chancellor, William Penn, Palace Green, Winsdor Woods Blvd, Silina, West Colonial Parkway, South Blvd, through Mt. Trashmore, and back to the YMCA. USATF Certification: VA11043RT

1-Mile Course Tidewater Strider Youth Grand Prix

Registration

	Striders Member		Non-Member	
\$3 off these prices if Selecting "No-Shirt"	Adult	Youth*	Adult	Youth*
Early Registration online By Thu Nov 8th	\$17	\$7	\$22	\$12
Late Pre-registration Nov 9—Nov 27	\$25	\$15	\$30	\$20
Race Day Registration	\$35	\$25	\$35	\$25

Packet Pick-up & Late Registration Wed. Nov 27th 1-7PM

Late registration & pre-registered packet pick-up will be held Wed., Nov 27th from 1:00 to 7:00 PM at the Mt. Trashmore YMCA, 4441 South Boulevard in Virginia Beach.

* Youth = Age 22 & Under No Mail Entries

Chip Timing by Chronotrack Bib Chip

Start and finish line times for the race will be recorded using the Chronotrack Bib Chip timing system. Do not fold your race number and please wear it on your front.

Register Online: <https://runsignup.com/striderturkeytrot>

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.

For more info about Tidewater Striders scholarships or to send tax deductible donations, contact: Scholarships@TidewaterStriders.com
 Tidewater Striders
 1585 Lake James Drive
 Virginia Beach, VA 23464
 Phone: 757-495-3551

2019-20 Scholarship Recipients:

\$30,000 Awarded to these 15 Strider Student-Runners

Mel Williams Scholarship
 H. Martingayle FSU-Law

Tom Bashara Scholarship
 Benjamin Werve Cox / USNA

Pamela Edwards Scholarship
 Savannah Bowers OLakes / So Car

Tidewater Striders Scholarships

Thomas Amabile Grassfield / UVA
 Rachel Boyce OLakes / JMU
 Nick Elfelt Cox / Va Tech
 Madeline King OLakes / U of Miss.
 Nick Martin Cox / UVA
 Doria Martingayle PA / UVA
 Kayleen Meinen Tallwd/ VWU
 Patrick Meinen OLakes / GMU
 Betsy Pollard WestBr / Campbell
 Cierra Sheppard Homeschool/ TCC
 Morgan Will OLakes / Nova SE
 Davis Young OLakes / UVA

"The purpose of the Turkey Trot 10K and 1 Mile Run is to provide a traditional quality running event for families & runners of all abilities with all proceeds going to the Tidewater Striders Scholarship Funds."