2013 TIDEWATER STRIDERS
DISTANCE SERIES at DISMAL SWAMP CANAL TRAIL
JAN 5TH — JAN 26TH — FEB 23Rd

Tune-up for the Shamrock Marathon

20K—25K—30K

Tune-up for the Shamrock Half-Marathon

10K—15K—20K

A Tidewater Striders Club Event

20K and 10K	Saturday, January 5, 2013	9:00 AM	(20K-Grand Prix Event)
25K and 15K	Saturday, January 26, 2013	9:00 AM	
30K and 20K	Saturday, February 23, 2013	9:00 AM	(30K-Grand Prix Event)

Registration: Pre-registration is recommended to ensure entry and online entry via www.RaceIt.com is strongly encouraged. Packet pick-up will be held at Running Etc, Virginia Beach Laskin Rd from 5:00PM to 7:00 PM on the Fridays before each series date. Registration will be available on Fridays at packet pick-up but not on race day. Registration fee is $20 by Dec 15th & then $25 per race for Strider members and $25 by Dec 15th & then $30 for non-members. A $10 discount is available when registering online for all three races (10-15-20K or 20-25-30K) by Dec.15th.

Race Course: All races will begin and finish at the entrance to the Dismal Swamp Canal Trail, Chesapeake, VA 23323 and will be an out & back. The start will be a chip start and all runners will start 9:00am.

Finishline closure is based for each race date on a 90-minute 10K pace.

Directions: Dismal Swamp Canal Trail: 1200 Dismal Swamp Canal Trail, Chesapeake, VA 23323 just off Rt 17
Running Etc. VB is located just off Laskin Rd in the Regency Shopping Center

Packet Pick-up & Late Registration at Running Etc. VB from 5:00PM to 7:00PM on the Fridays before each race

Awards: Runners who **complete all three** of the distance event series (20K-25K-30K or 10K-15K-20K) will receive a sweatshirt. Golden Runners and runners using Free Race Passes may also get the sweatshirt by Jan 20th for $10.
Finish places are based on cumulative times for the 3 events. Age divisions are the same for the Strider Grand Prix competition.

Grand Prix: The 20K on January 5th and the 30K on February 23rd are both Tidewater Striders Grand Prix events.

Inclement Weather: The Race Director and the Tidewater Striders reserve the right to cancel or reschedule or adjust distances as needed in the interest of safety or access restrictions to the venue. No refunds can be given in the event of either re-scheduling or cancellation.

Race Directors: Jean Phelan (757) -681-0248, email jphelan@vbgov.com
Linda Palluch (757) 641-0410, email: lpalluch@gmail.com

www.TidewaterStriders.com

WALKERS: All walkers must contact Hartley Dewey prior to the events: 757 434-6326 *or* hfdewey@aol.com

Post-race Social: Following each of the races, all runners and volunteers are invited to a post-race social for food and beverages at Cahoon Plantation Golf Course, 1501Cahoon Parkway, Chesapeake, VA 23322.

Thanks: **to the City of Chesapeake & the Staff their Parks & Recreation Department**

Registration available online: **www.RaceIt.com** or by mail using the entry form below.
Receive a $10 discount by registering online for the full series by December 15, 2012.

2012 TIDEWATER STRIDERS DISTANCE SERIES ENTRY FORM & WAIVER

Online registration is encouraged. For paper entries, please make checks payable to : **Tidewater Striders**
Mail entries to: **Distance Series, c/o Linda Palluch, 308 48th St., Virginia Beach, VA 23451**
Please be sure that your entry form is complete and the waiver is signed. Incomplete entry forms can not be processed.

If you are a walker, please check this box: ☐

No Refunds on Pre-registered Entries.

Name (First—Last)

Age | Gender M F | Strider Y N | Phone Number | Golden Runner #

Address

City | State | Zip Code

SWEATSHIRT SIZE:

____ Small ____ X-Large
____ Medium ____ XX-Large
____ Large

_____ Golden Runners & Free Race Pass users—Check here and enclose $10.00 with **1st Registration** receive series premium.

RACES / FEES—Check desired race(s) & circle appropriate fees

Email:_____@_____
PRINT—REQUIRED TO PROVIDE RACE ADVISORIES

Check all that apply	Race Distance & Date	Strider Member	Non-Strider	Golden Runner
	20K (1-5-2013)	$20 by 12/15 then $25	$25 by 12/15 then $30	$0
	10K (1-5-2013)	$20 by 12/15 then $25	$25 by 12/15 then $30	$0
	25K (1-26-2013)	$20 by 12/15 then $25	$25 by 12/15 then $30	$0
	15K (1-26-2013)	$20 by 12/15 then $25	$25 by 12/15 then $30	$0
	30K (2-23-2013)	$20 by 12/15 then $25	$25 by 12/15 then $30	$0
	20K (2-23-2013)	$20 by 12/15 then $25	$25 by 12/15 then $30	$0
TOTAL FEES ENCLOSED				

I understand that running a road race is a potentially hazardous activity. I should not enter the run unless I am medically able and properly trained. I agree to abide by any decision of a race official to my ability to safely compete the run. I assume all risks associated with running in the event including, but not limited to; falls, contact with other participants, the effects of the weather including heat, cold, humidity, traffic, conditions of the roads or trails, and all such risks being known and appreciated by me. Having read this waver and knowing these facts and in consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Tidewater Striders, the City of Chesapeake, RRCA, race officials, volunteers and all sponsors, their representatives and successors from all claims or liabilities of any kind arising from my participation in this event. I grant permission to all of the forgoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. This road race is conducted under the rules of USATF. I understand that skate boards, baby joggers, roller blades, head phones and dogs on leashes are not allowed in this race.

Signature _____ Date_____

(Parent's signature if under 18) _____ Date _____

APPLICATIONS WITHOUT SIGNED WAIVERS CAN NOT BE PROCESSED