2014 TIDEWATER STRIDERS
DISTANCE SERIES at DISMAL SWAMP CANAL TRAIL
JAN 4TH — JAN 25TH — FEB 22nd

Tune-up for the Shamrock Marathon

10-Mile—15-Mile—20-Mile

Tune-up for the Shamrock Half-Marathon

6-Mile—9-Mile—12-Mile

A Tidewater Striders Club Event

10 Mile & 6 Mile	Saturday, January 4, 2014	9:00 AM	(10-Mile-Grand Prix Event)
15 Mile & 9 Mile	Saturday, January 25, 2014	9:00 AM	
20 Mile & 12 Mile	Saturday, February 22, 2014	9:00 AM	(20-Mile-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 (6-9-12 Mile or 10-15-20 Mile) by Dec 31st.

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.

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

Directions: Dismal Swamp Canal Trail: Intersection of 1600 George Washington Hwy S and Dominion Blvd. & Old Rt-17, 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 (6-9-12 Mile or 10-15-20 Mile) will receive a Strider beach towel. Golden Runners and runners using Free Race Passes may also get the beach towel by Jan 4th for $10. While there are no other awards, finish places in the results are based on cumulative times for the 3 events. Age divisions are the same for the Strider Grand Prix competition.

Grand Prix: The 10-Mile on January 4th and the 20-Mile on February 22nd are both Tidewater Striders Grand Prix events. All six races in the series are Walking 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: Sharon Rodier (757) 377-1269, email: sharonrodier@cox.net
Jean Phelan (757) 681-0248, email: jphelanrun@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 of 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 31, 2013.

2014 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 Rick Brown, 649 South Westgrove Rd., Virginia Beach, VA 23455**
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

CKA

City | State | Zip Code

Series Premium: Strider Beach Towel

_____Golden Runners & Free Race Pass users—Check here and enclose $10.00 with registration for 1st race to receive series premium. NOTE:
Golden Runners & Race Pass (1/race) users can't register online—paper pre-registration required.

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
	10-Mile (1-4-2014)	$20 by 12/15 then $25	$25 by 12/15 then $30	$0
	6-Mile (1-4-2014)	$20 by 12/15 then $25	$25 by 12/15 then $30	$0
	15-Mile (1-25-2014)	$20 by 12/15 then $25	$25 by 12/15 then $30	$0
	9-Mile (1-25-2014)	$20 by 12/15 then $25	$25 by 12/15 then $30	$0
	20-Mile (2-22-2014)	$20 by 12/15 then $25	$25 by 12/15 then $30	$0
	12-Mile (2-22-2014)	$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